KILMERSDON PARISHNEWS



REVD CLARISSA CRIDLAND TAKES THE HELM

In a shake up for local churches, Kilmersdon Parish Church (with Babington) is now joining together with Coleford and Holcombe churches to form the new East Mendip Trinity Benefice, with Coleford and Holcombe's Priest-in-Charge Revd Clarissa Cridland at the helm.

Change has happened because of the need to reduce Bath and Wells Diocese's two million pound operational deficit by not replacing clergy when they retire, which is the case for Kilmersdon and Radstock whose previous vicar, the Revd David Izzard, retired in June. Radstock and Westfield churches will now be joined together in a new Benefice under the leadership of the Revd Ian Rousell.

Clarissa is no stranger to Kilmersdon villagers as, since 2012, she has regularly taken assemblies at Kilmersdon School (that many Holcombe children attend), has led various services at Kilmersdon church since David retired, (plus three weddings already this year) and has also officiated at many Babington church weddings.

The 11.15 am Sunday services at Kilmersdon Church will continue with Clarissa and lay reader Mary Dolman leading them in turn, and a Benefice website and Facebook page are in the making. Then early next year Clarissa will be licenced Priest-in -Charge of the new Benefice. Currently she is looking after Kilmersdon with Babington in her capacity as Midsomer Norton's Assistant Area Dean.

"I look forward to meeting you as soon as possible," Clarissa tells parishioners. "I shall be leading the Remembrance Day service, and do please bring children to this — it is important that we do not forget.

"Elsewhere in KPNews you will see details of our Christmas services, and I look forward to seeing families at these as well. I shall be attending other events in the village, and also visiting the Jolliffe Arms!"



Clarissa is a full-time priest but half-time vicar sharing her role with running "Girls Gone By Publishers" which she co-founded in 2001. Her publishing work (re-publishing old children's books) fits around her Christian ministry which absolutely comes first. She moved to Coleford in 1982 to work for Purnell and later relocated to London from where she worked during the week and returned at weekends. She became freelance in 1994, working from home. She was ordained in 2006, became the vicar nine years later and now lives in Coleford Vicarage. She is also an Assistant Area Dean of the Midsomer Norton Deanery.

CHURCH CHRISTMAS SERVICES

Wednesday 8th December outside: 6.30pm Carols round the Christmas Tree, followed by mulled wine and mince pies (hopefully with the Midsomer Norton Brass Band - but at the time of going to press we have not yet had this confirmed).

Sunday 19th December 7.30 service of 9 lessons and carols inside the church.

Friday 24th Christmas Eve -Crib Service on at 5pm and the 'Midnight' Communion Service will commence at 10pm.

No service on Christmas day at Kilmersdon but there will be services at Coleford & Holcombe churches.

NOTE FROM THE EDITORS

We would like to extend a warm welcome to the Revd Clarissa Cridland and her lay reader Mary Dolman who are taking on leadership of Kilmersdon church as it joins a new East Mendip Benefice with Holcombe and Coleford churches. There will be much new input and ways of working and, alongside the wider Parish news and features, we look forward to keeping you abreast of church happenings that Clarissa augments with her weekly report that you can sign up to receive,

Please keep your reports and pictures coming in, by January 4th for the Jan/Feb issue, and try to limit them to 350-400 words.

Christmas is only 7 weeks away so we trust that, by now, most of you will have had your Covid vaccinations, boosters and flu jabs so that you will have a greater chance of enjoying the festive season.

We send you warmest wishes for Christmas and we hope that its spiritual message will bring hope and peace and lighten the many global and national woes of whatever lies ahead for the NewYear

Sue & Penny



Hello Kilmersdon Church!

I am so pleased you have joined Coleford and Holcombe and we are one Benefice now. My name is Mary Dolman and I am your Lay Reader sharing ministry with Clarissa. Some of you have already met me but I so look forward to meeting you all soon.

I was licenced as a Reader in the Bath and Wells Diocese in 2016 and have been in the Timsbury Benefice until I joined Clarissa in August 2020. I still live in Timsbury but try to join in as many events outside of Sundays as I can in your Benefice. My role within St. Peter and St. Paul will be to conduct the Morning Prayer services and on a few occasions to lead a special themed service such as a Family service.

I am a retired nurse and I keep fit by playing golf three times a week (weather permitting!) I am still very competitive and play in senior county matches as well as representing my club, Saltford GC, in matches against other clubs. I keep very busy even though I am a widow, but my family do not live near by so I visit them in Wales or in Surrey. However I do have a brother living in Saltford and many, many good friends all around me.

Apart from golf my other hobbies are music, cooking, reading and playing bridge. Please introduce yourselves to me and I hope to put the right name to the right face very soon!

Every blessing

Mary

Church coffee mornings are back!

We're delighted to announce that we'll be resuming the popular monthly Church Coffee Mornings at 10.30 on Saturdays 13th November & 11th December.

Come & enjoy Tea/Coffee and home-made cakes, with Bric-a-Brac and books to browse plus one of the famous raffles!

All are welcome to come and join us. All proceeds will go to the church.

Prayer Support

We are very aware that many people have suffered from negative effects due to the lockdowns & restrictions we've had to endure over the past year. Some of you may be suffering from anxiety. depression or coping with isolation. So would you welcome a listening ear or have prayer for vourself or someone else? If so, please feel free to call one of us in confidence.

Rosie Kane. Church Warden 01761 439062.

Penny Hutton, Church Warden 07708 59279



WE WILL REMEMBER

Remembrance Weekend

In the morning of Saturday 13th November, the British Legion will be visiting Kilmersdon churchyard in order to dress the graves of villagers who gave their lives for their country. All are welcome to go along to pay their respects.

On Sunday 14th November, there will be a remembrance service in the church at 11.15 when, once again, all are welcome to come and join us.

STs PETER & PAUL, KILMERSDON ALTAR FLOWERS ROTA

NOVEMBER 7th MRS HALE 14th MRS KNATCHBULL 21sth MRS TAYLOR 28th - 5 DECth - NO FLOWERS - ADVENT

JANUARY 2nd MRS MEADOWS 10th MRS CARTER 17th MRS MCINTYRE 24th MRS HUTTON 31st MRS HALE



CHURCH WARDENS Mrs Rosie Kane 01761 439062 Mrs Penny Hutton 01761 435193

STs PETER & PAUL, KILMERSDON CHURCH CLEANING ROTA

MRS CROKER

& MRS SHORT 21st MRS CARTER

28th MRS HUTTON

5th MRS KANE 14th MRS KNATCHBULL 12th MRS HALE

18th MRS HUTTON 26th MRS CROKER

MRS KNATCHBULL & MRS SHORT

ooth MRS CARTER 16th MRS KANE

23rd MRSHALE

CHURCH WARDENS

Mrs Rosie Kane 01761 439062

Mrs Penny Hutton 01761 435193

The copy date for the next issue is January 4th. Please restrict articles to 350 words and notices to 100 words Items for inclusion to be sent by email to: kilmersdonnews@gmail.com - We reserve the right to edit any item submitted.

Hugh's Views



This month, instead of concentrating on a particular variety of grapes or doing a regional survey, I am taking the liberty of writing about my own vines. From my 220 vines when I bought Melon Cottage, I am now reduced to a dozen or so. Sad in many respects but mildew and phylloxera struck a mortal blow and to continue to grow grapes was near impossible. We dug up the vines, except for a few, and the vineyard became a meadow. Ironically, this year's vintage would have been superb! The weather was ideal, a cold winter, a warm spring, plenty of rain and enough sun. The stones which abound in the vineyard are ideal for giving back heat to the grapes in sunny weather. Another missed opportunity! Our grapes are a dessert variety which grow on the south-facing front of the cottage (see photo). I shall devour them in due course.

English wine is enjoying a renaissance just now and this year the serious growers should enjoy good profits which will defray the costs of a succession of indifferent years. Sparkling wines are getting better and better and more and more profitable. They may even become a little cheaper. Not all fuels are rocketing up in price, thank goodness! Many vineyards have had their vendanges already but some hardy varieties harvest late, including my Seyve-Villard, but frost can precipitate a sudden necessity to rush out and pick – not always convenient, to say the least. Picking icy grapes using vine scissors becomes horrendous and frosted fingers can lead to major cuts, adding to the harvest in a rather unwelcome manner! The weather in France this summer was dreadful and will have reduced harvest drastically. Thunder, lightning and hail storms, together with horrendous floods from incessant rain caused havoc.

My pick of the month is a classical Sauvignon Blanc from a region in France which is well north: Touraine Sauvignon Blanc 2020, available for £8 at Sainsbury's (*Taste the Difference*). A great introduction to French white wine. Enjoy! *Hugh Pountney*

Wild Flower of the Month Teasel - Dipsacus fullonium



You might expect, that as December approaches, I would choose for this issue's wild flower either holly, or ivy, or mistletoe... but you'd be wrong! Whilst these well-known native plants are so closely associated with the forthcoming festive season, I thought instead I would introduce you to the Teasel - Dipsacus fullonium whose seeds heads can be a spectacular sight in the winter garden.

Teasels are stout, robust, and rather prickly plants. They are biennial so only produce a basal rosette of leaves in their first year of growth. The tall and branched flowering stem appears the following year. Each stem carries an eggshaped flower head which is surrounded at its base by long, narrow, spiny bracts. Interestingly the tiny individual purple flowers first open in a band around the middle of the flower head and as these fade new flowers open both above and below so that two delicate waves of colour move outwards from the centre as the flower head matures. This of course happens in summer, but in winter the architectural quality of these large plants comes into its own. If you grow teasels in your garden you will find that after the bees have finished with the flowers, the goldfinches will descend upon the seed heads. Then, when the winter weather gets really cold, they are a grand sight covered in crystals of hoar frost. There are many plants that have attractive stems and seed heads which look lovely in the frosty weather. The keen gardener must just remember not to be too eager to cut them down!.

Julie Palmer

A Little Guidance on Finding **Our Way Through The Peaks** and Valleys of Life



This Month -'Moving Past Waiting Until Tomorrow' I've been having some fascinating chats with people from all walks of life about how being a little bolder might serve them, by acting on today what they find themselves leaving

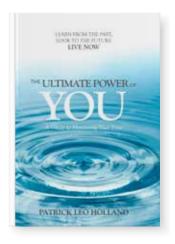
until tomorrow. Not

bold in an arrogant or aggressive way but bold in a loving, compassionate and honest way to help bring their dreams alive.

What has come through loud and clear is that

without that little bit of boldness. regardless of how much we want to add, discard or change something or how prepared we are to do so, until we move past that little voice that calls out to

us, "Yeah but



what if this or that happens?" then change takes

Like any good habit, it's often best to start small and build your confidence by working through small challenges; the 'wins' stacking on top of one another, so that when what previously would have looked like a bigger challenge comes along, you are ready to smile at the fear it holds.

Your mission for the month if you choose to accept it - when there's something that piques your interest or a there's a beneficial conversation to have - as long as your actions won't harm you or others physically, emotionally or spiritually - step over that imaginary line of fear in front of you and engage with it.

If that seems scary and you're still caught in the cycle of 'what if?' - honestly and lovingly stepping forward with no more agenda than wanting the best for all and everything, including yourself - with a little practice - will almost always see you on your way. Love, plh

Patrick lives in Kilmersdon with his family and is an actor, author of 'The Ultimate Power of You, 'A guide to Honouring Your Time' and cohost of The Radio Show and Podcast - 'Living Beyond Fear' at Frome FM.

If you'd like to drop him a line, please do so at - info@theultimatepowerofyou.com

New local support group



Dear Kilmersdon Parish News Readers,

I'm Lauren Tutchell and I'm the newly appointed Social Justice Initiator here at the Ammerdown Centre in Radstock. My job involves a plethora of different roles but the main aspect is initiating different projects on social justice issues that I'm particularly passionate about, making use of Ammerdown's immense facilities and extensive network to create some positive change - focusing on the local community.

Do you know of anyone who is living alone near you? I am extremely passionate about alleviating loneliness among the elderly. This time of year particularly emphasises how prominent this issue really is. So many people locally live alone and do not have access to transport or have family close by and really struggle. In person communication is so crucial for mental health and wellbeing. To tackle this, I am creating a monthly support group for individuals who live on their own to come and meet other people and talk over tea and cake and spend a relaxing afternoon in the beautiful setting here at Ammerdown.

The first meeting will be held on the **29th of November**. If you know anyone who you think
would like to attend this monthly group or you are
interested yourself then please phone **01761433709**to book a place as there will be limited places
available.

There are many other projects that I have in the pipeline which I will inform you about soon! If you have any queries or suggestions then please email me at Lauren.tutchell@ammerdown.org I hope to hear from some of you soon!

Lauren Tutchell

Kilmersdon Living Advent Calendar 2021



Following last year's wonderful event when 24 volunteer homes put on a festive window display each evening in the run up to Christmas, plans are underway for another Kilmersdon Living Advent Calendar this December.

The fun will start on the 1st December when each evening throughout December one window in a volunteer house will be decorated and lit up, and villagers will gather at 6.30pm for the big reveal. The windows will then stay lit each evening from 6.30-8pm.

"This is a wonderful space to gather with others from the village during a time when we tend to stay indoors, and we don't really see each other much. It is a wonderful ritual to see familiar, and not so familiar, faces each evening and to enjoy each home's revealed window," said Janet Whitelaw-Jones, who again is organising the event.

"Sometimes there may be mulled wine, a mince pie or 3, or an outdoor fire! Each window is special because of the home and thought that went into it. We delight in each and every window and the sense of community is real."

If you would like to be involved and would like to decorate a window, please email janet@whitelaw-jones.com by 10th November for more details.

KILMERSDON WI

We are a very diverse group with varying ages and visitors are always made very welcome. Come and join us for one of our meetings which start at 7.15pm in the Killmersdon village hall.

November 11th - Joshua Harris will show us his photographs and talk on Wildlife Photography.

December 9th - Christmas party night We have a Facebook page @ **kilmersdonWI** which we will update regularly. Do take a look.

President - Julie Roberts

01373 834451 Bertrose@hotmail.co.uk

Secretary - Julia Neesam 01373 812686 kilmrsdonwi@gmail.com

Treasurer - Dee Penny 01761 415023 dee@twopenys.co.uk

reel people film society 2021-2022

In order to ensure compliance with COVID 19 and the Hall's restrictions you need to be a Member to attend. Membership is £20 and covers entry to this season's films (8 FILMS REMAINING) (please see our website for trailers www.reelpeople.org.uk and for membership forms or come along on the night and join). Doors open at 7.15pm with film starting at 8pm.

Take care and best wishes from your reel people committee. reelpeoplefilms@outlook.com



FRIDAY 17 DECEMBER 2021:
BLINDED BY THE LIGHT (12A) 118 mins

Sanitiser is provided in the Hall and we ask that you please use this on arrival. We would also be grateful if you would wear a face covering when not sitting down.

Unfortunately, we will not be providing a bar for "LES PERFUMS" on 19 November. You are welcome to bring your own refreshments, but please take your empties away with you. Subject to COVID 19 restrictions we hope to provide a bar for 'BLINDED BY THE LIGHT' on 17 December

VILLAGE GROUPS

KILMERSDON ART GROUP Roz Wilkinson 01761 434452

KMR BRIDGE CLUB Mike Henton 01761 439960 mike.henton@talktalk.net

KILMERSDON VILLAGE HALL Danielle Forrester 07527 693937 managerkilmersdonhall@outlook.com

Coles Garden Meeting Room Cherry Gilham 01761 436767 www.kilmersdonmeetingroom.org

KILMERSDON FACEBOOK www.facebook.com/Kilmersdon

KILMERSDON VILLAGE DAY enquiries: kilmersdonvillageday@gmail.com www.kilmersdonvillageday.org

KILMERSDON C of E VA SCHOOL Head Teacher Stephen Bamford 01761 432283

KILMERSDON GARDENERS Chairman Judith Stanford 01761 233045 www.kimersdongardeners.org.

KILMERSDON VILLAGE HALL DRAW Martin & Shavne Gibbs 01761 432574

KILMERSDON VILLAGE SHOP John Clayton 07974 440468 john.clayton@outlook.com

PARISH COUNCIL CLERK Lesley Close 07521 951471

PARISH COUNCIL WEBSITE www.kilmersdonpc.co.uk

PARISH PATH LIASION OFFICER Stuart Green 07753 904 678

PARISH NEWS EDITOR Sue Meadows 01761 437855 E: suedmeadows@gmail.com Penny Hutton 01761 435193 pennyhutton.ph@gmail.com

WOMENS INSTITUTE President - Julie Roberts 01373 834451 Email: Bertrose@hotmail.co.uk

Move the Mind



In September **Move the Mind** held a very successful Open Farm Day that, thanks to all helpers and visitors, raised a huge £1225 —enough for the first payment to install electricity to the farm! The pictures show some of the fun that was had and particular thanks go to Sue Gillard & Ann Thompson who spent a year crocheting the farm animals for one of the stalls.

"Other exciting news is that Sarah Lane and Jenny Field, two wonderful women, gave up their time walking 110k of the South West Coastal Path and have raised a whopping £3212 to be split between Move the Mind and Nova Sports, for which information on both can be found on the following link: www.justgiving.com/crowdfunding/sarahjenny-110k," said Nicole Gillard of MtM.

"We have had a very busy term increasing our capacity and in turn helping more children," Nicole continued. All our children and young people adore our baby goat who was born at the end of August. He is cheeky, loves playing and climbing on their backs!"



MtM would welcome more volunteers as there are always jobs to do around the farm, including helping to look after the animals and gardening. So, if you can help in any way, please contact Nicole on mob 07483221030.

Apple Pressing Day

Saturday 16th October Tony Matthews and Martin Horler held vet another Apple Pressing Day, People were encouraged to bring along their apples to the Old School House any time between 10.00 a.m. and 4.00 p.m. where they (the apples) would be milled and pressed, the delicious juice would be bottled and taken away. The charge was the same as it has been for the last ten years of £3 per press with all the money going to the hanging basket fund. This has been a very poor year for the apple crop which was reflected in the amount of people coming forward, between 10.00 a.m. and 1.30 p.m. we only had one person bring apples, a few more did come along to offer support. But then, from 1.30 p.m. onwards we had a host of people turning up, great fun was had by all joining in and helping, we even cracked open a bottle of 1984 Blackberry Wine which added to the merriment! By 4.00 p.m. we were packing up with just over £30 for the hanging basket fund.

Don't forget Wassail which will be Saturday 15th January 2022.



Village Day 2022

It is with much regret that Village Day next year has once again been cancelled. This was decided at a meeting during September with 5 people in attendance. This is mainly due to the unknown situation with Covid, that appears to getting worse rather than better, and a general lack of people interested at this time.

Kilmersdon Village Day was always a wonderful fun day for all and it helped the local village groups with a bit of extra funding.

Let's hope that when things get back to normal we can start up again.

John Clayton

The I Can and I Am Bus



The 'I Can and I Am' double decker charity bus has been out and about this summer "inflating the balloon of self belief' in the 1500 young people it has welcomed aboard.

"Today's world offers unprecedented challenges to children growing up with the combination of academic pressure and social media causing too many heads to drop," explained James Shone the charity's founder and inspirational figurehead and teacher.."We aim to offer a positive conversation where they can recognise their strengths and talents, thereby focusing more on what they CAN achieve and offer the world." Working alongside James, who is partially sighted, is Charlton's Anthony Dutton who drives the bus.

Delayed by multiple Covid lockdowns, the refurbished double decker finally started out in May from Chilcompton Primary School where Anthony's children attended and his wife Ness teaches. Since then James and Anthony and their team have visited 15 more schools staying between a day and a fortnight.

On board the bus, that was generously bought and refurbished by Howdens the kitchen supplier, is a fitted kitchen where there's space for up to 8 children to cook individually. Generally multiple groups of up to 15 children are accommodated for an hour, and in this time make and cook a pizza, and eat it while having a mentoring session upstairs which helps them to understand how they can inflate their own balloon.

"The bulk of our visits have been to secondary schools in and around Bath, but we've also developed a 'second home' in Abingdon near

Oxford where we've worked with five different schools,"Anthony continued"We've also run programmes for Youth Connect Westfield, Bath Rugby Foundation, Midsomer Norton's Swallow Charity and Bath Spa University.

A survey of young people's response to their time on the bus showed that 60% found that talking and learning was the most useful thing about coming on board; 75% said the experience had raised their self belief, and the overall rating for visits was 4.6/5.

So far the bus has stood up remarkably well. The ovens have never failed, and the engine runs smoothly, largely thanks to the expertise of Weston's Centurion Coaches

On board with James and Anthony is an amazing team ... Rebecca, who sorts out marketing and technology, and former teacher Alice, a gifted balloon inflater! There is also a growing gang of volunteers.

"Howdens have been exceptionally generous in not only supplying the bus but also contributing to the running costs in year one" said Anthony. It's not cheap keeping the bus moving, so any donations are welcome through our website www.icananiam.com.

"We're always after volunteers to help on the bus, and new places to visit. Our work is not confined to young people, so if you know of somewhere in need of a dose of positivity do get in touch via Anthony@icanandiam.com / 07958 793 873."



Update from Colin & Audrey Gibson Kilmersdon's Missionaries in Lebanon



Please continue to pray for Lebanon as it suffers a seemingly endless series of crises, most recently the violence in Beirut on Thursday, which left 7 dead and many more injured and the last week the 24 hour complete collapse of the electricity grid. The supply is back now to 1-2 hours per day, as it has been for some months – and private generators fill the gap.

We do however give thanks that a new government was formed on September 10th and there has been a flurry of government activity since. However, there are many entrenched groups who do not want change as they benefit from the current system. Already, the optimism seen concerning the new administration is fading and most people we talk to are quite pessimistic with many planning (or at least wishing) to leave as soon as they can.

One piece of good news is that the petrol shortage has eased which has allowed us to progress with work at our Nature Park project in Mekse. We have almost completed work on the pond, with a new fence and a platform to provide access for pond dipping and a great place to observe pond life close-up. We were also making good progress with plans to construct a building to house an office, store and security guard accommodation and a separate toilet block. Unfortunately, the bank is making it hard to access money in our account and our builder is going on holiday. Please pray that we have wisdom to know how best to proceed with this work.

Colin and I recently led a service at our



church, All Saints, as part of the 'Season of Creation'. We celebrated the wonderful world God has given us and our responsibility as Christians to care for it. We were also pleased to be invited to lead the weekly devotion time at LSESD, (where we used to work and where our current office still is) also on the topic of Creation Care. More practically, along with some friends we joined 'Swim Initiative' – another NGO - for one of their beach cleanups (they arranged cleanups at different beaches all along the coast over 7 weekends). Our session coincided with International Coastal Cleanup Day and was good fun, but sad to see SO much rubbish – mostly plastic.



Finally, we are excited that our children, Harriet and Josh, along with their partners, are arriving for a week's holiday. It has been over two years since we last saw them – except on Zoom but that doesn't count!

Stay safe everyone Coin & Audrev

Cryptic Crossword

By Phil Preen - https://bit.ly/KilmersdonCryptic-3

ACROSS

- 1 Hold an unfinished job (6)
- 8 Unlikely Devil Island coming back after close of Dartmoor by old Bishop (10)
- 9 Shouted from the ends of every avenue: special emotional care required (6)
- 10 Had a meal consumed in space (5)
- 11 Spice club (4)
- 12 Adder season (6)
- 14 Model wore drab clothes in here (8)
- 15 Circle properties found in Arms? (5)
- 17 Man comes before The Queen in a suit (4)
- 18 Benji Lloyd captures first lady (4)
- 19 Credit 12 in French island (5)
- 20 Slightly salty underwear - kitsch made timeless (8)
- 22 Wanting orderliness forged in duty (6)

- 24 Burden supported by America (4)
- 25 City only heard... (5) 27 ... broadcast
- lecture featuring Prince's house (6)
- 28 Remove people's energy after Paul got confused in depot (10)
- 29 Tender manipulation used in exchange for monetary reward (6)

DOWN

- 1 Messy badger on return conceals an enormous hole (5)
- 2 Distinguishing feature of Hong Kong, keeping evervone hurt (8) 3 Horseman's additional requirements for
- a gig (5) 4 Ends up roasting Pole (4)
 - Dead wrong about lower rank (9)

- - Show ending with topless agriculturalist makes things a little hotter? (6)
- Cried out loud after dark when denied membership (11)
- 13 A French battle raged unprovoked (11)
- 14 First nut replacing last bolt in magic maker's pulley system (5)

- 16 Equalised representation is surreal (9)
- 18 Discard in jest to upset (8) 21 Tradition provided
- by punters? (6) 22 Sore from playful
- ceroc (5)
- 23 Boyd's second half has Firefly's regulars return (5)
- 26 Love stealing hearts in Surrey
- home (4)

ANSWERS TO PREVIOUS PUZZLE: ACROSS: 4 CAP 8 SYNDROME 9 ENABLE 10 OBEYED

11 TRANQUIL 12 ARISTOTLE 15 THEJOLLIFFEARMS 17 SAXIFRAGE 20 CRIMINAL 22 HANDY 24 PRUNED 25 TOMAHAWK 26 LIKE DOWN - 1 EYERRIGHT 2 EDDY 3 GOODWILL 4 CELT 5 PEDANT 6 MASQUERADE 7 FLUID 12 ADJUSTMENT 13 THIEF 14 AMMERDOWN 16 FEARSOME 18 XANADU 19 TRURO 21 LATE 23 ACHE

If you want to sneak a peek at the answers you can follow the link and click the Reveal option. http://bit.ly/KilmersdonCryptic

> If readers would like to receive their parish news online, please contact Penny on 01761 435193 or Sue on 01761 437855

Kilmersdon Gardeners - Herbal First Aid from Your Garden and Foraging in the Fields

Helen Gray is a practicing medicinal herbalist who undertook extensive professional training. At their October meeting the Gardeners were interested to hear from her how many familiar plants found in our gardens and fields, some that may be thought of as 'weeds', can be used in herbal first aid.

The benefits of having simple remedies on hand, using plants you have grown, can be very empowering. The herbal craft is one developed by our ancestors using what was to hand. Peter Rabbit was a lucky bunny as his mother had chamomile tea ready to soothe his anxiety and relax him when he came home! There is a lot of effort and skill involved in selecting plants, drying and then making a preparation to use them.

This can be a simple tea infusion, a tincture or a salve for instance. It all depends on the application. Herbalists use vegetable oils, that are better for the skin than the petroleum derivatives in some commercial preparations and their preparations are fresher and haven't travelled so far.

The Elder tree is a pharmacy in itself! The flowers can help colds, flu and hay fever. The leaves can be used to make an insect repellant. The berries can provide a boost to the immune system and have antiviral properties. The common Daisy is an anti-inflammatory and good for bruises. Dandelions have a myriad of uses, salad leaves, root vegetable, marmalade from the flowers and wine. This plant contains





many vitamins and minerals and is a remedy for liver and kidney complaints. Plantain is a common field and garden weed whose leaves can be used to help (IBS) Irritable Bowel Syndrome. The Marigold - Calendula has antifungal and antimicrobial properties that help prevent infection and heal injuries to body tissues. It is also known to have antiinflammatory and antioxidant components which may ease muscle fatigue. Yarrow is good in teas for easing the effects of colds and flu. Fennel, Peppermint and chamomile are good for the digestion. Comfrey is a garden herb with properties that promote healing of scrapes. It is so effective that it should not be used on open wounds, as they may heal too quickly trapping infection. Meadow Sweet and St John's Wort are good for wounds and the latter also for burns.

The strongly aromatic Mediterranean herbs that grow well in our gardens Thyme, Rosemary, Oregano and Sage are good for the digestion and the latter made into tea with honey can soothe a sore throat.

At the next meeting at **7.30pm on Wednesday November 10th** Dave Moon will give an illustrated talk on '*R.H.S. Gardens*' in Kilmersdon Village Hall. As usual visitors will be made very welcome. There will be refreshments, a raffle and a few plants for sale. *Trisha Jordan*



SATURDAY 20TH NOVEMBER

7PM FOR A 7.30 START. TEAMS OF 4-6. KILMERSDON VILLAGE HALL. LICENCED BAR.

CALL 07974 440468 FOR TICKETS



Help make it happen

THE VILLAGE SHOP.



Parish Council News

As I write this article the nights are drawing in and we approach Christmas. Looking back on the last few months I can highlight the splendid renovation of the fingerpost at Charlton, pictured below. The Parish Council has budgeted over a number of years now to renovate a fingerpost in the parish each year.



At its next meeting it will decide which will be the next fingerpost(s) in the parish to be renovated.

The Parish Council resumed its meetings at Coles Garden Meeting Room, taking precautions in line with government guidance on Covid-19. It is good to see the map of the parish has been framed and put up in the meeting room.

The general state of tidiness of the village is something which has been on the agenda for some time now and the Parish Council is seeking a quote for the removal of weeds in the gutters and pavements through the centre of the village, since this is no longer undertaken by Highways. The cleaning of the 30mph signs and signs approaching Kilmersdon has been requested. And the Parish Council continues to chase for the renewal of the Welcome to Kilmersdon signs which were damaged months ago. Action in relation to the accident hotspot

at the cottages between Charlton and the White Post roundabout on the B3139 continues to be sought on a monthly basis via both the Highways Department and the Somerset County Councillor for Kilmersdon.

The summer renovations of the play park are now complete and the Parish Council is investigating the viability of the swing, as raised in a recent play inspection report.

May I wish you a happy Christmas and safe and peaceful 2022.

Lesley Close Parish Clerk

Village Agent News

Village Agent Nic Edwards continues to be out and about supporting local people and groups, and has been able to visit a few more coffee mornings as well as joining some community groups as they try to return to "normal".

"It has been lovely to meet people and have a chat and I'm looking forward to speaking about the work of Somerset's Community Council to members of Coleford's Tuesday afternoon club.

"At the hub Deb and her team are still supporting those who need food, so if you know of anyone in the Kilmersdon area who would benefit, please get in touch.

I'm also trying to find out about local Christmas lunches and events that will be available for residents, so if you are planning one, or know someone who is, please let me know so that I can spread the word.

"We continue to be able to support local people, thanks to our crisis fund and, once again, I would like to thank Hanson Wheatley and Wainwright Quarry for their kind donations.

"We have some super careers in our area who are registered with the Somerset Microprovider network and we can put you in touch with them if you would like some support around the home.

"I'm aware that not everyone gets to see Kilmersdon News, so if you know of anyone who needs a bit of support, please pass them my details. Stay well and keep warm."

As always, please get in touch if we can help you. Nic – Village Agent. 07946 461468 / Nicolae@somersetrcc.org.uk



The Power of Rhythm Saturday 6 November 2pm - 5pm

TLC for the Retired Thursday 21 October, 11 November and 16 December 10am - 2pm

Ammerdown Christmas Lunches Monday 13 - Friday 17 December Festivities start at 12pm

The Little Match Girl - Folksy Theatre Wednesday 15 December 7pm

Ammerdown Candlelit Christmas Carols Thursday 16 December 7pm



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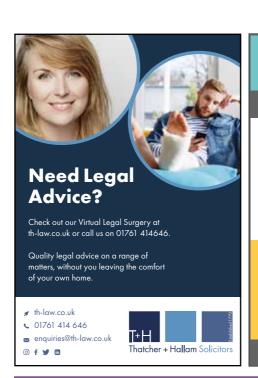
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