

# the **DYDDI** digest

taken from what is thought to be the 7<sup>th</sup> century origin  
of Didmarton's name Dyddimaertun,  
believed to mean the boundary (maere) farm (tun) of  
a Mr Dyddi

January 2021 – no.544



*DID WG GRACE REALLY DO IT?  
Do what? Can you work it out? See page 7*

**Didmarton's local newspaper incorporating  
Leighterton, Boxwell and Sopworth**



# DIDMARTON RUBBISH & RECYCLING COLLECTIONS DATES FOR JANUARY

Monday 4<sup>th</sup> Food waste bin    Saturday 9<sup>th</sup> All rubbish & recycling  
Friday 15<sup>th</sup> Food waste bin    Thursday 21<sup>st</sup> All rubbish & recycling  
Thursday 28<sup>th</sup> Food waste bin    We're back to normal by then!

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## A HEALTHY, HAPPY NEW YEAR,

Some may quote Churchill, Plato or other intelligent big brains, when in need of Great Words of Hope. However, at Dyddi Heights, we know our levels, and instead will repeat British Rail's joyless mantra from the 1980s as probably the more realistic aspiration for coming months: 'We're Getting There'. Sorry I can't make it cheerier, but Happy New Year, everyone, the very best to you all. ed.



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**WINDOWONDERLAND:** a HUGE thanks to everyone who has donated with such generosity to the Prize Hamper for the Windowonderland competition, and to all who have entered. The January Dyddi has had to go to the printers before the judging of the winners in late December, so results will be in February's Dyddi.

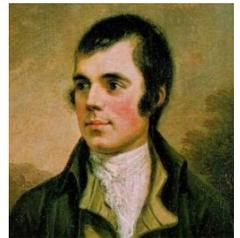
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## Monday the 25<sup>th</sup> is St Paul's Day...

Tradition has it that the weather on the feast of St Paul, Monday 25<sup>th</sup> this month, dictates the weather for the year ahead, with potentially dire consequences: 'St Paul's day stormy and windy, famine in the world and great death of mankind St Paul's Day fair and clear, plenty of corn and meal in the world'. Gosh. Anyone know what the weather was on 25<sup>th</sup> last year 2020? Now that'd be interesting...

## ... & also Burn's Night

The celebration and birthday in 1759, of the life, songs and poetry of Robert Burns, regarded as the National Poet of Scotland, and also, as the Ploughman Poet. Rather a jammed packed life too, for although he died at just 37, he wrote hundreds and songs and poems, and fathered 12 children with 4 different women. His last child, a son, Maxwell, was born on the day of his funeral in 1796, when it is thought Burns had just a £1 to his name (very roughly, £115 today.) By the way, Auld Lang Syne means 'old long ago'. Doesn't that feel like anything preceding 2020? ed.



## USEFUL TELEPHONE NUMBERS

Phoenix, Tetbury surgery – 01666 502303  
Police – to report incidents - 101  
Tolsey Surgery, Sherston – 01666 840270  
Tetbury Hospital – 01666 502336  
King's Arms pub – 01454 238245  
Oldbury Garage – 01454 537016  
Leighterton School – 01666 890273  
Village hall bookings - 01454 238450  
Dyddi Digest editor – 01454 238576  
DVHCC Chairman, Ed Hardy – 01454 238006  
Parish council, John Hammond – 01454 238373



## HAPPY BIRTHDAY TO YOU

7<sup>th</sup> – Josh Sanders  
11<sup>th</sup> – Lewis Rogers  
18<sup>th</sup> – Jacob Yandell  
22<sup>nd</sup> – Harry Turner  
22<sup>nd</sup> – Annabelle Copeland-Eccles  
28<sup>th</sup> – Cerys Jones  
31<sup>st</sup> – Eden-Rae Thomas



## BABYSITTING CONTACTS

Bailey Jones - 01454 232985  
Lewis Jones - 01454 238113  
Flora Scutt - 01454 219258  
Joe Turner - 01454 238235



**DYD YOU KNOW?** Get the Dyddi in colour! Go to Didmarton's Village Hall website & click on the Dyddi picture. This month's Alice in Wonderland theme celebrates its author Lewis Carroll, aka Charles Lutwidge Dodgson, born on 27<sup>th</sup> of this month, 1832. No photos of Alice on an iPhone were currently available, hence the top photo showing a mode of communication we must fight to retain, namely, having one's post delivered by a fish, and collected by one's Private Frog. Little quiz: Alice is carrying a piglet in the bottom photo: what HAD it been, & in Carroll's famous poem, of what must we beware? P. 15



## DIDMARTON SPEED WATCH UPDATE

As we move into 2021 we are already planning more sessions within the village to target speeding motorists. After our recent competition for the children of Didmarton organised by Sarah Nightingale, we are now looking to put the winning designs onto speed prevention signs for all to see when driving along the Street. Keep an eye out for these in the future.

*Sean White*

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## LATEST NEWS FROM

### THE CHAIRMAN OF DIDMARTON'S VILLAGE HALL & COMMUNITY COMMITTEE

We are all very much hoping that 2021 will be a better year for us, and that we'll soon have an indication of when we can get vaccinated. The DVHCC will start planning for as many events as possible, on the basis that we will be getting back to normal. May I give a huge thanks to Carole Mitchell and Helen Russell for organising the Christmas Windowonderland competition which we may repeat again this coming December, and also to everyone who rose to the challenges of Covid last year, contributing in their own unique way to village life and the general well being of our community.

*Ed Hardy*



Congratulations to all the winners of our Grand Christmas draw which was held at the beginning of December.

- 1<sup>st</sup> £25 Bill Bowers-Broadbent    2<sup>nd</sup> £20 Philip Janaway
- 3<sup>rd</sup> £20 Philip Robins    4<sup>th</sup> £15 Jeremy Sinker
- 5<sup>th</sup> £15 Peter Powell    6<sup>th</sup> £15 Richard Bryant
- 7<sup>th</sup> £10 Kim Lim    8<sup>th</sup> £10 Adrian Jarvis
- 9<sup>th</sup> £10 Carole Flewellyn    10<sup>th</sup> £10 Fiona Thornton

A big thank you to all our members for your much needed support in 2020. It was especially encouraging to see so many joining the Club for the first time to support our village. We hope that we can count on your continued support in 2021, and wish everyone a happy and healthy New Year.

Best wishes to you all

*Sue Cook & Sue Hammond*

# LEIGHTERTON PRIMARY SCHOOL



Happy New Year! This is when many of us make resolutions and aim to improve our lives in the coming year. One of the areas we are focussing on at the moment here at Leighterton Primary school is to ensure the children have a range of strategies to improve their mental well-being and we will continue to concentrate on this during this time.

Each day the children run the daily mile. At the beginning of last year the whole school would run together we have adjusted the way in which we do this, with each class running at a separate time. The children really enjoy this group activity, and being outside. The stamina they build up by running non-stop is reflected back in the classroom with greater concentration and perseverance.

For much of their learning, the children work outdoors and as long as they are wearing appropriate clothing, they love being outdoors, where they also do their phonics sessions, having to collect items containing a certain sound in their name. These can be strategically placed items or can be natural things found in the environment. Science often takes place outside too, and the children plan investigations to carry out in our grounds. We are really lucky to have such



beautiful outside spaces and children love using maps to support geography and orienteering too. Much of the children's learning is outside, helping to support mental wellbeing.

Each week all of classes spend an outdoor session working at our Forest School. Recently they used the tools safely to create small projects, cutting using saws and knives, making holes using electric drills (see photograph) and using peelers to strip bark. Being outside helps to reduce any stress and helps people to feel calmer as well as being where germs can spread less easily.

If you would like to find out more or look around Leighterton Primary School, you are very welcome to contact the school office on 01666 890273 and we will be delighted to show you round. For further information see our website, [www.leighterton.com](http://www.leighterton.com)

Meryl Hatfield

## DIDMARTON CRICKET CLUB – *is it possible?*

Forgive if I indulge in a bit of Gloucester cricket nostalgia. Not a 'did you know?' but just some random interest as we look forward to spring and the new season.

2020 marked the 150th anniversary of Gloucestershire CC, with all anniversary events postponed 'til this year. Cricket has probably been played in the county in various guises since late 17th century but it was only in the 1860s it became organised, with records of a match against Devon in 1862, and the following year, Somerset. First class county matches were played in 1870, with Gloucs admitted to the newly formed County Championship in 1873. The team was established by a certain Dr Henry Mills Grace, and it was his son WG who hit the limelight. It is rumoured that he had a party trick of hitting the ball over a certain Lodge approximately 500 yards to the west of our village (yes, there used to be a cricket pitch there), and running through the arch to catch the ball as it landed the other side. (See the end of this piece for whether we can prove this is true!) However, that wasn't the only reason for WG's fame: the small matter of 29 years as captain, 126 centuries, 3 scores over 300, and 2000 runs in a season suggest he might have been alright with the bat as well. Oh, and he also took 10 wickets in a match at least once.



The next star was GL Jessop, who captained GCC 1900-1913. An all-rounder, but mainly a dynamic batsman scoring nearly 19,000 county runs and the ability to turn a match within an hour. Scoring 101 out of 118 in 40 minutes, and 191 out of a total of 234 in 90 minutes, are such examples, and suggest that our Sunday afternoon run-rates could certainly be increased somewhat!

The next is - I'm biased - a bowler. CWL Parker played 1903-35, taking 3,171 wickets, an average of 19.43. 1920-35, he achieved 100 wickets each season and 5 times passed 200 wickets. A left arm spinner, he took a hat-trick 6 times, took 10 wickets against Somerset in '21, and conceded only 56 runs versus Essex whilst taking 17 wickets in the match. In a remarkable performance in his own benefit match against Yorkshire in '22, he hit the stumps with 5 consecutive deliveries, a feat spoilt only by the second being called a no-ball. Umpires spoiling the fun yet again!

The 1870s were GCC's heyday, but more followed. The 1930's: second in the county championship in '30 and '31, that teams star Wally Hammond, tales of

whose performances for Gloucs and England could fill the Dyddi on its own; 167 centuries, (113 county, and WG only managed 50), 24 being scores of over 200, 33,664 runs (average 57.05), and a top score of 317 speaks for itself. Another medium paced all-rounder, he took 504 wickets for Gloucestershire but was never used enough to really make his mark as a bowler, probably as his skipper and team recognised he needed his energy for batting; great captaincy! He also took 78 catches in '28, and a record 10 in a match in that same summer.

Plenty of players since have gone on to make their mark at both county and Test level but, with all due respect to their immense talents, none have unsurprisingly managed to match the feats of their forerunners above and no-one probably will in the future. Stars include Tom & David Graveney, Jack Russell, Courtney Walsh, Bill Athey, Chris Broad, Kevin Curran (father of Tom and Sam), Mike Proctor, Alan Border, Terry Alderman, Muttiah Muralitharan, Kane Williamson, and Zaheer Abbas, have all achieved great things either for the county or elsewhere.

Something to aspire to for this season and watch out for anniversary events from GCC later this year. United We Conquer!  
Rich Williams

W.G. GRACE: It is believed that this great cricketer had quite some party trick, on



attending picnics at Worcester Lodge back in his day. He could, apparently, hit a cricket ball OVER the top of the Lodge, run through the arch & catch the ball on the other side. Now, we are NOT going to break any windows or damage masonry of Worcester Lodge in trying this, no way, but it would be interesting to work out whether this terrific sporting tale is possible. I am not a cricket or maths brain at all: however, knowing that Worcester lodge is roughly 150 feet high, there must be someone reading this who knows if

hitting speed, running rate, & sheer bloody-mindedness all jumbled together on the abacus makes the mathematics (or physics?) likely. There's never an Einstein when you need one, is there? email [dyddi@btinternet.com](mailto:dyddi@btinternet.com) with your thoughts & equations - thank you!

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## THANK YOU & GOODBYE

A huge thank you to the bus stop crew for our wonderful presents of flowers, fizz and chocolate, a most welcome surprise! Best wishes and lots of love from our new home in Cornwall.



The Farley Family

# VICAR'S LETTER



January 2021

Dear Parishioners,

This must be one of the strangest New Years we have ever had. As I write, we are just moving out of lockdown and into our various tiers.

Normally it is only us who can put a ceiling on our spiritual hopes and wishes in the present. What we can and want to achieve, and who we really are. Lockdown, whilst imposing a ceiling on what we can do, has in some way raised the ceiling on our time for reflection, as we have had so many of our normal distractions removed from us. The opportunity to spend time in prayer, reading, mindfulness or some physical activity at home, like yoga, has never been greater. As we move to 'new normal', whatever that may be, I hope that we may not lose insights and habits that we may have formed, that help us on that inner journey. Sister Carolin, a Franciscan nun writes: 'Just sit back in the chair and let Jesus love you....listen to God's silent "I love you" in which God's sustaining love is pouring itself out and giving itself to you as the gift and miracle of your very life....let your inhalation (of breath) be your way of receiving into yourself the presence of God, loving you through and through in...'

I leave you with some thoughts from the erstwhile Bishop of Edinburgh, Richard Holloway in his book *Doubt and Loves*:

'We can still hope and pray that one day we might change and be all the things we long to be, but for now there is only this moment of grace, this moment in which we must run to meet ourselves as we trudge away from the far country of self-hatred and say 'yes' to ourselves'.

Let us hope that the New Year brings more inner joy, more inner freedom and a greater ability to say 'yes' to God and ourselves.

With my best wishes for a Happy and successful 2021,

Richard (Rev Richard Thomson) Contact details: Priest in charge, Withymoor Vicarage, Old Down Road, Badminton GL9 1EU 01454 219236 mobile: 077177 91858 [www.badmintonchurch.org.uk](http://www.badmintonchurch.org.uk) email: [revrichardthomson@gmail.com](mailto:revrichardthomson@gmail.com)

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*the DYDDI digest*, founded in October 1975 is published each month on behalf of Didmarton Village Hall and Community Committee.

The editor reserves the right to refuse and editorial or advertising content.

Contact Carole, the editor on 01454 238576, email [dyddi@btinternet.com](mailto:dyddi@btinternet.com) or

Deliver any editorial/copy to 7 Chapel Walk, Didmarton.

Please note, copy/advertising deadline is the 15<sup>th</sup> of the preceding month.

# CHURCH OF ENGLAND BADMINTON BENEFICE

## SUNDAY SERVICES FOR JANUARY 2021

DON'T FORGET - FACE COVERINGS AT ALL SERVICES

Services conducted by Rev. Richard Thomson unless otherwise stated

3<sup>rd</sup> Feast of LASBOROUGH 9.30am Matins Lay led HAWKESBURY 9.30am HC  
the Epiphany DIDMARTON 11.15am Matins ACTON TURVILLE 3pm Evensong & HC

10<sup>th</sup> Baptism LASBOROUGH 9.30am HCBCP Peter Cheeseman  
of Christ LEIGHTERTON 9.30am CWHC LITTLE BADMINTON 11.15am Matins  
HAWKESBURY 5pm Evensong

17<sup>th</sup> DIDMARTON 9.30am BCPHC  
Epiphany 2 HAWKESBURY 10am Morning praise Lay led  
ACTON TURVILLE 3pm Evensong Chris Andrew

24<sup>th</sup> LASBOROUGH 9.30am CWHC LITTLE BADMINTON 11.15am Matins  
Epiphany 3 HAWKESBURY 5pm Evensong

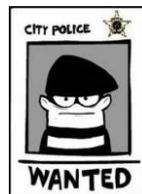
31<sup>st</sup> Christ's LASBOROUGH 9.30am CWHC Richard Morgan  
Presentation LEIGHTERTON 11am Matins  
at the Temple

Wednesday Services on zoom at 9.30am BCP & Matins  
Badminton Benefice

### \*\*\*\*\* WHY?, & WHY?

It is with some sadness I have to report that, yet again, I have had to throw away more of the toddler toys in the mini playground. Also, somebody has carried the bubble ride-on car to the top of the fort and thrown it off: I might be able to fix it with some duct-tape. I know it is the older children that are doing this damage because the builders of the new house have told me that they go in there and become silly. Whilst I'm writing, somebody has laid a paper trail through the beautiful woods. Everywhere there is white paper littering the rides and tracks. It looks awful. Why would anyone commit either of these actions?

Helen Russell



## MORE ON RAGGED CASTLE

§ Hinnegar Camp, anyone?

To finish from November's feature on Ragged Castle, a couple more postcards have emerged, and a smattering of memories and information.

Firstly, it is 'Ragged' because of the huge blocks of uncut stone in the walls, and to some, it is 'Raggy' or 'Raggedy' Castle.

The Badminton estate used to have two deer parks, an outer (northern) one with red deer, the southern inner, with fallow. More on those in February's Dyddi.

Raggy/Raggedy is on the northern boundary of the outer deer park, and is one of several gatekeepers' lodges. Its elevated position coupled with castellated architectural gave it splendid presence, a follied sentry keeping an eye on the comings and goings at the gate there. Such an eye catching curiosity, it was a popular tourist destination at the turn of the 19<sup>th</sup>/20<sup>th</sup> century.

I'd love to find out where it had its water supply: I was informed there are remnants of a stony path leading off to the west into the woods, which could be the trail to the spring, but am unable to locate this path. Any ideas?

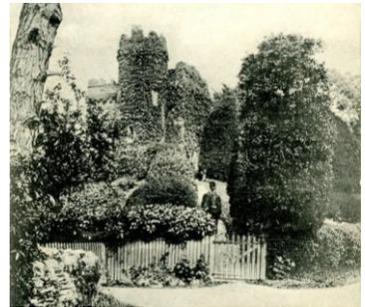
There is the tale is of Badminton residents walking home through the woods after a good session in the pub here, only to discover, to the horrors of their tipsy ears, 'strange music in the trees...'

We'll never know quite how spooked the men really were, whether they actually knew Raggy resident Miss Pirt was a dab hand tickling the ivories, and were feigning fear; likewise we will

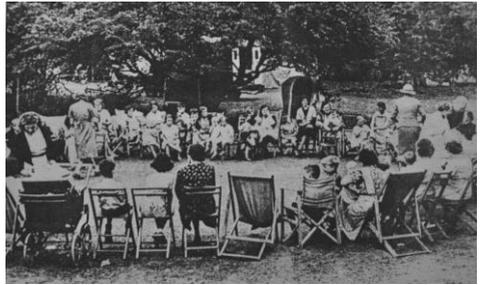
remain ignorant of all the adventures that Miss Pirt could have told about her unique life. The little castle in the woods silently holds so many unanswered questions.

Hinnegar Camp: I hadn't heard of this until Ray Bird of Acton Turville, who has given me much information for next month's deerparks piece, mentioned it. Read his full article in the online July Talk Back magazine of Acton Turville and Badminton, but for those curious now, or uncomputered, here's a taste of it:

Bristol was a regular target for the German Luftwaffe throughout the WWII, when bombers would be guided to their targets by the moonlight reflecting off



the River Avon. Repeated raids took a huge toll on the Bristol people so to boost their morale, respite camps were established in rural locations around the city. Here, in a clearing in the (Hinnegar) wood and around it's sawmill building, a rest camp was set up so that women and children could have a two week break from the bombing. Basically a number of encircled army tents for accommodation with a larger one in the centre, which along with the sawmill building served as a canteen and washroom etc.



If you're wondering where it was, Ray is referring to what we now know as the estate sawmill on the back road to Sopworth, 50 metres to the west of Hinnegar Lodges and adjacent to Worcester Avenue. There's only – so far – the following photograph from the camp. Someone, somewhere, have you any please? ed.

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**THE REALITIES OF RUSTIC RULINGS** put right by Reginald Rural of Rumpshire (S mother)

It is with deep pleasure that I am positioned to examine and consider olde countryside lore, sayings and proverbs. What do they mean? Where have they come from? And, most vitally, are they infectious?



**This month's adage to analyse:** 'March in January, January in March.'

**Reginald writes:** Clearly, this saying evolved when Tiberius Bonusprint, inventor the Merrysnap photo calendar in 1892, muddled up the first and third months' pages. This was common in those days, when printing factories forced illiterate elderly aunts to work 43 hours a day with only soil soup to sustain, and sleep considered lackadaisical. T. Bonusprint brought in his wife and 27 children to remedy the jumble after 7 years of Easter before Twelfth Night, resulting in Bishop Banbum being considered an heretic of calamity. R. St.J. Z Rural, esq.

**Mrs Reasonetta Rural writes:** Silly boy. This proverb is nothing more than a statement of the unreliable nature of January weather. Do not be lulled into a false state of warmth should we experience a mild January. The ferocity of a furied, freezing February and March are never far away. Brace oneself for weather of any kind, any month, and n'er remove your vest. R.R.R. Rural (Mrs)

## NATUREHOOD WATCH This month – teasels, goldfinches & die-back

The thing about teasels is that, well, they just *happen*, or so it seems. Anyone ever seen a pre-teasel – the spring or summer bloom that becomes the little brown hedgehog on a stick? Nope, me neither, so what flowery plant makes the teasel?

They are dotted hither and thither in hedgerows throughout winter months, at their most beautiful as a carriage for frost and ice on cold mornings. I remember a winter fete at junior school, a table laden with tiny Miss Tiggywinkles: teasels wearing little aprons and headscarves, beetle black dots for eyes, and being too in awe to even consider asking mum if I could have one, they seemed a little too fragile as a toy, and watchful and knowing.



Caprifoliaceae is the plant genus, the honeysuckle family, if you like. You can see green teasels in spring and they develop a cluster of tiny lilac or white flowers all over their roundy egg shape, which is known as an inflorescence. To us laymen, they look rather much like thistles in the warm months, though come into their own when all else, except the hogweed stalks, has died back.

But why Teasel? This comes from the old custom of using the dried heads as a sort of brushy comb on woollen cloth: it brings up the nap (or texture, pile) on the fabrics, and this was known as teasing. Just don't try it with a hedgehog.

Teasels are not only good for school fetes and tangles: they, and thistles, are a valuable food source for the long, skinny beaked goldfinch, who can extract the seeds that shorter billed birds cannot. From this habit comes the rather curious fact that the goldfinch is often depicted in Italian renaissance paintings of the Madonna and Child, the thistle/teasel representing Christ's crown of thorns. In one work, by Raphael, the infant John the Baptist is handing Jesus a goldfinch as a warning of his future. I haven't put the picture here, as the goldfinch is very tiny, but you can see it – and blow it up in size - on google.



The devastating effect of ash die back seems to be literally hollowing out the hedges and woodlands here. It's horrid to see a 150 feet tree crack and crash to the end of its life, but we must look forward to the replanting that is going on: sycamore, alder, some yew, amongst others.

It is rather ironic then, that in ye olden days, ash trees were considered a healer to weakened and ill babies and small children. A cleft or split would be made in the ash

tree trunk, the naked little mite then passed through it as a cure. The gap would then be bound up to heal over, as the child also healed, though harm to the tree meant harm to the healed person's life.

There is the fabled 2 metre high standing stone just east of Minchinhampton at Hampton Fields, known as the Tinglestone (see the craggy photo), which also served the same healing purpose. There is, reputedly, a feelable tingle when your newborn, an ailing limb of an adult, is shoved through/in its gap. I did know of a choral group who wanted to sing and dance around it for some sort of experience. I don't *think* it was the Rolling Stones, though they may have been wanting a bit of rock n' roll... ed.

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## GARDEN TIPS FOR JANUARY

A lot of people came new to allotments and gardening in 2020 so now is a really good time to review how you got on, what you learnt, and then to plan for the New Year ahead.

Firstly, remember that crop rotation is essential. You have four main vegetable groups:

Brassicas: includes cabbages, sprouts, broccoli, cauliflower, kale, swede, turnip.

Legumes: peas, broad, runner and French beans: these can be grown anywhere.

Potato family: potatoes, peppers, aubergines and tomatoes.

Roots: beetroot, carrot, celery, parsnip, parsley, amongst others.

By moving crops around so they only use the same soil every fourth year helps prevent root diseases and keeps the soil balanced. It benefits from having deep rooted crops one year, shallow rooted the next. Salads and other quick crops can be grown in the gaps between the other slow growing larger crops.

If you forget what you planted where last year, don't worry! Just remember not to grow potatoes in the same spot two years running as they take a lot of food out of the ground. Add lime to the soil in the autumn and grow peas or beans on the ground next year which produce plenty of nutrients for any following crops including the brassicas.

Root crops don't want manure before planting but apply manure in the autumn in anticipation of a potato crop. Rhubarb, perpetual spinach and asparagus should have their own beds and be left undisturbed.

*Jean Glew*



# THE DYDDI PODCAST – People of Didmarton

This month – Clare Peever

**PLACE OF BIRTH & EARLY YEARS** Cheltenham, and Foxholes Farm, Alderley.

**EARLIEST & CHILDHOOD MEMORIES** Hanging upside down on a climbing frame by my ankles and calling for help.

**EDUCATION & BEST TEACHER** Charfield Primary school, then Convent of the Holy Child Jesus, Mayfield, Sussex.

**BEST TEACHER** Sister Margaret Gardener – or Market Gardener as we called her. teaching us after someone tied her apron strings to the back of her chair.

**WHAT WAS SCHOOL LIKE?** Great fun, lots of sport, freezing cold open air swimming pool.

**WHICH MUSIC MARKED YOUR YOUTH?**

Bowie, The Clash, The Jam.

**A SOCIAL OCCASION FROM THEN** School socials with boys schools: awful memories.

**FIRST JOB OR ACTIVITY** Organ tuner's mate. I can't read music!

**PERSONAL EVENTS FROM YOUR TWENTIES**

Started teaching, moved to Bahrain where I lived for 10 years.

**WHAT WAS THE WORLD LIKE THEN?** Less pressure on children at school. No mobile 'phones – how did we survive? There was the first Gulf War while I was in Bahrain; sadly the world still has wars. No change on that front.

**WHAT HAS CHANGED IN THE VILLAGE?** Not much in 20 years, but the pub has changed hands a few times since we arrived. It was Nigel and Jane (Worrall) back in 2000.

**DIDMARTON IN A SENTENCE** Home to some very special people.

**MEMORABLE PERSON** My maternal grandmother. We shared a love of all animlas.

**FAVOURITE PLACE IN BRITAIN** Foxholes Farm, Alderley.

**FAVOURITE PLACE TO TRAVEL** Australia or New Zealand, so many good friends live there especially all my old netball buddies.

**ADVICE FOR YOUNG PEOPLE** Take every opportunity you're offered.

**OF WHAT ARE YOU MOST PROUD?** My family – husband, children, stepchildren, parents and brothers.

**LAND, OR SEA, AND WHY?** Land, I'm a rubbish swimmer!



## SUDOKU by Neil Fozard

Each row, column and 3x3 box must contain each of the numbers 1 to 9.

								3
			4				2	1
1			5			6		
6	4			1	2			
2		9				1		6
			8	6			3	4
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9								

	7							3
	1	5				7	9	
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9		7	6		4	2		1

EASY

5	2	7	9	3	8	4	6	1
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3	7	8	4	6	2	1	5	9
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8	9	2	3	7	6	5	1	4
7	5	6	1	2	4	8	9	3
1	4	3	8	5	9	7	2	6

Answers to  
December's quizzes

...AND NOT SO EASY!

8	4	2	3	5	7	6	9	1
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1	9	5	6	2	8	7	4	3
7	1	8	9	6	4	3	5	2
9	2	6	8	3	5	4	1	7
3	5	4	7	1	2	9	8	6
2	7	3	1	4	9	5	6	8
4	8	1	5	7	6	2	3	9
5	6	9	2	8	3	1	7	4

### WURZIT TO?

Hmmm. Either far too easy, or completely foxing, it may be easy to see what this is, but the question is, as always, Wurzit To? Last month's very, very, very tall tree was the one between St Michaels church and Didmarton Manor: just look as high as you can!

*Alice in Wonderland answers from page 3:  
a crying baby, and the Jabberwock*



## HAPPY BIRTHDAY TO YOU!

This January, our birthday illustrator is Jacob Yandell, reminding us of the importance of a Lava-asaur. As we all know, the New Year Lava-asaur is brilliant at keeping us on our toes in maintaining all those New Year's resolutions we've made. Want some chocolate? What would the Lava-asaur say? Hmm, there you are you DIDN'T want some after all... Thank you, Jacob, for your terrific picture, and many happy returns to you & everyone celebrating this month.



AN ANAGRAM A-Z – Natural landmarks\* of the 21<sup>st</sup> British Isles  
 26 anagrams, one per letter of the alphabet. Not in alphabetical order. NOTE,  
 there is no X or Z, so two letters have two entries. \*Two letters are manmade  
 landmarks

- SHIRLEYS RED OAK (9,5)
- CHARGER DODGE (7,5)
- A SAUCY A STEWING (5,8)
- EWES FRONT (3,6)
- SAD KEY OFF (5,4)
- SCOFF DOLE WITH FIVER (5,6,2,5)
- BAN SOCCER BONE (6,7)
- GLAND I SHH (9)
- DR WALTER TUNA (7,5)
- ALL HOCK SQUINT (8,5)
- AN FLAG VICES (7,4)
- ROTOR DAM (8)
- TO ROGAN JOSH (4,1,6)
- ARE A THRUSH (7,4)
- WET HASH (3,4)
- O CHEVROLET ASK FLY (6,2,3,5)
- EYES OF SILK (4,2,4)
- EXPLANATION MARK OR O (6,8,4)
- SIR CATTLE KID (4,8)
- DOOMSTOWN NUN (5,7)
- IS DIRT PACKET (4,8)
- CONK KNOW'D (9)
- REALLY BROWN UGO (4,4,6)
- DEREK GNAWS (3,7)
- STEED HELEN (3,7)
- OR FLANK BROODS (7,6)

\*\*\*\*\*

THE DYDDI DIGESTIVE CONCLUSION – FROM P.23 Well, that was a silly waste of time § 45 pence, wasn't it? Those pernickety guzzlechops who just wanted to pretend to be at a 4 year olds birthday party again, snaffling the Pink Wafers of memory. Pink Panthers, despite being seemingly dismissed were but a scrap less in marks than the cheapo ones. What have we learnt? Nothing. No matter, next month we get fresh w' posh with Mint Club versus Viscount, both FAR too grand for any a kiddoes tea party. Phew. Sophistication, here we come.

## SOPHIE'S SURGERY – helping owls

The various British owl species are all rarely drinking carnivores. Although they have large eyes, they mainly use their obliquely-placed ears to locate prey, which they swallow whole. The tufty 'ears' of some (long and short eared varieties) are just feathers.



Most commonly seen and heard (the easily recognised tu-whit, to-whoop) is the **Tawny**, dark feathers with dark and light barring across their bodies, much larger (up to 40cm in height) than the smallest, the **Little** owl, just a tad over 20cm. The feathers of the former make them difficult to spot, though even harder to find is the nocturnal and very secretive **Long Eared** owl.

You may have more luck spotting a **Short Eared** one, though head to the coast in winter months to marshy, wetland areas.

**Barn** owls are most visible at night, have white feathers on their face and tummies, a pale brown speckled back, and are just a bit smaller than the **Tawny**. You might see the **Little** owl in daytime, perching on a tree or telegraph pole, whereas the **Barn** owl prefer open country, fields, hedges and banks.

All owls need complete animals as food – bones, fur, the lot, which is regurgitated as pellets. You can put up a nesting box in a large tree, if you have one in your garden, which might attract a wild pair of Tawny owls. If you've an old barn or shed, an owl box inside might, just might, attract an owl.

All owls are fully protected by law, which means it is illegal to remove or damage their nests and eggs, or to take, injure or kill a bird. The only time an owl can be handled is if it is found disabled or hurt.

*Sophie, vale vets*

\*\*\*\*\*

## DIDMARTON BOOK REVIEW

### **The Prime of Miss Jean Brodie by Muriel Spark**

As usual, I'm only 60 years behind the book trend; this was published in 1961 and by jove, I wish I'd read it decades ago. Blackly, screamingly funny, bathetic and tragic, it tells of an Edinburgh teacher and her 'Brodie set', a few girls assigned to her for some of their education, whilst she, reminding them often, is in her "prime". A real snuggle up and devour read, it's not overlong, so keep an afternoon or two aside and go for it. Ofsted wouldn't approve. The 1969 film won Dame Maggie Smith, as Miss Brodie, the best actress Oscar.



*ed.*



## DIDMARTON CONGREGATIONAL CHURCH

*"I have set the Lord always before my face, for he is at my right hand that I may not be shaken. Therefore my heart rejoiced and my tongue was glad, my flesh also will rest in hope" Psalm 16 v 8.*

What confidence the psalmist expresses in these heartfelt words concerning the future! As we begin a new year we need the confidence which only God through Jesus can give us, which can deliver us from our fears, and bring rejoicing in the hope which comes through him.

We need, as the psalmist did, to set the lord before us as we enter a new year, and keep him on the throne of our hearts to guide and instruct us, we must allow the words spoken by God through Jesus Christ his son, to find their home in our hearts, for what really matters in life, is not our race or education or social standing; but what really matters is 'whether a person has Jesus Christ', Colossians 3 v 11.

Do you have confidence in the knowledge of Jesus, that he is God in the flesh? Do you have confidence in the salvation from sin which he purchased by his death at Calvary? Do you have confidence in his love to guide you in the best way through 2021? If we set the Lord Jesus always before our face, he will be at our right hand to uphold us and bring rejoicing and peace to our soul whatever circumstances may raise in the days ahead.

Will you acknowledge your need of him, repent of sin and by faith set the lord before your face always rejoicing in his new life for this, his new year? May the lord find a home in your heart and lead your life always!

May the lord lead you to join us in worship this year, each Sunday at 11am. Sunday 31<sup>st</sup> January, guest speaker, Michael Paton, d.v.

A welcome awaits you.

*Royston Pick*

\*\*\*\*\*

## THE WALKING GROUP OF DIDMARTON

Dear walking pals, human and canine,

Our next group outing is on Saturday 9<sup>th</sup> January when, weather permitting, we will walk to Westonbirt, 10am start at the Kings Arms car park, with possibly coffee to follow (regulations permitting). Accompanying pooches not essential.

For details of walks around the village email ladydaisygreenwood@gmail.com.

Woof woof!

*Mad Martha (and Lady Daisy, now ret'd)*



## YOUR MIND & BODY MATTERS

*Feeling the very best you can*

New Year is always met with resolutions, like more exercise, to lose weight, have a healthier lifestyle, which we tend to think has an effect on our metabolism, the process in which our bodies burn calories.

Peoples' metabolisms vary hugely, research showing that often there's no reason for this. A surprising fact is that most calories are used up in our resting phase, and a rather unfair fact is that women burn fewer calories than men. We do know that age can affect metabolism and can slow down as we get older, but building muscle can be marginally helpful with increasing your metabolic rate. By having more lean muscle than fat, you will increase this rate as muscle uses more energy than fat. However, in order to keep more muscle requires work and effort.

Eating protein is good for building muscle and does keep you full and satisfied for longer but of course, the more muscle you have, the temptation will be to eat more as your metabolism is burning more calories so you are caught in a bit of a loop!

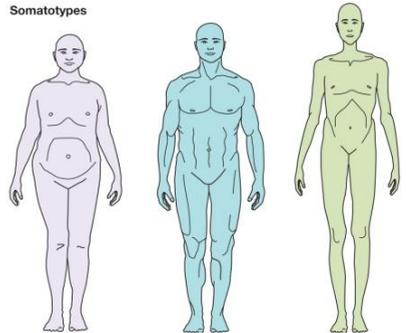
Body type – somatype – can influence our metabolism. Bear in mind, you can be a mix of two types. The 3 types are:

Ectomorph (right in the illustration), naturally skinny with lean limbs and build, who finds it difficult to put on weight and muscle.

Mesomorph (centre), naturally fit, relatively muscular, can put on – and lose - weight and fitness easily. Wide shoulders, narrow waist, fairly slim joints.

The endomorph (left) has a broader, wider build over the ribs and hips, and finds it hard work to keep fit and in shape.

Somatotypes



Coffee, chilli and spices are said to help boost metabolism but it's negligible. Research shows that 3 cups of green tea a day burns around 100 calories, as well as being an antioxidant (a good guy who cleans up free radicals, who are the bad guys who cause cell damage) so perhaps that's a good thing to include in your diet. I guess if we think of our bodies as we do our cars, in that we make sure to put in the right fuel and oil, and we need to do this with our bodies. I've always thought this a great metaphor, for when we don't eat we run into trouble.

Perhaps also we need to accept the differences in our metabolisms and be accepting and responsible by eating less/better, and exercising more. Make sure to have a varied diet with lots of plant based foods – all colours of the rainbow is an easy way to remember – and treats to be kept as treats, **not** part of a normal, daily diet. And by that, we give our metabolisms a fighting chance.

Happy New Year to you all. Ruth Carnaby, *Mind & Body Matters* 01454 238733

\*\*\*\*\*

### CAROLE COOKS AGAIN – brain food? The flaxjack

In Ruth's *Mind & Body Matters* in December's Dyddi, she mentioned the health benefits for our brains by adding flax and sesame seeds to our diets, amongst many other foods. Seeds are not the easiest thing to incorporate into your diet in great quantity unless you are a tahini freak, which does tend to suffer from the love it/hate it Marmite syndrome



However, there's nothing like a challenge for Dyddi Heights' kitchen. Herewith is my invention: it is (can't believe I'm typing this) vegan: and also, a processed sugar free, dairy free (I am NOT going to use vegan margarine ever ever ever) FLAXJACK 200ml apple juice (just normal, nothing pricey or fancy), 50g coconut oil (hard white stuff in a jar usually on the olive oil supermarket shelf: just hack it in), 50g agave syrup or whatever liquid syrup, say, rice malt or maple you prefer. The cheapest and easiest to find, and non vegan, is honey

Put that lot into a saucepan, melt over a low heat, then throw in a couple of handfuls of flaxseeds (milled are rather better, though either fine) and/or sesame seeds. Add enough porridge oats so it's pretty stiff. Add now anything else you like: hazels, brazils, almonds, walnuts, sultanas, dates. Just go for it.

Put into a lined baking tray, bake at 160 degrees for about 20 minutes, check its not scorching, let cook 5 minutes until mildly browned. Give another 5 if you like more of an edge to the crust. Leave in the tin to cool, cut into squares whilst warm. (STOP PRESS! The children are home, and I've just made them some bread, throwing in a large handful of the milled, a smaller amount of whole, flaxseeds, plus some oats, and a dozen whole, pitted big green Queen olives. They scoffed it, and I don't think they noticed the extras. Wonders never cease.) Walnuts, the Romans believed, because of their nigh-on identical similarity to the human brain, eating them was good for said organ. The affinity of walnuts with dates is one of the nicest things to snaffle, whatever time of year. Ooh, and you know those dates-in-a-box with the plastic stick? Well, their name, Deglet Nour means heavenly date. If only the founders of Tinder had known... ed.



**Going Green**

Didmarton Eco Group

## NEW YEAR, A FRESH START

### Eco Check List – No 1

Do email me with any of your Eco tips and local suppliers, [info@stinarichardson.com](mailto:info@stinarichardson.com) Here's my list to start you off!

**Switch to Green** Swap your fossil fuel supplier to renewable energy, instantly reducing your carbon footprint by 50%. It can reduce your bills - surprisingly our house saves 30% since switching to Bulb. Compare quotes from suppliers including Opus, Bulb, and Ecotricity.

**Shop locally** Buy loose and in bulk. Take containers, decant into large old jars, which look great in the kitchen. Shopping locally can mean fresher produce. Bridgmans Farm Shop, Sherston, the Grocer on the High Street in Tetbury and Malmesbury's Wild Food Co.

**Think out of the Box** Sign up for a fresh, plastic packaging free door-delivered veggie box. Often with recipe ideas to inspire, try. Abel & Cole, Riverford, or Oddbox, the genius company who rescue rejected veg directly from farms.

**Get into Silicone** Ditch single-use, plastic food bags. Try **Stasher bags** that come in various colours, sizes and are freezer-friendly.

**Get Loose** Teabags can contain a very thin layer of polypropylene plastic that doesn't compost, ending up as microplastics in the soil, rivers and sea. Loose tea tastes better – try using a tea strainer for a week and see if you're converted!

**Bamboo Brush** Swap plastic toothbrushes for bamboo.

**Bees Knees** Stop wrapping food in crude oil. Yep, that's cling film. Beeswax food wraps are reusable, biodegradable.

**Eat more ice cream Cones** Choose a cone over a plastic tub...yummy, easy!

**Chewing Gum Challenge** Apparently most gum is made of plastic! Natural alternatives are Peppersmith and Simply Gum.

**Dyddi Social Media** – We all need of inspiration! Post messages of positive activities on the Dyddi facebook page or Whats App group. Let's raise our spirits with photos of birds, family litter picks, growing seeds in reused glass jars, etc. Contact me if you want to be added to the What's App Group.

**Buyer Aware** Palm Oil: look for the 'Sustainable' sort, or check for the RSPO label. Fish; the blue MSC logo ensures it has been sustainably sourced and impact on ecosystems kept to a minimum.

**Paper, Cardboard** The FSC logo ensures the wood used is replaced or allowed to regenerate naturally. **Go Paperless** Switch to digital, cancel those unwanted catalogues. Notify banks and request digital statements. *Stina Richardson*



## THE DYDDI DIGESTIVE

*Life getting you down? Eat a biscuit. The trouble is, which one?*

*Each month we try & overcome the trauma of choosing one over another, tough work, but someone had to do it. This month –catching up from October's Dyddi (apologies for the empty biscuit barrel in November & December) which mentioned 'upset', 'retrial' & 'stewards' enquiry'. To start: Pink Panthers v. Tunnocks*

**PINK PANTHER WAFERS** overall average – 4.54/10

Name: cute, sillysilly, they're not vegan, what's a panther to do with it? - 6.75

Design/appearance: too pale, a neat brick but really small, jolly packaging, packaging excellent, boring, not pink or big enough - 6

Smell: hint of plastic bag, none, no smell, they should smell strawberryish! - 2.25

Taste: sludgy crisp, unsweet, bland, bitter, they should be strawberryish! - 4.25

How many could you eat? Lots if dunking, one just to remember what made you feel ill at birthday parties, few, one, lots if they were the proper pink ones - 4

Dunking? It works! Funny underlying taste, poor, mushy - 4

**TUNNOCKS CARAMEL WAFERS** overall average - 7.29/10

Name: what it says on the tin, if Tunnocks didn't sound as Tunnocky I'd say it was dull, couldn't say - 5.75

Design/appearance: beautiful, healthy chunker of a bar, exquisite - 8.75

Smell: a little cheap choc on the nose, hint of tin foil, potential, delicious - 7.5

Taste: chewily gorgeous, perfection, chewy, pretty good - 7.75

How many could you eat? As many as it took, mine yours & everyones, a pair - 7

Dunking? A hot wet alchemy, not great, oh come on it's mostly ok - 6.25

*There was much disappointment at the tasting table in respect of the P.Panthers not bringing the joy a day-glo pink brick drenched in artificial strawberry flavouring should. The competition was deemed void, PP was voted off for not being up to the challenge in the first play, and let's get in the mega pink ones.....so, to correct history:*

**HAPPY SHOPPER PINK WAFERS** overall average – 5/10

Name: descriptive, dull, no prizes for imagination - 4

Design, appearance: unappealing, now that's more like it! much better brick size and shape, turgid grey pink, not as pink as they used to be - 5

Smell: none, smells like strawberries, hint of strawberry Nesquik - 3.75

Taste: dry, pretty good, nice snap, crispy soft contrast, who thought of making these in the first place? well, I like them lots - 6.5

How many eat: none, lots if at a children's party, more than the Panthers - 5.25

Dunking: poor, the wafer taste like ice cream cone, curiously satisfying - 5.5

SEE P. 17 FOR CONCLUDING PARAGRAPH IN THIS PERPLEXING SITUATION .



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