

August 2003

With love F



WEDDING BELLS

Congratulations and Best Wishes to Mike and Liz Kirby On your marriage

RUBY WEDDING

Congratulations to Charles and Elizabeth Bellew who celebrated their Ruby Wedding in June and Good Luck in your new home, now you have settled into Bluebell Cottage.



Welcome

To Ken and Caroline McGeorge and family, we hope you enjoy living at Ley Farm here in Milton Damerel.

Thanks from George Harris

Thanks to everyone who has visited or enquired about me. I would just mention George Priest who came in to see me often during his hospital visits and who has suffered such a grievous loss.

And to you George. We think of you often and hope that you are feeling better

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.

SUMMER

# Milton Damerel Parish Council

Forthcoming meetings - Thursday 21<sup>st</sup> August -In the Chapel Hall  
Thursday 18<sup>th</sup> September -In the Chapel Hall

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

**Chairman -** David Poole 01409 261282

**Councillors** Charles Bellew 01409 261214 Janet Elliott 01409 261422  
David Dyer 01409 261412 Gareth Piper 01409 261616  
David Kirby 01409 261314 Sarah Harper 01409 261473

Following the Parish Elections, your new Councillors are Gareth Piper and Sarah Harper and we are very pleased to welcome them to the Council. Janet Elliott stepped down as Chairman after 8 years service and the members would like to thank her for her time and commitment to the Council. The new Chairman is David Poole and the Vice-Chairman is David Kirby.

At the Annual Parish Meeting PC Bluett gave an interesting and informative talk about policing issues. Although the turnout was disappointing he also gave out details of the community messaging scheme. It was hoped to hand out the application forms at the meeting so instead we have enclosed them in this newsletter. We would urge you to seriously consider signing up for this scheme because although Milton Damerel is considered to be a very safe place to live, this scheme is designed to prevent crime and to make the community even safer.

Unfortunately I am unable to continue with my duties as clerk to the Parish Council. I have enjoyed my time with the council and hope that I have added some benefit to the community. There is therefore a vacancy for clerk and if you would like more details of this interesting role please contact the Chairman for more details.

There has been insufficient business to hold a meeting in June and July and the next Parish meeting will be on the 21st August.

Liz Ilett

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## PARISH COUNCIL OF MILTON DAMEREL

### **Vacancy For Clerk**

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

Please contact the Chairman, David Poole for more information on this interesting and rewarding role.

**Closing date for applications Thursday 21<sup>st</sup> August 2003**

*Lizzy's*



*Larder*

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

*Open Every Saturday*

*from 10<sub>am</sub> to 1<sub>pm</sub>*

*(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



## SOME FACTS ABOUT THE 1500'S

Sent in by Liz Ilett

Most people got married in June because they took their yearly bath in May and still smelled pretty good by June. However, they were starting to smell so brides carried a bouquet of flowers to hide the body odour. Hence the custom today of carrying a bouquet when getting married.

Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women and finally the children - last of all the babies. By then the water was so dirty you could actually lose someone in it. Hence the saying, "Don't throw the baby out with the bath water."

Houses had thatched roofs-thick straw-piled high, with no wood underneath. It was the only place for animals to get warm, so all the dogs, cats and other small animals (mice, bugs) lived in the roof. When it rained it became slippery and sometimes the animals would slip and fall off the roof. Hence the saying "It's raining cats and dogs."

There was nothing to stop things from falling into the house. That posed a real problem in the bedroom where bugs and other droppings could really mess up your nice clean bed. Hence, a bed with big posts and a sheet hung over the top afforded some protection. That's how canopy beds came into existence.

The floor was dirt. Only the wealthy had something other than dirt. Hence the saying "dirt poor."

The wealthy had slate floors that would get slippery in the winter when wet, so they spread thresh (straw) on the floor to help keep their footing. As the winter wore on, they kept adding more thresh until when you opened the door it would all start slipping outside. A piece of wood was placed in the entranceway. Hence the saying a "thresh hold."

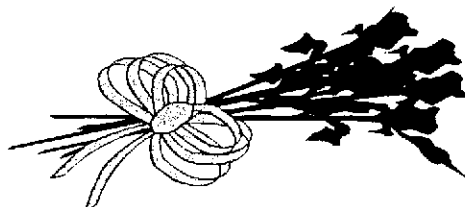
In those old days, they cooked in the kitchen with a big kettle that always hung over the fire. Every day they lit the fire and added things to the pot. They ate mostly vegetables and did not get much meat. They would eat the stew for dinner, leaving leftovers in the pot to get cold overnight and then start over the next day. Sometimes the stew had food in it that had been there for quite a while. Hence the rhyme, "Peas porridge hot, peas porridge cold, peas porridge in the pot nine days old."

At times they could obtain pork, which made them feel quite special. When visitors came over, they would hang up their bacon to show off. It was a sign of wealth that a man "could bring home the bacon. They would cut off a little to share with guests and would all sit around and "chew the fat."

Those with money had plates made of pewter. Food with high acid content caused some of the lead to leach onto the food, causing lead poisoning and death. This happened most often with tomatoes, so for the next 400 years or so, tomatoes were considered poisonous.

Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle, and guests got the top, or "upper crust."

Lead cups were used to drink ale or whisky. The combination would sometimes knock them out for a couple of days. Someone walking along the road would take them for dead and prepare them for burial. They were laid out on the kitchen table for a couple of days and the family would gather around and eat and drink and wait and see if they would wake up. Hence the custom of holding a "wake."



## **AQUA FIT**

**All abilities welcome  
You do not need to be a swimmer  
and you can use all the facilities  
while you are there  
(Sauna, Jacuzzi)**

**Wed Evenings 7pm - 8pm  
Thur Mornings 10.30am - 11.30am**

**£3.00 non-members  
£2.00 members**

**Held at  
Woodford Bridge Country Club  
Milton Damerel  
Instructor:- Dawn Hale**

## **Milton Damerel Youth Club**

The Youth Club ended the season with a family Barbeque at Widemouth Bay. Fun and games were had by all, a bit of Surfing, Swimming, Kite flying, Cricket etc.

Sheila, Tracey and Jim manned BBQ's with only one escapee Sausage, that I knew of, which was rescued from the coals, well done! . As usual the sand got into places it shouldn't! but all the children and adults had FUN! - See you all in September when the new programme starts.

## **PRIVATE TUITION OFFERED**

Private tuition offered, free of charge, in English, Maths, Handwriting and other subjects.  
For Junior School age children by retired school teacher.  
Please telephone for details.

**Valerie Goodwin**  
**01409 261624**

## Bradworthy YFC

The Summer as always is a quieter time for YFC with no big activities being held lately. I suppose it gives us a chance to recover from a great weekend in Torquay - The National AGM Convention Weekend from where YFC members were reported to be worse than Football Hooligans! It was a shame to have what I saw as a great, well run, and well behaved event marred by bad publicity, resulting in everyone looking down at us.

The beef and dairy stock judging went well. Well done to Roland Ley and Natasha Dayment for doing well at both Tarka Group and the Devon County Show.

We have had a friendly football match against Stratton YFC as well as Group Rounders and Mackerel Fishing. More recently, and more to be proud of, Bradworthy won the overall cup at the Tarka Group Rally by a majority that almost doubled the second placed Clawton YFC! It is the first time in many years (if ever) that Bradworthy has won so we were really proud! Well done to all the individual top scorers from Bradworthy; Sarah Merrett - Best Intermediate girl; Jon Cleave Best Intermediate Boy; Kate Luxton - Best Senior Girl; James Poole - Best Senior Boy.

On the Travel side - Roland Ley has just returned from his 10 day scholarship trip to Austria. I know he enjoyed it and the photos proved it! Kayleigh Dayment is currently on the County Junior Scholarship to Sweden- I'm sure she is having a whale of a time.

Our Club exchange this year takes us to a YFC Club in Oxfordshire - I'm not sure of dates yet but I'm looking forward to it already!

Show - Please pop into the YFC marquee if you are at the show! Also Bradworthy are planning a large summer event on the 22<sup>nd</sup> August to which we hope is going to be a brilliant night!

See you at the Show!



### COFFEE MORNING



Liz Kirby has kindly offered to provide the venue for our next coffee morning to be held at

**Milton Mill Farm**

on **22<sup>nd</sup> August 2003**

**10.30 until 12 noon**

refreshments 50p

Bring and Buy, Raffle, etc.

**All proceeds towards the newsletter**

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Our coffee morning held in May to boost the funds for the Milton Damerel Newsletter raised a healthy £74.80 on the day and further donations of £15.00 received from well wishers who were unable to attend on the day. Edna and Sarah would like to say thank you to Lesley and Peter Self who provided the hospitality and to everyone who bravely supports us in our aim to issue each household in the parish with a free edition of the newsletter.

## Local Aggregate suppliers

Topsoil, Sand, Stone, Dry Concrete Mix  
Cement, Chippings (Including Coloured)  
Small bags available  
Tipper service, 1-17 tonne loads  
Collected or Delivered

**RAW PIPER & SONS Est. 1975**  
**Tel: Kerry Heights, Milton Damerel 01409 261439**

### Are you disabled friendly?

**Q.** I run a shop in a small town. I've heard that , in the next year, I will have to make changes to the building so people using wheelchairs can get in and out. Can you tell me more?

**A.** Yes. On 1<sup>st</sup> October 2003 the final stage of the goods, facilities and services provision of Part 111 of the Disability Discrimination Act (DDA) come into force. The new duties will apply to businesses and other service providers where physical features make access to their services impossible or unreasonably difficult for disabled people. They are a further important step towards ensuring that disabled people have access to services that others take for granted.

As a small business, you need to be thinking about what you can do to make sure that - as far as possible - disabled customers are treated in the same way as non-disabled customers. The Disability Rights Commission have produced a series of booklets which aim to help owners of small businesses understand the implications of the Disability Discrimination Act 1995 (DDA) and show ways in which you can respond positively to the requirements of disabled customers. There are case studies featuring newsagents, cafes and hairdressers, plus hints and tips giving plenty of ideas about how to improve access to the goods and services you offer, many of which could be carried out at little or no cost. You can download the guides from the DRC web site at [www.drc.gov.uk](http://www.drc.gov.uk) and go to the Information and Legislation section or call 08457 622 633.

There is also a strong business case for making your services easier to use by disabled customers. There are some 8.5 million people in the UK with some form of disability - a recent estimate put their collective spending power at over £40 billion a year. And 2003 is the European Year of Disabled People so you're in good company!

#### Bude Holsworthy & District CAB

Open for appointments and telephone enquiries:

Neetside, Bude, EX23 8LB

Monday 10am-1pm

Tuesday 10am- 1pm

Thursday 6-8.30pm

Friday 10am-1pm

Telephone 01288 354531

Manor Offices, Holsworthy

EX22 6DJ

Monday 10am-1pm

Wednesday 10am-4pm

Telephone 01409 253372

Training and Development  
Project: for enquiries about  
home visits, information about  
the CAB & volunteering  
opportunities please telephone;  
01288 355684

COMMUNITY FUND lottery money making a difference

**Chapel News - July 2003**  
**Newsletter Number Twenty-Seven**

**SUNDAY CLUB PROGRAMME**

During August we will be holding Holiday Pitstops. A fun way to look at some serious issues for to-day's children. As always all local children are welcome to come along. There is no charge or pre-booking – just meet for 11am in the Schoolroom.

AUGUST - HOLIDAY PITSTOP		SEPTEMBER	
3rd	Peer Pressure (+ Christening of Tia)	7th	Learning from Clay
10th	Bullying	14th	Salt & Light
17th	No Club – meeting at Shebbear for visit of SALVATION ARMY YOUTH BAND	21st	Bread & Leaven
24th	Success & Failure	28th	FAMILY SERVICE
31st	FAMILY SERVICE		

**FAMILY SERVICE**

These are now held on the last Sunday of each month and are growing in popularity. Please feel welcome – you don't have to bring along your family but come along to be a part of God's family and the church's family. There is something for every-one and tea and coffee at the close.

Family Services are planned for:

- Sunday, 27<sup>th</sup> July - led by Peter Parsons
- Sunday, 31<sup>st</sup> August - led by Sue Griffin
- Sunday, 28<sup>th</sup> September - led by Margaret Knapman

Please note there will be no service at Milton on Sunday, 17<sup>th</sup> August – all are invited to a rally at Lake Methodist Church at 11am to hear the SALVATION ARMY YOUTH BAND. Why not come along with us!

**FRIENDSHIP CLUB**

This meets on the last Monday of each month in the Schoolroom from 2.30 to 3.30pm. The usual format is an interesting speaker and a chance to chat over a cup of tea. This is a small friendly group wishing to increase its numbers and we welcome any one, male or female, whatever age, to join us.

Meeting dates are:

- Monday, 28<sup>th</sup> July
- No meeting in August as Bank Holiday
- Monday, 29<sup>th</sup> September
- Monday, 27<sup>th</sup> October
- Monday, 24<sup>th</sup> November

Plant swap table planned for October and November meetings – why not bring along your spare plants and swap with others.

**PRAYER, PRAISE, BIBLE STUDY & DISCUSSION IN DEPTH, SUPPORTIVE AND COMMUNITY-MINDED** – Meets every Monday evening at 7.30pm in the Schoolroom; open to all Christians of any denomination.

**DATES FOR YOUR DIARY:**

- 27<sup>th</sup> July Gospel Special at 7.30pm – another return visit by the Culm Valley Crusade Choir
- 24<sup>th</sup> August A Service of Christian Healing in the evening at the Methodist Church – a first for Milton. Look out for details.
- 7<sup>th</sup> September Concert at Putford Methodist Church with the Stowford Meadow Singers – your support would be much appreciated.
- Preliminary Dates:  
12<sup>th</sup> &  
13<sup>th</sup> October Harvest Thanksgiving Weekend – Morning Service at 11 am on 12<sup>th</sup> October; Family Buffet Supper, Thanksgiving and Auction on 13<sup>th</sup> October.
- 7<sup>th</sup> December Gospel Special at 7.30 pm



**CHAPEL FLOWER PLAN** for the months of July to September

JUL		AUG		SEPT	
6 <sup>th</sup>	Mrs Sheila Daniel	3rd	Mrs Gladys Palmer	7th	Mrs Valerie Harris
13 <sup>th</sup>	Mrs Phoebe Overy	10 <sup>th</sup>	Mrs Eunice Hearn	14 <sup>th</sup>	Mrs Margaret Fishleigh
20 <sup>th</sup>	Mrs Muriel Sanders	17 <sup>th</sup>	Rally at Lake	21st	Mrs Ruth Sharp
27 <sup>th</sup>	Mrs Grace Millman	24 <sup>th</sup>	Mrs Valerie Carter	28th	Mrs Marjorie Colwill
		31st	Mrs Dorothy Wooldridge		

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)

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. Please contact our Minister or Stewards or Lay Workers if you have want to find out more.

**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 No: 261466

Ashley Vallance, Voluntary Circuit Lay Worker, with a healing ministry. Tel No: 261327

## **B B C Production**

It is school Nativity time and BBC ONE are making a new and interesting programme:

### **I Want to be Mary**

We have all been there and proudly watched our children as the shepherds adjusted their tea-towel headdresses and the Virgin Mary declared that she needed to o to the toilet.

We are appealing to all proud parents and family members out there – who would like to see their children elevated from school play to small screen.

We need your funny Nativity Play home video footage to share with the nation in order to make this light hearted magical show for BBC ONE. **If we use footage you will receive £100**

Anyone who believes they have suitable footage should send their VHS to:

**I want to be Mary  
BBC PO Box 173  
Manchester M60 3NW**

Please ensure your home videos are cued up in the correct place to ensure we don't miss your festive howler!!!

**DO NOT** send your original copy, we cannot return your tape. Remember to include your name and address



## Farewell Tom from Edna

I wanted to say a few words about the passing of Tom Larkworthy.

Tom was born and lived a lot of his life at Mount Pleasant, it is my home now and I feel a part of him lives on there, I can vividly remember the day he showed us around the property as prospective buyers and recall the enthusiasm he showed and the love of the countryside, the flowers and the fresh air. Although nearly eighteen years have passed, the memory does not fade

Tom lived in Milton most of his 83 years, born at Mount Pleasant and stayed until he married Alice and set up home on the site of the new bungalow, just finished at Whitebear Cross. During this time they raised two daughters, Sheila and Linda. Their next abode was The Lodge where they stayed for several years until moving to Whitebear Cottage. At that time Mrs. Larkworthy (Tom's mother) was still living at Mount Pleasant, Tom visited twice a day combining his visits with feeding and caring for his pig enterprise. After Mrs. Larkworthy passed away, Tom and Alice had Mount Pleasant cottage re-furbished. They lived in it themselves from 1971 until 1985. Once Tom retired, from Torridge Vale, after working for the same company for a good few years, long enough to receive a gold pocket watch, they bought a bungalow in Holsworthy where they lived out their lives.

Although Tom had his share of difficult times throughout his life he lived for today, lived life to the full, enjoying the moment.

Being very much a 'people person', Tom enjoyed activities involving others and was known as a 'master of bingo;' in his time he accumulated a large collection of cups due to his expertise at playing skittles.

Always ready with a smile, Tom will be missed by many of us, especially his daughter Linda, two grandchildren Dean and Angela, his sister Gladys and special friend Beryl.

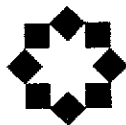


We are sorry to report that Mr. Dennis Partner passed away recently. Dennis was a parishioner for many years. He served in the army in World War Two and played a vital part with the Long Range Desert Group, working behind enemy lines. At that time he was just 21 years old.

We must also put right that no mention was made in a previous issue of the passing of Mr. Jim Newman, particularly as he reached the grand old age of 99, just a few weeks from his centenary. Jim moved down from London with his wife Kitty who sadly, died soon after they settled here. Jim served in the RAF in World War Two. Until his health failed, he could be seen tending the lawns in the churchyard where his beloved Kitty is buried.

Both Dennis and Jim will be remembered by their contemporaries and neighbours.

We are sad to hear of the passing of Mr. W. Daniel of Rouse Villa, Milton Damerel and would like to extend our sympathy to the family and our best wishes to Mrs. Daniel who is currently in hospital



## GLOVERS PATCH



For all your patchwork and quilting requirements  
Fabrics, haberdashery, quilting equipment, threads, books etc.

All in one shop - visit Sylvie at **Glovers Patch**

The Pannier Market, Market Place, Bideford

Telephone no. 01237 475737



## HOLSWORTHY REABLEMENT SERVICE

**What is it?**

**Where is it?**

**Who is it for?**

**How can it help?**

The Reablement Team, which is based in Holsworthy Hospital, is a friendly group of healthcare professionals. Referrals can come from anyone who needs help for themselves or for someone they know. Referrals can also be made by:

- Relatives/friends/carers
- The clients GP

The clients GP is always informed of the referral to the service if he/she is not the person who originated it. After an initial assessment in the client's usual environment, active therapy, advice and support can be provided either in the Unit, in their own home or wherever the client is living at the time. Transport to the Unit may be available and lunch can be provided, if necessary, for which there is no charge. Persons referred to Reablement will not necessarily be seen by all the healthcare professionals in the team - only those it is appropriate for them to see. Members of the team are:

Rehabilitation Nurse	Physiotherapist
Occupational Therapist	Doctor
Speech and Language Therapist	Coordinator
Support Workers	Psychologist

The Reablement approach is a **team** approach and the local GP practice will be kept informed of the client's progress.

### ***So who is Reablement for and what can it provide?***

The Service exists for frail and/or disabled members of the community who are finding it difficult to function as well as they used to, for whatever reasons. Clients do not have to be elderly to receive support from the therapy team; the skills of caring are available for younger disabled persons too - from 16 upwards.

The Unit offers assessment, therapy and advice for a wide range of conditions, for example:

- Neurological conditions eg Parkinson's Disease, Multiple Sclerosis, Strokes
- Mobility and joint problems
- Continence problems
- Recovery from trauma or surgery
- Heart failure
- Diabetes
- Respiratory problems
- Early memory problems
- Pain management
- Communication and swallowing problems

Last, but certainly not least, it is important to the Reablement Team that carer's needs are also taken into consideration, and these are included in the initial assessment. Therapists recognize and appreciate that the success of treatment plans is more likely if Carer's own stresses are reduced where possible. The Holsworthy Reablement Service currently covers the GP Practice areas of Holsworthy, Shebbear, Black Torrington and Bradworthy. It is a happy, supportive, forward-looking service for those in need in the community.

**For further information the Holsworthy Reablement Unit can be contacted on  
Holsworthy 01409 259073.**

If we do not hear from you we cannot help!

## VARIEGATED THOUGHTS

by Paws

The more we rely on newspaper reports for our information the more we are influenced by the individual prejudices of the editors, owners and journalists. Most newspapers have their own agenda, both political and moral and impose their beliefs with the persistence of Hercules. Wild allegations based on 'a source close to' are taken as fact when splashed on the front pages. However, when proved inaccurate, the apology is tucked away at the bottom of a left hand inside page some time later. By then of course the damage is done and the original claim is in the public psyche.

Much of the same can be said of the other media, television and radio, which appear to carry authenticity but can by simply altering emphasis on a particular word cast doubt on the truth of something. For example, "they say that black is white" can be made to sound totally negative, "they SAY that black is white". It must be difficult to produce an interesting news programme every hour on the hour without making sensationalising and slanted suggestions to titillate the viewer or listener. Sports writers with their names and photos appended (who are THEY anyway!) produce articles in a critical fashion and tell the England cricket, rugby or football coach just who should be in their teams. One wonders how many writers/journalists ever played the professional games let alone managed one! Take it all with a big pinch of salt, I say.

On a totally different subject altogether, the 'Ruby Red' campaign, which is being adventurously formed is attempting to raise the profile of this part of Devon. While remembering that part of the charm of the area is its tranquility, the initiative aims to increase the awareness of its diverse attractions. There are enough good walks to occupy the avid Rambler for several days, as well as cycle routes, but perhaps not sufficient bridleways yet to cater for the horse-rider.

Holiday accommodation and facilities provide much needed revenue for the area as well as employment for local people. The more promotion, the more prosperity will follow. Already a resort of International Distinction is at Woodford Bridge, which welcomes many foreign visitors who were not previously aware of the existence, let alone the beauty, of our countryside. The resort's wage bill to local people, and therefore into the local economy, exceeds £260,000 annually, in addition to the expenditure on maintenance, etc. and the money the visitors themselves spend in the area. This, but much more, should be welcomed and encouraged to increase the diversification of the use, without damaging the peace, of our countryside.

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### Sew'n sews

Come and join in with Lesley at Tor View the second Tuesday of each month, bring your sewing or knitting and meet friends for a get together.

1.30 pm – 4pm

Tea and biscuits served - 50p

(for newsletter funds).

Tel: Lesley on 261294 for further details

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*For all you lovers of words:*

1. A bicycle can't stand alone because it is two tired.
2. What is the definition of a will? (it's a dead giveaway).
3. Time flies like an arrow. Fruit flies like a banana.
4. A backward poet writes inverse.
5. In democracy it's your vote that counts; in feudalism it's your count that votes.

## FREE CLASSES in MILTON DAMEREL

If demand is sufficient it may be possible to organize short, fun-to-do computer and basic skills courses in the Village. Put on by North Devon College, the classes would be free-of-charge to participants.

Tutor, Hazel Williams lives locally and is experienced at teaching fundamental computer skills, literacy and beginners' crochet. She is willing to arrange a programme that would cater for the needs and interests of those who respond to this advertisement.

In order for the sessions to be free they do have to contain an element of literacy. It would also be preferable to have a group size of 8 or 10 students. The classes would be in the day, probably on Tuesdays, but could be either morning or afternoon. The initial session would be late June/early July.

Courses at Milton Damerel would be a part of the innovative programme that North Devon College is providing under its Basic Skills Outreach Development, with money supplied by the Local Initiative Fund.

For further information and to register your interest, please telephone **Celia Drummond 01769 550890** or **Hazel Williams 01409 281126**

### Glovers Patch

Trip to a Quilt Show

What did you buy? Show us what you bought! Did you see? Take a look at this!

The sound of the ladies excited chatter as the coach pulled away from the exhibition centre. What exhibition you may ask, well, it was the Quilt Show held at the Malvern Showground in Worcester.

Although I only knew one of the ladies, by the time we all sat on the coach on The Pill in Bideford, I felt at peace and very comfortable as everyone had immediately made me so welcome. We looked forward to a weekend of being fortunate enough to browse around all the stalls and wonder at the quilts; exhibits from over a large area, all lovingly pieced together and worked on for many, many hours and eventually being on display for all to marvel at.

The trip was available thanks to Sylvie Chapman of Glovers Cottage, who kindly planned and organized the whole weekend.

At closing time we were taken on our coach to a luxury hotel, where we could freshen up and take ourselves along to the restaurant to be served an excellent meal and afterwards relax in the lounge, chattering, until we could stay awake no longer, then off to bed. Breakfast was at 8am the next morning (or the same day for some of us) and again taken by coach back to the exhibition for another session of bliss, taking in the colour, learning new ideas and being inspired by other's creations.

At 4 in the afternoon, we had just about exhausted our resources and headed for home. The driver was wonderful, he was with us all the time, kept us and our belongings completely safe, thanks Les.

We had a wonderful time, women doing something just for themselves and thoroughly enjoying it – but back in Bideford it was a treat to see our loved ones arrive to take us home again, where we could once more, inspect our purchases and hold our dreams. Edna.

I would like to say thank you to our neighbours who provided us with a most spectacular show of daffodils this year, the blooms gave us a wonderful show almost from the main road to Crossway. Your efforts were much admired and appreciated by locals and visitors – something to look forward to during the winter months. Ed..

### Line Dancing

Every Wednesday evening in the Parish Hall

7.30 – 9.30 £1.00

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**Remember !!!**

When your enthusiasm goes, your soul gets wrinkles.

# UNIVERSAL REFLEXOLOGY

By Rosalind Layland

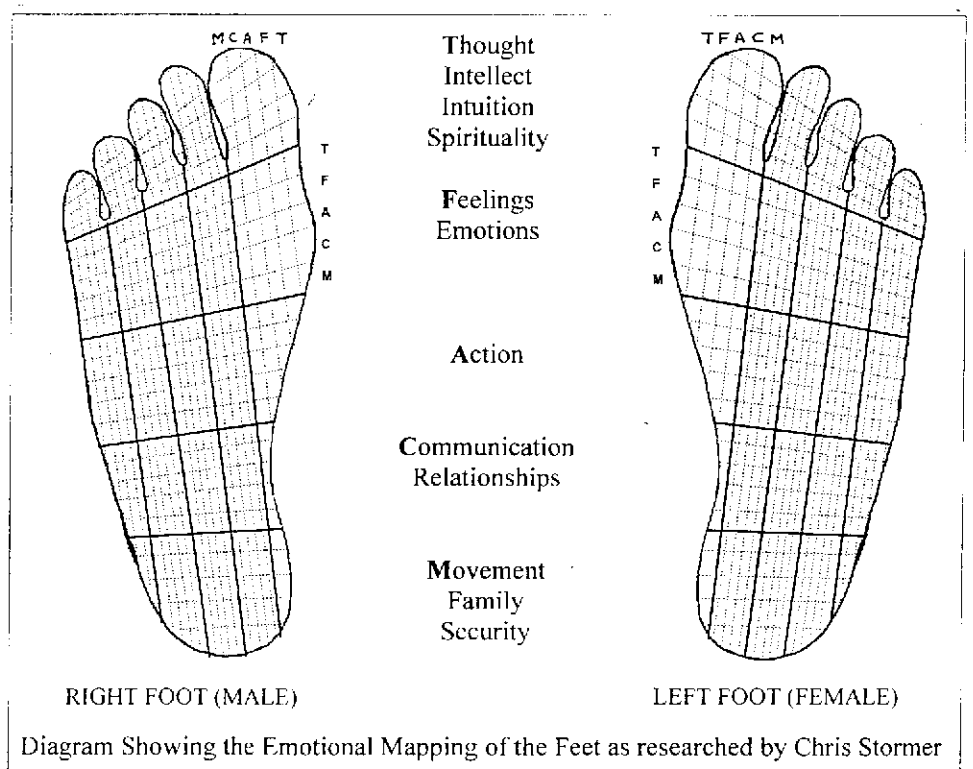
*In this article Rosalind introduces us to a new and broader based therapy which is the result of the work of Chris Stormer, who is and internationally acclaimed healer, teacher and author of five books.*

Most people nowadays have heard of Reflexology, whereby pressure is applied to specific areas of the feet. These areas correspond to areas in the body where the person may be experiencing pain or disease. By massaging these particular areas, reflexologists try to bring the body back into a state of balance. Reflexology works on the whole body, as the whole of the body is represented on the feet. It brings about a feeling of relaxation and peace, giving the body a chance to begin the healing process. But now there is a completely new form of Reflexology, called Universal Reflexology. Instead of using pressure on the feet, only a very light touch is used, so it works on a completely different level. Instead of working on the level of the physical body, this treatment works on an emotional and spiritual level. It is now widely believed that your thoughts and emotions are the cause of most illness and disease that we suffer from. We all know that if things are going right for us and we are enjoying what we are doing, we feel happy, our energy level increases, and our body feels lighter and more at ease. Even any pains we may have, somehow feel less. Whereas, when we are feeling down things do not go smoothly, we begin to feel more negative, and we can get into a downward spiral. If this negativity builds up without being released, over a period of time it can manifest itself in illness and disease. It therefore follows that if we can find ways of releasing our negative emotions, and stop the build up of tension in the body, we will not suffer so much illness and disease.

Universal Reflexology, by working on the emotional and spiritual level, can help to release emotional tension. During a treatment your body goes into an Alpha state, like that period just before you finally go off to sleep at night. You are fully aware of what is going on around you, but your mind is free to work on any emotional or spiritual problems you may have, and by doing so you may feel a shift take place, or at least feel much more at ease. Some of the comments I get after a treatment are; "I feel as though a weight has been lifted off my mind", and after a few days people often feel a lot clearer and calmer about what they are doing. They feel more focussed and positive, happier and more at ease. It is amazing to think, that such a light touch could have such a far reaching effect. I still feel amazed and in awe of what the body and the mind is capable of doing if it is given the chance and the space to do it in. Any thing is possible!

**Rosalind Layland is a relative newcomer to North Devon. She is an experienced reflexologist and Reiki Master. She practices in Ilfracombe and the surrounding areas. She can be contacted on 01271 862342**

Further reading:-  
*Language of the Feet - What Feet Can Tell You* by Chris Stormer, Published by Hodder and Stoughton.  
*Reflexology - The Definitive Guide* by Chris Stormer, Published by Hodder and Stoughton.



## TAKE HOLD OF EVERY MOMENT

A friend of mine opened his wife's underwear drawer and picked up a silk paper wrapped package. "This" he said "isn't any ordinary package". He unwrapped the box and stared at both the silk paper and the box. "She bought this when we went to London, 8 or 9 years ago. She has never put it on and was saving it for a special occasion. Well, I guess this is it". He got near the bed and placed the gift box next to the other clothing he was taking to the chapel of rest, his wife had just died. He turned to me and said:-

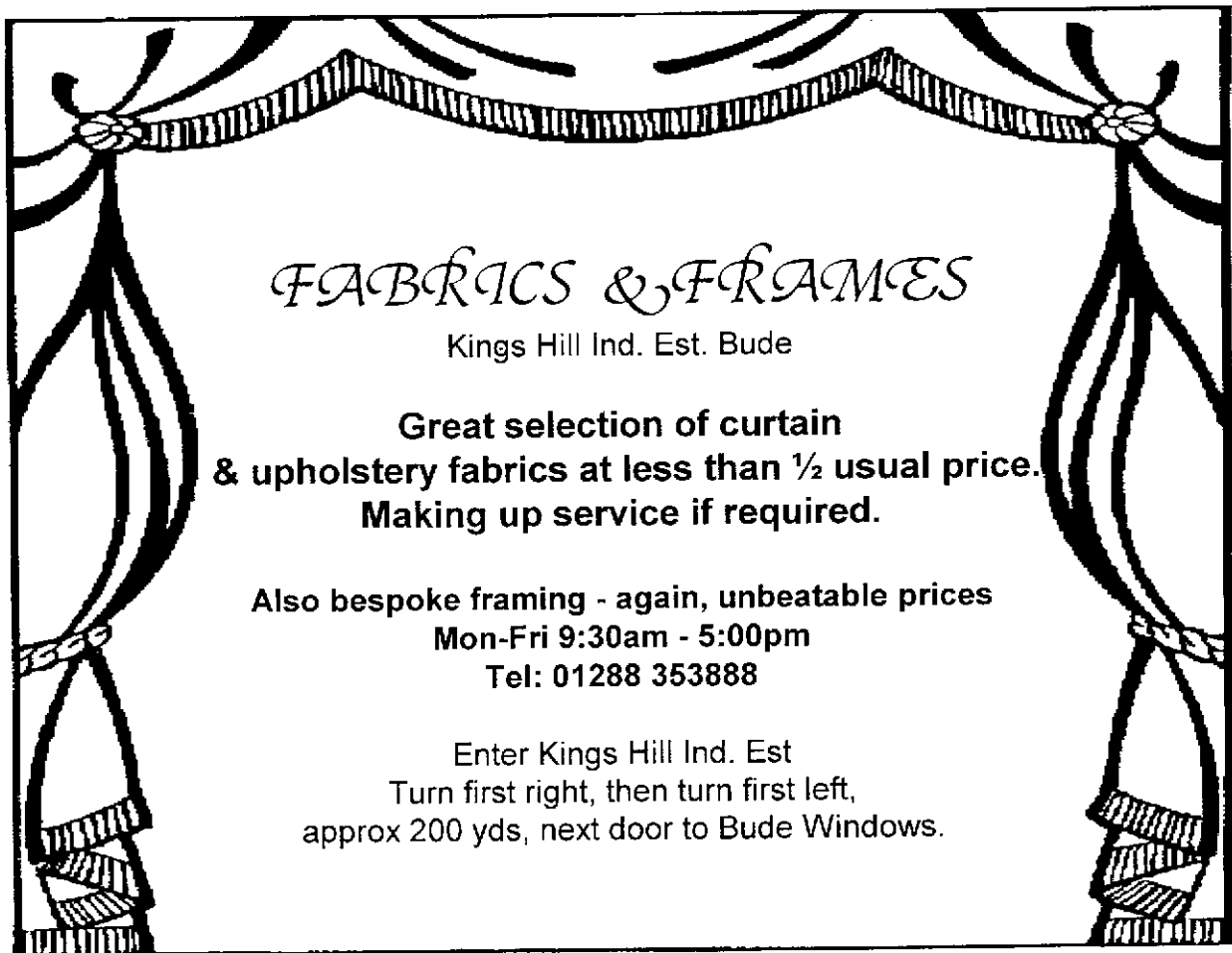
*"Never save something for a special occasion. Every day in your life is a special occasion".*

I still think those words changed my life. Now I play more and clean less. I sit in the garden without worrying about anything. I spend more time with my family and less time working. I understood that life should be a source of experience to be lived up to, not survived through. I no longer keep anything. I use crystal glasses every day. I'll wear new clothes to the supermarket if I feel like it. I don't save my special perfume for special occasions, I use it whenever I want to. The words 'someday' and 'one day' are fading away from my dictionary. If it's worth seeing, listening or doing, I want to see, listen or do it now. I don't know what my friend's wife would have done if she knew she wouldn't be there the next morning, this nobody can tell.

Now I try not to delay, postpone or keep anything that could bring laughter and joy into our lives and, each morning, I say to myself that this could be a special day. Each day, each hour, each minute, is special.

REMEMBER THAT 'ONE DAY' IS FAR AWAY..... OR MIGHT NEVER COME.....

Anon



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approx 200 yds, next door to Bude Windows.

93

**English is widely used on signs at hotels and businesses around the world. Unfortunately, the intended meaning does not always survive the translation.**

At a German camping site: It is strictly forbidden on our Black Forest camping site that people of different sex, for instance, men and women, live together in one tent unless they are married with each other for that purpose.

In a Rome laundry: Ladies, leave your clothes here and spend the afternoon having a good time.

At a Czech tourist agency: Take one of our horse-driven city tours. We guarantee no miscarriages.

At a Danish airline: We take your bags and send them in all directions.

In a Moscow hotel: If this is your first visit to the U.S.S.R., you are welcome to it.

In a Norwegian lounge: Ladies are requested not to have children in the bar.

At a Hungarian zoo: Please do not feed the animals. If you have any suitable food, give it to the guard on duty.

At a Roman doctor's office: Specialist in women and other diseases.

In an Acapulco hotel: The manager has personally passed all the water served here.

In a Tokyo shop: Our nylons cost more than common, but you'll find they are best in the long run.

In a Japanese hotel room: If you want just condition of warm in your room, please control yourself.

At a Tokyo car rental firm: When passenger of foot heave in sight, tootle the horn. Trumpet him melodiously at first, but if he still obstacles your passage then tootle him with vigor.

At a Paris dress shop: Dresses for street walking.

In a Moscow newspaper: There will be an exhibition of arts by 15,000 Soviet Republic painters and sculptors. These were executed over the past two years.



**Letter of thanks**

Thank you for your welcome in the April edition.

To introduce ourselves:-

Martyn and Hazel Williams have been married for 36 years. We moved to Devon from Bristol 6 months ago.

We have two grown-up children:- Matthew, who is married, with one son, Tyler.

And Victoria, also married, no children as yet.

Martyn is semi-retired but still running a business called CDL Homefinders. He finds and inspects property for people moving into North Devon from other parts of the country. He is also an oil - painter, mainly in the Impressionist style.

Hazel is a part-time tutor for North Devon College, teaching Basic Skills in English and Computing and also works as a crochet designer and teacher.

We lived at Maclyns, Newton St. Petrock for 6 months before moving to Pipers, Gidcott.

We look forward to meeting everyone in the area and making new friends, as we did in Newton St. Petrock.

Yours sincerely Martyn and Hazel Williams





## Wedding Celebrations when English Country met with American Navy Traditions.

John and I are so pleased to report the Marriage of our second daughter Adela to Lieutenant Daniel Pierce at Holy Trinity Church Milton Damerel on Saturday 3rd May 2003.

We had a triple celebration as it was not only the wedding, but our daughter Sarah's and my birthdays (no report on ages!!). The day to us was truly exceptional, for we were able to welcome our new extended Californian family.

The ceremony was conducted by Rev. Michael Reynolds, and the organist was Mrs. P. Miller. We had a Flower Girl my Granddaughter Georgina just 2, who was aided by her mother and sprinkled petals to precede the Bride up the aisle, having travelled the short distance from Littlejohns Cottage by horse and carriage which was skilfully driven by Mr. and Mrs D. Fry. The wedding rings were carried on a cushion (securely tied on) by Samuel our Grandson and presented at the appropriate moment. Julie, Danny's sister then read a poem entitled the Navy Wife, very poignant. The chosen hymns also reflected the naval and English union. Eternal Father and Jerusalem.

Following the service we then watched as the Bride and Groom had to negotiate their way through a guard of honour consisting of 4 of Danny's fellow officers, making an arch with their ceremonial swords, kissing between each pair to gain their passage, finalising with a whack on Adela's derriere and a shout of "welcome to the Navy mam", completed the pageant.

The Atlantic Ocean will soon come between me and my family, but I look forward to visiting the States and meeting up again with Danny's family and friends who made the trip to a rather cold and wet England. Modern technology will also help me keep in touch, I have now mastered E-mail and Instant Message, it really shows that when the need arises you can meet the challenge.

Shirley Webb

### Coming from America

It was estimated to be about an hour and a half drive from Newquay to Milton Damerel, maybe a little less with the way my future sister-in-law was driving. I can't imagine what the ride must have been like for her. Her last commute as a single woman, going back to the home she grew up in, back to her roots, her family, to have them fuss and tend over her one last time before she became a blissfully wedded wife. We spent the time getting to know one another and as Adela talked, I was able to enjoy the scenery around me. It was still an odd sensation to be sitting on the left side of the car as a passenger, but unlike when I rode with my dad, at least I wasn't afraid of Adela crashing my side of the car into the hedges. Not that I can really blame my dad... the roads in England are so narrow! That alone has earned every driver in England my utmost respect and admiration for their incredible driving skills.

For some reason I had expected England to be identical to the states with the only major difference being that the people there had really cool accents. But everything about England was new and different and wonderful. It was odd leaving the hot sunny pre-summer days in San Diego, California to visit the drizzly and sometimes stormy weather on the other side of the world. But America is a big place and my experience is pretty limited. I know that in some areas of the country, like the northwestern states, they have a climate very-similar to England, just like states in the middle of the country have the same sort of green and open feel like England.

But one thing that is incomparable to anything you will find in America is the rich heritage of the country. (Imagine being able to visit the legendary birthplace of King Arthur!) But the history isn't just found in isolated tourist spots - it's everywhere, even right in your own backyard. Or, in the case of my brother's new in-laws... just down the road a little. We were all very much in awe to be in a church that had been built hundreds of years ago. It was hard to fathom it being constructed so long ago and to imagine the people who had passed through its doors over the centuries. It was a bit of a surprise, perhaps even a culture shock, to see headstones on each side of the walkway up to the church door. They seemed out of place because cemeteries in America are typically separate from other parts of civilization with the designated areas having rows upon rows of light-colored stones proportionally spaced on manicured lawns.

To think that Adela and Dan almost got married in some 20 year old, contemporary, sterile, blah building here in the states, instead of in the luxuriantly quaint, incredibly romantic, history-laden church in a beautiful little town called Milton Damerel.

Julie Whitley

6/29/03



First for Children in Devon

- Q. Does your Community need an Out of School Club/Holiday Playscheme?
- Q. Does your Community need a Pre-school Playgroup/Nursery?
- Q. Have you ever thought of becoming a Childminder?
- Q. Would you like to work with Children?

If you have answered yes to any of these questions, then zero 14 plus can help.

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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

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

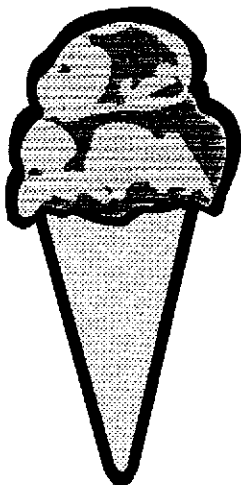
Or alternatively you can contact SWAN via e-mail. [helpline@swan-adoption.org.uk](mailto:helpline@swan-adoption.org.uk)

RING & RIDE The contact telephone number for this service is 01409 259001

Holsworthy Post If you wish to forward items to be included in the Holsworthy Post your correspondent is Liz Illett telephone number 01409 261440


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 looking.....

I hear the bell  
on Saturday  
afternoons,  
could it be  
the ice cream  
man?



2.30 at Crossways

Not a lot of people know



that.....

We have a **mobile butcher** frequent the village on Tuesdays when it is possible to buy fresh meat from the van and place your order for the following weekend to arrive at your door on Friday. If you like the idea and would like him to call, telephone David Gerry on

**07811 350383 for friendly service.**

### Youth Club

Dear Youth Club and Parents,

As everyone seems so busy I have decided to wind youth club up a bit earlier. I had hoped to organise a charity football event for July 26<sup>th</sup>, however, this is Shebbear flower show day and the football season is over and the pitch is un-kept for the summer.

I am hoping to arrange the football for September.

Last years party social/disco went well and I have booked M.C. Kelvin Isaacs to come again on Friday August 15<sup>th</sup> from 7 until 11 pm at Milton Parish Hall. This will be for family and friends as well, so please invite anyone along. Any profit can be donated to 'save a cow appeal'.

I will send out publicity and reminders nearer the time, so hope to see everyone there, *have a great summer.* Sheila

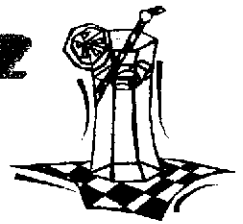
### School Leavers

Six local young people left Holsworthy Community College this summer. They are Vicki Gliddon, Sophie Glaze, Daniel Lewis, Holly Baggs, Margaret Brimacombe and Greg Woodhouse. Congratulations and good luck for the future to you all.

### FOUND

Outside Milton Damerel Parish Hall (27.04.03), SILVER RING with a distinctive pattern. Please Telephone 261406 and describe for return.

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