

Just a reminder that we would welcome, very much, contributions to the Newsletter. To make it as interesting as possible we do need a diversity of ideas so that there is something of interest to everyone. There may not be a Newsletter in July, so, if anyone wishes dates to be announced for July and early August these would have to be in the JUNE Newsletter.

Rainfall from 31.3.86. to 5.4.86. was three inches. B.B.

THE PARISH CHURCH:

PARISH DIRECTORY. If you possess a copy of the Parish Directory, the following amendments should be made, following the results of the Annual Parochial Meeting.
Churchwardens: Delete "Lady Hall, Barnford, Ringmore. Tel. 810401". Insert "Mr. R. Trant, The Veau, Ringsore, Tel. 810663".

P.C.C. Secretary: Delete "Mr. R. Trant" and address and tel. number. A successor has not yet been appointed.

ALL telephone numbers on ALL pages of the Directory should be prefixed with the numbers 810.

FOR THE LADIES. The JUNE Meeting will be the last one before the Summer break. This will be at 2.30 on THURSDAY 5 JUNE. It will be a GARDEN MEETING at "The Ark", Ringmore - by kind invitation of Mrs. Park. "Bring-and-Buy Stall" in aid of the Bible Society.

FLOWERS. 1. **THANKYOU** to those who kindly provide flowers week by week for the Parish Church. 2. **WANTED.** We still have one or two vacancies on the Flowers Rota. Volunteers please contact Mrs. Corbett. 3. **HELP!** It is not easy to clean the flower vases when they contain flowers. It would be a great help if, when putting in the flowers, people could kindly rub up the vases.

ARCHDEACON'S VISITATION. Churchwardens and Sidesmen are reminded that this will be at 7 p.m. in KINGSBRIDGE Church on Tuesday 6 May.

CHURCH SERVICES.	Date	Time	Service
	4 May	9 a.m.	Holy Communion (with hymns)
	11 May	6 p.m.	Evening Prayer.
	18 May	9 a.m.	Holy Communion.
	25 May	11 a.m.	Morning Prayer.
	1 June	9 a.m.	Holy Communion (with hymns)
	8 June	6 p.m.	Evening Prayer.
	15 June	9 a.m.	Holy Communion.

CHURCH REGISTERS.

MARRIAGE 19 April. Richard Moore and Christina Marie Buckland.

FROM THE RECTOR. "WE HAVE LIFT OFF"

My thanks for the kind invitation to provide, once again, an item for the Parish News Bulletin.

Recently I was astonished to discover how many years have passed since Yuri Gagarin became the first man in space. Nowadays, except when there is some tragic disaster, we take little notice of space programmes. They have become almost commonplace, and in any case we are not personally involved.

The situation is very different for the astronauts inside the capsule. As the count-down begins they busy themselves carrying out the final instructions. There is an air of tension, expectancy, adventure. While we admire their courage the astronauts themselves admit to natural fears. They are going into uncharted territory, and although they have been extensively trained for their mission, excitement mounts. "We have ignition - 5 - 4 - 3 - 2 - 1 - We have LIFT OFF".

The first Whitsunday was like that. The disciples had been told to wait for "ignition" - for "power", and the Greek word used there in the New Testament for "power" is one which means "dynamite". As the count-down began there was an air of tension, expectancy, adventure. The disciples were not waiting passively; they were doing the final checks as they met together. You can read the account in the Acts of the Apostles, chapter 1 verses 8 to 14.

Acts chapter 2, verses 1 to 3 bring "ignition". At verse 4 there is "lift off", and they soar away on their exciting, powerful, effective mission (verses 4 to 11). The Christian Church has been born.

Every Whitsunday is meant to be a special celebration of that great occasion. People who are not involved will take little or no notice. Nowadays - when Whitsunday does not always co-incide with the Spring Bank Holiday - even Christians can easily overlook the day. This year, for instance, WHITSUNDAY is on 18 May, and the Bank Holiday is the following week-end.

The Church of God NEEDS the message of Whitsunday: the coming of the Holy Spirit in power to lead us out into exciting effective mission. One of the reasons why so many people (especially young people) abandon orthodoxy is that they do not find, in our organised official religion, the life and vigour and excitement which the Gospel promises. Some of them choose a launching pad which will take them into the joyful freedom of a spiritual orbit where things happen and things get done. Others, sadly, join the ranks of the uninvolved, and Christianity becomes irrelevant as far as they are concerned.

You and I who claim to be members of the team will recognise that THIS MONTH sees the count-down. What will happen on the 18th? None of us wants tragic disaster.

The disciples waited, not passively, but expectantly. Their final preparations involved (1) Prayer and supplication, (2) Checking the Book or Regulations, (3) Organising the team, (4) Seeking, finding, and obeying their Leader's plan. (It's all in the closing verses of Acts chapter 1). Only then were they ready and prepared for the "ignition" and "lift off" of the opening verses of Acts chapter 2. With YOUR prayerful co-operation and active participation Whitsunday 1986 could be like that, with a fresh outpouring of the Holy Spirit to "fire" us and empower us to launch out into the uncharted territory of a new spiritual experience. It could be frightening. It would certainly call for courage. But let the tension mount as we pray that, on Whitsunday, God may find us ready and prepared so that He can grant us "ignition - 5 - 4 - 3 - 2 - 1 - LIFT OFF!"

PARISH COUNCIL

Traffic Mirror at St. Ann's Chapel. The Parish Council has asked Bigbury Council for support in persuading the County Traffic Management Committee to fix a mirror at St. Ann's Chapel, to help traffic emerging from the Ringmore road. It is hoped that a joint approach will be made shortly.

Subsidence on Cliff Path. Great care should be taken in walking along the cliff path between Ayrmer Cove and Toby's Point. There are large crevasses in the path and negotiations are in hand to move the boundary fence further back.

Heritage Coast Teams. The Warden of the Heritage Coast has offered to arrange for a team to remove plastic rubbish from Ayrmer Cove and to cut back brambles along the bridle path.

Speed Ramps at Challaborough. Unfortunately the County Engineers are not prepared to place traffic ramps, with a warning sign, on the lane to Challaborough unless there has been a history of accidents. It is therefore hoped that the owner of the camp will construct a ramp on his own land - as he has done elsewhere.

Road Signs. The Parish Council has asked for the replacement of the old signpost outside the church and the securing of the road sign at the entrance to the village.

Best Kept Village Competition. The Parish Council has reluctantly decided not to enter Ringmore this year in the Best Kept Village Competition. It is felt that the appearance of the village has deteriorated - with the loss of trees, increase in parked cars and holiday cottages and other individual black spots. It is hoped that improvements will be made in time for an entry in 1987.

W.I. INFORMATION.

Particularly relevant to our coastal area was the enjoyable and instructive talk and film given by H.M. Coastguard, Mr. Hibbs, at the April meeting. At May's meeting there will be the opportunity to discuss national W.I. resolutions. In June there will be two W.I. occasions. On June 12 not only will Mary St. Aubyn talk about the very valuable work of our chosen charity, St. Luke's Hospice, but members will also be able to pool ideas and discuss arrangements for the August fete. So there is plenty of time to give thought to some original fund-raising suggestions! On 26 June there will be a social evening for W.I. members and their guests, in the form of a barbecue to be held in the W.I. grounds, starting at 6 p.m. Names to be given to Suzanne as soon as possible. The cost will be £2 per head, and £1.50 for children.

BRITISH LEGION. The next meeting will be on the 6th, of June at Jack Smith's Sedgewell Sands Bigbury on Sea.

LADIES SECTION will meet at Eileen Randall's home Yellands Park Kingston, on Monday 19 May.

MEALS ON WHEELS. Anyone who would like to join the team in this very worth while scheme and give about two hours of their time once every 4-6 weeks are invited to a get-together on WEDNESDAY 21 MAY starting at 10.30 a.m. at NODDON FARMHOUSE, Marwell Cross Ringmore. (See also last months Newsletter). and below.

REMINDER: REMINDER: REMINDER: REMINDER: REMINDER: REMINDER:
Meals on Wheels coffee morning at Nodden Farmhouse, Marwell Cross, Ringmore, on WEDNESDAY 21 MAY 1986. News and views, information, problems and the drawing up of the rota for the next four months. Tel: 810233 New volunteers welcome. MM WRVS

National Trust- Snapes Mint Appeal.

The National Trust has recently purchased Snapes Point, a beautiful area of farmland in the Kingsbridge estuary near to Salcombe, which has thus been saved from development and will be open to the public for all time. In order to help with raising money, to pay for a car park and footpaths - so that the public will have access to Snape's Point - the garden of Hill Cottage will be open on Saturday 21 June from 3 p.m. - 5 p.m. There will be cream teas, a plant stall and a cake stall. We hope that all local people, who share the aims of the National Trust, will come along and support us on that day. Natalie Hilton and Ardene Bennett.

BIGBURY PLAYERS The next production will be two one act plays and a ghostly reading to be performed on 22, 23 and 24 May in the Memorial Hall at 8p.m. Posters giving details are displayed locally and tickets are available in local shops, priced £1 for adults and 50p for children. Would you please note however, that the plays are

not really suitable for young children. Don't forget to bring your own bottle and glass on the night if required. Other refreshments will be available. The plays are "Bang, you're Dead" a thriller and "None the Wiser" a comedy. Do come and have a really good evening.

SEWING CIRCLE SPRING SALE. Monday 26 May 2.15 p.m. Memorial Hall.

PANISH EMERGENCY.

As a result of the Russian disaster at Chernobyl it might be of interest for parishioners to consider the problems at a village level if the accident had happened somewhat nearer.

Radiation Fallout. This would be carried into the area by the prevailing wind and would contaminate anything that it settled on. These particles would then give off short range radiation which if accumulated in the human body over a period of time could cause serious damage to health.

Protection from Fallout. If outdoors get undercover as soon as possible. If this is not possible at once cover as much of the skin surface as possible hats, scarves, gloves, water proofs, umbrellas, these could all offer protection, but outer clothing should be removed and left outside, before entering your home because they might be contaminated. Incidentally you are unlikely to see fall out unless it is contained in dust it will only be detectable by use of a radiac meter.

Once indoors you have effectively began to reduce the amount of radiation that you are exposed to by three methods.

- (i) Distance $\frac{1}{3}$ of the radiation affecting a person comes from within a range of 12ft so that if you can get 12ft away from outside walls then you have reduced your possible radiation dose by $\frac{1}{3}$.
- (ii) Density Radiation is also reduced by the thickness of the material it has to pass through. For instance a normal brick cavity wall would reduce the radiation by half. So if you can get 12ft inside a building with a brick cavity wall you have very significantly reduced the radiation that you might be exposed to.
- (iii) Decay Radiation fall out decays by a factor of 7-10. After 7 hours radiation will have decayed to 1/10 of its earlier rate. After 49 hours it will have decayed to 1/100 of its earlier rate.

You should attempt to protect the weak points of your home. Windows could be stacked with books to provide a greater thickness. Doors have thick furniture stacked against them.. If you have the opportunity you can build yourself an inner refuge using tables and chairs and other material to give you even greater protection whilst the fall out danger is at its greatest.

Food and Drink. The water from the tap should be usable because it has been contained in pipes; ensure that your roof tank has a cover over it. All canned food and prepacked food should be eatable, but unsealed food such as bread, cake, fruit and veg. without skins should be thrown away.

Exposure. If you have to go out of doors when there is a warning of radiation fall out, it can be compared to a shower of rain. The longer you stay out, the wetter you get, similarly the greater dose of radiation you will get and the longer the body will take to recover. Remember that pets and other animals should be kept undercover as well when there is a warning of fall out.

From the scanty information available this information might have been applicable if you were living within 100 miles of Chernobyl. G.P.E. Chairman P.E.C.

ADVERTISEMENTS

RINGMORE POST OFFICE STORES. NEW FROM SALCOMBE DAIRY - MOUTH WATERING CASSATTA CAKE - A CHOCOLATE COATED BRANDY ICE CREAM WITH GLACE FRUITS AND NUTS. ALSO - SUMMER PUDDING - VANILLA ICE CREAM COATED WITH BLACKCURRANT SORBET. BOTH THESE ITEMS ARE £3.70 IN STOCK NOW.

BELLE VUE FARM FOR YOUR FRESH POULTRY, EGGS AND CREAM.

JULIE MOBILE HAIRDRESSERS. FOR YOUR PERMS*SHAMPOO & SETS*BLow WAVE*TRIMS ETC. DONE IN YOUR OWN HOME COMPETITIVE PRICES. TEL. NO. 810634

FOR YOUR LOCAL TAXI RING BIGBURY 810590 ANYWHERE AND AT MOST TIMES.

ROSEMARY OF BROAD STREET MONEBURY. FLOWERS FOR ALL OCCASIONS. POT PLANTS GIFTS PERSONAL ATTENTION TEL. SHOP MONEBURY 830048 HOME GARA BRIDGE 444 ANYTIME.

PICKLES MONEBURY 830412 FOR HARDWARE D.I.Y. CHINA AND FREE DELIVERIES OF CALOR GAS OIL AND COAL. EVERY THURSDAY.

THE LONER IN THE COUNTRY

Exiled to bowers of beauty
In upland valleys where
Cherry and apple blossom
Spill perfume on the air;
Surely I should be happy
Imprisoned here with birds
Who do not drag, when singing,
Our human chain of words?

Oh foolish and ungrateful,
Amid such wealth of song,
With freedom of the forest,
To find that still I long
To hear the heavy traffic,
To smell the airless street,
To see the tide of strangers,
The myriad unknown,
To feel that great heart beat,
And recognise my own.

THE VALUE OF A SMILE

It costs nothing, but creates much.
It enriches those who receive, without impoverishing those who give.
It happens in a flash, and the memory of it sometimes lasts for ever.
None are so rich they can get along without, none so poor but are richer
for it's benefit.
It is rest to the weary, sunshine to the sad, and nature's best antidote
for trouble.
It cannot be bought, begged, borrowed or stolen, for it is something that
is no earthly good until it is given away.
And yet, when you give it away it always comes back.
And nobody needs a smile so much as those who have none to give.

Menu

- 6 oz de biscuits
- 3 oz de beurre fondu
- Les légumes : 1/2 plat
- 1/2 plat de légumes
- ajoute petite boite