



Milton Damerel Newsletter

December 2004 (14th Edition)

A MERRY CHRISTMAS & HAPPY NEW YEAR
TO ALL OUR READERS

Special greetings, warmly wished, a message of good cheer,
Here's to a merry Christmas and the Happiest New Year,
To a time of joy and laughter, when friends and families share,
A wish with one another, to show how much we care.
A time of happy memories, the best we can recall,
And trying hard to make this one the nicest one of all.
Peace and joy and happiness in everything we do
And the very best for Christmas time, especially to you.

Thank you to every-one who took time to say or to contact us with comments on the last newsletter. All comments were greatly appreciated; please keep them coming! And what about telling us about those special birthdays or events? We can only include them in the newsletter if YOU let us know who you would like to be mentioned or surprised. Finally, we think there may be a demand for "Free Ads", which we are pleased to include. The "rules", for free advertising of items for sale, will be no more than 30 words (inclusive of telephone no:) and please no trade advertising. Please hand in or e-mail your sales/wants to anyone of the group below.

Member:	Tel: no: /	Key area:
E-mail: Sheila Daniel sheilamdaniel@hotmail.com	261466	Children & Youth News
Tracey Dunmore dunmorehom@aol.co.uk	261501	Regular contributors and features
Rose Haynes rosehaynes@ntlworld.com	261577	Regular contributors and features
Liz Kirby ilett@freeuk.com	261440	Editorials, layout & printing
Grace Millman grace.millman@btinternet.com	261251	Treasurer & Fund-raising
Margaret Stannard	261486	Advertising

Letters, comments, news and articles, etc., can be e-mailed to mdnews@freeuk.com or to any of us individually. Our address is Chapel View, Milton Damerel, EX22 7PB.

We want to hear from you with letters for inclusion - topical issues, features you like and also changes to improve the content and style for future editions. We also need everyone to let us know special birthdays, births, anniversaries, and other congratulations. Also tributes on parish residents.

PLEASE HELP US TO MAKE THE NEWSLETTER A REAL SUCCESS FOR THE WHOLE COMMUNITY.

Special Christmas Coffee Morning

Saturday 4th December 10am till 12-30pm

All Welcome at the Parish Hall.

Come along and enjoy a cup of tea or coffee, try our delicious
Home made Mince Pies
with real Devonshire clotted cream,
cake and biscuits also.



Bring the family.

Plenty of fun for everyone.



Christmas Prize Draw.

Bring and Buy.

Childrens Face-painting and Lucky Dip

(All proceeds towards the MD News Letter.)

CONGRATULATIONS



CONGRATULATIONS!

Happy Birthday to *Jenna Dunmore* of Fore Street for her 17th birthday on 22nd December 2004.

To *Jo & David Carter* of Derworthy Cottage, plus their son *Matthew* and friend *Bradley Howells*, who, along with others in the team, won the runners-up trophy at Bradworthy Schools Skittle Tournament.

To *Tina Dunmore* of Fore Street who was a lucky winner in a magazine competition recently

To *Rebecca Bellew* of Abbots Bickington who won the prize for her entry of a lovely coloured butterfly in our last Newsletter competition. (Don't miss details of this quarter's competition – you could be the next winner!)

To *Rose Haynes* who achieved 2nd place in the Hampshire Down Sheep Breeders Association's national flock competition, in the small flock section, (less than 25 sheep).

To *Mike Kirby* who won 1st Prize for Best Stockman, Best Limousin and Best Steer and went on to become overall Champion at Liskeard Primstock Show.

Letters to the Newsletter

The letters published in this newsletter are the opinions of the writers and not necessarily those of the newsletter members. All letters must be signed by the writer and the **full name and postal address** (even with e-mailed correspondence) must be given which will be printed unless the writers request otherwise. The members reserve the right to edit or withhold any letters for publication at their discretion but without the full name, address and signature they will not be considered. We welcome letters on all subjects provided the content is legal and decent.

Please write and tell us your views and opinions about any topic from Village life to World affairs. Send your letters by e-mail to mdnews@freeuk.com or by post to "Letters", Chapel View, Milton Damerel, EX22 7PB.

Letter to the Editor

MILTON DAMEREL PARISH HALL

I am writing on behalf of the Milton Damerel Parish Hall Committee, advising all the village residents that we are in desperate need of new members for our hall committee. Please contact Lesley (01409-261294) or Christine (01409-261593) if anyone would like to volunteer their time and help us keep the village hall open.

It will be very much appreciated.

Yours etc.

Mrs Christine Buckpitt

Secretary

Milton Damerel Parish Hall

D & I BRIDGMAN & SON

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GOOD-BYE & WELCOME

Good-Bye to *Dawn, Ian, Natasha, Dalton & Jordan Hale* of Higher Venn. They will be missed by friends and neighbours and are venturing off to the Taunton area due to work commitments.

A warm welcome to new neighbours at Higher Venn.

CONDOLENCES

To the *Carter* family of Derworthy on the shock, devastation and loss due to the barn fire on Saturday, 13th November.

Milton Damerel Newsletter is published bi-monthly (normally) by a small group of residents, which operates under an agreed constitution that can be obtained by contacting any of the group or by request to the e-mail account (see front page). The newsletter is delivered free of charge to each household in the Parish. Postal subscriptions are available at a cost of £5 per annum. All contributors please note the next copy due date is 4th February 2005. Items for inclusion can be handed to any member of the group.

YOUTH & FAMILY NEWS

The Youth Club re-started on 10th September with more responsibility being taken on by "mums". I've heard that a lot of creative activities have been ventured, including feather decorations, paper craft, cards, mural painting, karaoke and skittles. Thanks Mums!! The young people obviously enjoy these various activities.

The Youth Club Outing is booked for Saturday, 11th December. Trip to Plymouth for shopping and this time it will be left to individuals to decide how to spend the day. You may wish to just enjoy shopping, spend time at the Pavillions (skating or swimming) or visit the Aquarium. (Pavillion Box Office No: 01752-229922 or 01752-226262 if you wish to make sure and book your activity.) Priority will be given to club members or families but there will probably be room on the coach, so if you would like to come along please phone Sheila, 01409-261466. Book as soon as possible!

Youth Club / Sunday Club Party is arranged for Friday, 21st January 2005 from 7 pm in the Parish Hall with MC Kelvin Issacs. The party is open to ALL with something for every-one! You don't have to be a club member or attend Sunday Club to come and enjoy the evening. Please bring a plate of food to share. It has been suggested we have a draw this year to help with expenses. *No charge for entry!*

Youth Club will be back to normal fortnightly from Friday, 11th February, when Catherine Bellew and Sue Tribie are "mums in charge".

Just Joking!

Q. What did one Christmas candle ask the other?

A. Going out tonight?

Q. What three letters does Father Christmas never want to hear?

A. I.C.U.

Q. What did Mrs Christmas say to her husband during a storm?

A. Come and look at the "rein..deer"



And talking of jokes, our competition is-

Save your Best Christmas Cracker Joke

Put it in an envelope and don't forget to include your name and contact no: or address, add your age and hand in to Horrels Ford Garage by 14th January 2005 or you can hand them to Sheila Daniel. The one judged (independently, of course) as best, will receive a prize.

Did you know? - that the first crackers were made in 1866, by a London pastry cook called Thomas Smith? Instead of sweets he added small toys and mottos and the "snap" was included after watching logs crack on his open fire!

Just for Fun

Unjumble the words to find the Christmas carols and songs:

1. GLIJEN LEBLS
2. EW ETRHE NIKGS
3. HIWET MISTHCAS
4. YAAW NI A REGNAM
5. O THAMSCRIS REET
6. I WAS HETER PHSIS
7. NIRETW REDNOWDLAN
8. LENTIS GINTH
9. ETH LYLOH NAD HET YIV
10. LEWIH EPHSEHDRS DAWHETC



(Answers on page 12)

Annual Parish Carol Service

If you are 13 years and under and would like to help take part in the Annual Parish carol Service on Sunday, 19th December at 11 am in the Methodist Church, please contact Sheila (tel: 261466) or some-one from the Methodist Church. You could sing, recite or read or

WHAT'S ON – Some Family Entertainment for December

<p style="text-align: center;">The Plough, Torrington: Box Office: 0185-624624 www.plough-arts.org</p>	<p style="text-align: center;">Queens Theatre, Barnstaple Box Office: 01271-324242 www.northdevontheatres.org.uk Panto: CINDERELLA From 16th December to 9th January @ 2.30 & 7pm on most days</p>
<p style="text-align: center;">The Sleeping Beauty by Cwmni Ballet Company Saturday 4th December at 8pm. Family (2 adults + 2 children) £40 + Ballet workshop from 5 - 6 pm for any-one over 9 years. North Devon College Performing Arts Students in</p>	<p style="text-align: center;">Theatre Royal, Plymouth Box Office: 01752-267222 www.theatreroyal.com Panto: CINDERELLA From 17th December to 22nd January</p>
<p style="text-align: center;">Robin Hood drama and music for families with children 9 years and over. Thursday 9th & Friday 10th December</p>	<p style="text-align: center;">Ashwater Village Hall TOM THUMB –Piccolo Puppets 4th December @ 4pm Tickets £3.00. Contact 01409-211222</p>

For Sale - Toys ideal for Childminder, Nursery, School or Christmas.

Duplo

Train set – Farm – Circus – Police Trucks – Helicopters – Motorcycles –
 Racing cars & much more washed, and ready to play with. £20 the lot.

Play Dough

Fun factory - Circus Train – Funny hair and animals plus more. £7 the lot.

Action Men

Three all different with clothes, boots etc. £5 the lot

Tel 01409 261473

Holsworthy Gym Club

Holsworthy Gym club is held in the sports hall most Saturday Mornings during term time. The classes are great fun and open to children from 4 years upwards. The classes start from 10am and if anyone is interested they should go along and meet the organisers.

Variety Concert

A Variety concert is planned on April 16th 2005 in the Parish Hall and we would love to hear from anyone who has a talented artist amongst their family and friends who would like to perform.

We are looking for people of all ages to entertain us whether solo, group, classical, pop etc
 Whatever your talent please let us know.

For more information please contact Sheila on 261466 or Tracy on 261501

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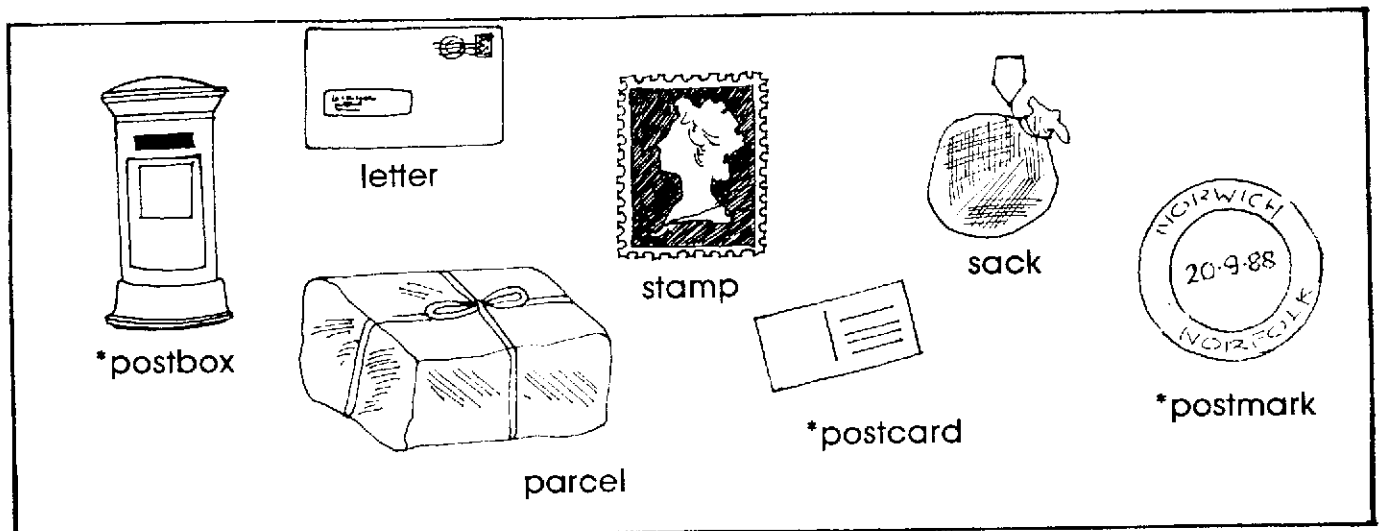
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HIDDEN PICTURES

Decorating



Find the things below hidden in the picture above.



Lizzy's Larder

Local Farm Shop

Milton Mill Farm, Milton Damerel, Holsworthy, EX22 7DN

Wish our valued customers a Merry Christmas and Happy New Year
and are pleased to announce that we are now open

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Cream Tea Afternoon

Took place at the Parish Hall on Friday 1st October. The weather was awful, so we were quite glad to be inside with steaming cups of tea and gorgeous clotted cream scones. The bric a brac and games stall did a roaring trade and the whole event was a great success.

Thank you to everyone who contributed and £80 was raised for newsletter funds

Terrier Racing

The first Terrier and Lurcher show was held on 22nd August at Moorview farm and was organised by the Tetcott hunt. It started at 12 midday and the dog show was in morning with terrier and lurcher racing in the afternoon. They had the use of 15 acres to run and the whole event was well attended and the weather was good. Christine Buckpitt said that they hope to do it again next year.

It's a "Politically Correct" Tragedy

A teacher asked Tony Blair if he would like to lead the discussion on the word tragedy. So the illustrious leader asked the class for an example of tragedy.

One little boy stood up and offered: "If my best friend who lives on a farm is playing in the field and the tractor runs over him and kills him, that would be a tragedy"

"No" said Blair "that would be an accident."

A little girl raised her hand: " If a school bus carrying 50 children drove over a cliff killing everyone that would be a tragedy."

"I'm afraid not" explained the Prime Minister. "That's what we call a great loss"

The room went silent. No other children volunteered. Blair searched the room. "Isn't there somebody here who can give me an example of tragedy?"

Finally at the back of the room a small boy raised his hand. In a quiet voice he said "If an aircraft, carrying you Mr Blair, was struck by a friendly fire missile and blown to smithereens. That would be a tragedy"

"Fantastic" exclaimed Blair "that's right, and can you tell me why that would be a tragedy?"

"Well" says the boy "it has to be a tragedy because it wouldn't be an accident and it certainly wouldn't be a great loss"

When I was asked to play Skittles one evening for the local team I knew they must be desperate, as not only have I never played before, but I have never even seen it played. They convinced me that we all had to start somewhere and I duly arrived at the allotted time. To say I was a little nervous was a big understatement! But being new I was in the middle of the playlist so that gave me a little time to watch and learn from the first two ladies, then all too quickly it was my turn. Surely this can't be that difficult, I convinced myself. My first ball dribbled down the alley at a pathetic pace before falling off the end leaving the skittles completely untouched. My second was (and I use the word loosely) accurately thrown straight through and out the other side, to which many oohs and ahhs and murmurs of unlucky could be heard. (They were absolutely right about one thing it was more luck than judgement!) Well I still had one more turn. Time to change tactics and go for broke. I threw the ball as hard as I could – surely this time I could knock them all down. Well at least I hit them and managed to down four and didn't have to go home with nil point! Despite my pathetic playing the evening was really good fun and since then I have played a few games and even once managed to get all nine and although I am still definitely not an expert I hope that one day I might be good enough to be asked to play without thinking it must be out of desperation!

Getting Old.

According to today's regulators and bureaucrats, those of us who were kids in the 50's 60's, 70's probably shouldn't have survived, because our baby cots were covered with brightly coloured lead-based paint which was promptly chewed and licked.

We had no childproof lids on medicine bottles, or latches on doors or cabinets and it was fine to play with pans. When we rode our bikes, we wore no helmets, just flip flops and fluorescent 'spokey dokey's on our wheels. As children, we would ride in cars with no seat belts or airbags - riding in the passenger seat was a treat. We drank water from the garden hose and not from a bottle and it tasted the same.

We ate chips, bread and butter pudding and drank fizzy pop with sugar in it, but we were never overweight because we were always outside playing. We shared one drink with four friends, from one bottle or can and no-one actually died from this.

We would spend hours building go-carts out of scraps and then went top speed down the hill, only to find out we forgot the brakes. After running into stinging nettles a few times, we learned to solve the problem. We would leave home in the morning and could play all day, as long as we were back before it got dark. No one was able to reach us and no one minded.

We did not have Play stations or X-Boxes, no video games at all. No 99 channels on TV, no videotape movies, no surround sound, no mobile phones, no personal computers, and no Internet chat rooms. We had friends we went outside and found them. We played elastics and street rounders, and sometimes that ball really hurt. We fell out of trees, got cut and broke bones but there were no law suits. We had full on fist fights but no prosecution followed from other parents. We played knock-and-run and were actually afraid of the owners catching us.

We walked to friend's homes. We also, believe it or not, WALKED to school; we didn't rely on mummy or daddy to drive us to school, which was just round the corner. We made up games with sticks and tennis balls. We rode bikes in packs of 7 and wore our coats by only the hood. The idea of a parent bailing us out if we broke a law unheard of. They actually sided with the law. This generation has produced some of the best risk-takers and problem solvers and inventors, ever. The past 50 years have been an explosion of innovation and new ideas.

We had freedom, failure, success and responsibility, and we learned how to deal with it all. And you're one of them. Congratulations! Show this to others who have had the luck to grow as real kids, before lawyers and government regulated our lives, for our own good. For those of you who aren't old enough thought you might like to read about us.

This my friends, is surprisingly frightening.....and it might put a smile on your face: The majority of students in universities today were born in 1983.....They are called youth. They have never heard of We are the World, We are the children, and the Uptown Girl they know is by Westlife not Billy Joel. They have never heard of Rick Astley, Bananarama, Nena or Belinda Carlisle. For them, there has always been only one Germany and one Vietnam, AIDS has existed since they were born. CD's have existed since they were born. Michael Jackson has always been white. To them John Travolta has always been round in shape and they can't imagine how this fat guy could be a god of dance. They believe that Charlie's Angels and Mission Impossible are Films from last year. They can never imagine life before computers. They'll never have pretended to be the A Team, RedHand Gang or the Famous Five. They can't believe a black and white television ever existed and don't even know how to switch on a TV without a remote control. And they will never understand how we could leave the house without a mobile phone.

Now let's check if you're getting old...

1. You understand what was written above and you smile.
2. You need to sleep more, usually until the afternoon, after a night out.
3. Your friends are getting married/already married /remarried.
4. You are always surprised to see small children playing comfortably with computers
5. When you see teenagers with mobile phones, you shake your head.
6. You meet your friends from time to time, talking about the good old days
7. Having read this article, you are thinking of showing it to some other friends because you think they will like it too...

Yes, you're getting older!!!!



"That's one Christmas present she won't break in a hurry."

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Kerry Heights

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We extend a very warm welcome and invitation to anyone wishing to come along to our regular services/meetings/clubs. Just come along to any events/clubs you see advertised, or if you would want to know more or have an introduction, please contact any of the leaders.

CHRISTMAS & NEW YEAR

It is our privilege to host the annual United Parish Carol Service this year and we are looking forward to welcoming Mr Courtney Drew to be our preacher for this service at 11am on 19th December, to be followed by tea/coffee and mince pies. Come along and share in your favourite carols and readings about the birth of Jesus.

On the following Sunday, Boxing Day, we will be meeting for worship at 11am for the monthly Family Service. Our preacher will be Mr Ted Lott and we are sure Ted will want to see a selection of your Christmas presents. Come along and praise God for the joy of Christmas, in particular, the giving and receiving of presents and most of all, the greatest gift of all to us all, the Lord Jesus Christ.

We will be repeating the family Christmas/New Year Social in January and have secured Kelvin Issacs for MC. The date is Friday 21st January 2005, in the Parish Hall, hosted by the chapel, with a "bring and share" supper. Book this in your new 2005 diary.

HARVEST FESTIVAL

The harvest thanksgiving week-end held on 10th & 11th October was a success. During the day on the Friday the chapel was decorated delightfully. Thank you to every-one for your contributions and the flower arrangements, displays of fruit, vegetables and groceries, etc. Prof. Roy Sambles was our guest preacher on the Sunday morning and brought along visual materials to illustrate his messages, incorporating items of interest for "all ages". The readers were Lillian Luxton and Heather Sharp. The Sunday Club completed some harvest baking during their session.

It was a joy to see so many people there over the week-end and particularly for the bring and share buffet supper on the Monday evening, when approximately 35 people enjoyed the fellowship, short service led by Rev David Wheeler and subsequent auction. £500 was raised for property funds. Thank you to every-one for their support.

FRIENDSHIP CLUB UPDATE

The Friendship Club meets on the last Monday each month from 2.30 till approx. 3.30pm in the Schoolroom, and "friends" attend from Milton and other parishes. There is no charge. We have a cup of tea, chance to chat together and usually a speaker. Sometimes we have a stall for the benefit of Children's Hospice SW. At our September meeting Ted Lott was guest speaker and he selected three founders of the Bible Christian movement in the early 19th century and gave a potted biography of their devotion, commitment and sacrifice for their Christian beliefs. In October Mrs Rachel Parsons, from Tresmeer, Cornwall, was our guest. Rachel brought along a selection of photographs of family, her pets and farm animals and some of the residents at the home for people with learning difficulties, where Rachel works. Her topic was caring. We also had a small stall of produce and plants for the Children's Hospice. Dates for the next meetings are:

Monday 29th November – our guests will be Freda and David Broan who will be sharing some of their craft skills, patchwork, etc plus Christmas tree ideas in time for the Tree Festival at Sheepwash on 11th & 12th December.

December – no meeting

January - we hope to visit the Children's Hospice for their open day again as this was so much enjoyed last year. Details, dates and time will be posted around the village nearer the day.

Monday, 28th February – Provisional invite to Mags Zaharia (Kimber) of Torrington to talk of her work in Little John's House Orphanage, Romania.

PRAYER & BIBLE STUDY – Normally meets every Monday evening at 7.30pm in the Schoolroom; open to all Christians of any denomination. We completed the study on Prayer and are now half way through a 12-week study based on the apostle Peter. Peter was so like many of us, full of contradictions – at times faithful, courageous, and totally committed, but at other times, in denial, prejudiced and a disappointment. The studies are a series on "learning" about the attributes of being a true follower of Jesus. Each session concludes with a time of prayers – of thanks and of concerns in this area. If any-one wishes for us to pray for them or about local concerns, please feel able to contact one of the Stewards.....or even better, come along on a Monday evening.

SUNDAY CLUB & FAMILY SERVICES

Sunday Club meets on the 1st, 2nd and 3rd Sundays of each month and Family Services are held on the 4th Sunday. Our September service was led by Mrs Rachel Parsons and she brought along several "props" to illustrate her talks, which also included a flower arranging lesson based on biblical teaching. The last Sunday in October commemorated the work of Shelter, led by Courtney Drew, and the collection totalled £105 for Shelter. Family Services are planned for:

Sunday, 28th November - Christopher Andrew
Sunday, 26th December - Ted Lott **Sunday, 30th January - David Ley**
Sunday, 27th February - Eric Moore **Sunday, 27th March - Jill Daniel**

And family means not just children or whole families, but all-age, encompassing every-one into the family of the church. We look forward to seeing every-one there.

CHAPEL FLOWER PLAN for the months of December, January, February & March					
DEC		JAN		FEB	
5 th	Mrs Valerie Carter	2 nd	Mrs Phoebe Overy	6 th	Mrs Gwynneth Johns
12 th	Mrs Ruth Sharp	9 th	Mrs Mary Carter	13 th	Mrs Joanne Carter
19 th	Mrs Marjorie Colwill	16 th	Mrs Ann Poole	20 th	Mrs Petula Sanders
26 th	Christmas Flowers	23 rd	Mrs Lillian Luxton	27 th	Mrs Tracey Dunmore
		30 th	Mrs Sheila Daniel		

MAR	
6 th	Mrs Phyllis Piper
13 th	Mrs Grace Millman
20 th	Mrs Marjorie Colwill
27 th	Miss Rosemary Daniel

At the end of the year can we thank every-one for being in the weekly rota, for their gifts of flowers and for the most delightful arrangements for the chapel, which graciously enhance our worship each week.

CHURCH COUNCIL

At the recent Church Council we were delighted to note that Rev David Wheeler has been invited to continue his ministry with us until 2007 and that we have an opportunity to employ a Youth Worker for the Shebbear (Circuit) Area. We also received the annual reports on the state of the property and our finances and were pleased to see that both are generally satisfactory. We acknowledged, with gratitude, painting and other work, which had been completed by volunteers from within the congregation.

DATES FOR YOUR DIARY:

Sunday, 28th November at 7.30 pm at Beacon Methodist Chapel, Concert with Torrige Male Voice Choir, chaired by Mr Peter Yelland
Sunday, 5th December at 7.30pm at Milton Damerel, Gospel Special with the Hooper and Pitt families from Cheriton Bishop
Saturday/Sunday 11th & 12th December from 12pm to 6pm Christmas Tree Festival at Sheepwash Methodist Church
 [Plan a tree – any theme – free entry - set up on Friday afternoon/evening]
Sunday, 19th December at 11am at the Methodist Church, United Parish Carol Service and also at 11am the Carol Service at Beacon Methodist Church
Saturday, 25th December at 10am at Lake. Christmas Morning Celebration
Friday, 21st January 2005 Christmas/New Year Family Social at Milton Damerel Parish Hall
Sunday, 27th March at 7.30pm. Easter Gospel Special with the Newton St Petrock Male Voice Choir. Chair: Mr Peter Parsons

CIRCUIT NEWS - Did you know the Shebbear Methodist Circuit publishes a quarterly Magazine and Plan (MAP)? Included are many articles about what is happening around the Circuit, thought provoking and amusing contributions by the Minister, members of the circuit, and others. It also lists planned preachers for each Sunday and diary dates. Lots of material for a good read and for keeping in touch. Highly recommended. If you would like to receive one, next copy due at end of December, please contact a steward.

For further information contact:

Marjorie Colwill (Tel: 281214); Sheila Daniel (Tel: 261466); Lillian Luxton (Tel: 261355); David Poole (Tel: 261282)
 Rev David Wheeler (our Minister) can be contacted on Tel. No: 281262 (or through the stewards).
 Alan Andrew, Rural Lay Worker, supporting rural communities and individuals within this area, can be contacted on Tel. No: 281321.
 Roger Daniel, our local visitor, will call on any-one who is lonely or ill, or would just appreciate a visit. Tel No: 261466

The Citizen's Advice Bureau has issued the following Q&A about Christmas

Q. I'm starting to think about Christmas, but I'm already worried about how much it's going to cost me. I'm on a tight budget and I don't want my kids to miss out. Can you help?

A.

- Plan ahead. Work out how much you can realistically afford -- and stick to it. The worst way to do your Christmas shopping is at the last minute, in a panic, with a handbag full of credit cards.
- Remember that Christmas is an expensive time of year for every-one. With some close friends and adults in the family, you may be able to make a "no present" pact. Or agree to exchange only token gifts with a fixed limit on what you spend.
- If you can afford to pay outright, don't be persuaded to take out credit unless it really does work out cheaper.
- Try not to feel pressurised by children into buying expensive toys or other items you cannot afford. Explain the situation to them.
- Avoid store cards -- most are poor value and many charge whopping interest rates of around 30 per cent.
- Don't just run up an overdraft without talking to your bank -- this will be much more expensive than if you arrange it beforehand.
- If you are using credit, research the best deal, and check that the monthly instalments and the total charge are within your budget.
- Remember that the hefty winter bills arrive in February when you're most likely to be feeling the pinch after an extravagant festive season, so allow for these in your budget. Make sure you keep up with all your priority bills over this period such as mortgage/rent, gas, electricity and council tax.
- If you do run into debt problems don't ignore them and hope they'll go away -- they won't. Go to www.adviceguide.org.uk for advice on how to tackle debt, or contact your nearest CAB for free, confidential, independent money advice.

Contact your local CAB for more help and information.

BUDE, HOLSWORTHY AND DISTRICT CITIZENS ADVICE BUREAU

TELEPHONE: 01288 -354531 (Bude) OR 01409 -253372 (Holsworthy)

Holy Trinity Parish Church

Milton Damerel

Father Michael Reynolds

Tel - 01409 253435

Services

Mattins taken by the reader Mrs Mary Ihelor
on 2nd Sunday every month at 11.30am

Holy Communion taken by Father Reynolds
on 4th Sunday every month at 11.30am

Everyone is always welcome.

Thank you to everyone who attended
the harvest festival and helped to raise
£130 from the sale of produce.

ANSWERS for "Just for Fun"

**Christmas carols and songs
puzzle on Page 4**

1. Jingle Bells
2. We Three Kings
3. White Christmas
4. Away in a Manger
5. O Christmas Tree
6. I Saw Three Ships
7. Winter Wonderland
8. Silent Night
9. The Holly and the Ivy



Holistic Swedish Massage



**Aching, Tense Muscles?
Do you need to Relax?
Are you Stressed?
Do you need pampering?**

Receive the physical and mental benefits of
Holistic Massage

£10 - 30 min (specific area)

£20 - 1 hour (full body)

Telephone Sarah Harper
ITEC Qualified
for details
01409 261473
Mobile 07967 805598



**Milton Damerel
Memories.**

Do you have memories or anecdotes of Milton Damerel life, past and present? If so we would like to hear from you. Stories about the school, the post office, the smithy, the ever-changing landscape, the football team, the village green, local characters or any other memories you have. Send them by e-mail or post to "Memories" at the address on the front of the newsletter.



INTERIOR DECORATOR

**Friendly efficient service
for all your Decorating needs
including special paint effects**

**JANEY KIRBY
01409 261314**

Recipe Idea – Hot Spiced Fruit Salad with Cinnamon Cream (A great alternative to Christmas Pudding)

Ingredients

- | | |
|--------------------|---------------------|
| 8oz Plums | 2oz Demerara Sugar |
| 16oz Peaches | 1 Cinnamon Stick |
| 6oz Dried Apricots | 5floc Double Cream |
| 4oz Dried Mango | 1tspn Cinnamon |
| 2 Pears Peeled | 2tbspsn Brown Sugar |
| 1 Orange | |

Method

Gently heat Demerara sugar in ¼ pint of water, add grated rind of ½ orange and a cinnamon stick. When dissolved add ¼ pint each of syrup from peaches, orange juice and water. Slowly bring to the boil. Slice orange and add other fruit to syrup. Heat until piping hot. Whip cream until softly stiff and stir in cinnamon and brown sugar.

Some Advice from the SAMARITANS :

— HOW TO BEAT THE FESTIVE BLUES

We all know how difficult it is to keep upbeat and motivated during the festive season with all the shopping and organising that needs to be done and the dark winter nights closing in. So we have listed some handy hints below to help you relax and beat the festive blues.

1. Spend time with family and friends

Why not enjoy a game of Pictionary or charades? It encourages interaction and communication and socialising with people can help you to relax and alleviate stress.

2. Walk around the block

A gentle stroll around the block is a great way to improve your health, both emotionally and physically. Stretching your limbs helps to circulate the blood flow. Breathing in the fresh air can refresh your mind and relieve any tension. You'll also feel the benefits of doing a little gentle exercising.

3. Have a bath with the door locked and earplugs in

Have a good long soak in a nice hot tub filled with aromatherapy oils and light a few scented candles. For a relaxing soak, add chamomile or sandalwood oil to your bath, alternatively you could try citrus to revitalise your mind and body.

If you're in need of emotional support, please call our national helpline on 08457 90 90 90.

4. Don't give yourself a hard time

People expect Christmas and New Year to be a happy time – then when reality doesn't work out that way, it can be more depressing than ever. Don't blame yourself if you are not feeling great. You're not alone.

5. It's good to talk

Talking your problems through with someone else will help. So don't let your pride stop you. Find someone you trust, who'll keep what you've told them confidential, and let it all out. Unexpressed emotions can stop you coping with everyday life. When you talk about them, you'll find you're thinking more clearly and you're thinking more clearly and you're more able to get things sorted.

6. Ask for help

Know when you need to get help – and don't be afraid of asking. It's a sign of strength, not weakness. If you want to talk about anything that's bothering you – you can get in touch with Samaritans at any time of day or night. We won't tell you what to do and we won't tell anyone you called. But we will listen for as long as you need.



YULE LOGS

Quality Fruit Cake
Yule logs

Made to an old family recipe
used for generations with quality
ingredients

Covered in real almond marzipan,
encased in chocolate, hand
decorated and boxed.

£6.75 each

For Orders Please Contact
**Louise Headon on 01409
254653**

Abbots Bickington

Candlelit Carol service. Friday 17th December. 7:30pm.
All Welcome!

Newton St Petrock

19th December Church Carol Service 11am.
Baptist chapel, Carol service 7pm.
All Welcome to united parish effort

Christmas shopping fun

Every other Christmas we theme our family presents. Two years ago we set a spend limit of £5 per present which was a total nightmare and made shopping quite unpleasant. In the end I think most of us cheated (if only a little). This year however we decided on Charity shop presents. So off I went, convinced my shopping trip was going to be very boring and that everyone was going to end up with a second hand jumper that they probably wouldn't want. How wrong could I be? Charity shops nowadays sell just about everything, furniture, clothes, decorations, pictures, giftware, both new and old, I even discovered I could buy a chicken and a goat!! So it seems after all we can have fun buying presents and at the same time help others who are less fortunate than ourselves

On Thursday 30th September at 7pm the Bishop of Exeter came to Abbots Bickington Church to confirm 6 members of the congregation:

Catherine, Amy and Rebecca Bellew, Kay Bellew and Josh and Ben Baggott.

After this very special service refreshments were provided at Bluebell Cottage and everyone had the opportunity to meet and chat with the bishop.

Bradworthy Christmas Tree Festival

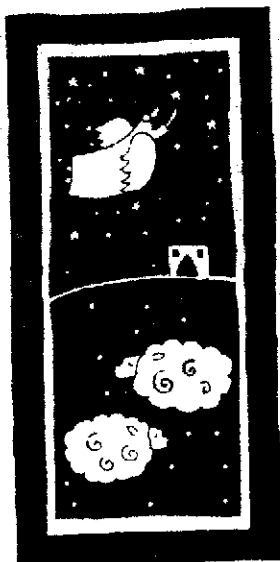
9th - 12th December

Open from 7pm Thursday 9th

Concert starts 7.30pm

Newton St Petrock Male Voice Choir

Well Worth a visit



Whilst Shepherds watched

All garden machinery
serviced and Repaired
Reasonable rates, Collection
and delivery available.

Telephone: 01409 261 466
or 07792079584



First Food Safari Stops at Lizzy's Larder

The weather slowly deteriorated, wind then rain, hail then wind, wind and rain. This was the week before our first Ruby Food Safari and it seemed things couldn't get any worse. Everytime we swept the yards, more wind blew down more leaves and more rain caused bigger piles of mud. By Friday we were totally exasperated. We needed to put up a gazebo over the food tasting area, set up the pens for the farm animals, put up the signs, clean the yards, do the cooking and stock the shop. We knew we were up against it but friends and family pulled together and suddenly it was Saturday and everything was perfect. The weather was completely calm and to our amazement the sun began to shine, all we had to worry about now was whether we would have any visitors. This was the first producer Food Safari in the country and none of us knew what to expect. The safari was due to start at 10am and at 9.50 the first visitors arrived. There was no let up all day and although the safari was supposed to finish at 4pm, visitors were still here well past 5 sampling the food delights and meeting the animals on the farm, all eager to learn about how and why we produce what we do.

The day was an outstanding success and the visitors book was crammed full of excellent comments that made the hardwork all the more worthwhile. My thanks go particularly to Rosie from the Ruby Country initiative whose idea it was to do the safari and whose hard work made it possible, to Sue Williams who loaned me the most wonderful donkey ever, Nikki Martin, Margeret Fishleigh and Jen Gamlen for as ever, producing such a fantastic array of cakes & goodies to eat, to Katherine Brimacombe who was thrown in the deep-end completely and took it all in her stride, to Mike who built, mended, cleaned and even cooked and last but not least to all of you who supported me and made it such a memorable day. Next year the safari will be a two-day event on the first weekend of half term in October, so make a space in your diary and come and have some free Ruby Safari fun.

December Tasks in the Garden

Fruit & vegetable garden.

Plant shallots in mild areas and in areas with well-drained soil. Plant garlic cloves in modules or outdoors in final position. Continue to harvest leeks, winter cabbage and sprouts for kitchen use. Lift empty plots of ground with polythene to keep the soil dry and make it easier to work in spring. This is particularly good for heavy, clay soils. White and clear polythene will both help to increase the soil temperature, enabling earlier sowings in spring. Black polythene is also effective at suppressing weeds. Place mouse controls near stored fruit and vegetables. Regularly check fruit stores and remove rotting and mouldy specimens. Net crops to reduce pigeon damage to cabbages and keep bullfinches off fruit buds. Prune apple and pear trees. Be sure to remove dead or diseased wood, including spurs with mummified fruit, the result of brown rot infections earlier in the year. Prune currants and gooseberries after leaf fall. Use disease-free prunings as hardwood cuttings if wishing to increase stock or renew older bushes.

Flower Garden

Put plastic cloches over *Helleborus niger* (Christmas rose) to protect blooms from soil splash in wet weather. Clear up weedy beds ready for spring mulching. Order bulky organic matter (e.g. well-rotted farmyard manure or mushroom compost) for use as a soil improver or mulch. Check on tender plants outdoors to ensure winter protection is still in place especially after storms. Regularly prevent problems with grey mould (*Botrytis*). Occasional ventilation in the greenhouse will help reduce fungal infections during winter. When gardening on wet soils work from a long plank of wood rather than treading on the soil to avoid compaction. Improve drainage of heavy soils by working in coarse gravel and bulky organic matter.

Also Fascias and Gutters

Reasonable Rates
Ring David Segons
01409 241702



Window Cleaner

For Sale

Lexmark Z32 Colour Printer - Offers
Flat Bed scanner - Offers
Howard 200 Garden Rotavator - £75.00
Electric Black & Decker Reflex Strimmer - £30.00
Tel 01409 261466

Reason by E Lovell

I know no reason, see no pattern,
Given life, we fight to die,
Take up arms against each other,
I wonder why.

On this planet we are living,
Each and all are born to die,
Some have none and some have plenty,
I wonder why.

Born of nature, we destroy it,
On the sea bed poisons lie,
We bomb it, flood it and pollute it,
I wonder why.

Out in space our tiny planet
Spins and turns and brings forth life,
Yet we do not learn to guard it,
I wonder why.

Do you attend a regular group club or society in the locality that might be of interest to residents? We are looking for things to do for all ages so if there is something you enjoy please let us know so that we can publish the details in our **What's on guide**.

Line Dancing

We are a small friendly group that meet at the Parish Hall every Tuesday afternoon from 2pm to 4pm except 1st Tuesday which is at 10am to 12am. Cost £1.50 each

New members are always welcome.

Contact Lesley on 261294
or Mary on 261248.

Milton Damerel Skittles

There are two ladies skittles teams in Milton Damerel who play from October to March each year. Team A is currently top of Division 1. Look out for the results in the paper.

Short Mat Bowling

Short mat bowlers meet on the first Monday of each month at 7.30pm at Milton Damerel Parish Hall.

If you are interested please contact
George Kinsman on
01409 261544.

Milton Damerel 60's club

The club meets in the Parish Hall at 2pm on the 1st Tuesday of each month and new members are always welcome.

Putford WI

Putford WI meet on the 2nd Monday of each month in the chapel hall at 7.30pm. We have some very interesting speakers amongst other events and new members are always welcome.

Useful Contacts

Environment Agency	0800 807060
Floodline	0845 988118
Torridge District Council	01237 428700
Devon County Council	01392 382000
Crimestoppers	0800 555111
National Rail enquiries	0845 748 4950
Exeter Airport	01392 367433
Public Transport traveline	0870 6082608
Carers Helpline	0808 808 7777
Childline	0800 1111
The Samaritans	08457 909090
NHS Direct	0845 46 47
National Missings Persons helpline	0500 700 700
Age Concern	0800 00 99 66



Parish Hall

Milton Damerel has a large well equipped Parish Hall with a stage and purpose built skittle alley that can be hired for all kinds of events and celebrations at very reasonable rates. There are also tables and chairs which can be hired separately for functions offsite.

For more information or to book an event please contact Lesley on 261294.

Friday Fun Club

If you are at a loose end on a Friday afternoon, don't sit at home twiddling your thumbs, come along to our fun club and enjoy a bit of light exercise. Most of our group engage in either bowls or archery but there are other activities available, darts, table tennis even skittles. All our activities are held indoors in a purpose built sports building which is heated in the winter. We also have the use (when it's fine) of an outdoor archery range up to 100yds as well as the indoor range.

The club starts at 2.30pm finishing at 5pm. Membership is £1 and £1 for a raffle held each week. Tea, biscuits or cakes are provided by the owners Sally and Dave Moss for the princely sum of 20p each.

Everyone is very friendly and new members are always welcome. Equipment and tuition is provided for beginners so there is no excuse not to try something different. So for £2.20 you can enjoy a really nice afternoon, meet new friends, try a new activity and at the same time get some gentle exercise. The club is situated at Lyne Acres, Dunsland Cross and if you are interested come along one Friday afternoon and take a look. It will cost you nothing and you never know it might be just what you are looking for.

For more details contact Edith or Ernie Scott 01409 261529

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 its 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 Description Act 1968 – All traders are reminded of the need 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 Margaret on 01409 261486 for more detail

The deadline for submissions of articles and advertisements for the next newsletter is Friday 4th February 2005.