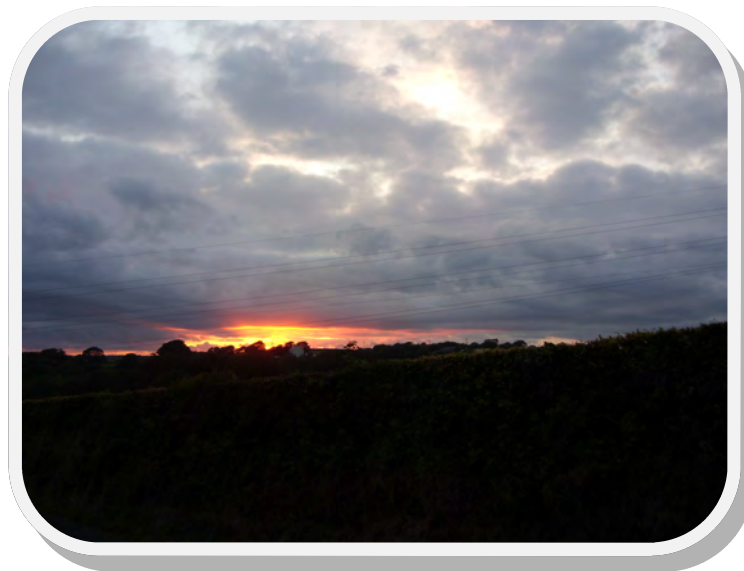


Milton Damerel Newsletter

Summer Edition



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Milton Damerel Parish Council

Parish Clerk: Lorraine Buttery
3 Sunset Heights, Shebbear
BEAWORTHY, Devon EX21 5BN

Tel: 01409 282956
email: miltondamerelpc@hotmail.co.uk

Councillors; Stephen Moyse (Chairperson) 01409 261151
Rose Haynes 01409 261577
John Webb 01409 261301
Grace Millman 01409 261251

Richard Piper (Vice-Chairperson) 01409 261114
Jim Richardson 07866406977
Gareth Piper

Meetings are usually held on the third Wednesday of each month. The agendas for all meetings are displayed on the notice boards no later than the Thursday before the meeting and also on the website. Anyone is welcome but the public are not permitted to take part in discussions, however time is set aside on the agenda of all meetings for public comments.

The annual Parish Meeting was held on the 15th April where the attendance was very disappointing. The guest speaker was Sallie McKay-Roper, Community Champion from the Devon and Somerset Fire & Rescue who gave a very interesting talk regarding 'Fire Safety' in the home, and the various fire /smoke alarms that are available, some free of charge to the over 55's, especially for those who might have limited mobility, live alone or have a hearing problem. Home visits can be arranged by contacting Sallie by telephone on 01237 423859.

Representatives of local organisations gave their reports for the year and Councillor Grace Millman gave a report titled 'Parish Plan Update'. The minutes of the meeting are available on the web site. Tea, coffee and biscuits were served to all those in attendance.

Milton Damerel Parish Council held their Annual General Meeting on Wednesday 20th May 2015. Where Councillor Stephen Moyse was unanimously elected to serve another year as Chairman, being proposed by Councillor Grace Millman, seconded by Councillor Gareth Piper, a unanimous vote elected Councillor Richard Piper as Vice-Chairman. Councillors Rose Haynes, Jim Richardson, John Webb, Grace Millman and Gareth Piper all agreed to continue as Councillors after the uncontested Parish Council election. All Councillors signed an acceptance of office declaration.

Councillor Robin Julian continues to attend Parish Council Meetings, he has informed the Parish Council that he has a 'locality' budget where grants are available for 'community projects' this can be applied for through the Parish Council. This will continue for the financial year 2015/2016, as an example a grant helped to install the 'Boardwalk' if any resident has any ideas to put before Robin please contact any Councillor or the Parish clerk.

The constant talk of cutbacks continues and it would seem that there could be a substantial reduction in services in the forthcoming financial year. One of the obvious results is the poor road surfaces and potholes, please report to Devon Highways any concerns you may have regarding this.

The step Back in Time Fund for young people still has a balance of £183.02 Grants can be made from this fund to help young people of the Parish undertake special activities, such as volunteering at an event at home or overseas. Applications in writing can be sent at any time to the Parish Council via the Parish Clerk, outlining the project for which the grant is requested.

Planning Matters:

The Parish Council has been asked to comment on several Barn conversion applications, the regulations regarding Barn Conversions were in the past quite strict and very few have been granted permission. New guidelines came into force in April which might ease the situation.

Details for all planning applications are available on Torridge District Council website; applications to be considered by the Parish Council are stated on the Agenda for Parish Council Meetings. If residents have any objections or concerns regarding an application they can convey them in writing either by post or email to Torridge District Council planning department, you can also inform any councillor or the Parish clerk, as there is now a strict 21 day consultation period it is imperative that you get your comments to the relevant department as soon as possible.

Town and Parish Fund: This is an annual grant available to two or more Parishes that join forces to apply for a grant for a specific project. The amount awarded is equivalent to 10p per elector, last financial years amount of £ 406 was donated to the 'Longhouse Hospice' appeal, a decision made by the Parish Council. Although the fund is available for the financial year 2015/16 no project has yet been identified.

The Laptop and Projector purchased last year is available for use by local organisations. Please contact the Parish Clerk if you wish to use the equipment.

Electoral review

For those that read the Parish Hall Notice board you might have noticed a poster from 'The Local Government Boundary Commission', this review covers;

The Total Number of Councillors representing the councils' vote,
The names, numbers and boundaries of wards or electoral divisions:
the number of Councillors representing each ward or division.

This is a 'review' and you are able to look at the proposals in more detail and comment if you desire to do so.

The web address is; www.consultation.lgbce.org.uk

Freedom of information: Requests for information under the Freedom of Information Act should be sent to the Parish Clerk. Some Information can be made available by email free of charge, paper copies will be charged at 10p per A4 side. Copies of the recent Parish Council meeting agenda and minutes are now available on www.miltondamerel.com

Lorraine Buttery Parish Clerk

22nd May 2015



CONGRATULATIONS!

To Ken & Pat Parnell of Kenmar, Venn Green, on celebrating their 65th Wedding Anniversary on 18th March.
To Doreen Ward of No: 3 Horrellsford who celebrated her 90th birthday on 12th May
To Steve Cleave of Glendene, Gidcott, who celebrated his 40th birthday on 15th May



GOOD-BYE & WELCOME

Good-bye to:

Mike & Carol Dean of Fairway, Strawberry Bank

Welcome to:

Geoff Jones who has moved into **Higher Walland**

Paul & Sandra O'Connor who have moved into **Pentreve House**



OUR SYMPATHIES

For those who been bereaved recently including:

The Family of Muriel Sanders of Horrellsford.

The Family of Norman Griffin of Millrose, Venn Green

Bradworthy Primary Academy Diary Dates

Bristol Residential (Yr 4)	Monday 8th to Wednesday 10th June
Sponsored Walk	Tuesday 16th June
London Residential (Yr 6)	Monday 22nd to Friday 26th June
Sports Day	Tuesday 30th June and Wednesday 1st July
North Wales Residential (Yr 5)	Monday 6th to Friday 10th July
Pre-school Sports Day	Tuesday 14th July
Bradworthy's Got Talent	Monday 20th July
Leaver's Assembly	Wednesday 22nd July
Summer BBQ	Wednesday 22nd July
Summer Half Term Break	Monday 25th to Friday 29th May
Last Day of Summer Term	Thursday 23rd July

Chapel News – June 2015

From Revd. Ken Morgan, our Superintendent Minister If you were deserted on an Island, as in Desert Island Discs style, which hymns would you choose to have and why?

Here are some that I would like.....

GWAHODDIAD (I hear thy welcome voice) mainly because it was a hymn that I have sung since as long as I can remember, apart from a good Welsh Tune each time that I sing it I am filled with nostalgia and recall past events in my life when it has had a special meaning. Whenever I have led worship in the Welsh speaking chapel at home in North Wales, you can be sure that this hymn is included. I can imagine that being deserted alone on an Island could get pretty lonely and the voice of God would be particularly welcome,

AND CAN IT BE This wonderful Wesley Hymn arouses deep commitment and faith for me and is one of the most widely sung hymns in Methodism, nearly everyone knows the fourth verse, My Chains fell off my heart was free I rose went forth and followed Thee. Whenever I feel that faith is flagging this hymn revives the parts that certain beverages cannot.

TAKE MY LIFE AND LET IT BE: This hymn was one that I chose to be sung at my confirmation service when I was eleven years of age. All the other hymns were Welsh hymns as I was a member of a Welsh speaking congregation. However my dad was from Liverpool and spoke no Welsh at all and as he was making a real effort to come to the service I asked if we could have an English hymn. I only wish that I could live up to the sentiments of this hymn, Take my silver and my gold not a mite would I withhold.

HOLY SPIRIT WE WELCOME YOU This hymn is one that has a lovely melody, and again asserts the welcome heart of a Christian. It is one of those hymns that I am drawn to time and time again, and I love the celebration of Pentecost when I can choose this hymn without feeling guilty that I love it so much.

I, THE LORD OF SEA AND SKY: I class this hymn as my ordination hymn. Although it was not one of the hymns sung at my ordination service for me it is a hymn that expresses my calling and the calling of each and every Christian.

GREAT IS THY FAITHFULNESS: This has become one of my favourite hymns in recent years. Introduced to Britain from America. it is a hymn that is very appropriate for older people as they look back over the years and recognise the grace and the goodness of God in so many ways and the tune is excellent also.

There are many more that I could add to this list and I am sure that you also have a list of hymns that have special meaning to you maybe you could make a contribution to "DESERT ISLAND HYMNS". There must be many of you who will have no trouble in thinking of half a dozen much loved hymns that bring back memories of events in your life. I look forward to reading some of them.

Every Blessing, Ken

[This could be a new feature for a few editions if readers will select their favourites and write a few lines about their choices. We look forward to hearing from you!!](#)

FAMILY SERVICES –. The last Sunday each month is Family Service for everyone (all ages!). We are delighted to welcome anyone able to come along.

31st May	28th June	26th July	30th August
David Watson	David Ley	Duncan Withall	Local Arrangement
	Youth & Children's Service		
	(see Junior News).		

CHAPEL FLOWER PLAN for the months of June to August 2015

7th & 14th June	Mrs Valerie Carter
21st & 28th June	Mrs Grace Millman
5th & 12th July	Mrs Valerie Harris
19th & 26th July	Mrs Margaret Fishleigh
2nd & 9th August	Mrs Niggy Southey
16th August	Mrs Lilian Luxton
23rd & 30th August	Wedding Flowers

CIRCUIT EISTEDDFOD We have the Torridge Circuit Eisteddfod coming up in June and entries from the Churches are encouraging, it was good last year to see so many different skills and types of gifts that people have. The final evening is on Friday, 19th June at Torrington Methodist Church at 7pm. Everyone is welcome to come along.

BIBLE STUDY – A group meet on Monday evenings at 7.30pm in the Schoolroom for Bible Study. We are an ecumenical group, drawn from Milton and neighbouring parishes, self-lead our studies and select books of the Bible for study. Each week's study is complete so you are invited to come along to any of the evenings and share in the discussion and study. We have just completed a study titled Approaching Jesus and will start one on Parables in June.

AFTERNOON TEA & CAKES - Although our last one on 28th March was not so well attended, we did raise £110, which was shared between the Holiday Club and the Baby & Toddlers Group. Thanks to all who helped, especially Jackie Stidwill and Anne Hamilton Clark who worked very hard preparing crafts for the craft make and take stall. Thank you to those who came along and supported us.

Our next Afternoon Tea & Cakes is planned for **Saturday, 25th July from 3 -5pm**. (Please note July and not June!). There will be the usual format of stalls and time for a cuppa and chat.

CONTACTS – For further information or help please contact: Our Superintendent Minister: Revd. Ken Morgan (Tel: 01805 628041 Our Steward: Lilian Luxton (Tel: 261355), Our Church Council Secretary: Sheila Daniel (Tel: 261466), Our Caretakers: Steve & Sarah Weal (Tel: 261694)



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Holy Trinity News

From Fr Christopher: If you know of anyone who needs me to visit, day or night at home, hospital or hospice please don't hesitate to call –Phone on 07941735318.

From the Church Wardens:

Exeter Diocese are consulting the PCC on the option for Holy Trinity to come under the Bradworthy Benefice. After much consideration the PCC has decided to support the proposed change and will pass this feedback to the Diocese before the next stage of the consultation. Please let the Church Wardens know if you have any views on the proposed transfer.

Forthcoming Services:

14th Jun - 11.30. Morning Prayer

28th Jun – 11.30. Eucharist

12th Jul - 11.30. Morning Prayer

26th Jul – 11.30. Eucharist

Forth Coming Events:

Coffee Morning 10.00 Thursday 25th June at Little Derworthy, proceeds towards Church roof restoration

BBQ - 24th July after the Friday gardening session, there will be a BBQ in the church grounds, please feel free to come and join us.

Horse Racing – A night out at the races. Charity horse racing, sponsor a race, select your favourites and place your bets or even buy a whole horses. Parish Hall in Sept with the date provisionally set as 19th.

Church Gardening:

Friday 12th Jun between 2-6 PM and

Friday 26th Jun between 2-6 PM.

Friday 10th Jul between 2-6 PM and

Friday 24th Jul between 2-6 PM with BBQ from 4 PM

Holsworthy Beacon Methodist Church

COFFEE MORNING

Last Thursday of each month
10am – 12noon Chapel Hall

Warm welcome to All

PILATES

Monday Mornings 11.00am – 12.00pm
in Chapel Schoolroom

A friendly group meet for slow, strengthening exercises which are great for 'stress busting' too. Need to wear loose comfortable clothing, nothing restricting to movement, and bring a non slip mat. If you wish to join or know more about this group, contact Di Sluggett, (tutor) on 01409 281637, Email: chrisanddisluggett@tiscali.co.uk

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EXERCISE MAT & SOME FLUID

FOR MORE INFORMATION

EMAIL: heather_daniel@hotmail.co.uk
CALL: 07515416754

Heather is organising a ...

SPECIAL 80's Night Wednesday, 3rd June

Let's have some fun whilst we keep fit,
dress 80's style.
Half of money raised will be donated to a chosen
charity; usual charge.

Milton Damerel Methodist Church

Afternoon Tea & Cakes

Saturday, 25th July
From 3 to 5 pm

Stalls

Proceeds for a selected charity

Everyone very welcome to call in for a
chat and a cuppa!!

St Peter's Church Thornbury

Cider and Pasty Walk,

Sunday, 21st June
at Henscott Farm.

For more details please telephone Sara Lawes
261760 or Liz Priest 261312.

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JUNIOR /YOUTH NEWS

Toddler Group

We recently took a morning out and visited the soft play at The Milky Way. Everyone thoroughly enjoyed it, some stayed on for their lunch, we look forward to a few more treats in the future. £55 was raised for our funds at the recent Afternoon Tea & Cakes. We decided to spend this money on 6 new lovely little chairs. Debbie Rednedge has joined us as a regular helper, making life much easier for all of us; we are indebted to her and the children have really taken to her.

We meet Tuesday mornings from 10.30am to 12.30pm in the Schoolroom. We welcome other local children from small babies upwards. It is also always lovely to have visitors pop in and see us, so if you fancy a friendly chat plus coffee or hot chocolate, tea, biscuits, etc. with us, please call in. The children would also love to see you.

Contact Sheila tel: 261466

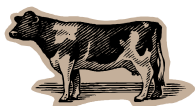
Holiday Club

We were pleased to receive £55 raised at the Afternoon Tea & cakes, which will help to boost our dwindling funds.

The provisional date for the Summer Holiday Club is **Tuesday, 28th July**, usual time and place. We hope to have a 'Make your own Pizza lunch' together.

Youth & Children's Service

Sunday, 28th June at 11am in the Chapel with Mr David Ley from Langtree and special guest, Jo Simpson, from Torquay. Jo is a member of the Leadership Team and the Evangelism Enabler for the Plymouth & Exeter Methodist District. This will be followed by a Bring & Share Picnic Lunch after.



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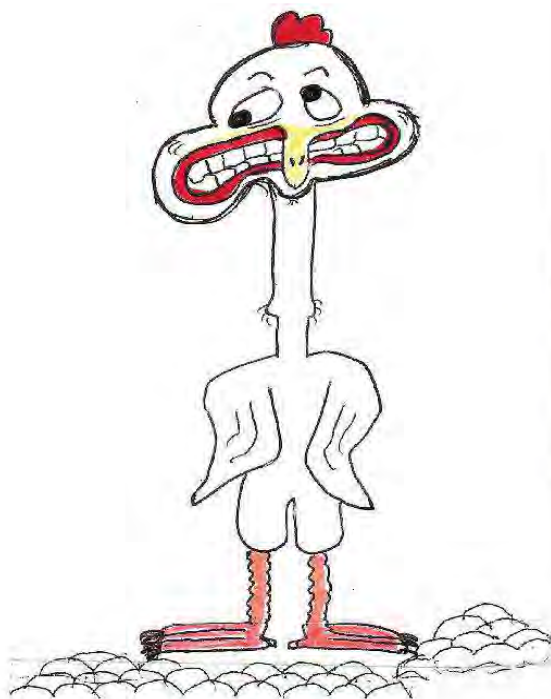
Dinner 5 to 11.30pm (Closed on Monday)

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They look at me in amazement when they see what I have done
You see, I don't normally lay all these in a day, it's usually just the one
But the boss, he said we must try something new
So he picked me, to see if I could adapt
He said lay as many as you can in a day, But remember they have to be wrapped
On my body it has a terrible strain
I think it's the paper that they are wrapped in that causes the pain
The vet he thinks I'm special, the smartest chick around
And he thinks another week I should be sitting down
But it has left me irritable and in a fowl mood
But at least it explains the bits of silver paper, they have been putting in my food
The boss he thinks I'm clever, and when passing he pats my head
It's all very well a pat on the head, if only he knew the tears I have shed
But then I always knew if we were asked to lay two, soon it would be a dozen
And it's not good me saying "Today I'm not laying"
Because "Chop Chop" = next stop = THE OVEN
So all you ladies, when your husband, as a treat brings you breakfast in bed
Spare a thought for me, for producing the EGG



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Newsletter Group

Do you read the Newsletter and think...

'I have some ideas for the Newsletter'

or

*'There are changes that would improve
the Newsletter'*How about sharing your thoughts with
the Group?

or even better

Would you like to join the Group?

We would be delighted to hear your ideas and
thoughts and to recruit new member(s) to the
Group.

Please talk to any of us – our names and numbers
are listed on Page 24 – and we will be delighted to
talk with you!!

Don't be shy!!

MILTON DAMEREL & DISTRICT GARDENING GROUP

The group held its first meeting on Monday 20th April. Nigel Alford, Head Gardener at Hartland Abbey, who is also a member, gave us a talk on Plants that grow well in Devon.

Our next meeting will be on 18th May, how to make a Hanging Baskets. Unfortunately advertising will miss this Newsletter. (It was a very interesting and enjoyable evening)

Monday 15th June, we have been invited to our Chairpersons home, Edgar Pett, and he will talk about how to 'Garden on the Cheap'. If the weather is bad, we will meet at the Parish Hall. A Bring and Share supper.

Monday 20th July, a talk by Richard Hart. Subject TBA.

Monday 17th August, a visit to member, David Fishers Vineyard. If the weather is bad, David will give an illustrated talk in the Parish Hall.

Saturday 12th September, The Milton Damerel and District Garden Show.

The Meetings start at 7.00pm with Tea and biscuits, followed at 7.30 by a Talk, or a Garden related evening.

Chairperson:- Edgar Pett, 01409 261 277.

Treasurer and Secretary:- Pat Palmer 01409 261 415

Annual Membership £5.00, £2 each Meeting and £3 for Visitors.

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A workshop held at Milton Damerel Hall on the 21st February. The Workshop was very well attended, the participants enjoyed discovering the versatility and friendliness of the recycled tractor inner tubes as covers for their Journals.

A plea for new sources of re-useable materials for the Scrapstore.

Help is needed from all businesses in the 30 mile radius of Holsworthy, requesting materials destined for landfill. The materials need to be clean and without sharp edges, anything is considered that may be suitable for use by our members.

Making the reusable waste to turn into playthings.

With your donations it will help keep the Scrapstore an exciting place to source new and interesting resources for all educational and creative projects.

Contact us now, to discuss your potential donations as to whether they are appropriate for the project. We would collect your waste.

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Holsworthy Walk and Talk Group

On Monday 11th May 2015 Holsworthy Walk and Group's Monday Walk in The Park celebrated its first anniversary. During that year the Group has gone from strength to strength providing a good social atmosphere, some gentle walking and refreshments afterwards. The level track around Stanhope Park, Holsworthy is suitable for people of all abilities including those with walking aids and buggies. There is no joining fee although we do ask for donations, not exceeding 50p per person, towards the refreshments. From these donations in December 2014 we were able to give £85 to The Long House Appeal and we are very happy to announce that we have now been able to donate a further £100 again to The Long House Appeal.

We meet every Monday at 10.30 a.m. come rain or shine outside The Scout Hut, next to the Leisure centre in Holsworthy. If you would like any information regarding these walks please contact Gillian Aston on 01409 254642.

Holsworthy Walk and Talk Group also meet at different locations around the area for walks up to 3 miles on Friday mornings moving off at 10.30 a.m. These walks are a great way to see more of the beautiful Devon countryside. If you would like a walk programme or any further information on these walks please contact David Arney on 01837 861829.

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DOMESTIC REFUSE & RECYCLING

Don't forget that during weeks when there is a Bank Holiday there are changes to your weekly collections for black bags, green wheelie bins and recycling boxes and bags.

Details of the collection changes are provided each March with your Council Tax bill and are also available on the Torridge web-site www.torridge.gov.uk

Also on the website there are guides on what items can be placed in each type of bag and box for general waste and recycling. A 1-page summary can also be printed

Leaflets can also be obtained by telephoning 01237-428700

800 YEARS OLD AND STILL RELEVANT

Magna Carta was issued in June 1215, and in a short while we will be celebrating the 800th anniversary of it being sealed. Its overriding significance is that it was the very first document to put in writing the principle that the king and his government was not above the law. It established the principle that law is a power in its own right, and that the king should be prevented from exploiting his power and authority.

Magna Carta set out the concept that England is a community with a law of the land which stands separate from and independent of the will of the king. It represented a seismic shift in both law and politics. It was considered so important from its very start that it was translated from Latin into vernacular English. Copies were sent to every county court in England. It quickly became well known to the population at large and was widely copied.

Over time this document has become a fundamental basis for democracy. It has been the inspiration for our own Bill of Rights in 1689 and for the Universal Declaration of Human Rights in 1948. It is widely seen as one of history's great documents which formed the basis of liberty and freedoms which we now take for granted. Historians have been able to trace direct lines between Magna Carta and the subsequent efforts made by governments and democracies around the world to formulate documents setting out a citizen's rights under the law. Popular democracy and our ability to act as free citizens owe a huge debt of gratitude to this document.

Magna Carta, even though most of us will have given little thought to it at the time, was at the historical core of our right to vote in the general election. And what an election it proved to be. For the first time in decades we have witnessed the political map of Cornwall, Devon and Somerset turn into a sea of blue. The Tories have swept aside all opposition except for one rival MP. The Lib Dems have suffered a total wipe-out in our region following a hugely successful campaign by the Tory strategists. Our area was invaded by Tory "big beasts" and was the subject of deliberate targeting to secure a majority and 320 MPs in Parliament.

Whichever way you voted, the facts have spoken for themselves. Ours has been a depressed region for generations. Investment in the infrastructure of the South West has been a pale shadow of money thrown at other regions. We still, for example, wait to see a dual carriageway running through the length of Devon and Cornwall. Travel to the South East as I frequently do, and you are spoilt for choice. If it is needed up there, they get it. If it is needed down here, forget it.

The leader in the Western Morning News after the election spelt it out for all of us based in the West Country: "The West Country is now in a unique position. Mr Cameron and his party told its voters they could change the course of history and help put a majority Tory government in power; they listened and obliged. So what can our region expect now that the party of government is also the party of the South West? We can expect pay-back. After years of neglect and with the economy on the up, it is time for Mr Cameron and his new government to pay their debts to the West Country and its people."

And so say all of us.

John Busby
Busbys Solicitors
Bude & Holsworthy

AVOID STARVING THEM.

If you haven't already done so then as a matter of urgency you should plant out tender plants including Summer Bedding plus Dahlias, Begonias etc as well as vegetables such as runner beans, marrows, pumpkins etc. all of which will grow quickly to produce flowers/crops during the summer.

Hanging baskets, pots and bowls filled with summer bedding plants will soon need daily watering with at least a weekly feed, the food in the compost rarely lasts 4 weeks before being depleted, for best results use a liquid feed such as Liquinure, Miracle Gro etc increasing to twice weekly as the plants mature.

Similarly Tomato plants be they in pots or bags need daily watering when the sun shines, start feeding weekly as soon as the first truss flowers increasing to twice weekly as they grow, use a specialist tomato food such as Tomorite which is formulated for the task.

As the tomato plants grow be prepared to remove some foliage to allow light through to the fruit to ripen it.

WHY TAKE THIS LONG TO PROLIFERATE.

For all the 10 years I have lived in my present home I have been trying to develop a productive Asparagus bed, after the first couple of years I decided the roots were lying too wet in the winter and each spring a lot less plants grew than the number I had planted the previous year.

At this stage I built a raised planter which I filled with better draining imported soil into which I incorporated loads of ameliorants to create a dry warm comfortable bed for new plants, even so I still lost several plants each year and I would hate to think how many different varieties I have bought nor how much they have cost.

This year we decided to put our house on the market and coincidental with the erection of the 'For Sale' board the Asparagus started to produce a multitude of thick spear which we are struggling to crop quickly enough to prevent the shoots developing into fern.

We have so many spears that I have been looking up meals based on asparagus, there are a multitude but the bacon, asparagus and poached eggs went down very well.

Tradition dictates that you cease cutting spears on mid summers day to allow the plants to grow into large bushes which gain strength from photosynthesis to produce good crops next year.

IF AN 'EXPERTS' ADVICE SEEMS WRONG IT MIGHT WELL BE.

I don't usually listen to or watch gardening programmes but a few years ago Gardeners Question Time was on the radio in my car and I could not believe my ears when a so called expert said you cannot grow Runner Beans up bamboo canes because the canes are too smooth and the plants slide down them.

He suggested that you needed to use bean sticks cut from forest trees that had rough bark for the plants to cling to.

Since 1975 I had lived in Worcestershire in a market garden area near Ombersley where 100's of acres of fields were covered in bamboo tripods up which beans merrily climbed, on my own nursery in the 90's we used to grow an acre of beans again up bamboo canes even the three tripods in my own garden were and still are made using 8' canes.

I suspect the chap giving this erroneous advice was young and inexperienced and it confirms my decision not to watch any so called experts after Percy Thrower retired.

HAPPY GARDENING

Bill Wrighton.

Diary see below:-

JUNE

Mow lawns at least once a week until they become too dry.

Water and feed containers of all sorts.

Tie in tomatoes and wind beans around their supports.

Make further sowings of veg to ensure continuity.

Keep on top of weeding be it by hand or with chemicals.

Clean the BBQ ready for the long summer nights.

JULY

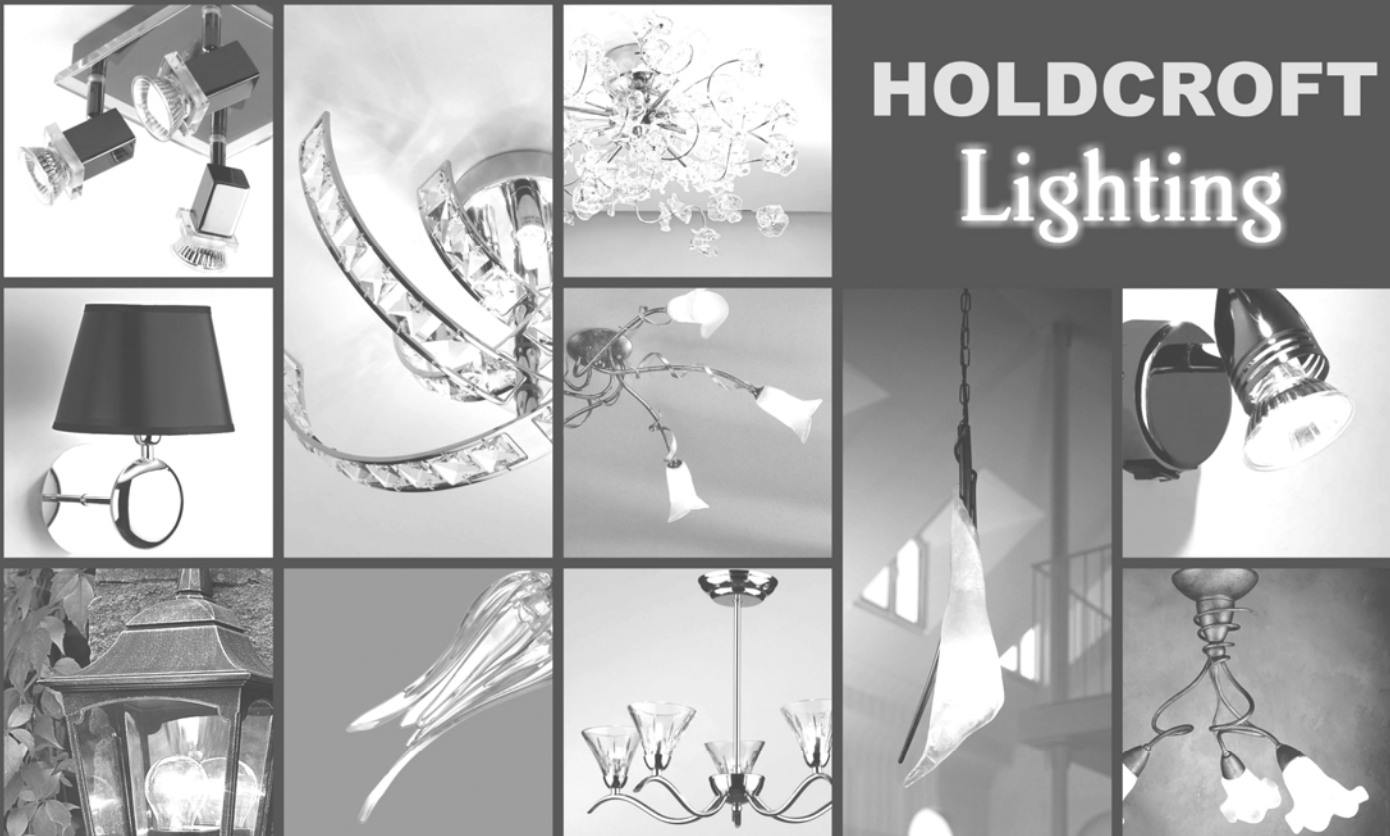
If the summer is dry water the vegetable plot and possibly beds and borders, reduce mowing to leave the grass longer to shade the roots.

As the first flush of flower fades on herbaceous plants and roses cut them back to encourage a second display later.

Cane and tie taller growing perennials and even tall bedding plants.

AUGUST

Sit back in the sun and enjoy your earlier efforts.



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Walking Parish Footpaths

Our walk earlier this month was at Milton Damerel, with twelve people turning out on a bright, sunny and warm morning. Thanks go to John & Janet Elliot for allowing us to access a couple of their fields and joined up with a number of our footpaths it made for a very pleasant morning. The walks for the rest of the year are set out below:

Monday 8th June: Bradworthy Walk. Meet in Bradworthy Square with the pub open for coffee after.

Monday 13th July: Chilsworthy Walk. Meet at Village Hall. This is a new walk around private land which was formerly part of the old Canal.

Monday August 10th: Pancrasweek. Meet at Lower Tamar Lake Car Park. It is planned that we will walk alongside the feeder canal to Vealand nature reserve. We shall stop for snack lunch before going on to Mike and Thelma's for tea and cake, before getting transport back to cars at Tamar Lake.

Monday 14th September: Clawton Walk. Meet at Clawton Village Hall. Tea and biscuits in Hall after.

Monday 12th October: Bradworthy Walk. Meet in Bradworthy square with the pub open for coffee after.

Monday 9th November: Pyworthy Walk

Note: All walks start at 10.00am and will have a walk leader, who may decide, if conditions are not suitable on the day, to change the listed route. These walks can be wet and muddy, so suitable clothing is advised. All will be made most welcome. For further information please contact Robert (01409 254211) or Michael (01409 261196).

MILTON DAMEREL & DISTRICT OVER 60s CLUB

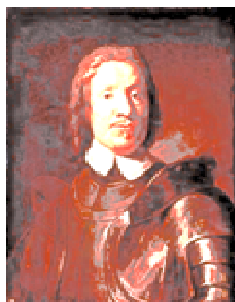
Club normally meets on 1st Tuesday of the month at 2.30pm in the Parish Hall – new members very welcome to come along,

Coach trips for the summer for April to October, are planned for 3rd Tuesday. of each month. In April there was a visit to Trago Mills and Newton Abbott on a glorious warm day and in May the trip was to The Lost Gardens of Heligan or on to Mevagissey if preferred. The planned trips for the summer are:

June	West Somerset Railway & Minehead
July	St Ives
August	Brixham
September	Padstow
October	Truro

We are also looking forward to going along to the Strawberry Tea on Saturday, 19th June organised by the Rotary Club in Holsworthy.

Chair: John Francis (Tel: 261117) Vice-Chair: Edwina Hale
 Secretary: Colin Boucher (Tel: 01288-359184)
 Treasurer: June Vanstone (Tel: 261285) Asst Treas: Iris Fry
 Enquiries to any of the above



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*Police Co-ordinator***PCSO - Raquel Rowe - Holsworthy Pol. Station – Tel. 101***Local Co-ordinators*

Strawberry Bank:	Roger Copp - Tel. 261681
Gratton:	Edgar Pett - Tel. 261277
Whitebear & Fore Street	Edgar Pett - Tel. 261277
Venn Green:	Mike Jackson - Tel. 261196
Holsworthy Beacon:	Jackie Beckles – Tel. 261484
Gidcott	Anne Hamilton-Clark - Tel. 261303

In the last issue we touched on the subject of scams, which continue to increase in diversity as levels of other crimes have been falling. There was also an article from Raquel about “Operation Jessica” which is aimed at countering scams against the elderly and vulnerable. This still remains very pertinent as we are told by the Police that these crimes are still being brought to their attention, not just in Devon and Cornwall, but across the whole country and these are probably just the “tip of the iceberg” as people caught by scams are reluctant to admit to it due to embarrassment. If you have an elderly relative who you feel could fall prey to a telephone fraudster the Crime Prevention Officer has informed us that there are now “Call Blocking Devices” which are available. These simply plug into the phone socket, before the phone and then you programme in the numbers of anybody you are prepared to accept calls from. We are told that these devices cut out 99.9% of unwanted calls but the householder still has the full use of the phone to make outgoing calls and receive screened incoming calls without worry.

Euro Cylinder Locks

At a recent NHW meeting we had a demonstration showing the vulnerability of euro cylinder locks which do not meet with the required safety standards. Euro cylinder locks are the type of lock which are fitted to most UPVC external doors, patio windows and French windows as well as some types of garage door. The locks which meet the highest security levels carry a British Kitemark meeting BSI TS007:2014 3 star accreditation and SS312 Sold Secure Diamond Standard. Whilst other locks will offer a measure of security only these locks are fully Anti-Drill, Anti-Pick, Anti-Bump and crucially, Snap Secure. Replacements are available from locksmiths and hardware stores for either self fit or by a reputable tradesman.

New Web Site

Those of you who receive the weekly e-newsletter will be aware that Torridge NHW has recently launched its own web site which can be found at:

<http://torridgenhw.ourwatch.org.uk>

This is intended to a source of information about various aspects of crime prevention and safety. Please take a look, bearing in mind that the site is still a *work-in-progress* and if you feel that there is something which has not been covered please let us know.

Adobe & LinkedIn

If you use Adobe programs or subscribe to LinkedIn be on the lookout for spoof emails which are encouraging you to update your systems. You are encouraged to click on the link to get the important upgrade but both of these scam contain malware which can damage your computer. If you think that there may be an upgrade go direct to the relevant site to check for and then download any upgrade.



As no doubt you are well aware as residents of Milton Damerel, we have a very active, informative and communicative NHW organisation covering our area. It would be even more effective if we could expand the area of NHW coverage to areas adjoining Milton Damerel which are not yet benefiting from effective NHW coverage. If any residents in the areas adjoining Milton Damerel are interested in discussing and of course setting up a NHW in their areas, please contacting any of the co-ordinators shown above, or one of our PCSOs, and arrangements will be made to meet and discuss any proposals submitted.



DEVON & CORNWALL
CONSTABULARY

Holsworthy Rural Policing Update – 15/1/15 to 15/3/15:

The following incidents have occurred:

Holsworthy Hamlets: IN UGWORTHY 35 SHEEP STOLEN.

NEAR HOLSWORTHY BEACON ENTRY INTO OPEN FRONTED FARM SHED SITUATED TO THE SIDE OF PROPERTY AND PROPERTY STOLEN FROM WITHIN

Halwill: CAR LEFT SECURE AND UNATTENDED HAD ALL FOUR AIR PRESSURE HUB CAPS REMOVED AND ALSO HAD ALL 4 TYRES SLASHED

Pyworthy: 1600L OF HEATING OIL REMOVED FROM TWO HEATING TANKS SITUATED AT THE FRONT OF A HOUSE AND BY THE BARN, CAUSING DAMAGE TO THE HEATING PUMP
DOG ATTACKED SHEEP ON FARM LAND 4x SHEEP FOUND DEAD AND 3x FOUND INJURED

Bradworthy: THREE VEHICLES LEFT PARKED ADJACENT TO STABLES IN FIELD, WINDOWS OF VEHICLES BROKEN AND ENTRY GAINED
ENTRY GAINED TO HOLIDAY HOME, ITEMS DAMAGED
HOLIDAY COTTAGE ENTERED VIA BY SMASHING WINDOW. EXTENSIVE DAMAGE CAUSED.
A DOG OFF THE LEAD CAUSED VISIBLE INJURY TO AN ALPACA.
2 SHEEP GRAZING IN FIELD KILLED AND 2 HAD LEGS BROKEN BY A DOG OFF THE LEAD.
HOLIDAY COTTAGE ENTRY GAINED VIA BREAKING WINDOW, ITEMS DAMAGED. SHED ALSO ENTERED ITEM TAKEN.

Bridgerule: 2 SHEEP ATTACKED BY DOG. ONE OF THE SHEEP HAD TO BE PUT TO SLEEP

Sutcombe: MALE ON HIS PEDAL CYCLE BITTEN BY DOG CAUSING VISIBLE INJURIES TO THE VICTIMS LOWER LEG.

Bradford: IN FARMYARD, RED MASSEY 390 TRACTOR PARKED SECURE AND UNATTENDED, STOLEN

Milton Damerel: ENTRY GAINED TO CHAPEL BY CAUSING SUBSTANTIAL DAMAGE TO MAIN DOOR. ONCE INSIDE ALL ROOMS ENTERED BUT NOTHING STOLEN.

We are currently seeking new members and co-ordinators, for both Farm Watch and Neighbourhood Watch, in all rural areas. If you would like more information, or would like to talk to us about any of our Watch Schemes, please email holsworthy@devonandcornwall.pnn.police.uk or contact your local area co-ordinator.

Please remember not to leave your valuables in your vehicle, and to keep your vehicle secure at all times.

PLEASE BE VIGILANT!

**Don't hesitate to ring the Police on 101 for non-emergency
or 999 if you see a crime taking place.**

**PCSO 30099 Raquel ROWE
PCSO 30643 Mark JAMES**

Holsworthy Police Station

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The Nightwalk

On Saturday 16th the eighth Nightwalk took place in aid of the North Devon Hospice, open to ladies of all ages, shapes and sizes. Having completed the seventeen miles from Torrington to Barnstaple last year dressed as Mexicans and carrying a three foot inflatable cactus (Colin to his friends) and collecting the unwanted title of the last Nightwalkers on the Tarka Trail, we voted for the shorter Barnstaple to Bideford route this year.

After much arm twisting and inspired by both the 50th anniversary of the sound of music and the film nuns on the run we decided to wear nuns habits this year. Accompanied by three colleagues from NDDH's intensive care unit and emergency rations of a picnic, bananas, jelly babies, mints and water we set off from the rugby club at ten past eight to cries of "praise be" from the volunteers with the unenviable task of ensuring everybody made it round safely.

The walk to Fremington Quay was a bit blowy and emergency repairs to Tracey's headwear was required, we heard lots of jokes about taking confession, being home in time for morning prayers and lots of one liners about being defrocked that can't be repeated! There was welcome hot chocolate with whipped cream and marshmallows at the Quay and lots of hellos from people who were told to look out for the 4 nuns from ICU.



The wind had calmed down by the time we arrived at Instow and the sun had set, we'd caught up to the Where's Wally Girls and kept pace with them until the lights at Bideford came into site. Inspired by the prospect of a nice cuppa and a bacon butty we kicked on for home (Bideford Rugby Club), and a welcoming cheer. By half past eleven four tired nuns were tucking into bacon rolls with brown sauce tired but happy, Alison Donna & Tracey took the free bus back to Barnstaple and I drove home to Milton Damerel, wondering about what would happen to the emergency rations and what to wear for next years Walk.

Marie Fairbrother

ACM David Gubb BSc Hons
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BLUEBELL WALKS - WOODFORD WOODS



Roger & Sheila thank those who came to see the
bluebells, which as usual, were beautiful ... and the
weather was in our favour. We were grateful for this.
£128 was raised for Devon Air Ambulance Trust.

MILTON DAMEREL PARISH HALL

Registered Charity No. 281123

Refurbishment work on the skittle alley has progressed well and the scheduled work will be completed on time. Painting and the fitting of a new carpet and curtains have been deferred until after the 35th Anniversary Lunch on 31st May as everyone is busy getting organised for the Lunch and we wouldn't want the smell of paint with the food.

The committee had a spring cleaning morning in April. Thanks to everyone for giving up their time to get the place looking sparkling. If anyone has noticed the patch on the outside of the hall they may be interested to know that it covered damage caused when an unfortunate pheasant crashed into the wall and met a sad end!

Milton Damerel Parish Hall is now on facebook. If you are a facebook user, please add us as a 'friend' to keep up to date with all that is happening at the Parish Hall.

EVENTS REPORT

The monthly Whist Drives continue and in March £57.20 was raised with £48 in April. Thanks to the organisers and the loyal players for supporting these monthly events.

The Bingo on 28 March raised £138 when 34 people attended. Many thanks to Christian Whitley for being caller on this occasion.

There were 48 people at the Wine & Wisdom on 25 April when £182 was raised. This was the last one at which Bill Wrighton and family will be organising the questions as they are leaving the area but we would like to thank them for being question master and scores over the last few years.

All these funds raised go towards the running costs, maintenance and improvement of the Parish Hall. Thanks to everyone who has contributed in any way.

FUTURE EVENTS for your DIARY

WHIST DRIVE Saturday 20 June starts at 7.30pm

WHIST DRIVE Saturday 18 July starts at 7.30pm

CIDER & PASTY WALK Thursday 30 July
Guided walk starting at 6.30pm from the Parish Hall
Pasty and drinks on return. **MUST BOOK** Tel 261196

WHIST DRIVE Saturday 15 August starts at 7.30pm

HIRING THE HALL

The hall is available for hire for events and private functions at very reasonable rates. See the community website www.miltondamerel.com pull down 'What's on' and click on 'Parish Hall' to get more information and download a booking form or contact:

Booking Secretary Lesley Self 01409 261294 or if unavailable

Secretary Roberta Jackson 01409 261196 or Minutes Secretary Kate Moyse 01409 261151



Individual summer puddings

Cooking time

Prep: 25 mins Cook: 8 mins plus 4 hrs chilling

Skill level

Easy

Servings

Serves 2

A traditional, low-fat dessert with strawberries, raspberries, redcurrants, blueberries and blackberries set in mini basin moulds

Ingredients

- 350g mixed berries, fresh or frozen (we used raspberries, blackberries, redcurrants, blueberries and strawberries)
- 2 tbsp golden caster sugar
- zest 1 lemon
- sunflower oil, for greasing
- 3-4 slices slightly stale white bread, crusts removed

To serve

- 2 tbsp extra-thick double cream
- 2 tsp icing sugar, sifted

Method

Tip all the berries, apart from the strawberries, into a saucepan. Sprinkle over the sugar and stir. Set over a low heat and cook until the sugar has dissolved and the fruit has started to release its juices. Increase the heat, bring the mixture to the boil, then simmer for 2 mins until the fruit is soft and you have lots of deep red juices. Quarter the strawberries and stir into the berries, along with the lemon zest. Remove the pan from the heat and strain the fruit through a sieve, reserving the juices. Meanwhile, lightly oil 2 x 175ml dariole moulds (or 2 large teacups) and line with cling film. Using a pastry cutter, stamp out 2 small circles of bread to fit in the base of each mould. Dip one side into the reserved juices while still hot, and place, juice-side down, into the bottom of the lined mould. Cut another 2 larger circles from the bread, and slice the remainder into 2.5cm-wide strips that are the same height as the mould. Dip the strips into the juices and use to line the sides of the moulds in the same way, pressing each piece in place and overlapping slightly.

Pack the strained fruit into the bread-lined moulds, reserving some fruit and juices for serving. Fold over any strips of bread that protrude from the mould, then dip the final 2 circles of bread in the juices and top the puddings to seal. Cover with cling film and push down firmly with the palm of your hand. Pop in the fridge to chill for at least 4 hrs, preferably overnight.

When ready to serve, whip together the cream and icing sugar. Turn the puddings out onto plates, top with the reserved fruit and juices, and serve with the sugared cream.

Picture and Recipe Supplied by BBC Good Food

LINE DANCING

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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 of 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 David on 01409 261577 for more details.

The deadline for submissions of articles and advertisements for the next newsletter is 14th August 2015

The newsletters group members are:

Nicky Martin	n.martin337@btinternet.com		Regular contributors and features
David Taylor	mdnlad@hotmail.co.uk	261577	Treasurer and Advertising
Rose Haynes	rose@grawley.co.uk	261577	Regular contributors and features
Grace Millman	grace.millman@btinternet.com	261251	Regular contributors and features
Margaret Stannard	maggiestannard@yahoo.co.uk	261486	Regular contributors and features
Terry Fairbrother	terry@remedy-it.co.uk	261775	Newsletter Compiler
Lesley Self	lesley.self@btinternet.com	261294	Regular contributors and features

WHAT'S ONa selection of local events in Holsworthy and North Devon

WHAT?	WHEN?	WHERE?
Drama, classical music, opera, children's shows, popular music (including rock, jazz, folk and roots), contemporary dance, ballet, amateur shows, visual arts and community events		Queen's Hall Theatre, Barnstaple Box Office: 01271 324242 www.northdevontheatres.org.uk
Forged Festival Brand new tribute music festival	Saturday, 6 th June 12noon – 11.30pm Barnstaple Rugby Club	
Joe McElderry X-Factor winner	Friday, 19 th June ' 7.45pm	
Theatrefest Barnstaple's Fringe Theatre Festival	Thursday, 25 th – Sunday, 28 th June	
Dance 2015 Sarah Anne Westcott Dance Studios	Saturday, 4 th July 2pm & 7pm	
Young Stars of the Future Showcase of local young talent	Saturday, 18 th July 7pm	
North Devon All Starz present The Phantom of the Opera	Thursday, 24 th - Saturday, 26 th September 7pm	
Films, Live Events – Theatre, Open Air, Music, Visual Arts, Regular & Special Workshops for Children and Adults		The Plough, Torrington Box Office: 01805 624624 www.ploughartscentre.org.uk
Miracle Theatre present The Magnificent Three	Tue 16 th June @ 7pm Hartland Abbey	
Speed the Plough Torrington Talent	Fri 19 th June 8pm	
Plough Community Theatre present: Cider with Rosie	Wed 24 th June - RHS Garden Rosemoor Fri 26 th June - Northam Rectory Sat 27 th June Castle Drogo Sun 28 th June Hartland Abbey All at 7pm	
Dream Kids of Torrington present Once Upon a Fairytale	Fri 3 rd – Sat 4 th July 7.30pm	
Inspire...! A showcase of talented local dance companies and choreographers	Thu 9 th July 7.30pm	
The Rude Mechanical Theatre Company presents: The Comedy of Babi Babbett	Fri 10 th July @ 7pm Hartland Abbey Sat 11 th July @ 7pm The Castle Torrington	
Plough Youth Theatre presents Tracy Becker Gets Real!	Tue 14 th - Wed 15 th July @ 7pm	
Illyria present Iolanthe	Sun 19 th July @ 7pm Hartland Abbey Tue 21 st July @ 7pm Northam Rectory Sun 16 th Aug @ 7pm The Old Glebe, Eggesford	
Heartbreak Theatre presents Mr Stink	Tue 28 th July @ 5pm Castle Hill, Filleigh Wed 29 th July at 5pm Hartland Abbey Fri 14 th Aug at 5pm CastleDrogo	
Family Arts Afternoon at Hartland Abbey	Wed 29 th July 1pm – 5pm	
Illyria presents Taming of the Shrew	Sat 1 st August @ 7pm Badock Gardens, Holsworthy	
Illyria presents The Sorceror's Apprentice	Thu 6 th August @ 5pm RHS Garden Rosemoor Tue 11 th August @ 5pm Hartland Abbey	
The Pantaloons present Treasure Island Pride & Prejudice	Thu 20 th August @ 5pm Castle Hill, Filleigh Friday 21 st August @ 7pm Arlington Court	
Illyria presents The Three Musketeers	Tue 25 th August @ 7pm Hartland Abbey	
Heartbreak presents Emma by Jane Austen	Mon 31 st August @ 7pm Hartland Abbey	
Workshops: Distressed Painted Furniture Cold Process Soap Making Explore Fabric Screen Printing Open Access Paint Workshop An Introduction to Digital Photography: Improving your photos Using photo-editing software Bookbinding Crochet Rag Rug	Wed, 3 rd June; Sat. 20 th June;) 10am - Wed 8 th July; Sat. 18 th July) 2pm Thu 9 th June 10am – 2pm Sat 13 th June; Sat 11 th July; 10am.. 3pm Mon 15 th June 10am – 3pm Wed 17 th June 10am – 4pm Fri 19 th June 10am – 4pm Fri 27 th June 10am – 4pm Sat 4 th July 10am -3pm	

What's on Diary

Page

Walking Footpath	8 June	10am -	16
Church Gardening	12 June	2-6pm	5
MD&D Gardening Group	15 June	7pm	10
Whist Drive	20 June	7:30pm	22
Cider and pasty walk (St Peters Church)	21 June		6
Coffee Morning	25 June	10am -	5
Church Gardening	26 June	2-6pm	5
Church Gardening	10 July	2-6pm	5
Walking Footpath	13 July	10am -	16
Whist Drive	18 July	7:30pm	22
MD&D Gardening Group	20 July	7pm	10
BBQ	24 July		5
Church Gardening	24 July	2-6pm	5
Afternoon Tea & Cakes	25 July	3-5pm	6
Juniors summer holiday club	28 July		7
Cider and pasty walk (Parish Hall)	30 July	6:30pm	22
Walking Footpath	10 August	10am -	16
Whist Drive	15 August	7:30pm	22
MD&D Gardening Group	17 August	7pm	10
MD&D Gardening Group Garden Show	12 Sept	7pm	10
Walking Footpath	14 Sept	10am -	16
Walking Footpath	12 Oct	10am -	16
Walking Footpath	9 Nov	10am -	16

Regular Events

Bible Study	Mondays 7.30-9pm
Mobile Library	Wednesdays – every four weeks 3:45pm - 4:30pm
MD & District Over 60s Club	1 st Tuesday of each month (not Jan)
Line Dancing	Tuesdays 7-8.30pm
Parish Council meetings	3 rd Wednesday 7.30pm
Coffee Morning – Holsworthy Beacon Methodist Church	Last Thursday of each month 10am
Methodist Morning Service	Sundays 11am
Parish Church Holy Communion	4 th Sunday of each month 11.30am
Parish Church non Eucharist Service	2nd Sunday of each month 11.30am
Pilates	Monday 11:00 - 12pm
New Baby & Toddler Group Methodist schoolroom	Tuesday morning 10.30 till 12

June 2015

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July 2015

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August 2015

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