

THE POST

LMEHA NEWSLETTER



LIFESTYLE - NEWS - FUN



August 2021



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Welcome back and hope you enjoy reading the second 2021 edition of The Post, our LMEHA newsletter.

We like to share good news, reviews and local services, or if you notice something interesting around and about the estate let us know. Send your reviews and news and we'll include it in the next newsletter.

We aim to publish 3 newsletters a year – May, August and November. Please send copy to:

Tony & Catherine Graham at:

cgraham770@gmail.com

or drop us a hard copy in at 64 Mill Village – thanks!



Chairman's Letter 1/2

Hello,

It's great to see life almost back to "normal" at Lower Mill. The estate is full of people enjoying a welcome break after a challenging and difficult 18 months. Hopefully the weather will play its part and we can enjoy a glorious summer at Lower Mill.

I can imagine that there are lots of members who are very pleased that they are able to spend a lot of time this summer at Lower Mill even though many foreign holidays (including mine) have been cancelled or deferred.

There are a lot new homeowners on the estate, many have already joined the association and we hope many others will soon follow. If you have a new neighbour please encourage them to join the association and help us build a thriving community. It is always worth reminding new homeowners and non-members that without the work of the association (all voluntary) certain things that are now normal on the estate such as high-speed internet via Gigaclear would not be available. Pre-Gigaclear, working from home using Zoom or Teams was simply not an option.

Our next big event is the Summer Festival. Stuart and his team have planned an action packed and fun two days (28th -29th August). The festival is open to members, non-members and guests. Please book your tickets at <https://www.ticketsource.co.uk/Imeha/t-znleko> we have been fortunate to have the Estate Sponsor the Festival and any surplus will be₃ donated to charity.



Chairman's letter 2/2

We are also planning to have a full program of social events as life becomes more normal so, please “watch this space.”

On a different perspective the association has just launched an initiative to help us prepare and plan for the maintenance of the estate. Lower Mill is effectively a small town or village but in our case the estate owns the infrastructure, the roads, bridges, water pumps, sewage systems and of course the Spa. The assets naturally age and wear and consequently need regular maintenance or replacement. Our goal is to work with the Landlord and the Estate Team to be able to better budget and plan for this expenditure. Better planning may also allow us to take advantage of new options that become available. Just as we now have transparency over the current elements of the Service Charge, we plan to have a better idea and control of future expenditures.

I would also like to take this opportunity to say a big thank you to Oberon and the Estate Team, they have done a great job coping with the ever-changing guidelines and rules and somehow managed to keep as many aspects of the estate safely open whenever possible.

Barbara and I plan to spend most of August on the estate and hope to meet as many members as possible.

Enjoy the summer and please remember to book your tickets for the summer festival.

Graham, LMEHA Chair



SUMMER FESTIVAL

The LMEHA Summer Festival is back! 28th & 29th August

For those of you who haven't attended before we pit odd number houses against even number houses across a range of events (from running to baking, swimming to veg displays, biking to bingo) across the weekend. The winner at the end of the weekend gets to keep the coveted Summer Festival Trophy for the year!

Odds currently hold the trophy after a dead heat was decided by a thrilling sudden death rock/paper/scissor victory. It's a great way to get us all together, meet your friends and neighbours and also raise money for our charities. Hope you can join us.

We kick off with a **Film Night on Friday 27th** and the weekend programme of events follows >>>>>

Buy your tickets now!

Stuart Lammin
LMEHA Fun Boss



SUMMER FESTIVAL

LMEHA SUMMER FESTIVAL 2021

Made possible with sponsorship from



Join us for a weekend of fun and activities for all the family where we pit odd number houses vs even numbers and the chance to win the coveted Summer Festival Trophy. More than that it's a chance to meet your friends and numbers and raise money for our charities.

Seturday 28th and Sunday 29th August

Tennis Tournament Mill Village and Millstone Park
Family Games throughout the weekend in Mill Village (by the Marquee)



Saturday 28th August

9:00 - 11:00	Registration	Marquee
9:30 - 10:15	Triathlon: Run	Mill Village Reed Gates
10:15 - 11:00	Triathlon: Cycle	Mill Village Reed Gates
11:00 - 12:00	Triathlon: Swim	Art Spa
12:00 - 13:00	Kids Swimming Sports	Art Spa
15:00 - 17:30	Treasure Hunt	Around the Estate
19:30 - 21:30	Bake Off and Best Dressed Veg Results Cake Sale Evening Events	Marquee



Sunday 29th August

9:30	Bloody Mary Stall	Mill Village Green
10:30 - 12:00	Family Sports + Events	Mill Village Green
12:00 - 12:30	Tug of War	Mill Village Green
12:30 - 13:30	Adults/Teens/Kids Rounders	Mill Village Green
14:00 - 15:00	Adults/Teens/Kids Volleyball	Millstone Park
14:30 - 16:00	Adults/Teens/Kids Football	Millstone Park
16:00 - 17:30	Tennis Final	Millstone Park
19:00	Evening Food	Marquee



20:00	Evening Events and Prizes	Marquee
21:45 - Late	Festival Disco Camp Fire	Marquee Outside Marquee



SUMMER FESTIVAL

LMEHA SUMMER FESTIVAL 2021: Teams of Odd vs Even house numbers compete across an action packed weekend



Registration: You will need a wrist band to take part in any of the festival events.

Pay online and collect your wrist band at registration.

Triathlon: Run/Cycle/Swim			
Age Group	Adults (16+)	12 - 15	8 - 11
Run	5K	2.5K	2.5K
Cycle	5K	2.5K	2.5K
Swim	4 Lengths	2 Lengths	2 Lengths



Tennis Tournament: Matches held across the weekend with the final on Sunday afternoon. You must be 16 or over and willing to commit to playing in matches on Saturday and Sunday (these may clash with other activities).

Saturday Evening

- Bake Off and Best Dressed Veg Results
- Cake Sale

And plenty more!

Bring your own food and drink to enjoy with good company.



Sunday Evening

- Fish and Chips or Sausage and Chips (from the Chippy Van) – complete with mushy peas or curry sauce!
- Please bring your own drinks.

Best Dressed Veg Competition: Bring your vegetable sculptures to the Marquee on Saturday, no later than 18:00



LME Bake Off: Bring your entries for the Bake Off (cakes or biscuits) to the Marquee on Saturday, no later than 18:00.

Order Online: ticketsource.co.uk/lmeha/t-znleko

Order Online: ticketsource.co.uk/lmeha/t-znleko			
LMEHA Members (age 13 and over)*	£5	Non-Members	£10
Sunday Evening Food **	£12	Booking fees not included	
*Last orders(LMEHA members only) – 20 th August			
**Last orders for Sunday Evening Food – 21 st August (numbers may be restricted)			



Social event - Film Night

STAR WARS



27th Aug – Mill Village Marquee
Bring Blanket & Refreshments
Film Start 8:30pm
Film End 10:30pm
Part of the LMEHA Festival – free to all



WILDLIFE NEWS

August update

As we return to some normality in our lives, our wildlife is experiencing ever fluctuating weather patterns. The cold wet May is thought to have a significant impact on the butterfly numbers across the UK this year. And for the second year in a row, spring storms seem to have affected the number of swifts, swallows and martins reaching our shores. We can only hope that things pick up for all these wonderful birds in the next few years as summer wouldn't be the same without them.

As you may know we monitor our barn owl population annually. This year we were thrilled that we had five Barn owl chicks in one of our boxes. I think that is a record number for us! All of the chicks were ringed with uniquely identifiable leg rings which will enable them to be monitored wherever they fly off to in the UK. As if those chicks weren't exciting enough we went on to discover a family of Kestrels in another Barn owl box. Four healthy squawking young chicks were in this box and were also ringed.

Both Barn owls and Kestrels rely heavily on Field voles. Nationally, Field voles make up around 45% of the diet of a Barn owl. One of the main features of vole populations is their annual fluctuation in numbers, commonly referred to as the 'vole cycle'.

WILDLIFE NEWS

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Typically, numbers build over a 2-to-4-year period, culminating in a peak year, followed by a crash. One or two recovery years later there's another peak, then a crash, and the cycle is repeated. It follows, therefore, that Barn owl productivity and survival also follows these vole cycle, with peak Barn owl numbers in good vole years. It is important that at Lower Mill we continue to manage our grasslands to be 'vole-rich' so that the Barn owls, Kestrels and mammals that rely on them for food, can flourish.

Cuckoos were in good voice this April. These are another amazing bird that flies all the way from Africa to breed in the UK. This year they spent a lot of time calling around Freeth Mere and Pike Corner. Cuckoos are brood parasites, with the females laying their eggs in the nests of other birds, especially Meadow pipits, Dunnocks and Reed warblers. The 'hosting' parent birds go on to feed the Cuckoo as their own, despite being magnitudes of size smaller! The recent population decline of Cuckoos makes them a Red List species.

April also saw a good number of Hobbies arrive from Africa. These birds of prey look like giant swifts and are equally as acrobatic. They chase through the air after dragonflies and small birds, which they catch and may eat on the wing. The greatest number of these were spotted over Somerford Lagoon and Freeth Mere with 20 being recorded at a single time this year!

WILDLIFE NEWS

- cont'd



Goats will soon be back out on Pike Corner. Both areas of Pike Corner will be grazed this year and we are monitoring the impact their grazing has on the botanical communities there. Where they grazed last year, the grassland is full of wildflowers and buzzing with pollinators.

The annual wildlife audits are all going ahead this year so I will update you on the findings next time around.

I hope you enjoy the 'wild life' on the Estate over the summer.

Dr Phoebe Carter

Chief Ecologist

pcarter@habitatfirstgroup.com

W: www.habitatfirstgroup.com

Homeowners recommendations



The Editors were lucky enough to meet a “ringer” when on the walk to the Wiltshire Wildlife Trust Nature Centre.

This is about a 45 minute walk and the new café is well worth a visit (especially if you like cheesecake!)

The ringer was completing a census to establish how the birds are coping with climate, development etc. He was releasing a juvenile kingfisher after the weigh-in. The bird lay perfectly still on it's back whilst on the scales and I can report it weighed 32g. A beautiful bird and amazing to see so close up.

Tony and Catherine Graham



Dragonfly Café and Nature Reserve





The Pusser's Review

The Red Lion, Castle Eaton

The pub is in a lovely river setting. You can choose between inside tables, tables by the river bank or under a canvas covered shelter. The food is generous and filling- none of it tasted of Lion which was disappointing. Again you can chose between small plates or main courses. The only let down was the standard of the toilets- made you want to roar!

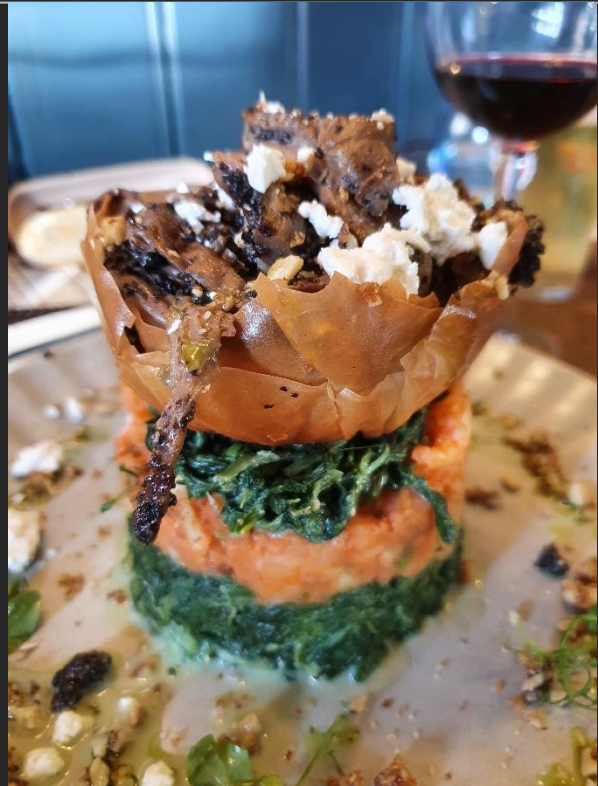




The Pusser's Review

The Somerford Arms, Little Somerford

Be warned the parking is limited and mostly road parking. It's about 20mins drive from the Estate. The service was friendly and attentive. The food was well above average for pub food – basic, but each dish had a creative twist to give the customer plenty of interest. The accompanying ales and lagers matched the food quality level. We had to put a £10/head deposit down when booking a table. Summary – worth the drive out and didn't cost an arm or leg as the pub name suggests.





The Pusser's Review cont'd

The Old George – South Cerney

The Pusser's good friend Captain Birds Eye had recommended trying a fish finger sandwich – so where better than the Old George who described it as a posh Fish Goujon Sandwich. The apple slaw was particularly enjoyable.

The outside garden has plenty of seating and the service was friendly. South Cerney is a pretty village and well worth a walkabout afterwards.



PLAY. GRAZE. LAZE.

Balli
Hoo

Message from Matt: General Manager

At Ballihoo we are striving to become better.

As the pandemic finally eases off, we are beginning to take on extra resource and capacity. And ultimately it is our new team of chefs and front of house that will allow us to achieve this.

As you all know, Ballihoo has undertaken a beautiful extension to cater for a larger crowd and to help facilitate the new staycation craze! We have struggled in recruiting the team we really want to build, but are confident that we will achieve this over time. It's just taking longer than hoped! In the meantime, we really appreciate you bearing with us. I promise we will get there!

Our pizza offering has now moved online ordering only which has really helped reduce waiting times in the restaurant. Online click & collect can be ordered daily from 12pm to 9pm, with the order system opening at 9am on the day you want to order. Visit Ballihooclub.com and go to 'order takeaway'.

Ballihoo breakfast (8.30am to 10.30am)

Ballihoo lunch (12pm to 3.30pm)

Ballihoo dinner (5pm to 9.30pm last food orders)

The eco shop Ballihoo Market is open every day from 8.30am to 5pm and is headed up by Michelle, our new eco retail manager. We sell anything from amazing box wines, Ballihoo allotment produce and locally sourced goodies. Our offering is ever growing so please do let us know if there's anything you'd like to see in there!

PLAY. GRAZE. LAZE.

Balli
Hoo

Message from Matt: General Manager

EVENT

It's been a long time since we got together at Lower Mill Estate, so we are thrilled to put on a little music and food for you on Thursday 26th August. Join us in and around Ballihoo for live music, paella and Spanish cocktails for a true taste of summer.

Please book a ticket to give us an idea of numbers. Food will be £12 per adult and £6 per child under eight years old, which will be payable on the day.

Follow this link to register! www.eventbrite.com/e/music-and-merriment-tickets-165257408357

Finally, on a personal level, I wanted to thank you for all your patience since we reopened our doors from 12th April. Day by day we are getting a little bit better and we are confident that your Ballihoo will be a place to be proud of, to come and be, and to create memories for yourselves and your families and friends.

Please feel free to contact me directly if you have any questions, comments or concerns.

Yours sincerely,

Matt Siadatan

F & B General Manager

T: 01285 842 753 (Extn 501)

M: 07879441234



LMEHA -owner tips

Tip from Mark Rolfe re Horstmann 3 heating programmer – this may be useful for others:

I had had some trouble earlier in the year with my heating programmer at LME.

Long term owners at Lower Mill who have the Horstmann 3 zone heating programmer (ChannelPlus H37XL) installed in their houses, may want to check that the back up battery in the unit is still functioning. The battery serves to retain programme settings if the unit is temporarily disconnected from mains power, but an issue with this model is that the battery is not replaceable and when it dies (after 5-10 years), the programmer will stop working. Now that warmer weather is here, it's a good time to check it out. Switch off the power to the unit and see if the programme times are maintained when you switch it back on. If not, the battery is failing and the programmer will need replacing before long. If you are confident replacing this yourself, new controllers can be ordered online, but if you prefer to have this done for you, Dave Strickland at Assured Plumbing (07845 908060) can help.



Lake safety

SAVE A LIFE – A TIMELY REMINDER ON HOW TO THROW A THROW-BAG

LME have placed throw-bags at regular intervals at the edge of all our lakes. These are a quick and simple to use life-saving device, BUT ONLY if you know what to do. Here is a quick general guide, based on the RNLi's online advice and adapted for Lower Mill. You should adapt these basic instructions according to the emergency facing you.

If alone:

- 1 – Shout for help.
- 2 – Grab the throw bag.
- 3 – Undo the single popper-strap at the top.
- 4 – Holding the bag upright in your throwing arm, reach in, grab the plastic-coated handle and pull it out one arms length.
- 5 – Keeping a firm hold of the plastic handle in your non-throwing hand, throw the bag BEYOND the casualty.
(Try not to throw it at him/her to avoid causing injury).
- 6 – Ask the casualty to hold the rope across their body and turn away from you. (This will reduce the risk of swallowing water during the tow back to shore.)
- 7 – Pull them in to shore.

If with others, also:

- A – Ask some-one to call an ambulance (Call: 999) and then
- B - Inform the estate security office (Call: 01285 869184 / 07789 220253)



News from Cotswold Lakes Trust

CWP announce an “Enjoy and Respect” Campaign

This aims to raise awareness of the consequences of anti-social behaviour and encouraging visitors to help protect this unique landscape. The campaign focuses on swimming in the lakes, litter, parking, dogs, BBQs and fires, respecting the area’s wildlife.

Organisations working across the Cotswold Water Park have launched the campaign to raise awareness of the environmental consequences of anti-social behaviour and encourage visitors to help protect this stunning wetlands landscape.

The Cotswold Water Park, a Site of Special Scientific Interest, comprises 180 lakes and stretches across 42 square miles. The area is nationally and internationally important for wildlife with 35,000 wintering and breeding waterbirds, aquatic plants, black poplar trees, bats, mammals and floodplain grasslands. In order to protect this important area, Cotswold Lakes Trust, Cotswold District Council, Wiltshire Council, Gloucestershire County Council, Wiltshire Police and Gloucestershire Constabulary have been working together for the last year to try to resolve some of the various recurring anti-social behaviour issues in the Cotswold Water Park, many of which have been experienced across the UK. This partnership approach aims to ensure that the high number of visitors expected again this year will have less of a negative impact on the Cotswold Water Park landscape, its residents and its wildlife. For further information please contact:

Davina Stirland, Cotswold Lakes Trust on
Davina.Stirland@cotswoldlakestrust.org