
MILTON DAMEREL

PARISH NEWSLETTER

WINTER 2020

81st EDITION



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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By KrazyDad

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Difficulty: Tough

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Solution on Page 32.

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A Farewell and a Big “Thank you”.

As many of you know, Grace Millman has been the mainstay of the Milton Damerel Newsletter, contributing & acting as Chairperson of the group, hosting our meetings and contributing a lot of her own time to the Newsletter.

Earlier this year she decided to step down, after many years as a member of the group. She was one of the original members who took up the reigns after Sarah and Edna handed over the publishing of the Newsletter in September 2004, and has been in the Chair up until our Autumn edition.

The group would like to say a big thank you to Grace for her dedication and wish her well for the future, she will be sorely missed but she is still contributing so she is still connected in a way.

So again thank you Grace you were a pleasure to work with.

Milton Damerel Parish Council

December 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, any resident is welcome to attend, but if you wish to do so please notify the clerk.

COVID 19

If you need any help with shopping, getting prescriptions, please contact one of your Parish Councillors or the Clerk. If you have any financial issues please contact Torridge District Council who have protocols in place to help those in need. Your Local and County Councillors are also there to advise and assist.

District Councillors

Our District Councillors Kit Hepple and Ken James have been attending our ZOOM meetings, details of which are in the minutes. Regular updates are also received by email, although not always available to attend meetings both Councillors work in the background and can be contacted by all for any help required.

Devon County Councillor Barry Parsons;

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

PFCSO Mark James has been unable to attend any meetings recently due to his workload, but sends regular updates by email to the Parish Council; these reports are posted to the website.

Planning matters:

There has been only one application since September, which was for a Bungalow in the Parish.

The amended plans for the development at Town Farm are still being considered by Torridge, and no further Information is available.

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 Annual Grants

Cheques for approved Grants for the financial year 2020/21 to Milton Damerel Newsletter, Milton Damerel Parish Hall Milton Damerel and District Gardening Club, Milton Damerel Parish Church and North Devon and District Citizens

Advice, were issued and distributed in September.

Applications for annual grants for the Financial Year 2021/22 will be considered during the meeting on the 16th November, successful applicants will be notified by post shortly after the meeting.

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 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.

Finally, as 2020 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

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CONGRATULATIONS!



To:
Chris Palmer and Nadine Loick of Strawberry Bank, on the birth of their son in October.

Jacqui and Dean Cocks of Higher Venn, Venn Green who celebrated their 25th Wedding Anniversary in November.

Jim & Jan Coffin of Cross Cottage who celebrated their 50th Wedding Anniversary on 17th October.

Trevor Sanders who will be 70 in December.

John Meggison and Monica Fish of Rosemead, Milton Town on their Marriage after 30 years together.

They had to cancel their planned Wedding in March, due to lockdown.

They managed to finally tie the knot and have their Wedding on the day before this second lockdown.



Richard & Gill Piper celebrate their Silver (25th) Anniversary on 2nd September

Trevor & Penny Sanders celebrate their Golden (50th) Anniversary in October

Bill & Valerie Carter celebrate their Diamond (60th) Anniversary on 5th October

Jeremy & Ruth Sharp celebrate their Ruby (40th) Anniversary on 4th October

WELCOME!

Darren & Tracy Oulton, East Wonford Farm Cottage.

David and Cheryl Walkling, Tor View, Venn Green.

Peter and Lesley Self will be moving to Nuvieu, Derworthy Lane at Christmas (Hopefully)



OUR SYMPATHIES



For those who have been bereaved recently:

The families of the late Mr Les Yelland of Beech Park, Holsworthy Beacon.

Also to the family of Gwenyth Johns, of Anzac, Gratton.

*** 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 ***

Chapel News – December 2020

From our Minister

The people walking in darkness have seen a great light (Isaiah 9:2)

There is no doubt that 2020 has been an unusual, sad and difficult year. The coronavirus has had, and continues to have, such a destructive effect on people's lives and livelihoods. Too many have died; not just in this country but across the planet. This really has been a global pandemic. There have been so many sad families unable to say proper good-byes to loved ones. Other medical conditions have been exasperated by the crisis.

What has been going on in care and nursing homes has been and continues to be deeply troubling.

Then there has been the effect on people's mental health and the scourge of loneliness, already prevalent in society. The economic reverberations of all this will be felt for years to come.

On the other hand, the crisis has given us an opportunity to evaluate what really matters. Family and friends, who we haven't been able to meet up with; those in our society whose contribution to the common good was taken for granted – those who work in the NHS, in Care and Nursing homes, those who work in supermarkets and in the food chain, including farmers; and so many others. They deserve our gratitude.

Truly this has been a dark time – we feel, that we are walking in darkness.

And yet the promises of God remain true. Indeed, there is light, not just at the end of the tunnel, but now alongside us. The great Advent themes of Hope, Peace, Light and Love are so vital in these days, and it is good to reflect upon them leading up to the incredible gift of Christ at Christmas. It may well be that Christmas is like none other, but I hope that it will not stop us celebrating with the joy the good news of Christ – Emmanuel – God with us.

God with us, through the pandemic, through the dark days, but with the light of love, hope and peace alongside us.



May this Christmas season be a blessing to you and all, and may we hope for a more peaceful, more prosperous, more health and more hopeful New Year.

With every blessing

Rob Blackhall

Superintendent of the Torridge Methodist Circuit.

Freedom Centre – Annual Collection of Donations. We have received a letter of acknowledgement and expressing their gratitude for the gifts of food items and of money, which were collected during September, Our thanks to Lilian Luxton and family for enabling this collection and delivery to be completed this year, despite the restrictions and the chapel premises remaining closed. Thank you to everyone for their contributions.

Harvest Thanksgiving – We took our Harvest Thanksgiving 'outside' this year. Despite the continuing closure of our premises we were keen to mark the occasion of Harvest and so a group of volunteers arranged displays at the Chapel entrance and along the railings, and we were delighted by the artwork of children, which we were able to display in the Noticeboard. Gifts of apples and Easter eggs (remaining from the annual donation of Easter eggs for children in the parish, but still in 'date'!!) were left for visitors to 'pick up' and take away. It was very good to mark one of our usual celebrations through the year and much gratitude to those who helped and provided all the contributions.

Remembrance 2020 – We also commemorated Armistice Day by displaying a Poppy wreath outside of the Chapel and poppies in the noticeboard. The wreath is normally placed in the chapel beneath a framed scroll listing all the names of those from our parish who served in the First World War and a plaque listing the names of those who served in the 2nd World War. Details of these have been recorded in a previous edition of the Newsletter.

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. There are no plans currently to re-open the Chapel, but there will be wide publicity when we do. For those interested Pilates has moved to Bradford Village Hall. Please contact Di Sluggett for more information. 01409-281637.

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.

CONTACTS – For further information or help please contact: Our Minister: Superintendent Minister: Revd Rob Blackhall (01805 628041) Our stewards: Dan Brett (Tel: 261609) & Jeremy Sharp (Tel: 261548), Property Steward: vacant; Secretary: vacant





Thanks to Suzanne for photos



Is it too early to put up the xmas tree yet? I have run out of things to do.



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HOLY TRINITY CHURCH NEWS

Rev Richard Freeman Tel 01409 241315

Church wardens Isabel and Roy Fairbrother tel 01409 261181



Hello Everyone

What a strange year it has been for us all; our loved ones further afield out of our arms reach, our freedom to mix with friends, hold fundraising events and go away on holiday all curtailed, yes the COVID-19 virus has made a huge impact on everyone's lives throughout the world, rich or poor, sinner or saint.

Let's stop a moment to reflect: The virus knows no boundaries, so whether we were born here or moved here - what we initially thought was a better place to live has proved so true in so many ways, we live a much healthier lifestyle – clean air for one thing and we live in a caring and giving community, no-one need feel alone. And there is more, to date the virus infections locally have been low in comparison to the rest of the country.

Let's keep taking care and be careful of others as well as ourselves and stay safe.

On August 28th we re-opened Holy Trinity for Holy Communion Services – no singing and no wine. The social distancing worked well and so we progressed to holding 2 services in September. It felt really good to be back in communion with other members of the congregation. However, as we now know, October took a turn for the worse and we have had to close the door again, BUT private prayer can take place, you will need to contact us on 261181 to arrange.

You can also join in Zoom services most Sunday mornings at 10.00am. Look out for any changes and Christmas service dates and times on Milton Damerel Facebook and/or church notice board.

The details for Zoom to join a service are -Meeting ID: 628 006 774 Password: 622992.

You may have noticed workmen at the church during October; they were working on the tower as the merlons at the top had become quite damaged by the elements and were in danger of coming down. It is a temporary repair as we still need a lot of work doing in that area as well as a new roof. We were awarded a grant of £1000 from a special emergency fund but the rest had to come from the roof fund.

So onwards we go searching for enough money to fix the roof – before it collapses on us.

We are so disappointed there will be no Christmas Tree Festival or candlelit Carol Service this year, we can't see that changing any time soon.

However we thought it might be a good idea to have a Parish Xmas Tree Festival – this just means that as many homes as possible will light up a tree or a hedge/fence during the Xmas period.

Let's all bring light into Milton Damerel and spread the warmth and kindness that there is to be found in our community - especially at this time of year. *ARE YOU WITH US? Please*

Without services in church there is no money in the collection plate and with lockdown no visitor donations. Please help us to keep going through next year. Please consider joining the Parish Giving Scheme; YOU can drop in or drop out when you want to but please help your church to survive during these hard times. Remember the old saying – WHEN IT'S GONE, IT'S GONE. We are a charity and rely on the generosity of the congregation and the wider community. Just a couple of pounds per month will make a difference to our church paying its way. You don't have to come to church, you don't have to be a Christian, your details are not divulged to anyone, and 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.

With the church closed you can request a pack from me – Isabel - or call at Albatross Venn Green.

Do you remember the Video:- “A year in a rural parish”? Well we have some good news - the film has been donated to Holy Trinity to help our roof funds. We have a limited number of copies available on a USB memory stick for just £10, they should play on most PC's, Smart TV's and other USB compliant players. At the moment

the DVD version is not a good enough copy to be made available. The film would make a nice Christmas present for just £10 (includes the cost of the USB memory stick), or even a present for yourself. Tel 261181 to reserve your copy.



The Witch car badges went down very well with the community and further afield so now we have a new car badge for sale – The 'North Devon Ruby Country' badges. These are only available here in Milton Damerel at the present time. Look out for them on sale locally or collect them at Albatross (they would usually be for sale in church) actual size is 80mm and cost just £2 each.

HAVE PRIDE IN YOUR COUNTY... ALL PROCEEDS TO THE CHURCH ROOF FUND

The all-important Gardening Dates – so sorry we just don't know when we can resume regular work in the churchyard. Thank you for all those gardeners quietly coming to the churchyard to keep it spick and span for the whole of the community. We are so grateful to you for the way you keep the churchyard beautiful.

Of behalf of everyone at Holy Trinity we wish you a 'Peaceful and Joyous Christmas' and a 'Healthy and Happy New Year'.

Keep safe and keep well.
Isabel and Roy
Church Wardens



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Inter Parish Walk

September

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. I think most people will agree that it's a bit challenging at the moment trying to keep up with the current advice. I had thought I was going to be able to enjoy my first walk since lock down as a group of thirty on Monday 14th September. I couldn't believe it when it was announced just a few days before that the rules were going to change from that date and so we could only meet as a group of six again. Even DCC sent me an email confirming this advice. By that evening, it was clarified on the BBC that "organised sports" which include "organised walking groups" could still meet as a group of thirty!! Great news BUT by that time I had already notified all those concerned that the walk on the Monday would be limited to six!!! As it turned out, this proved to be quite provident as we needed to park in the lane by the Village Hall in Clawton as the new surface of the car park was in the process of being laid. Bearing in mind that car sharing is not encouraged at the moment; five cars were easily accommodated on the road without causing a hindrance to other road users. Sometimes these things work out for the best.

It was a glorious morning and just six of us headed off up the hill. We turned left at the T-junction heading towards North Tamerton. We then turned left down the drive towards Hole Park and joined the footpath which took us across a lush grassy field. I was delighted to see that DCC had repaired the wooden footbridge at the bottom which had become quite tricky to negotiate. They had also done a considerable amount of cutting back. I had done some trimming recently with my secateurs but there were a couple of narrow gates which were in great need of a major trim. We were all pleased to be able to pass through unscathed bearing in mind that we were all dressed for a sunny morning. I hope someone's ears were burning at DCC because we were all singing their praises in keeping this lovely footpath clear.

October

Daphne Nicholls very kindly arranged our walk on Monday 12th October so that Tina and her very handsome German Shepherd dog, called Chase, led the way. Ten of us set off from The Square in Bradworthy heading north. When we reached Crosspark we turned right along the footpath. Daphne had been a bit worried about the prospect of mud especially as we have had so much rain recently. However, everyone had got stout footwear so we were happy to squelch through the mud which was actually only for a very short distance. We went through a gate which led us directly onto Bradworthy Moor.



It was actually quite dry underfoot on the higher ground. We chose to stay away from the lower ground which would have been decidedly boggy. For those that don't know, it is a hidden gem. The land was requisitioned during the Second World War and planted with wheat and potatoes. The western moor was returned to the village in December 1946 but other parts were not released as common land until October 1950. It was designated as an area of special scientific interest in 1992. We have walked across this area previously but not everyone was familiar with it. For those of us that had been before, it was very nice to be reacquainted. Due to the open nature of the terrain, it was easy to abide by the social distancing advice and still catch up with each other's news. It was a shame that the weather was not more kind but persistent drizzle was definitely better than torrential rain. Ordinarily, there are stunning views of Dartmoor to be enjoyed but sadly the low cloud meant that they were not apparent at all. We were most impressed with Chase. He's only one year old and behaved impeccably even when we got close to the Ruby Red cattle that were enjoying grazing rights. I am leaving myself wide open here as they could have been Red Devon but as a "townie" and not an authority, I can only say that they were of a beautiful ruby red colour.

November

Due to the current advice during lockdown 2.0, I was only able to walk with one other person on Monday 9th November. I met my friend, Gill Aston, at Higher Larkworthy Farm in Ashwater with kind permission of the Kirk family. It is very much a working farm but they kindly showed us where we could park our cars so that they wouldn't be in the way. By the time we arrived at 10am, the cattle were munching contentedly on their silage. For them, life continues very much as normal. We followed the footpath through Lower Larkworthy Farm and across the fields. Sometimes it's quite



difficult to work out what route a footpath takes especially when the terrain is undulating. I have been known to follow the entire perimeter of a field desperately looking for a stile or gate with a way marker sign. Normally they show up quite well even on a dull day as they are bright yellow but they do fade and get grubby with time. Sometimes they gradually degrade and fall off due to continual temperature change. If you ever feel that the way markers need replacing, please let me know as it can be disconcerting when you are not sure of the route especially when it's in close proximity to dwellings. Maps can be helpful to a degree but quite often the scale means that there is not enough detail for it to be clear.

Our route took us down hill and across the stream before negotiating quite a steep slippery slope up towards Henford where we joined the road. We suddenly realised that DCC have been very busy resurfacing this stretch. The tarmac was pristine. No pot holes! We followed the road towards Ashwater which involved a very steep uphill climb. I'll admit to stopping a couple of times to admire the beautiful autumnal colours..... and to catch my breath. As we approached the brow of the hill, we ventured left along a track. It's not a footpath but the Kirk family had kindly given us permission to return to our cars that way. As we approached the farm, we could admire the two Glamping pods though we had to look quite hard for them as they blend very well into the natural environment. If anyone is looking for somewhere tranquil to stay, I would have a look at their web site. I found it by typing in Glamping at Higher Larkworthy Farm in Devon. There are some beautiful pictures of the pods and the scenery.

Well everybody, your guess is as good as mine regarding what the next advice will be post lock-

down. We have come to the end of our official programme of walks for this year but if anyone needs any ideas for routes, there is plenty of information on Holsworthy Hamlets web site or you are welcome to contact me. We are now half way through this second lockdown and it sounds as though there will soon be some guidance for the forthcoming festive season. I wish everyone the very best Christmas that we can expect within the new guidelines.

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



<u>Local Co-ordinators:</u>		
Strawberry Bank	Edwina Hale	Tel: 261263
Gratton, Whitebear & Fore Street	Edgar Pett	Tel: 261277
Venn Green	Mike Jackson	Tel: 261196
Gidcott	Anne Hamilton-Clark	Tel: 261303

COLD CALLERS –

We have been advised that there are ‘cold callers’ operating across North Devon, offering tarmacking and driveway services, together with tree trimming and garden tidying. There are high risks involved in using cold calling services and if you do need work doing on your home or garden you should take time to consider the matter. Take recommendations from friends and neighbours and it is usually prudent to obtain two or three quotes for comparison. There are many local traders advertising in this magazine who are able to provide a first class service and you know that they will not disappear overnight.

If somebody knocks on your door and you are not sure, then don’t open the door. If a company claims to be working with the local council or a utility company then contact the company to check, BUT, use a different phone number to any that may have been supplied. If you see that cold callers are operating in our area and have concerns then please inform the police using Tel: 101 or email: 101@dc.police.uk. Always use 999 if immediate action is required or a crime is in progress.

Openreach/BT Scams – Please be aware that the Parish is again being targeted by calls purporting to be from engineers trying to trace faults which are slowing the broadband signal and asking for your computer details. These calls seem to be originating from India and have an area code starting with 01486. Do not give out any personal details and shut down the call as soon as possible. It takes the authorities time to close down a rogue number and as quickly as they manage it, then others just seem to spring up. This year with Covid-19 still with us, we will have more on our minds than usual, making us easier targets for on-line fraudsters. Before you start your Christmas shopping please take a few moments to read “Get Safe On-line’s” expert, easy to follow tips to help save you from giving a fraudster an early Christmas present.



Visit: www.getsafeonline.org/safexmas

Our Neighbourhood Beat Team also join with us in wishing everybody a very Happy Christmas, a Safe and Peaceful New Year.

NOT JUST AN ECHO

If you are like me and my family, you will be surrounded by technological marvels. Amongst the more recent ones are Alexa and Amazon Echo. By subscribing to streaming services such as Spotify, I am able to have played on demand by these techy marvels any song or music I would like to listen to. They also tell me the news, the weather, and any other information I might seek. It has certainly made life easier and more pleasurable for most of us.

The Alexa speaker like the Echo or Dot is an always-on listening device. These devices can hear everything you say within range of far-field microphones. They wake up when certain words such as “Alexa” are used. But there is some ongoing concern that these gadgets are often simply spying on us. I have heard of people talking with friends and then seeing adverts on the internet linked to whatever they were talking about. Alexa can also recognise individual voices, and knows when you are at home (and maybe even which room you are sitting in).

We are now getting to the point where Amazon Echo can provide key evidence in criminal cases. There has been a recent case in America where Police, investigating the death of a woman who died during a struggle with her boyfriend, were able to obtain audio evidence from two Amazon Echo devices. This was key to the prosecution evidence against the boyfriend.

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Where this will all end is anyone's guess. I suppose like everything, there has to be a balance of trust between how concerned you are and what you have to lose against what you might be willing to sacrifice for the convenience which these smart speakers provide and which make our lives more enjoyable. And there is always the option of pressing the mute button on the top to disable the microphone so you can have privacy.

Action

If you need help on any legal matters, 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

Avian influenza (bird flu)

Poultry and other captive birds

An Avian Influenza Prevention Zone (AIPZ) has been declared across the whole of England effective from 5pm on 11 November 2020.

All poultry keepers in England (whether they have commercial flocks or just a few birds in a backyard flock) are required by law to take a range of biosecurity precautions.

If you keep poultry (including gamebirds or pet birds) or other captive birds, you must act now to reduce the risk of disease in your flock by following the relevant biosecurity measures required within the AIPZ. Your stock needs to be feed and watered under cover to prevent contamination from wild birds.

Good biosecurity improves the overall health and productivity of your flock by helping keep out poultry diseases such as avian influenza and limiting the spread of disease in an outbreak.

All bird gatherings within the AIPZ are prohibited therefore the general licence that had permitted bird gatherings has been revoked.

For more guidance please visit <https://www.gov.uk/guidance/avian-influenza-bird-flu>

If you find dead wild waterfowl (swans, geese or ducks) or other dead wild birds, such as gulls or birds of prey, you should report them to the Defra helpline (03459 33 55 77).

Public Health England advises that the risk to the public's health is very low. Food Standards Agency (FSA) has said that on the basis of the current scientific evidence, avian influenzas pose a very low food safety risk for UK consumers.

Avian influenza is unconnected with coronavirus (COVID-19).

Voluntary registration

You can choose to register fewer than 50 birds, or birds you keep as pets. The Animal and Plant Health Agency (APHA) encourages you to register even if you do not have to by law.

By registering,

- APHA will be able to contact you if there's a disease outbreak (such as bird flu) in your area
- you'll help prevent the spread of disease and protect the national poultry flock

DEFRA.

Defibrillator at Holsworthy Beacon

Please be aware that the internal light of the defibrillator cabinet, attached to the wall on W.J Watkins factory premises, only works when the cabinet is opened, (Motion sensor).

The Parish Council are looking to install a light which will be visible during the hours of darkness.

Meanwhile if you are unfortunate to have to use the defibrillator please try to remember a torch!

Eating Out

No-nonsense hearty food is what you will find at The Union Inn, Stibb Cross. They support local businesses where possible to purchase their ingredients; the local community is what is important to them and they offer good food, reasonably priced.

Covid-19 has changed the way they operate, and they have tried to continue to offer a service to the community, always looking at ways to reinvent the wheel! During lockdown they have produced a Takeaway menu which offers a delivery service, (at a small extra charge), for those shielding, self-isolating or just staying in the warm and having dinner delivered to their door. They strive to include a wide variety of dishes and will always try to accommodate those with dietary requirements, they always say "just ask"!

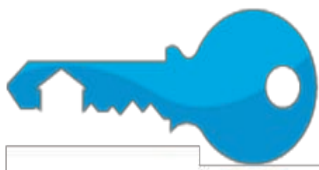
They offer a home cooked roast on a Sunday and various themed nights, these can be seen on their Facebook page, The Union Inn boards outside the pub, or if in doubt, just give them a call on 01805 601626.

They hope you will support them during this difficult time and forget about the cooking and washing up occasionally and enjoy a takeaway instead.

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Bradford School News!



As we are now into another national lockdown, school life is carrying on in the 'new' normal & everyone has settled in well after the half term break. We are really lucky at Bradford to have lots of outdoor space that we have been able to enjoy although the time of the year may keep us indoors more now!



Years 5 & 6 have recently completed level 1 and 2 of the Bikeability cycle proficiency training whilst class 1 have taken inspiration from Sir Tom Moore & the Rickshaw Challenge for their Children in Need charity challenge and rode their trikes around the playground 100 times!!

Class 1's current topic for this half term is Australia, finding out about how it is different to where we live and learning about the people, places and animals that make Australia so special.



Class 2 have been looking at 'Heroes for Change' as their topic – learning about segregation & equality. During their D.T. lessons they have individually been designing and making a biscuit that they would take on their Underground Railroad journey conducted by Harriet Tubman. Harriet was born into slavery in Maryland and escaped to freedom in the North in 1849 to become the most famous "conductor" on the Underground Railroad. She risked her life to lead hundreds of family members and other slaves from the plantation system to freedom on this elaborate secret network of safe houses. Obviously a lot of tasting was involved!!

Being unable to host a traditional coffee morning, the School Council decided to host a virtual Macmillan morning! The children prepared a little goodie bag to take home including a tea bag & a chocolate treat and raised £64 for Macmillan Cancer Support!

We're excited to join The Big PTA Raffle 2020, this has been a really tough year for everyone and this is an opportunity to have some fun and raise money for our school.

For every ticket you will have 12 chances to win up to £5,000!* At the same time we will raise 50% from every ticket sold supporting our PTA. It's a fantastic way to bring Parents, Carers, Teachers and the wider community together, in partnership with our PTA, and at the same time give something back. We hope to raise funds that can support and enrich the education of our children - we aim to provide extra resources for the children, improve the school environment as well as run extracurricular activities such as music, art and sport.



To buy tickets, visit: bigptaraffle.co.uk and search for Bradford Primary School. A £3 ticket enters you into all 12 draws with a chance to win up to £5000.

Your support is greatly appreciated and we wish you good luck!

www.bradford.devon.sch.uk

Milton Damerel Awards for Covid Volunteers

2020 has been a very difficult year for many of us due to the coronavirus pandemic. Whilst the pandemic and its consequences are not yet over, it is time to recognise how well we pulled together as a community in these extraordinary times and the way that neighbours helped each other. I was particularly pleased at the response for a call for volunteers to assist the Parish Emergency Plan (PEP) sub-committee at the start of the pandemic which meant we had over 20 volunteers to call on.

At the time we held an emergency meeting of the PEP and not knowing how serious the outcomes of the pandemic might be, we agreed our primary objective was to ensure that no-one in the Parish was left behind without food or medicines. I am glad to say that did not happen in the Parish, which was due to neighbours looking after each other and the PEP volunteers helping out where we could.



There were three particularly active volunteers and their generous efforts in going the extra mile to help has now been recognised with a commemorative award. In addition the same award has been given to Linda, our fantastic postwoman for all the help she has provided in 2020, including the delivery of the PEP leaflets at the start of the pandemic.

A big thank you to all those who volunteered and the Parish Council for your help! Whilst we await the distribution of vaccines, please do continue to wash your hands regularly, wear a mask and keep a safe distance from others – Hands, Face, Space.

Thank you
Christian Whitley
Parish Emergency Plan Coordinator



Teacher from Milton Damerel is made an MBE

Jan Lever, Founder of Jigsaw PSHE, has been honoured with an MBE for services to education in the Queen's Birthday Honours.

Jan was recognised for her contribution to child mental health and Personal, Social, and Health Education (PSHE), and specifically for her work on the curriculum programme *Jigsaw – the Mindful Approach to PSHE*. She is to be made an MBE - Member of the Order of the British Empire – an award made in recognition of an outstanding achievement or service to the community.



Jan Lever

Jan said:

'It feels a bit unreal – it's the kind of thing that happens to other people! I have always worked away quietly and got on with things, so it came as a huge surprise – but a wonderful one. It is such an honour.

One of the best things about it is it has made me think back over my 40-year career to all those people who supported me professionally and personally, believed in me and trusted me. As much as it is an honour for me it is also a tribute to all the teachers and headteachers and everyone working so hard every day in education, especially now.

I'm so proud of what has been achieved by schools using the Jigsaw programme. It is a whole-school approach that can transform culture and help create a positive place where children are better able to learn because they are better able to regulate their emotions.'



Jan has dedicated her life to education: Working teaching in classrooms across Poole and Dorset, a local authority education advisory role, lead national assessor for the National PSHE teacher training programme, counsellor and psychotherapist.

Jan could see there was a growing problem with children's mental and emotional health which was impacting on their learning, and that prompted the beginning of the Jigsaw, the mindful approach to PSHE. Jigsaw is a family run business where Jan works alongside her sister Elaine and brother-in-law Steve, along with a team of excellent consultants/trainers. The head office is based in Milton Damerel.

To find out more about Jigsaw PSHE see: <https://www.jigsawpshe.com>

A Big Thank You.

This being the last edition of 2020, and what a year it has been, I doubt there is anyone living that has been through such a year. Let us hope 2021 is an improvement and life will return to as near as normal as it was, I think we have all learnt not to take things for granted.

A big **THANK YOU** to all the folk in the community that have assisted those that have been isolating or been unable to get out themselves, the people who have done shopping, collected prescriptions and helped in any way to make sure that any vulnerable resident is as stress free and safe as can be.

To mention those that we know of:-

Christian Whitley, Rob Stennet, Dave Dickson, Edgar Pett, Steve Moyse all members of the Milton Damerel Parish Emergency Plan Group.

Lizzies Larder who did food deliveries to vulnerable and at risk people, making sure that those that couldn't book a supermarket delivery were able to get their shopping.

Linda our Post Lady and other Postal workers for keeping an eye open for anyone that needed help. I know at the beginning of the lockdown Linda gave up her own time collecting prescriptions for those that were at risk or self-isolating.

There are probably a lot of unknown angels who have helped in many ways so that our vulnerable parishioners have remained safe.

Finally a big **THANK YOU** to our NHS and essential workers for all your hard work.

Milton Damerel Fibre Broadband Possibilities - By Councillor Kit Hepple

It seems like an age ago that I first started to see whether I could secure full broadband connection for the local community in Derril and Bridgerule, and whilst it has been a painfully slow and frustrating process, I started to believe that we may be getting somewhere with OpenReach/BT at long last.

I now have had a quote, (not the first by any means), but at least now it is almost at the point where it could be self-funding with existing grant aid, (the current Government Gigabit Broadband Voucher Scheme provides up to £1,500 per residential premise and up to £3,500 for each SME (small & medium sized business)), so it looked like we were nearly there, at least in principle.

I have now been informed that even if we get to the point of signing up on a Community Project with OpenReach, they would be looking at up to 12 months for connection from that contract date!

However, Airband UK are active in our area, (and that includes Milton Damerel), now and I am informed by one of their representatives that they are committed to putting in the infrastructure to create a fibre-to-property facility without drawing on the Government voucher scheme.

So can I urge anyone interested in the possibility of obtaining a full fibre-to-property connection to go on the Airband website, (www.airband.co.uk), and in the top right hand corner is a "Coverage Checker". Please enter your postcode and, if able to, register your interest, (this I understand is without commitment but will ensure that individually you will be included in a connection if it is available).

Finally, I am led to believe that the more people who register their interest the greater the chance of:-

- a) getting connected to fibre and
- b) getting that connection as soon as possible

This then would not involve a Community bid as such, and would allow each individual to choose whether to sign up or not if Airband are able to bring a fibre connection close to their property.

I really hope this is helpful and that we might see all of you currently suffering with broadband connection finally up and running!

Milton Damerel Parish Hall

Registered Charity No. 281123

There is very little to say about the Parish Hall again in this Newsletter. The Hall did open briefly after the last lockdown, but as it wasn't being used it was decided to close it again. Hopefully in the New Year the Covid 19 situation will have improved and we can think about opening the Hall again.

We are taking advantage of the time that the hall is closed to carry out some repairs and improvements. Builders are being consulted to obtain quotes for various jobs that need doing at the moment. By the time that we re-open it is hoped that the hall will be drier and warmer.

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 will be 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 Tracey Toff 281 295, Lesley Self 07946 606200 or Kate Moyse 261151.



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Holsworthy Walk and Talk

The latest tightening of the Covid rules means that once again, group walks of all sizes are suspended. Until now we were still being allowed to walk with a group of up to 30 people, as we qualified as an '*organised outdoor exercise activity*'.

Therefore, we continued with our programme of walks which included a new venue for us at Meeth Quarry Nature Reserve, near Okehampton. For nearly 100 years the site was a series of busy clay quarries and mines, which have now been developed by Devon Wildlife Trust into an environment for a diverse range of wildlife and a wonderful place to be explored. There are various multi-use tracks over 150 hectares, through the Nature Reserve, which also includes a section of the Tarka Trail.

Our programmes now include a choice between Level 2 and Level 3 walks each week, and is working well. The stronger, more able walkers don't have to hold back for the less fit, who in turn are now not under pressure to try to keep up.

Level 2 walks are approx. 2 - 2.5 miles at a steady pace on mostly level terrain. We avoid stiles and these walks are suitable for those whose knees and/or hips aren't what they once were. Level 3 walks are approximately 3 miles in length at a more vigorous pace over more challenging terrain and which can include some stiles. All walks take approximately 1.5 hours which is the official classification for the length of time for a health walk.

We have also recently re-started the Monday "Walks in the Park", aimed at the less mobile and those people who are perhaps recovering from illness. Social distancing has to be maintained, in line with Government Guidelines, but regrettably, we are unable to offer refreshments at this time.

As Walking for Health, we continue to promote the benefits of walking to both physical and psychological health. It was interesting to hear on the radio recently that Dylan Thomas, the Welsh poet, described his walks as 'airing his devils' which seemed very appropriate as many of us feel much the same way especially in these troubled times.

Further information is available from
www.walkingforhealth.org.uk
holsworthywalkandtalk@gmail.com

or

Gillian Aston 01409 254642

Gillian Aston



Holy Trinity Church

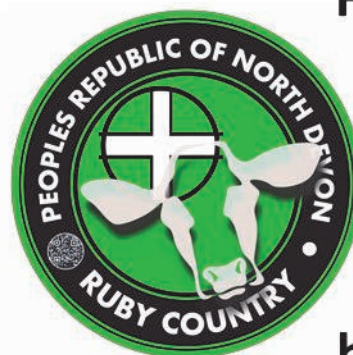
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MILTON DAMEREL AND DISTRICT OVER 60's CLUB

To all our Members and Friends of the Over 60's Club, we hope you and families have been able to keep well and safe. Like all other groups and clubs it's still not clear when we will be able to have a meeting. It seems that our Get Together in February may not happen. We will try and keep you informed and will start our meetings as soon as it is safe to do so.

Best Wishes for Christmas and a Happy and Healthy New Year!

Chair: John Francis (Tel: 261 117)

Vice-Chair: Edward Beckly

Secretary: Colin Boucher (Tel: 07906 503810) Treasurer: Iris Fry (Tel: 261 322)

Vice-Treasurer: Pam Pidgeon (Tel: 261 428)

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Pilates

The Monday sessions re-started and transferred to Bradford Village in the autumn, but currently suspended during lock-down. Please contact Di Slugett, the group's tutor, for details after lock-down has ended. (Tel: 281637) .

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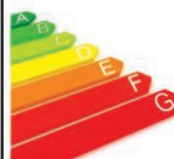
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Holsworthy Rural Policing Update 1/9/20 – 31/10/20:

The following crimes have been reported:

ASHWATER:

Use threatening/abusive/insulting words or behaviour
Failure to comply with condition of firearm certificate

BRADFORD:

Fraud

BRIDGERULE:

Communications offence
Produce a controlled substance of class B

HOLLACOMBE:

2 x Criminal damage to motor vehicle
2 x Theft of batteries

MILTON DAMEREL:

2 x Drive motor vehicle when alcohol above limit
Theft of batteries from temporary traffic lights

ST. GILES ON THE HEATH:

Communications offence
Grievous Bodily Harm with intent
Burglary of a dwelling

BLACK TORRINGTON:

Possess a shotgun without a certificate
Possess a controlled substance of class A

BRADWORTHY:

Theft from a motor vehicle
Person in charge of a dog worrying livestock
Communications offence
Harassment without violence

BROADWOODWIDGER:

Common assault

HOLSWORTHY HAMLETS:

Drive motor vehicle when alcohol above limit
Criminal damage to hay bales

PANCRASWEEK:

Common assault

THORNBURY:

Use threatening/abusive/insulting words or behaviour
Fraud

There were also 13 domestic related crimes reported during this period.

You will notice a couple of Fraud offences on this month's report. These are not usually counted as part of our crime statistics, but we thought it was important to bring parishioners attention to the fact that fraud, particularly telephone and online fraud, is something they need to be aware of, and to take steps to avoid falling victim of. Fraud advice can be found on our website, here:

<https://www.devon-cornwall.police.uk/advice/your-money/fraud/>

General Crime Prevention advice, with links to Farm Watch and property marking, can also be found on our website.

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

Always call **999** if you see a crime taking place.

Crimes can also be reported via our website:

<https://services.devon-cornwall.police.uk/crimereporting>

and information can be passed using this link:

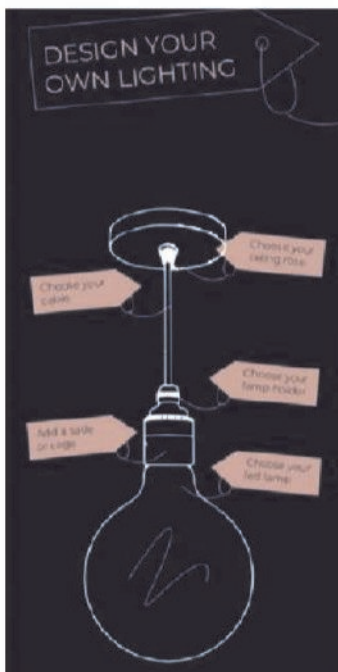
<https://www.devon-cornwall.police.uk/contact/contact-forms/report-something/>

or by calling Crimestoppers, anonymously, on **0800 555 111**



PC Amanda Brown & PCSO Mark James,
Holsworthy Police Station

torridge@devonandcornwall.pnn.police.uk



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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 February 2021.

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	07946 606200	Regular contributors and features
Peter Oxborough	peter.oxborough@bopproperty.com		Regular contributors and features

Rubyview Flock

It's definitely a different type of weather from when I last wrote, the animals are telling me the same too. The chickens have starting laying less eggs, Dorothy the dog gets to the door to go out and then thinks better of it. The sheep are spending more time in the shed than out and I've had to dig out my full waterproofs to be able to go out, I've also just found out this morning that I have a hole in my wellington boot!

On Wednesday we had the sheep scanner come to see if our show sheep are in lamb, it's an exciting time and our scanner John is really nice and explains everything that's showing on the screen, including how many lambs each ewe is carrying and how many weeks old they are and an approximate lambing date. They all were in lamb apart from Grace (Harriet's Sheep). The scanner said she looked to be in very good condition and that sometimes it's better if they are more on the trimmer side when going to the ram! So it looks like she's going to have to go on a diet and then be represented to the ram. Apart from Grace it looks like we are going to be on lamb watch in the last week of January.

In January, Harriet is looking forward to taking delivery of a new micro flock of pedigree Shetland Sheep. They are currently with a Scottish ram in Wales, so they will be very much Celtic Sheep by the time they come to live here. It will then mean in our flock we will have one of the largest continental breeds of sheep and one of the smallest Native sheep. I do hope we are able to show them next year.



You may see Harriet over the next few weeks around Milton Damerel, she is completing her Duke of Edinburgh Award and part of that is Helping the community, during Covid19 times this is proving challenging to "Hands, Face, Space" whilst getting involved with the community, so she has come up with the idea of cleaning our village road signs that have got very dirty and some unreadable, also litter picking. She's in high viz and is with an adult, so if you see her whilst out cleaning or litter picking please give her a "toot" or a wave.

William Allin



NATIONAL COASTWATCH INSTITUTION

Eyes Along The Coast

As you drive towards Boscastle on the left you can see a small white tower type building on a headland looking out to sea this is Boscastle National Coastwatch Institution (NCI) lookout station.

In 1994 when two fishermen lost their lives off the Cornish coast near a recently closed Coastguard lookout, local people decided to open and restore the visual watch. When the first station was opened at Bass Point on the Lizard, NCI was born. Today 56 stations keep a visual watch around the coastline of England and Wales, with more in the pipeline.

Boscastle and most other Stations have Declared Status Facility this means that the lookout equipment and training of the Watchkeepers is to a standard that is accepted by the coast guard(HMCG) as part of the Search and Rescue Service (SAR)

I had been thinking about volunteering with the NCI for quite a while but as I was working and also the distance to Boscastle I had put it off but this time last year I decided it was time to give it ago, I contacted the NCI and a meeting was arranged with the Station Manager at Boscastle and with my sailing experience it was agreed that I should become a trainee watchkeeper.

On January 15th I started training and soon realised it was far more than just looking out to sea as the coast paths and as far as Boscastle is concerned the outer Harbour are just as important as there are many dangers that the watchkeeper has to keep an eye on.

After a couple of months I was getting ready to do my first assessment as an assistant watchkeeper then came the dreaded Covid so at first the lookouts were closed then single manned so I had to wait until training could restart. My first watch after lockdown was on July 15th and on 22nd September I became an assistant watchkeeper, after five more watches with other watchkeepers I was working up to doing the Watchkeeper assessment then lockdown two, to cut a long story short I ended up doing my Certified Watchkeeper Assessment on the 4th November with one day to prepare and on the day before lockdown I did manage to pass even with a bad dose of nerves with the rescue role play and on the 11th November I did my first watch on my own

If you are interested in becoming a volunteer contact www.nci.org.uk

Or you can contact me on 07866406977

Jim Richardson



Sutcombe Playground

If you are looking for somewhere to let the children or grandchildren let off steam in the holidays then I can recommend the children's playground in Sutcombe. It has play equipment suitable for a wide age range. With grandchildren ranging from 2, 9 and 11 years they all found something to enjoy.

The 11 year old had great fun on the swinging and rolling logs, 9 year old had great fun on the climbing frame and slide structure which had lots of other challenges including netting and swing bars. The 2 year old, who has a vivid imagination, turned the pirate ship into a galleon, a sailing ship and goodness knows what else!

The whole area is safely fenced; there is plenty of space for ball games and a game net. Also, left over from school days a Hopscotch game marked out, and of course a bench for the oldies to watch the children from!

The playground is tucked away behind the old school. Park in the village hall car park then cross the road, through the metal school gate and across the playground to find it!

Milton Damerel Parish did help to fund the playground so do make use of it as we do not have one of our own!



Merry Christmas to all! Melanie Richardson.

Remember all those times when you wished the weekend would last forever. Well, Wish Granted. Happy Now?



Parish Footpaths

All of our footpaths are currently usable, although some are quite muddy in places due to the large amounts of rainfall which we have seen in recent weeks. By the time you are reading this newsletter, the last of the inter-parish walks for this year will have been completed and is reported on elsewhere in this issue by Evelyn. The 2020 programme of walks will be available on the Parish website in the early New Year.

With the health benefits of walking on a regular basis now well documented and being actively promoted by the Government and NHS during the Covid pandemic, more people have been out and about using our local network of footpaths and further afield. A question which has been asked several times recently is *"Who do we contact if we come across a problem which needs to be reported?"*

Devon County Council employs a number of Rights of Way wardens who oversee the rural footpaths across the county and oversee maintenance. Ours covers the area from Hartland down to Okehampton and due to the size he is only physically able to walk each path every 2-3 years. In between these visits, repairs and replacements won't happen unless somebody takes the trouble to report a problem. This is very easy to do and will only take a few minutes.

If the problem is on one of our own Parish footpaths, please contact the Parish Clerk or any of our Parish Councillors. Their contact details are elsewhere in this newsletter.

If the problem is anywhere else in Devon, there is a very easy to use reporting tool on the DCC website, or by adding this address to your browser:

https://www.devon.gov.uk/roadsandtransport/report-a-problem/map/map_src/prow/

The process is very easy to follow. You use the inter-active map to locate the area where you have found the problem and this provides the details of the footpath and location. Then add the nature of the problem to a pop-up box. If you add your contact details you will be kept informed of what is happening. And that is all there is to it.

If the problem is anywhere in Cornwall there is a similar reporting tool at:

https://secure.cornwall.gov.uk/form/auto/countryside_issue

This site is not quite as simple to use because the interactive map, which gives all the footpath details is not linked to auto-insert the details, but if you are able to describe the location of the problem without the map, that is fine.

Most other county councils in England and Wales have some similar sort of reporting tool which can usually be accessed from their main websites under 'Public Rights of Way'.

Please remember that the sooner a problem is reported, the sooner that it can be put right or repaired.



If you are new to the area and would like to know where local paths are located then there is a downloadable booklet on the footpaths page of the MD website.

SUDOKU Answer

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



Snowman biscuits

Preparation: 1 hr

Cook: 14 mins

Plus chilling and setting

Easy

Makes 20

Get little ones to help decorate these festive snowman biscuits. You can bake and freeze the biscuits ahead, then bring them out for a winter's day activity.

Ingredients

125g butter, softened

125g golden caster sugar

1 egg, beaten

1 tsp vanilla extract

250g plain flour, plus extra for dusting

For the decoration

400g white fondant icing

icing sugar, for dusting

100g pack mixed red, yellow, black and blue ready-to-roll icing

tube white icing, for sticking

tube black icing

Method

STEP 1

Heat the oven to 190C/170C fan/gas 5. Cream the butter and sugar until pale and fluffy, then beat in the egg and vanilla. Stir in the flour and mix to a fairly soft dough. Tip onto a lightly floured surface and knead gently. Put the dough on a plate, cover and chill for at least 2 hrs.

STEP 2

On a lightly floured surface, roll out the dough to a thickness of around 0.5cm. Use a cookie cutter or water glass to stamp out 7cm rounds. Re-roll the trimmings and repeat.

STEP 3

Transfer the biscuits to two lined baking trays and bake for 8-14 mins until the edges turn lightly golden in colour. Leave to cool.

STEP 4

To decorate, roll out the white fondant icing on a surface lightly dusted with icing sugar. Stamp out 7cm circles using the same cookie cutter or glass as before, then use a dab of the white tube of icing to stick a fondant round on each biscuit.

STEP 5

Knead together some of the yellow and blue icing to make green icing, then do the same with the red and yellow icing to make orange (alternatively, buy separate packs of each colour). Roll out one icing colour at a time. Stamp out a 7cm circle of icing, cut in half and stick on for a hat. Cut a strip of another colour and make some markings to make it look like the elasticated band of a hat, then trim to fit and stick on. Repeat with all the biscuits, mixing and matching colours.

STEP 6

Decorate the hats with icing spots and stripes, if you like. Roll out balls of coloured icing, poke holes all over with a cocktail stick and stick on as pom-poms. Mould lumpy balls of the orange icing for noses and roll out balls of the black icing for eyes. Press down to flatten, then stick on with white icing. Use the tube of black icing to pipe rows of dots for the smiles. Leave to set. *Will keep for up to five days in an airtight container.*

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

Walks:

Gillian Aston Tel 01409 254642
email:
holsworthywalkandtalk@gmail.com
Evelyn Sharman Tel 01409 259848
mail: evelyn.sharman@btinternet.com

Over 60's Club:

Chair John Francis Tel: 261117
Secretary Colin Boucher Tel: 07906 503810
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

Parish Hall:

Booking Secretary Tracey Toft Tel 281295, Lesley Self 07946 606200 or
Kate Moyse 261151.

Gardening Group:

Diana Illingworth-Cook Tel 07853 319250
Gail Whitley Tel 261792
Lesley Self Tel 07946 606200

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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		The Plough, Torrington Box Office: 01805 624624 www.ploughartscentre.org.uk
The web-site for The Plough Arts Centre has several music, talks and comedy events advertised for December 2020 through to February 2021. There is also a section on the website “COVID-19 cancelled and postponed events” which lists all cancelled and postponed events and the dates for re-arranged events. As the Government directions on COVID-19 requirements will be revised in light of latest predictions please visit the website regularly for the most up-to-date position.		
Printing Workshop Thursday, 7 th January 10am -1pm		



Save a Life Baby/Infant Choking

Position baby face down on your arm, supporting the head lower than chest

Give up to 5 sharp blows between the shoulder blades using the heel of your hand

If the baby is still choking:

Position baby face up on your arm supporting the head, making sure baby's head is lower than the chest

Using 2 fingers push down sharply in the centre of the chest up to 5 times.

If the baby is still choking:

**Repeat the back blows and chest thrusts until blockage clear
If baby becomes unconscious commence CPR**

Good Vibes from Negative Ions

Have you ever noticed when you're near to moving water you feel a sense of calm and a clarity of mind that is seemingly effortless? Well, there is a reason for this, they are called negative ions, and they are odourless, tasteless, invisible molecules that are inhaled in abundance in certain environments.

Now for the science!

Negative ions are, to put simply, atoms that have gained an electrical charge. Of course electrons can also be lost which then makes them positive ions (and we don't want exposure to too many of these!).

Science normally concludes that positives and negatives attract so in theory when these 2 ions collide they become neutral again. Cosmic rays from across the universe are constantly generating ions which hurl themselves into the atmosphere which then transfer to the air. Although ionisation happens around us all the time, it is most significant across the ocean where it has been suggested 10's of thousands of ions are produced per cubic cm² which explains why many of us feel so good after a spell spent by the sea. But don't despair if you don't live near the sea, these magical little gifts from nature are also present, albeit in a lesser amount, from woodlands, the earth, waterfalls, streams and even during a thunderstorm with each lightning strike producing a copious amount of ions, they are also carried in the wind.

This is in contrast to positive ions which have lost an electron and can be found in areas that are shielded from cosmic rays and the natural radioactivity such as houses, offices, cities and built up areas with high pollution as the ions cling to the pollutants so they don't live as long in the atmosphere.

Good Vibes!

It is believed that once these negative ions reach our bloodstream they increase the production of the happy hormone called Serotonin, which is also produced when we exercise, so if you add a brisk walk next to the sea, across the fields, in the forest it's no wonder we feel so great! Negative ions also increase the flow of oxygen to the brain resulting in higher alertness, decreased drowsiness and increased mental energy.

I like to see these ions as little friends sent to us for free from nature, by connecting with them more they can bring us freedom from a chattering mind, a greater perspective on how to best approach life's challenges as being great for our well-being.

Negative ions are also produced when water hits a wet surface so the next time it's blowing a hoolie, raining cats & dogs see this as a shower of fantastic ions and remember there is no such thing as bad weather, only bad clothing so don your wellies and raincoat, get out there and absorb them to the excess!

Tracey Slocombe

November – Tis the Season of Goodwill?

Early in November, a friend's daughter and her mother had been clearing out her growing baby's clothes that no longer fit. There was quite a pile, some still unused from new as she'd had a large baby and they were for smaller new-borns. They were all washed and pressed and photographed ready for sale.

The daughter had then heard about a single new-mother's plight and promptly took all of the clothes around to her.

My friend told me about this, and it brought tears to my eyes. She was so proud.

That's when you know you've brought your children up correctly!

Merry
Christmas
Milton Damerel

