



Illustration - Naomi Ainsley

Why should I exercise?

The advantages of regular exercise have been understood for centuries – in fact the list of benefits is far too long to list here. Put simply, regular exercise can help us feel, move, and perform better in our day to day lives, reducing the risk of many serious health problems, and increasing lifespan.



So why is it so hard to stay active?!

Well, with jobs becoming more sedentary, door to door transport so easily accessible and convenience bestowed upon us at every turn, it's no wonder so many of us find it difficult to exercise. In a busy world, our activity levels are often the first thing to suffer.

The bottom line

There are so many ways to exercise, it's hard to know what to do, but don't sweat it – I'm going to let you in on a little secret. There is no 'best' way to exercise. The key is to find activities that you *enjoy*, and do them at a frequency in which they remain enjoyable.

A *varied* exercise plan will be more interesting, and different activities come with different benefits. Aim to include activities that help with the following: *Flexibility/mobility* | *Aerobic capacity (stamina)* | *Muscular strength/endurance*. Finding enjoyable activities that target these key areas are the answer to becoming healthier, happier, fitter and stronger *for life*.

The power of accountability

When it comes to adherence, being accountable to another person is solid gold. If you've arranged to meet a friend for a jog, you are both accountable to each other, the likelihood of sticking to this is vastly higher than 'going it alone'. The same principle applies when attending group exercise classes.

Asking for help

If you're struggling to make lasting changes, there are loads of excellent coaches, classes, and resources out there to help you. Asking for help is not a sign of weakness, it's a sign of wisdom. Even In the midst of a national lockdown, it is entirely possible for you to raise your activity levels, and enhance your health and fitness.

If you have any questions or comments, please email tom@bomberspt.co.uk. My inbox is always open for honest advice on health, fitness, or nutrition.

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Modbury Parish Council Report

Modbury Parish Council met via Zoom on Tuesday 5th January 2021. Eight members of the Parish Council attended and apologies were received from Councillors Bill Cole, Peter Keohane and Tom Coates. 5 members of the public attended via Zoom.



Devon County Councillor's Report: Rufus Gilbert reported that the Recycling Centres are staying open during the current lockdown. Work has finally started on the road works at Edmeston.

District Councillor's Report: Bernard Taylor reported that an electric vehicle charging point will hopefully be installed in Modbury later in the year. The new kerbside recycling will be phased in throughout the South Hams from March rather than being introduced everywhere at once. People will be given about 2 weeks notice of the change which is estimated to be around May for Modbury.

South Hams District Council has grants for businesses closed by the lockdown so if you are affected by the lockdown please see <https://www.southhams.gov.uk/businesscovid19>.

Public Forum: Concern was raised about people coming down from up country and staying in their second homes. Apparently the rules are that they can come down and inspect their property but not stay overnight and if that happens they are breaking the law and should be reported to the police.

The Modbury Litter Pickers Group thanked the Parish Council for its financial donation for equipment and thanked SHDC for equipment that they had supplied.

Parish Council Business: The Net Carbon 2050 Plan by SHDC was introduced and the Parish Council is very supportive of it and it was suggested that the Community Action Group create a consultation response for ratifying at the February Council meeting and then prepare an action plan,

Barracks Road Speeding: Modbury Primary School is going to produce 15 signs, 5 from each year group to be placed along the road. SHDC has given £200 and the School PTA £50 with £250 coming from the Parish Council to fund this.

Planning:

| | | |
|-------------|--|-----------|
| 3709/20/TCA | Modbury Primary School tree crown height reduction | Supported |
| 3260/20/HHO | Alteration to house in Galpin Street | Approved |
| 3936/20/CLE | Certificate of lawfulness for log cabin, Modbury | Objected |

CCTV for Galpin Street by Co-op: the cost for this would be between £1000-£1500, with a possible contribution from the Police Commissioner. It is hoped a CCTV camera will be a means of reducing anti social behaviour, including dangerous parking on the double yellow lines or over the Disabled Parking Bay. This was given the go ahead.

Weed Spraying: The policy on how Modbury Parish Council should continue weed spraying was being considered and it was decided that people should be encouraged to weed outside their properties while the Parish Council sees what other local councils are doing and look at environmentally safe weed sprays.

Finance: The Precept of £47000 for 2021-2022 was agreed. The grass cutting for the coming year will be carried out by the current contractor.

Car Parking: The Palm Cross Green car parking is now shut and bollards have been installed in the new car parking in the Palm Cross development behind the old fire station. The cost of this parking has still to be agreed, but Modbury residents can rent the spaces on a yearly basis with priority being given to those without offstreet parking.

Barracks Wall: SHDC is investigating the ownership of the wall.

Modbury Parish Facebook page: A Modbury Parish Facebook page is to be investigated alongside other possible social media outlets to aid communications.

Palm Cross Development: The play park at the bottom of the site is still closed as it is awaiting signage. Work has started on the new toddler pocket park on the Green opposite the School as part of the relandscaping of Palm Cross Green as a Public Open Space.

The SUDS (sustainable urban drainage system) scheme improvement is under way. Final landscaping of the site is underway and will be closely monitored.

Emergency Plan: This is being updated to ensure the names of flood wardens are up to date. A large bag of sand is being ordered to fill sandbags if required.

The meeting went into a closed session at 9:06pm and the public were excluded from the meeting to allow the Council to discuss tenders for the Memorial Hall Play Park.

Chris Barnes



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Details about church are being continually updated. For the very latest information, please access any of the following media platforms:

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Our Facebook Page:

And keep your eye on Modbury Nextdoor

If you would like to receive the very latest updates from the church, you can subscribe to our newsletter by emailing the Vicar's PA: vicarspa@modburyteam.org.

If you don't have access to a computer please call 01548 831126 to request a paper copy of our latest news.

CHRISTIAN COMMENT: The Greatest Story Ever Told

I guess for many of us Lent has the connotations of taking on something difficult as a Lenten discipline, like giving up chocolate or alcohol, something we thankfully lay down on Easter Sunday.

However Lent is an invitation. An invitation to find ourselves in the greatest story ever told.

Everybody has a story. Your story includes the things you have done, the places you have lived your life, the experiences which have made you who you are, the people who have been most important to you. Your story is not yours alone, but is also part of lots of other stories – the story of your family, your group of friends, your town or village, your place of work, even your country.

At Lent and Easter, Christians celebrate the true life story of Jesus. This is the story of God's real loving and creative engagement with the world, which finds its high point in the life, death, resurrection and ascension of Jesus. From one perspective, to be a Christian is to be someone who lives their story in the light of God's true story and then invites others into His story with us.

To find out more about what our parish has on offer for Lent and Easter this year see our website: www.modburyteam.org.

Matt Rowland

The Big Garden Birdwatch

With plenty of time on our hands we could spend an hour in our gardens, allotments or any green space, and count individual or groups of birds. The annual winter birdwatch gathers masses of data so that RSPB can analyse numbers and movement patterns of our native birds. It's also fun to do, and last year nearly half a million people took part. Go to rspb.org.uk/birdwatch to register



and get lots of help with bird identification and how to help with the survey. Report back to the Modbury Messenger how many different species you have seen.

Boony Bower

St Monica's Roman Catholic Church, Modbury

St Austin's Priory Roman Catholic Church, Cadleigh

01752 892606

Please phone for details of services at St Monica's and St Austin's during lockdown.



CRIME PREVENTION

As our Police Service faces increasing demands in the face of cuts and increased legislation, we need to ask ourselves how can we help in the fight against crime. Basic crime prevention goes a long way to help not only to prevent crime but to assist in investigations. These include keeping records of serial numbers, photographing valuable possessions, secret markings with ultra violet pens with postcodes and a fairly new method named "smart water" which again identifies your property under UV lamps.

The dramatic increase in cybercrime is the most worrying and difficult to combat. Whilst the Internet and various social media platforms have brought great benefits they have also created a playground for criminals and fraudsters together with terrorists, paedophiles and stalkers. Techniques and legislation to combat this is always playing catch up. We all need to be aware of this and the methods to protect ourselves. Up to date virus protection and firewalls are essential as is the frequent change of passwords. Never open e-mails you do not recognise and if an offer seems too good to be true then it is. It is good practice to back up files on a memory stick. Schools run programmes for students about keeping safe on line but parents should remain vigilant. Age Concern also offers help for Senior Citizens regarding cyber security.

All reports of fraud now have to be sent to Action Fraud who in turn pass it on to the National Fraud Intelligence Bureau 0300 123 2040 who after research then forward it to the local police force for investigation.

If you get those e-mails which look suspicious, they should be sent to report@phishing.gov.uk who are able to remove them from the web. The National Cyber Security Centre also has details of current scams and advice.

Brian Blake

Lib Dem Candidate for Police and Crime Commissioner May 2021, Yealmpton

COVID SUPPORT FROM MODBURY PARISH COUNCIL

Who provides the help?

We have a core team of volunteers who have agreed to make themselves available to help the most vulnerable people including those facing severe financial hardship resulting from COVID 19. Not everyone is available all the time.

What support is available?

The team can help by getting shopping, collecting prescriptions, checking on you with a friendly phone call or maybe finding someone to walk your dog. It is practical help. Volunteers are not qualified to give medical help or advice.

To contact the Emergency Support Team call **01548 897 534** (please dial the full number, not just the last 6 digits). Please leave a message when asked. This message will automatically be sent to the Emergency Support Team, together with your phone number, so we can call you. Alternatively you can send an email to: emergencysupport@modburypc.co.uk

MODBURY PARISH COUNCIL OFFICE

2 Galpin Street, Modbury PL21 0QA, Tel: 01548 830222 parishclerk@modburypc.co.uk

The Parish office is no longer opening on Tuesdays

Should you have any parish matter you would like to raise please email parishclerk@modburypc.co.uk or write a letter and put it through the Parish Office postbox.

You are also welcome to speak at the public forum held at the beginning of each council meeting. The meetings are held on Zoom on the first Tuesday of each month (except August) at 7 pm.

Contacts:

Police Community Support Officer:

Sergeant James (Jim) Timmis
James.TIMMIS@devonandcornwall.pnn.police.uk

County Councillor (Salcombe Division):

Rufus Gilbert. Tel: 01548 856659
Cllr.Gilbert@southhams.gov.uk

South Hams District Councillor (Charterlands):

Bernard Taylor Tel: 01548 830844
cllr.Taylor@southhams.gov.uk

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Modbury Litter Picker Volunteers

The group, comprising seven volunteers, was formally established in March 2020. Since then we have been picking litter in the town and around the parish. From our humble beginnings, we have now received hi visibility vests as a donation from a local business, The Plastic (Recycling) Company. We have obtained a grant from the Parish Council for signs which we will place at strategic points around the parish (i.e. places where we seem to get a lot of rubbish). We have also been given five litter pickers and some black bags by South Hams District Council. We would like to formally thank all of them for their contributions.

During the festive season we have all been out both in the town and tackling the lanes and busier roads which are part of the parish. It is amazing what litter there is and it's obvious that these lanes and roads have not been cleaned for a very long period. We hope however that you are seeing a difference! We have received many 'congratulations' and 'thank you' remarks from passers-by/drivers. This is really encouraging so please keep them coming.

Whilst we know that most of the rubbish is generated by cars and vans which are driving through the town, we would like to ask our local residents to please take care with paper handkerchiefs, plastic bags for dog poo and lately, face masks. We know you don't intend to litter but they pop out of the pockets very easily.

We are aware that whilst not part of our formal group, there are many other local residents who also pick up litter in the town and its surrounds. To them a big thank you too.

We aim to make our parish an example of a clean and litter free environment as far as this is possible. Not only because it looks nicer but for ecological reasons. According to Keep Britain Tidy, about 4 million small animals die as they become trapped in bottles, cans and other litter strewn in the countryside.

The pictures show some of the rubbish recently collected. We were not able to bag up the caravan though!

Marina Auburn



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TENNIS CLUB BOUNCES BACK

If you have been up to the Queen Elizabeth II Recreation Ground lately you may well have noticed the tennis courts have changed colour from red and green to black.



Digging out the net posts

It was 2009 when the court surfaces were put down and since then the hot summers and cold winters have taken their toll causing large surface cracks. It had become time to replace the crumbling surface. Thanks to the notorious tennis club safari supper evenings and other efforts of the tennis club committee volunteers, funds were available to lay a new surface but sadly they fell short of the total funds needed. As it was, recent local housing developments had given rise to a grant available through SHDC which was then able to provide the necessary outstanding funds to allow for all the work to be carried out to replace the tired surface.

In October last year work began to prepare for the new surface which required a surprising amount of preparation including lifting all the edging stones, new drainage holes, changing the height of the chain link fence and packing down a binding layer over the entire area before a new surface of high-grade speciality modified bitumen (previously known as tarmac) could be rolled down. This was achieved just in the nick of time before the November lockdown and the wet and cold weather set in.

So now the local community has a perfect all weather (not frost or ice) surface to enjoy along with new nets and refurbished posts. Once the warm weather arrives later this year the courts will again be painted giving them the final touch ready for another 10 years.



The new binding layer ready to be spread



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Digging out the old edging stones

At the time of writing lockdown has prevented tennis activity for now but as restrictions later begin to lift, tennis will be one of the first activities we can all take part in as it allows for outdoor social distancing. So, make sure you use this new facility by joining the club (see below) or booking a court online at www.clubspark.lta.org.uk/ModburyTennisClub as soon as it is safe to do so.

Later in the year it is expected coaching for the kids and adults will resume.

For further information contact: info@modburytennisclub.uk or Tel. 07766 447979

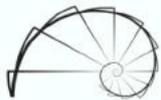
Paul Eden



The new surface has been laid and is awaiting its coloured finish due to be laid in the spring.

We'd like to hear about your club or society in Modbury, so write and tell us about it. Email your article to modburymessengercic@gmail.com.

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Berries and Birdscaping

For most of us, being able to encourage wild birds into our gardens and local environment is a real pleasure. In winter it is particularly special to be able to provide them with much needed food and to watch their colourful antics. In these times of lockdown and added stress, observing the natural world around us is a massively valuable tonic and essential to our mental health and wellbeing.

We can obviously assist our garden birds by buying bird food and ensuring that they have water when the world is frozen. However, planting appropriate berry-bearing shrubs is a great longer-term provision. Even a small garden can provide a selection of natural food sources for birds all year round. One of the easiest and most efficient ways to invite birds to your garden is by planting berry-producing plants.

Berries are an important food source for many birds during the winter and this is a good time to consider planting fruit and berry bearing trees or bushes in the garden. The more berrying plants you grow, the better. These provide a perennial source of nutritious, antioxidant-rich food for birds in autumn, which is a longer lasting and more reliable way to help birds than by simply filling feeders. From autumn onwards, this is particularly important, as temperatures start to drop and food becomes scarcer.

Watching the birds in our garden and the adjacent Galpin Street Community Orchard has been a great pleasure during this autumn and winter; blackbirds, thrushes, fieldfares and wood pigeons have been feasting on the elderberry, holly, hawthorn, blackthorn and blackberries.

Berries are some of the most natural and essential food sources for birds. Berry plants are also very easy to grow and require very



little maintenance once the plants are established. So, even if you are not a keen gardener, you can have a lot of success tailoring your garden to attract birds and planting a variety of berry-producing plants is a great place to start.

Valuable berry plants include holly, ivy, guelder rose, hawthorn, blackthorn, honeysuckle, rowan, dogwood, dog rose, shrub rose and blackberry.

Holly, hawthorn and blackthorn berries are very long-lasting. They come out throughout the winter. They will feed the migratory birds which need to fill up, such as redwing and fieldfares, as well as birds which come into your gardens from their breeding grounds such as goldfinches and siskins.

Different species will feed on different kinds of berries - thrushes prefer berries with smaller seeds, like rowan, as they tend to only eat the flesh of the berry. Hawfinches, on the other hand, eat the seed itself, so are attracted to berries with big seeds such as hawthorn, blackthorn, cherries and wild plum. The size is also a consideration - some berries, like dog-rose hips, are too large for birds smaller than blackbirds. Bullfinches and mistle thrushes like to feast on the bright red berries that appear within the colourful autumn foliage of the guelder rose.

'Birdscaping' is the art of gardening with the intention of luring and attracting birds to your garden. Birdscaping is not about buying and placing a bunch of bird feeders full of seeds and birdbaths inside your garden (though feeders and a bath will be greatly appreciated). Birdscaping, in this case, is all about choosing and planting the type of plants that will attract different species of birds to your garden (native species are best). One of the best ways to bring birds into your garden is to plant berry-producing plants such as those listed above.

Once your berry plants start bearing fruit, your garden is sure to be a 'wildlife winter wonderland'.

Tim Russell

More English language oddities! Would have / should have

When we say, for example, "you should have done that", or "I would have done that", it can sound like "you should of done that", especially in speech when the contraction, "should've" is used. So it's easy to think that's how it should be written! I often spot that error when reading letters and emails.

However, it's blatantly wrong and if analysed, it makes no sense to use the word "of".

Now, how topical is this?

Pfizer vaccine: effective, protective and safe

Moderna vaccine: effective, protective and safe

Oxford vaccine: effective, protective, and safe

Interpretation and answer on page 13.

John Bower

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Saturday February 20th
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09:45 to 12:15

Tuesday February 2nd
Ayleston Park
14:45 to 15:30
Poundwell Square
15:35 to 16:35

Devon
Libraries

Winter Wassail and Wildlife

Following on from our note about Apple Day in the November Messenger, we were very pleased to take £120 in donations for all the bottles of pasteurised apple juice. We do hope that everyone who had a bottle enjoyed the juice. We have donated half the donations (£60) as we do annually to St Lukes Hospice.

Due to Covid compliance and lockdowns we have not, sadly had our community Wassail this January. We so hope that we shall be able to hold the autumn Apple Day and winter Wassail and life can be more normal for everyone as soon as possible. To the community of Modbury may we wish you 'Wassail!' or translated from Anglo Saxon 'to bring you good health', which seems particularly pertinent at the moment.



In place of the Wassail we encourage everyone to visit the community orchard and see what is still in leaf, in flower and in berry. So many of our woodland plants are evergreen; giving our hedge banks the wonderful bright green clothing throughout the year. The image above is taken at the top of Runaway Lane. You can see the butterbur, bird's nest fern and ivy cladding the bank to the right. Walking down the lane you can see at least 4 different types of fern, as well as as many as 10 different types of evergreen ground cover and mosses. With the bare stems and sculptural form of the trees, this is a very beautiful time of the year. It is interesting to note that the lane is icy in the foreground where there are no overhanging shrubs or trees, but as soon as you walk below the canopy (in the mid ground of the image) there is no ice on the ground. The trees and mature hedge protect the lane from freezing due to the microclimate around the plants. Happy exploring!

Charlotte Rathbone



Modbury and District Branch of the Royal British Legion

Last year's Poppy Appeal in Modbury and District raised £1,825, which is a great effort by the community despite the pandemic and remembering both VE Day + 75 and VJ Day +75. A very big thank you to all collectors and to all who gave so generously.

The next meeting of the Modbury and District Branch of the Royal British Legion will take place on Monday 1st February 2021 starting at 7.30pm, when there will be a zoom meeting. New members are always most welcome.

David Scott (Hon Secretary)

J R Fox Carpenter & Joiner

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Pause for thought

Here we are again in lockdown. This time not only are we dealing with the isolation but also with cold, wet weather. Now more than ever we must go the extra mile to really care for each other. The sound of a voice can make all the difference to someone alone at home, a gift left on a doorstep can bring comfort knowing that someone cares. For some a hot meal would be more than welcome but mainly it's just checking in with neighbours - if we could just make sure those either side of us are ok, have food and essentials, are warm. If you are able, garden jobs can be done, bird feeders filled or dogs walked; all help for those who must once again shield.

It's not all doom and gloom though because spring is on its way, snowdrops, primroses, sweet scented daphne are already blooming, birds are getting ready to nest, frogs are returning to garden ponds which will soon be filled with bubbling masses of spawn. Our gardens and countryside once again become a source of interest and entertainment. Keep doing what you have always been doing in Modbury - that sense of community is ever present. Caring for each other is great for our own mental health too, giving us a sense of purpose and reciprocal love.

On that note I would like to gather your thoughts on what Love is? What it means to you. I will then collate them into a book of Modbury Love and will use your quotes on my Celebrant sites. You will be referenced if you wish and proceeds will be shared in the community. Further details via email.

Please send me an email : circlecelebrantsarah@gmail.com

Name: Age (not essential): Contact Details:

What LOVE means to me..... or Love is.....

Please limit to a sentence or a paragraph.

Sarah Wyatt

walk&talk

Due to the current Covid restrictions all walks are suspended until further notice.

Walk Leader contact details:-

| | | | |
|-------------------|--------------|---------------|--------------|
| Sue Rogers | 01548 831289 | Deena Farrell | 01548 830692 |
| Catherine Speight | 01548 830195 | Jean Wright | 01548 810029 |
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Interpretation and Answer

The extra comma in the Oxford line after 'protective' is called the 'Oxford comma' and it is technically correct English, apparently, to use a comma after the last adjective in a line of several in a sentence! However, it is becoming commoner not to use it!

John Bower

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| | Black | Colour | Black | Text Colour | Black | Colour | Black | Colour |
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To advertise in the Modbury Messenger, contact the Editor, Lynne Barnes on 01548 830031 or 07806559465 or email modburymessengercic@gmail.com or messenger@modburypc.co.uk.

Modbury Messenger March Copy Date 10th February

The copy date for the March 2021 Modbury Messenger is 10th February. Please email all articles, notices of events and paid advertisements to modburymessengercic@gmail.com.

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MODBURY MESSENGER CIC

Modbury Messenger CIC is a Community Interest Company and as such is registered by the Registrar of Companies for England & Wales, Northern Ireland or Scotland. A Community Interest Company is a special type of not-for-profit limited company which exists to benefit the community. The purpose of Modbury Messenger CIC is to disseminate information about events, notices and articles of interest to the people of Modbury and it does this by publishing the Modbury Messenger, a printed newsletter, every month with 1000 copies delivered to homes and businesses within the Parish of Modbury. An online copy of the Modbury Messenger is available to neighbouring communities, advertised via social media and on our website modburymessengercic.co.uk

Advertisers are charged a fee for advertising in the Modbury Messenger and this covers the cost of producing the Modbury Messenger. The Board of Directors, Company Secretary, Editor, Proofreaders and Distributors are all volunteers.

Directors of Modbury Messenger: Christopher Barnes, Diana Lynne Barnes, Burda Gage, Bernard Taylor.
Company Secretary: George Rosevear.

Editorial Committee: John Bower, Lynne Barnes, Nicky Shepley, Mark Lawrence.

Modbury Messenger CIC has produced the Modbury Messenger as an independent CIC since September 2018. Previously it was published by Modbury Parish Council.

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