



Milton Damerel Newsletter

Winter Edition



Congratulations to Her Majesty and the Duke of Edinburgh
on their Platinum Wedding Anniversary

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Happy Christmas and all Good Wishes for 2018

Milton Damerel Parish Council

Parish Clerk: Lorraine Buttery
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BEAWORTHY, Devon EX21 5BN

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

Councillors: Stephen Moyse (Chairperson) 01409 261151 Richard Piper (Vice-Chairperson) 01409 61114
Rose Haynes 01409 261577 Jim Richardson 0786 406977 Gareth Piper
John Webb 01409 261301 Grace Millman 01409 261251

Meetings are usually held on the third Wednesday of each month in the Parish Hall. 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.

Annual Grants: Annual Grants which were approved at the meeting in November 2016 were paid during September 2017. Cheques were sent to, MD Parish Hall, MD Newsletter, MD Church, MD & District Gardening Club and North Devon, Torridge and District CAB. Requests for annual grants for the financial year 2018/2019 were considered at the Parish Council Meeting held on the 15th November, applicants were notified as to whether their application was successful or refused.

The Annual Return and accounts of Milton Damerel Parish Council for the year ending 31st March 2017, have had an internal audit and were sent to the Audit Commission. The accounts were returned with no issues raised. All details were displayed in the Parish Council notice board and is available to view on the website. If anyone needs any further information please contact the Parish Clerk

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:

Development at Town Farm, there was a lively discussion regarding this application at the Parish Council meeting held on the 18th October, where 11 residents attended. All Parishioners comments and concerns raised were passed on to the Torridge planning department, at the present day we have not been notified of any decision. Other applications which were successful included, bungalows at Parkfields and Tor View, also a Garage and storage facilities at Lower Buttermoor. The application for an extension at The Oaks was refused.

All applications to be considered by the Parish Council are stated on the Agenda for Parish Council Meetings when the plans are discussed. 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 possible.

Town and Parish Fund: The application form for the annual grant 2018/2019 have now been forwarded to Torridge District Council. The Parish Councillors have decided to once again join forces with Sutcombe Parish Council to enable both Parishes to keep the Parishes roads and lane safe for all motorists by cutting back hedges/verges.

Although your Councillors would like to have them all cut, because of the limited funds, only hedges/verges which obstruct motorist's vision have been cut.

The Laptop and Projector purchased with the 2013/2014 TAP grant is used regularly by local organisations. Please contact the Parish Clerk if you wish to use the equipment.

Venn Green Bus Stop

The Parish Council has just been informed that the Bus shelter has been approved, it is envisaged that it will be erected after Christmas

Finally as 2017 draws to a close the Chairman, Councillors and Parish Clerk of Milton Damerel Parish Council wish all Parishioners a Happy Christmas and Peaceful New Year

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

18th November 2017





CONGRATULATIONS!

To Phillip Read of Gidcott who was awarded Life Membership of the Holsworthy and Stratton Agricultural Association at the 2017 Show on 24th August. Phillip has collected subscriptions to the Show for 50 years (and more, starting when he was aged 12 or 13 years!) and has been a Committee member for 40 years.

To Malcolm & Josephine Woodcock of Abbots Bickington on their marriage in September.

To Peter & Lesley Self, of Tor View, Venn Green, who celebrated their 50th Wedding Anniversary on 14th October

To Alan Gifford of Whitebear Farm, and his twin brother, **Derek**, who lives in Exeter, on celebrating their 60th birthdays on 22nd October

To Clifford Fishleigh of Gratton who celebrates his 75th birthday on 28th December

To Stanley Blight of Meadow View, Lower Grawley, who celebrates his 85th birthday on 2nd February

To Norman Webber, of Whitebear Cottage, who celebrates his 90th birthday on 3rd February

To Bob Fairbrother, of Rosemead, Milton Town, who celebrates his 21st birthday on 27th February



GOOD-BYE & WELCOME

Good-bye to:

Stephen Winter who moved from Shipshape, **Strawberry Bank a few months ago**
(sorry we missed this for previous editions)

Graham & Christine Boxall who have moved from **The Old Rectory**

Welcome to:

Zoe Turner & Tim Marsh who moved into **Shipshape, Strawberry Bank some time ago**
(sorry we missed this for previous editions)

Brian & Frances Reynolds, who have moved into **The Old Rectory**

Billie Reed & Danni Cory, Maisie and Oakley who have moved into **St Martin's, Gidcott**

Pascal & Tamsin, Amelie and Emma who have moved into **Woodford**

Neil & Clare Tilford and Sadie who have moved into **No 5 Downs View**

Mark Lewis and Mia who have moved into **Chapel Cottage**



OUR SYMPATHIES

For those who been bereaved recently:

Bryan & Anne Phillips of Higher Woodford on the recent loss of their grand-daughter, **Ellie**

Chapel News – December 2017

A Message from Revd Lynne Burgon, our minister



Christmas is Coming

By the time you are reading this the season of Advent will be upon us and I can't believe how fast this year has flown. However, according to the shops and media the run up to Christmas began much earlier - I saw the first Christmas cards on sale in October! I expect the Christmas trees will be twinkling away in front rooms' right at the beginning of December and the office parties in full swing. It's no wonder we struggle to observe the full twelve days of Christmas because we have been enjoying Christmas for at least a month before it actually arrives! The commercialism of Christmas has been growing year on year and I think we are reaching consumer saturation point. As we become more self-indulgent we find we have little to celebrate, for many people Christmas has become a celebration for the sake of celebrating. The celebrations and feasting have lost their purpose and people are often left feeling empty and more alone than ever. The marketing and hype lead us to unrealistic expectations which focus more on 'getting' than giving because that's the sort of materialistic world we've made for ourselves.

Yet the true heart of Christmas is giving. Christmas is a time to thank God for the gift of his Son – and when we stop to remember that then our celebrations are born of praise and thanksgiving. When we re-order our priorities and see that the joy of Christmas is all about the giving we find fulfilment. Jesus said it is more blessed to give than receive, wouldn't it be amazing if we got excited about giving and less about what we will be getting. If we are really honest what we need this Christmas is security in the present and hope for the future. We need to know that we are loved and valued and somewhere there is meaning in life. In the person of Jesus Christ we find our answers. His coming to earth was the biggest rescue operation of all – God himself entered our world to show us what he is really like. He loves us, forgives us, and gifts us with His Holy Spirit to enable us to live life to the full. What a gift and what a hope. If you want to find out more or just want a bit of space in the busyness of life, you will always find a warm welcome at any of the services at the Methodist chapel.

I pray you receive the gift of Christ this Christmas and be blessed by Him.

Happy Christmas to one and all!

Rev. Lynne Burgon

CHRISTMAS 2017 – A 'special Christmas' Sunday School will be held on **Sunday, 11th December at 11am** in the Schoolroom.

The **Annual Carol Service** will be held in the chapel on **Sunday, 17th December at 11am**, with Revd Lynne Burgon. The collection will be donated to Action for Children, and refreshments, including mince pies, will be served in the Schoolroom after the service.

A **Family Nativity Service**, for all families, will be held in the chapel on **Sunday, 24th December at 3pm**, led by Revd Lynne Burgon.

CHAPEL FLOWER PLAN for the months of December 2017 to February 2018

3rd & 10th December.....Mrs Valerie Carter
17th & 24th & 31st December.....Mrs Phyllis Piper
7th & 14th January.....Mrs Katie Allin
21st & 28th January.....Mrs Grace Millman
4th & 11th February.....Mrs Sally Piper
18th & 25th February.....Mrs Gwenyth Johns

BIBLE STUDY – The Bible Study discussion group meets on Monday afternoons at 2.30pm for the winter months in the Chapel Kitchen. In recent weeks we have followed a 2nd study about Prayer and also looked again at the Book of Jonah, from the Old Testament. During the 3 Mondays in December (before Christmas), starting on 4th December, Revd Lynne Burgon will lead us in studies for Advent.

We are an ecumenical group and we welcome anyone interested - come along and listen, join in the discussion, and add your views.

For details speak to Sheila (Tel: 261466)

SUNDAY SCHOOL - We are now able to offer a monthly Sunday School on the second Sunday of each month. Details from Sheila (Tel: 261466). The next sessions will be on **Sunday, 10th December** for a Special Christmas occasion, **Sunday, 14th January**, and **Sunday, 11th February**, all at 11am.

FAMILY SERVICES – All-age worship held at 11am on the last Sunday of each month.. All are welcome to the services which for this quarter will be:

31st December

Revd Lynne Burgon

28th January

Mrs Julia Spencer

25th February

Mr David Watson

Recently our Family Services have been blessed with two christenings. Revd Lynne Burgon christened and welcomed into the church family, with their families and friends joining us for these happy occasions:

Henry Lloyd Piper, son of Gareth & Sally Piper, and brother to Felicity, on 20th August

Leighton Daniel Stevens, son of Neil & Lizzie Stevens, and brother of Caine, on 29th October

HARVEST FESTIVAL – Our Harvest Festival celebrations were another wonderful thanksgiving, and enjoyed good support for the Sunday morning service and the Monday evening tea, thanksgiving and auction. The auction proceeds of £326.89 was donated to the Caribbean Hurricane Appeal of the Methodist Church World Mission Fund. Thank you for all support.

SEW 'N' SEWS – continues to meet in the Chapel Kitchen one Saturday each month. We welcome anyone along to join us, bring your sewing, knitting, etc. There's a small donation towards electricity, tea, etc. only. For more details contact Barbara – 01805 601651 or Sheila 01409 261466.

On Friday, 17th November. A few of our group visited Cowslip Craft Fayre, Launceston. It was a lovely, crisp, sunny day. There were many exhibitors with everything from antiques, curios and collectables to a wide variety of craft stalls. Lots of ideas for Christmas presents, many quite unique. The shop as always full of lovely fabrics and books about quilting, with many beautiful quilts on display throughout the venues. We stopped for a welcome warming coffee and homemade cakes in the Workshop, where normally classes are held. We left having enjoyed a lovely afternoon and full of inspiration for future projects.

We have lunch planned for December at Lizzie's Larder on Saturday, 2nd December. This should round off a productive year for us!

CHAPEL COTTAGE – The Chapel Cottage has now been let with the chapel folk being responsible for caretaking duties; a cleaner also has been employed.

CHURCH COUNCIL - There are a few DIY jobs, small repairs, odd bits of painting, etc., which need doing, so at our recent Church Council we decided to have a DIY day in the New Year. Anyone keen on DIY would be welcome along, all help much appreciated; this will be a one-off and should put the building back into shape for the time being. Date still to be arranged!.

CONTACTS – For further information or help please contact: Our Pastoral Worker, Revd Lynne Burgon (01805 624392): Our stewards: Katie Allin (Tel: 261188) & Roger Daniel (Tel: 261466),. Property Steward: Sheila Daniel (Tel: 261466).

Christmas and New Year Greetings to everyone ...

Christmas Eve By Christina Rossetti

CHRISTMAS hath darkness
Brighter than the blazing noon,
Christmas hath a chillness
Warmer than the heat of June,

Christmas hath a beauty
Lovelier than the world can show:
For Christmas bringeth Jesus,
Brought for us so low.

Earth, strike up your music,
Birds that sing and bells that ring;
Heaven hath answering music
For all Angels soon to sing:

Earth, put on your whitest
Bridal robe of spotless snow:
For Christmas bringeth Jesus,
Brought for us so low.

Family Christmas - Acrostic

Family gathered 'round the Christmas tree,
And the decorating of the tree must come first.
Mistletoe hanging above the front door, and
Icicles on the tree, twinkling shiny and bright.
Lights of many colours brighten the room, and the
Year long wait has finally come to an end.

Carols sung cheerfully, around the fireplace,
Holly and garland hanging on the mantle.
Radiant smiles on the faces of the little ones, and
Important last minute lists that must be written.
Sugar cookies, and cocoa sure to be left for Santa, as
The Night Before Christmas is read by Grandpa.
Mother, and Grandma, preparing the Christmas feast, the
Aromas of the family dinner fills the house.
Spending Christmas at home, is always the best gift.

HOLY TRINITY CHURCH NEWS

Reverend Richard Freeman Tel 01409 241315

Another year is almost ended and now is the time to give you an update on the Heritage Lottery Fund application and where we are with the Church Roof Appeal.

We started the year at Holy Trinity quite turbulently, its true many of us don't like change but it does happen and we have to get on with it – sink or swim. Roy and I viewed the task before us and were quite daunted by what we had to achieve – but we decided to swim and see where we get to - there was work to be done.

The first task was dealing with another HLF grant application – no mean feat after being turned down twice already – and then continuing the work to raise monies to the tune of £13,000 - that will be Holy Trinity's contribution to the roof repair.

To this end we held coffee mornings in church and at our home respectively which jointly raised £400

In August we held our first 'Garden Party', it was suggested and organised by a good friend of the church – Roberta. The day was mainly dry and windy but this did not deter the spirit of people in Milton Damerel and the surrounding area who enjoyed an afternoon out in convivial company and who also kindly donated cakes, bric a brac and time to the event.

Our thanks too to Malcolm who undertook to keep us entertained with background music as he played his keyboard interspersed with Cd's, this added to the atmosphere of the event.

The Gardening Club very kindly donated their day's takings from selling plants which were supplied by club members.

Raffle prizes were kindly donated from Sanders Garage, The Union Inn at Stibbs Cross, Woodford Bridge, and from The Big Sheep - they were worth buying a ticket or two for.

Money raised amounted to £548, less expenses we were able to put £474 into the Roof Fund.

We have been supported in our efforts by you the people who live in Milton Damerel and donations from the Gardening Club for which we thank you all very much. Our end of year figure now stands at £10,400 with another £1000 pledged when (if) we get the Lottery funding.

Its still a little way to go but it doesn't look quite so daunting now. With the community of Milton Damerel and Bradworthy Benefice supporting and helping us we can achieve this.

Thank you to everyone who gave their support - will you please do it all again next year?

Remember you can make a donation to the roof fund at any time, no amount is too small.

I am biting my nails down to the quick as the days count down to December when we will be told of our success (or otherwise) of the HLF application.

The outcome will be displayed on the notice boards both inside and outside the church - as soon as we know.

In July our Church BBQ was very well attended and new 'chef' Keith did an excellent job over the BBQ stove - donations amounted to £160 for church funds.

HELP, would anyone volunteer to help us remove crows nest debris from the tower. We need at least 2 able body persons to go up the ladder into the tower to clean it out and make it secure so the crows won't be able to access it next year. The debris is blocking the bells so we can't chime them. If it isn't done before the crows return then it will delay the work on our new roof.

Isn't life strange at times: amongst the visitors to the church of late was Kevin Anderson and sister Joy Dartington (nee Anderson) from Western Australia. They signed the visitors book adding that they were the

great, great Grandson and Granddaughter of the last past Minister Rev. William Dyer. How I wish I had been in church to talk to them about their family history.

However less than two weeks later we had a visitor from Stibbs Cross during gardening afternoon her name is Jennifer nee Anderson she was researching her Ancestry in the churchyard. She turned out to be another great, great Granddaughter of Rev. William Dyer Anderson - this is the absolute truth.

How sad they did not meet here at Holy Trinity – could you imagine the reunion?

Luckily the New Zealand visitors wrote their email address in the visitor's book so with Gods help they hopefully have managed to make contact across the decades and across the miles.

We are looking forward to Friday 8th and Saturday 9th December as those are the dates of our second ***Christmas Tree Festival*** here at Holy Trinity.

This is another opportunity to show off your Christmas tree decorating skills.

Last years festival was very well supported but there is room for many more displays so don't be shy come and join in the fun, you never know you may be awarded a prize for the most liked tree (judged by visitors preference). Children, mum, dad, grandma in fact the whole family can join in and bring your family tree (literally). As before - put your craft hat on and surprise us with something beautiful, outrageous, colourful, and interesting it's up to you. Trees or such like can be brought to the church for decorating or ready dressed on Tuesday December 5th between 9.30am and 12.30pm or Wednesday 1.30pm – 4.30pm, they will need to be in place before Thursday 7th December. Please give your tree a name

Power sockets in the church are limited and cannot be guaranteed so if you can bring LED battery lights for your tree that would be perfect.

Roberta is the event organiser so call her on 01409 261196 or email robertajackson666@gmail.com for all information and help.

The Festival will be open to visitors on Friday 8th and Saturday 9th of December from 2pm – 5pm for viewing, voting, (small prize) and refreshments.

Children come and 'Find the Christmas trees' hidden around the church - find them all and receive a treat. **All donations will be towards the Church Roof Restoration Fund.**

Trees can be collected after 2.00pm Tuesday 12th December or arrange with Roberta.

Sunday 10th December we invite you all to our Carol Service to be held at 6.30 pm

A traditional candlelit service with traditional Carols and singing from the Bradworthy Choir.

Finally enjoy a warming glass of mulled wine and mince pies.

Please note: This will be the final service at Holy Trinity for 2017

Church services up to the fourth month is as follows:-

December 3 rd 11.30am Eucharist	February 4 th 11.30am	March 4 th 11.30am
Carol Service Dec 10 th 6.30pm	February 18 th 10.00am	March 18 th 10.00am
January 7 th 11.30am		
January 21 st 10.00am		

Please check the church notice board for announcements and alterations.

Church Gardening A reminder that gardening through the winter months is held on the 1st Thursday in the month - that is the Thursday before the first Sunday service. Except for December when it will be the Thursday preceding the Christmas Tree Festival. We start at 1.00pm but you are welcome to join us at any time

The all important *Gardening Dates for the next four months will be*

December 7th - January 4th - February 1st March 1st

At this time of year when it is traditional to thank people for the effort and contributions they make then it seems apt that we thank especially the people who turn up whatever the weather and work to keep our churchyard looking immaculate. It has been mentioned 'Possibly the best kept in Devon' I personally think it would be in with the best chance. The first thing that visitors to the church mention is the churchyard; it is the envy of many from other parts of the country as well as here in South West. They all say what a pleasure it is to visit Holy Trinity.

So **'A BIG THANKS TO EACH AND EVERYONE OF YOU'.**

With Christmas almost upon us we hope you will join us here at Holy Trinity for a festive experience both at the Christmas Tree Festival and Carol Service.

From us all at Holy Trinity - *We Wish Everyone A Very Happy Christmas and a Prosperous New Year*

Isabel, Roy and Rev Richard Freeman

Holy Trinity Church
Invites you to our



Christmas Tree Festival

Open to visitors on
Friday 8th and Saturday 9th
December
2.00pm - 5.00pm

Viewing, refreshments and
voting

Prize for the most liked tree,
Children's Xmas tree hunt
Tel Roberta 0140926119



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JUNIOR /YOUTH NEWS

Baby & Toddler Group

We meet on Tuesday mornings, 10.30am – 12.30pm. Any local children from 0 – primary school age are welcome; by local, we mean from local surrounding villages and towns. We are pleased to see all who care to join us.

We have just celebrated our 4th Anniversary. Over the next few weeks we shall be concentrating on Christmas for our activities. Recently we have been donated some lovely toys and 'ride-ons' which have been much appreciated. Thank you!

Half-term

23 Christmas Shoe Boxes for Operation Christmas Child UK (also known as Samaritan's Purse) were packed during half term to send to needy children overseas. Thanks to Toddler Group Mums, local children and a few willing helpers (and contents contributors) for contributions and help to wrap and pack. The boxes were blessed by Revd Lynne Burgon during family service on 29th October and have gone to Grosvenor Church, Barnstaple, for collection before distribution. "A shoebox gift is an unconditional gift of love, and is given to children based on need, regardless of their background, culture or religion."

Sunday School

Sunday School meets on the second Sunday of each month; the next will be on **Sunday, 10th December 11am – 12noon** for a Christmas Special.

We usually join with the congregation in the Chapel for just a few minutes and the appointed preacher may tell a story. Activities in the Schoolroom are centred around a popular Bible story with art, craft, games, songs, drama and so on. Our last was the story of Adam & Eve, with lots of creative work based on the story. We finish with coffee for the adults, snacks and drinks for the children. Any child is welcome! It's a fun time together!

The sessions in the New Year will be on **Sunday, 14th January, and Sunday, 11th February, both at 11am.** Details from Sheila (Tel: 261466)

New Year Party

Look out for details of the Free New Year Party for local children, to be held sometime in January 2018.

We wish all our customers a Happy Christmas and Prosperous New Year!

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Horrelsford Garage, Milton Damerel, Holsworthy EX22 7NU, United Kingdom

Milton Damerel Methodist Church

CHRISTMAS PROGRAMME

Sunday, 10th December
Special Christmas Sunday School
11am in the Schoolroom

Sunday, 17th December
Annual Carol Service

With Revd Lynne Burgon
11am in the Chapel
 Collection for Action for Children
 Coffee & Mince Pies to follow

Sunday, 24th December
Family Nativity Service
 With Revd Lynne Burgon
3pm in the Chapel

Holsworthy Beacon
 Methodist Church

CHRISTMAS Carol Service

Sunday, 24th December @ 11am

COFFEE MORNING

Last Thursday of each month
(NOT December)
10am – 12noon
Chapel Hall

ROYAL BRITISH LEGION

Mid Torridge Branch

ANNUAL BINGO

Shebbear Village Hall
 Saturday, 2nd December
 Doors Open 6.30pm Eyes Down 7.30pm

Great Prizes Great Draw

St James' Church
Abbots Bickington

All will be welcomed to an evening **Carol Service** on
Thursday 21st December, 7o/c.

A **CHRISTMAS DAY** service will be held at the Church at 11
 o/c.

PILATES...

Methodist Schoolroom

Mondays

9.45am – 10.45am

&

11am – 12noon

Enquiries to Di Sluggett, our tutor, should you wish
 to join (281637)

St Peter's Church, Thornbury

Please join our Saturday Church to celebrate with **'The Scratch Nativity'**, no lines to learn, please come dressed as a character of your choice, Mary, sheep, Angels, shepherds, anything except Herod! The fun starts at **10 am on Saturday, 9th December**, at Bradford Village Hall, followed by wonderful festive fayre, sausage rolls, mince pies and mulled wine. Communion will follow shortly after, at approximately 11.15/11.30 for those who wish to join us.

Please come along and join us to celebrate, more details from Liz 261312 or Morag 281800.

CHRISTINGLE SERVICE at St Peters Church, Thornbury **Sunday, 10th December at 4pm**, everyone welcome

MILTON DAMEREL PARISH EMERGENCY PLAN

The Parish Emergency Response Team met in September and carried out the annual review of the Parish Emergency Plan. No significant changes were considered, however, the team decided that two-way radios would be purchased and that a revised copy of the summary of the plan would be sent to all households in the parish. The summary is included with this newsletter: it replaces the original copy dated May 2011.

A full copy of the plan may be seen on application to the Parish Clerk.

Emergency Response Team

Clifford Fishleigh – farms liaison
Gary Flack – medical
Roger Lawes - co-ordinator
Kate Moyse – secretary
Steve Moyse - livestock

Phillip Reed – farms liaison
Trevor Sanders – mechanical & transport
Robert Stennet - communications
John Webb – liaison with Torridge DC
Christian Whitley – deputy co-ordinator

Ready for winter?



Do you remember the last time that we had “proper snow”? It was probably ten or more years ago - when many roads within the parish were impassable for several days. Since then we may have forgotten the difficulty of dealing with ice and snow. But some of us are old enough to remember the conditions during the winters of 1963 and 1978/79 – which could happen again. We need to be ready, and the last thing we want to do is encourage people to panic-buy, however, some sensible measures should be taken. All households should hold a stock of candles (and the means of lighting them), spare batteries for torches, some dried food (pasta etc), dried soups and so on. This will ensure that, in extremes, no-one should suffer unduly.

Finally, when you go out in the car make sure that you are dressed for the weather and not for the warmth inside the car! A shovel and a blanket might also be useful.

Vulnerable People

It is not viable to maintain a list of individuals or groups of people living in the parish who may be considered to be vulnerable during a period of cold weather. Nevertheless, in an emergency resulting from heavy snow a priority at the time will be to establish such a list. In the meantime, if anyone does wish to notify the Team of a vulnerable situation or specific needs then they should inform one of the Response Team members.

Finally, only 19 weeks to go before Easter!

Parish Footpaths

All of our footpaths are currently usable although some are quite muddy in places due to the large amounts of rainfall which we have seen in recent weeks. By the time you are reading this newsletter, the last of the inter-parish walks for this year will have been completed and is reported on elsewhere in this issue by Evelyn. The 2018 walks programme will be available on the Parish website in the early new year.

With the health benefits of walking on a regular basis now well documented and being promoted by the NHS we have reproduced below an account of a recent walk with the Holsworthy Walk and Talk group.

Despite a wet and windy month our Friday walks have mainly been dry overhead. The Monday walks have not been quite so fortunate, but we have still had good attendances. Last Friday we met at 'St James the Great' Church, Kilkhampton, for a new Level 3 walk on our programme. A record number of 36 walkers set off on a lovely autumnal morning, through the churchyard and out onto West Street which is a part of the village not normally seen by driving straight through on the A39. A short walk took us to the National Trust site of a mediaeval 'motte and bailey' castle. A motte is the large circular mound which would have been topped by a wooden or stone lookout tower. Very little structural evidence survives here, which would indicate that this tower had been constructed from wood. The mound is surrounded by a ditch which is the route the footpath now takes. The bailey is the enclosed courtyard attached to the motte which would have housed the lord, his family, servants, horses etc., all surrounded by a wooden palisade, which is a fence made from wooden stakes and usually with pointed tops. Unusually, Kilkhampton Castle had two baileys. We then walked across a field which gave us wonderful views over the countryside, including a glimpse of the sea at Duckpool. A short section of road took us to a footpath/bridleway leading to Herdacott Farm. From here a steep decline through some woodland took us to the inevitable steep incline which slowed us down somewhat, but our heart rates soon recovered to finish the walk on a level path back into the churchyard just as a few raindrops began to fall. Technology showed that we had walked 2.6 miles or 7,000 steps which is well on the way to our recommended 10,000 steps a day. What technology doesn't record is the benefit of great views, short bursts of increased heart rates, the camaraderie of helping each other over stiles and down challenging slopes and talking whilst walking.

Written by Gillian Aston – walk leader.

Walking for Health offers benefits which can help reduce the risk of many common conditions, including heart disease, high blood pressure and type 2 diabetes. A recent study from New Mexico's Highlands University also indicates that regular walking can prevent Alzheimer's disease which has been linked to reduced blood flow in parts of the brain. Holsworthy Walk and Talk group offers a weekly Friday morning walk with routes which are graded so that you know what to expect and you can opt in or out accordingly. There is also a programme of Monday walks aimed at people recovering from illness or walking for the first time and which can be supported on a 1 for 1 basis, if needed. All walks are free to attend. For further information on the Monday walks please contact Gillian Aston on 01409 254642. For the Friday walks, to request a current walk programme or enquire about volunteering please contact David Arney on 01837 861829.

Bradworthy Primary Academy



6th December	KS1 Play
7th December	Christmas Party
8th December	Christmas Dinner
12th December	KS2 Play - Afternoon
13th December	KS2 Play - Evening
14th December	KS2 Play - Evening
15th December	Carol Service in the Church - Morning
	Break Up for Christmas Holidays
8th January 2018	Term Begins
12th February - 16th February	Half Term

Courtesy of BBC Good Food

Edible name place biscuits

Ingredients

300g icing sugar

½ tsp peppermint extract

4 giant cookies

sweets and sprinkles, to decorate



Method

Mix icing sugar with peppermint extract and enough water to make a thick icing. Spread the icing over cookies and create a border around the edges using sweets and sprinkles. Leave for 10 mins for the icing to set. Then, using an icing pen, write a guest's name in the centre of each cookie. When the icing is dry, wrap in cellophane and tie up with a pretty ribbon.

WHIST DRIVE

A **Whist Drive** will be held at **Milton Damerel Parish Hall** on **Saturday 2nd December, 7.30.** for Abbots Bickington Church.



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LEGAL ADVICE FROM BUSBYS - UPDATE ON COMMUNITY CARE

The latest information is that there are now approximately 700,000 fewer people getting care support than in 2009 - this approximates to a cut of 40%. More than two-thirds of us underestimate the real cost of care for the elderly. The latest figures show that the average care bill for an individual over a 10 year period exceeds £360,000. Consumers had believed the figure to be about £283,000, and you can see there is a potential short-fall of £77,000. Three-quarters of so-called millennials expect their parents to foot their own care bill. Set against that the worries of 30% of those aged over 55 who have no idea how they will pay for it. One way of paying for it is to sell the family home to finance care, and already one in five people in the UK are doing precisely that. Estimates indicate that caring for one of your parents for 6 years approximates to the same cost as raising a child to the age of 21.

You will see from these sobering statistics that families need to start talking about care planning now rather than leaving it to fate.

Meanwhile Barclays Bank have come up with a very good initiative. They now advertise that carers looking after elderly friends or relatives will shortly be able to get "carers' cards". These will be known as carers' cards, and the carers will be provided with debit cards with separate PINs so they don't have to ask for details which might tempt them to steal money. It will be possible to limit exactly how and where money can be spent with the use of these cards, and typically they will be used to buy groceries and pay bills. That will enable the carers to escape any accusation of fraud. These cards will give carers limited rights within the banking system, and in consequence are to be greatly welcomed.

Another good initiative comes from Royal Mail. Postmen will now be able to open and refuse to deliver any letters which look to be scam letters. The aim is to protect the elderly and the vulnerable who are very often targeted by unscrupulous individuals and companies.

I also read that Scotland will now proceed to ban private firms from carrying out disability benefits assessments. The Government will be aiming to create a system based on "dignity and respect". Having acted for many disabled clients in their efforts to get disability benefits, my hope is that England will adopt the same practice. Farming the work out to independent companies has led to some huge miscarriages of justice where dignity and respect have been largely missing.

Meanwhile, here at Busbys we send you and your families our warmest greetings for the Festive Season!

John Busby, Busbys Solicitors, Bude & Holsworthy

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A visit to Newmarket.

On a recent visit to Newmarket I had the chance to visit the Dalham Hall Stud, owned by Sheikh Mohammed bin Rashid al-Maktoum, the ruler of Dubai.

The first impression is “wow”, immaculately fenced paddocks, not a leaf out of place and this was at the end of October when the trees were shedding their leaves, the paddocks were more like over grown lawns not a weed in sight. A short walk took us to the stables where the stallions lived, each one had a solid oak highly varnished door with solid brass hinges and bolts, on the back wall of each was a very large plaque with the name and pedigree of the present occupier, once again not a bit of bedding out of place, spotless.

At that time there were only about 4 stallions in residence, Dubawi and New Approach being the 2 names I remember, Dubawi a stallion worth millions but a rather small (around 15-2) ordinary looking horse, but with a stud fee of £250,000 a mare and he generally covered 4 mares a day in the season, when the English season finishes he travelled out to Australia to work the season out there, just imagine £1,000,000 a day.

The rest of the tour was on 4 wheels, feed sheds, hay barns and the most amazing dung heap. As the bedding from the horses doesn't have enough dung in it it is used as bedding for a herd of cattle, once well “manure” it is emptied into a yard where it is scrapped into long piles and then a special machine gets to work, it travels along these piles turning them, after a few weeks of turning the bedding starts to look like compost, even this yard, apart from the piles, was spotless.

With this tour and also a visit to the Jockey Club, our visit to Newmarket was quite special, plus another highlight was seeing the statue of Hyperion that I had actually seen being sculpted back in the early 60's when I was just 16.



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MILTON DAMEREL GARDENING GROUP

All meetings are normally on the **3rd Monday of each month** at 7.30, at the Parish Hall or stated venue.

Membership is £5 and £2 per meeting, visitors welcome, at £3.

Tea and Biscuits provided

October 16th Meeting, member Edgar Pett displayed an array of edge tools and gave us a talk on how to look after and sharpen them. Also Dave Lavis from Bradworthy spoke about new Battery Operated Garden Equipment and demonstrated a remote Robot Lawn Mower. This was rather impressive and most members wished for one on their Christmas list.

Our last meeting for the year is on Monday 18th December, It will be a **Christmas Social** with a **quiz** and a Bring and share **Savoury** Supper. Mince Pies and Mulled Wine will be provided.

Meeting start again on 19th March 2018, this will be our AGM

Contacts Officers: - Jim or Mel Richardson 261 353

Lesley Self 261 294

MILTON DAMEREL GARDEN SHOW REPORT

Milton Damerel and District Gardening Group held its Garden Show on Saturday 9th September 2017. Exhibitors were a little higher than last year, and we were pleased with the quality of the entries. Sara Lawes provided refreshments of cakes and cream teas.

Annual Awards – To be returned before the next Show

The Jubilee Cup, for Best Exhibit was won by William Brown.

The Crompton Trophy, for Best in the Flower Section was won by Lillian Luxton

The Palmer Cup, for Best in the Vegetable Section was won by Rachael Poole.

The Linedancing Trophy, for Best in the Baking Section was won by Rachael Poole

Awards – To be kept by recipient

RHS Banksian Medal, for the most points gained in classes 1- 36, was won by Mary Carter.

Under 12 year Award was won by Alan Poole.

9 to 16 year Award No Entries.

Hope the Show is enjoyed by all and look forward to more entries next year.



MILTON DAMEREL & DISTRICT OVER 60s CLUB

Club normally meets on 1st Tuesday of the month at 2.30pm in the Parish Hall. (Except January).
It is good to have a regular good attendance for the Tuesday meetings – new members are always welcome.

The 2017 coach trips have been very well supported. In December there is the normal club meeting on Tuesday, 5th and then on 12th December, Christmas lunch at The Royal Hotel, for which 58 have booked, and the coach driver will be joining as well. Following lunch there is the annual Christmas shopping visit to Barnstaple.

The first meeting of the New Year will be the party on 6th February – bring and share tea and entertainment, and invites to non-members, particularly those who support the coach trips, but also anyone in the parish who wishes to join in is welcome to come along.

At the March club meeting there will be opportunity to discuss the 2018 coach outings programme, the outings will commence in April.

Chair: John Francis (Tel: 261117)	Vice-Chair: Edwina Hale
Secretary: Colin Boucher (Tel: 01288-359184)	
Treasurer: Iris Fry (Tel: 261322)	Asst Treas: Pam Pidgeon (Tel: 261428)
Enquiries to any of the above	

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Shed Burglaries

You will be aware from the weekly news reports that shed and garage burglaries are on the rise. This tends to be a regular trend at this time of year with mainly opportunist thieves looking for tools and equipment that they can sell on to make some easy money. Please make sure that your outbuildings are secured and that equipment is security marked in some way. This will make it less desirable to a thief and also enable the police to return it, should it come into their possession. We have a property marking handout for anybody who would like one.

BT Phone Scam (Yet another one!)

Please be aware that the Parish is currently being targeted by calls starting with the area code 01560. This is originating from Moscow in Scotland. The caller is a foreign sounding man saying that he works for BT and he needs access your computer to check for a broadband line problem.

DO NOT give him access to your computer, this is a scam and you should just put the phone down. The authorities are aware of the matter and are working to shut the line down.

STOP AND THINK

A national initiative has recently been launched called "Take 5 – To Stop Fraud" with the aim of trying to reduce the amount of money lost to scams, which continues to rise at an alarming rate and in particular is catching out the older generations who are more trusting which leaves them open to being caught out. If you have older friends and relatives please make them aware of the following:

- Never disclose your security details, such as passwords and pins.
- Don't assume that an email, text or phone call is genuine.
- Don't be rushed – a genuine organisation won't mind waiting.
- Listen to your instincts – you often know if something doesn't feel right.
- Stay in control – don't panic and make a decision that you will regret.

IF YOU HAVE ANY DOUBTS – GET MORE ADVICE

It is also important that **our local police force** has an accurate picture of crime in **our area** so they can allocate policing resources accordingly. They can only do this if you report crimes that have occurred.

Call 999 if:

- you're reporting a crime that's in progress,
 - there is a likelihood of the offender being apprehended if police officers respond immediately.
- if someone is in immediate danger.

Call 101 to contact your local Police force for **all non-emergency calls** to your local police force.

To report crime completely anonymously call **Crimestoppers** on **0800 555111**.

Report incidents of fraud to **Action Fraud** on **0300 123 2040** or report it online at <http://www.actionfraud.police.uk/>

As this will be the last newsletter for this year our PCSOs also join with us in wishing everybody a very Happy Christmas, Safe and Peaceful New Year.

Holsworthy Rural Policing Update:

Rural crime report since Sep. 2017 – 21st of October are as follows:

Theft from a motor vehicle – Shebbear

Shed burglary where several items were stolen – Highampton

Theft from a motor vehicle in Powler Piece Putford (vehicle parked in a forestry area) – wallet and cards were taken

Dog not under proper control – A dog had entered a neighbour's garden and killed a cat. The dog had been recently rehomed. – Bridgerule

Criminal damage to property – large number of bales in field had been damaged – Ashwater



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
Holsworthy Police Station

North Devon Hospice

Friends of The Long House meeting

North Devon Hospice are looking to set up a friends group in Holsworthy. The friends groups give support to organise amazing fundraising events and these funds will go directly to support the work of The Long House. By becoming part of the group, you will be making a huge difference to those we care for. This is a great chance to get involved in some really fun events and activities, while also socialising with like-minded people from the local area.

Anyone who is interested in finding out more about being involved in a friends group for The Long House is warmly invited to a short meeting. We will be holding the meeting at The Long House on Tuesday 5th December at 11am. Please let us know if you would like to attend so that we can bring enough cake for everyone!

01271 347213 jessburfordredgrove@northdevonhospice.org.uk



Equity release is becoming more and more popular with the over 55s, 55 usually being the minimum age, wishing to realise the equity tied up in their homes. There are a multitude of schemes available offering an array of benefits.

In principle equity release, or life time mortgage as it is sometimes known, is a way for the more mature house owner to release cash tied up in their property without the need to move house. There are a variety of schemes but the most common is a mortgaged based scheme that is repaid when you die or go into long term care. The amount you can borrow depends on your age, value of your house and sometimes health. A typical 75 year old could borrow around 47% of the value of their house with the percentage increasing with age and possibly certain medical conditions.

With a large number of interest only mortgages maturing at this time this means that the equity release scheme is a way of raising capital to clear any outstanding debt. In essence you are taking out a long term life time mortgage secured against your home, usually repaid from the sale of the property when you die or go into long term care. Most present day schemes offer a negative equity guarantee, so you should never end up owing more than you have borrowed however in the past some schemes were controversial, charging high fees, and some owners ending up owing more than the actual value of their home. Schemes have moved on with favourable rates, typically fixed between 5 and 6 %, however they are normally higher than the standard mortgage rate generally because the lender has to wait longer for the return and the scheme generally offers less cash than if the property is sold on the open market.

So is equity release, or life time mortgage, an option? You will still have to maintain and insure your house, including any repairs, however you don't have to make payments although the debt will increase over a period of time and consume more of the remaining equity in your home. Interest is charged on a compound rate, meaning the interest charged increases daily and homeowners borrowing just £45,000 over 25 years could end up paying just over £153,000!

Is it better to sell and downsize without having a loan and therefore leaving more to your loved ones? A question only you can answer!

Always seek professional advice before entering into any financial arrangement.

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What to do in your garden in Winter, Courtesy of Sutton Seeds

Should you have a few spare hours available, pruning dormant plants quite severely will prove beneficial for their growth next season.

So as to keep your favourite garden tools and mowers in good condition, servicing and storing them properly at this time of year is worthwhile as it will help to make sure they work well and last for years to come.

Another important job is to sweep patios and driveways so that any slippery algae and leaves are cleared away.

Keep clearing up any leaves so that slugs and snails can't shelter beneath them.

Now is a good time for repairing fences, trellises, pergolas, etc., replacing any loose posts or any that might be rotting at the base before they collapse which could cause a lot of damage.

Also treat timber with preservative or wood colouring when perennial and annual climbers have either died away or lost their leaves.

The remains of any old crops should be cleared away, and added to your compost heap or to your garden composter, tidying the area and preparing the ground for next year.

A layer of compost can be spread over the soil once cleared, using one of your best garden forks to work the compost into the surface.

During the winter months plants should be watered sparingly so as to prevent water-logging and rotting.

Plants should be checked weekly and only if the compost has almost dried out should watering be carried out. Also avoid getting any water on the leaves.

Sowings can be made of coleus, cyclamen and geranium provided suitable temperatures can be maintained.

Taller growing bush roses can be pruned down by about half which will prevent the wind from causing them to become loose through swaying and in turn damaging the roots.

The branches of standard roses should also be shortened.

Bare-rooted rose bushes can be planted this month.

Flower bulbs that have been potted up and placed in forcing frames should be watered if compost is dry, and only when their shoots are 5cm (2") high can they be brought out into light, cool conditions.

Broad Bean Aquadulce Claudia can be sown outdoors and the variety. The Sutton broad bean variety can be sown under cloches.

For large onions, seed can be sown during December and early January transplanting the young plants outdoors in spring.

Vacant areas in the vegetable plot can be dug ready for sowing and planting in spring.

Chicory roots can be lifted at this time by cutting back tops and potting up which will force them to produce blanched, tender chicons with whitened leafy shoots. Three roots should be contained in a 25cm (10") pot placing another pot (upturned) on top so that light can't penetrate.

Soft fruit such as currants, gooseberries, raspberries, blackberries and tayberries can be planted at this time as they are dormant.

Blackcurrants – established plants can now be pruned allowing the young wood, which will bear most of the fruit, to start putting on growth in spring.

Blackcurrants – all the buds that are intact should remain, but in the case of whitecurrants and redcurrants only the top four should be left, removing all the others.

Gooseberries – cuttings may also be taken.

Rhubarb – lift clumps, pot up in large boxes for forcing and place either in the greenhouse or shed. The roots should be covered with moist compost, then with the support of a frame place black polythene over the top which will exclude light.

Use apple trays for storing picked apples. Fruit that isn't going to be used immediately in clear plastic bags. The bags should be sealed but two or three small pinpricks should be made in the sides so as to release any gasses produced by the fruits. The bags should be kept in a cool place and only healthy fruits stored. Check the fruit regularly and remove any rotten ones.

Using a garden lawn rake to remove any leaves that have blown onto the lawn, keeping off the grass if wet or frozen!

Leaves should also be cleared away from rock gardens and borders.

Remove any worm casts when nice and crumbly by using a stiff broom/brush or besom from the lawn on a dry, windy day.

This is the ideal time to clean the greenhouse, pots using a pot brush and trays in readiness for plant raising.

Also check that greenhouse heaters and propagators are working correctly.

Greenhouses can be kept warmer using a heavy duty greenhouse fan heater and you can also using bubble film as insulation which is quite easy to fit.

Before starting to line glass below staging level with white polystyrene, was the greenhouse glass inside and out as this will maximise light levels.

Remember to keep the gutters clear of any leaves or debris.

Pests may overwinter on plants so keep an eye out for them, as small infestations of red spider mite, greenfly and whitefly can soon spread. This could provide problems in the future so it is best to control now by either spraying, removing them from the leaves or, if really necessary, disposing of any plants that are infected.

Milton Damerel Parish Hall

Registered Charity No. 281123

The Annual General Meeting was held on the 11th September and Charlie Brimacombe was welcomed to the meeting. There was no change to the committee as all agreed to carry on as before. The running costs of the hall have increased and the bookings have decreased so a rise in the cost of hiring the hall was agreed. The accounts have been audited for the past year.

Events Report

The Macmillan Coffee Morning was well attended and raised £180 which was sent to MacMillan Cancer Support.

The Soup and Sweet Social evening in September was popular again and raised £226.41.

The Halloween Spider Drive in October raised £42.20

Future Events for the Diary

- 2nd December** **Abbot's Bickington Church Whist Drive** – start at 7.30 pm
- 14th December** **Carol Singing** around the parish – Meet at 6.30 pm at Venn Green. From there we will continue to Town Farm area, Whitebear and Holsworthy Beacon so listen out for us! This year we will be collecting for the charity Shelterbox. Bring a torch and carol sheets will be provided.
- 16th December** **Christmas Charity Whist Drive** – start at 7.30 pm. Proceeds from the evening will also go to Shelterbox.
- 20th January** **Whist Drive** – start at 7.30 pm
- 17th February** **Whist Drive** – start at 7.30 pm
- 17th March** **Whist Drive** – start at 7.30 pm
- Advance Notice** 29th April 2018 – a provisional date for the next Community Lunch. More details to follow in the next Newsletter.

We are always looking for new people to join us on the committee, particularly younger people and men! If you think that you might have some good ideas for helping to keep the hall functioning or ideas for fund raising events we would love to hear from you. Chairman: Lesley Self, Secretary: Kate Moyse, Treasurer: Roberta Jackson, Publicity: Sara Lawes. Ann Poole, Mary Carter, Margaret Fishleigh, Elizabeth Bellew and Christine Cook.

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 to download a booking form and Terms and Conditions of Use, or contact:

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A little snippet from a Facebook contributor –
facts (not fats!) can take you along dubious lines of
thought!

Alcohol & Fats

It's a relief to know the truth after all those conflicting medical studies.

The Japanese eat very little fat and suffer fewer heart attacks than the British or Americans

The French eat a lot of fat and also suffer fewer heart attacks than the British or Americans

The Japanese drink very little red wine and suffer fewer heart attacks than the British or Americans

The Italians drink excessive amounts of red wine and also suffer fewer heart attacks than the British or Americans

The Germans drink a lot of beer and eat lots of sausages and fats and suffer fewer heart attacks than the British or Americans

Conclusion: Eat and drink what you like. Speaking English is apparently what kills you.

Inter Parish Walk

There was almost a party atmosphere on Monday 13th November when twenty nine of us met in the car park at Pyworthy Village Hall. The sun was shining & we had the prospect of a lovely walk which Gill had kindly agreed to lead. We set off towards the old School & then joined the footpath on the right hand side. It isn't easy to spot as it bends back on itself & goes behind the buildings that face the road. The route took us along quite a wet & narrow track initially but once we went through the gate into the field, it was drier under foot. It was a bit slippery when we went through the next gate as it is quite low lying near the stream. However, with a few pairs of steady hands most of us managed to negotiate the challenge without mishap & headed off across the next field. There is still evidence of the old Holsworthy to Bude railway line that obviously went this way in years gone by. We were then on terra firma as we walked along the lane that passes Villavin & Killatree Farm before emerging by the entrance to the show ground. I have driven from Killatree Cross to Derril on numerous occasions. It's quite a narrow lane & so the tendency is to look where you are going! It was really nice to have the opportunity to walk along there for a change & enjoy the views. We could have joined another footpath on our left which would have taken us across the fields but we decided that it was easier to walk along the lanes back to Pyworthy. The tower of St. Swithun's Church provided a landmark above the trees for anyone that wasn't quite sure of the way back. Essentially, we walked a very pleasant left hand loop in order to return to the Village Hall.



That was the last of our walks for this year. I know it will seem like a very long time before our next walk on Monday 12th February. In between, I will be putting together the programme of walks for 2018 so look out for it in January's newsletter. I'll be pleased to send a copy by email if you contact me - evelyn.sharman@btinternet.com



I will take this opportunity to thank everyone who has joined me on the walks which are organised basically to check on the condition of our local footpaths. Your willingness to come whatever the weather; to assist with trimming annoying brambles & to deal with some tricky sticky mud is much appreciated. I also owe a big thank you to those that have kindly devised some of the routes & led the walks in the Parishes of Bradworthy, Halwill, Milton Damerel & Pyworthy. I am always happy to lead the walks myself but if anyone in the Parishes of Clawton, Pancrasweek or Thornbury would like to lead the walks next year, please let me know.

I believe the timing is such that I need to take this opportunity to wish everyone a happy Christmas. I hope the New Year will bring you good health & happiness.

Evelyn Sharman Tel: 01409 259 848


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Being Forgetful!

Do we know from an early stage that this situation is the start of Dementia/Alzheimer's? Is it creeping in on us, like a wiggle worm? Should we take note? We laugh it off, when we know we have forgotten something not really important and apologise, if necessary. But are these signs.....

Some time ago, a month or so, I was talking to someone; I remember it was a lady, about marrows. Do we eat them, grow them? I responded that none were grown this year, but I don't mind them. I would make chutney, jam or in a concoction with tomatoes and onions. A few days later while we were out, 3 marrows arrived on the doorstep. I thought I'd remembered right, who dropped them off, a friend from the 60's group. On asking at the next meeting I was told, sorry no, it was not me. So who was it! I've racked my brain, but just can't recall. It's annoying, I'm cross with myself. Is someone out there thinking I am rude, by not saying 'thank you'? The person who left them will know who she is. Should I sign my name to this and let the whole Parish know I'm losing it.....possibly, or have I just had another senior moment. Just had another birthday, 68, maybe we are entitled to the odd occasion of forgetfulness, if that's what this is.

It will be a few more weeks before the Newsletter comes out, so maybe just maybe, I will have that light bulb moment and all will be revealed.

NO, still as blank as I was a couple of months ago.

Another incident that happened recently, that I find quite funny is, the cutting of my husband hair. A regular job, I've been doing it for years. This time of the year he like it a little longer..... When cutting, I looked at the clippers, is it second blade from smallest or second from below largest. On went the cutting blade, good job I started at the back. Oops, wrong size. So, short it is for the moment, good job it will grow, so no harm done really, but I was in a panic, for a few seconds. Just a few seconds....

Now Linedancing, repetitive dances every week. So why, at times, when the music comes on, its 'how do we start'. During dances, suddenly it's a hop skip and a jump, because the brain has gone dead....

Last week, tidying up the deep freezer, I left some chops out. Peter found them quite quickly, so unexpectedly having chops for dinner soon. Not like some months ago when we thought we had a dead rat in the cold room, turned out to be a defrosted packet of chicken, left on the floor

I've also been blank this week when I was asked, when am I returning the glasses to the Parish Hall that I had borrowed. No idea that I had not returned them and no idea where they were at home. On looking at home, the boxes were in the same place where I had put them when I had fetched them home....

So is forgetfulness the start of old age (is 70ish old...) getting older does not come without its problems, so keep smiling, most problems can be overcome. Make the most of each day, whatever happens. I'm sure I'm not the only one with that wiggle worm creeping in.

Lesley Self

Well now with that out of the way..... I have to say, Linedancing at the Parish Hall has finish. Not because of the above, but because we have dwindled in our numbers, only 3 committed and just 2 at times. Not really enough to carry on. We've had a good group over the past 18 years and fun evenings out, not forgetting that the dancing was good exercise for us.

I wish to finish off, with a big THANK YOU to all who helped Peter and I celebrate our 50th Wedding Anniversary, we really enjoyed our day with family and friends. Thank you for our lovely cards, presents, bottles of wine and bubbly. Half a Century, golly where did the time go, I've nearly strangled him a couple of times in frustration. After all this time he still 'winds' me up, but then he says 'no', he lost the key a long time ago.....

Thank you also for those who kindly donated to The Devon Air Ambulance, £100 was collected.

Paul Piper, who grew up at West Wonford, and now lives in London, took part in the 40th Chicago Marathon in October 2017. The number of entrants is limited to 45,000, and only those who finish in 6½ hours are officially timed. Whilst at the end of his blog he “admits” to achieving 45th position overall, he omits to say he was the fastest British runner in this World Marathon Major event. Congratulations, Paul!

A Runners High

Day 15 of 28 at Flagstaff, Arizona (7000ft above sea level).....

Another early alarm at 5:30 - quick cup of coffee, some gentle stretches then straight out the door for the morning run (a gentle 9 mile recovery run). It's another beautiful day in Flagstaff - cool but not a cloud in the sky with temperatures due to peak at around 23 degrees in the afternoon. In fact it's the same forecast for the next week - Flagstaff typically enjoys over 280 days of sun a year!

As soon as I get back from the run it's time for breakfast. I've decided to replace my usual cup of coffee with orange juice at meals - because I've learnt that caffeine is proven to inhibit iron absorption and good iron levels are essential to encourage a response to altitude training (vitamin C is also proven to help the absorption of iron). The negative of a much reduced caffeine intake is however evened out as I have had to increase my intake of (lean!) red meat to build my iron levels. A nice sirloin steak is on the menu tonight.....

In the afternoon I catch the bus to Buffalo Park - a regular haunt for runners (even Sir Mo). It contains a 2 mile trail loop and is relatively flat by Flagstaff standards. The loop is even distance marked every 1/4 mile. I complete a steady 6 miles with the middle 4 miles slightly quicker - targeting a heart rate in the mid to low 150's beats per minute. Any form of exercise at altitude is notably harder. My paces here are typically 30-40 secs slower per mile compared to the same effort at sea level (although hopefully this will improve during the last 10 days as my body creates more red blood cells).

It's another early night as I need a good night's sleep for tomorrow's hard session of 19 miles. For my hard training sessions, I have been travelling down to lower altitudes. My main options are either Sedona (4500ft) - a beautiful tourist town carved out of the red rock formations and Camp Verde (3000ft) - not as beautiful and a much smaller town but still nice. Both towns are less than an hour bus ride away but because of the dramatic drop in altitude, temperatures tend to be around 10 degrees hotter than Flagstaff.

I've been wanting to experience altitude training for a number of years now. Luckily a host of factors aligned and made it all possible - most of all I managed to get 4 weeks of leave approved at work! It's generally accepted that a duration of around a month is required at altitude to get the best results. Although I'll go some way short of stating this is a once in a lifetime opportunity - I do realise that I'm dealing in diminishing returns in now being closer to 40 than 30!

Flagstaff is a great location for altitude training - small enough to get around easily without a car but big enough to provide city conveniences to make living easy. There's plenty to do outside training - the famous Route 66 runs straight through the centre of town and the Grand Canyon is a short drive away. Regular snowfall in the nearby mountains make it a popular ski destination in the winter.

Time is flying here - I travel to Chicago in two weeks, arriving three days before the marathon. I'm now approaching the phase of training known as the 'taper'. This involves reducing overall training mileage and intensity of workouts to ensure you reach the big day fully rested, recovered and in peak condition for the race. Surprisingly it is a lot harder than it sounds but it is definitely a case of less is more, especially in the last week.



The end result a nice Personal best of 2:27:07 for 45th place at Chicago Marathon. Next stop London Marathon in April.



Gingerbread wreath Courtesy of BBC Good Food

Prep: 45 mins Cook: 12 mins - 15 mins

Serves 12 - 15

Turn delicately spiced, iced biscuits into an edible Christmas decoration - a gorgeous gift to give to someone special over the festive season

Ingredients

175g dark muscovado sugar

100g slightly salted butter

1 tsp bicarbonate of soda

1 tsp ground cinnamon

blue food colouring paste (optional)

silver edible glitter (optional)

85g golden syrup

350g plain flour, plus extra for dusting

1 tbsp ground ginger

1 egg, beaten To decorate

500g fondant icing sugar

ribbon and cellophane (if giving as a gift)



Method

Put the sugar, golden syrup and butter in a saucepan. Bring to a simmer, then bubble for 1-2 mins, stirring until well combined. Set aside to cool for 10 mins.

Tip the flour, bicarbonate of soda and spices into a large bowl. Add the warm syrup mixture and the egg, stir to bring everything together, then gently knead in the bowl until smooth and streak-free. The dough will feel a little soft now, but will firm up once cooled. Wrap the dough in cling film and chill for at least 30 mins.

Remove the dough from the fridge and leave at room temperature until softened. Heat oven to 200C/180C fan/gas 6 and line two baking trays with baking parchment.

Cut off half the dough and keep the rest wrapped in cling film. Roll out the dough to the thickness of a £1 coin, then use a plate or the base of a cake tin as a template to cut out a 20cm circle. Transfer to one of the baking trays, then use a 7cm cutter to stamp out and remove a circle in the middle. Roll out the remaining dough and cut out a variety of other shapes to decorate the wreath (you'll need about 20-25 pieces – we used stars and angels) and arrange these over the trays too.

Bake the biscuits for 10-12 mins, swapping the trays over halfway through cooking. Stamp a hole in the top of the ring using a small cutter, or the end of a piping nozzle, as soon as it comes out the oven – you can tie a pretty ribbon through this later. Leave to cool on the trays, then transfer to a wire rack to cool completely.

Mix the icing sugar with enough water to make a thick icing. Transfer to a piping bag fitted with a small nozzle, then decorate the biscuits as you wish, using a little edible glitter, if you like. We flooded some of the biscuits with pale blue icing (see tip) and piped white details on the others. Leave the icing to dry for 1-2 hrs, then use a little more icing to stick the biscuits to the wreath. Thread a ribbon through the hole and wrap up in cellophane, if giving as a gift (the ribbon is just for show and may not support a hung wreath). Will keep for 2 weeks.

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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 16th February 2018

The newsletters group members are:

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WHAT'S ONa selection of local events in Holsworthy, Torrington and Barnstaple

WHAT?	WHEN?	WHERE?
Pantomine: Aladdin	29 th January – 10 th February Mon – Fri evenings @ 7.30pm Saturday afternoons 2.30 pm, evening @ 7.30pm	H.A.T.S Tel: 01409 253826 www.holsworthytheatre.co.uk
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
Workshops:		
Fingerprint Christmas Card Making	19 th December 10am -12 noon Guildhall, Barnstaple	
The Polar Express Play in a Day 7-12 yrs	22 nd December 10am - 4pm	
Print Workshop	8 th January 10am – 1pm	
Theatre:		
Quirk Theatre & Exeter Phoenix present: Lucy & The Lost Ones	1 st December @ 10.30am & 1.00pm 2 nd December @ 1.30pm & 4.00pm	
The People’s Theatre present Santa in Love Family show for Ages 2+	21 st December @ 2.30pm	
David Mynne performs A Christmas Carol	22 nd December @ 8pm	
Film:		
Paddington 2	16 th December @ 11am 17 th December @ 5.30pm 18 th December @ 3pm 19 th December @ 2pm 20 th December @ 3pm 27 th December @ 2pm 28 th December @ 11am 29 th December @ 2pm 30 th December @ 3pm	
Music:		
The Exmoor Carolers	23 rd December @ 3pm	
Pantomine: Beauty & The Beast	8 th December – 31 st December Peformance times up to 3 times a day – see web-site or telephone box office	The Queen’s Theatre, Barnstaple Box Office: 01271 316063 www.thequeenstheatre.co.uk
Milkshake! Live: The Magic Story Book	10 th February @ 12pm & 4pm	

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.

What's on Diary

Page

Whist Drive - Abbots Bickington	2 Dec	7:30pm	13
Annual Bingo	2 Dec	6:30 for 7:30	10
Holy Trinity Gardening	7 Dec		8
Christmas Tree Festival	8/9 Dec	2pm-5pm	8
Scratch Nativity St Peters Church	9 Dec	10am	10
Holy Trinity Carol Service	10 Dec		7
Special Christmas	10 Dec	11am	10
Christnigle Service St Peters Church	10 Dec	4pm	10
Milton Damerel Carol Singing	14 Dec	from 6:30	22
Christmas Charity Whist Drive	16 Dec	7:30pm	22
Annual Carol Service	17 Dec	11am	10
Milton Damerel Gardening Club	18 Dec	7:30pm	
Christmas Carol Service Abbots Bickington	21 Dec	7pm	10
Christmas Carol Service Holsworthy Beacon	24 Dec	11am	10
Family Nativity service	24 Dec	3pm	10
Holy Trinity Gardening	4 Jan		8
Whist Drive	20 Jan	7:30pm	22
Holy Trinity Gardening	1 Feb		8
Whist Drive	17 Feb	7:30pm	22
Holy Trinity Gardening	1 Mar		8
Whist Drive	17 Mar	7:30pm	22

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 Morning Prayer	10.00am 3rd Sunday every month
Parish Church Eucharist/Lay Service	11.30am 1st Sunday every month
Pilates	Monday 9:45 - 10:45 11:00 - 12pm
New Baby & Toddler Group Methodist schoolroom	Tuesday morning 10.30 till 12