
MILTON DAMEREL

PARISH NEWSLETTER

AUTUMN 2020

80th EDITION



Butterfly Lane courtesy of Rob Stennett

Welcome to the Autumn 2020 edition of the Milton Damerel News Letter, back after a short delay due to the recent pandemic's effects. We hope you like the new layout, and format, and would welcome your comments by email to mdnews@kendallnet.co.uk , or by contacting any of the MDNL Team. Contact details are to be found within.

In consideration of the safety of our readers, this edition has been left untouched for several days, since delivery from the printers, and should have been delivered by a suitably gloved and masked person.

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ABBOTS BICKINGTON NEWS

Unfortunately due to the Corona Virus, Abbots Bickington Church, which is normally open, has had to lock its doors to all. There has been no arrangement to date, for any services in the near future.

SUDOKU

By KrazyDad

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Fly Tipping is both ugly and illegal; it can lead to fines of up to £5,000.

If you see any instances of fly tipping on public land please report with full details to:

Torridge District Council

Tel: 01237 428 700

Email: customer.sevices @torridge.gov.uk

Or

North Devon District Council

Tel: 10271 327 711

Email: customerservices@northdevon.gov.uk

Solution on Page 33.

Difficulty: Challenging

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Milton Damerel Parish Council

September 2020

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. Due to the Covid 19 pandemic all meetings have been held on the ZOOM platform.

Devon Air Ambulance Trust Night landing site.

The DAAT night time flight landing site is now fully functional, and is a great asset to the Parish.

Grateful thanks to the Devon Air Ambulance Trust who contributed £5447.00 of the funds needed, Torridge District Council's grant of £3250, DCC Barry Parsons £400, District Councillor Kit Hepple £400, and £143 from Milton Damerel Parish Hall committee.

The Parish Councillors send their grateful thanks to the Luxton family for the use of their land and to all those concerned who have contributed to this vital facility.

The cost of the supply of electricity and daily standing charge will be paid by the Parish Council.

Annual Parish Meeting/AGM:

The Annual Parish Meeting and AGM due to be held on the April 15th and 20th May had to be cancelled due to the Corona Virus pandemic, as was the April Parish Council Meeting.

The Chair and Vice Chair positions will remain the same until the next AGM which will be in 2021.

District Councillors

Our District Councillors Kit Hepple and Ken James have been attending our meetings via ZOOM, details of which are in the minutes. Regular updates are also received by email.

Devon County Councillor Barry Parsons;

Barry has also attended our ZOOM meetings and a brief synopsis of his reports are always 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.

PCFSO Mark James has been unable to attend any meetings recently due to his workload, but sends regular updates by email to the Parish Council.

Planning matters:

There have been a few applications over the past six months, including Extensions at Valley View and Milton House, an Amended application for the Solar Park at Bulkworthy, and a private Ménage at Town Farm Cottage. All were passed successfully.

The amended plans for the development at Town Farm are still being considered by Torridge.

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 possible.

Milton Damerel Parish Grants

Grants for the financial year 2020/21 were considered at the meeting held on the 20th November 2019. Successful applicants were, Milton Damerel Newsletter, Milton Damerel Parish Hall, Milton Damerel and District Gardening Club, Milton Damerel Parish Church and North Devon and District Citizens Advice. Organisations will receive their cheques in September 2020.

Applications for annual grants for the Financial Year 2021/22 will be considered during the November meeting.

Please ensure your application is received by the Clerk in plenty of time.

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

The 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, so 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 Defibrillator (AED):

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.

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 February 2020

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



CONGRATULATIONS!



Donald and Valerie Harris of Beech Park, Holsworthy Beacon who celebrated their 50th Wedding Anniversary in July.

Welcome!

Bill and Eileen Pett who have moved into Kenmar, Venn Green.

Thank you!

Mel Richardson of Mount Pleasant made several Face Coverings and donated all the monies received. £50 was given to Holy Trinity Church, Milton Damerel and £50 to Holsworthy Food Bank. Any future money received will also be donated to a charity.

Donations in memory of Roger Daniel

The generous donations received
in memory of Roger Daniel
totalled £1,292.30.

The Milton Damerel Toddler Group
received £600 and £692.30 was
forwarded to Cancer Research,
which has been gratefully
acknowledged.
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Chapel News – September 2020

From our Minister

Dear Friends,

I can't believe how quickly this year is passing, September already! They say that as you get older time flies by and it's true, summer seemed much longer when I was a child.

September herald's new starts in the Methodist church, ministers move in August and new posts are taken up in September. This year, for me too, a new season of ministry begins at the end of September as I enter my retirement.

In some ways I am sad to be leaving my post as I shall miss all the people that I have come into contact with over the last three years, but I am looking forward to a slower pace of life and a time of self-caring to ensure my health continues to improve and not decline. As Ecclesiastes 3.1 tells us, 'There is a time for everything and a season for every activity under heaven' and I trust that God will guide me and the Circuit, boldly into the future.

I am so pleased not to be leaving the Circuit completely, just laying down my paid ministry. I hope, after a period of time of rest and recuperation, that I will find a voluntary ministry that will bless the Circuit to God's glory in our community. What shape and form that will take isn't clear to me yet but with God anything is possible so watch this space!

I would like to thank you, every one of you, for the love, support and fellowship you have blessed me with during my time working with you. I have felt so fulfilled in my ministry and the post came at a time when I was at a low ebb. Little did I know that God had prepared a place for me and that it would fit me like a glove. I have enjoyed participating in the ministry running out of the Methodist chapel, the Sunday School, the Bible studies and especially the mums and toddler group on a Tuesday morning. I shall very much miss seeing the children so don't be surprised if I turn up on the odd occasion with one of my grandchildren in tow!

We are indeed living in strange times and the traditional way of celebrating my ministry with you all will not be possible due to the restrictions Covid-19 brings. So I will miss out on a wonderful bring and share lunch and no one does bring and share lunch better than the Methodists as I have discovered! However, we are able to meet virtually, either by phone or computer and I hope as many of you that are able will be present at the Sunday Service on September 27th where we can worship together and celebrate what God has shown us during my time with you.

So I end this letter by saying 'Au Revoir' which I understand really means 'Until we meet again' rather than goodbye, which seems so final. I shall see you again and I will still be me, but maybe a more laid back version of me. Meanwhile may God continue to bless us and keep us in His love. *Rev. Lynne*

Easter – Despite, at the time, we had the threat of lockdown, early distribution of the Easter Eggs and Easter leaflet to primary school age and younger children in the Parish was completed. Should, however, an Easter Egg was not received by a child within the age group, or anyone would like another (they are still in date!), please let Sheila Daniel (Tel: 261466) know.

Freedom Centre – Annual Collection of Donations. Each year during September, collection of food, toiletries, washing items ,etc., is initiated by Lilian Luxton, at the Chapel, and donations received are delivered to the Freedom Centre in Barnstaple – a charity supporting homeless persons. With continued closure of the Chapel/Schoolroom, Lilian has offered to place a box at end of their farm lane, Venn, during the month of September in which donations of packaged and tin foods can be left; it will be emptied each day and in early October all items will be taken to the Freedom Centre. At the moment the Centre is looking for donations of canned and packaged foods only.

The Chapel & Covid-19 – In accordance with government guidance our premises have been closed since late March and regular activities, Sunday worship, Sunday School & Family Services, Bible Study, Baby and Toddler Group, Sew 'N' Sews, Pilates, and Afternoon Tea & Cakes were all suspended. **However, church continues, not through joining together in our buildings, but through the blessings of technology.**

Our telephones being a first call to keep in contact, as many do, and please let any of us know if you would like to be contacted regularly.

Sunday morning worship is continuing electronically at 10.30am (opening at 10.20 online) each Sunday and anyone wishing to join in with our Circuit members are welcome to join our **Zoom** services using digital equipment, including our telephones. The service can be accessed via a computer/laptop with camera/microphone, iPad/phone or using the normal phone – even if you have a device with camera/microphone and do not wish to be seen, you can join in without the camera on – please contact Sarah Richards, our Circuit Administrator, on 01237 472649 or email her sarahrichards185@gmail.com

Our monthly Torridge Methodist Circuit Newsletter includes outlines of weekly services for readers to use on its own or with the Zoom service. If you would like to receive this monthly Newsletter please let us know. The Newsletter is also

available on line at www.torridgemethodistcircuit.org.uk and there is also a Facebook page for the Circuit. There is also a private Facebook Group, where we share thoughts, prayers and other material – this is Torridge Methodist Circuit Group – if you wish to join please go to this Facebook page and use the Join button.

Government guidance is being regularly updated and opening up of Places of Worship and our buildings is now permitted and prescriptive guidance issued by the Methodist Church. Our Methodist Conference (our governing body) has passed a resolution enabling church business meetings to be held electronically. This is necessary to ensure that Standing Orders on such matters as appointing church officers, approving annual returns, etc., can be met. The Circuit will be determining how our Autumn Church Councils can be held, in particular, when our buildings remain closed and many of our membership do not have access to electronic facilities.

There is detailed guidance now available for ‘managing trustees’ on the steps to be followed for the re-opening and management of our buildings, including risk assessments, physical state of building and assets, cleaning, etc. Other guidance covers the steps to be followed in deciding whether it is safe and appropriate to open the buildings for worship and other purposes, weddings, funerals, group use, etc., and the limitations on numbers, and what can be included in the worship event. At the current time (mid-August 2020) our Chapel remains closed until these matters can be worked through and conclusions reached on how and when to move forward. We will publicise any changes to the current position.

A Litany for these times

..by Past President of the Methodist Conference, the Revd Michaela Youngson, now Chair of the London District.

We thought we knew how the world was meant to be.
Day followed night, every week had a Sunday and that was the day for church.

How can we sing the Lord's song in a strange land?

We thought we knew how the world was meant to be.
We made our plans, held our meetings, kept the roof on the church and the show on the road.

How can we sing the Lord's song in a strange land?

We thought we knew how the world was meant to be.
We would see colleagues, friends and loved ones again, and we would embrace, laugh and share stories as we always have.

How can we sing the Lord's song in a strange land?

And now, we know something new.
We know that the world is not ours to control, and that our plans are confounded by the smallest microbe.

God is teaching us a new song, for a new land.

And now, we know something new.
We know that church is not committees, agendas and buildings,
It is us, in homes, streets, hospitals throughout the world

God is teaching us a new song, for a new land.

And now, we know something new.
We only have today with those we love, today is the day to say “I love you”, to mend an argument, to hold on tight.

God is teaching us a new song, for a new land.

Farewell to Lynne It was a sad day when we received the news that Revd Lynne had decided to take retirement at the end of September for reasons of continuing health problems. Lynne has been such a blessing for our fellowship, and the Circuit, with her leadership, love and compassion, all showing her Christian faith and encouraging us all to ‘live and talk our faith’ also. She has encouraged the Toddler Group, challenged the Bible Study group, and led us in traditional and new styles of worship, in addition to befriending many individuals. Our grateful thanks to Lynne and we wish Lynne, and Malcolm, Godspeed as they move into a new phase of their lives..

CONTACTS – For further information or help please contact: Our Minister: Revd Lynne Burgon (Tel: 01237 730177) until 30th September, thereafter Superintendent Minister: Revd Rob Blackhall (01805 628041) Our stewards: Dan Brett (Tel: 261609) & Jeremy Sharp (Tel: 261548), Property Steward: vacant; Secretary: vacant.

HOLY TRINITY CHURCH NEWS

Rev Richard Freeman Tel 01409 241315

Church wardens Isabel and Roy Fairbrother tel 01409 261181

Hello Everyone: It's good to be back contributing to the Parish Newsletter.



We in our house have certainly missed the news from around our parish and the events which we always enjoy attending and/or organising. Mostly though we miss meeting with other parishioners at the many events held throughout the year. We hope everyone has been keeping fit and well.

Because of the pandemic and lockdown, our church, with all the others throughout the country, has remained shut. Services have been held every Sunday on Zoom with all churches in our Benefice taking part. It has been different but one benefit is that we can sing the hymns at the top of our voices, we can sing off key and out of tune, and no-one in the congregation will have heard us – thank goodness.

At the end of July plans were started for re-opening our churches for services and private prayer. However at Holy Trinity our PCC decided it was preferable to wait a little longer before opening our door again – though we want to get back to normal services ASAP.

Our first service was to be in the open air - in the churchyard on the 16th August but the weather forecast was dire and it was decided to cancel – but as we know the weather is fickle and it turned out not too bad a morning – no rain. We are sorry to everyone for their disappointment.

However we are re-opening the church for services from and including August 30th which will have been a service of Communion, from then on we will be holding regular services in church. Dates and service type will be on the noticeboards. Sadly there is still no singing allowed and social distancing has to be observed and a face mask worn inside church.

We are very grateful for the donations that have been received - from a bag of coins to the proceeds of Mel's mask making for the community and Mr Stennett's film – we are hoping to have copies on DVD or USB soon. It is a hard time for churches and every donation however small is very welcome, whether to help pay the running costs or towards the church roof fund. Thank you to everyone who has made a contribution to help keep the bills paid - thereby keeping a church presence in Milton Damerel.

You can help the Church building of Milton Damerel survive by joining the Parish Giving Scheme.

You can easily make a regular contribution to the upkeep of this ancient building. It is a fallacy that the church hierarchy supports each church – they do not, we stand on 'our own feet' financially, if we don't raise the money each year we are in trouble as any household or business would be if the books don't balance. We are a charity and rely on the generosity of the congregation which nowadays are smaller than in the days of our forefathers, and our community whom we hope still want to keep this historic ancient building in the heart of our village.

Just a couple of pounds per month will make a difference to the church paying its way, for maintenance and for keeping it in a safe condition. 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. All money is retained by the PCC to keep the church open and maintained.

It is not possible now to collect a pack at church but you can call in at Albatross Venn Green for one.

The roof is getting much worse as more tiles are slipping down into the gulley below, it's a job to get them put back and birds nesting in the roof have caused much mess in the church, not to mention the amount of water that comes in and floods in places.

We are actively addressing the issues but we need the money, patching is not working any more.

Church recycling - Mrs Edwina Hale has worked very hard to collect sort and deliver to the recycling company all of your bottle tops and ink cartridges and in doing so has raised in the region of £150 for the church roof, but the company no longer want the plastic so it is now worthless. It was a great way to raise money for the roof fund but times are very much changing and what was of value is no longer. But thank you to everyone who supported this project and to Sanders Garage and Lizzy's Larder for allowing their premises to be used for collecting the plastic. Thank you Edwina.

Church Gardening The last official gardening before lockdown was February 27th. Volunteers turned out to trim hedges and do a general tidy up not knowing how things would suddenly change, and all work would come to an abrupt halt.

Our volunteers were adamant that social distancing would mean the job could still be done and all their hard work in maintaining a neat and tidy area would not be abandoned. We do not know when they came – but they did come and they trimmed and strimmed, some people came to quietly do some weeding - each individually on different days. This is how the church yard stayed looking 'smart'. You know who you are – thank you.

I know many more people have been using the public footpath through the churchyard and sitting awhile on one of the benches, it really is a very pleasant spot to relax and 'chill'.

The gardening can be resumed now - with social distancing.

Gardening is twice a month, from 2.00pm (subject to weather).

When the clocks go back in October we will be back to once monthly gardening sessions starting at 1.00pm.

Everyone is welcome. (Can't believe I am talking about clocks going back).

Keep an eye on the Church notice board for details of service times, changes etc.

Stay SAFE

Isabel

Church Warden



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Inter Parish Walks

March

When I arrived at the Church of St. Peter and St. James in Halwill on Monday 9th March, I was early and there were already several cars parked there in eager anticipation of our walk! By 10am there was quite a gathering - twenty nine including two four legged friends. Mike Stone, a resident of Halwill, had kindly agreed to lead the walk. We set off down the hill to Horsebridge. There are two old stone bridges but I'm sure it said Horsebridge as opposed to Horsebridges on the way marker. We watched as a smallish livestock lorry carefully negotiated one of the narrow structures before we started heading up the hill. We didn't follow the footpath on the left as we had explored that route this time last year. Instead we continued along the lane a bit further until we saw a footpath sign on the right. This was completely new territory. We crossed a grassy field causing a bit of excitement amongst the equines of various sizes in the adjacent paddock. At the bottom of the hill, we crossed the route of the old railway and the River Carey. It was quite challenging as it was very muddy before a steep climb up the other side. I am guessing that the galvanised gate at the top has recently replaced a stile. If so, we were most grateful as I think a stile at this point would have beaten some of us. No offence intended. Personally, I had absolutely no idea where we were by this stage but "Blagaton" was on the name plate of a house that we passed. I have since located it on the map. At the end of the track, we joined the lane and by turning right and then left, I recognised where we were. We had last walked this way in March 2016. Some of us must have thought we were in Harry Potter territory. The way marker said "Quoditch". Before anybody rings me up, I was confusing it with Quidditch. We admired the dairy herd enjoying their breakfast in the comfort of their barn at Langafor Farm. We then appreciated our wellies as we needed to negotiate a muddy gateway down in the dip. Once we had done that without mishap, we enjoyed walking across grassy fields towards the beautiful Church tower. We also crossed the route of the old railway line again. It was quite a long walk lasting nearly two and a half hours but I was certainly glad of the opportunity to get out for some much needed fresh air and exercise..... and good company. At this time of year when the weather has been so dreary, it takes a bit of encouragement to get me out of the door.

August

I was very keen to walk along the feeder arm of the Bude Canal which was the original walk scheduled for August. I knew that the volunteers from the Bude Canal Trust had been busy since the lockdown rules were relaxed by maintaining the grass cutting schedule. Otherwise, it ran the risk of becoming completely overgrown & unmanageable. Due to the current Government advice limiting our numbers to a maximum of six in a group, I didn't advertise the walk as such but pulled names out of a hat & invited the first five people to accompany me. We also had to take into consideration that car sharing is not advised at the moment.

After some careful planning, six of us met at Mick & Thelma's property at Vealand in Pancrasweek. They very kindly invited us to park on their drive which enabled us to admire their beautiful garden. Would you believe that just as we were about to set off, it started to rain? Thinking that it was just a passing shower, we jumped back into our respective cars. After ten minutes, we gave up waiting & set off anyway. It was just as well as the shower lasted for the next two hours so we would have been waiting a very long time!! It was the first time that we had walked towards Lower Tamar Lake. Normally we start at Lower Tamar Lake car park & walk towards Vealand. It gave us quite a different perception of the remaining features of the Bude Aqueduct. To be fair though, most of us kept our heads down while the heavens opened & we even had

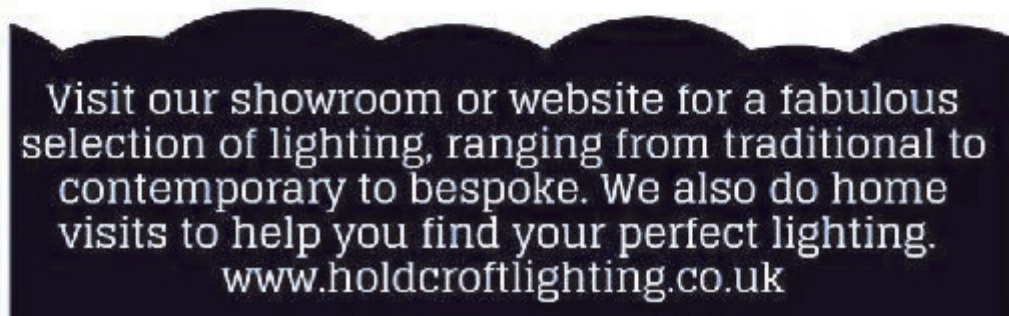
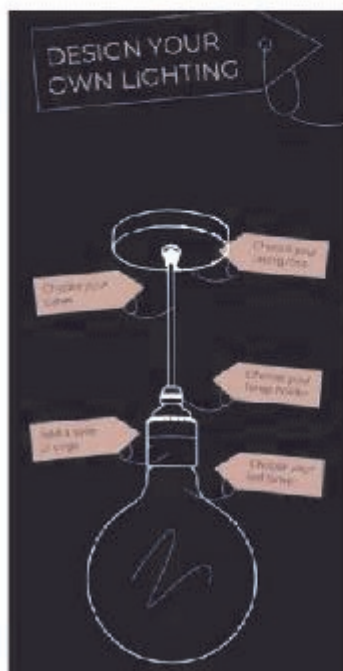


very loud claps of thunder which made us jump as they were right overhead. It didn't seem to dampen anyone's spirits, though it definitely meant that we didn't enjoy the company of the usual butterflies & other insects. In some ways it was a bonus as the humidity would ordinarily have brought out the pesky horse flies. We walked as far as the picnic bench which is situated by Moreton Mill Bridge. Previously, we have all sat down together to enjoy a snack but nobody fancied a wet derriere so we just stood under the tree & chatted for a while before retracing our steps. By the time we got back to our cars, I think I can safely say that we were all very wet. Apparently, 28mm of rain fell during a very short space of time & I think I had a considerable amount of that in my wellies. Just to clarify, my wellies don't leak but the rain ran straight off my waterproof coat, down my legs & into my wellies. For those of you that have wondered about neoprene linings, they are great at keeping your feet warm but soak up water like a sponge. It took me two days to dry them out, ha ha.

All credit to the Bude Canal Trust who keep this footpath so well maintained. If anyone has any spare time, I am sure they would be keen to hear from you as it is such a long stretch to maintain. Contact - Mike Degnan. Email: michaeldegnan@btinternet.com.

The next walk is scheduled for Monday 14th September. The Government advice has changed recently enabling groups to walk with a maximum of thirty people. We will meet at Clawton Village Hall with a view to setting off at 10am. I would be grateful if anyone that is interested could contact me by midday on Friday 11th September to ensure that we do not exceed the current limit. Social distancing will still need to be maintained.

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





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

Good News: The latest crime figures for the past twelve months, covering all crimes for the whole of England show an increase of 1% whereas for Devon & Cornwall we have achieved a 6% reduction. This is excellent news and reflects the good work which our local police force does and your vigilance in continuing to report matters of concern, which helps the police to do their job.

Scams: With internet shopping having increased during the Covid-19 crisis, so unfortunately have the number of scams which are thrown at us. Please remember that they are aimed at one thing, which is to get access to your card or bank details in order to steal your money. Many of these scams produce authentic looking emails which purport to come from legitimate organisations BUT, if you do get one please stop and think before acting. Were you expecting to receive contact from the organisation and if not entirely sure, then contact them by some other means to verify the email. Also, please remember that your bank, credit card company, police and HMRC will never ask you for your card details and pin numbers. We may seem to be repeating this message but people across Devon and Cornwall are still regularly getting caught out and being conned out of many thousands of pounds each month. And, these are only the ones who report matters to the police. It is thought that there are probably many more who are just too embarrassed to admit that they have been caught out and don't report it. The elderly who are from a generation who were more trusting, especially of authority, are particularly vulnerable so if you have elderly relatives please check that they are not being duped.

Floral Gift Scam: This particular scam has risen to prominence during the period of lockdown. A delivery driver will phone and ask if you are home because he has a parcel to deliver to you. Within the hour he appears and presents you with a basket of flowers and bottle of wine, with no indication of the sender's details. He asks for a small amount of say £1-£2, which need to be paid by bank card, to prove that the delivery has been made to an adult due to the alcohol content. A hand-held card reader is produced and an authentic receipt is given from the machine. A couple of days later the persons account has been cleared out. This is a clever and effective scam and is catching many people out, so please be on your guard and question any unexpected deliveries.

Reporting problems: Potential case of fraud can be reported to **Action Fraud** by phone on **0300 123 2040**, or **999** or **101** as appropriate. Their website is **actionfraud.police.uk** and there is also a link to it from **dc.police.uk**.

Suspicious emails can be reported to the Suspicious Email Reporting Service (SERS) at **report@phishing.gov.uk**. Your email provider may also have a 'button' for reporting these suspicious emails.

Updated Website: Our national website '**www.ourwatch.org.uk**' has recently been updated and it is now much easier to use and find information. Crime prevention tips and links to associated organisations are set out in a manner which makes them much more user friendly than the old website. When you have a few moments to spare have a browse through it.



Property Update

Lockdown has caused some enormous problems in the housing market. Now that the Government has tried to lift the shackles and get us back to a relatively normal way of life, the Chancellor has stepped in to offer Government assistance to kick-start house sales.

The main incentive is the stamp duty holiday which he has announced. This has seen an increase in demand of 49% for homes between £400,000 and £500,000 – just under the threshold at which stamp duty now applies. There was also an increase of 26% for homes priced at £300,000-£400,000 but homes below £300,000 have seen the smallest rise in enquiries.

Against that, more than £30,000 could be wiped off the value of a typical home as the pandemic hits the property market. The office for budget responsibility said prices could fall 2.4% this year and 11.7% next year. This would push the average price of a house down from £230,000 to below £200,000.

With the staycation boom and tax breaks, rural estate agents have reported a threefold increase in enquiries into holiday homes. Data for Money Mail from cottages.com shows that queries from investors wanting to buy holiday lets are already 25% up since the stamp duty holiday was announced. Visits to its Let Your Property pages have increased by 180%. Meanwhile, bookings for holiday homes between July 1 and August 31 are already up 156% on last year. And in East Devon and St. Ives bookings are up by 263% and 262% respectively.

The Government has frequently indicated the need to provide many more new homes. It has now looked at the land which it owns itself. A study commissioned for the Ministry of Housing has found that selling 15% of government owned car parking space could raise £6 billion and free land for 110,000 new homes. Many car parks close to town centres, shops and railway stations could be developed into desirable places to live.

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Many of us query whether the future of the office is now under threat following the huge change in working practices begun with lockdown. A survey, however, of 3000 office workers shows that 58% of them missed office life. There are many occupiers of office space who apparently intend to retain the space to accommodate office re-design strategies. Other companies, however, have found that their employees work just as hard at home and expect to continue to allow home working. If that does catch on significantly then we can expect some of the bigger companies to watch their balance sheet and use less office space. It will be interesting to see how this plays out.

If you need help on any property matter then do get in touch with us here at Busbys. You can contact us on 01288 359000 and see Busby's advert in this magazine.

John Busby, Busbys solicitors, Bude

MILTON DAMEREL & DISTRICT GARDENING GROUP

All meetings are normally on the **3rd Monday of each month at 7.30pm in the Parish Hall** or stated venue. Membership is £5 and £2 per meeting, visitors welcome at £3. Refreshments are currently not being provided in line with special conditions of Parish Hall hire during Covid-19.

The current situation has, for those who are fortunate, been a time for gardening especially here in glorious Devon. We have been blessed with beautiful weather and bountiful crops and pretty flowers. It will come as no surprise that, with regret, the committee has taken the decision to cancel this year's flower and produce show in September. Many people understandably are not comfortable in the current situation. Some group members did, however, manage to go on a couple of garden visits observing social distancing. **Monday 6 July-** Harbour Lights, Horns Cross, Bideford.

Those who visited the garden had glorious weather that evening with stunning views out to Lundy. It was a small garden but packed with interest, wit and quirky stuff. The garden is divided into different areas and themes, including a dragon's lair, a sunken garden proving much needed shelter from the wind and a small cottage garden area with a labyrinth path encouraging you to linger and enjoy the colourful planting. The small summerhouse was decorated with garden related sayings, the grass and gravel garden brought a whole new meaning to 'Bottle Garden' and Sharon tried on the floral dress! (see photo).



Monday 20th July- Fernwood Nursery, Peters Marland.

Following on from his talk last October, this was Howard Wills' nursery and garden. Fernwood is a 3-acre smallholding and holds the Plants Heritage National Collection of Houseleeks. He has been developing the garden for 20 years and the sempervivums were looking beautiful. There were many interesting specimens in the arboretum, the meadow was delightful and the hydrangeas on the birch tree walk were spectacular.

Monday 19th October-The Coastline of Britain from a Kayak.

Talk and film show with Rupert Kirkwood. Rupert worked as a farm vet in West Devon for 33 years but had to take early retirement through injury. He spends as much time as possible paddling his kayak around the coast of Southwest England, observing and photographing the exceptional, and underrated, wildlife.

For those wishing to attend the above event, please wear a mask at all times, observe social distancing and the one-way system and bring your own refreshments if required, as the kitchen will be closed.

New members are always welcome.

Contact Officers:

Diana Illingworth-Cook: 07853 319250

Gail Whitley: 261792

Lesley Self: 261294

Email: mdadgg@btinternet.com



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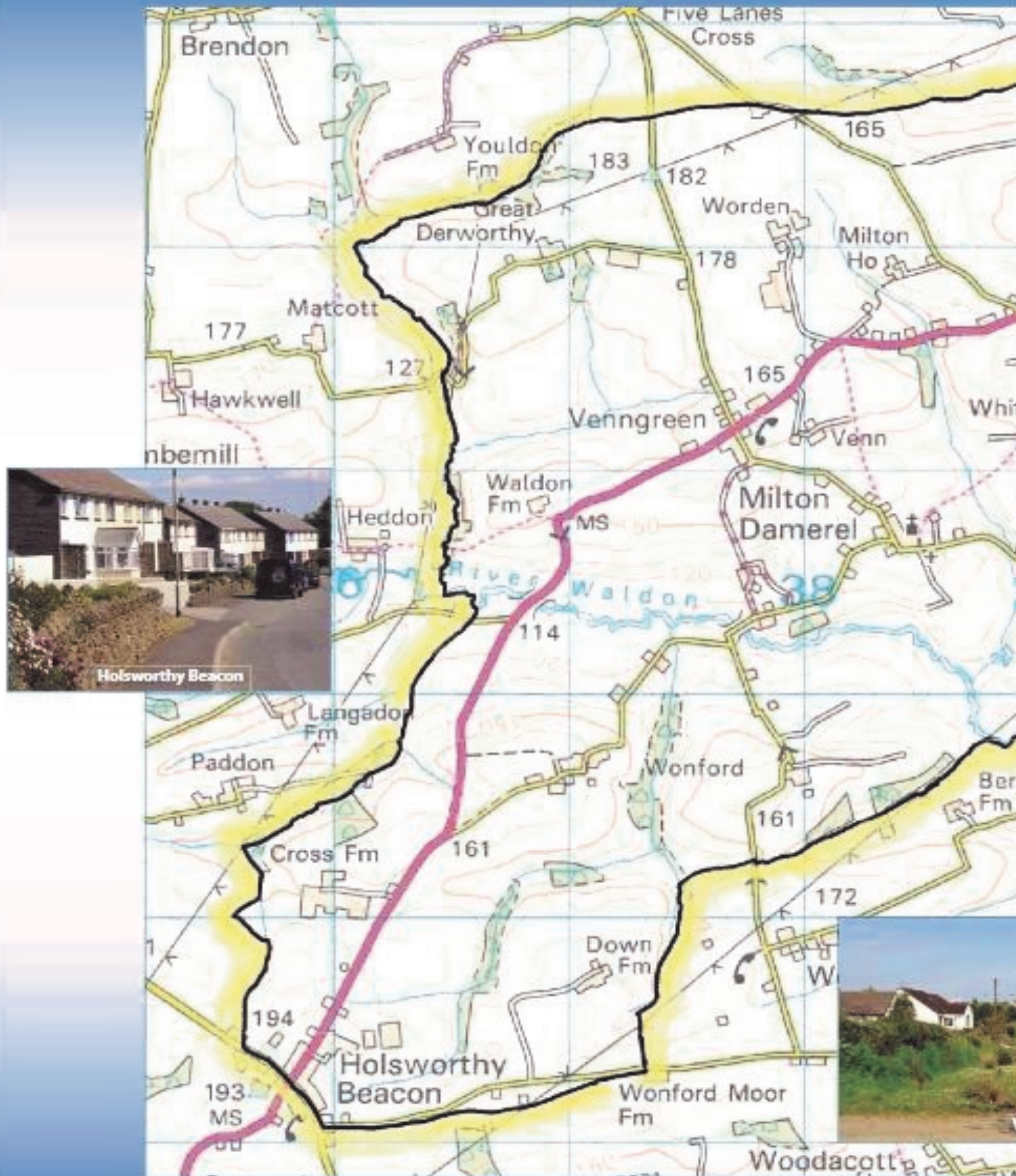
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Holsworthy Rural Policing Update 1/4/20 – 30/6/20:



The following crimes have been reported:

ASHWATER:

Communications offence
Criminal damage to property under £5000

BRADFORD:

Burglary from outbuilding

BLACK TORRINGTON:

Drive whilst disqualified
Possession of a controlled drug
Drive and fail to provide a specimen (all the above were from 1 incident)
Use threatening/abusive/insulting words or behaviour

BRADWORTHY:

Burglary to outbuilding
Possession of a controlled drug

BRIDGERULE:

Assault occasioning actual bodily harm
Criminal damage to outbuilding
Criminal damage to motor vehicle

BROADWOODWIDGER:

Owner of a dog worrying livestock
Non Counting action fraud

MILTON DAMEREL:

Threaten to damage property
Drive motor vehicle when alcohol level above limit

PANCRASWEEK:

Common assault

PYWORTHY:

Racially aggravated common assault
Use threatening/abusive/insulting words or behaviour
Possession of a controlled drug
Theft from a motor vehicle

ST. GILES ON THE HEATH:

Theft of a pedal cycle
Use threatening/abusive/insulting words or behaviour
Criminal damage to property under £5000

SHEEPWASH:

Criminal damage to motor vehicle
Communications offence

HALWILL:

Criminal damage to dwelling
Threaten to damage property
Theft from a motor vehicle
Theft – including theft by finding

There were also 16 domestic related crimes reported during this period.

Crime prevention advice, with links to Farm Watch and property marking, can be found on our website: <https://www.devon-cornwall.police.uk/advice/your-community/stop-rural-crime/>

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

torridge@devonandcornwall.pnn.police.uk

Eating Out.

I'm going to write about local establishments as I think at the present time they could all do with as much support as we can give them.

We have many excellent pubs and restaurants in the area, The Bickford Arms, The Union Inn, The Devil's Stone, The Green Dragon, The Bradworthy Inn, all doing good home cooked food. Further afield there is a Chinese takeaway and Indian restaurant in Holsworthy, and Bude if you don't mind a drive. I haven't mentioned the Woodford Bridge restaurant because I don't think it's open yet.

All will be adhering to the Government guidelines on safe distancing and disinfection so there should be no risk of infection as long as you keep your distance and remember the guidelines.

Hopefully by the time of our next edition we will be back to some form of normality, (we can hope can't we), and eating out will be back to some form of normality. The last 6 months have been really difficult for all of us; we should help our local businesses by supporting them whenever or wherever we can.

I would have recommended the Governments "Eat Out To Help Out" scheme, Mon/Tue/Wed when you would get 50% off your meal at participating restaurants, but that finished on the 30th August.

A dad says to his daughter when he finds out she was bullying other children.....
Pick up that glass. She did.
Throw it on the floor. She did.
The glass smashes into pieces.
Now say sorry to it.
The daughter says why?
Dad says just do it.
The daughter says sorry to the glass.
The dad says, is it back together as one piece?
The daughter says no Dad.
The dad says some things cannot always be fixed by saying sorry.
Remember this next time you want to hurt someone either physically or mentally.
Bullying is not ok at any age.
Cuts and bruises heal, but memories last forever!!
I hope my friends will copy and paste this for bullying awareness.

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Milton Damerel Parish Hall

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In these unusual times it will come as no surprise that there have been no events held in the Parish Hall for some months. The hall is now available for hire again but there is a new set of guidelines that will have to be followed by anyone using the hall. The full set of guidelines is available on the Milton Damerel website www.miltondamerel.com. In brief, there is a one way system in the hall and hand sanitiser will be placed at the entrance and exit points. Social distancing will apply and face coverings must be worn. It will be some time before we can return to any form of normal usage of the hall, but the committee are committed to keeping the hall in good order in preparation for better times ahead. We had a very good day recently 'spring cleaning' the hall ready for use again. For the foreseeable future the kitchen and its contents will be out of use.

We are losing one valuable member of our committee. Roberta Jackson has been a stalwart for the last 8 years, holding the position of both secretary and treasurer at times. She has been the principal force behind all the successful lunches that we have held and we will all miss her and her enthusiasm. We are very fortunate that Tracey Toft has agreed to join us and to take the position of Treasurer. 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. We are particularly looking for a person who would be on hand to become our maintenance person and who would be willing to undertake small maintenance jobs on the hall, as and when they occur. Anyone with an interest in DIY out there?

Chairman: Lesley Self, Secretary: Kate Moyse, Treasurer: Tracey Toft, Publicity: Sara Lawes. Ann Poole, Mary Carter, Margaret Fishleigh, Elizabeth Bellew, Christine Cook and Charlie Brimacombe.

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.

Booking the Hall: Please telephone 261294 or 261151

Bradworthy Primary Academy

Thursday 3rd September. Autumn Term Starts.

For more information and updates please see the school website, www.bradworthyacademy.co.uk.

Pilates

The Monday sessions have re-started – Jean Reed has kindly offered the use of her croquet lawn, in a beautiful setting by their farmhouse at Gidcott, when weather permits. Please contact Di Sluggett, the group's tutor for details, (Tel: 281637)

Footpaths Update

Hello everybody,

We hope that you are all managing to keep safe and well.

The Government has now set out its plan for the next couple of months but for most of us the lockdown remains in place, although there is a slight relaxation of the exercising regime. However, we are still not going to be allowed to resume the group walks for the immediate future so we must encourage each and every one of you to be doing some sort of exercise. We can still walk outdoors for exercise although this is still to be fairly localised, but we are now allowed to drive somewhere to do our walking but only in family units. If you are not familiar with your local area now would be a good time to go out and explore your neighbourhoods to see what is out there. You might just be surprised. If you are not familiar with your local footpaths and don't have an O/S map you can look at this site:

<https://map.devon.gov.uk/dccviewer/MyLocalPaths/>

You will be able to find public footpaths and bridleways local to where you live and also print them off if you need to.

* * * * *

Walk Leader Gordon Bennett – Celebrated his 90th birthday on 27th April. He is seen here (*front right*) enjoying his 90th birthday party with some friends and neighbours, whilst sticking to the 2 metre social distancing rules.

Gordon is the second oldest 'active' walk leader within the Ramblers organisation, only losing out on the title by a couple of months and in recognition of the event, the Ramblers will be putting a short article in their June newsletter.



Please note that there is a guide to Milton Damerel Footpaths on the Milton Damerel website, http://www.miltondamerel.com/_UserFiles/Files/footpaths%2010%20%20june%202019.pdf

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MILTON DAMEREL OVER 60's CLUB

Under normal circumstances the Club would have met on the first Tuesday of each month and had regular coach outings. I'm sure all the members and friends of the group miss these social meeting. The committee hope that everyone has kept well and safe in these uncertain times. We are looking forward to the New Year and hope that 2021 will be a very normal and healthy one. We aim to have our regular New Year Party in February and look forward to seeing you all again.

Chair: John Francis (Tel: 261117). Vice-Chair: Edward Beckly.

Secretary: Colin Boucher. Treasurer: Iris Fry (Tele 261322).

Vice-Treasurer: Pam Pidgeon (Tel: 261428).

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Holsworthy Walk and Talk

In line with Government Guidelines, The Ramblers are now allowing groups of up to 30 people to walk together. Therefore, from 11th September we will discontinue the pre-booking system and return to our usual system of just turning up on the day.

Holsworthy Walk and Talk feel that a group of 30 people is a big jump from six. Therefore, walk leader numbers permitting, we will aim to have separate groups of up to 15 people and leaving with a 5 minute gap between groups. Of course, in any size group, social distancing is still a requirement and car sharing is still not recommended.

It has been really good to get back on to the walks and meeting up to '*Walk and Talk*'. Some of us aren't quite as fit as we used to be but to allow for such eventualities, where possible, we will be offering both Level 2 and Level 3 options on each walk.

Many stiles have now been removed and replaced with lovely easy pedestrian gates. However, several stiles do still remain, varying in height and difficulty. Please check with the programme information or speak to the nominated walk leader prior to a walk if you need further information on walk obstacles.

Walk Schedule

11th September 2020 **Milton Damerel** Level 2 and Level 3

18th September 2020 Week St Mary Level 2 and Level 3

25th September 2020 Halwill Junction Level 2 and Level 3

2nd October 2020 Bradworthy Level 2 and Level 3

**Full Booking Details on programme available from www.walkingforhealth.org.uk
holsworthywalkandtalk@gmail.com or Gillian Aston 01409 254642**

Bramble Jelly

Sometimes it's not just about making pots of preserves but capturing the memories of summer to reminisce over when you open the pantry doors in the winter months.

With blackberry season soon upon us we can make the most of some of nature's free foods but please be mindful when picking, only take what you need as we are sharing with nature too. Bramble jelly is not only great spread on toast and crackers but also compliments roast chicken and pork nicely too.

Ingredients

1.4kg freshly picked blackberries (washed)
1.5kg sugar
150ml water
Juice of 1 lemon
1 bottle of liquid pectin
Sterilised jars
Jelly bag and tripod stand



Method

Place fruit in a pan with water, bring to the boil and simmer until fruits are soft.

Arrange the jelly bag over a large bowl.

Tip the entire contents of the pan into the jelly bag and allow to drain for several hours (this may have to be done in stages depending on the size of the bag).

If the liquid you are left with doesn't quite make 2 pints you can top it up with water.

Add this back to the pan with the sugar and lemon juice.

Heat gently until the sugar has dissolved then increase the heat to a rolling boil for 2-4 mins. Add the pectin and continue to boil for another 2-4 mins stirring occasionally.

As a test to make sure the jelly will set, remove a teaspoon of the liquid and pour onto a cold saucer, a skin will form on it after a few minutes if it's ready, if it's not ready, boil for a bit longer and repeat the test.

Remove from the heat, skim and pour into jars and allow to set before lidding.

Tracey Slocombe

MILTON DAMEREL LADIES SKITTLES

The skittles season was abruptly cut short this year, with the outbreak of the Corona Virus. Unfortunately the Holsworthy Skittles League presentation evening, which was to have taken place at the Golf Club in May, had to be cancelled due to the lockdown. Trophies will be handed out at a later date.

We also had to cancel the Jim Jollow game. This is when Milton Ladies pair off with Thornbury Men to play for the Jim Jollow Trophy.

Milton Damerel Ladies "A" team were the winners of Division One, in the Holsworthy League again this year, even though the season was cut short.

Milton Damerel "A" Team winners were:

Mandy Walter with the Highest Average of 56.60.

Mandy Walter, Christine Cook and Shirley Grills all had the same highest score of 74.

Milton Damerel "B" Team winners were:

Kate Moyse with the Highest Average of 49.69.

Frances Reynolds with the highest Score of 78.

The Wooden spoon was won by Sara Lawes.

MILTON DAMEREL MENS SKITTLES

Milton Damerel Men's Skittles Team managed to finish the League season before lockdown. They did not win any trophies in the Holsworthy League. Also they did not have any player who would have qualified for the Devon County Competition. This was eventually cancelled.

Their get together to play for the Milton Damerel Men's, John Hocking and Westaway Trophies was also cancelled.

The A and B teams player with the Highest Average and Highest Score was not available.

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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.

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 15th November 2020.

The newsletters group members are:

Nicky Martin	n.martin337@btinternet.com		Regular contributors and features
David Taylor	mdnlad@hotmail.co.uk	261577	Treasurer and Advertising
Rose Haynes	rose@grawley.co.uk	261577	Regular contributors and features
Lorraine Buttery	miltondamerelpc@hotmail.co.uk	282956	Regular contributors and features
Andy Kendall	mdnews@kendallnet.co.uk	261512	Newsletter Compiler
Lesley Self	lesleydself@outlook.com	261294	Regular contributors and features
Peter Oxborough	peter.oxborough@boproperty.com		Regular contributors and features

Rubyview Flock

Rubyview flock first started in 2019. It's my sister Harriet and my (William's) flock of Zwartbles currently we have four sheep. We pay for it all by ourselves with birthday, Christmas and from our cleaning job money. Harriet's first sheep was a Zwartble ram lamb called Panda he was born during the beast from the east and was an orphan, Harriet brought him when he was 4 days old. I brought my first sheep a week later a ewe lamb called Fanta from a different farmer. We bottle fed them every 4-6 hours and it was quite tiring but worth it. We halter trained them and we did all the local shows and although we didn't do very well, we talked to the judges and the other people showing as well as watching them, the next year panda and Fanta had a ewe lamb called Grace, we then sold Panda as we didn't want him breeding with his mum and daughter. That was a sad day.

Last year's show season with Fanta and Grace was really good, we got lots of placings and although Grace had more white than we would of liked she did do really well in any other continental breed and at one show was reserve champion for all the ewe sheep of all ages. This made us feel proud as although we couldn't change her markings, we could make a difference on her appearance and body condition. As well as the breed classes we do the young handler classes; these look at the way the handler shows the sheep and their knowledge and presentation. The condition of the sheep isn't judged but it does help with the overall picture if you have a good looking sheep.

We have found the Zwartble to be a kind gentle sheep, even though they grow big, they make a good Young handlers sheep. At the end of the last show season Harriet had gained enough points from the seasons shows to win the 8-12yrs young handler series and I had the most points to win the 13-18yrs series. I also won young handler of the year for the whole country with the finals being held at The Royal Berkshire Show. The money we won for the showing paid for our season's entry and pen fees and we had enough to hire a Zwartble ram for the tupping season.

This lambing season (2020) we were blessed with two more lambs; a little ram called Hope and a little ewe called Hallelujah. Hope had too much white for the breed show ring so we have weathered him to keep as company for Halle and train for the young handler classes so that my friends can have a go. When the flock gets bigger, we can't weather and keep all the mismatched lambs, so in the future as our flock grows we can sell the meat, as Zwartbles give lovely lean meat and the craft people like their fleece for felting and spinning.

In the future we would like a flock of 20 really good quality Zwartble sheep to show and Harriet would like to train sheep for more children to show sheep, as we really enjoy showing. Everyone is very friendly and in the



show season it's like a big sheep family. I miss it in the winter and have done this year with Lockdown. In the showing community we compete against each other in the ring, but as soon as we finish and come out of the ring we are back to laughing and joking and helping each other.

At the moment we have a new ram in with the ewes, he's very handsome and fingers crossed in November when they are scanned for lambs we will have lots of "blobs" on the screen. William & Harriet will be appearing on Channel 4's "Devon & Cornwall" programme Series 2, Episode 6. in September.

Local Author gets two Cookbook Awards

Reported in North Devon Gazette

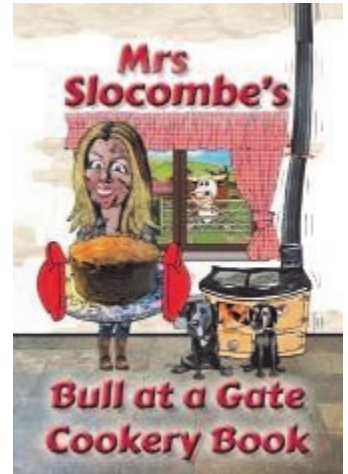
A Milton Damerel author has enjoyed a taste of culinary accolades with a double helping of awards for her latest book.

Tracey Slocombe's "Bull at a Gate" Cookery Book has won two categories in the Gourmand World Cookbook Awards 2020, for Best First Cookbook in the UK plus Best in Illustration thanks to the quirky artwork of North Devon's Ian Shapland.

Author Tracey Slocombe, from Milton Damerel, filled her book with local inspirations including Ilfracombe Slammer, The River Taw, The South Molton, Hartland's Tiddy, Teddy, Toddy Pie and The Beef Torrington.

Besides some great recipes, Tracey also encourages the reader to love where they live, get creative in the kitchen and come up with commemorative dishes, takes you on a nostalgia trip in Grandma's kitchen and supplies a few funny memoirs too.

It also features guest contributions from North Devon author and radio presenter Simon Dawson as well as Johnny Kingdom's widow Julie sharing a recipe for Johnny's favourite tea time treat.



Food for Thought—Know Your Beef!

For me, there is nothing more satisfying than cooking from source. Having had my own beef cattle in the past I really learnt lots about the science involved in producing good quality meat. It's crucial to have an understanding of the important factors involved in producing great quality beef, so I'd like to arm you, the reader, with some useful tips and pointers worth considering when you shop for beef, or lamb for that matter.

Firstly, it's important to understand what will give you some premium quality meat. The animal will ideally need a varied diet, by that I mean grasses rich in herbs, access to hedgerows to browse on the leaves and berries as they often contain properties that are medicinal, therefore reducing the need for antibiotic, be concentrate free (or very little given) be stress free, single suckled and reared in a natural outdoor environment, only housing them in the winter months. Breed selection also plays a part too, many of the traditional UK breeds will fatten on fresh air therefore minimising the need for concentrate. Raising cattle in a more traditional manner means they do take longer to finish out but the end result is more noticeable in terms of texture and flavour.

For anyone who's not in the know, reading the above and putting it into practice will probably seem like an impossible task and you wouldn't be far wrong! However, you do have some autonomy in this, question your butcher about his supplier and their farming practices or buy direct from a farmer of whom you know and is happy to tell you about how the animal has been reared. Although having an entire beef bullock in your freezer will take up a fair dabble of space, you could always split it between a few of you and share out the costs accordingly. My general rule of thumb is to never buy beef, lamb or pork from a supermarket, they are not transparent enough for my liking and I know there is far more involved than just having a UK stamp on the packet and the claim to be grass fed. There is a loop hole here that supermarkets often use in the claim to be grass fed only, that loophole is currently being challenged as it allows supermarkets and such like to 'green wash' the meat to legally enable them to use the claim 'grass fed' when in actual fact the animal only has to have grass for a percentage of its lifespan and can then be topped up with grains which speeds up the process of getting an animal to a desirable weight and finish. If a supermarket doesn't display a country of origin, this makes me very suspicious they are trying to hide something and I think with the effects of Brexit and future trade deals with the USA still ongoing I am very concerned hormone laden meat and chlorinated chicken will end up on our shelves.

If you think all this is irrelevant, read on!

The importance of high glycogen content is paramount when it comes to the slaughter process. Stress and an overall un-natural life existence will give bad quality meat as the glycogen will more than likely be too low as it will have been used up before the slaughter. Glycogen needs to be high as it converts to lactic acid after slaughter which gives meat its colour, texture, taste and tenderness. Travel and visits to markets will also use up that valuable glycogen so miles travelled between the farm and abattoirs are also worth considering.

Pasture fed beef is nutrient dense being naturally high in Omega 3 (that's a good fat known as a HDL and can help to lower the body's bad fat known as a LDL) as well as vitamins A, D and E and minerals.

Pasture fed livestock is also better for the environment and has a much lower carbon footprint.

Tracey Slocombe.

What to do in your garden in September



Wouldn't it be nice if we could still find a bit of time to enjoy sitting in the garden. Ah well back to the garden – it's a good time to begin general maintenance on the lawn, along with tidying borders and containers so they will be ready for planting spring flowering subjects. Also a number of vegetable and flower seeds can now be sown outside and inside.

Fruit

For raising new blackberry plants, bury tips into the soil of any shoots that have developed this year, as they will quickly form roots and new shoots will develop next spring. Once this has happened the new plants can be separated and planted where you plan to grow them.

Try to avoid wasp damage to early fruiting apples by hanging wasp traps in the branches of the trees.

Pick fruit from these early ripening varieties as soon as they are sweet enough to eat as they don't keep.

All shoots that have carried peaches should be pruned so that newly formed ones can be tied to ones formed this year and these will flower next spring.

Crops of raspberries, blackberries and other autumn-fruiting varieties should be covered with netting to keep birds away. However, the netting should be checked daily making sure no birds or any other animals are trapped.

Flowers

Once the summer bedding plants have been removed, plant spring flowering plants such as bellis (daisy), pansy, polyanthus, primrose and wallflowers along with spring flowering bulbs.

It is a little early to plant tulip bulbs which should be left until November to avoid attacks of Tulip Fire. This disease causes scorched areas on the leaves and spotting on the flowers.

The following hardy annuals can be sown outdoors – calendula, cheiranthus, godetia, larkspur, nigella and poppy.

Wild flowers that can be sown direct outdoors are field scabious, field cornflower and feverfew.

In the greenhouse sow cyclamen, pelargonium, schizanthus and streptocarpus.

Sow in a cold frame the wild flowers primrose and cowslip.

Sweet peas can be sown in a cold frame or unheated greenhouse to over-winter, the young plants can then be planted out in March/April to obtain early blooms.

It is now a good time to begin watering dormant cyclamen pot plants which were left to die down for a rest.

When rose blooms have faded a last deadheading of roses can be done, and taller stems may be slightly shortened so that movement from wind can be reduced.

During the early part of this month stem cuttings may be taken. Cut a length of stem, remove the soft tip just above a leaf joint, cutting below a joint at the base removing all but the top three leaves. Place directly into the soil approximately 30cm (12") to about half its length somewhere in the garden where they can remain to root and develop for about a year.

Bulbs

Gladioli are still giving enjoyable displays in the garden but it might be nice to cut a few spikes for indoors.

Should thrips be causing a nuisance spray with Bug Clear. Once flowering has finished, the corms may be lifted, cleaned and carefully stored for planting out again next spring.

So that dahlia stems do not break in the wind tie them to supports such as canes.

Remove any deadheads and cut some flowers for a nice display indoors.

When lily bulbs become available they can be planted as soon as you want.

Bedding and Hanging Baskets

To make sure displays last well into autumn remember to still give them a little attention.

Water regularly, daily if possible, keep pests under control and, of course, remove any fading blooms.

Pot any of the tender plants you may wish to save for next year so that they are allowed to become established in readiness for being placed under cover when the weather starts getting cooler.

Lawns

Early September is an ideal time to sow a new lawn or make repairs to an existing lawn.

Grass growth is slowing, therefore, reduce the frequency of mowing.

Keep the lawn clear of fallen dead leaves and thatching quickly and easily by using a lawn scarifier or a suitable lawn rake.

On established lawns, aerate by spiking with an aerator or fork, apply a top dressing and towards the end of the month apply an autumn fertiliser.

Vegetables

Plant onion sets of an over-wintering variety from the middle of the month.

Sow winter lettuce Valdor and Winter Density.

A few cut-and-come again salad varieties could be planted in pots for tasty leaves in the autumn.

Lift main crop potatoes and allow to dry prior to storing in wooden trays in a dark, cool, frost-free shed or garage.

Transplant spring cabbage into their final positions.

For a supply of herbs during the winter, pot up plants of basil, marjoram, mint, oregano and parsley and grow them on the kitchen windowsill.

Crops should be picked regularly ensuring they are always fresh and tender, and items such as courgettes and beans shouldn't be left too long prior to picking.

Tomatoes and chillies in greenhouses should still be watered during late summer.

Celery plants reaching required size can be lifted carefully with a hand fork.

Ponds

Pond debris, particularly if the weather has been windy should be removed by using a net, rake or pond vac.

It is important that any dead or dying plant matter is removed immediately so it is not allowed to fall into the water, as this can lower the oxygen content and may also harbour diseases. To catch falling leaves secure a net over the pond.

Filters and pumps should be kept going, remembering to check them regularly to see if they need cleaning.

It may prove worthwhile to siphon off around a quarter of the water in the pond replacing with fresh if your fish stocks are high.

To build up fish strength in preparation for the winter give them a high-protein feed.

Courtesy of Suttons Seeds

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PARISH PLAN ACTIONS FOLLOW – UP

SUDOKU Answer

2	7	4	3	9	1	8	6	5
3	6	9	7	5	8	4	1	2
1	8	5	6	2	4	3	9	7
7	9	6	4	8	2	5	3	1
8	1	2	9	3	5	7	4	6
4	5	3	1	7	6	2	8	9
9	4	8	2	1	7	6	5	3
6	2	1	5	4	3	9	7	8
5	3	7	8	6	9	1	2	4



Affordable Housing / Housing Development at Town Farm –

The planning application for Town Farm (ref:1/0520/2018/FULM) has been revised and amended, the development now consists of 9 houses and 2 barn conversions with 2 affordable houses being included.

These revised plans were discussed at the Parish Council meeting held on the 20th May; full details are in the minutes of that meeting. The Parish Councillors comments were duly forwarded to Torridge Planning Department.

There are no other proposals for affordable housing in the Parish.

The TDC Planning web-site, www.torridge.gov.uk/plans, public access section, contains details and documentation for all applications received and the consultation responses by public bodies and submitted by individuals – going to this site and searching for planning references quoted above provides full access.

For more information on the Parish Plan 2008 – please refer to the Plan delivered to every household. If you have recently moved into the Parish and have not seen a copy, please refer to the relevant section of the web-site: www.miltondamerel.com. There is also a copy of the housing needs survey conducted in 2009 showing at that time the identified needs for affordable housing. Please contact any Parish Councillor or the Parish Clerk (contact details are shown on Page 2) about any issues in the Parish Plan.

Useful Contact details:

Parish Councillors:

Stephen Moyse (Chair) Tel 01409 261151
Richard Piper (Vice Chair) Tel 01409 261114
Rose Haynes Tel 01409 261577
Jim Richardson Tel 07866 406977
Gareth Piper Tel 07966 558385
Peter Buckpitt Tel 07584 086693
Teresa Walters Tel 0794 668827
Lorraine Buttery (Clerk) Tel 01409 282956

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.polic
e.uk

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WHAT'S ONa selection of local events...

WHAT?	WHEN?	WHERE?
As an indoor theatre location no events currently advertised.		HATS Theatre, Holsworthy www.holsworthytheatre.co.uk
The Plough Art Centre and The Plough Café are closed until further notice, but please support the outdoor theatre programme.		The Plough, Torrington Box Office: 01805 624624 www.ploughartscentre.org.uk
Illyria present ‘The Wind in the Willows’ by Kenneth Grahame, adapted by Oliver Gray in the Open Air at Hartland Abbey.	3 rd September @ 3pm & 5pm	
The Three Inch Fools present ‘A Midsummer Nights Dream’ by Shakespeare in the Open Air at Hartland Abbey.	5 th September @ 5pm	
The Pantaloons present ‘Sherlock Holmes’ in the Open Air at the Big Sheep, Abbotsham.	9 th September @ 6pm	
Historic Histories present ‘Barmy Britain’ in the Open Air at Clovelly Court.	12 th September @ 2pm & 5pm	

Guidance about Covid-19

The chosen venues and theatre companies have Covid mitigations in place to minimise the risk of spreading the virus.

The performers will be set back 5m from the closest audience members.

The performances will not include direct audience interaction.

No audience members will be allowed to enter the stage area.

Tickets will only be pre-bookable online via the Plough website.

Customer details will be kept so that track & trace can be used if necessary.

No tickets will sold at the box office at each venue.

On entry customers will be checked against the list of advance ticket sales.

Plough staff and volunteers will wear appropriate PPE.

Raffles will not take place.

Fliers and promotional material will not be distributed.

Audiences will be encouraged to stagger arrival times in order to avoid a last minute queue to get in. Access from 1 hour before each performance.

Audience members will sit in household groups, 2m from other groups, in clearly defined areas on the grass.

Audiences will bring their own low-back seating or blankets.

The venues will apply strict cleaning regimes in all toilet areas.

The venues will display clear and appropriate signage to encourage safety and social distancing.

Audiences will be encouraged to use the toilets throughout the performance to reduce interval queues. Some performances are approx. 1 hr duration and will have no interval e.g. Illyria and Horrible Histories.

Venues providing catering will apply strict procedures to reduce risk. This will include PPE for their staff and appropriate training.

Hand sanitizer will be widely available at all venues. Customers will be actively encouraged to use it.

The Big Sheep has the technology for instant customer temperature analysis on entry.

