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NO. 89

JANUARY 1993

INGMORE PARISH NEWSLETTER

A Very Happy New Year to all our readers, although we're sure that 1992 was only 8 months long - it went so quickly!

We apologise for the print quality of this issue, but our usual printer has celebrated the arrival of 1993 by going A.W.O.L. It is getting a severe talking to, and has promised to produce the goods henceforth!



Please use the new bottle bank, sited, with kind permission of the Journey's End, on the car park, and do remember to recycle all you can (!).

Rob Batten
810680

Rosemary Tate
810238

JOURNEY'S END JOURNAL

The last quiz night of 1992 was held on December 17th. There was a very good turnout and although the competition was fierce in the middle order, Guy and Myra Eddy came out clear winners with 35 out of 50.

The Christmas Draw on Tuesday 22nd provided 30 prizes, which were well scattered across the community.

There was a great atmosphere in the pub on Christmas Eve and our thanks to Sean Bracey for playing the piano and to John Bracey for conducting the 'Twelve Days of Christmas' in such style!

On Thursday 31st, we said farewell to 1992 noisily and in good spirits, with renewed hope for 1993.

JANUARY PROGRAMME

- Thursday 7th - Quiz Night - start of a new jackpot
- Friday 8th - Music Night - Dave Holland on piano
- Thursday 14th - Quiz Night
- Friday 15th - * Kronenbourg 1664 Promotion begins
- Music Night - Gin - guitar & local
- Tuesday 19th - Modbury Harriers meet 11a.m.
- Thursday 21st - Quiz Night
- Friday 22nd - Music Night
- Thursday 28th - Quiz Night
- Friday 29th - Music Night - Dave Holland on piano



Tel: 0548 810205

Kronenbourg 1664

The Kronenbourg 1664 Promotion There are 15 stylish T-shirts to be won and the chance to win a 3-day trip to Paris in April. Competition closes January 30th.

The Rector writes...

One of the comments I tried to make over the Christmas services was to point out that the events set out in the Gospel accounts get all jammed together and, especially at a carol service with traditional readings, they come out as a single 'package', the Christmas parcel! In fact the events recorded are spread over many months from the angel's appearance to old Zechariah to the Wise Men visiting Jesus "in the house" when He was perhaps a year old.



Going back nine months before the Saviour's birth, I find words of Mary, the mother of Jesus, which sound out the right note for our approach to the challenge of '93 - they come at the beginning of Mary's song about her feelings over the news that she was to be the mother of Jesus. She cried...

"Tell out, my soul, the greatness of the Lord"
(Luke chapter 1, verse 46, New English Bible).

Well, she made a good job of it! Not only was the Lord Jesus safely born and cared for, but Mary's song, in anticipation of His birth, has been sung wherever the Christian Church has taken root. It remains the duty of believers to tell out the greatness of that same Lord, but we have to acknowledge that we do not make such a good job of it as Mary. In fact, although people express great doubts about Christian belief, it is mainly the mess that we churchgoers make of commending our faith which is the most fruitful subject for criticism. For all that, we can still make Mary's cry our target for the New year, that out of our stumbling witness, something of the greatness of God may be seen and received in our district - which would certainly make 1993 a Happy New Year!

SERVICES THIS MONTH

| <u>At Ringmore</u> | <u>At Bigbury & Kingston</u> |
|--------------------------------|---|
| Jan 10th 9.0am 1980 Communion | 11am Morning Prayer & HC at Bigbury 6pm Evening Prayer at Kingston |
| Jan 17th 6.0pm Evening Prayer | 9am 1662 Communion at Bigbury 11am Family service at Kingston |
| Jan 24th 9.0am 1662 Communion | 11am Family Service at Bigbury 6pm Evening Service at Kingston |
| Jan 31st 6.0pm Evening Service | 9am 1980 Communion at Bigbury 11am Morning Prayer at Kingston |
| Feb 7th 11.0am Family Service | 9am 1662 Communion at Kingston 6pm Evening Prayer at Bigbury |
| Feb 14th 9.0am 1980 Communion | 11am Morning Prayer & H.C. at Bigbury 6pm Evening Prayer at Kingston |

NOTES FOR THE MONTH

Th'day Feb 11th Afternoon Fellowship meets at The Rectory at 2.30pm, using this informal time to look at the topic for this year's World Day of Prayer - Friday March 5th, 2.30pm at Bigbury. Everyone is most welcome on both occasions.



The Church Membership Roll - (known as the Electoral Roll) is due to be revised in readiness for the Annual Parish Meeting in March. A copy of the Roll is posted in the church porch, and if you would like your name to be added, as a Church member, please speak to Pam Brunskill who will be pleased to supply you with the necessary form of application.

The Rectory
Ringmore (810565)

ARTHUR DROWLEY
Rector.



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Modbury (0548) 830961

PARISH COUNCIL NEWS

Meeting held 5th January 1993

* The bottle bank is now sited in the 'Journey's End' car park. It is hoped that everyone will use it. A second one should be provided at Challaborough by Easter.

* Work is expected to commence on the new 'caravan route' to Challaborough in the next few weeks. It was also reported that agreement has been reached that caravans from both sites will use the new route.

* Refreshments will be provided for all those attending a talk, by Mr Barnes, the District Emergency Planning Officer, on Parish Emergency Planning, taking place at 7.30 on Monday 8th February 1993. Young and old are all welcome.

* Problems of waterlogging and gates being barbed-wired across public footpaths were notified. It was decided to contact the Footpaths Officer to investigate.

* Neighbourhood Watch signs are to be sited near Marwell and at Challaborough, and additional window stickers are to be provided for any parishioners wishing to display them.

* A site meeting has been arranged to discuss access to the proposed National Trust Car Park at the junction between the Challaborough Road and the Cliff Path, in view of the potential danger on the corner.

John Tate Vice-Chairman



FARE DEALS TRAVEL - STOP PRESS: If anyone is thinking of making a quick ferry dash across to France to stock up their cellar, **THERE ARE NO PLYMOUTH/ROSCOFF SAILINGS UNTIL MARCH 17th.** The other options are POOLE/CHERBOURG or PORTSMOUTH to CAEN or ST MALO. There are NO PLYMOUTH/SANTANDER sailings until MARCH 17th either. There is only a Friday out-Saturday back from Portsmouth. For further details, please contact me on 810869 - Annabel Major.

WEIGHT MANAGEMENT

Being seriously overweight is a risk factor for serious ill health - osteoarthritis, arterial disease, high blood pressure, gall stones and accidents to mention a few.

What do we define as seriously overweight. The most widely accepted definition is more than 20% above optimal weight as defined by Life Assurance Companies. But, risk levels start to increase significantly once you are more than 10% above optimal weight.

Why then are the statistics of achievement of long term weight loss so depressing? It all seems so simple - eat less- take exercise - lose weight - yet 30% of the population at anytime admit to trying to diet. Millions are spent on commercial weight loss programmes.

No matter what approach most people use to diet, the weight loss is temporary. The weight they lost almost returns in the long run. A recent study showed that about two-thirds of the weight lost through dieting is regained with one year, and almost all weight is regained within five years. Given this discouraging dietary outlook, many experts now promote the concept of adopting a healthy lifestyle, with a reasonable approach to calorie consumption and exercise as offering more promise for long term management of overweight.

Although the basic mechanism of overweight involves an imbalance between calorie intake and energy expenditure, it is unclear why this imbalance occurs in some and not in others. It is becoming increasingly clear that overweight is more than simply a matter of willpower. A complex combination of genetic, environmental, cultural, socio-economic and physiological factors contribute to the condition.

It is important to be realistic when selecting a personal weight management strategy. It takes time to gain weight, so losing it should take time as well. Modest goals and a slow steady course of weight loss will maximise the probability of both losing weight and keeping it off. It is best to view weight loss goals as part of an overall long term strategy to achieve a healthier life.

There are some guidelines which appear to have helped those who have successfully achieved long term weight loss.

- 1) **REGULAR PHYSICAL ACTIVITY** - Exercise not only increases calorie expenditure it also increases feelings of well being and perceived energy level. It also appears to play a role in regulating appetite.
- 2) **SOCIAL SUPPORT** - Long term weight regulation is easier when individuals are supported in their goals by family, friends, colleagues and support groups.
- 3) **INTERNAL MOTIVATION** - Those who decide to lose weight "to be in charge of my life" are generally more successful than those who do it for external reasons such as "fitting into a new pair of jeans".
- 4) **POSITIVE HEALTH BENEFITS** - Focussing on benefits such as, say, being able to walk further without being out of breath, increases the chances of success.
- 5) **EATING SMALLER MORE FREQUENT MEALS** - This helps maintain steady blood sugar levels and avoids hunger pangs which may lead to binging.
- 6) **GRADUAL CHANGES** - Those who make gradual changes in diet and exercise always manage their weight in the long run more successfully than those who make rapid dramatic changes.

GOOD LUCK!

Margaret Chell

Vivitar

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 ANNABEL MAJOR
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WOMEN IN THE COMMUNITY

The Christmas Party was a great success and the Women's Institute wishes to thank Mr. Parkin and all his staff for making it such a happy occasion.

All members and their partners are invited by the President to a buffet lunch at Cliff Path at 12 noon on Saturday 23 January.

Following the Christmas season the regular series of evening meetings will be resumed.

On Thursday 14 January Alice Mason and Margaret Lock will speak on "Early Recollections of Ringmore" and on Thursday 11 February Mrs. Jean Foster will show slides and crafts of the Hawaiian Islands. Visitors will be welcome to both these meetings at 8.15 p.m.

Ardene Bennett

THEATRE OUTING

ASPECTS OF LOVE (Andrew Lloyd Webber) THURSDAY 25TH MARCH

Theatre tickets (stalls) and coach fare £18.50 inclusive

Coach departs Ringmore 6 p.m. Please contact me soon. Pam Brunskill 810654



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NSPCC: CHARTERLANDS BRANCH. I am delighted to be able to report that we were able to send the magnificent total of £2800 up to the Plymouth H/Q, to support the local child care team and run the centre in Mannemead Road. Our grateful thanks to all who helped raise this money, in these very difficult times. For various reasons, several committee members have retired this year (myself included), so if anyone thinks that they would like to help out, do contact me so that I can make the introduction to our Chairperson. Meetings are held about once a month in member's homes (and can be quite riotous, with a lot of laughs). All very informal and relaxed. Annabel Major - 810729

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 Reg and Stan



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RAINFALL

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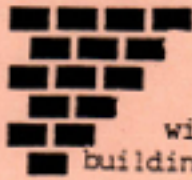
DEADLINE DEADLINE DEADLINE DEADLINE

The deadline for items for inclusion in the February newsletter is Wednesday 3rd February 1993

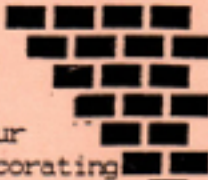
INTER PARISH QUIZ

Our first match is away against Wembury. They have decided to hold it in their village hall, to make it more convenient for their supporters, (it used to be held in a local hotel). Unfortunately, the hall is fully booked in January! The match will therefore be held on Friday 5th February, if you would like a lift, please contact me on 810407. The home match is provisionally arranged for Friday 19th February in the W.I. Hall. Please make a diary note of these dates, and support your team on the night and to welcome and encourage our new team member, Adrian Muller, who will be reserve for the away match, but will play in the home match. A note for other new team members, he volunteered voluntarily, and I am still awaiting your call.

Mike Wynne-Powell

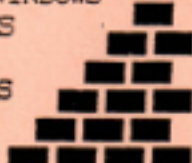


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SEE THE JOURNEY'S END INN (AND ITS LOCALS) ON TELEVISION ON MONDAY, JANUARY 11TH, AT 10.40 PM, ON WESTCOUNTRY TV.

THEY WILL BE FEATURED ON THE MONTHLY NEWS MAGAZINE, 'WESTCOUNTRY FOCUS'

SHORT MAT BOWLS

Any person interested in this fun indoor game is offered an open invitation to attend the Modbury Short Mat Bowling Club on a Wednesday or Friday evening. For more details, Tim Smith on 830961 would welcome your call.