

February 2004

Belated Happy Birthdays

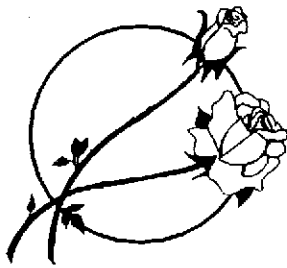


*to Mrs Thelma Johns, of Rose Cottage, who was
80 in September*

and a special Birthday for Anne Poole in October

Happy 40th Birthday to Andy Harper on Christmas Day

Forthcoming Birthdays



**Congratulations to Mrs Gladys Palmer, of
Sunny View,
who Will be 80 in March**

A Sad Farewell

**to Sallie Steve Alice Katie Matthew
and Samuel Jago
formerly of Beeches. This lovely, lively
family will be sadly missed but
haven't gone too far and are building a
new home in Sutcombe.**



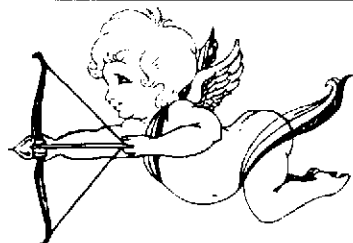
Which means

"A warm Welcome"

**to Shirley and Roger Copp who are
settling into Beeches**

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.

Valentines Day



Milton Damerel Parish Council

Clerk-	Anne Binns Little Derworthy Milton Damerel EX22 7LH	Tel 01409 261381 E-mail miltondamerel@freeuk.com
Chairperson-	David Poole	01409 261282
Councillors	Charles Bellew	01409 261214
	Sarah Harper	01409 261473
	David Dyer	01409261412
	David Kirby	01409 261314
	Janet Elliott	01409 261422
	Gareth Piper	01409 261473

Unfortunately I was unable to attend Novembers meeting, as I was had to attend to my sow that had just farrowed and required veterinary attention. David Kirby kindly fetched the paperwork and Sarah took the minutes. This was the first meeting held at Woodford Bridge. It was decided by majority vote to change venue as Woodford Bridge had kindly offered one of their rooms free of charge which saves the parish on rental of the School room or Hall, this said the venue is on a six month trial.

Councillors were informed that the annual audit had been completed and that the rights to inspect the annual return notice could be displayed. This was promptly put up on the parish notice board.

It was at November's meeting that it was agreed that all councillors would get together and make a sleigh that would take Santa round the village for the benefit of the children. I had informed David K that my pony Cherry had done this two years ago when she delivered Santa to a children's Christmas party when we lived in Hampshire. Cherry's trap was converted to a sleigh and the Parish Councillors contributed to the purchase of parcels of sweets etc. It was decided that we would join the carol singers at the garage on the 20th to assist them in their fund raising for the children's hospice. A fun afternoon was enjoyed by all. We look forward to seeing any photographs that where taken.

The "Not suitable for long vehicles sign" has now been erected at Whitebear Cross. There has been a reduction in long vehicles trying to turn the corner at Crossways. It appears that this has had the desired effect. I have therefore written to highways to inform them of this.

Due to a lack of correspondence received it was agreed that we would not meet in December as there would be little to discuss. However we decided to all meet at Little Derworthy to make sure that all arrangements for the 20th were in place. This was also a nice opportunity to have a glass of mulled wine and a mince pie on a more social evening.

A full council met in January again at Woodford Bridge. This was my first experience of their hospitality and comfortable environment. There was a lot of correspondence to deal with at this meeting but there where no planning issues to discuss.

The next meeting is expected to be on February 15th at Woodford Bridge Hotel in the Long Room unless there is little to discuss in which case it will be postponed until March. Notices will be put up on both parish notice boards prior to a meeting being held. Please remember that all parishioners are invited to attend.

STOP PRESS.... RE: Lost Tortoise

'On September the 2nd a tortoise escaped from my garden at Little Derworthy'. Some of you may remember this editorial in the last edition. Well as predicted by an expert, the tortoise has re-emerged, none the worse for wear but very muddy. She had dug herself in quite close to she disappeared. Her owners Anne, John and Joanne Binns are very pleased to have her back home!



WINDOW CLEANER



Reasonable Rates
Ring David Seggons on
01409 241702

Line Dancing

We are still a small friendly group and beginners are welcomed.

If interested please call Lesley 261294 or Mary 261248



Coffee Morning

The coffee morning held by Sarah at The Crossway before Christmas was a jolly affair, it was lovely to meet recent newcomers to the village and introduce them to those of us who have been here quite a while and some for a very long time indeed.

The amount raised goes towards funding the newsletter and has added £43 to the receipts for the year.

Many thanks to all who came along and contributed in any way.



A Carol Service was held in the Holy Trinity Church before Christmas and donations were gratefully received and amounted to the sum of £113.25.

ARE YOU ABOUT TO DIVIDE YOUR PERENNIALS ?

The Holsworthy Resource Centre hold a grand plant sale each year in May and are grateful for any plant contributions.

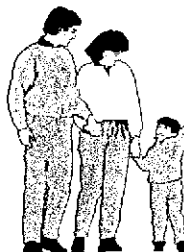


If you have any give away roots or cuttings and would like to know what to do with them, you can phone the **Resource Centre** during

Parish Hall

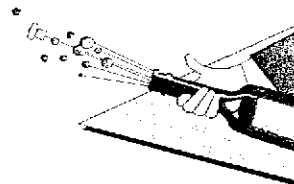
A carpenter is needed for work at the Parish Hall, if you can help please contact Lesley 261294 or Christine 261593

Forthcoming Events



A Countryside Walk is planned for Saturday 29th May.

The Wine and Wisdom held on 6th December 2003 raised £164.00 for Parish Hall Funds.



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



Chapel News - January 2004
Twenty-nine

Newsletter Number

NEW YEAR GREETINGS TO YOU ALL!

A Prayer for the New Year

Lord, we place ourselves in Your hands as another year begins
may Your soft winds freshen our spirit, may Your sunshine brighten our hearts, may
the burdens of the day rest lightly upon us and may we be enfolded in the mantle of
Your love.

SOMETHING SPECIAL

Just lately something special seems to have been happening in our Church!

Firstly, Christmas, and the family celebration service was a really great experience, a feeling
of joy, excitement and a real togetherness within the Church. You would expect this sort of
feeling around Christmas time but somehow this year it was 'special'.

Then, on the second Sunday in January, our Minister, Rev David Wheeler took the service,
which included sacrament (communion). As we started singing the last hymn, a real peace
and joy filled the place. As the music played on at the end of the service every-one just sat on
in their seats and took time to listen.

Our January Family Service was tinged with sadness for we had heard the news of Drs Mark
and Sarah Human little son, recently born, and just diagnosed with a very rare genetic
disorder. Sarah (nee Colwill) was a local girl and past member of our church and most sadly
their first baby had died of the same problem about 18 months ago. Every-one felt so very
sad for them, (and the rest of their family who live locally). The planned preacher was Eric
Moore, a nurse at North Devon District Hospital. He was wonderfully sympathetic to this
situation and as he conducted the service with a series of illustrations linked to Biblical
sources, that same feeling of peace came into the place. Eric had asked the organist to
choose the hymns and songs and it was amazing how these just seemed to fit in with Eric's
sentiments. As prayers for friends who are sick and this little baby were said a sense of
healing touched us. It was just something 'special'.

Just recently we've heard nationally that church attendances have gone down dramatically.
Could this be because so often that '*something special*' is missing from the traditional type of
service? Could that *something* be God's own presence in the form of His Holy Spirit?

Worship should be a spiritual and meaningful experience and people everywhere are
searching for such deep experiences, it seems, everywhere but in church. If you are
searching, you will find a warm welcome to come and join us, for we all are seekers after the
Truth.

SUNDAY CLUB & FAMILY SERVICES

Sunday Club meets on the 2nd and 3rd Sunday (and occasionally the 4th when 5 Sundays in
the month). Family Services are planned for:

Sunday, 29 th February	- led by Jill Daniel
Sunday, 21 st March	- led by Christopher Andrew

The Christmas Family Service raised £100.35 for NCH Action for Children.

*The Family Party held in the Parish Hall on 23rd January was a great success.
Thanks for your support and especially for the gifts of food for the superb
supper.*

PRAYER, PRAISE, BIBLE STUDY & DISCUSSION IN DEPTH, SUPPORTIVE AND COMMUNITY- MINDED – Normally meets every Monday evening at 7.30pm in the Schoolroom; open to all Christians of any denomination. Over the next few weeks we will be studying II Corinthians and following a Lent Study.

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.

Some members of the Club were joined with others from the area and visited the Children's Hospice South West at Little Bridge House. Despite transport problems, all felt the trip to have been a very moving experience. The Hospice is such a worthwhile cause for which there is a great need. We came home determined to organise a larger trip next year.

Meeting dates are:

- Monday, 23rd February - Speaker: Mrs Sue Griffin
Topic: Home education & Autism experiences with son Benjamin
- Monday, 29th March - Speaker: To be arranged

CHAPEL FLOWER PLAN for the months of February and March					
FEB		MAR			
1 st	Mrs Margaret Fishleigh	7 th	Mrs Ann Poole		
8 th	Mrs Ruth Sharp	14 th	Mrs Lilian Luxton		
15 th	Mrs Marjorie Colwill	21 st	Mrs Tracey Dunmore		
22 nd	Mrs Phoebe Overy	28 th	Mrs Mary Carter		
29th	Mrs Joanne Carter				

DATES FOR YOUR DIARY:

- Friday, 5th March** **Womens World Day of Prayer** will be held at our chapel at 2.30pm
- Sunday, 11th April** **Easter Gospel Special with the "The Wither Family"** at the chapel at 7.30pm

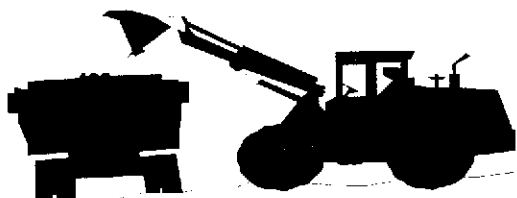
CIRCUIT NEWS

Did you know the Shebbear Methodist Circuit publishes a quarterly Magazine and Plan (MAP)? Included are many articles about what is happening around the Circuit, thought provoking and amusing contributions by the Minister, members of the circuit, and others. It also lists planned preachers for each Sunday and diary dates. Lots of material for a good read and for keeping in touch. If you would like to receive one, please contact a steward.

LETTING OF ROOMS

The Church Council has been pleased to host the Parish Council meetings for many years and so we were disappointed to read in the last newsletter it had been decided to move the meetings to another venue. Unlike commercial enterprises the Chapel are unable to provide free room hire, due to their obligations under charitable law, and therefore a small charge of c.£25 per annum was paid by the Council for their meetings. The Schoolroom and kitchen are available for a very modest charge as a venue for private or community events and the stewards should be contacted for further information.

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: 261282)



***** **NEW STOCK** *****

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CONTRACTS OF EMPLOYMENT

Q. I've just got a seasonal job working in a fast food outlet. They've given me a contract to sign, which says there's no holiday pay, no sickness pay, no notice period. When I said it was unfair, I was told that if I was not happy then I could leave. What should I do?

A. A contract of employment is an agreement between an employer and a worker setting out the terms under which they will have a working relationship. All employees, regardless of the number of hours they work, are entitled to a written statement of their main terms and conditions of employment within two months of starting work.

Generally, an employee and employer can agree whatever contractual terms they wish. However, a contract cannot take away a worker's statutory rights, which are given by law. So if, for example, a contract states a worker has no right to paid holiday, when by law virtually all workers are entitled to four weeks paid holiday a year, this clause in the contract is **void** and cannot be enforced. You will still be entitled to full time paid holiday even if you have signed the contract. Some terms are either imposed or implied in employment contracts by legislation. Other important statutory terms give workers the right to receive notice, receive the minimum wage and redundancy pay, to return to work after maternity leave, not to be unfairly dismissed and not be discriminated against on the grounds of race or sex.

If an employer tries to insist on breaching a statutory right, an employee can refuse and claim unfair dismissal if they are sacked. You can do this irrespective of how long you have worked for the employer.

Employers may call the employees 'trainees' or 'casual workers' or 'self-employed' in the contract as a ploy to make it seem they have no employment rights.

You should get advice from your local CAB if you think your statutory rights are being breached.

Contact your local CAB for more help and information.
BUDE, HOLSWORTHY AND DISTRICT CITIZENS ADVICE BUREAU
Telephone 01288 354531 Bude
01409 253372 Holsworthy

**What's the
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Telephone:
01392 38 3444

email: roadshow@devon.gov.uk

Write to:
**Peter Folland
Community Communications Officer
Devon County Council
Information Centre
County Hall
Exeter EX24QD**



It is with sadness that I announce the sudden passing of

Val Goodwin of Heddon Moor

She was an enthusiastic contributor to, and enjoyed reading the newsletter.



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MILTON DAMEREL YOUTH CLUB

PROGRAMME WINTER SPRING PROGRAMME 2004



Friday Feb 6th

Milton Schoolroom 7pm - 9pm

Sewing and making for Valentine's Day and making a start on re-painting the mural.

Friday Feb 20th

Meet in the school room at 7pm - Skittles in the Hall plus mural painting in the schoolroom an opportunity to do both!

Friday March 5th

In the schoolroom at 7pm - Hair/makeup (to be arranged) and finishing the mural.

Extra ordinary meeting - Wed March 17th

7.30pm in Milton schoolroom. Members and families come and share your views on the clubs future.

Sat March 20th - Roller skating

In Holsworthy Sports Hall - Afternoon, Details to follow

*****BREAK*****

To Members & Parents

Thank you to all members who contributed to this programme! Other items mentioned (perhaps for future meetings) were -

Visit Splash, Cinema or Theatre. Cooking, Skittles, Quiz Family Tournament, Games night, Beetle Drive, Cycle Ride and another very welcome invitation to the Bellews home for a Bar-BQ.

Please come to the meeting to discuss the clubs future - Wed March 17th Your views will be appreciated. I have mentioned to Bridget that if someone or group take on running the club I will take over as Treasurer. This way I will be involved but not as much as at present.

There are options open to us for the club to continue one way or another so all is not lost!!

Sheila



When Santa came to Milton Damereel



When Father Christmas contacted me to ask for help with the delivery of presents in the parish, my pony, Cherry and I were only too happy to help. Cherry has helped Father Christmas once before when she pulled the sleigh and delivered presents to a children's party in Hampshire. All the parish councillors helped to get Cherry ready for her special day. Father Christmas had explained that Rudolph and the other reindeer just needed a day off, as they had travelled thousands of miles already and still had thousands of miles to go.

Everyone was excited and set about to make Cherry look her best for the occasion. Sarah Harper made her a bright red satin blanket and David and Janey Kirby loaned some super jingle bells to hang from her harness. She had a bath, a trim and her harness was polished to perfection. David

Dyer and David Poole agreed to be Father Christmas's helpers. How fetching they looked too! When Father Christmas arrived he was very pleased with his new transport. I was worried that Cherry would not behave herself and would pull the sleigh faster than she should. I also worried that presents would fall off the back of the sleigh and get lost. Children then would have been disappointed. However I needn't have worried as Cherry behaved herself and our journey from Little Derworthy to Higher Venn was uneventful. Father Christmas waved to passers by and some people came out of their houses to look. Higher Venn was our first delivery. Cherry was so excited that she would not stand still. Father Christmas thought that she was going to put the sleigh over the edge of the bank but she didn't.

Our next delivery was to the garage. This was an opportunity for Father Christmas to stretch his legs and meet all the children that were hoping to see him. He had presents of sweets for everyone. I was surprised that Cherry stood quite patiently and was not disturbed by the events. Carol singers sang along to an electric keyboard and drivers continued to call to refuel their cars. I was pleased that Cherry did not leave a not so desirable parcel for Penny on the forecourt!

When sadly it was time to be on our way, Father Christmas got back in the sleigh. He waved goodbye and I instructed Cherry to "trot on". The sleigh was soon up the hill and out of sight.

The journey back to Little Derworthy was quick as Cherry went full speed ahead. Good job really because as soon as we pulled into the yard the heavens opened and Father Christmas had to run for cover in the hay barn. Cherry was quickly unharnessed and given a special tea of pony mix and carrots. Father Christmas had time to dry off in the house where he enjoyed a few glasses of sloe gin before he had to leave. We were sad to see him go but hopefully we may see him next year.



Free Diabetes testing service

What is diabetes?

Diabetes Mellitus (often just called 'diabetes') is a condition in which the amount of glucose (sugar) in the blood is too high because the body is unable to use it properly. Glucose provides the body with energy and we obtain most from the digestion of starchy foods such as bread, rice and potatoes, from sugar and other sweet foods.

After eating, the level of glucose in the blood increases and the pancreas releases a hormone called insulin. Insulin regulates your glucose level to prevent it becoming too high or too low. If you have diabetes, the body either produces too little insulin, or resists its effects. The body then uses other sources of energy and unused glucose in the blood builds up, often causing thirst and frequent passing of water.

Recognise the Risks

Over 1.4 million people in the UK are diagnosed as having diabetes. However, it is suspected that there are at least another one million people who have the condition but are unaware of it.

Some people are at a higher risk than others. If you are Caucasian (white) aged over 40 or Asian/African-Caribbean aged over 25 and any of the factors listed below apply to you, please speak to our Pharmacist. We may be able to help you reduce the likelihood of developing diabetes.

- You have a parent, brother or sister with diabetes
- You are overweight
- You do not do much exercise
- You have given birth to a baby weighing more than 4kg(8lb8oz)
- Your blood glucose was high when you were pregnant

Different types of Diabetes

- **Type 1** Usually affects people under 40 and occurs if the body is unable to produce any insulin. The symptoms are obvious and develop suddenly. This type of diabetes is treated with insulin injections, diet and physical activity.
- **Type 2** Usually affects people aged over 40 but may develop at any age. The vast majority of people with diabetes have Type 2. The symptoms are usually less obvious and develop relatively slowly. Some people may not notice any symptoms at all for many years. This type of diabetes can often be treated very successfully with a healthy balanced diet and physical activity, or with the addition of tablets or insulin injections.

Search for the signs

The symptoms are common to both Type 1 and Type 2 diabetes but often develop more gradually and with less severity in people with Type 2. If you have one or more of these symptoms please speak to our pharmacist:

- You are always thirsty
- You always feel tired
- You do not do much exercise
- You often get cramps at night-time
- You often get infections
- You pass water excessively
- You sometimes suffer from blurred vision
- Your wounds heal slowly
- You often get thrush or genital itching
- Your hands and feet often feel numb

Complications associated with diabetes

Unfortunately, by the time that many people are diagnosed with diabetes they have already developed serious complications. Long term complications associated with diabetes include:

- High blood pressure
- Coronary heart disease and stroke
- High cholesterol
- Eye damage (and even blindness)
- Kidney failure
- Nerve damage
- Leg ulcers

How can Lloyds pharmacy help?

The Lloyds pharmacy diabetes early identification service can help to identify your risk of developing diabetes. We can check your glucose level by doing a simple blood test. We can also advise you on ways of reducing the chance of having diabetes later in life, along with advice on leading a healthy lifestyle by assessing:

- If your weight is healthy for your height
- If your waist measurement is putting you at increased risk

To find out more about the service, please speak to our pharmacist or a member of staff alternatively please telephone us on the number below.

For further information please call
0800 389 2578

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Fax: 02476 432 401
www.lloydspharmacy.com

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Enter Kings Hill Ind. Est
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A NOTE TO LETTER WRITERS

We love receiving your letters and are happy to print them for the community to peruse, but let us have your name and address as it is our policy not to print any letters that are not signed. Names and addresses can be withheld from print, if the writer wishes, but we feel that people should take ownership of their opinions especially if they have strong views.

To the person who wrote about the Parish Council, your correspondence will be put to the PC at the next meeting, hopefully they will respond to your concerns. If you would like to contact either Ed or myself (Sarah) with your name and address we would be happy to print your correspondence.

Are you suffering from stress?

Tick the answer that most reflects your situation:

Often Sometimes Seldom Never

1. Lost your appetite?
2. Constantly nibbling at snacks?
3. Feel sick after eating?
4. Bite your nails or tap your feet or fingers?
5. Restless?
6. Find yourself getting angry or upset?
7. Feel you have to work extra hard or late?
8. Get worked up by heavy traffic or other travellers?
9. Try hard to win sports or games?
10. Try hard to win arguments?
11. Struggle for perfection?
12. Feel you don't spend enough time with your family?
13. Find it difficult to sleep at night?
14. Use alcohol when under pressure?
15. Feel trapped by your lifestyle?
16. Find you are too busy to do things you enjoy?
17. Find it hard to make decisions?
18. Worry about your future?
19. Find it hard to concentrate?
20. Suffer from headaches?
21. Find yourself grumbling or moaning?
22. Find it difficult to laugh or smile?

Total ticks:

For each tick in 'Often' score 3 points
 For each tick in 'Sometimes' score 2 points
 For each tick in 'Seldom' score 1 point
 For each tick in 'Never' score 0 points

Score	Interpretation
45 & over	Stress level is high and Stress Management is needed
35-44	Stress level is high. Some areas need to be worked on to enjoy life more
25-34	Stress level is moderate but could do with more relaxation at times
less than 24	Balance about right



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Treating Stress With Homeopathy

There are many different types of stressful situations as well as different responses to them.

Below are a few remedies known to be helpful in certain stressful situations. If you recognise your symptoms try taking a dose (6c or 30c) and see if it helps:-

- **Arsenicum album** - for anxiety with panicky feelings, restlessness and desire for order. Exhausted and faultfinding, yet seeks the company of other people.
- **Coffea cruda** - for insomnia with circling thoughts. Wakes at 3am and can't get back to sleep. Over-excitement and hyperactivity.
- **Ignatia** - for stress following emotional upset, feels very uptight, disappointed and sad. Wants to be left alone.
- **Kali phosphoricum** - for nervous exhaustion from overwork and worry.
- **Sepia** - overladen with the demands of work. Irritable and tearful but feels better after physical exercise.

If none of the above remedies seem appropriate, treatment by a qualified homeopath will help to strengthen the body's vitality and its ability to respond to stress.

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 as well as during pregnancy and menopause.

Gently - 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 - 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 with simple instruction manual will deal with most routine problems - such as bruises, burns, sprains, insect bites and gastric upsets - in the home, at work or on holiday.

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

Value for money - The average consultation fee for a homeopath is considerable less than a private conventional medicine and compares favourable 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 consider 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 lifestyle.

ANNUAL RETURN

FOR THE YEAR ENDED 31 MARCH 2003

MILTON DAMEL PARISH

COUNCIL/MEETING

SECTION 1 – THE STATEMENT OF ACCOUNTS

I certify that the statement of accounts contained in this annual return presents fairly the financial position of the council and its income and expenditure, or properly presents receipts and payments, as the case may be, for the period ended 31 March 2003.

(Responsible Financial Officer) [Signature] Date 22/5/03

I confirm that these accounts were approved by the council and recorded as council minute reference

9 (Page 70) dated 22/5/03 Signed on behalf of the above council

(Chair of meeting approving council's accounts) [Signature] Date 22/05/03

In completing the boxes below please explain any significant variances on a separate sheet and send this to the external auditor together with a copy of your bank reconciliation as at 31 March 2003. See page 6 for guidance.

	Year ending		Notes and Guidance for Compilers
	31 March 2002 £	31 March 2003 £	
1 Balances brought forward	335.28	330.12	General: Please round all figures to nearest £. Do not leave any boxes blank and report £0 or Nil balances. All figures must agree to the council's underlying financial records for the relevant year. Total balances and reserves at the beginning of the year as recorded in the council's financial records.
2 (+) Annual precept	802.00	1007.00	Total amount of precept income received in the year. 1000
3 (+) Total other receipts	93.42	110.73	Total income or receipts as recorded in the cashbook minus the precept.
4 (-) Staff costs	380.00	200.24	Total expenditure or payments made to and on behalf of all council employees. Include salaries and wages, PAYE and NI (employees and employers), pension contributions and related expenses.
5 (-) Loan interest/ capital repayments	Ø	Ø	Total expenditure or payments of capital and interest made during the year on the council's borrowings (if any).
6 (-) Total other payments	520.58	878.54	Total expenditure or payments as recorded in the cashbook minus staff costs (line 4) and loan/interest expenditure/payments (line 5). <i>A Bums</i> <i>520.58</i> <i>878.54</i> <i>S/S Poole</i>
7 (-) Balances carried forward	330.12	369.07	Total balances and reserves at the end of the year. (Must equal (1+2+3) – (4+5+6))
8 Total cash & investments	330.12	369.07	The sum of all current and deposit bank accounts, cash holdings and investments held as at 31 March – to agree with bank reconciliation.
9 Total fixed assets	2067.47	2508.81	The recorded current book value at 31 March of all tangible fixed assets owned by the council as recorded in the asset register.
10 Total borrowings	Ø	Ø	The outstanding capital balance as at 31 March of all loans from third parties (usually PWLB).

SECTION 2 – STATEMENT OF ASSURANCE

We acknowledge as the members of MILTON DAMEREL PARISH Council/Meeting

our responsibility for the preparation of the accounts and confirm, to the best of our knowledge and belief, with respect to the council's accounts for the year ended 31 March 2003, that:

	Agreed – Yes or No*	'Yes' means that the council:
1 we have approved the accounts which have been prepared in accordance with the requirements of the Accounts and Audit Regulations and proper practices.	Yes	prepared its accounts in the way prescribed by law.
2 we have maintained an adequate system of internal control, including measures designed to prevent and detect fraud and corruption.	Yes	made proper arrangements and accepted responsibility for safeguarding the public money and resources in its charge.
3 we have taken all reasonable steps to assure ourselves that there are no matters of actual or potential non-compliance with laws, regulations and codes of practice which could have a significant financial effect on the ability of the council to conduct its business or on its finances.	Yes	has only done things that it has the legal power to do and has conformed to codes of practice and standards in the way it has done so.
4 we have provided proper opportunity for the exercise of electors' rights in accordance with the requirements of the Accounts and Audit Regulations.	Yes	has given all persons interested the opportunity to inspect and ask questions about the council's accounts.
5 we have carried out an assessment of the risks facing the council and taken appropriate steps to manage those risks, including the introduction of internal controls and/or external insurance cover where required.	Yes	considered the financial and other risks it faces in the operation of the council and has dealt with them properly.
6 we have maintained an adequate and effective system of internal audit of the council's accounting records and control systems.	Yes	arranged for a competent person, independent of the financial controls and procedures, to give an objective view on whether these meet the needs of the council.
7 we have taken what we consider to be appropriate action on all matters raised in previous reports from the internal and external auditors.	Yes	has taken appropriate action in response to matters brought to its attention by auditors.
8 we are not aware of any litigation, liabilities or commitments, events or transactions, occurring either during or after the end of the financial year being reported, other than those included in the accounts.	Yes.	disclosed everything it should have about its business during the year including events taking place after the year-end if relevant.

This Statement of Assurance is approved by the council and recorded as council minute reference

9 (PAGE 70) dated 22nd MAY 03

Signed on behalf of MILTON DAMEREL PARISH Council/Meeting

Signed by: Chair [Signature] Date 22/05/03

Signed by: Clerk [Signature] Date 22/5/03

*Please provide explanations to the external auditor on a separate sheet for each 'No' response that has been given; and describe what action is being taken to address the weaknesses identified.

SECTION 3 – EXTERNAL AUDITOR'S CERTIFICATE AND OPINION

Certificate

We certify that we have completed the audit of the annual return of MILTON DAMEBEL
PARISH Council/Meeting for the year ended 31 March 2003.

Respective responsibilities of the council and the auditor

The council is responsible for the preparation of the accounts in accordance with the requirements of the Accounts and Audit Regulations and for the preparation of an annual return which:

- summarises the council's accounting records for the year ended 31 March 2003; and
- confirms and provides assurance on those matters that are important to our audit responsibilities.

Our responsibility is to conduct an audit in accordance with guidance issued by the Audit Commission and, on the basis of our review of the annual return and supporting information, to report whether any matters that come to our attention give cause for concern that relevant legislation and regulatory requirements have not been met.

External Auditor's report

~~(Except for the matters reported below)~~ on the basis of our review, in our opinion the information contained in the annual return is in accordance with the Audit Commission's requirements and no matters have come to our attention giving cause for concern that relevant legislation and regulatory requirements have not been met. (~~delete as appropriate~~).

(continue on a separate sheet if required)

Other matters not affecting our opinion which we wish to draw to the attention of the council/meeting;

(continue on a separate sheet if required)

External Auditor's signature

External Auditor's name

Date

29 October 2003

Note

The auditor signing this page has been appointed by the Audit Commission and is reporting to you that they have carried out and completed all the work that is required of them by law. For further information please refer to the Audit Commission's publication entitled *Statement of Responsibilities of Local Councils and their Auditors*.

Woodford Bridge
Jamieson Ltd

At

Thatchers Restaurant and Bars

We would like to welcome Local Members of the Milton Damerel Community and Surrounding area to join us for an evening of fine dining at Woodford Bridge.

Our Head Chef, Bert Pegutter, will cater for you using his multi cultural skills and use of Quality Local Produce.

From February 15th we will bring back the Carvery where main courses will start from £4.95. Also available will be a Table d' Hote Menu with several starter courses going on to a varied choice of Main Courses and finishing with indulgent Homemade Sweets.

Also watch out for Theme Nights such as Valentine Day/St. Patrick's Day etc. With added entertainment available: or even maybe private parties such as Birthdays/engagement/anniversaries as we can make our function room available for your needs.

Why not pop in to Thatchers Bar. Where Gary/Gerry will greet you with some local drinks eg. Winkleigh Cider/Sharps

Restaurant serving times 6.30pm -
9.30pm Daily
Booking essential

Thatchers Restaurant
Table d' Haute

Cream of Tomato Soup
with crusty Roll & Butter

Duck Pate with Port

Served with Scottish Oat Cakes

Smoked Salmon & Avacado Mousse
with toast

Chilled Ogen Melon 'Mary Rose' £2.20 extra
Prawns topped with a Horseradish, Brandy &
Pineapple Mayonnaise

Smoked Gravad Lax £3.80 extra

Served with brown bread & butter

Deep-Fried Camembert £2.20 extra
With mixed leaves & Cranberry Mayonnaise



Poached Sword fish Steak

Topped with a Lemon & Dill Sauce

Supreme of free-range Chicken

Cooked with Spanish Sausages, Cream & Sherry

Tenderloin of Pork £2.20 extra

With grain Mustard Sauce and Vegetables of the
day

Sweet & sour Vgegetables

With Basmati Rice

Spinach, Onion & Goats Cheese Tart

Tagliatelle Bolognaise

Topped with Parmesan Cheese

Braised Venison & Cranberry Casserole
£2.95 extra

Cooked with Red Wine

Braised Shank of Scottish Lamb £3.25 extra

With Root Vegetable and Red Wine Sauce

Aberdeen Angus Fillet Steak £4.95 extra

With sugar roasted onions & mushrooms

Aberdeen Angus Rib eye steak £3.55 extra
With Pepper Sauce



Exotic Fresh Fruit Salad

Toffee Apple Fudge Cake

Meringues with Vanilla Ice & Hot Chocolate
Sauce

Various Ice Creams

Home Made Apple Pie & Custard

English & Continental Cheese Board £1.50
extra

£12.95

Where can I get
Legal Advice,
information or help
in Devon?

What will a divorce cost me?

Should I make a will?

I need to know
what my rights are.

I'm facing eviction.

My son is being
treated unfairly
at work.

I'm in debt. Help!

Community Legal Service

What is the CLS?

The Community Legal Service (CLS) makes it easier for you to get legal help and advice. It focuses on meeting the type of legal needs that most affect your lives. These include:

Family & health problems

- Do I need a solicitor to get divorced?
- What will a divorce cost me?
- How do we make arrangements for our children if we get divorced?
- What do I do if my husband or wife is violent to me?
- What can I use mediation for?
- Who decides what sort of care I need?
- What rights do I have when I am in a residential or nursing home?
- What is the Mental Health Act for?
- Why should I make a will?

Money Problems

- What benefits am I entitled to?
- I'm getting into debt. What should I do?
- I can't pay my rent or mortgage?
- What is a County Court Judgement?

Housing problems

- I'm facing eviction. What now?
- Will the council find me somewhere to live?
- What can I do if my landlord harasses me?

Work & employment problems

- Being treated unfairly at work?
- What is the minimum I should be paid?
- What can I do if I've been unfairly dismissed?

Where can I get information, help or advice in Devon?

There are nearly 150 CLS outlets providing Quality Marked legal help, information or advice in Devon. These include local solicitors' firms, Citizens Advice Bureau, a law centre, independent advice centres, local councils and a range of other organisations and agencies.

Search for your nearest CLS member at www.justask.org.uk or call 0845 6081122



Quality legal advice where you see this sign

Every member of the CLS that provides help or advice will display a Quality Mark logo indicating that they meet an agreed minimum standard.

You can be confident that when you see this sign you will receive a quality assured service. And if the first organisation you contact cannot help you, they will refer you to another organisation which will be able to help.

Will I have to pay?

Some CLS members offer free help and advice. Others charge for what they do.

You may be able to get help with the costs from the CLS fund (legal aid) It all depends on how much money you have and what kind of case it is.

Your solicitor or advisor will tell you whether you have a good case which might meet the tests for help, what sort of help you will need and whether you qualify for support to pay for it.

Information leaflets

The Consumers' Association has produced a series of free legal information leaflets for the Community Legal Service.

Subjects include debt, employment, divorce, renting, losing your home, welfare benefits, wills and probate, problems with goods and services, rights for people with disabilities, community care, mental health and family mediation.

These leaflets are available from advice agencies and information points throughout Devon. They can also be downloaded from www.legalservices.gov.uk or you can call the LSC leaflet line on 0845 3000343.

CLS Call Centre

To find out where your nearest advisor is telephone

0845 6081122

minicom: 0845 6096677

Calls charged at local rates

8am - 9pm, Monday to Saturday 8am - 6pm on Sundays

Letters

Dear Ed and Sarah

We enjoyed our visit to your coffee morning on the 8th Dec, thanks to all concerned in organising it. I was talking to Sarah about the **Newton St Petrock W.I.** I have listed the meetings from March, as I assume that the next M.D. Newsletter will not come out until then. If anyone is interested in coming to one of our meetings, as a guest, they would be very welcome. We are a lively group and have had 8 new members joining in 2003. If anyone does not have transport I could pick them up on my way over, just ring 01409 281126.

The meetings are on the first Wednesday of each month in the Baptist schoolroom.

The speakers for the next few months are:-

March 3rd Alison Gribble, a cookery Demonstration.

April 7th Ralph Chapman, Horse Brasses.

May 5th W.I. Resolutions meeting.

June 2nd Mandy Wright, Life in the Police Force.

In July we have an outing and in August, a barbeque, last year we also had 2 croquet afternoons. We recently had a Fancy Dress evening, with the theme of "Out of Africa", as we are raising money for a Women's Refugee group at Kipsongo in Kenya.

I also mentioned to Sarah that I write the odd (sometimes very odd) poem, so I have sent one for your consideration. I will not be offended if you don't print it; sometimes I get them into print and sometimes not, but I write to get them out of my head. This one won a prize at one of our W.I meetings.

Hazel (Williams)

GARDEN

We had plans for our garden;
It was going to win a prize,
As the very finest garden
That ever met your eyes.

We thought, at local shows,
That we would be winning prizes
With vegetables & fruit
Of amazing shapes and sizes.

We dug and forked and sowed it
So that things came up just right
Then something came and ate it
In the middle of the night.

The rabbits took the lettuce,
The hens scratched up the seeds,
The slugs destroyed the bean plants
And the rest was swamped by
weeds.

We mulched it, we manured it,
Added compost, added sand
And squirted it with hormones,
To make a fertile land.

There were town rows of carrots
In the ground that we had cleared;
They put up lovely, green tops
And then they disappeared.

In spring a froth of blossom
Adorned the apple tree
But when we came to pick them
There were only three.

The wild blackberry brambles,
With their stems so strong & tough,
Produced so many berries
That I couldn't pick enough!

But the strawberries & tomatoes
Just sulked within their pot;
When they *did* grow they suffered
From black spot and from rot.

All summer long the dandelions
Put on a glorious show;
While the flowers from the seeds
That we put in refused to grow.

We had butterflies and field mice
Caterpillars, bugs and bees;
All sorts of insects flew in,
On every passing breeze.

The wild flower meadow's not
Like in the catalogue;
When we have rain the whole place
Just turns into a bog.

On TV Alan Titchmarsh
Makes gardening seem so nice;
Maybe he'd like to come here,
We could do with his advice!

You take your little cutting,
Tend it with love and care,
Water it" - the leaves fall off
And all the stems are bare!

But gardeners are optimists.
New brochures now appear;
We're choosing plants to put in
To try again next year!

When I'm called to God's own
garden,
The hope in me still lingers
That I am reincarnated
As an angel, with green fingers!



VARIEGATED THOUGHTS

Does anybody out there really care about what a television presenter is alleged to have written, other than the people his comments apparently offended by their generalization and inclusiveness.

One may ask what have one-time barristers like Kilroy-Silk ever given to the world? Who is he anyway? His views are based on false beliefs, but when has that ever stopped barristers making fortunes defending wrongdoers subsequently found overwhelmingly guilty.

It amazes me that so many people had time to watch his peculiarly inane program; broadcast, I understand, in the mornings. It amazes me also that his suspension was the first headline news on the BBC. As if we cared.

o O o O o

Recently, a survey published the fact that nearly a million people in the U.K. never ate any fresh fruit or vegetables and more than 3.5 million only ate them once or twice a month; 2.5 million ate chips and crisps daily, 6 million ate take-away meals twice a week and 500,000 people had a take-away every day.

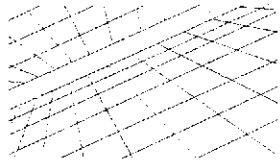
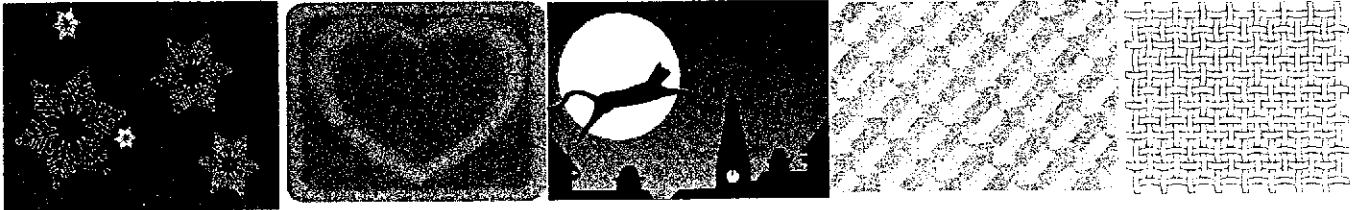
Each of those people must surely be aware of the enormously expensive advertising campaigns funded by the Department of Health telling them how to avoid disease and disability by eating the right food.

When they were born, each person was blessed with a unique and remarkably complex machine - their body. The brain alone sends messages equal to every telephone in the world being connected at the same time, and it does this every second. A few years ago some doctors seriously considered that they should cease treating patients with cigarette smoking associated diseases if they then continued to smoke. The nicotine addicts protested that this was in violation of their rights - what about the rights of the 60% of non-smokers who help fund their treatment through National Insurance contributions.

However, "it's for them" as an elderly relative once said, and if eating badly and contaminating their lungs is what they want - so be it. But isn't it a crying shame that they choose to ignore the fact that general maintenance of their unique and remarkable machine would enhance their lives. I bet they wouldn't treat their car with the same disregard. Filling up the petrol tank with battery acid instead of petrol could be considered a comparison of what they are doing to their bodies.

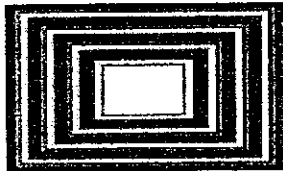
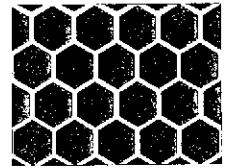
Paws





GLOVERS

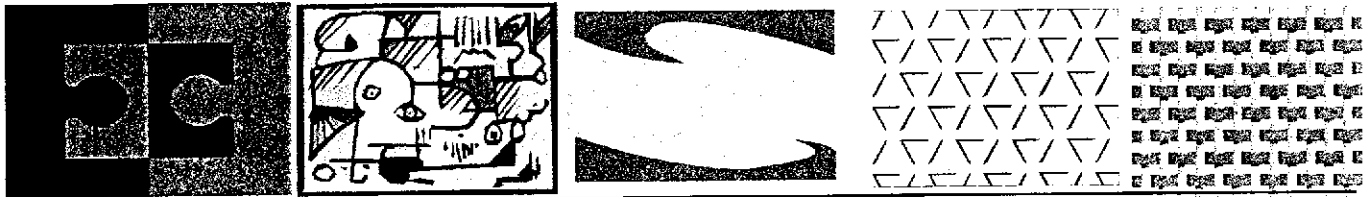
For all your patchwork and quilting requirements
Fabrics, haberdashery,
quilting equipment, threads, books etc.
All in one shop – visit Sylvie at:



Glovers Patch
The Pannier Market, Market Place, Bideford



Telephone no. 01237 475737



Holy Trinity Parish Church

Milton Damerel

Rector - Father Michael Reynolds 01409 253435

Services

Mattins taken by the reader Mrs Mary Ihelor on
2nd Sunday every month at 11.30am

Holy Communion taken by Father Michael Reynolds on
4th Sunday of every month at 11.30am

Everyone is welcome.

WATCH OUT!

FOR THE NEXT COFFEE MORNING IN FEBRUARY OR MARCH
DATES, TIMES AND LOCATION WILL BE POSTED AROUND THE
COMMUNITY

SO KEEP YOUR EYES PEELED





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.
FREEPHONE 0800 056 36 66
 For free, friendly advice.

zero 14 plus is the Devon Early Years Development and Childcare Partnership

D & I BRIDGMAN & SON
 NEWTON St. PETROCK

TEL: 01409 261321 FAX: 01409 261520

- HOUSEHOLD FUELS
- FENCING AND GATES
- BUILDING MATERIALS
- CLOTHING AND PET FOOD
- ANIMAL HEALTH AND HUSBANDRY
- YOUR AGRICULTURAL MERCHANTS

*****SERVICE*****QUALITY*****PRICE*****

Whatever your requirements please give us a ring
Free delivery throughout the area

Lizzy's Larder

Local Farm Shop

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

Saturday 10_{am} to 1_{pm}

Sunday 10_{am} to 12_{noon}

We have a continuous supply of Meat, Ready Cooked Meals, Potatoes, Carrots, Onions, Cheese, Free range Eggs etc throughout the week just call in or phone in advance for your requirements.

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

Beef, Lamb, Pork, Chicken, Duck, Venison, Rabbit, Trout, Bacon, Gammon and Ham, Free range Chicken Seasonal Fruit and Vegetables, Bread, Cakes, Puddings, Flans, Pasties, Pies, Pickles, Chutneys, Jams, Honey, Free Range eggs, Duck Eggs, Cheese, Cream etc.

We also stock a range of meals traditionally prepared and cooked in our farmhouse kitchen including:-

Cottage Pie, Shepherd's Pie, Venison and Beef Chilli, Chicken Curry, Steak and Ale Casserole, Lasagne etc.

Now is the time to order your plants for hanging baskets and containers together with your bedding and vegetable plants. We have a wide selection of naturally grown plants to meet your requirements.

Many of our items are freshly made or picked to order so why not request a produce box to collect at a time to suit you?

Tel: - 01409 261440