

RINGMORE

PARISH NEWSLETTER



EDITOR: GEOFF DYKES 810123
FEBRUARY 2006

DEADLINE

**Friday
24th**

ISSUE NUMBER 244

MOBILE LIBRARY

Friday
10th & 24th

Ringmore Church	2.55 - 3.15
Challaborough	3.35 - 3.35
St Ann's Chapel	2.30 - 2.45
Kingston Fire Stn	4.00 - 4.30

RAINFALL

Last Month
3 3/4"

Robbie McCarthy

Ten Year Average	4 3/4"
Ten Year High	1996 7 1/2"
Ten Year Low	1997 1"

DIARY FOR THE MONTH

MONDAY: Short Mat Bowls Parish Room 7.30pm
TUESDAY: Table Tennis Parish Room 7.30pm
THURSDAY: Quiz Night Journey's End 9.00pm

- 1st Royal British Legion q Old Chapel Inn 7.30pm
- 2nd Quiz JE Phill 9.00pm
- 7th Recycling Road Show WI Hall 4.00 - 7.00pm
- 8th RHS Talk 'Saltram House' WI Hall 7.30pm
- 9th WI Meeting WI Hall Speaker 8.00pm
Quiz JE Richard 9.00pm
- 14th Table Tennis Club AGM Parish Room 9.00pm
- 16th Quiz JE Elaine 9.00pm
- 21st Parish Council meeting WI Hall 7.00pm
- 22nd Presentation to Postman David JE Noon
- 25TH RBL Spring Sale St Ann's Chapel 2.00pm
- 23rd Quiz JE Volunteer wanted 9.00pm
- 26th Table Tennis Tournament Journey's End Noon
- 28th Pancake Day in the Parish Room 10.30am
- MARCH**
- 11th Shelter Box Coffee Morning Cumberland Cottages

Please send items for inclusion in the Newsletter to:
The Editor
Ringmore Parish Newsletter,
Ringmore Vean, Ringmore, TQ7 4HL
or put them through the letter box in the garage door
email: news@ringmore.com

Reg Trant

Mickey wishes to thank everyone for their support and kind thoughts during the final period of Reg's illness and subsequently.

She has done her best to reply to all the notes she has received and asks forgiveness of anyone who has not received a response.

It's February and the evenings are lighter. On a freezing cold day at Bigbury Golf Course it was agreed that January can be a little depressing. There were some bright and sunny days so it was not all gloom and doom.

However it was doom in the Inter-Parish Quiz. In the First Round, Ringmore were entertained by Kingston in the Reading Room. It is always a good evening when matches are played between these local rivals. Ringmore started more like the hare and were soon in front but Kingston had read the script and the tortoise ran out a worthy winner, 98-89. At least Ringmore can defend their title as holders of the Ken West Plate.

This month brings the annual JB Table Tennis Tournament. They will tell you that even fly-swatters stand a chance! Believe that and you might win.

Ringmore is devoting its charitable resources to Shelter Box in the first quarter of the year. The successful film show at St Ann's Chapel has stirred support for this global charity in their work in areas struck by disaster, particularly in Pakistan. Anna Antebi had planned a Charity Coffee Morning at the end of the month but after a chat with the Churchwarden, she has agreed to hold it on Saturday 11th March. Events on Pancake Tuesday are something of a tradition in the Village. However worthy the cause, we do need to draw breath before launching on more fund-raising. The funds raised on Pancake Day and at Anna's gathering will be sent as a joint donation from Ringmore, in the hope that we will have raised sufficient for one Shelter Box, i.e. £500.

By now every household should have received a leaflet from SHDC giving details of the introduction of Wheellie Bins. Bins will be delivered at the end of February and collections begin in the first week of March. Properties which normally have an Assisted Collection but re-confirm this on the number below. Where they are unsuited to the use of Wheellie Bins, householders should have been told how collections will be made in future. Where there is change it is almost inevitable that some confusion will arise. Read the leaflet carefully and with luck, the right items will be placed in the right bin. If not, the bin might not be emptied, at least until the errors have been corrected. Perhaps it might help if we really believe that we are the first step in the chain of recycling which will go a long way towards saving the planet. If you have queries either contact 01803 861 199 or attend the SHDC Road Show in the WI Hall on Tuesday 7th February from 4.00 - 7.00pm.

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NEWS FROM ALL HALLOWS

LOCAL CHURCH SERVICES IN MARCH

Date	Bigbury	Kingston	Ringmore
Feb 5 th	11.00a.m. Family Service	9.00 a.m. Communion	11.00a.m. Family Service
12 th	11.00a.m. Family Service	6.00 p.m. Evening Prayer	9.00 a.m. CW Communion
15 th	2.30 p.m. Korniloff Communion		4.00 p.m. Spoken Communion
19 th	9.00 a.m. BCP Communion	11.00 a.m. Family Service	6.00 p.m. Evening Prayer
26 th	11.00a.m. Family Communion	6.00 p.m. Evening Prayer	9.00 a.m. BCP Communion
Mar 1st Ash Wed		6.30 p.m. Communion	4.00 p.m. Communion

EXERCISE !

I hope that the post Christmas rush of diets, and encouragement to physical exercise have died away by the time this hits your mat. I just had to go and have a nice lie down in the confusion of High GI, which I used to think was a tall soldier from the U.S.A., and low cholesterol. So when these little quotes on exercise hit the e.mail it seemed worth sharing with you:-

- ~ I joined a health club last year, spent £120 and haven't lost a pound. Apparently, you have to show up.*
- ~ If God meant us to touch our toes, he would have put them further up our body.*
- ~ If you are going to try cross-country skiing, start with a small country.*
- ~ I don't jog. It makes the ice jump right out of my glass.*
- ~ I like long walks, especially when they are taken by people who annoy me.*

There are all kinds of exercise. Yesterday I met a respected local resident who like me was trying to shed a few pounds, to his credit he was on foot, needless to say I was in a car. He said that the death of his last dog had removed that element of discipline that presses the need for a good daily walk, but nevertheless personal discipline had got him a solid distance from his house, and it was uphill all the way back.

I returned home to the mental exercise that Pam and I are undertaking to stave off, or at least slow down those senior moments. We often have a little competition to see who can be first to finish the Su Doku puzzle in that day's paper. No bottle of champagne prize, as we are always too late in the day for that. We have recently questioned just how many productive hours are lost in doing Su Dokus nationwide. Add them to the hours spent doing crosswords, and across this land we would probably beat the miners' strike in a single month for loss of productivity.

'But that's not the point', I hear you cry, 'Exercise, physical or mental, is good for you, good recreation'. Or as I might say 'good RE-CREATION, restoring our bodies and minds to how they should be'. That leads into the next season looming on the calendar. Not those high cholesterol, and unless you make them with wholemeal flour, low GI pancakes, but what follows from March 1st. The Season of Lent when spiritual exercise is encouraged.

So often folk give up alcohol, and as long as you buy soft drinks in our local hostelrys that's fine. We need them and they need us especially in these winter months. The margins are just as good on juices and cordials as they are on beer. Perhaps in our home we need to give up Su Dokus, but the real question is what we do with the time released Lent is the season for reflection and penitence putting things right with ourselves, and where necessary forgiving our neighbour, brother, sister or friend and that can be hard exercise, but healthy in the longer term.

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Journey's End Journal

After a steady but chilly January we look forward to two annual events in the coming month.

First a note about our music night. Unfortunately, the change last month was beyond our control but we hope that the night is back on track. Music will be on the first Saturday of the month starting on 4th. We have Father Mike's Hot 4 who will play their own style of Jazz music. Come along and enjoy it.

Reg Trant

The sad news of Reg's death came too late for anything to be included in last month's Newsletter. Mickey has given the following brief account.

Reg and Mickey met when on active service in Germany during the Second World War. They married in 1948, Reg having left service with the RNVR the previous year. He returned to his pre-war work as a Civil Servant in the Ministry of Health where he was fully involved in the establishment of the National Health Service. Reg served every post-war government from that of Clement Attlee up to an including Margaret Thatcher's first administration. He retired in 1981 and a year later he and Mickey came to Ringmore.

Reg soon joined in the local activities, joining the PCC and becoming Churchwarden a position he held for a number of years. Also, in his time, he was Chairman and then President of the local branch of the Royal British Legion. He served on the Ringmore Historical Society Committee and was an enthusiastic member of the Lupridge Singers. Sadly his involvement in all these activities was curtailed by the onset of Alzheimer's disease, approximately three years ago.

The first annual event will be Valentine's Day on Tuesday 14th. There will be a special menu for the night which will be posted in the bar.

The second favourite is the John Bracey Table Tennis Tournament. This will take place on Sunday 26th starting at midday. The Entry Form is at the JE. This is a charity event so in the interest of others, put your best foot forward. Everyone is welcome and the entry fee is only £1.

The Quiz evenings are going well - there is always room for a new Quiz Master or Mistress.

Finally don't forget lunch can be had from Monday to Thursday for the reasonable price of £4.95

Elaine & Ken

JEJEBTTT

You do not need strength as of Tug-of-War, nor do you need to get a ball in a tiny hole as in golf or snooker (the table is quite big), nor stamina as in football (the room is quite small), so why not put your name down for the annual fun table tennis tournament. A sheet is in the entrance hall of the Journey's End so please put your name down early. It would be great to repeat the easy-to-manage number of 32 that we had last year. As most people in the village know, the event is not serious and I am told on good authority that Jim McGinley will not be winning this year which gives others an opportunity to do so. The entrance fee for the tournament is just £1 to go to charity so please come along to play or just to enjoy watching the fun. Anyone who wishes to practice for the event will be welcome as a guest at the Ringmore Table Tennis Club in the Parish Room on Tuesdays from 7.30pm onwards.

John Bracey



Tel 01548 810205

**Closed on Mondays
Tuesday - Saturday**

12.00pm - 2.30pm

Food: 12.30pm - 2.00pm

7.00pm - 11.00pm

Food: 7.30pm - 9.00pm

Friday evening - open at 6.00pm

Sunday

Noon - 3.00pm

Food: 12.30pm - 2.00pm

7.00pm - 10.30pm

No food



WOMEN IN THE COMMUNITY

The opening meeting of the WI for the New Year took place on 13th January, when the speaker was Pat Holness. Her subject was 'South Hams Radio - Tales from Local Radio' and it proved to be far more interesting than its title!

Pat is the principal presenter for South Hams Radio and her obvious enjoyment of the job came through strongly. She presents messages, phone-ins, record requests and has obviously become very popular with her listening public, as she did with us.

Next meeting: 9th February -
First Aid Refresher Course by St John's Ambulance.

Naomi Warne

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Royal British Legion Women's Section ANNUAL SPRING SALE

Bigbury Memorial Hall
St Ann's Chapel

Saturday 25th February
2.00pm

EVERYBODY WELCOME

MUSIC at The Paddock





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DELICATESSEN

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TEN YEARS AGO . . .

The Bus Shelter burnt to the ground. Arson? . . . unlikely . . . accident? . . . probably. It was used by the local youth who, it is said, used candles to provide some light with perhaps, predictable consequences.

Guy Eddy wrote about the demise of the Parish Emergency Team . . . the end was brought about by peace. Long may that be the case.

TWENTY YEARS AGO

It was announced that Okenbury was to be transferred from Ringmore to Kingston.

The Parish Council precept was £500.

The Pancake Day was held at Aymer House. Volunteers for the Parish Emergency Team were being trained by the Bigbury WRVS. Meals on Wheels planned a new service to include Ringmore.

TABLE TENNIS

AGM

14th February

Parish Room

9.00pm

The Club held its Christmas Party a little later than usual, on 10th January. There was a good gathering of members and their guests.

A grand tournament was arranged by Phill and lots of delicious food and drink was kindly provided by members. A steady flow of alcohol attributed to a surprising result in the play-off between Ann Bracey & Mike Turney and Jinny McCabe & John Bracey with Jinny and John becoming the champs. Not surprising for John but very surprising for Jinny.

They were presented with very nice gifts to mark the occasion.

Anyone wishing to join on Tuesdays will be made most welcome.

Jinny McCabe
Secretary 819538

SHELTER BOX - HELSTON

After showing "My Summer of Love" on Saturday 21st January, Jane and I packed up the demonstration Shelterbox we had been lent and loaded it into our car with the help of some strong volunteers. Thinking of our fragile backs, it seemed sensible to leave the box where it was rather than wait for a van, so on Monday we drove it back to the Shelterbox HQ in Cornwall. We were glad we did.

The warehouse is on a trading estate just north of Helston. It contains tents, sleeping bags, cooking stoves, pots and pans, tools, water purifiers, rain capes, blankets and 'younameits'. We spoke to somebody called Michael who was unpacking tents and repacking them into shelter boxes for yet another shipment to Pakistan. 'How many have you sent to there so far?', we asked, and were told '1400 and still counting'. The boxes themselves are also useful in disaster areas - for 49 different purposes we were told - storing water, disposing of waste, bathing the baby, keeping things dry etc etc.

We began to think that the Ringmore/Bigbury contribution of £220.85 didn't seem very much until Michael told us that a boy came in with 75p the other day, more than enough for three wooden spoons. At the other end of the scale a businessman in the USA rang to ask the cost of producing one complete box and how many would fit into a shipping container. When he was

BIGBURY MEMORIAL HALL

Why not come along and try one the events below? You do not have to be a resident of Bigbury. Contact the relevant person for more information.

WEEKLY EVENTS

Monday

10.00 -10.45 Low Impact Aerobic
Jill Gubbins 810651
11.00 -12.00 Pilates
Jill Gubbins 810651
7.00 - 9.00 Bowls
Jim Chadwick 810454

Wednesday

10.30 -12.00 Mums & Toddlers
Kerry Greenwood
07949 809980
6.30 - 8.00 Youth Club
Kylie Crawshaw 810308

Thursday

6.30 - 7.30 Pilates
Jill Gubbins 810651
7.45 - 9.30 Sally Watts 810373

February Events

Saturday 11th CUPID NIGHT
Tuesday 21st Bigbury History Society
An Evening of Slides
Alan Bushell

SALSA Dancing Classes - we are still trying to find a local teacher - watch this space.



RECOGNISING A STROKE

A neurologist says that if he can get to a stroke victim within three hours he can reverse the effects of the stroke. Sometimes the symptoms of a stroke are difficult to recognise so what can be done to detect one?

Doctors say that a bystander can recognise a stroke by asking three simple questions.

- 1 Ask the individual to SMILE.
- 2 Ask him or her to RAISE BOTH ARMS.
- 3 Ask the person to SPEAK A SIMPLE SENTENCE coherently, eg. 'It is sunny out today'.

If the victim has any difficulty with any of these tasks call for help immediately and describe the symptoms to the operator. Share this information with everyone you know and remember the three tasks; SMILE, RAISE YOUR ARMS and SPEAK coherently. It could save a life.

Ringmore *Society*

Historical

Meeting
Wednesday
8th February
7.30pm

SALTRAM HOUSE

History of the house, the people who lived there, the pictures, ceramics and furniture they collected

Speaker
George Lunnax

Members: £1.00 Non-Members: £2.00
Includes refreshments

told £490 and 227 respectively, he asked Shelterbox to fill a container and send him the bill. Michael also told us that many people who can't afford to give money come into the warehouse to give their time and muscle instead.

We went round the corner to hand in the money and collect a receipt. As we left the office we passed a map of the world stuck with a coloured pin at the site of every recent war, famine, flood and earthquake where Shelterbox has been called in to help. There were an awful lot of pins. A daunting task indeed.

James & Jane

PANCAKE DAY

Tuesday 28th February in aid of SHELTER BOX

Shelter Box, based in Cornwall, provides, on a world-wide basis, humanitarian relief and aid in the form of material and equipment that provides shelter, warmth and comfort to people displaced by natural and other disasters.

The cost of a complete SHELTER BOX is £490. All equipment is new and has been selected for its usefulness and quality and will have a long and useful life once distributed. Each Shelter Box comprises a large tent, sleeping bags, cooker, water purification, warmth and shelter for ten people and once on site the Boxes themselves can be used in many other varied and useful ways . . . water holder, dry storage, baby's cot, table, etc..

So, please come along and support the SHELTER BOX TRUST first at the annual Pancake Day event in the Parish Room and then in March at Anna Antebi's Coffee Morning. Let us work towards Ringmore providing at least one complete box.

Please see the advertisement at the end of the Newsletter

Robbie McCarthy continues her assault on we fellas. How about a response?

WINTER CLASSES FOR MEN

THE LEARNING CENTRE FOR ADULTS

**NOTE: DUE TO THE COMPLEXITY AND DIFFICULTY LEVEL
CLASS SIZES WILL BE LIMITED TO 8 PARTICIPANTS**

Class 1

**How To Fill Up The Ice Cube Trays - Step by Step, with Slide
Presentation.**

Meets 4 weeks, Monday and Wednesday for 2 hours beginning at 7:00pm.

Class 2

**Fundamental Differences Between
The Laundry Basket and The Floor
Pictures and Explanatory Graphics.**

Meets Saturdays at 2:00pm for 3 weeks.

Class 3

After Dinner Dishes

**Can They Levitate and Fly Into The Kitchen Sink?
Examples on Video.**

Meets 4 weeks, Tuesday and Thursday for 2 hours beginning
at 7:00pm

Class 4

**Real Men Ask For Directions When Lost
Real Life Testimonials.**

Tuesdays at 6:00pm Location to be determined

Class 5

**The Oven — Where is it, What It Is and How It Is Used.
Live Demonstration.**

Tuesdays at 6:00pm. Location to be determined

RINGMORE PARISH COUNCIL

Meeting: Tuesday, 24th January 2006 at
7.00pm.

Present: Six councillors, the Clerk; Mr David Young, NH Watch; Tree Wardens - Mrs J Guy and Mrs J Roberts; one member of the public.

Apologies:

Cllr J Patterson.

RNLI

Work is proceeding with building of the new Life Guard facility at Challaborough. The trunking equipment attached to the wall at Beach Cottage is being removed.

Trees

The Tree Wardens requested that Tree Preservation Orders be placed on two trees in Renton Lane. The Council appreciates the wardens' industry and hard work.

National Trust

The NT Warden, Simon Garner, informed the meeting that the path to Toby's Point will be made suitable for wheel chair access. Work is scheduled to begin in March.

Planning

Approval: Alterations to Old School House

Finance

WI Hall Rent for one year - £77.00

Tree Wardens' expenses - £32.56

Filling letters on plaque for Church Porch,
re Millennium Clock - £29.38.

Matters Raised by Parishioners

Mr Mark Tucker of Challaborough outlined plans for a one-day music event to be held in Bigbury Parish and wanted to ascertain the views of the Council. The Council was unable to give a judgement on the matter at this stage but there were no serious objections in principle to the outlines of his proposals.

Leisure Centres

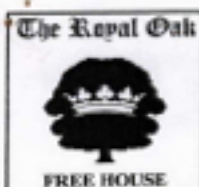
A bid to run the Leisure Centres has been put forward by a group of residents known as the South Hams Community Leisure Trust. More information can be obtained from the PR Officer for the Trust, Mr Tony Watson on 853156.

Wheelie Bins

The bins will be used during the first week in March. There will be two bins for each house. South Hams District Council will hold a Road Show in the WI Hall on Tuesday 7th February from 4.00 - 7.00pm. Anyone interested is free to attend.

The next meeting will be on 21st February in the WI Hall at 7.00pm.

Thelma Mann



The Royal Oak Bigbury

Telephone: (01548) 810313



Enjoy good homemade food in our cosy bar area or sit in the Lounge or Restaurant areas and choose from either the bar menu or our a la carte specials board. We provide only the best quality food - all freshly cooked on the premises and at reasonable prices.

TRADITIONAL HOMEMADE HEARTY FOOD

Open for meals 7 days a week, lunchtimes and evenings.

There is a choice of 3 real ales, all served direct from the cask and a full range of keg lagers and bitters.

Refurbished en-suite accommodation. Large car park and garden.

Please remember that we are very busy during the evenings so it is always advisable to book your table in advance

BAR OPEN ALL DAY EVERY DAY

WINTER WARMERS MEAL & BAR DEALS

DIARY FOR FEBRUARY/MARCH

WINTER WARMERS MEALS UNTIL THURS 9th FEB

ALL THE 'SIX NATIONS' RUGBY MATCHES WILL BE SHOWN LIVE AT THE OAK THIS YEAR STARTING ON

SAT 4th FEB - WALES v ENGLAND

- Sat 11th Feb** 18th Birthday Party - Ross Green - Music with 'N.W. MUSIC MACHINE'
- Sat 4th Mar** Combined 104th Birthday Party Tina, Roy & Kylie - Music T.B.C.



February Meeting

This month's meeting takes the form of a First Aid Refresher course. It will be in the W.I. Hall as normal, at 8 p.m. on Thursday 9th February, with W.I. business at 7.30 p.m.

The speaker will be Mrs Foster from St John's Ambulance and will cover some of the things we all need to know in case of an emergency.

Looking further ahead, at 7 p.m. on Saturday 25th March, we will be showing the film "Ladies in Lavender", followed by a buffet supper. Profits will go to Modbury Caring.

Enigma

Last Month

The year did not start as it ended - ten entries were received and all bar one were tantalisingly close to being correct. That one was correct! It has made the marking difficult but Enigma is not shy of making a decision, even a wrong one! First, the variations. There were several Track & Tail but Tail is not really Append. Plank & Plan for Tray & Try was good but Plan is not Endeavour. Roister & Roster for Brag/Swagger & Inventory caused the most problems but none of Row, Tot or Paper is a synonym for Inventory.

Official answers:

Pilot/Plot, Powder/Power, Spry/Spy, Track/Tack, Began/Bean, Portent/Potent, Tray/Try, Moral/Oral, Peace/Pace, Roister/Roster, Clout/Lout, Glean/Glen

Marking: The Beginners 3; Taurus, Matchman, Springers, Sue Brickay, Opals, New Dawn 2½; Frequent Visitor, Half-Baked and Fanny Adams 2. Keep it up!

This Month

Each pair of words leads to another by meaning or association. Fill in the missing word. The number of letters is indicated by the number of - - - .

ALTITUDE	ELEVATION		
ADVANCEMENT		----	
INCLINE	-----		
SLANT			-----
MARKET	-----		
LINEAGE		----	
PILLAR	-----		▽
PROCESSION			-- N -
POLICY	-----		
PROTECTION	-----		△
MATCH	-----		
PIN	-----		
OFFERTORY	-----		
ASSORTMENT	-----		
EMPORIUM	-----	----	
GARNER	-----	ONE WORD	

POSTMAN DAVID

The informal farewell occasion for David is timed to take place at 12.00 midday on Wednesday, 22nd February at the J.E. If anyone else wishes to make a donation to the collection, would they please do so before February 15th.

I thank everyone who has contributed so far.

Dennis Collinson
810286

All Hallows - Ringmore

SHROVE TUESDAY

Fresh
Pancakes

Pancake
Tossing

Coffee Morning

10.30am

Tuesday 28th February

Parish Room - Ringmore

Competitions Quizzes Bring & Buy

Raffles Cake Stall Books

Teas & Coffee

Fair Trade Stall

All Welcome

Entrance Free



Profits to Shelter Box Trust