

June 2008 28th Edition

Summer Edition



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Milton Damerel Parish Council

Parish Clerk:	Mrs Roberta Jackson	Tel: 01409
	Westfields, Venn Green	E-mail: milto
	Milton Damerel, EX22 7NP	

Tel: 01409 261196 E-mail: miltondamerelpc@hotmail.co.uk

Councillors:	Gareth Piper	(Chairman)	07966558385	
	Grace Millman	(Vice Chairman)	01409 261251	
	Rose Haynes	01409 261577	Michael Kirby	01409 261440
	Edgar Pett	01409 261277	Richard Piper	01409 261114
	John Webb	01409 261301		

On Wednesday 16th April 2008 the Annual Parish Meeting was held. There was a very good attendance from residents of the Parish. Local organisations reported on their activities over the last year and expressed their thanks for Parish Council grants received.

The guest speaker was Cllr James Morrish, Leader of Torridge District Council who spoke about his first year as Leader. He also explained that over the last 4 years the 36 members of the District Council have worked together to improve a 'poor' council, with vision and team work, into a successful council. He also outlined the Torridge submission to the Boundary Commission for the proposed unitary option for Devon A final decision by the government will not be made until the end of 2008.

During the questions and answers session the traffic issues at Holsworthy Beacon associated with an application, with Devon County Council from the Holsworthy Biogas Plant, was raised. A site meeting was arranged at Holsworthy Beacon by Cllr Humphrey Temperley, County Council member representing Milton Damerel. At the site meeting, residents, County and Parish Councillors and the Biogas representative all agreed that it would be unsatisfactory for all Biogas traffic to be directed from Anvil Corner via Holsworthy Beacon to the plant.

Since the last report was written Parish Council meetings have been held in March and April following the Annual Parish Meeting. In March Cllr Robert Hicks, District Councillor for Waldon Ward came to the Parish Council meeting to talk about the proposed changes to local government and the unitary option which was also outlines by Cllr Morrish in April.

The issue of speeding on the A388 has been raised with the police and we are advised that speed reduction is a neighbourhood priority for all of rural Holsworthy. Over the months of April and May there would be an increased presence of uniformed officers and use of the speed detection 'gun'.

The recycling pavilion at Venn Green was removed in April as previously advised but sadly TDC Operational Services also decided, in March, that they would be removing the Parish Hall pavilion on the same date. This was despite previously assuring the Parish Council that it would remain for the time being. If you do not have a green box and bag please contact the recycling team on 01237 428734 to obtain them, we are assured that Torridge DC kerbside recycling service is available to the whole Parish.

The only planning application to be considered during this period was an application for 'construction of ménage and 3 stable block' at Town Farm.

The Parish Council financial year ended on 31st March 2008 with a small surplus of £95 on the year. The Parish Council is financed from the Parish Precept on council tax. There is a small reserve of £367 to carry forward to the new financial year in addition to the £1900 precept which will be paid by the District Council to the Parish Council in two halves, in April and September. Parish Council grants to local organisations can only be paid after the second payment as there are insufficient funds available in the first half of the financial year. As part of the Annual Audit process the Parish Council accounts will be available for electors to exercise their rights to inspect the accounts. The arrangements for this will be advertised on the Parish Council notice boards at the Garage and Parish Hall in due course.

Roberta Jackson Parish Clerk



То

CONGRATULATIONS!

Sam & Emily Horn of Sunny Meadow, Venn Green. 17 year-old Sam has recently been accepted to play for Devon Ladies Hockey Team. Her first game will be a Regional Tournament near Oxford, against Herefordshire, Somerset, Oxford and Gloucester. The under 17 team, which Sam also plays for, came second in the National Tournament when they represented the West of England. At present Sam is studying at Exeter College. 15 year-old Emily, who attends Holsworthy Community College, was junior player of the year, at Bude Ladies Hockey Team for the second year running.

Milton Damerel Men & Ladies Skittles Teams Both did well again this year in the Holsworthy Skittles League and were top of the division. The Ladies A team for the 4th year running. The B team unfortunately, once again took the wooden spoon.

James & Rachel Poole of East Wonford Farm on their marriage at Plymtree, near Cullompton, on Saturday, 26th April 2008.

Rose Haynes of Higher Grawley for getting a 2nd, 3rd & 4th for her Hampshire Down sheep at the Devon County Show



GOOD-BYE & WELCOME

Farewell and best wishes to:

Nicola, Lucy, Marie & Adam Poole who have moved from East Wonford Farm Cottage to Bradworthy.

A warm welcome to:

Glenn, Nicola and Ben Rogers who have moved into Faraway, Strawberry Bank Gary & Karen Flack who have moved into The Cottage, Shop Hill Jane Elliott who has moved into Head Weir, Gratton

"Hope you will enjoy your new home" wishes to Anne Poole and Bradley who have moved from East Wonford Farm to Glencoe at Venn Green



CONDOLENCES

Sympathies to all who have been bereaved recently, including: the family of Mrs Sylvia Chapman of Glovers Cottage.

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Youth & Family News

Monster club has continued on a monthly basis and has been very well attended.

In April we held a children's "Wine and Wisdom" (without the wine of course). This was a great success. We had three teams and they answered questions from various subjects including Sport, TV and music, general knowledge and an extremely funny picture round. The winning team were the "Black Stingers" who won by only one point. Afterwards prizes were given out to all team members and there was a buffet tea to finish.

Thank you very much to all who took part or helped .

Next Monster Club will be Thursday 12th June.

Reminders will be sent out the week before.

What's On At The Theatre

THE PLOUGH

Persepolis 12A wed 11th June.

Leatherheads PG Sat 28th June

Transport Needs of Young People – is an issue of much concern, particularly for families living in rural areas. There is currently a petition on the Prime Minister's e-petition website calling for a commission to look at the transport needs of young people. The e-petition web-site is a vehicle for getting issues on the desk of the PM – when the number of signatures registered for a petition takes the petition into the top 50 petitions on the site, then the PM takes notice. Anyone can add their signature to any petition, of which there are over 7,000, by logging on to the site and following the instructions. The link for this petition is <u>http://petitions.pm.gov.uk/acces4yp</u>.

Please add your support – it must be worth a few minutes to try to improve the opportunities for local young people to have more of their transport needs met!

All around the garden

BORDER CARE: If you haven't already, give your border a spring clean. Weed it, remove dead plants and plant replacements. A mulch will help keep weeds down, conserve soil moisture and generally make the border look tidy. Put link stakes and metal grow-through supports into position on the taller perennials if you didn't last month.

BOX HEDGING: Start clipping box (*Buxus*) hedging. This is an ongoing job through the summer months if you have as much as we do.

DAFFODILS: Remove leaves from daffodils as they turn brown and collapse. Later flowering varieties benefit from removal of the dead flowers (to prevent seeding and to focus plant on building up the bulb), the leaves should be left for six weeks after flowering to help build up the flowers for next year.

FROST ALERT: The last frost date is usually the third week in May, although take local growing conditions and the weather forecast into account. This means you can remove insulating material permanently from tree ferns and other tender plants.

LAWNS: Mow the lawn once a week unless the ground is very wet underfoot. Keep the edges neat to set off borders and for general tidiness. If you have a wild area, then use a garden trimmer.

PLANTING: Now is a key time for planting both hardy container plants and some of the tender plants, such as bedding plants and over-wintered dahlias.

PONDS: Check the level of ponds and water features, and top up with water if needed. Remove blanketweed regularly, taking care not to remove any pondlife at the same time.

PRUNING: Prune shrubs that have flowered in spring, for example, *Exochorda*, *Berberis* (evergreen types), *Cytisus* and *Ribes*. Trim early-flowering clematis after flowering if they have outgrown their space.

WET DAYS: Keep off lawns and soil when it is very wet; instead, prepare prunings for shredding (do not use a power shedder outside when it's wet), or top up paths and the base of trees with chipped bark or a mulch of your choice. Catch up with plant labels – particularly for investment plants such as trees and shrubs.

The allotment or veg patch

ASPARAGUS: Despite its short cropping season, asparagus is a worthwhile and tasty crop..

HARVESTING: Harvest first early potatoes such as 'Swift'. Make a last harvest of leeks and endive. Once crops such as chard and kale have finished, dig them up and compost them. Also dig up overwintered spinach.

PLANTING: Plant out chard cabbage 'Hispi' and turnip 'Golden Ball', and lettuce of various types – for a colourful edging try 'Lollo Rosso'. Also plant out Brussels sprouts, cauliflower, pumpkins, French beans, peas, tagetes and runner beans. We have a parterre at Barnsdale Gardens and use it to plant out turnips, carrots, artichokes and lettuce.

SOWING: Direct sow crops such as French bean 'Masterpiece'. More unusual crops that you can sow direct into the ground include: salsify, scorzonera, rocket, spinach, radish and beetroot.

STAKING: Stake broad beans just in case they get knocked over by wind or heavy rain.

TIDYING: Tidy through your beds to keep your plot looking its best.

WEEDING: Weed areas where you are growing your own food or cut flowers; this is a regular job through the season. A longhandled, sharp hoe is ideal for traditional beds. When growing produce in raised beds or containers, try short-handled tools or hand weeding.



For more information see previous editions of the Newsletter for details of the aims for the Parish Plan project, and for the main issues arising from the Community Consultation Event in April. Previous newsletters may viewed be on www.miltondamerel.com

Please contact Anne Binns (261381) or Grace Millman (261251) with any comments or offers of volunteering eg taking forward some of the tasks in the action plans.



PARISH PLANNING - UPDATE

We were very grateful to those who came along to the "Drop-Iw & Give Us Your Views" at the Parish Hall and at Holsworthy Beacon Schoolroom. We hope you found the results of the Questionnaires interesting and are able to support the ideas for the action plans. Visitors from the Community Council of Devon, Torridge District Council and County Councillor Humphrey Temperley also came along and discussed some of the issues of concern in the parish.

As the final section of the Questionnaire we asked you to say which 3 things you liked, and conversely the 3 things that you dislike, about living in the parish. There was a resounding positiveness (like) for the area we live in – its ruralness, the landscape, peacefulness, good neighbours – and we shall be reflecting the comments made in defining those parts of the action plan about maintaining the character of the area we live in. Equally ruralness and country living also produced the greatest negativities – smells, speed, flies, – many of which are outside any control but nevertheless the action plan will include tasks for "keeping an eye on" what is happening and trying to find ways of mitigating where possible the nuisance factors. And of course the action plans will include the main topics reported previously:

options for reducing speeds along the main road and lanes

- opportunities for more facilities at Parish Hall for indoor and outdoor sports/recreational activities
- further enquiries on housing needs
- retaining our valued environment and countryside
- promoting publicity of community events in the parish

We are now compiling the Report and Action Plans into a document, for printing and distribution to every household in the parish. The process of drafting the report, commissioning the artwork, and finally the printing is expected to take the greater part of 3 months, so we have delayed the final event – **the Parish Celebration Event** – for the completion of this stage of the parish planning project until **Saturday**, 2nd August.

We have yet to decide on the programme for the day but will advertise it widely nearer the time. Please make a note in your diary / on your calendars, as we do hope many of you will come along to party!!





Chapel News – June 2008

Newsletter Number Forty-Five

We extend a very warm welcome and invitation to any-one wishing to come along to our regular services/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.

EASTER GOSPEL SPECIAL - We were given another great evening of music by Ashley & Jessica Withey from Torrington, with "compere" Roy Harris and assistance from other members of the family, and we were pleased to see old friends who came along to listen and experience the variety of modern and classical songs and instrumental expertise.

SUMMER GOSPEL SPECIAL on Sunday, 27th July at 7.30pm for a return visit of The Culm Valley Crusade Choir.

HOPE 2008 - The Shebbear Circuit, in line with many churches nationally, will be holding Cream Tea afternoon on Monday, 26th May 2008 starting at 3pm for teas at Rowden Methodist Chapel, also as preliminary "appetiser" a nature trail walk courtesy of Mr & Mrs Ted Lott of Rowden Farm, starting at 2pm. There is no charge for either the walk or cream teas – only your presence which would be much appreciated by those organising and helping.

FRIENDSHIP CLUB UPDATE – With regret we had to cancel the Coffee Morning on 29th March due to disruption to electrical supply in some parts of the village, including the schoolroom. The next quarterly Coffee Morning is due on 28th June, but we are planning to "get together" in the afternoon for Cream Tea from 3pm to 4.30pm. There will be more publicity nearer the time.

The next Friendship Club meetings are scheduled for **Monday**, **21st July**, and **Monday**, **18**th **August 2008**, Speakers still to be arranged.

The Friendship Club is non profit-making, we usually have a small stall with home grown produce, chutney and other donated items, which are sold for benefit of the Children's Hospice South West. Tea and refreshments are provided free of charge. We would love to see you – and please don't be shy about contacting us if you would like transport.

SUNDAY CLUB & FAMILY SERVICES

Sunday Club meets on the 1st, 2nd and 3rd Sundays of each month and Family Services are held on the 4th/last Sunday

- Sunday, 25th May The Sunday Club Anniversary with Rev O Jaiyesimi, Shebbear College Chaplain
- Sunday, 29th June Mrs Christine Forster, from Holsworthy
- Sunday, 27th July Mr Ted Lott, from Shebbear
- Sunday, 24th August Mrs Sue Griffin, from Whitstone

PRAYER & BIBLE STUDY – Normally meets every Monday evening at 7.30pm in the Schoolroom, except the first Monday of the month, when we join with friends from Putford and Newton St Petrock to continue the Alpha discussions. We are currently following a study about Christian living, which includes such topics as our approach to work, money and our possessions and use of our time. This is also complementary to the monthly discussions with the Alpha group (see separate report).

CHAPEL FLOWER PLAN FOR THE MONTHS OF JUNE TO AUGUST

JUN		JUL		AUG	
1 st	Mrs Gwyneth Johns	6 th	Mrs Valerie Carter	3 rd	Circuit Rally @Lake
8 th	Mrs Petula Sanders	13 th	Mrs Phoebe Overy	10 th	Mrs Margaret Fishleigh
15 th	Mrs Joanne Carter	20 th	Mrs Eunice Hearn	17 th	Mrs Mary Carter
22 nd	Mrs Grace Millman	27 th	Mrs Sheile Daniel	24 th	Mrs Anne Poole
29 th	Mrs Tracey Dunmore			31 st	Mrs Lilian Luxton

FUTURE EVENTS:

All of these events are open to every-one - please feel free to come along to any of them

Sunday, 25th May 2008 – SUNDAY CLUB ANNIVERSARY with Rev O Jaiyesimi and items by the Young People Monday, 26th May 2008 – NATURE TRAIL & CREAM TEAS @ Rowden Chapel from 2pm....

Continued.....

Saturday, 28th June 2008 – CREAM TEAS from 3pm Sunday, 27th July 2008 – SUMMER GOSPEL SPECIAL at 7.30pm with The Culm Valley Crusade Choir

For further information or help please contact: Rev David Wheeler, our Minister on Tel: 281262 (or via the stewards).

Alan Andrew, Rural Lay Worker, Tel: 281321 Lizz Prangle, Ecumenical Youth Worker, Tel: 05602521090

Our Stewards: Marjorie Colwill (Tel: 281214); Sheila Daniel (Tel: 261466); Lillian Luxton (Tel: 261355)

Holy Trinity Parish Church, Milton Damerel

Rector: Father Michael Reynolds

Tel: 01409 253435

Services: Holy Communion taken by Father Reynolds on 4th Sunday every month at 11.30am

St. James Parish Church Abbots Bickington

Priest-in-Charge: Rev Richard Dorrington Tel: 01409 241411

St Peters Church, Thornbury

Flower Festival "Ballets & Musicals" 27th to 29th JUNE 2008 <u>Open from 11 am each day</u>

Sunday 29th June Patronal Festival Service 10 am and Songs of Praise at 6.30 pm Refreshments available throughout All offers of help gratefully received. Contact Tina on 01409 261675 or Liz 01409 261312

Do you need a gardener or handyman?

Contact Flowerbed Ed 01409 261277

Also qualified for pest control Rats-Mice-Moles-Rabbits-Foxes etc.

Newsletter Group News:

Thank you to those who came along, or sent donations, for the Coffee Morning held at Tracy's on 18^{th} April. A wet and windy morning did not discourage those who came along and although we were small in number we made a grand £54.70 for Newsletter funds. Thank you Tracy and all who supported and helped, and to Daniel, our junior co-host and raffle ticket folder!

We are also delighted to report that Janet Fisher of Gratton has offered to join the Group and I am sure we will soon allocate some news gathering and features for her contribution! If you thought about offering to join us but did not "get around to it" please still contact one of us, as we do have space for additional members of the Group. We meet about four times a year to prepare for the next edition of the Newsletter and agree the fund-raising events, and would love to have representation from other areas of the parish.

Looking back over earlier editions of the Newsletter it was interesting to see how there were several historical articles, reports of special holidays and quite a few public information articles, to pick out just a few ways in which the emphasis of the newsletter has changed. We appreciate the occasional words of support received about the newsletter, but rarely are we given any feedback about whether we have the balance of articles, news, etc about right, or, whether you would like to see other features, or, are we offered/sent reports about exciting things you have experienced eg holidays, special occasions, awards, commendations, etc., which would be of much interest to be shared with readers in the parish. Please let us know any ideas you have about features we should include and please tell us about special birthdays, successes, etc. If you do not see a "congratulations", which you think we should have included, it is probably because we did not know about it!! We look forward to hearing from you!!



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Sheds and Fencing

Installation of sheds, greenhouses with concrete or slab base Installation or repair of all types of fencing e.g: Close board, Interlap, Prefabricated, Chain link and trellis. Replacement posts

Plumbing

Replacement ball valves, fix leaking overflows, install garden taps, replace or fix toilet cisterns, installation of washing machine/dishwasher etc.

CIDER & PASTY WALK - Sat 7th June. A pleasant 3 mile walk followed by Cider and Pasty, at Mill Leat Trout Farm, Thornbury, starting time from 3 pm, last start time 5 pm. To help with catering please book tickets by MON 2nd JUNE. Adult - £5, Children - £2 Contact Sarah on 01409 261105. Proceeds in aid of St Peters Church, Thornbury.

JUNE 1st is Open Farm Sunday - Open Farm Sunday, organised by LEAF (Linking Environment And Farming), offers a fantastic opportunity for everyone, young and old, to enjoy the living, vibrant countryside. Every farm matters! Come and support our farmers on June 1st at Carn Brae Farm, Pyworthy, an organic dairy farm and the Chandler family home. Open from 2 pm to 4 (ish) Farm walk and talk, cream teas, and plenty of children's activities.

PO Closures – similar to the petiton for transport needs of young people, (see Youth News) there is an e-petiton (online) to **Stop the Closure of Village Post Offices.** Whilst we no longer have a PO in the parish, I am sure many of us use village Pos in neighbouring parishes and I am sure they would really appreciate every-one adding their names to the Prime Minister's e-petiton site about PO Closures. The link is <u>http://petitons.pm.gov.uk/PO-Closures</u>; again the same principles apply – when the number of signatures added takes the petition into the top 50 list, the PM takes notice.

HOLSWORTHY FAMILY WORKSHOP RESOURCE CENTRE AND THE RUBY INITIATIVE

are holding a

MIDSUMMER FOOD FESTIVAL

On 21st June 2008

From 10am to 3pm

At Holsworthy Memorial Hall

There will be a competition for 12s and under – A favourite family recipe, with a picture on A4 paper. (see below)

Ruby Family Cookbook Competition Rules:

You must be 12 years and under Write down your favourite family recipe Draw a picture – use pencil, crayon or paint – or take a photograph of it Picture & recipe must be on one side of A4 On the back write your name, address, age, school and class Send it to: Ruby Cookbook Competition, Holsworthy Family Workshop Resource Centre, The Manor Offices, North Road, Holsworthy, EX22 6DJ

Closing date for entries: 6th June 2008 Best entry will win a hamper of lovely food from Ruby Country Best entries will feature in the Ruby Family Cookbook, which will be published at the Festival

All entries will be on display at the Festival

(Note: this is only an extract of the competition details and rules – please refer to leaflet available from the Resource Centre for full details.

Also more info available from: Sally Fulcher at the Centre (254272) or Tom Dixon (221896)



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Tel/Fax No. 01409 261742 e-mail <u>sunny@maint.wanadoo.co.uk</u>





1pm - 6pm Please come and join us again At the Parish Hall



Despite last years heavy rain and having to scale back the event, the gods shone on us and we had one of the finest Saturday afternoons anyone could have asked for.

In total, over £440 was raised for benefit of the local community. Like last year, all money raised will remain in the parish and will be divided between various groups.



There are many competitions this year, entry forms and classes have already been posted to everyone, so get growing or preparing!!. If you have lost your entry form, please call 261161 and we can get another one to you. Please hand in the entry form by the 12th July to Lizzy's Larder, Saunders Garage, or by hand to Brookview, Strawberry Bank, or Rosemead, Milton Damerel. Your entry(s) (except pets) should be delivered to the Parish Hall on the 18th, 4pm—8pm, or 19th, 8am—10am.

Guess the weight of the cake



- Can you help on the day? We need around 25 helpers.
- Interested in a stall to sell your items?.
- Are you a local business?
 - \Rightarrow You can have a stall to sell your goods from,
 - \Rightarrow Or an area to display your goods / services,
 - \Rightarrow Or simply display banners around the grounds.



Contact Rose 261577 or Terry 261161 for more information

Note: Events, Stands and Displays are subject to change at short notice

The Devon Food Company 01805 601569 The Oaks, Stibb Cross, Torrington, Devon EX38 8LW

Please see a copy of our brand new menu. We are a local, friendly, small food company that opened last year. We make high quality authentic Asian, Oriental, Mexican and other savoury dishes. As soon as the meals are cooked they are placed in convenient microwaveable containers, and once chilled placed immediately in the freezer ready for sale. The choice of menu, we feel, is extensive enough for a range of tastes from 'Mild' to 'Hot' however, we do limit our variations to ensure a continued turnover is maintained for our customers' benefit.

The business evolved from being very fond of quality cuisine and choice but without the 'nouvelle cuisine' portions and more importantly, the preservatives and 'E' numbers that manufacturers seem to throw into almost every ready made dish available in stores. All we put into our homemade dishes is quality ingredients, using local suppliers wherever possible, and dedication. We are zealous about charging a realistic price for such high quality ready made meals, substantially cheaper than the 'Hot Takeaway' establishments.

Since the outset of production we are, of course, registered with Torridge District Council Environmental Health & Public Protection. They help us to follow strict hygiene procedures with all the preparation stages of our meals.

We are open 7 days a week from 10am to 9pm to receive your order and you may collect when convenient for you. Should you wish to stock up your freezer or entertain guests/friends, if your order is £40 or above, we can arrange free delivery within an 8 mile radius of Stibb Cross.

Should you require any further information about us please telephone and ask for Sadie or Clive. One final note, periodically we will endeavour to add a couple of 'specials' to our current menu, so when telephoning an order or simply enquiring, please ask if there are additional dishes available

Supporting local produce. High quality and authentic dishes

Lamb Rogan Josh £5.00 Succulent locally sourced lamb with tomatoes, onions & peppers (Medium/Hot)

Chicken or <u>Lamb</u>Korma* £5.00

Tender chicken fillet or lamb in a rich creamy coconut sauce (Mild)

Chicken Tikka Masala £5.00

Chargrilled chicken fillet in a rich exotic sauce (Mild)

Chicken Jalfrezi £5.00 Stir-fried chicken fillet in a hot spicy sauce with peppers ぐ tomatoes (Hot)

Thai Green Chicken Curry £5.00 Stir-fried chicken fillet in a coconut based sauce with lemon grass, fresh ginger, garlic, peppers & onions (Medium)

Thai Red Chicken Curry £5.00 As Thai Green Curry but spicier

Chilli Con Carne £,4.50

Traditional Mexican style dish using prime locally sourced minced beef with peppers, onions, tomatoes & kidney beans (Medium)

Pork Vindaloo £4.50

Traditional vindaloo recipe using lean prime pork in a hot spicy sauce with onions & potatoes (Hot)

Chef's speciality - Chicken Tikka Biriani $\pounds5.25$

(large size)

A special rice dish with chicken tikka and stir-fired vegetables (Medium/ Hot)

Chef's speciality from the grill - Sheek Kebab & Chicken Tikka Kebab £5.00

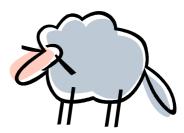
Local prime minced lamb with onion, ginger, garlic, herbs & spices chargrilled. And succulent fillet chicken pieces marinated in exotic spices and chargrilled (Medium)

Beef Madras £5.00

Prime beef marinated then cooked in a rich sauce with onions, tomatoes, peppers and ground almonds Saddle of lamb with kidneys, garlic and rosemary

Ingredients

2 small sprigs <u>Rosemary</u> 6 garlic cloves, unpeeled 2 tbsp <u>Olive oil</u> 2 <u>Shallots</u>, finely chopped 4 tbsp finely chopped parsley salt and freshly ground black pepper 85g unsalted butter 4 lamb's kidneys, skinned 1 saddle <u>Lamb</u> 6 tbsp finely diced onion 6 tbsp finely diced carrot 6 tbsp finely diced <u>Celery</u> 100ml lamb stock fleur de sel sea salt coarsely crushed <u>Black peppercorns</u> Serves: 4 Prep: 50 min Cook: 1 hr 5 min



Method

1. Finely chop the leaves from one sprig of rosemary and one of the garlic cloves. Heat 1 tablespoon of the olive oil in a frying pan. Add the shallots plus the chopped rosemary, garlic, parsley and some seasoning. Cook, stirring occasionally, until the shallot is translucent. Remove from the heat and allow the mixture to cool.

2. Meanwhile, season the kidneys lightly with salt and pepper. Heat 4 teaspoons of butter in a frying pan over a high heat. When very hot, add the kidneys, sear for 30 seconds then remove from the heat and drain on paper towel.

3. Lay the boned saddle of lamb on a chopping board, fat side down. Season well and spread the shallot mixture all over the flesh side. Place the kidneys between the fillets. Roll the lamb up tightly and secure by tying the length of the meat with kitchen string in several places. Cover with cling film and chill.

4. Preheat the oven to 240C/Gas 9. As it is preheating, put the remaining 1 tablespoon olive oil in a roasting tin and place in the oven.

5. Remove the lamb from the refrigerator and season the exterior of the roast. Place in the hot roasting tin in the oven for 10 minutes.

6. Take the roasting pan from the oven and surround the lamb with the finely diced onion, carrot and celery, the remaining rosemary, the garlic cloves, and 2 tablespoons of the butter. Return to the oven for another 20-25 minutes, turning every 5 minutes so that it browns evenly. During the last 10 minutes of cooking, baste the meat several times with the pan juices.

7. When the lamb is done, cover with foil and set aside to rest. Meanwhile, pour off the excess fat from the roasting tin.

8. Place the roasting tin on the stovetop over a high heat. Pour 275ml water into the tin and stir vigorously with a wooden spoon to incorporate the caramelised cooking juices. Bring to a boil and boil hard until the volume of liquid has reduced by two-thirds.

9. Pour the lamb stock into the roasting tin and return to a hard boil. Reduce again by one-third, then strain the sauce through a fine sieve into a small saucepan and set it over a low heat.

10. Take three of the cooked garlic cloves and mash them to a paste. Stir the garlic paste into the sauce, adding it to taste. Gradually whisk in the remaining butter and season the sauce to taste.

11. Carve the lamb and arrange on warmed serving plates. Sprinkle with the fleur de sel and crushed peppercorns and serve with the sauce on the side.

Cook's note: you need a saddle of lamb with the longest possible fillets. Ask the butcher to bone it out, taking care not to puncture the fatty part. Also ask him to remove the exterior and interior membranes and sinews, and to flatten the flanks and pound them slightly.

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BILL LOMAS, Eq. Dt. Member A.E.D.E., IAED

Tel: 01409 261551 Mob: 07702 665442

email: BillLomaseqdt@aol.com

JUNE 2008

DETERMINE THE HORSE'S AGE

Within the first two weeks of birth the foal's baby teeth (milk teeth) will appear and by the age of two a full set of milk teeth should be present, a total of twenty-four, twelve incisors and twelve cheek teeth.

Between the ages of two and five, twenty-four teeth will erupt, with up to sixteen teeth erupting simultaneously.

At five years of age, the horse should have a full set of permanent teeth, totalling 36 to 40. The four extra possible teeth are the canine teeth (canines), found usually only in male horses. These push through at between 4 and 5 years, and are not considered further in this context, as their wear is not age related.

Up to this age one can be fairly accurate in ageing the horse. From the age of six, when all incisor teeth are level and in occlusion with each other, we begin to tell the age by studying the shape and pattern of wear to the occlusion surface of the upper and lower incisors. Next is the seven year hook which appears on the upper corner incisor because this tooth slightly overlaps the lower corner incisor. This is said to disappear at 8 or 9 years of age and to reappear as an 11-year hook. I find these hooks unreliable as I often see them still present in horses well into their teens.

Sidney Galvayne, an Australian-born horseman, travelled Europe in the 1880s making money by determining the age of sales horses by the appearance of their teeth. His system became the basis for ageing horses for the next 100 years. Galvayne's groove is found on the upper incisors at around ten years of age, starting from the gumline and working its way down the tooth. When half-way down the horse is said to be fifteen years old, and when it is all the way down the horse should be in its twenties. Unfortunately, I find Galvayne's groove in only around 50% of horses, and find it is important to look at both sides as they often tell different ages.

A recent study, performed in 1995, casts serious doubt on the theory that the age of a horse can be determined accurately from the study of its teeth. A large group of horses with documental evidence of their birth date was examined and the age was estimated both by professional practitioners and by computer analysts. There was little difference between the accuracy of the computer and the professional observers, and neither method was very good.

At best, ageing is not an exact science. Sometimes the best we can do is establish whether the horse is young, middle-age or old.

Bill Lomas,eq,dt www.Horsedentistry.biz

J's in the belfrey



My husband John was asked by John Webb to assist him with the second recent removal of bird's nests from around the bells and to lubricate the pivots. I returned from a trip to Plymouth some hours later and found that he had not returned home. Off I went to see what they were up to. I had no idea that this was to be the beginning of a first time experience for me.

We were just about to go back up the tower when I was asked "Do you want to come up with us?". "Of course" I replied. I couldn't miss this opportunity could I!. The first ladder was long and high and moved as I climbed and I had to remember Johns instructions do not look down. The ridged vertical ladder attached to the wall was deemed unsafe to use because the wood looked unsafe where the brackets are, so John had brought a ladder from home. A further small ladder led up to the bells. This was the first time I had seen church bells up close and was surprised how big and heavy they were. After the men had blocked up all the remaining holes where the birds were getting in we all went up a further ladder onto the lead roof. So high up I was initially afraid to stand up and at first preferred to stay on my knees. I did stand eventually. The view was amazing. We spent some time reading the names of other roof top visitors who has written their names in the lead. I was upset to see the sad state of the stone work at the top of the tower. One feared that if pushed, large pieces of stone would fall off. You would certainly not risk leaning on the wall to look over!. After adding our names we made our steady descent.

It was a relief to be back on the ground level again. "Have a bell rope, I'll show you what to do", John said! After a little practice I got the hang of it. John and John rung the other two bells and for the first time in years we had all three bells ringing. Not very tunefully I may add.

I returned home thinking that I will always remember my bell ringing experience. How could I forget when the next day both John and I had a similar pain across high abdominals that felt like we had done a 2hr work out. Those bell ringers must be fit!

		<i>ice Co-ordinator</i> ARVEY - Tel: 01409 259461	
CHB PAR	Loca	al Co-ordinators	
	Strawberry Bank:	Roger Copp - Tel. 261681	
Z	Venn Green:	Mike Jackson - Tel. 261196	
*	Gratton:	Edgar Pett - Tel. 261277	
AIC	Whitebear/Fore Street	Edgar Pett - Tel. 261277	
	Holsworthy Beacon	Position Vacant	
	NEIGHBOURHOOD WATCH REPORT		

You will note from the heading that our PCSO, Raquel Rowe, is not with us at this time. She is currently on maternity leave until later in the year (we send her our best wishes and look forward to her return) and in the meantime her responsibilities are being covered by Beverley, who can be contacted at Holsworthy police station on the above number.

The number of households in our NHW region, which covers Bideford, Torrington and Holsworthy, now stands at 4789 and these households are represented by 313 co-ordinators. Our own figures stand at 43 members out of 73 properties, a percentage of 58% which is considerably higher than other parts of the region but even so, it would be nice if we could achieve 100% take up. These figures exclude Holsworthy Beacon which remains without a co-ordinator and if anybody would be interested in filling this position would they please contact one of the existing co-ordinators or the PCSO.

Whilst Milton Damerel is not untouched by crime, rural North Devon continues to be one of the safest areas of the country to live in. In 2007 our Parish had 13 recorded crimes, which can be broken down as 7 theft (5 being the sheds & garage burglaries), 1 burglary and 5 non criminal reports such as domestic and similar incidents.

We mentioned in the last newsletter that the culprits responsible for the shed and garage burglaries last summer had been apprehended. This was unfortunately a misinterpretation of the information passed to us. A considerable amount of stolen goods, much from the said burglaries, was recovered following a raid in Barnstaple but unfortunately the people responsible for the actual thefts were not caught. However, since that time no further theft reports have been notified to us.

Your co-ordinators have just recently received a timely reminder from the police with regards to the security of property and cold calling by persons seeking work or small jobs possibly in an attempt to gain access to your property. There have been recent instances in Barnstaple and Holsworthy offering gardening services and similar. Should you be contacted in this type of way please pass the details to the police or your co-ordinator on the usual numbers. If anybody is in need of such services there are numerous adverts in this newsletter from local tradespeople who will be most pleased to deal with your problems. Now that the weather is improving and we are outside more, could we remind residents to secure their homes, garages and sheds when they are absent from their properties and even when working outside out of sight of their entrance doors. It only takes a few seconds for a sneak thief to access an open door or window and make off with your valuables. Let us not forget that the security of your property and yourself is of paramount

HOLSWORTHY POLICE STATION OPENING HOURS

MONDAY :- 08:00 Hours - 11:00 Hours.

WEDNESDAY :- 08:00 Hours - 14:00 Hours. THURSDAY :- 14:00 Hours - 17:00 Hours.

TUESDAY :- 17:00 Hours - 20:00 Hours.

FRIDAY :- 08:00 Hours - 11:30 Hours.

A STATION ENQUIRY OFFICER WILL BE PRESENT AT HOLSWORTHY POLICE STATION DURING THE ABOVE HOURS. IN AN EMERGENCY PLEASE PHONE

999

FOR ENQUIRYS OR NON EMERGENCY INCIDENTS PLEASE CALL

08452 777 444

PCSO 30099 RAQUEL ROWE

From our PCSO....

HOW SECURE ARE YOUR HEATING OIL/FUEL TANKS?

Recently in the Pyworthy area heating oil was stolen from the tank. Towards the end of last year diesel was stolen from a couple of tanks within the wider rural area, please padlock your tanks. My concern is that due to the high increase of fuel and heating oil prices that this may turn into a regular occurrence. Please continue to be vigilant with regard to rural and other crimes in the area.

COMMUNITY FUNDAY

Holsworthy neighbourhood police officers along with members of the local community groups and outside agencies are organising a community information and funday. It will take place on

19th June 2008 from 2pm - 8pm

at Halwill Parish Hall, The Winsford Centre and Halwill Primary School

There will be a wide variety of outside agencies attending like Torridge District Council, Homestart, Devon & Cornwall housing, South west Pound, Citizens Advice & the NFU etc., From the Police there will be Crime Prevention Officers, Local Neighbourhood team, Youth intervention officers, PCSO's, Special Constables and a Police dog handler. There will also be side shows, a youth football tournament, Scally Wags pre school equipment for young childen to play on, bouncy castle, sumo suits, BBQ, tea and cakes, ice cream stall & a raffle.

We would like to invite everyone in the whole of the Holsworthy rural area to come along and to take part, gain useful information and enjoy themselves.

PCSO 30103 Beverley Harvey

Eating Out.



Thatcher's Restaurant is attached to Woodford Bridge Country Club.

Family run, Paul and Steve Reah make the most of seasonal local produce including Clovelly Fish, Beef from local farms and West Country Vegetables, Cheeses and fresh Cream.

There are monthly themed dining evenings and BBQ's throughout the summer on the secluded garden terrace.

The Sunday lunch time carvery is excellent, with a choice of roast meats or vegetarian option at a very competitive price.

The restaurant is an ideal setting for that special night out with a varied menu your sure to find something to delight your taste buds. Enjoy a quiet drink in the bar before sitting down to enjoy your meal.

Lunch, 12 - 2.30pm and Dinner from 6.30pm - 9.30pm with an all day Sunday carvery

Restaurant Capacity. 50 inside and 24 outside

Prices. Starters from £3.95 - £6.50 and Mains courses from £7.95 - £16.00. approx



Duke of Edinburgh Award—David Fairbrother

I am 13 years old and a member of the Holsworthy Army Cadet Force. Over the weekend of $9 - 11^{\text{th}}$ May a dozen of the army cadets walked for the bronze Duke of Edinburgh award around Exmoor. First we walked from Woody Bay Car Park to West Lynn Camp Site 11km, (6 miles) away carrying our packs. In our packs we had our tents, our own food, some clothes to change into and water, we set off at 11:30am from the car park. It was hot and sunny which made it hard work, at 1:30pm we stopped and had lunch in the Valley of the Rocks.

We eventually arrived at the campsite at 4:30pm where we spent the night. After making our own breakfast on Sunday, we set off back to the car park using a "V" shaped route which was 15km (9.5 miles) long.

Sunday was cooler than Saturday, but we didn't quite finish in time, we needed to be picked up so that we could get back for the buses home. Everyone passed their bronze Duke Of Edinburgh that day. I was tired, sunburnt and had lots of blisters, but was also very proud and pleased to have passed.

For further information on the Holsworthy Cadets (open to children 12 - 18). Please call Staff Harvey on 0781 2495229

PARISH HALL NEWS

The Whist Drive held in February was enjoyed by those who attended and there was a profit of £28. The Wine & Wisdom held in March was attended by 58 people and despite some of us struggling with the questions was an enjoyable evening with £212 raised for Parish Hall funds. The first Skittles Fun Night on 12^{th} April was a great success with 30 players and a number of spectators attending. Thanks to all who came and to everyone who helped on the night. £70 was raised and it has been agreed that a donation of £50 be made to Hospice SW.

Running costs continue to rise and we are grateful to everyone who hires the hall and attends fund raising events. The hall is available for private hire at reasonable rates. The Booking Secretary is Mrs Lesley Self, in the event of difficulty making contact, please try one of the other numbers listed below for advice.

The next **Skittles Fun Night** is being held on **Saturday 6th September.** Entry £1 per player, teams of two. Refreshments will be on sale, bring your own beer or wine. To book please telephone any of the numbers below.

The **Annual General Meeting** of the Parish Hall Committee will be held in the Parish Hall on **Monday 15th September** at 7.45pm. This is a public meeting when the committee and officials will be elected to serve for the next year.

Chairman:	Mrs Roberta Jackson	261196
Vice Chairman:	Mr Edgar Pett	261277
Secretary:	Mrs Christine Buckpitt	261593
Treasurer:	Mrs Lesley Self	261294

LINE DANCING			
At Milton Damerel Parish Hall			
Tuesdays 7.0pm to 9.0pm £1.50 per session			
Tel: Lesley 261294	or Mary 261248		

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The Club meets at the Parish Hall on 1st Tuesday of every month (except January) at 2.30pm. New members welcome! Meetings are an opportunity for members, many of whom live alone, to get together for a chat and a game of cards, followed by a nice cup of tea and a biscuit. Unfortunately we are all getting older and more are 'over 70+'.

<u>December</u> – A good Christmas Dinner was enjoyed by members and supporters of the Club at Country Cousins, Westward Ho!. Afterwards going to Barnstaple to see the decorations and do last minute shopping.

<u>January</u> – Holsworthy Lions Club invited members to New Year Dinner and Entertainment, which was much appreciated and enjoyed.

February – The first meeting of 2008 was a bring and share tea with entertainment by Country Rich

March - Rev Pat Crow gave a talk with illustrated slides of Venice.

<u>April</u> – Outings for the forthcoming months were discussed. The treasurer announced that Coach Fares had gone up owing to the increase in the cost of fuel. These still offer good value for a day out. Friends and supporters of the club help to fill up the coach.

Mrs Phoebe Overy

Putford W.I.

The W.I. have had a varied programme so far this year – a Party in January, Chocolate Making in February, Underwear in March, Hanging Baskets in April and Gentle Exercise for May. Meetings are normally held at Putford Chapel Schoolroom at 7.30pm and the programme for the next few months is:

2nd June – Outing and afternoon to Rosemary Wedlake

14th July – Summer Food with Mrs McRoberts

August – no meeting

8th September – Antiques with Mr P Walters

President: Mrs M Martin Secretary: Mrs V Talbot (Tel: 241731)

Milton School Memories of Jackie Thompson nee Carter

I attended Milton School from 1968 until it closed, finishing my primary education at Bradworthy primary school. My memories include

Playing in the lane and John Elliot's field in summer

Eating school dinners in the dining room at the back

Playing French and English – a game that involved the whole school (about 20 of us!) in 2 teams. Each team had 10 skittles and the aim of the game was to capture the other team's skittles

Playing chain catch – this was an interesting one as once about 5 of us were caught and in a chain we could just walk up the lane and catch everyone else!

Learning to say 'oo' and 'ee'

Mrs Brewer and Mr Baldy

Stopping off at Ernie German's or Granny Jollow's on the way home just in case they were outside with an offer of sweets or biscuits

Sewing lessons - I was particularly good at chain stitch

Making a toy cat - mine strangely ended up with 3 paws although I was sure it had 4 when I cut out the felt!

Sneaking off to the post office to buy sweets on the way home

Warming up by the furnace in the main school room

Milk

The toilet block out the back, past the PE store

Playing the recorder in the nativity – I also seemed to sing the frankincense verse in 'We three kings' quite a lot Swimming lessons in the pool at Bradworthy primary school

Building an igloo one winter (I think we made it onto the TV, can anyone remember?)

Being the only one in my school year

Drawing a hop scotch grid with chalk

Playing in the school football team

Reading through this list, play time seems to have left more memories than lessons! Strange.



BUILDING MATERIALS

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Digital Cameras on holiday

Digital cameras are great. But did you know that using only one memory card is risky and could mean you lose all your holiday snaps?

It only takes the camera to go flat, or to be knocked while turned on and all the pictures could be rendered inaccessible through memory card corruption.

It is safer to get a few smaller sized memory cards and use one a day and know that should one fail, not everything has been lost.

Also, smaller memory cards are less of a drain on the camera's battery than larger ones.

NEWSLETTER FINANCES!				
The Group reports on the finances for the y	year 1 st Jan to 31 st Dec	2007.		
			£	£
Receipts during 2007:				
Advertising			160.50	
Personal donation	ons		30.00	
Grant – Parish G	Council		160.00 ⁽¹)
Summer Fete –	Share of Proceeds		172.00	
Fund-raising:	Pancakes Coffee M	orning	61.22	
	Evening Walk & Bl	BQ	35.55	
Subscriptions for	or Newsletter		<u>30.00</u>	
			649.27	
Payments during 2007:				
Photocopying				593.33 ⁽²⁾
Staples				<u>0.99</u>
				<u>594.32</u>
Net gain for the year				<u>54.95</u>
Funds in hand at 1 st January 2007:				
HSBC Treasurer's Account	unt 537.19	9		
Cash & Cheques held	50.00)		
	Total	587.19		
Add net gain for year		54.95		
Funds in hand at 31 st December 2007		642.14		
Held in HSBC Treasurer's Account	566.64			
Cash & Cheques held	75.50			
Notes: (1) Parish Council Grant for 2006	-	-	7.	

(2) Photocopying cost of £112.29 for December 2006 paid in 2007.

We are very grateful for the continued support of businesses through advertising in the Newsletter, the Parish Council for the annual grant, for your support through donations and coming along to the fund-raising events, and in 2007 for a share of the profits from the Village Fete.

Alpha Plus

The follow-on to the successful Alpha course, aptly named 'Alpha Plus' has started to meet in its new format. Over a dozen people met in early April and again in early May to engage in a discussion course 'Simplicity, Love and Justice'. This looks at the ways in which we can live a simpler life in a complex and materialistic age, using the Bible to aid us in this. We started off at Newton St. Petrock, followed by Putford and meet again on Monday 2nd June at Milton Damerel. We plan an away day on 7th June to explore the last session of the Alpha course about how we live the rest of our lives. No small questions are being addressed here you will note!

Should you wish to find out more about Alpha courses being run locally please contact David Wheeler on 281262 or Sheila Daniel on 261466.

What's on Diary

Page

Hope Open Farm Sunday Cider & Pasty Walk Community Funday Midsummer Food Festival Flower festival Fete	26th May 1st June 7th June 19th June 2pm-8pm 21st June 27th - 29th June 19th July 1pm-6pm	6 8 15 9 7 10
Summer Gospel Special	27th July	
Putford WI		
Outing and afternoon to Rosemary Wedlake	2nd June	17
Summer Food with Mrs McRoberts	14th July	17
Antiques withMr P Walters	8th September	17
Parish Hall		
Skittles Tournament	6th September	16
Regular Events		
Friendship Club	28th June, 21st July, 18th August	6
Line dancing	Tuesdays 7-9pm	16
MD & District over 60's Club	1st Tuesday of each month	17
Whats on at the Theatre		4

The newsletters group members are:

Tracy Dunmore	dunmorehom@aol.com	261501	Children & Youth News
Janet Fisher	janetcfisher@btinternet.com	261882	Regular contributors and features
Rose Haynes	rose@grawley.co.uk	261577	Regular contributors and features
Grace Millman	grace.millman@btinternet.com	261251	Treasurer & Fund-raising
Margaret Stannard	maggiestannard@yahoo.co.uk	261486	Advertising
Terry Fairbrother	terry@remedy-it.co.uk	261775	Newsletter Compiler
Lesley Self		261294	Regular contributors and features

Letters, comments, news and articles, etc., can be emailed to mdnews@miltondamerel.com or to any of us individually. Our correspondence address is Chapel View, Milton Damerel, EX22 7PB. We want to hear from you with letters for inclusion, topical issues, features you like and also changes to improve the content and style for future editions. We also need every-one to let us know special birthdays, births, anniversaries, and other congratulations. Also tributes to parish residents.

Advertisements

Conditions of acceptance. Orders for insertion of advertisements in this newsletter are subject to the approval of the members who may refuse or alter any copy. The newsletter and the members:- a) accept no liability for any loss or damage caused by an error or inaccuracy in the printing of any advertisement. b) Shall not be liable for any loss caused by the failure of the advertisement to appear on any particular day, in any specified position or page or by its failure to appear at all, and they reserve the right to refuse to continue its publication regardless or terms and conditions of any order or contract. Trades Descriptions Act 1968—All traders are reminded of the needs to ensure that goods offered for sale by advertisements comply with all relevant provisions of the above mentioned act.

To advertise in this newsletter contact Margaret on 01409 261486 for more details.

The deadline for submissions of articles and advertisements for the next newsletter is 8th August