

APRIL 2003



Happy belated 50<sup>th</sup> Birthday to our own Editor,  
Edna Mortimer, of Mount pleasant.

Looking good babe!

Also

We can't forget Sheila Daniel who also has a very special birthday!  
Happy Birthday Sheila !



*Life begins at!*

40 For Dawn Hale and Sarah Harper!



Get well soon

Our thoughts and best wishes go to George Harris who has  
been unwell.

Welcome!

To new Neighbours at:-  
Brook view, Strawberry Bank.  
Riverside farm, Milton Damerel.  
& Pipers at Gidcott.  
Sorry that you are not named but we don't know them.....yet!

If you want your celebrations, birthdays, weddings, anniversaries,  
births etc. printed please write details down and post through either  
Mount Pleasant's or The Crossways (Strawberry Bank) letterbox. You  
can phone and leave a message also on:- Sarah's 261473 or Ed's  
261433.



# Milton Damerel Parish Council

**Forthcoming meetings** - **Tuesday 29<sup>th</sup> April** -AGM in the Parish Hall  
**Thursday 22<sup>nd</sup> May** -In the Chapel Hall  
**Thursday 19<sup>th</sup> June** -In the Chapel Hall

**Clerk-** Elizabeth Ilett Tel 01409 261440  
Milton Mill Farm Fax 01409 261186  
Milton Damerel E-mail [miltondamerel@frceuk.com](mailto:miltondamerel@frceuk.com)  
EX22 7DN

**Chairperson** -Janet Elliott 01409 261422

**Councillors** Charles Bellew 01409 261214 David Poole 01409 261282  
David Dyer 01409 261412 Gareth Piper 01409 261616  
David Kirby 01409 261314

Following the Parish Council nominations for Election, we now have a vacancy for a Councillor. If anyone is interested in becoming a Councillor please contact Janet Elliott for details.

The **Annual Parish Meeting**, will be held on **Tuesday 29<sup>th</sup> April** at **7:30pm** in the **Parish Hall** and we are pleased that our new community police officer, PC Bluett, will attend this meeting to speak to you about any policing issues that you may have. Although Milton Damerel is considered to be a very safe place to live, he will also be giving out details of a new scheme designed prevent crime and to make the community even safer.

After a break for refreshments, the Council will hold its Annual Parish meeting, and for those who wish to stay, there will be an opportunity for any member of the Parish to put questions to the Council.

We hope that you will be able to attend this meeting and look forward to seeing you there.

Liz Ilett

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## **Vacancy**

for

## **Councillor**

Please send your application to:-

Elizabeth Ilett  
Clerk to Milton Damerel Parish Council  
Milton Mill Farm  
Milton Damerel  
Holsworthy  
EX22 7DN

**A vacancy has arisen for the position of Councillor in the Parish of Milton Damerel.**

Applications to fill this position are invited from any member of the Parish.

(If 10 electors do not come forward the vacancy will be filled through co-option)

For more information please contact Janet Elliott on 01409 261422

**Closing date for applications Thursday 22<sup>nd</sup> May 2003**

**The Samaritans**

e-mail:

[jo@samaritans.org](mailto:jo@samaritans.org)

You are now able to contact the Samaritans by e-mail. Their mailbox is read every day of the year by a group of trained volunteers - all using the pseudonym "Jo".

Callers are offered absolute confidentiality and do not lose the right to make their own decisions. Alternatively you may telephone 0845 790 9090 or 01271 374343

**C.A.B.**

The Citizens Advice Bureau telephone numbers are Bude 01288 354531, Bideford 01237 473161 & Holsworthy 01409 253372

**SWAN** stands for South West Adoption Network It is an independent service offering advice, counselling, etc. for everyone involved in adoption. The phone lines are open Tuesday, Wednesday & Thursday 10am-2pm also Tuesday evening 7pm-9pm. The help line telephone number is 0845 601 2459 Or alternatively you can contact SWAN via e-mail. [helpline@swan-adoption.org.uk](mailto:helpline@swan-adoption.org.uk)

**Newsletter** Please contact Sarah on 01409 261473 or Edna on 01409 261433 with anything you would like to share, jokes, news, articles, classifieds, 'what's on', seasonal tips, any reasonable suggestions considered!!! If we can't fit it all in instantly, just keep look-----

**DISTRICT COUNCIL ELECTIONS**1<sup>ST</sup> MAY 2003**WALDON WARD - PERSONS****NOMINATED**

Name of Candidate	Home Address	Description If Any	Names of Proposers (*), Seconders (**), and Assentors	
<b>HICKS</b> Robert Henry	West Hele Buckland Brewer Bideford Devon	Independent	D.J. Brown (*) P.M. Curtis S. Tucker R.V. Short D.B. Lloyd	R.E. Mills (**) J. R. W. Adams F. Babb D. Harris P.A. English
<b>VANSTONE</b> Roger William	2 Moor Park Cottages Alverdiscott Road Bideford	Community Alliance	M.P.E. Vanstone (*) P.M. Holman M. Glover B. Babb R. Blight	R. Holman (**) R John Bridge K. Biddulph M. Biddulph R.J. Thompson
<b>WILLIAMS</b> Timothy James	11 Windsor Road Northam EX39 1EN	Community Alliance - Independent	E. Croucher (*) R.J. Gilbert M. Peterson K. Moore D.J. Moore	T. Sweeney (**) D.L. Watson M. Page C. Page S. Vanstone

**PARISH COUNCIL  
OF  
MILTON DAMEREL**

**ANNUAL PARISH MEETING  
At PARISH HALL  
Tuesday 29<sup>th</sup> April 2003  
at 7.30 pm**

**This is your chance,  
as a local government  
elector to speak  
and vote on any matter of  
relevance to the Parish.**

**RING & RIDE**

**The contact telephone number  
for this service is 01409 259001**

Grateful thanks to all our helpers, delivering the newsletters is quite a task, all help is appreciated.



## I want to tell you a story

It all started when we first decided to buy 'Higher Grawley'. Sallie, who had lived there, had some sheep which she couldn't take with her when she moved. Much against David's better judgement we inherited 2 sheep and a goat.

Things went along quite smoothly those first 6 months, then sadly we lost the ewe, leaving us with Sid the goat and Larry the wether.

Earlier that year we had gone along to our first Holsworthy Show and had been drawn to the sheep pens. There I met and fell in love with the Hampshire Down sheep. David's better judgement was still in control at this time so I could just look but not have!

Early the next year lambing time came round at 'Buttermoor'. I had mentioned that I wouldn't mind bottle feeding any orphans that came along, so my stable was slowly being turned into an orphanage, filled with the dulcet tones of several lambs. Eventually they grew up and the lads were returned to where they came from but the girls stayed.

As I now had a few more sheep I had managed to persuade David that a couple of Hampshire Downs wouldn't look out of place. With the help of Dave Kirby, our neighbour at 'Buttermoor', we started looking for some. This was quite easy as he knew of two ladies who were selling a couple of Hamps'. We left it to him to make the arrangements to go and see them.

The day arrived and off we went. When we got there we were taken to the barn by Margaret and Sheila, and shown the two ewes that were for sale. Once again we relied on DK to advise us, he thought they were nice ewes but not as nice as the one he'd spied further back in the barn, unfortunately she was not for sale as she was a special pet of Sheila's. We were well satisfied with what we had, but did say if Concepta (that was the other ewe's name), ever needed a new home to let us know. Back home with our girls we spent a quiet summer. We registered the new ewes, and found out as much as we could about the breed.

July came and we needed the services of a ram for the two Hamps'. I found one I could borrow near Taunton, so arranged that David would pick him up on his return from one of his trips to the Midlands. He duly arrived ; I will leave the tale of unloading him for another day! (needless to say we could have made 'You've Been Framed' if I'd had the video camera handy), after a lot of hilarity he was introduced to the girls.

I had been back in touch with Margaret and Sheila to see if they had changed their minds about Concepta. Eventually I had a phone call to say yes and to offer me another ewe as well.

Things were getting exciting I decided we needed our own ram as I couldn't be sure of always being able to borrow one when I needed one. So off we went to Exeter ram sales, with instructions from DK as to what to look for and what to do.

Mother was visiting at the time. Has anyone ever tried taking a cantankerous elderly lady round a sheep sale in a wheel chair? All she wanted to do was get out and walk! imagine trying to get her out of the way when the sheep came through. In the end she was banished to the car with her book and zimmer frame, where she still managed to wreak havoc and almost lost her zimmer when David drove off not realizing it wasn't in the car. The site of a zimmer frame left standing in the middle of a field with nothing else around it was quite amusing !!!

I had picked out 2 ram lambs I was interested in. The first went through and sold for a lot more than I'd set myself. I just hoped the second one didn't. In he came, not as nice as the first one but not bad. Bidding started and slowly crept up. I was determined to have him so kept bidding. He was getting very close to my limit when suddenly the bidding stopped and it was with me. What a relief! I still had a ticking off from David as my limit had been for the first ram. He didn't think I should have gone so high for this one! Anyway the ram lamb was mine and duly named 'Henry'. After collecting Mum and her Zimmer frame from the car park we loaded the ram and set off for home.

The borrowed ram was returned to Taunton and Henry was turned out with the four girls.

I wonder if we had known what was ahead would we have trod this path? I think yes. January 2001 our first lambs arrived. February 2001 Foot and Mouth left it's trail of destruction across the SW. There is no need to dwell on that year, it was awful for all of us, those that lost everything and those that didn't. So we will draw a veil over it. I bought two more ewe lambs to join the four ewe lambs that had been born that year and was slowly getting together a flock of Hampshires to be proud of. New Years Eve 2001 our first set of triplets and the promise of better things. The lambs born in January of 2002 were nice too.

Come the show season the shows were not allowed to have sheep classes. This was very disappointing as I had some nice lambs but no where to show them. Eventually the rules were changed and sheep were allowed, I think the Royal Show at Stoneleigh was the turning point.

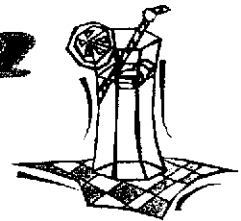
My first show was Mid Devon and although I didn't do any good I thoroughly enjoyed myself. Next came Holsworthy Show, my home show, here I won a first with my ram lamb and a third with my ewe lamb, you could say I was walking on air! I was so proud of my lambs and they seemed to be getting a great deal of attention from the public as well. My final show was Honiton, once again I didn't win but what a lovely show and we really enjoyed the day.

Now we are into 2003 and I have a new lot of lambs to think about. Henry was in with the ewes in July last year, so we had some lambs earlier in December, one or two of which show promise, but we will see. Last years lambs have grown into nice shearlings, so it looks like we may be doing the rounds again in the show rings.

So thank you Dave Kirby for putting us on the right road with our sheep, and oh Sallie if only you'd realised what you were starting leaving those 2 sheep and a goat called Sid!!!!!!!

Sent in by Rose of 'Higher Grawley'

# Off Licence Now Open



**For a good selection of wines, beers, spirits etc.**

*At  
W. Sanders & Sons  
Horreelsford Garage*

*Coming soon LPG Gas*

**Telephone: 01409 261212**

**Chapel News - April 2003**  
**Newsletter Number Twenty-Six**

**YOUTH ALPHA** Are you 10 years or over?? This is for you.  
 Youth Alpha is used in many churches as a Confirmation class - it offers the opportunity to ask questions and form your own opinions! Come along on the 3<sup>rd</sup> Sunday of each month - 11.20am in the Schoolroom or join us in the chapel at 11am. See Sunday Club programme below.

*A time to chill out; to chat and discuss; and have fun*  
 Spiritual; Faith Works; Radical

**SUNDAY CLUB PROGRAMME**

	APRIL		MAY		JUNE
		4 <sup>th</sup>	St Paul & his travels and travel game	1 <sup>st</sup>	Rehearsal for next week
13 <sup>th</sup>	<b>PALM SUNDAY</b> - Annual Rally and Lunch at Shebbear (No Sunday Club)	11 <sup>th</sup>	Videos	8 <sup>th</sup>	<b>SUNDAY CLUB CELEBRATION</b> With Stephen & Joanna from Faith Mission
20 <sup>th</sup>	<b>EASTER SUNDAY</b> Family Service with Christopher Andrew	18 <sup>th</sup>	<b>Youth Alpha</b> - 10 years plus. Under 10s - Meet some hungry lions	15 <sup>th</sup>	<b>Youth Alpha</b> - 10 years plus; video for under 10s
27 <sup>th</sup>	<b>Youth Alpha</b> - 10 years plus (Note change of date). Under 10s - What happened after Easter	25 <sup>th</sup>	Preparation for Sunday Club Celebration - new songs, etc., using your talent; what can you do?	22 <sup>nd</sup>	Quiz - Getting to know the disciples
				29 <sup>th</sup>	Family Service with Peter Parsons

Sunday Club from 11am - 12 noon each Sunday is FREE and OPEN to all local Young People.  
 Youth Alpha for 10 years and over - see above

**FRIENDSHIP CLUB** - this recently established club is gaining support and please see separate article for details of recent and forthcoming meetings, which are open to all ages and every-one who welcomes a chance to meet with others from our locality. Meetings are held on the last Monday of each month from 2.30 to 3.30pm including tea and biscuits. Just come along.

**DATES FOR YOUR DIARY:**

**20<sup>th</sup> April** **Easter Sunday:**  
**11am Family Service** led by Mr Christopher Andrew, including songs and dance. The offering will be donated to "Send a Cow to Africa" Appeal  
**7.30pm Gospel Special:** Newton St Petrock Male Voice Choir  
 Chairman: Mr Peter Parsons

**6<sup>th</sup> June** **7pm Baptismal Service**  
 Ashley Vallance will be baptised at Newton St Petrock Baptist Church and all friends are invited to join Ashley and his family on this momentous occasion. Ashley was also commissioned by the Shebbear Circuit on 13<sup>th</sup> April as a voluntary lay worker within the Circuit.

**8<sup>th</sup> June 11am Sunday Club Celebration**

The Young People celebrate with a return visit by Stephen & Joanna Causley from the Faith Mission, and look forward to seeing you there to hear their new songs and presentations.

**Preliminary Dates:**

**27<sup>th</sup> July Gospel Special at 7.30pm**  
**12<sup>th</sup>/13<sup>th</sup> October Harvest Thanksgiving Week-end**  
**7<sup>th</sup> December Gospel Special at 7.30 pm**

**NEWS FROM THE CHURCH COUNCIL:**

We are pleased to report that soon our chapel will be able to cater for disabled persons. Work is in progress for the installation of toilet facilities to the required standards and will be accessed through the lobby.

The kitchen has been re-decorated by Janey Kirby and looks "grand" now; and a new sink has been installed, which will hopefully now prevent any "overflows".

Thank you to every-one involved in funding and completion of these works to improve our facilities.

CHAPEL FLOWER PLAN for the months of April to June					
APRIL		MAY		JUNE	
6 <sup>th</sup>	Mrs Valerie Harris	4 <sup>th</sup>	Mrs Phoebe Overy	1 <sup>st</sup>	Mrs Niggy Southey
13 <sup>th</sup>	Service at Lake	11 <sup>th</sup>	Mrs Mary Carter	8 <sup>th</sup>	Sunday Club Celebration
20 <sup>th</sup>	Mrs Ruth Sharp	28 <sup>th</sup>	Mrs Anne Poole	15 <sup>th</sup>	Mrs Sheila Daniel
27 <sup>th</sup>	Mrs Marjorie Colwill	25 <sup>th</sup>	Mrs Lillian Luxton	22 <sup>nd</sup>	Mrs Gwynneth Johns
				29 <sup>th</sup>	Mrs Phyllis Piper

We extend a very warm welcome and invitation to any-one wishing to come along to our regular meetings/clubs. Just come along to any events/clubs you see advertised, or if you would want to know more or have an introduction, please contact any of the leaders. If you find the times of our activities and services inconvenient then you will be given a warm welcome by other congregations within the Shebbear Circuit. For further information contact:  
 Marjorie Colwill (Tel: 281214); Sheila Daniel (Tel: 261466); Lillian Luxton (Tel: 261355); David Poole (Tel: 261280)

***We pray regularly for the concerns within our locality – for those who have been in hospital or unwell at home, for those bereaved, sad or anxious, and for our community. We also thank God for all the good times and happy occasions, the good news and successes for those in our village.***

Please do not let the tradition and what you think you know about the Church put you off developing a relationship with God. Christianity is not about Church but about God, the Father Son and Holy Spirit.

**Useful Contacts:**  
 Our Minister is Rev David Wheeler and he can be contacted on Tel. No: 281262.  
 Alan Andrew, Rural Lay Worker, supporting rural communities and individuals within this area, can be contacted on Tel. No: 281321.  
 Roger Daniel, our local visitor, will call on any-one who is lonely or ill, or would just appreciate a visit. (Tel: 261466)



It's that time of year again for those who suffer with hay fever, we hope you find this article helpful

# Homeopathy News



Spring 2003

FREE ISSUE

Produced by  
**Carole Welch**  
your local  
Registered Homeopath

Welcome to the spring issue of my new quarterly newsletter. My aim is to keep you updated about homeopathy in general and to provide information about the homeopathic treatment of seasonal complaints.

In this issue I shall focus on:

- ❖ Arnica
- ❖ Hayfever

Please note my new Bude clinic address, which has now moved to ~ **Visions, 12a Belle Vue Lane** ~ open on Mondays 10am to 2pm.

If you know of anyone who might be interested in this newsletter, please pass it on - or give them my name and telephone number!

## Arnica the wonderpill!

Having brought up two children (now young adults!) I have been most grateful on many occasions for the magic of Arnica.

One evening, many years ago, when my daughter was just four years old, she fell down a flight of polished wood stairs - on her back. Amid the screaming and crying I checked her spine and saw the expected reddened area, about three inches across, with a small area of broken skin in the centre.

I immediately gave her one dose of Arnica 30 and applied Arnica cream to the *unbroken* skin on her back.

She soon settled and the following morning, I had one happy little girl with a small area of broken skin, but no pain, no bruising, no swelling - what a wonderpill!

## Arnica receives a bruising

Arnica Montana, a bright yellow mountain flower, is a wonderful mainstay in homeopathy for use after any accident or injury. It helps with bruising or pain and can prevent shock. It can also be used after traumatic events such as surgery, childbirth or dental treatment.

Arnica will speed up the healing process, reduce swelling and, if given quickly enough prevent bruising by controlling the bleeding.

Researchers from the University of Exeter were recently reported to have tested Arnica on patients who underwent operations for carpal tunnel syndrome, with no benefit shown.



The surgical procedure undertaken involves the division of the strong wrist ligament to free pressure on the median nerve of the hand. Although Arnica would be beneficial if taken immediately before and after the operation to alleviate the shock, the involvement of ligaments and nerves would indicate different remedies such as Hypericum, Staphisagria or Symphytum.

Unfortunately in the trial, participants were given *three Arnica tablets a day for a week before their operations and for two weeks afterwards!*

One of the first principles of homeopathy is that you only take a remedy if you need it. When you have symptoms then an appropriate remedy can be chosen to assist your healing.

Taking a remedy for any length of time unnecessarily can stimulate the symptoms that the remedy was meant to treat - in the case of Arnica - feeling bruised!

### Moral of the story

*If it ain't broke don't fix it!*

## Why homeopathy?

**No harmful side effects** A special preparation process called potentisation refines the medicines to remove any toxic effects.

**Safe** Suitable for babies and octogenarians alike and during pregnancy and menopause.

**Gentle** Works by stimulating the body's own natural defence mechanism.

**Easy to take** Remedies are given either as small pleasant tasting tablets which dissolve in the mouth, or in liquid form.

**Inexpensive** A homeopathic remedy costs less than the current NHS prescription and can be kept for later use.

**Invaluable for first aid** A small box of remedies and simple instruction manual will deal with most routine problems - such as bruises, burns, sprains, insect bites and gastric upsets - in the home or workplace.

**Not tested on animals** All remedies are tested on healthy humans. The symptoms that a remedy causes in a healthy person, are exactly those that can be cured in a person who is unwell and suffering from those symptoms.

**Value for money** The average consultation fee for a homeopath is considerably less than private conventional medicine and compares favourably with call-out charges for specialist skills, such as electrical, plumbing or gas repairs.

**Preventative treatment** By boosting the body's own defence system, homeopathy can help heighten resistance to colds, flu and other recurring infections.

**Patient involvement** The homeopath considers the whole person and will ask not only about the symptoms which are bothering an individual, but how they react to the condition, as well as wanting to know about general health and

**Short Courses in Homeopathy** are run every autumn, phone for more information - 01237 470847



# HAYFEVER

Hayfever (also called seasonal allergic rhinitis) is caused by an allergy to pollens or moulds. Grass pollen is the most common cause (May to July). Less common causes are tree pollens (March to May), and moulds (July to September). Symptoms are due to the immune system 'over-reacting' to the pollen or mould. Cells of the immune system in your nose and eyes release histamine and other chemicals when they come in contact with pollen. This causes inflammation in the nose (rhinitis) and eyes (conjunctivitis).

## Who gets hayfever?

At least 1 in 10 people in the UK have hayfever. Usually it starts to develop before the age of 20.

## What are the symptoms of hayfever?

**Common symptoms** - a runny and itchy nose, blocked nose, sneezing, itchy and watery red eyes, and sore throat. Sometimes only nose symptoms, or only eye symptoms occur.

**Less common symptoms** - loss of smell, facial pains, sweats, headache and asthma symptoms such as wheeze and breathlessness.

## Avoiding hayfever

- ~ Avoid grassy places
- ~ Sleep with windows shut
- ~ Don't go out in the early evening when the pollen count is highest
- ~ If driving, keep the windows up
- ~ Wear dark glasses

## Some Homeopathic remedies for hayfever

Hayfever is an unpleasant complaint and one that conventional medicine treats with drugs like antihistamine that tend to make you sleepy. Homeopathic remedies can be of great benefit. Try taking one of the remedies below if your hayfever symptoms match.

**Allium Cepa** (red onion) - Profuse watery tears, red eyes, burning in the nose and inflammation of the throat. Worse in a warm room.

**Apis** (honey bee) - Redness and swelling of the face, red and burning eyelids.

**Arsen Alb** - Eyes burning hot with a flow of hot burning tears. Sneezing with no relief. Very restless.

**Euphrasia** (eyebright) - Profuse nasal discharge during the day, nose blocked at night. Sensation of having sand in the eyes with a copious flow of burning tears.

**Natrum Muriaticum** (sodium chloride) - Red and dry eyes, worse for being in the hot sun.

**Pulsatilla** (wind flower) - Inflammation of eyes and the eyelids. Profuse discharge of thick yellow mucus. Itching and burning of the eyes compels rubbing and scratching.

**If you suffer from long term hayfever, a visit to a qualified homeopath before the onset of symptoms will help to slow down your reaction to allergens/pollen.**

## Useful Tips

- at least 3 months before the start of your hayfever season have a daily helping of one tablespoon of locally produced honey to acclimatise yourself to local pollens. Live culture yoghurt eaten daily can also be beneficial
- eat 'mucus moving' foods eg chilli peppers, curries, garlic, horseradish
- avoid or cut down milk and other dairy produce as they suppress natural secretions that otherwise would liquefy mucus
- eat blackcurrants which are not only rich in vitamin C but also have a natural anti-inflammatory action
- eat plenty of raw foods and fruit, but not tomatoes and oranges
- bathe sore eyes with cold tea bags
- shower your head in cold water after exposure to pollen or other irritants

Available for purchase - phone 01237 470847

## Helios Homeopathy Kits

Compact and versatile kits containing a wide range of remedies and instructions for use

**Basic 18** - 18 remedies covering the most common ailments and injuries **£26.95**

**Basics Plus** - contains the basic 18 plus a further 18 widely used remedies **£38.95**

**Childbirth Kit** - 18 safe, gentle and effective remedies for use before, during and after labour **£26.95**

**Travellers Kit** - The basic 18 remedies plus a further 18 for the frequent or long distance traveller **£38.95**

## The Complete Homeopathic Handbook

by **Miranda Castro** **£9.99**

This is a very well-organised, easy to follow handbook that I strongly recommend as one of the best books available for learning how to use homeopathic remedies.

## Carole Welch DSH RSHom

Ashleigh Court Visions  
Old Barnstaple Road 12a Belle Vue Lane  
Bideford, Devon Bude, Cornwall  
EX39 4ND EX23 8BR  
01237 470847 01288 355277  
carolejw12@hotmail.com



~~~PLEASE PASS ON TO A FRIEND!~~~

## VARIEGATED THOUGHTS

Everything that needs to be said about the morals of war have already been well aired in the visual and audible media. One small thing however niggles the mind - that is, where were the thousands of protesters against war when the Iraqi regime was responsible for a million deaths, including innocent civilians, when it waged war with Iran? Where were they when the same regime gassed 50,000 Kurds in northern Iraq and slaughtered more in the south?

Whilst any death is a tragedy, the figures for this current conflict probably will not exceed 4,000 at most - far, far short of the figure for just the gassings in the north by the regime. Perhaps the marchers and protesters would claim that it was because their own country was involved or that the 'west' should keep out of the affairs of others. John Donne in the 14th Century wrote 'No man is an island entire of itself. Every man is a piece of the continent, a part of the main. Any man's death diminishes me because I am involved in mankind and therefore never send to know for whom the bell tolls, it tolls for thee'.

Maybe the protesters would do well to understand this and while continuing to protest if they wish (something that would cause their deaths in other, less free countries!) at least being consistent in every situation would give their cause some credibility.

One other thing, am I alone in thinking that 24-hour wall to wall coverage of war's blood and thunder, together with regular murder and mayhem in the usual programs on television is mind damaging? I am reminded of something from William Shakespeare's Julius Caesar, 'death and destruction shall be so in use, mothers will but smile when they see their children butchered by the hands of men.'

paws

## YOU COULD BE MISSING OUT!!!!

The Training and Development Project of the Bude, Holsworthy & District Citizens Advice Bureau, funded by The Community Fund, are currently, conducting a localised Benefit take-up campaign.

Many millions of pounds are lost each year from benefit not being claimed.

If you think that this might apply to you, then for free and confidential advice and information please contact:

### **Bude Holsworthy & District Citizens Advice Bureau**

Where fully trained CAB advisers can assist you with free and confidential advice.

So, if you are

- \*Living on a low income
- \*Ill or disabled
- \*Unable to travel to get help
- \*Confused about benefits

And would like to find out whether you are receiving all you are entitled to please contact:

The Training and Development Project on 01288 355684

## Newsletter Rates

### **Display Advertising**

Whole Page £12.00

Half Page £ 8.00

Quarter Page £ 5.00

### **Classified Lineage Advertising**

£1 for 2cms x 2columns

Public Information pages by negotiation

Stories, editorials and features free of charge but not guaranteed to be published in the next issue

Contact telephone numbers

Sarah 01409261473 or Edna 01409261433

## **Adult Education**

Once upon a time, five females from Milton signed up for a day course in Holsworthy learning how to make fabric pictures with a difference. We all had a most enjoyable time, it was excellent value for money and each of us came home pleased with our efforts and full of inspiration. Liking it so much, we had another taste making calico cushions with pleats and tucks. It is worth taking a closer look at the 'one day' courses, they can be such fun as well as educational.

..... Following on from the last newsletter two events have 'happened'  
The sponsored knit gained a healthy £46.50 for the North Devon Hospice helping to raise an overall total of £16,678.75 and The Parish Hall Committee organized a Wine & Wisdom evening raising £124.00 for hall funds. Lesley tells us the Millennium Banner is currently being framed.

*Lizzy's*



*Larder*

Milton Mill Farm, Milton Damerel, Holworthy, EX22 7DN

*Open Every Saturday*

from **10** am to **1** pm

*(Or shop by appointment any day)*

*We stock a wide range of high quality, locally produced, fresh, frozen and preserved produce including: -*

*Beef, Lamb, Chicken, Duck,*

*Venison, Trout, Pheasant*

*Seasonal Fruit and Vegetables*

*Bread, Cakes, Puddings, Flans*

*Pasties, Pies, Cream Teas*

*Pickles, Chutneys, Jams, Honey*

*Free Range eggs, Quail eggs, Cream etc.*

*Delivery available on request.*

**Tel: - 01409 261440**

## **Holy Trinity Parish Church**

Milton Damerel

Rector - Father Michael Reynolds 01409 253435

*Services*

Mattins taken by the reader Mrs Mary Ihelor on  
**2<sup>nd</sup> Sunday** every month at **11.30am**

Holy Communion taken by Father Michael Reynolds on  
**4<sup>th</sup> Sunday** of every month at **11.30am**

Everyone is welcome

## Agroforestry is solutions by trees

By Martin Askey BSc (Hon)  
Parish Tree Warden

In March 2000 I set up camp singly in Holsworthy for the first time and dedicated myself to environmental enhancement.

My history is briefly like many men who help raise a family with the usual struggles in a job I hated. Then when the children grew up new not what to do with my life, so decided to go to university. At the age of 58 managed to graduate with a second class degree in agroforestry, but remained unemployable.

My passion for trees began from childhood when the garden sycamore was climbed at every opportunity to scan the horizons. Then followed the normal progression into adulthood and working in the printing industries.

It was in 1987 when the great storm hit the UK and devastated millions of trees in many, many counties.

Just to make life more interesting leukaemia was contracted after moving to a new home in Caterham, Surrey.

Luck was on my side and thanks to some brilliant oncologists it actually cured within a few years. However it left me with no working balance mechanism and a career was curtailed.

Never forgetting those wind thrown trees after leaving hospital I vowed to find some way of replacing them in a more fruitful form. It was then I discovered agroforestry, which is a new science of trees combining with vegetables, cereals, fruit, grazing and general agriculture. Later I learnt it can resolve environmental problems of water logging, flood plain management and many other issues.

Although retired from working life it is important for me to remain active either mentally or physically. Due to various disabilities I chose the former and remain active in spreading the gospel of trees.

West country life is rapidly changing and farming is dwindling to the point of re-examining the whole structure of industry. Forests in the South West will become productive in 60 years and lifestyles on farm are to become more bio-diverse. This means trees will become even more significant to the public.

My role is to facilitate education, especially to young people and help the public improve their environment. So if any of the readers need trees to address a particular function, whether it be for parks or schools, I will gladly support their cause.

Even if you have a waterlogged garden there is a solution using special species of tree to solve it.

Please feel free to call me and discuss the matter.

Martin Askey BSc (Hon)  
Parish Tree Warden  
17 pins Park  
Holsworthy  
Devon EX22 6HY

Phone:- 01409 259369

E-mail: MrtnAskey@aol.com



## A Message of thanks to everyone

Councillor, David Poole wishes to thank everyone in the Waldon Ward of Torrridge District Council for their support over the last 20 years. The Parishes include Abbotts Bickington, Bradford & Cookbury, Milton Damerel, Newton St. Petrock and Thornbury.

I have to announce my retirement from this office as my workload on the farm takes more and more time with all the changes that Europe places on the English Farmers.

The Boundaries Commission for England has decided to rearrange quite a lot of Wards in Torrridge Side, so now there is a new Ward for Waldon. The Parishes now include, Milton Damerel, Abbotts Bickington, East & West Putford, Bulkworthy and Buckland Brewer.

So now there will be an Election for this Ward on the 1<sup>st</sup> of May this year.

There are two Candidates standing for this Waldon Ward, one of whom I know quite well and is already a Councillor on Torrridge District. His name is Mr. Robert Hicks of West Hele, Buckland Brewer. His Political stand is Independent.

You should soon get some mail form him and I can recommend him to you. The second Candidate is not known to me and lives at East of the Water, Bideford.

*David Poole*

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## Bradworthy YFC

The Tarka YFC Pantomime competition took place on Sunday 2<sup>nd</sup> March, firstly I really must say well done to all those members who took part. The whole competition was fiercely fought with four clubs competing, Bradworthy came a very close second to Buckland Brewer YFC with our production of Aladdin. Videos are on sale, for all those wanting a laugh at our expense, at £6 each!

Since then, the Club has been enjoying a few sociable nights. We went to the Milky Way on one Club night and all really enjoyed it, although after some pretty atrocious driving on the dodgems several of us went away with sore knees!

We are now starting practising for the Tarka Group Stock Judging competitions. This year sees the return of dairy, beef and sheep stock judging and also we are taking part in the Devon Show YFC tent.

If you go to the show please look in!

*With love.....Widow Twankey*

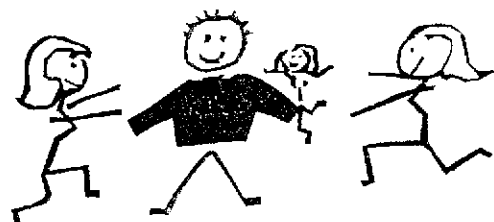
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## Milton Damerel Youth Club Amendments


**Fri April 25<sup>th</sup> - Karioke**

**Fri May 9<sup>th</sup> - Treasure Hunt**

**Fri May 23<sup>rd</sup> - Ten pin bowling**

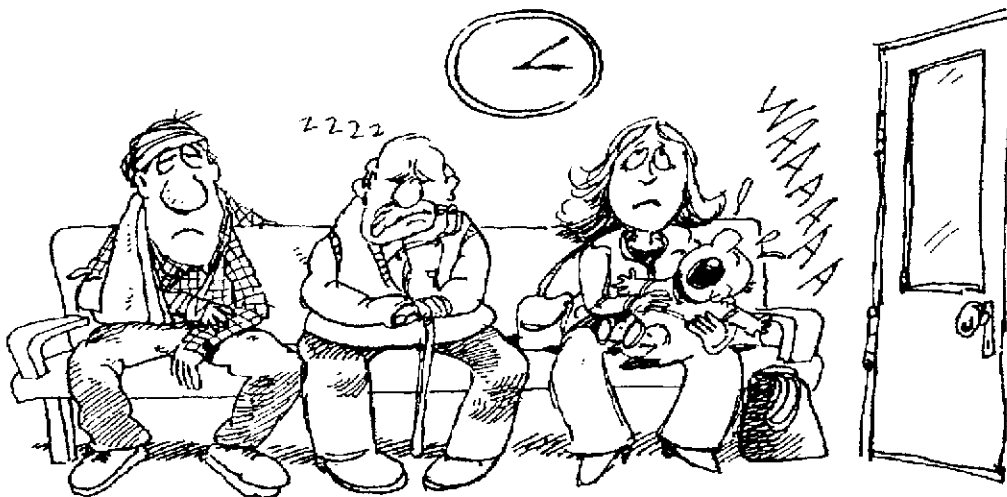


**Please put these on your programme and , hopefully, everything else will run as planned.**

Holsworthy Patient  Participation Group

*The Patients Voice in the Community*

IF YOU HAVE  
ISSUES OR SUGGESTIONS  
RELATING TO THE MEDICAL CENTRE  
THIS GROUP WHICH  
MEETS REGULARLY WILL ENSURE  
THE PRACTICE IS MADE AWARE



A list of group members is available at the Medical Centre

*All comments to be handed into reception.*

*Please address to Patient Group*

OR DIRECT TO DAVID DYER, MENTMORE LODGE,  
MILTON DAMEREL

# The Friendship Club



In January the friendship club started a new venture for our church. Firstly, this is not a fund raising effort, it is free and open to all. There is no age limit or restriction, no gender requirement, male and female, all very welcome. Belief is not an issue either, whether you believe or not you are still welcome. Perhaps you think this doesn't sound much like your idea of church? We really hope that the friendship club will live up to its name and be a means of encouraging and supporting friendship in the community as well as around about. We also hope it will help dispel a few old myths and break down a few barriers!

The club meets in the schoolroom (Methodist Hall) on the last Monday of each month between 2-30pm and roughly 3-30pm so that Mums can still be home in time for children from school. The schoolroom is quite an informal setting, we have a couple of tables with chairs around, tea or coffee is served and people arrive, there is also some food, biscuits etc. There's time to chat and get to know each other. For our first 3 meetings we have had an invited speaker

Michele Jane, our first contributor, has experienced a traumatic life and knows great physical pain as well as experiencing several breakdowns. Through all these difficulties she still finds great comfort in her personal faith and is able to say 'God is good'. We all went home feeling thankful for good health and strength!

Our second speaker Jan Wheeler, told of how she came from a sport mad, totally un-churched background to being a 'Ministers Wife' with a few ups and downs along the way.

Lavinia Archer was our third speaker who told us of her many interests and pursuits like the Wild Life Trust and parish council work, also of her involvement with the Children's Hospice. Lavinia trained to be a nurse and worked in Africa. She became involved in the equipping of the very first children's hospice in Oxford, which led her to being involved with the children's hospice at Fremington, could it all have been just an incredible coincidence?

By the time you read this we should have watched a video 'The Laughter Makers' at meeting number four. Cannon & Ball, Jimmy Cricket and others are shown in action on stage and also talk about the great gift of laughter. I hope you will feel able to come along to any of the club meetings. We learn from each other's experiences and allow for each other's differences. You won't get 'bible bashed' and you might even enjoy it enough to want to come again !!

Sheila Daniel



## Sew 'n Sews Monthly Sewing Session

Don't forget the third Tuesday in each month, Lesley holds a sewing afternoon in her home  
Tor View, Venn Green, from 1.30 pm to 4.00pm. 50p entrance Tea & coffee provided  
For further details please telephone Lesley on 01409 261294

*FUTURE EVENTS*

**A fresh start to Line Dancing.  
Beginners and experts are most welcome  
on Wednesday evenings starting 7<sup>th</sup> May at 7.30 in the hall**

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**Our next newsletter coffee morning will be on Thursday 1<sup>st</sup> May at Tor View, Venn Green. Our hosts are Peter and Lesley Self who have kindly agreed to hold the coffee morning in their home. Please come along if you can at 10.30a.m. and relax until 12o'clockish.**

**There will be a raffle and a bring and buy stall, quite useful at this time of year with plenty of plants around and hopefully eggs will be plentiful if the hens are obliging.**

**Refreshments are 50p and all proceeds go towards the newsletter, which we hope you enjoy.**

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**HOLSWORTHY VINTAGE CLUB ARE HOLDING A COLLECTORS MEET  
ON FRIDAY 2<sup>ND</sup> MAY AT PANCRASWEEK PARISH HALL 6.00 – 9.00  
FREE ENTRY, RAFFLE, TEA & COFFEE AVAILABLE.**

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**PLANT AND PRODUCE COFFEE MORNING FUNDRAISER FOR  
HOLSWORTHY FAMILY WORKSHOP ON SATURDAY 17<sup>TH</sup> MAY 03  
10.00 – 1.00 AT HOLSWORTHY MEMORIALHALL  
PLEASE COME AND SUPPORT US, YOUR CHANCE TO PURCHASE  
REASONABLY PRICED PLANTS WITH A WIDE VARIETY OF BEDDING  
AND PERENNIAL PLANTS AND ENJOY MORNING TEA AND COFFEE,  
SEE YOU THERE**

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**The Bridge Mill, Bridgerule will be open for National Mills Day  
on Sunday 11<sup>th</sup> May from 10.30 a.m. - 4.30 p.m.**

**The mill now has a waterwheel turning.  
Be sure to come early for the plant bargains in Rosie's annual plant sale;  
lots of interesting varieties.**

**Guided mill tours / Hot drinks served all day  
The gardens and smallholding will be open too – you may need boots after rain.  
Sorry, no dogs admitted.**

**Entrance: £1.50 adult, 50p child, towards the Mill Restoration Fund**

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