



Looking South from Higher Grawley. Photo by Dave Taylor.

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Milton Damerel Parish Council

December 2019

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

E-mail: miltondamerelpc@hotmail.co.uk

Tel: 01409 282956

Councillors:

Stephen Moyse (Chairperson)	01409 261151	Richard Piper (Vice Chairperson)	01409 261114
Rose Haynes	01409 261577	Jim Richardson	07866 406977
Gareth Piper	07966 558385	Peter Buckpitt	07584 086693
Teresa Walters	01409 261871		

Meetings of the Parish Council are usually held on the third Wednesday of each month. The agendas for all meetings are displayed on the notice boards and available on the Milton Damerel Website, no later than the Thursday before the meeting. The draft minutes are posted to the website within 30 days. Members of the public and press are always welcome, time is set aside for comments but they may not take part in discussions at any other time.

Devon Air Ambulance Trust Night landing site.

Some of you might be aware that your Parish Council is in the process of having a site prepared in Milton Damerel. Devon Air Ambulance Trust will contribute the majority of the funds needed. The grant from Torridge District Council of £3250 has now been received, as has grants from DCC Barry Parsons £400 and District Councillor Kit Hepple £400, the planning application has now been submitted and we are waiting for the approval before we can continue with the venture. There will be ongoing costs and ideas for fund raising will be appreciated. Just contact me or any Parish Councillor. This is a vital facility and could save your life!!

New District Councillors

Our new District Councillors Kit Hepple and Ken James have attended our meetings and keep us up-to-date as to what is going on with Torridge District Council, a brief synopsis of the contents of their reports are in the minutes of the meetings that they attend, all minutes from the monthly meetings are put on the website.

Devon County Councillor Barry Parsons;

Barry attended our October meeting; a brief synopsis of his reports is contained in the minutes. His full reports can be found on the website. His continued support of the Parish is greatly appreciated. Although Barry cannot attend all meetings, he works diligently in the background to support the Parish Council.

There are funds available from him for worthy causes, if you have a request for a grant, please contact the Clerk or any of your Parish Councillors with the details.

PCSO Emma Tomkies and PCSO Mark James have been unable to attend any meetings recently but send regular updates by email to the Parish Council.

Planning matters:

There have been very few applications over the past three months. The amended application for the development at **Town Farm** is still being considered by Torridge Planning department.

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.

Milton Damerel Parish Grants

Grants for the financial year 2020/21 will be considered at the meeting to be held on the 20th November 2019, if you would like to apply for a grant please have your application in by the Friday the 15th November, notices have been displayed for a few weeks. If you did not get your application in in time, you can still write to the Clerk for consideration next year. Please be aware that grants are usually only awarded to local organisations and cannot be given to any individual. Please see 'The Step Back in Time Fund'

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.

Website

We would like to up-date the photographs on the 'front page' of the site, if you have any suitable photos.

We can consider can you please email the Parish Clerk.

If you have any events that you want advertised please let me know or email to me in pdf format, the website cannot be kept up-to-date if I do not get the relevant information.

Community Grants

Sutcombe Parish Councillors were very grateful for the donation of Milton Damerel's share of the grant, towards the ongoing project of the Playfield; contractors have now removed the old classroom and demolished the wooden structures. A new 'hard standing' and grassed off area has now been completed, when funds are available it is hoped to erect picnic tables.

Don't forget: Children of residents of Milton Damerel and surrounding area are more than welcome to use this equipment, there are no restrictions to do so.

Bus Shelter at Holsworthy Beacon

The new Bus shelter has now been erected.

If at any time you can spare a bit of time to clean the shelters windows it would be greatly appreciated, but please be aware of your own safety when doing so, and inform any Councillor or the Parish Clerk of your intentions.

Community Defibrillator (AED):

A new stainless-steel cabinet for the AED at Holsworthy Beacon has now been erected, you might be aware that it is now on the opposite side of the road as the old workshops have been vacated. Our thanks go to W J Watkins for permission to erect the new cabinet on the wall. As soon as finance allows, we will be replacing the cabinet at the Garage.

The 'pads' and charging sticks have now been purchased, and duly installed into both ADE's.

If at any time you see that there is any damage to the cabinet at either site, or if the light is not working please contact the Parish Clerk or any Councillor. If you would like a refresher on the use of the AED and basic life support please let the Parish Clerk know.

Condition of the Roads in and around Milton Damerel:

The Parish Council receive numerous complaints regarding the poor state of the roads, the Parish Clerk always passes on the complaints to Devon County Council and copies in Councillor Barry Parsons, who invariably substantiates our complaints. The more people that go onto Devon County Council's website and reports potholes and poor road surfaces the better, the Parish Council encourages residents to do so as often as they can.

Finally, as 2019 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 agendas and minutes are available on www.miltondamerel.com

Lorraine Buttery -Clerk & RFO to the Parish Council

9th November 2019

Eating Out.

Hans Court, Fremington, Barnstaple, EX31 2NX. Telephone 01271 373865.

I wrote about Hans Court a little while ago, I have since tried the "Eat as much as you like" available between Sunday and Thursday, 12 noon till 5pm. We went on a Monday, what a pleasant surprise, how it works is you can order from a menu with a very wide choice, you can order as much as you like, starters, as many as you like, each one ordered is individually cooked as you order, so, you order your first choice, after you've eaten that your waitress will ask for another choice, you can have as many starters as you like, the same goes for your main courses and desserts, eat as many as you like, be warned though anything left will be charged an extra £5 per container so don't be over greedy. It costs £14.99 an adult for 2 people or more, £18 for 1 person, children 5-10 years old can eat for £7.49, under 5's eat free.

This is ideal if you have visitors and you can do lunch or a very early evening meal, maybe call in on your way back from shopping, the food was delicious and fresh.



CONGRATULATIONS!

To Lesley Self who celebrated her 70th birthday in October



WELCOME & GOODBYE

Welcome to:

Michelle Parsons, Calum & Mya who have moved into No: 2 Horrellsford

Nigel & Mary Green who have moved into Woodland Villa

New residents who have moved into Arden, Venn Green

Mark & Linda Ansell who have moved into Comfort Cottage

John & Hayley Hogan, Ely & Riley who have moved into Glendale

Stephen & Natalie Carruth and Donnell who have moved into 4, Beech Park,

Holsworthy Beacon

Mitchell Ley and Millie May who will be moving into 10, Beech Park, Holsworthy Beacon

Duffy & Merrill Fox who have moved into Meadow View, Gidcott

Good-bye to:

Gareth & Paris Kendall-Thomas who moved into their new house in Barnstaple.

*** We are sorry if we miss any occasions for this page – our coverage is only as up-to-date as YOU provide information to us – see final page for contact details. Thank you ***

Regular readers will observe we have reduced the amount of detail included on this page – this is due to the Newsletter Group reviewing how we should comply with the General Data Protection Regulations (please see Page 32)

Holsworthy Beacon
Methodist Church

CONCERT

Baseline Choir from Bude
Sunday, 8th December at 5.30pm

COFFEE MORNING

Last Thursday of each month
[Not December]
10am – 12noon
Chapel Hall

A warm welcome to all!



Chimney Sweeping
Reasonable Rates
Ring David Seggons
01409 241702

Now offering a new service
Carpet cleaning, £2.50 per m/2

Chapel News December 2019

Ministerial musings from Milton Damerel Chapel.....

The quote 'Change is the only constant' is often attributed to the Greek philosopher Heraclitus who lived over 2000 years ago. His studies led him to conclude that change is central to the universe, for example he said – 'you could not step into the same river twice, for the flow constantly changes it'. Yet as human beings we often seek to avoid change, finding comfort in the predictable. Obviously this depends on the circumstances of the change. If things are going well for us, we don't want that to change, but if things are going bad for us then perhaps we would welcome change.

At this moment in time we are experiencing great turmoil in our country. There are many fearful about the future, our farmers, businesses and industry unsure what Brexit will bring, whilst the person on the street probably doesn't understand how it will personally affect them (I know I don't fully understand the possible implications!). The election throws further confusion into the mix as we try to make sense of the various promises of those who seek to serve us in governing our country,

In the midst of this constant change I find comfort in the regularity of the Christian calendar. At this time of year, I embrace the promise of Advent – the anticipation of another Christmas to celebrate. A time to re-focus myself on the hope that is set before us. Jesus, born into the world in a tiny, obscure town called Bethlehem. God stooping down to earth to reveal a different way of relating to one another. A model of living to follow that preaches the way of love, mercy and justice for all. The hope that our love for God will overflow into love for our fellow humans and one-day peace will rule in the hearts and minds of every person on earth. To many this may seem impossible given the daily news of atrocities and war torn ravages in many countries but for me it is a hope I have set before me. It enables me to face change with a quiet confidence, believing God is in ultimate control and his salvation plan will come one day, even if I can't see it today. That's why I pray 'Thy kingdom come, on earth as it is in heaven' (The Lord's Prayer). I will continue to pray for peace, peace of mind and peace on earth. I hope you will join me in this prayer at one of the many services on offer in the coming weeks.

Lastly, may I wish you all a Merry Christmas and a Happy New Year. May the New Year bring us a bright future where hope and peace may prosper.

Rev Lynne Burgon

CHRISTMAS CELEBRATIONS – The Annual Carol Service will be held on **Sunday, 15th December at 11am** and Revd Lynne Burgon will lead the service. Coffee/tea and mince pies will be served after the service and the collection will be donated to Action for Children.

The following **Sunday, 22nd December, at 4pm** Revd Lynne Burgon will conduct a Crib Service followed by Bring & Share Tea.

Please come along to join in with the celebration of Christ's birth.

HARVEST FESTIVAL CELEBRATIONS – Another successful week-end celebrating our Harvest. There was a good congregation for the Sunday morning service when the preacher was Barry Searle and the young people shared harvest activities and bread-making in the Sunday School. Our Monday evening preacher was unable to come but our Superintendent Minister, Revd Rob Blackhall led the thanksgiving after the bring and share tea, which again was well attended, and this was followed by the sale of produce auctioned by James Morrish of Kivells. A total of £502.10 was raised for Chapel Funds. Thank you to everyone who helped with the flower arranging and displays on the Friday and to everyone for coming along and supporting over the week-end.

AFTERNOON TEA & CAKES – The last Afternoon Tea & Cakes for the year was held at the end of October and we had a steady flow of 'customers' throughout the afternoon. Home-made Christmas decorations and gifts were available in addition to the usual stalls. There was the usual array of homemade cakes. The proceeds were divided equally between Tear Fund for the Yemen Appeal and the Royal Life Saving Society UK Save a Life charity, with each receiving £76.

BIBLE STUDY – The discussion group now meets at 2.30pm on Monday afternoon in the Chapel Kitchen – we are on "winter" time. We continue to use the Cover to Cover study material either covering a book of the Bible or a topic. Currently we are part way through a 9 week study exploring the Gifts of the Spirit. Discussion leads us to all sorts of topics

of conversation, along with some humour, and if you enjoy conversations or perhaps just listening please feel welcome and come along. We will be following an Advent study from 2nd December – you are welcome to come along just for the 4 weeks leading up to Christmas, as a taster. For more details speak to Sheila (Tel: 261466).

FAMILY SERVICES – All-age, family, friendly worship held at 11am on the last Sunday of each month. All are welcome to the services, which are followed by tea, coffee, etc., and for this quarter will be **29th December**, which will be a Local Arrangement service when 'Chose your Carol' will be the main theme, **Sunday, 26th January & Sunday 23rd February**.

SUNDAY SCHOOL - We offer a monthly Sunday School on the second Sunday of each month at 11am. We join with the morning service congregation for a short time then get together in the Schoolroom for activities and stories. The next sessions will be on **Sunday, 8th December**, with a Christmas theme, **Sunday, 12th January**, and **Sunday, 9th February** all at 11am. See Junior News. Details from Sheila (Tel: 261466).

CHAPEL FLOWER PLAN for the months of December to February 2020

1 st & 8 th December	Mrs Lilian Luxton
15 th , 22 nd & 29 th December	Daniel Family
5 th & 12 th January	Mrs Valerie Harris
19 th & 26 th January	Mrs Phyllis Piper
2 nd & 9 th February	Mrs Sally Piper
16 th & 23 rd February	Mrs Katie Allin

SEW 'N' SEWS – We continue to meet once a month on a Saturday in the Chapel Kitchen, bringing along our respective projects - knitting, sewing, etc., Due to other commitments we did not meet in October and have planned to get-together on **Saturday, 30th November**. We will not meet in December but will restart in January and February.

For details of our next Sew N Sews please check noticeboard on Chapel railing or contact Barbara – 01805 601651 or Sheila 01409 261466. It would be lovely to have a few more needle-workers join us!

CHURCH COUNCIL – At the recent meeting some changes in officer holders were agreed and Roger Daniel thanked for his dedication to the chapel over many years. Annual accounts, annual property and other returns were approved for the year ended 31st August 2019. Various property matters were considered for the chapel and cottage, and approved for action. Further meetings were arranged for 21st January 2020 to discuss patterns of worship and a recent bequest and for the Spring Church Council on 25th February 2020.

CONTACTS – For further information or help please contact: Our Minister, Revd Lynne Burgon (01237 730177): Our stewards: Dan Brett (Tel: 261609) & Jeremy Sharp (Tel: 261548), Property Steward: Julian Allin (Tel: 261188). Secretary: Katie Allin (Tel: 261188).



*We wish every-one a joyful and peaceful Christmas
& prosperous 2020.*



HOLY TRINITY CHURCH NEWS

Rev Richard Freeman Tel 01409 241315

Church wardens Isabel and Roy Fairbrother tel 01409 261181



Hello Everyone

The bad news first; because of events that have left the Bradworthy Choir without a Choir Master the choir has been disbanded. It is a terrible shame as they were a pleasure to listen to.

Our church will sadly miss their input at our annual Carol Service which they have freely supported for many years. Through their beautiful voices raised in song they have added joy to our Christmas time.



We pray the future will bring a person with skills enabling the choir to regroup and entertain us in their special way again.

If you have been into the church recently you couldn't fail to notice the QR code just inside the door. It can be scanned with a mobile phone but you may need to download a free QR code app –depending on your phone type.

The scan will lead you to ...well pop in and try it.

Or try this one if you are not sure what a QR code is and how it works it will take you to a page on the internet that will tell you all about QR codes - then pop into church to try.

Church recycling - Many thanks to Edwina who started the recycling of plastic tops/lids for the church roof benefit, and Keith who works hard to collect them all from Lizzy's Larder, Sanders Garage and the church porch. Please continue to recycle these things as it is making a difference. You can also leave empty ink cartridges unwanted electric cables and similar wiring and metal objects but if these are large please call for collection. The more we recycle the more money we make towards repairs to the church building; without money for repairs the church could be closed.

On the Historic Churches Trust Register Holy Trinity has now moved from category C to category A.

It means 'in imminent danger of closing'. Be sure that once that happens it is unlikely to open again and will become a derelict building in our midst reminding us, and generations to come, of our failure to preserve this beautiful C13 building. It would not be sold.

You could help by joining the Parish Giving Scheme.

It is a means whereby members of the community have the opportunity to make a regular contribution to the upkeep of this building. You don't have to come to church, you don't have to be a Christian, you can request your details are not divulged to anyone, you can choose how much you wish to give. It is collected by Direct Debit and all donations from this scheme have the added bonus of receiving Gift Aid so the value of the donation is increased. You can cancel anytime you wish to.

Surely there is more than 4 people in this parish who want to see our church building survive.

Collect a pack from the church, you will find them next to the visitors book just inside the church or call at Albatross Venn Green. In the meantime the rainwater continues to flow down some of the pillars and especially near to the vestry where it forms quite a puddle, and drips through the ceiling in places.



Garden Party August 17th Glorious sunshine turned to torrential rain prior to this event, was it going to be a repeat of 2018 where we had to hold the event in the church? We made contingency plans in the event of the weather being nasty on the day but the wind blew and dried the land and the sun shone, turning it into a pleasant afternoon. We enjoyed food from the BBQ and cream teas, as well as purchases from the cake stall. The bric-a-brac and tombola was very popular made all the more so by donations of special French products. Anne had made her fantastic range of chutneys and jams - we especially like the mango, and also the apple and plum and well really they are all delicious and she also had a selection of fresh local grown garden produce. There was the plant stall with plants donated and run by the MD Gardening Club - who are always supportive.

Plus the Mega Raffle, so called because we had fantastic prizes again this year, from bottles of the best French apple juice

and Cyder (which some of us have acquired a taste for) to a family ticket for a day out at the Big Sheep. Thank you to all who donated the raffle prizes.

As well as all this there was the final showing of the local film 'A Year In The Life Of A Rural Parish', produced and directed by Mr R Stennett with music by Scott, Yvonne and Jo. A beautifully put together film- I know I would love to see it again. Total money raised was £563 – thank you to everyone who supported this event, making it successful.

The Milton Damerel T Shirts really caught the imagination and have been sent to different parts of the world.

We have the last few for sale 1 'M' 3 'L' and '2 XL' in navy and gold, price just £12 each for these quality garments.

Don't miss your chance to own one of these unique shirts. Could become family heirlooms. Contact 01409 261181.

In church we still have Milton Damerel stickers for sale at 60p each.

We opted to hold a 'Devonshire Cream Tea' for the 'Ride and Stride Day' September 14th as we know not many people manage to get to Holy Trinity, (just one visitor again this year). It turned out to be a busy date with events taking place all round the area so expectations were not very high.

The day turned out sunny and warm so we were able to sit outside and enjoy the lovely afternoon with a delicious cream tea made the traditional 'Devonshire' way by Roberta. It was a very relaxing and very sociable afternoon enjoyed by all.

Thank you to everyone who joined us.

Donations of £60 was raised for the Churches Trust and duly forwarded to them. See letter of thanks below.

Dear Mrs Fairbrother

I am writing to thank everyone at Holy Trinity Church for making a donation of £60 to the National Churches Trust. I am so glad to hear that your Ride & Stride day with cream tea was a great success.

Finally, please accept our sincere thanks once again to all those at Holy Trinity for their generous support.

With very best wishes,

Anna Tham

Fundraising Officer



Services for the next three months are as follows:

Holy Trinity Carol Service will be held at 7.00pm December 17th

With Mulled Wine and Mince Pies.

11.30am	10.00am	11.30am	10.00am	11.30am
January 5 th	January 19 th	February 2 nd	February 16 th	March 1 st
<u>Sung Eucharist</u>	<u>Morning Service</u>	<u>Sung Eucharist</u>	<u>Morning Service</u>	<u>Sung Eucharist</u>

Church Fundraising Events Diary:

Our annual Christmas Tree Festival will be held on the weekend December 14th and 15th

Are you ready for this exciting event. We are always amazed by the enthusiasm that you bring to the event, and the imagination that can run riot. Everyone is welcome, if you can't bring a tree then promise yourself you will come on the 14th or 15th and see the decorated trees, they may give you some inspiration.

Trees can be brought into church on Wednesday 11th December either ready decorated or decorate at church from 1.00pm – 5.00pm. Hot drinks will be available.

A tree can be any size, any colour, real or artificial twigs or bushes and decorated to your choice, anything goes HOWEVER power in church is limited so if you are planning to festoon your tree with lights then please use the battery type and ensure they have good batteries in them. There will be a small prize for the favourite tree voted for by visitors to the festival. Last years winning tree was a memorial to the men lost from this area in WW1.

Open to visitors 2-5pm Saturday and Sunday. Refreshments will be available.

Church Gardening

The last few months have been difficult with all the rain making the ground soft and difficult to mow, but the volunteers turn out come rain or shine and always find a few jobs to do.

The garden that Lesley created, and Ann enjoys weeding, has looked nice this year, the first year in bloom, and is a splash of colour along the eastern hedgerow.

The bug hotel has a few residents and a small frog was seen on the 'green' roof, possibly a nice dinner table for him. We are not sure at the moment what is there but are keeping a log of animals/insects seen using the hotel – book them in – so to speak. If you take a peep please do not disturb but do record your sightings for us.

Amongst the larger animals we hope, eventually, that hedgehogs and possibly slow worms and grass snakes will take up residency, time will tell.

If you would like to spend time helping out with church gardening just turn up, bring your welly's and gardening gloves. Join us anytime between 1.00pm to 5pm - as much or as little as you feel like – the time passes by very quickly

The all-important Gardening Dates now just once a month, (subject to weather), for the next few months.

January 30th

February 27th

March 26th

Roy and I wish our community a 'Happy and Healthy Christmas and New Year'

Isabel

Church Warden

Holy Trinity Church, Milton Damerel



CHRISTMAS TREE FESTIVAL

Sat.14th & Sun.15th Dec.

2pm to 5pm

You are invited to **VIEW** the trees and decorations, enjoy **REFRESHMENTS** & **VOTE** for the tree **LIKED** the best.

Mini Tree Hunt for children with prizes on the day

A prize for the tree most 'LIKED' will be presented at the Carol Service on Tuesday 17th Dec. at 7.00pm

Individuals and Local Organisations are invited to display Decorated Christmas Trees. The Church will be open 1pm - 5pm Wed. 11th December to set up your Decorated Christmas Trees

Any queries contact Roberta 01409 261196 or email robertajackson666@gmail.com

Proceeds to Church Roof Restoration Fund

JUNIOR /YOUTH NEWS

Toddler Group

We meet on Tuesday mornings, and are there from 10.00am – 12.30pm in the Schoolroom.

Please feel free to come along and join us, Dads are also welcome. Also Lisa, who works for Action for Children, drops in to see us from time to time.

We celebrated our 6th birthday on 5th November with a party.

We are delighted to have a new helper, Jenny Thursdon, from Northam, and were very grateful to Sarah Richards, from Bideford, for her help whilst Revd Lynne was unable to come along.

Please note: We have a good selection of toys and ride-ons, which we would be happy to lend for local children's parties, etc., for just a small donation to our funds.

Sunday School

Sunday School is open to all local children to come and join in with stories, games, songs and crafts. We normally meet on the 2nd Sunday of each month at 11am until approximately 12.30pm. No charge and refreshments provided. **Sunday, 8th December** will be Christmas themed, and in the New Year Sunday School will be held on **Sunday, 12th January, and Sunday, 9th February.**



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www.holdcroftlighting.co.uk

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Footpaths News

Milton Damerel Parish Footpaths: If you are walking our footpaths and are faced with an electric fence crossing your route, this is to keep the livestock in the fields concerned but **NOT** to keep people out. At each point where one of these fences crosses a path, insulated handles (ours are either orange or black in colour) are provided to enable safe passage through the fence. After passing through the fence please return the handle to the **correct position** in order to maintain the electric circuit and therefore the integrity of the fence. If you are walking our rural footpaths and come across any problems, please let either the Parish Clerk or any of the Councillors know as soon as possible.



All our footpaths are currently open and useable although due to the recent high levels of rainfall some areas are quite muddy and suitable footwear is recommended.

Inter-Parish Walks: The November walk, which is reported on elsewhere in this issue was the last walk for 2019. The new programme will start in February and will be available from the website early in the New Year.

Holsworthy Walk & Talk: Unusually we had to postpone a walk this month and relocate to a different venue. The postponed walk at Clawton was a new addition to our repertoire which will now be included in the Spring/Summer programme when, hopefully, the ground conditions will be drier and the footbridge steps repaired.

All walks are risk assessed to ensure that they are safe. Occasionally the route will be altered slightly by the Volunteer Walk Leader on the day to avoid any potential dangers as walker safety is always paramount.

Our Winter programme makes full use of the variety of woodland and tracks which we have in abundance in this area including Halwill Junction, Upper Tamar and Bude Canal.

The Monday Walk in the Park continues to go from strength to strength. The benefits of walking to physical and psychological health are continually being recognised and we have had several new referred members from various agencies including the Alzheimer's Society and a new initiative called Active and Connected which aims to improve health and well-being by encouraging gentle exercise both at home and in the community.

Our Friday walks meet at 10.30 am from various locations as listed in our programme. The November 2019 to February 2020 is now available on line at www.walkingforhealth.org.uk and in Holsworthy Library and Holsworthy Information Centre. Monday walks meet outside the Holsworthy Area Sports Pavilion at 10.30 am. All walks are FREE although there may be a small parking charge if we start from a public car park.

Report written by Gillian Aston



PILATES

Methodist Schoolroom

Mondays

9.45am – 10.45am

&

11am – 12noon

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

Inter-Parish Walks

September

On Monday 9th September, fourteen of us met at Clawton Village Hall. In hindsight, I should have taken a photo of everybody before we set off as it started to rain shortly afterwards. Any views were sadly hidden by the low cloud. By the time we got back to our cars, there was a distinct damp feel but everybody's smile was evident in spite of the weather!

Our route took us along the lane heading up hill initially. We turned left at the T-junction & after a short while we spotted the footpath sign hiding in the hedge opposite the entrance to Hole Park. We ambled down the drive & admired the beautiful hanging baskets. From there the footpath was well marked & took us across a field of lush grass. This was something of a contrast to twelve months ago when the ground was really parched & farmers had to provide feed for their livestock. We crossed the wooden footbridge that was incredibly slippery & we were grateful for the handrail! Historically this walk had involved several challenging stiles but they were replaced with galvanised gates by DCC a couple of years ago. This has made a huge difference & now the route has become a most enjoyable circular walk re-joining the lane between the Church & the entrance to Court Barn Country Hotel. When we returned to the Village Hall, Irene & Les Ellis had kindly put the kettle on for us. There is obviously quite a major project going on there & I believe the car park will be resurfaced. It's a great facility for Clawton & we were most thankful that we could make use of it especially having got so wet.

October

I didn't need to know actual rainfall figures to know that we have had a LOT of rain in October. Our ground is saturated at home and has quickly turned to mud. Given that our walk on Monday 14th October followed another deluge of rain overnight, I wasn't necessarily expecting many people to join me on our walk in Bradworthy. As 10 o'clock drew nearer, Daphne Nicholls was looking a bit worried. There was little evidence of walkers and she had arranged for Tina to lead the walk and for Ivy to bring up the rear. We were both somewhat relieved when there was suddenly quite a flurry of activity and a lot of people wearing wellies and stout walking boots emerged from the cars parked in The Square. In fact there were twenty three!!

We headed north along the road towards Hartland and Meddon enjoying each other's company and the fact that we weren't getting wet. After a while Tina led us down a track on the left. It wasn't marked as a PROW (Public Right of Way) but apparently it is classed as a "green lane". It was decidedly muddy but everybody had stout footwear and we splashed our way towards Dinworthy Farm. We then joined a



lane and headed to the left which subsequently brought us back to the road opposite Crosspark. It was just a short stroll back to The Square and we were treated to refreshments in the Collacott Room of the Village Hall by Daphne and Jenny. For those that are not aware, this room is used to store local archive material and is open on Wednesday mornings (10am - 12.00) for anybody that is interested.

November

With kind permission from the Kirk family, we met at Higher Larkworthy Farm on Monday 11th November. It is very much a working farm and we were all grateful for their kind hospitality. Once we had admired the puppies, twenty-one of us set off along the public footpath through Lower Larkworthy Farm. The route took us through a couple of grassy fields which became squelchier as we progressed down the hill. A hare popped up out of the grass and shot off. I don't know who was more surprised to see the other! We crossed a little stream using the footbridge and emerged onto the lane at Henford. Walking on footpaths often makes me feel like a rabbit popping out of a burrow wondering quite where I have emerged! We got our bearings and headed left towards Ashwater up a VERY steep hill. Bearing in mind it was Remembrance Day, we held a minute's silence at the top. At this point, we turned left along a privately owned track which created a very nice circular walk back towards Higher Larkworthy. I distinctly remember saying that I would take a photograph of everyone while the sun was shining..... and then the hail came down!!!! In spite of that, I believe everyone enjoyed this new walk which enabled us to incorporate Ashwater into our programme of walks.

This was the last walk of the year and I would like to thank everyone that has kept me company whatever the weather. I will take this opportunity to thank the individuals that have kindly devised the routes and led the walks in their Parish; and the land owners that have given us permission to park on their property. I will be putting together the next programme before too long and if anyone has any favourite walks that they would like included, please let me know. The new programme will be in our various Parish magazines and on Holsworthy Hamlets web site and notice boards early in the New Year. The first walk of next year will be on Monday 10th February.

Wishing everyone a Happy Christmas. I hope the New Year will bring you good health and happiness.

Evelyn Sharman Tel: 01409 259 848 Email: evelyn.sharman@btinternet.com

MILTON DAMEREL & DISTRICT OVER 60s CLUB

Club normally meets on 1st Tuesday of the month at 2.30pm in the Parish Hall. (Not January).

It is good to have a regular good attendance for the Tuesday meetings – new members are always welcome and we have been pleased to welcome some new members recently.

The coach trips for 2019 were well supported with the exception of the planned excursion to Exeter for shopping in October, which had to be cancelled due to insufficient numbers.

The Christmas Lunch on 10th December is booked for 66 people at The Royal & Fortescue Hotel in Barnstaple, and an opportunity for some Christmas shopping after lunch.

Please note no Club meeting in January. We start the New Year on 4th February with our New Year Party, with music, bring and share tea and raffle prizes.

At the March meeting we will be planning our coach trips for 2020.

Chair: John Francis (Tel: 261117)

Vice-Chair: Edward Beckly

Secretary: Colin Boucher (Tel: 01288-359184)

Treasurer: Iris Fry (Tel: 261322)

Asst Treas: Pam Pidgeon (Tel: 261428)

Enquiries to any of the above



RESPECT FOR WOMEN

The Me Too movement has been long overdue in my opinion. It took someone with the alleged predatory behaviour of a Harvey Weinstein to kick-start a campaign to try to eliminate sexual misconduct and dreadful crimes against women especially in the workplace. The movement quickly hit the mainstream media, resulting in further and terrible allegations against powerful people in the public eye.

ZERO TOLERANCE

It is clear that there must be a zero tolerance of such behaviour. It must permeate through all areas of society. Miscreants must be brought to book. Women must feel safe in all environments and in any company.

DINOSAUR LAWYERS

Yet in a profession like mine, there are still an incredible number of dinosaurs who refuse to moderate their behaviour. The Solicitors Disciplinary Tribunal has heard a number of complaints by female solicitors in respect of unwelcome sexual behaviour by male counterparts. Conduct which once went unnoticed or ignored has now felt the welcoming oxygen of disclosure and public outrage.

AWB REPORT

One would think also that a profession such as the legal profession would be the first to clear out the Augean stables and keep out the detritus. But the new broom has a long, long way to go before it is able to sweep clean. Small wonder, therefore, at a recent article I came across in the legal press a few days ago entitled "Bad behaviour by male barristers still abounds." It quoted a report from the Association of Women Barristers (AWB). The catalogue of such behaviour should shame the profession. Examples include:-

- comments about the appearance of female barristers
- which ones they wanted to go to bed with
- excluding them from conversations about cases while in robing rooms
- being "talked over" or ignored by male co-counsel
- an expectation they had to be charming, feminine and funny
- regarded as aggressive and strident if they had a "full-on personality."
- being bullied and harassed
- suffering more bad behaviour from instructing solicitors than male barristers

The list goes on and on.

CULTURE OF COMPLICITY

The AWB speak of a culture of complicity, of a "so-called gentlemanly culture at the Bar." This poisonous phrase encompasses the failure to call out and report bad behaviour by another barrister because it is considered inappropriate. The AWB reported that this culture also extends to the judiciary. It is difficult to see any real hope of lasting change in this report. But it does speak of all barristers' circuits setting up harassment and bullying panels which would run appropriate events and set up a best practice regime.

JURY IS OUT

Whether AWB's highlighting of such conduct will lead to real change remains to be seen. For the moment, the jury is out. But if a profession such as mine can't get its own house in order, when we are regarded as custodians of the law, it shows how difficult it is to change the views of a large swathe of the male population.

John Busby.

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**Milton Damerel
Methodist Church**

ANNUAL CAROL SERVICE

Sunday, 15th December at 11am

With

Revd Lynne Burgon

Collection for Action for Children

Coffee/Tea & Mince Pies

CRIB SERVICE

Saturday, 22nd December at 4pm

With

Revd Lynne Burgon

Bring and Share Tea

CHRISTMAS DAY SERVICE

At LAKE (Shebbear) METHODIST CHURCH

With Revd Lynne Burgon at 10am

Please come along to these events – you are very welcome.

Back in the days of tanners and bobs
When Mothers had patience and Fathers had jobs
When football team families wore hand me down shoes
And TV gave only two channels to choose
Back in the days of three penny bits
When schools employed nurses to search for your nits
When snowballs were harmless; ice slides were permitted
And all of your jumpers were warm and hand knitted
Back in the days of hot ginger beers
When children remained so for more than six years
When children respected what older folks said
And pot was a thing you kept under your bed
Back in the days of Listen with Mother
When neighbours were friendly and talked to each other
When cars were so rare you could play in the street
When Doctors made house calls and Police walked the beat
Back in the days of Milligan's Goons
When butter was butter and songs all had tunes
It was dumplings for dinner and trifle for tea
And your annual break was a day by the sea
Back in the days of Dixon's Dock Green
Crackerjack pens and Lyons ice cream
When children could freely wear National Health glasses
And teachers all stood at the FRONT of their classes
Back in the days of rocking and reeling
When mobiles were things that you hung from the ceiling
When woodwork and pottery got taught in schools
And everyone dreamed of a win on the pools
Back in the days when I was a lad
I can't help but smile for the fun that I had
Hopscotch and roller skates; snowballs to bob
Back in the days of tanners and bobs
Author unknown



Local Co-ordinators:

Strawberry Bank
Gratton, Whitebear & Fore Street
Venn Green
Gidcott

Edwina Hale Tel: 261263
Edgar Pett Tel: 261277
Mike Jackson Tel: 261196
Anne Hamilton-Clark Tel: 261303

You may have seen the recent government announcement that they have agreed to take on an additional 20,000 police officers over the next three years. D & C Police are to receive 141 officers over the next twelve months but we do not know at this stage how many will be coming to Torridge or whether, or even if, any of them will be attached to Holsworthy. We will let you know when we have some more information.

With Christmas fast approaching and “drones” or “UAVs” (unmanned aerial vehicles) apparently being high on Santa’s wish list this year, the police have asked us to pass on some guidance notes to help you enjoy your hobby without breaking the law.

You must not fly your drone above 400 feet in altitude nor nearer than 150 feet to people and property.

If you do wish to exceed the limits mentioned above then you need to seek permission from the CAA (Civil Aviation Authority) and obtain a suitable license.

Make sure that you can see the drone at all times and use common sense to fly safely.

If you are using one which has a camera make sure that you inform people before you start recording and be aware of your surroundings.

From 30 November 2019 and for drone over 250g, you will need to register your drone and pass a test with the CAA.

The CAA drone code at <https://dronesafe.uk/drone-code/> is recommended reading.

As the number and types of scams continues to grow, The National Trading Standards Scams Team has secured government funding to provide free call blocking units to help protect people in receipt of scam or nuisance phone calls and feel their circumstance may make them more likely to fall for a scam. If you feel that this applies to you or somebody that you know, please have a look at the website: <https://www.friendsagainstscams.org.uk/callblocker>

The Police Rural Crime Team would like you to be aware of the following suspicious vehicle to be on the lookout for. The vehicle in question is a White Ford Transit Van with the registration number B*07*LD. This vehicle has been seen in suspicious circumstances on farms recently. If this vehicle or other vehicles are seen acting suspiciously, please gather as much information as possible such as the registration number and descriptions of the driver and any passengers and if it’s safe to do so please do take a photograph, but don’t put yourself in danger to do this. Please contact the Police immediately by calling 999 if the vehicle or occupants are seen committing crime. For non-emergency call 101 or via email 101@devonandcornwall.pnn.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, and a Safe and Peaceful New Year.





DEVON & CORNWALL
CONSTABULARY

Holsworthy Rural Policing Update 1/9/19 – 31/10/19:

The following crimes have been reported:

ASHWATER:

Burglary – other than dwelling

BRADWORTHY:

Drive motor vehicle while alcohol above legal limit

BRIDGERULE:

Vehicle interference

Burglary – other than dwelling

Use threatening words or behaviour to cause harassment

Make off without making payment

Harassment without violence

PYWORTHY:

Burglary from shed

Drive motor vehicle while alcohol above legal limit

Theft of electric fencing unit

Criminal damage to garden wall

HOLSWORTHY HAMLETS:

Make off without making payment

MILTON DAMEREL:

Attempted burglary – other than dwelling

Make off without making payment

Burglary – dwelling

PYWORTHY:

Burglary from shed

SHEEPWASH:

Use threatening/abusive/insulting words or behaviour

TETCOTT:

Use threatening/abusive/insulting words or behaviour

Harassment without violence

There are a few burglaries on the update this time, but at this point we do not believe they are connected, and it should be remembered that this report covers a 2 month period. We do, of course, advise members of the public to always be vigilant, and to contact us if you see anything suspicious, either by calling 999 if it is ongoing, or by calling or emailing 101 if the information is non-urgent. Thank you.

This month we would like to bring your attention to the **Devon & Cornwall Alert** service.

Devon and Cornwall Alert is a two way community messaging system operated by Devon and Cornwall Police. The system helps us to connect with our communities, it tells people what is happening in their area and allows them to respond directly with any information.

The system is designed to allow people who register to choose the type of information they would like to receive concerning crime and anti-social behaviour, witness appeals, crime prevention, community events and local good news.

Subscribers will not be notified about every crime or incident that happens in their community. Our aim is to send relevant information where we believe to do so will reduce the opportunity for crime and anti-social behaviour or will help Devon and Cornwall Police solve a crime.

Members of our community can sign up via the Devon & Cornwall Police website, or by contacting the Holsworthy team.

If you have an incident to report, don't hesitate to ring the Police on 101, or email 101@dc.police.uk for non-emergencies.

Always call 999 if you see a crime taking place.

PC Amanda Brown & PCSO Mark James Holsworthy Police Station

Email: holsworthy@devonandcornwall.pnn.police.uk

Holsworthy and Stratton Show result

Showing his young Zwartble shearling at all eight qualifying shows certainly helped William Allin of Ruby View, Woodford Farm, to win the first Senior Young Handler Series, sponsored by Penbode Farm Vets.

Snapping at his heels were the sisters Kayleigh and Bethan Rennie. The competition went right down to the wire, with the second and third place cash prizes hanging on the very last results at Holsworthy & Stratton Show.



SUDOKU

By KrazyDad

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Difficulty: Tough

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Solution on Page 30.

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Milton Damerel Parish Hall

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The Annual General Meeting was held on the 9th September. There was no change to the committee as all agreed to carry on as before. Our thanks go to Grace Millman for again independently examining the Parish Hall Accounts. A major improvement to the hall this year was the installation of foam insulation in the roof which will hopefully make the hall much warmer during the winter months.

Events Report

The Macmillan Coffee Morning on the 27th September was well attended and raised the magnificent sum of £234.570 which was sent to Macmillan Cancer Support. Thanks to all who came and helped and supported this worthy cause.

Future Events for the Diary

7th December

SOUP AND SWEET SOCIAL EVENING

7.00 pm for 7.30 pm. Please book. £6 adult, £3 child. Choice of soup and sweet, and tea and coffee. Bring your own drinks if required. Please book, telephone numbers at the bottom.

13th December

Carol Singing - around the parish

Meet at 6.00 pm at Venn Green. From there we will continue to Whitebear, Strawberry Bank, Milton Town and possibly Holsworthy Beacon so listen out for us! This year we will be raising money to help provide lights for the helicopter landing site for the Devon Air Ambulance. The proposed site is on the west side of the A388 in Milton Damerel. Bring a torch and carol sheets will be provided. Everyone is welcome to join us; you do not need a fantastic singing voice, just enthusiasm. If you would like us to come and serenade you in your area in Milton Damerel, then let one of the committee know and we will try and visit you.

21st December

Whist Drive – start at 7.30 pm

18th January

Whist Drive – start at 7.30 pm

15th February

Whist Drive – start at 7.30 pm

21st March

Whist Drive – start at 7.30 pm

30th May 2020

Advance Notice for the Community Lunch for next year.

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:

Booking Secretary: Roberta Jackson on 01409 261196. If unavailable telephone 261294 or 261151

Bradworthy Primary Academy

13th November	Bags 2 School Collection (unwanted clothing, shoes, bags etc)
5th December	Christmas Parties
6th December	Christmas Dinner
11th December	Morning KS1 Nativity in the School Hall
17th December	Afternoon KS2 Play in the School Hall
18th December	Evening KS2 Play in the School Hall
19th December	Evening KS2 Play in the School Hall
20th December	Morning Carol Service in the Church - Last Day of Term
13th January	First day of Spring Term

Furniture - China - Glass
Decorating Materials - Hardware

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MILTON DAMEREL & DISTRICT GARDENING GROUP

All meetings are normally on the **3rd Monday of each month at 7.30pm at the Parish Hall** or stated venue. Membership is £5 and £2 per meeting, visitors welcome at £3. Tea or coffee and biscuits are provided.

Our annual garden & produce show was a huge success on Saturday 7 September 2019 with increased entrants from last year. There were 231 entries, 41 more than last year despite only one entry allowed per class. The



Palmer Cup for best vegetable was awarded to Wendy Preston, the Crompton Award for best floral section was awarded to Christine Poole, who also won the Line Dancing Trophy for best in home produce. The under-9 years trophy was awarded to Oliver Rogers and the 10-16 years trophy was awarded to Kaya Kirby.

Andy Brown won the Banksian medal, awarded by the RHS for most points in horticultural classes. The overall winner for best in show, the Jubilee Cup, by way of a people's vote went to Jean Brown for her skilful, hand-knitted green grocer, complete with vegetables on a display table.



A huge thank you to all the helpers: Caroline and David Simons, Mel and Jim Richardson, Christian Whitley, Christine Poole, Charlie Brimacombe and Edgar Pett. A special thank you to Sara and Roger Lawes for the refreshments, Linda Gifford of Whitebear Farm for the use of her field for excess parking, Lizzy Kirby of Lizzy's Larder for sponsoring printing of the show schedule and W. Sanders & Sons and the Union Inn at Stibb Cross for their raffle prize donations. We hope to see even more of you next year to make the show an even bigger success.

16th December - Christmas supper special. Make a willow tree and/or willow star with Eileen Harris. Additional cost for materials is £2 for the tree and £1.50 for the star. Plus there will be a bring and share supper.

New members are welcome.

Contact Officers:

Diana Illingworth-Cook: 07853 319250

Gail Whitley: 261792

Lesley Self: 261294

Email: mdadgg@btinternet.com



Slimming World

TUESDAY

Holsworthy

The Memorial Hall
5.30pm & 7.30pm
Essie 07816 686121

WEDNESDAY

Bude

Budehaven School
5.30pm & 7.30pm
Essie 07816 686121

THURSDAY

Holsworthy

The Memorial Hall
9.30am Essie 07816 686121
5.30pm Dawn 07764 484188



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We are pleased to announce that our FOUNDATION STAGE UNIT is NOW OPEN for PRE-SCHOOL CHILDREN aged 2, 3 & 4 with FUNDING AVAILABLE.

Please contact the school for details.

Some school news

During the afternoon of Monday 4th November Class 1 went along to a Multi Skills festival at Holsworthy Community College. The children split into groups along with other schools in the area and tried out different activities – such as feet beanbag, rolling a ball, speed bounce and follow the leader. This was great fun and the children were brilliant!

On Friday 1st November the children in class 2 were treated to their 2nd day of Ancient Art Falconry. This time the children were able to dissect a Barn Owl pellet. After feeding a barn owl vomits a black pellet, the pellet contains all the parts of an animal that the owl cannot feed on such as hair and fur. The children added water to the pellet to break it down and were able to complete a bone identification chart from their findings.

The first Social Lunch of the year was held on Tuesday 29th October for parents and family members of the children. The children welcomed 15 adults to join them for a lovely lunch cooked by the ladies at Holsworthy Community College's kitchen. After lunch the adults were then able to join the children outside for some playground games as well as looking at their work in their classrooms.





Move It or Lose It! was featured on Woman's Hour in October.

Jenni Murray (BBC) interviewed Professor Janet Lord from Birmingham University's Department for Healthy Ageing about the benefits of exercise to health as we age. Professor Lord explained that with age our muscles and bones become weaker but with suitable exercise we can build them up again and improve strength, balance and coordination. Professor Lord promoted the Move It or Lose It! Programme as being particularly beneficial both physically and socially.

Attending a Move It or Lose It! class does not involve wearing Lycra or getting up and down from a mat. We have routines to music and everyone is encouraged to work at their own pace with seated, supported or standing options all with the opportunity to progress as strength improves.

Come and join us and Move It or Lose It!

Classes

Mondays

Bridgerule Village Hall 2.00 pm to 3.00 pm

Tuesdays

Holsworthy Area Sports Pavilion 11.00 am to 12 noon

Thursdays

Pyworthy Village Hall 10.00 am to 11.00 am

and

Halwill Baptist Chapel Hall 1.00 pm to 2.00 pm

£4.00 per class

Contact Gill Aston on 01409 254642 for more information



Recipes/Project for children - Snow Globe hot chocolate



Prep: 20 mins

Easy Serves 1

Marshmallows and Strawberry Laces transforms into a snowman in this cute edible gift idea - a hot chocolate kit in a jam-jar - perfect family fun.

Nutrition: per serving:

• Kcal 601	• Sugars 67g
• Fat 18g	• Fibre 3g
• Saturates 8g	• Protein 19g
• Carbs 88g	• Salt 1.1g

Ingredients

- 3 large white marshmallows
- icing pens, in black and orange
- 1 giant chocolate button
- 1 chocolate a mini Reese's peanut butter cup or other domed chocolate is perfect
- 2 tbsp cocoa powder
- 2 tbsp Horlicks powder
- handful mini white marshmallows
- 1 cookie (small enough to fit in a jam-jar)
- 3 strawberry laces

You will need

- 1 cocktail stick
- 1 large jam jar
- ribbon and gift tag

Method

First make the marshmallow snowman. Skewer the marshmallows together with a cocktail stick - cut off any of the stick that protrudes from the top. Use a little of the icing pen to stick a chocolate button and peanut butter cup to the top of each marshmallow stack, then draw on a face and 3 dots for buttons. Place 3 Strawberry laces and tie around the neck for a scarf. Stick the snowman to a cookie with a little more icing, then set aside to dry for a few mins.

Mix the cocoa and Horlicks together in the bottom of your jar. Put the snowman on top, then scatter around the mini marshmallows. Screw on the lid, tie with a ribbon and a gift tag with the following instructions: Warm 300ml milk in a pan. Remove the snowman from the jar and add the milk. Stir until smooth and chocolatey, then enjoy, with your marshmallow snowman for dunking.

Recipe from Good Food magazine



Beef Stew with dumplings



For the coldest wintry evenings, tuck into a rich beef stew with fluffy dumplings to warm you right down to your toes.

Preparation time - less than 30 mins

Cooking time - over 2 hours

Serves - Serves 4

For the beef stew

- 2 tbsp olive oil
- 25g/1oz butter
- 750g/1lb 10oz beef stewing steak, chopped into bite-sized pieces
- 2 tbsp plain flour
- 2 garlic cloves, crushed
- 175g/6oz baby onions, peeled
- 150g/5oz celery, cut into large chunks
- 150g/5oz carrots, cut into large chunks
- 2 leeks, roughly chopped
- 200g/7oz swede, cut into large chunks
- 150ml/5fl oz red wine
- 500ml/18fl oz beef stock
- 2 fresh bay leaves
- 3 tbsp fresh thyme leaves
- 3 tbsp chopped fresh flatleaf parsley
- Worcestershire sauce, to taste
- 1 tbsp balsamic vinegar, or to taste
- salt and freshly ground black pepper

Ingredients

For the dumplings

- 125g/4½oz plain flour, plus extra for dusting
- 1 tsp baking powder
- pinch salt
- 60g/2½oz suet
- water, to make a dough

To serve

- mashed potato
- 1 tbsp chopped flat leaf parsley

Method

Preheat the oven to 180C/350F/Gas 4.

For the beef stew, heat the oil and butter in an ovenproof casserole and fry the beef until browned on all sides.

Sprinkle over the flour and cook for a further 2-3 minutes.

Add the garlic and all the vegetables and fry for 1-2 minutes.

Stir in the wine, stock and herbs, then add the Worcestershire sauce and balsamic vinegar, to taste. Season with salt and freshly ground black pepper.

Cover with a lid, transfer to the oven and cook for about two hours, or until the meat is tender.

For the dumplings, sift the flour, baking powder and salt into a bowl.

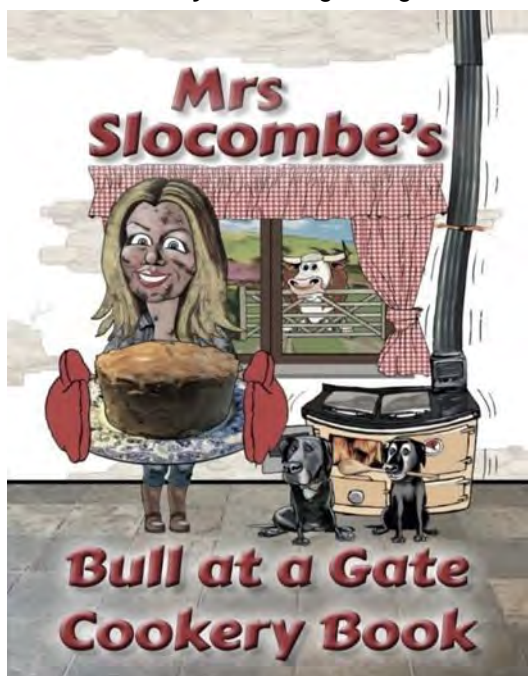
Add the suet and enough water to form a thick dough.

With floured hands, roll spoonfuls of the dough into small balls.

After two hours, remove the lid from the stew and place the balls on top of the stew. Cover, return to the oven and cook for a further 20 minutes, or until the dumplings have swollen and are tender. (If you prefer your dumplings with a golden top, leave the lid off when returning to the oven.)

To serve, place a spoonful of mashed potato onto each of four serving plates and top with the stew and dumplings. Sprinkle with chopped parsley.

A new Cookery Book originating in Milton Damerel



Tracey Slocombe of 2, Fore Street, has authored a new cookery book which will be published in late November, hopefully from 21st November.

The price will be £19.99, and will be available direct from Tracey, for a signed copy, for a limited time only. Also by post. It will also be available from Waterstones, Foyles, (all across the UK) National Parks shops (Exmoor) Farm shops, book shops, and good quality food outlets.

There will be a new website for Mrs Slocombe, which is mrsslocombe.uk (no mistake, there is no 'co' in the website address); also a Facebook page Mrs Slocombe. Further stockists and updates will be listed on here too, hopefully by the time the newsletter goes out.

One recipe is titled "The Milton Damerel" and is included overleaf.

Landlords are positive ahead of the general election in the UK and say that too much attention is given to the idea that the private rented sector is a problem which requires management.

According to the Residential Landlords Association (RLA) what is needed is a positive, ambitious programme for the sector which supports tenants and good landlords whilst rooting out the crooks.

The RLA's manifesto for the private rented sector encourages political parties to build on the positive developments in the market. This includes 84% of private tenants being satisfied with their accommodation, a higher proportion than the social sector, that have been living in their current properties for an average of over four years, and that 88% of private tenancies are ended by the tenant.

It points out that in recent years the private rented sector has become an important source of housing for growing numbers of families with children, older people, the homeless and students and young people who need to swiftly access new work and educational opportunities.

Among the RLA's key proposals are improving access to justice for tenants and landlords when things go wrong, by developing a housing court, supporting vulnerable tenants by ending the Local Housing Allowance cap, and ensuring councils have the resources to find and root out criminal landlords using the wide range of powers they already have.

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The Milton Damerel



(Using hot water pastry), Serves 8-10

Ingredients

500g pork mince or chopped belly pork
300g smoked bacon (finely chopped)
½ teaspoon nutmeg
¼ tsp fresh sage (chopped)
¼ tsp fresh thyme (chopped)
1 tsp salt
2 tsp ground white pepper

Pastry

575g plain flour
200g lard or margarine
220ml water
1 beaten egg
Gelatine Filling
6 leaves of gelatine
300ml chicken stock

Method

Pre-heat oven to 180c/160c fan/gas 4.

Mix all the ingredients for the filling in a large bowl and set to one side.

For the pastry – Line the base of a loose bottomed 20cm standard cake tin or 10 cm deep cake tin. Heat lard/margarine and water gently in a small pan until all the lard has melted. Pour the mix onto the flour and stir well with a wooden spoon.

When the mix is cool enough to handle but still warm, knead well or until smooth. The pastry is easier to work with whilst warm as it will be pliable so keeping it warm and working fast is the key to its success.

Pull a chunk of the dough off, enough for the pas-try lid, wrap in foil and set to one side, Roll dough out in a circle twice as big as the cake tin base. Place rolled dough in the base of the cake tin and gently work it up the sides of the pan. Fill the tin with the pork mix and press down firmly. Using a pastry brush, coat the visible pastry with the beaten egg. With the remaining pastry, roll out the lid, place on top of the pie and using your fingers pinch the top of the pie to the visible sides of the pie. Now make a hole in the top of the pie using the end of the pastry brush (if using a wooden round one, your wooden spoon end will suffice if not). The idea of the hole is to pour the gelatine later on and to let any steam out during cooking.

Place pie on a baking sheet in the oven (to catch any drips) and bake in the oven for the first 30 mins at the pre heated temp then reduce the temperature down to 160c/140c fan gas 3, cook for a further 90 minutes. When the remaining cooking time is down to the last 20mins, remove the pie, brush the top with the remaining egg and return to the oven until cooked. If the deeper pie tin is opted for, add an extra 30 mins to cooking time, use a temperature probe to ensure cooked, cook for a bit longer if required.

Soak the gelatine in cold water for 5 mins, remove and squeeze out excess water. Bring the chicken stock to almost boiling point, remove from heat, stir in gelatine. Leave to cool.

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Useful Contact details:**Parish Councillors:**

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 Richard Piper (Vice Chair) 01409 261114
 Rose Haynes 01409 261577
 Jim Richardson 07866 406977
 Gareth Piper 07966 558385
 Peter Buckpitt 07584 086693
 Teresa Walters 0794 668827
 Lorraine Buttery (Clerk) 01409 28295

Chapel:

Revd Lynne Burgon Tel 01237 730177
 Stewards Dan Brett Tel 261609 and Jeremy Sharp Tel 01409 261548.
 Property Steward Julian Allin Tel 261188
 Secretary Katie Allin Tel 261188

Church:

Revd Richard Freeman Tel 01409 241315
 Church wardens Isabel and Roy Fairbrother tel 01409 261181

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 Secretary Colin Boucher Tel: 01288-359184
 Treasurer Iris Fry Tel 261322
 Asst Treas Pam Pidgeon Tel: 261428

Toddlers :

Sheila Daniel Tel: 261466

Neighbourhood Watch:

Edwina Hale Tel 261263
 Edgar Pett Tel 261277
 Mike Jackson Tel 261196
 Anne Hamilton-Clark Tel 261303

Holsworthy Rural Police:

Urgent 999
 Non-Urgent 101
holsworthy@devonandcornwall.pnn.police.uk

Parish Hall:

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THE NEWSLETTER GROUP and GENERAL DATA PROTECTION REGULATIONS

The Newsletter Group has reviewed the guidance on how we should comply with the new requirements which came into force in May 2018. We have compiled 3 documents:

- Milton Damerel Newsletter GDPR Statement Privacy Notice
- Milton Damerel Newsletter Data Protection Policy
- Milton Damerel Newsletter Data Protection Procedures

Which set out the data we collect about individuals and organisations, our policy in collecting data, and the procedures we follow to protect the data we hold. All of these documents are available on request.

In summary we hold personal data as openly published in the Newsletter and for the purposes of administration in liaising with our advertisers and subscribers to the Newsletter. Regular readers will note the level of detail included on Page 4, about celebratory occasions and residential 'comings and goings', has been amended to comply with our data protection statements, and most importantly to achieve good protection of personal data, minimising the risk of inappropriate use of the data.

If there any concerns about the data we hold or publish please contact any member of the Group to request changes to the data. Group members and contact information is listed below.

Is this something for you?....

We enjoy the time we spend in finding, receiving and compiling information for the Newsletter and we meet on 4 occasions each year to agree the content for each Newsletter. How about offering material to be included or even to join us? Speak to any of the Group below for more detail.

If you would like to receive, or stop receiving, a digital copy of the Milton Damerel News Letter by email, please drop a line to mdnews@kendallnet.co.uk.

Disclaimer: The views and opinions expressed in any article are those of the authors and do not necessarily reflect the official policy or position of the Milton Damerel News Letter Team.

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 9th February 2020.

The newsletters group members are:

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Lesley Self	lesleydself@outlook.com	261294	Regular contributors and features
Peter Oxborough	peter.oxborough@boproperty.com		Regular contributors and features

WHAT'S ONa selection of local events.....

WHAT?	WHEN?	WHERE?
“Sleeping Beauty”	27 th January – 1 st February 3 rd February – 8 th February 7.30pm 1 st & 8 th February –Matinees	HATS Theatre, Holsworthy 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:		
The Elves & The Shoemaker Play in a Day (8 -12 years)	21 st Dec 10am – 4pm	
Print-making Workshop with Faye Anderson-Retter	20 th Jan from 10am (10 week course)	
Silver Rings with Mary Myers	28 th Jan from 10am	
Ground Based Circus Skills (8 – 16years)	17 th Feb 11am – 12pm	
Wild Dyes with Naomi Hannam	18 th Feb from 10am	
Theseus & The Minotaur Play in a Day (8-12 years)	20 th Feb from 10am	
FILM:		
Singing in the Rain	8 th Dec @ 3pm; 12 th Dec @ 8pm	
The Aeronauts	16 th Dec @ 5.30pm 17 th , 19 th & 21 st Dec @ 8pm	
A Shaun the Sheep Movie: Farmageddon	21 st , 23 rd 28 th Dec @ 3pm 27 th Dec @ 2pm, 29 th Dec @ 5pm	
Frozen II	27 th – 28 th Dec & 3 rd Jan @ 11am 29 th – 30 th Dec & 2 nd Jan @ 2pm	
THEATRE:		
Quirk Theatre of Exeter with the Exeter Phoenix present “The Velveteen Rabbit”	4 th , 5 th , 6 th Dec @ 10.30am & 1pm 7 th Dec @ 1pm & 3.30pm	
“The Elves & The Shoemaker” (3 – 6 years)	11 th Dec @ 1pm 12 th Dec @ 10.30am & 1pm	
A Dickensian Christmas with Robert Powell & Susan Jameson	15 th Dec @ 7.30pm	
Torrington Players present “Christmas Crackers” by John Godber	16 th – 18 th Jan @ 7.30pm	
Many Directions Theatre Co present Don Quixote	31 st Jan @ 1pm & 7pm	
MUSIC:		
The Exmoor Carollers	22 nd Dec @ 3pm	
SATELLITE / LIVE SCREENING:		
Andre Rieu 70 Years Young	4 th Jan @ 7pm; 5 th Jan @ 3pm	

Always check on location by visiting the page number as not all events are in Milton Damerel

What's on Diary

Page

Over 60's Club		3	December	14
Parish Hall Soup & Sweet Social Evening	7pm	7	December	20
Holsworthy Beacon Chapel Concert	5.30pm	8	December	4
Over 60's Club — Christmas Lunch		10	December	14
Carol Singing Around the Parish	6pm	13	December	20
Holy Trinity Church Christmas Tree Festival	2pm—5pm	14 & 15	December	8 & 9
Chapel Annual Carol Service	11.00am	15	December	5
Gardening Club —Christmas Supper Special		16	December	22
Holy Trinity Church Carol Service		17	December	8
Parish Hall—Whist Drive	7.30pm	21	December	20
Chapel Crib Service, Bring & Share Tea	4.00pm	22	December	5
Parish Hall—Whist Drive	7.30pm	18	January	20
Gardening Club		20	January	22
Over 60's Club — New Year Party		4	February	14
Parish Hall—Whist Drive	7.30pm	15	February	20
Gardening Club		17	February	22
Parish Hall—Whist Drive	7.30pm	21	March	20
Parish Hall—Community Lunch		30	May	20

Regular Events

Bible Study—Chapel Kitchen	Mondays 2.30-4pm	5
Gardening Group	3rd Monday each Month	23
Inter-Parish Walk	2nd Monday each month (not Jan) 10.30am	14
Methodist Chapel Family Service	Last Sunday of each month at 11am	
Mobile Library — Lizzies Larder	2 nd Wednesday of each month 3:45pm - 4:30pm	
MD & District Over 60s Club	1 st Tuesday of each month (not Jan) 2.30pm	14
Parish Council meetings	3 rd Wednesday 7.30pm	
Coffee Morning – Holsworthy Beacon Methodist Church	Last Thursday of each month 10am (not December)	4
Holsworthy Walk and Talk	Every Friday 10am	12
Methodist Chapel Morning Service	Sundays 11am	
Holy Trinity Church Morning Service/Lay	10.00am 3rd Sunday every month	
Holy Trinity Church Eucharist Service	11.30am 1st Sunday every month	
Pilates	Monday 9:45am - 10:45am, 11:00am - 12pm	17
Methodist Chapel Sunday School	2 nd Sunday of each month 11am	
New Baby & Toddler Group Methodist schoolroom	Tuesday mornings 10.30 till 12	