

# Newsletter

## Ringmore Parish

July 2007

Issue Number : 263

Deadline : 9am Wednesday 25th July

We've had lots of contributions this month, both personally and via email, thank you. Watch out for the book exchange, our competition to win a cream tea at Hazelwood House, the call for cricketers, golfers and archaeologists and a correction to the Historical Society entry from last month. The WI are having a fete and require contributions, the pub is hosting the **SWING PARTY** and we can enjoy a smoke-free atmosphere from now on! We hear more about our villagers' outside interests and finally discover that you as well as being keen gardeners are a village who like their free beer offers as we were inundated with answers for our June Cave Direct competition.. The answer was 4.1% ABV, and the winner is Annie King.

Simon Garner from the National Trust gave an update on the path to Toby's point at the Parish Council Meeting and for any of you who have walked it lately some of the larger stones have been removed making it a little easier underfoot. The consensus of opinion apparently is that it is an improvement and certainly after all the rain this month it was good to have a dry walk, though a certain Jack Russell has yet to be convinced.....

How's your veg garden doing? In your eagerness with planting did you go mad with certain varieties and, now it is all shooting up, are wondering what you're going to do with it all? There's only so much new potato salad one can eat! One of your Editors has come up with a suggestion and would appreciate your comments. How about a Saturday Morning Vegetable Exchange? We could post a notice at the bus-stop each week for you to enter what veg you have a surplus of, look along the list for something someone else has and do a swap. Maybe for next year we could even organise our planting so that we get a good variety across the village? Please call

### DIARY FOR THE MONTH

Monday: Short-mat bowls Parish Room 7.30pm  
Tuesday: Table Tennis Parish Room 7.30pm

July  
12/7 W.I meeting 8pm  
14/7 JE Swing Party (revised Date)  
24/7 Parish Council Meeting 7pm WI Hall  
19/7 Heartstart W.I Hall  
25/7 Closing date for competition

August  
1/8 WI Fete  
27/8 Church Fete

### JULY COMPETITION

#### CREAM TEA TO BE WON

#### HAZELWOOD

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Hazelwood House have set their question not realising that some of our readers don't have computers. Therefore we shall post the page they mention from their website by the bus-stop for all those people!

QUESTION INSIDE.....



### MOBILE LIBRARY (off the road 1st week of July)

#### Friday 13th & 27th

Ringmore Church	2.55—3.15
Challaborough	3.25—3.35
St Ann's Chapel	2.30—2.45
Kingston Fire Station	4.00—4.30



Please send items for inclusion in the Newsletter to: Emily Bohnet or Debbie Chicken, The Editors, Ringmore Parish Newsletter, 8 Crossways, Ringmore, TQ7 4HP OR put them in the green post-box fixed on the wall by the front-door of Mayfield OR email: [news@ringmore.net](mailto:news@ringmore.net)  
Tel 01548 811210 or 810575

## GARDENING FOR JULY- THE FLOWER GARDEN

As the flowers of various plants fade in the flower garden, seed pods may start to appear. We must think carefully what this means, so far as the growth of the plant is concerned and the appearance of the flower garden. It means that much of the strength of the plant will go towards the seeds, creating them. If the seed pods are allowed to remain, the plant will not continue to produce fresh flowers like it would if the seeds were promptly removed once the flowers began to fade. Therefore, all faded flowers should be cut off. We can go around every day with a pair of scissors or some other type of trimmer and cut off all the dead and very wilted flowers. Be sure to add this organic matter to your compost pile.

But, as with almost everything, there are exceptions to every rule. There are a few plants that are grown for the sake of their brightly coloured or beautifully shaped seed pods. Among these are the Chinese lanterns plants, what were once called winter cherry. It is a low-growing plant with white flowers that are not nearly so pretty as many others, but when the flowers have gone by, great balloon-like seed pods gradually appear. At first these are green, but in time they change to a brilliant orange-red. If collected from the flower garden, they can be used in vases and pots in the house throughout the winter.

At this time of year, you might find a particularly fine flower blossom on some plant and want to save the seed. Tie a piece of string around the stem to identify it later and very carefully remove all the other flowers from the plant as they fade. Then, when the seed is perfectly ripe and ready, and not a day before, you may cut the stem bearing the seed and, after leaving it in a warm dry place for a few days, carefully shake out the seeds and put them away for use later. They should be kept perfectly dry.

In any case, it is a good plan to sow seed as soon as it is ready as it generally grows quicker and more surely than seed that has been kept. In the case of annuals, this may

not be practical this late in the season depending upon your growing season, how long the individual plant actually takes to set seed and other factors. With perennials, you may be able to get a head start on next year by planting the seed in a protected area where it can overwinter. On the other hand there are some seeds that do not grow for a long time. And some seeds require a minimum number of hours of cold temperatures or even below freezing temperatures. You will just have to research the individual plant you have seed for to see what is practical.

If you have carnations where the calyx, the green portions that surrounds the petals, has a bad habit of splitting, try these old time fixes. First stake each individual flower stem upright so it will not bend over. And if that doesn't work try putting tiny rubber bands around the calyx to prevent splitting.

Watering, weeding and keeping the mulch on the soil to the proper depth around your flowers, shrubs and trees should all be continued. (Remember not to put the mulch right up to the trunk(s) of the trees and shrubs.)

Roses, as always, have something that should be done this month as well. Be on the look out for suckers. Where roses are growing on their own roots, having been reared from cuttings perhaps, there should be no suckers at all. But many roses we buy have been grafted to other root stock and sometimes this root stock will send forth suckers. Any growths from the roots or from the stem below the graft should be carefully removed as far below the surface of the soil as possible.

At this time, too, rose budding may be performed in the flower garden and it is a very interesting project. There are many points to learn and these are: the rights stage to take a bud, how to trim it, how to make the cut where the bud will be placed and where, how to insert the bud and how to secure it.

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## LOCAL CHURCH SERVICES IN JULY

Date	Bigbury	Kingston	Ringmore
1 <sup>st</sup>	11.00 a.m. Family Service	9.00 a.m. BCP Communion	11.00 a.m. Family Service
7 <sup>th</sup>			1.00 p.m. Wedding
8 <sup>th</sup>	11.00 a.m. Family Sea Sunday	6.00 p.m. Evening Prayer	9.00 a.m. BCP Spoken Communion
14 <sup>th</sup>		2.00 p.m. Wedding (Janet Fittsimmons & Terry Shaylor)	
15 <sup>th</sup>	9.00 a.m. BCP Communion	11.00 a.m. Family Service with Childrens Club	6.00 p.m. Evening Prayer
18 <sup>th</sup>	2.30 p.m. Korniloff Comm'n		4.00 p.m. Spoken Comm'n
22 <sup>nd</sup>	11.00 Family Communion	6.00 p.m. Spoken Evening	9.00 a.m. BCP Communion
29 <sup>th</sup>	11.00 a.m. BIKIRI (Bigbury, Kingston & Ringmore) Family Holiday Special	See Bigbury	See Bigbury

### Have You Made A Will?

About 30 years ago, as a youngish junior bank manager I was expected to ask this question as a cross selling introduction to the Executor and Trustee service offered by my employer. Not the lightest of subjects to close an interview, but important. This week a friendly and fit looking lady with a smile on her face raised that forbidden subject in polite society, no not politics sex or religion, but her funeral! She observed that quite a few of her friends had departed this mortal coil in the last few years, and she was not entirely sure that her son would know either what was expected, or more importantly what she wanted! So very sensibly she has planned her own funeral and intends to leave very clear instructions.

One of my problems is the large number of 'experts' who advise people facing a wedding, christening or funeral. After all anyone who has ever been to more than one of these rites of passage instantly becomes an expert. I have heard so often 'I know that the Church will expect us to do this...', and there follows some strange interpretation of one of the variety of options in the particular rite of passage we are discussing. Following a particularly bad family funeral experience, at the hands of a Church Minister a long way from here, I vowed never to impose on any grieving relatives my preferences in any aspect of the service styles and options. Obviously I cannot do a Hindu (eldest son lights the funeral pyre), or Zoroastrian (body on a tower for birds to devour) for reasons of practicality as well as my own faith, but there are many options for families to consider.

One of the most practical points for funerals in Bigbury, Kingston and Ringmore is the complication of the trip to the crematoria at Plymouth or Torquay. Grieving families are faced with a long journey, so one asks 'When do we do the crematorium part?' Some choose a private family cremation, and a service of life celebration or remembrance later, perhaps with the ashes urn in the Church and or alternatively a photograph or other memento. Some scatter the ashes in a favourite place, whilst others choose a plot with a memorial stone in the churchyard. Do you want a place with a stone or not? For my Mum and Dad there is a decorative flower bed wall at their favourite golf club, with Dad's ashes scattered partly on the seashore, and partly in the golf course rough, for he was often in it in life! This was a highly personal choice, but right for them and us.

One answer to the distant crematoria can be committal at the Church door, with no need to go all the way to Plymouth or Torquay: but some will not want the deceased loved one to make that last journey alone. Options then include one relative going with the Minister to the crematorium whilst the others host the local wake, or the Minister goes alone with the Funeral Directors. This avoids the embarrassing two hour wait as the family go and return.

So to conclude this jovial little piece, I will not ask 'Have You Made A Will?' but I will ask if you have thought about your own funeral. In life we often hear people say 'Well that's your funeral then.' when they perhaps disagree with a choice we have made, but it is genuinely helpful for grieving relatives to have some guidance on the wishes of the departed loved one. If it would help you I have a template of guidelines and choices and am happy to discuss them with anyone who responds to this article. Planning it will not hasten it!

*John Elliott, Resident Minister (810565)*

# Ringmore Parish Council— Tuesday 19th June 2007 at 7.00pm

Present: Six councillors, Mrs M Wood - clerk, 5 members of the public, District Cllr. Carson. Apologies: Cllr Parkin

## Matters Arising:

Bus shelter grill-Devon County Council have said they will clear the grill as soon as possible. Cllr Bohnet mentioned that Mr A King had already done this.

Bottle, Paper & Can banks-the clerk reported that she had spoken to Waste Management who did not have any smaller banks available at the moment, but should any become free then the Challaborough ones will be replaced. For Parkdean to screen them planning permission is required.

Integration of Challaborough under one Parish -the Chairman reported that he had spoken to Mike Muscombe regarding the South Hams Plan in which the Bigbury Plan did not mention Challaborough. Mr Muscombe informed the Chairman that this was a 1996 plan which is to be superseded by another document. After discussion it was agreed that it would be better to include this in the Ringmore Community/Village Plan.

Footpaths: Toby's Point- This was discussed and the Chairman has submitted a report. Please refer to this later in the newsletter.

Mr McCarthy reported that footpath 4 is subject to a lot of deep mud, 2' at least at times. He has tried various methods to overcome this & is now looking at other options. Mr McCarthy has also agreed to look into the Challaborough cliff path as this is getting dangerous.

Trees: Fell Blackthorn at Trewarne, Ringmore. Cllrs P Chicken and J. Deverson to visit site & report back to the clerk.

Town well - Quote received from Arborfor to Fell one Ash tree & crown reduce one beech. However there are still 2 other trees blocking the view. It was agreed that Cllrs. P Chicken & J.Deverson will look at the situation and decide whether planning permission is required, if so then

Arborfor will be asked to requote for all the work.

Planning: Avglen Fell- The Chairman pointed out that there was some confusion regarding the recent planning application in that this is an existing agreed plan and they wish to extend this for a further 5 years.

Report from District Councillor: Cllr Carson feels that South Hams District Council now have a better relationship with Town & Parish Councils & are looking to improve this further.

Recycling is progressing well, although at the moment they are over budget with a larger fleet of vehicles on the road, and some of these are quite old and need replacing. Discussions are taking place to keep within budget and replace aging vehicles.

Village Plan: It was agreed that Cllrs. E Bohnet & M Findlay will look into the best way of getting opinions of all the parishioners on what they feel should go into the plan, this could be done by a door to door survey.

Kingsbridge Police: Neighbourhood Beat Manager Steve Mutton introduced himself, together with PC Paul Dwyer. He informed the Council that the response time from the station receiving a call was 10 - 20 minutes for serious issues, or the next day for other matters.

Matters Raised by Parishioners: The Chairman raised the subject of two items relating to the Journeys End Inn which had been passed to him. The light above the door is too bright, the name plaque and red/white plastic chain link were attached to a listed building. The landlord of the JE stated that he would tone down the light, the plaque was not a problem as the section where it was fixed is not listed and the chain was not attached to the building and was to prevent vehicles causing any more damage to the front of the building.

Date of next meeting: Tuesday 24th July 2007 at 7.00pm

Emily Bohnet

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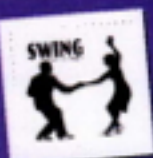


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## 1940's Swing Party

As some of you may have heard we have had to change the date to our 1940's Swing Party, due to many outside influences beyond our control. The new date is Saturday 14th July with the party kicking off at 2pm. The arranged Lindy Hop sessions will remain the same and we may try and talk our lovely teachers into planning one more session, watch the notice board in the hallway for more info. Tickets for the party will be on sale from July 3rd at the bar for £15 per head.

**JOURNEY'S END 1940'S SWING PARTY!**  
Saturday 14<sup>th</sup> July 2007 from 2pm. Join us for an afternoon of Swing Dance, a delicious buffet, brilliant 1940's music and much more.

## Baby News!!!!

*We are both so excited to announce the new arrival to the "JE" early next year! Apparently from long term Ringmore residents Guy & Myra no such event has taken place at the pub for thirty or more years! Just goes to show that we must be the mad ones!!*

### SAMANTHA & BILLY RETURN

WE ARE SO EXCITED TO HAVE SAM & BILLY WITH US FOR 5 WEEKS OVER THE SUMMER, SO THE ROW OF BIKES OUTSIDE WILL RETURN! AND WITH THEIR RETURN MARIA (PAUL'S MOTHER) ARRIVES TOO. SO WE WILL HAVE A FULL HOUSE AND ALL THE FAMILY BACK FOR A SUMMER FULL OF FUN!



### A new member of the team!

We are very pleased to introduce our new Bar Manager Sean Jones who will be taking up his post on July 17th. He is a very active member of our local community and we are very happy to invite a local person aboard. Welcome Sean!

Tickets will be on sale from behind the bar for £15 per head that will include your first drink and buffet meal, and all the dancing you can manage! All we ask is that you dress up in 1940's

Uniform or civvies and join into the spirit of things!



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**Green Metropolis Website:** an email from Sian at Carmel

This site is for the sale and resale of used books. You register any used books you wish to sell. This is a simple procedure involving entering in the ISBN number found on the back of most books. (If there is no number there are guidelines to show how this can be input.)

The books are sold for £3 which includes the cost of posting. Unless the book is heavier than normal - again a comprehensive guide is provided so it is straight forward to do.

Clear guidelines are provided to ensure the books are accurately described as excellent, good or acceptable.

You are notified by e mail when one of your books is sold and told the name and address to send it to. The money is then credited to an account set up for you by Green Metropolis. You can then use this money to buy books from the site or arrange to have it transferred into your own bank account - when you have advised them of your bank details.

## **The Village Stink Pipe**

supplied by the Ringmore Historical Society

Readers of the Newsletter will remember a recent photographic quiz in which the stink pipe featured. It is situated on the left hand side of Rectory Lane going northwards from the church. Most will know that more or less every house has a stink pipe probably more elegantly titled nowadays. Their function is to release any "noxious gases" (as the nineteenth century had it) from houses and streets. They seem to have come into common usage in London to alleviate the Great Stink of London in 1858 (recently a subject of a TV programme). Quite apart from its potential for later Music Hall jokes, there was a serious side to the Stink which inspired the urban engineer Bazalgette to insist on the installation of stink pipes in the London sewerage system. It has been calculated that more people died in London by contracting cholera and typhoid from the unimproved system than from the Great Plagues.

What most of you will probably not know is that free standing stink pipes as in Rectory Lane are now regarded as artefacts worthy of preservation. Residents of several London boroughs have listed the pipes within their boundaries and pressurised the owners, usually the local water board, to maintain the pipes in a decent fashion as valuable parts of our social and industrial heritage. The pipes are usually painted green with a maker's name plate. Some boroughs have had them repainted. In Tonbridge Wells several have been repainted in the borough's colours with armorial bearings!

The Water Board has twice been contacted as to ownership of our stink pipe and its age but has not replied. We are going to persist. If any long-standing residents have any knowledge of the history of our pipe or anecdotes about it, please be in touch with any Committee member.

### **Little Known Fact?**

A direct descendent of the above Bazalgette, one Peter Bazalgette now runs a major TV company that makes such programmes as Big Brother, Ready Steady Cook, Ground Force & Changing Rooms amongst others. If one was cynical one could make a direct link from one type of stink to another!

## **THE BARN- HISTORICAL CORRECTION**

from Anne Lambell

I took over "The Barn" on my father's retirement and had part of it converted into stables for several years. My daughter Jennifer and her husband John Borne then had it and they converted it into a house and named it "The Barn"!

Jennifer was born, christened and married in the Parish and all four of her children were born and christened here, and her youngest son James still lives here, which now makes me the only one left with three generations of the family which have never moved out of the village still living here, and after Alice Mason and Margaret Triggs, the third oldest one left who has lived here all my life—and hope to live here for a lot longer!

## **Enjoy a Cream Tea**



## **Ringmore W.I. Hall**

*Sundays July 22 & 29  
and every Sunday in  
August*

*from 3.15 to 5.30 p.m.*

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## Premier Enigma - July set by Taurus

Mr & Mrs Wordsworth are having their baby son christened this afternoon, but it may take some time, since they've given their child no fewer than 32 fore-names. Please enter them all into the grid below which will then act as an aide memoire for the vicar!

Cameron	Oswald	Guy
Marmaduke	Eli	Stuart
Clifford	Peregrine	Harold
Max	Ernest	Ian
Dale	Philip	Isaac
Michael	Ewan	Jethro
David	Rex	Kurt
Neil	Frank	Lance
Dean	Samuel	Leonard
Norman	Frederick	Liam
Eamonn	Saul	

## Simple Enigma - July

What number should appear next in this sequence?

1    2    4    7    28    33    198    ?

### June Solutions:

#### Simple Enigma:

A clock was correct at midnight. From that moment it began to lose three minutes per hour. The clock stopped an hour ago showing 18.03. The clock runs for less than 24 hours. Therefore the time NOW is 20.00. (It stopped an hour ago remember....)

Well done Beta Rabbit & New Dawn, sorry Arkatus.

#### Premiership Enigma

Taurus, Opals & Matchman all correct so 3 points each.

### Half-way Simple League Positions

In the Simple league we have had a few drop out—have they moved away one wonders? Therefore those with active points are as below:

New Dawn	9
Arkatus	6
Beta Rabbit	6
Toudawgz	4
Bess Midler	2
Cumberland Crackers	2
Errata	2
Gemini	2
Sue Brickay	2

Remember if you win this league you get promoted!

## July Sudoku

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

### June solution

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

### Half-way Premiership Positions:

At the half way stage for the Premiership we have joint leaders with The Springers, Taurus, The Opals 18 Romeo Drifter 15, Matchman 12 and Half Baked 9.







**BEATING HEART DISEASE TOGETHER**

## **Heartstart**

### **Emergency Life Support Training**

**19th July 7-9pm**

**W.I Hall**

Would you know what to do in a life-threatening emergency?

The skills of emergency life support (ELS) are simple and can save lives. ELS is the set of actions needed to keep someone alive until professional help arrives.

They include performing cardiopulmonary resuscitation (CPR), dealing with choking, serious bleeding and helping someone that may be having a heart attack.

Please turn up or phone Sandy for more details: 810572



## **Midsummer Barbecue – with sun!**

The rain stopped, the sun came out, and it was warm weather all the way – for once! – for the summer barbecue. The event was a resounding success, with more people attending than ever before. Special thanks are due to the chefs, who toiled over a hot fire whilst the rest of us got stuck in. As a result, we were able to send a £300 donation to the RNLI, whose excellent work is known to everyone around Britain's coasts.

## **July meeting**

We are all familiar with the stunning floral arrangements by Jinny McCabe. But how did it all start? On Thursday 12<sup>th</sup> July, at our normal time of 8 p.m., Jinny will be giving a talk and demonstration entitled "Why I started Flower Arranging". The meeting is open to everyone interested in floral creations, whether W.I. members or not, so book the date in your diary.

## **Summer Fête**

### **Wednesday 1<sup>st</sup> August**



ring on 810520.

*What's the highlight event of the W.I. year? Surely it has to be the summer fête, which this year is right at the beginning of August. There will be the usual stalls and sideshows, and everything kicks off at 2 p.m. in the W.I. Hall and grounds. To be sure of success, however, we need **contributions for the following stalls: cakes, tombola, plants and produce, jams, raffles, wine bottles game.** If you would like any further details of the arrangements for the Fête, please give Jackie Tagent a*

## AFTER THE WARS ARE OVER...

I remember landing in the middle of the night in a strange small airport. Even at midnight the heat and humidity smacked me in the face as we left the relative comfort of the plane. We entered a small noisy building full of sweaty people who all seemed to be enjoying animated arguments with everybody else – what a relief when we saw our host, in this case the chief chaplain of the Sierra Leone Armed Forces, who ushered us past all sorts of mysterious barriers and out once more into the darkness. (Sierra Leone is particularly dark; most of the power stations in the country were bombed during the 11 year civil war, and Freetown remains the only capital city in the world without electricity.) As we bumped along the pot-holed roads in the local equivalent of a 4x4 (no springs, no upholstery) we occasionally glimpsed shadowy faces around a wood fire, with now and then the glare of light produced by a local generator. Finally we arrived at a small village of mud huts where we found the Mosesta Family Guest House, which was to be our home for 10 days. Having seen our bedrooms most of us would rather have slept out in the open, but this would have been impolite, so we settled down as best as we could. I did wonder about some of the furnishings – however it was not until the following year that we discovered that, in spite of the cosy name, we had actually been staying in the local brothel. What did they do with the girls? Who knows?

The following day we bumped off on another journey. After some time we emerged from a maze of little streets to find ourselves by the edge of the Leone River. Here we boarded the ancient Freetown ferry which was built to carry 500 people but usually accommodates about 3,000 – plus an assortment of chickens, and dogs. Most people were leaving home for a day of selling – or trying to sell – their goods at local markets; for one child it was worth crossing the river in order to spend maybe 12 hours selling 2 small plastic bowls. During the river crossing we were bombarded by requests to buy everything from radios to chewing gum; one particular man was selling bottles of a mysterious white liquid which would, he claimed, cure everything from diarrhoea to impotence.

These are some memories of my arrival in Africa in June 2000 for my first trip with Flame International. I had been invited to join this organisation by the director, Jan Ransom, whose vision it is to offer emotional and spiritual support to those who have been traumatised by war, and we do this by running conferences and workshops which provide teaching, counselling and prayer. One of the hardest things is to teach the groups that in order to be free from the trauma of the past they have to first decide to forgive – or maybe come to the stage where they want to forgive. Even for a naturally forgiving people, as are most of the men and women we have met, this is a huge step, so we try, as humbly as we can, to show that forgiveness does not diminish the wrongs that have been done, but it does lift a great burden from the forgiver. Many other organisations in Africa teach the mantra "forgive and forget" – we do not, for the simple reason that hurts need to be healed rather than repressed, so we also cover areas such as fear, rejection and trauma, and we may spend many hours counselling and praying on a one-to-one basis with each delegate. On each visit we are amazed by the healing and changes in individual lives, and when we return, which we do whenever possible, it is heart-warming to see people whose lives have been turned around and who now have the motivation to live and to rebuild their shattered lives. So far we have visited Burundi, Sudan, Kenya, Rwanda, Sierra Leone, and Uganda.

On the whole we are not a humanitarian organisation in that our main aim is not to provide money or material support. However where we can we welcome being able to work with other people who are involved in these areas, and where possible we take out gifts which can have a specific use. I was overjoyed to be able to give some money to a little church for lepers in West Africa; the stench from their sores was so great that very few people were willing to help, but this money provided much needed meals for the congregation of 20. We were also able to supply sewing machines for a small group of widows who wanted to learn a new skill in order to support themselves.

As many of you know we moved to Ringmore in January, and we received a wonderfully warm welcome – beyond our dreams! It was therefore quite hard to leave and go to Northern Uganda in March, but we were committed and so the 2 of us (Christopher has been coming as well for the last 2 years) joined a Flame team that travelled to 2 towns near the border with Sudan, where the Lord's Resistance Army has been fighting government forces for the last 22 years. The policy of the LRA is to recruit children who are systematically brutalised by being forced to kill their families and friends. Thereafter they are fed a mixture of drugs and alcohol and become so traumatised that they will commit unspeakable atrocities: they sometimes say that those who died are the lucky ones. In both Gulu and Kitgum towns we were able to support both those who had been forced into this way of life, and also those who had suffered because of them, and we were humbled by the changes in many people's lives. I remember particularly some of the "wives" of the rebel leaders who were able to tell us stories of how they had been abducted, raped, forced to walk hundreds of miles through the bush, and spend sometimes ten years living as slaves. On a different level we also found a rebellious congregation that had locked the bishop into the cathedral vestry....after a talk on reconciliation the 2 sides came together and pledged to be united!

There is of course a great deal more to do, and I am glad that we will be returning to each town to run much longer conferences and workshops. Meanwhile we would like to thank you all again so much for welcoming us, taking us into your lives and for showing such an interest in our work.

Rosemary Piercy (01548 810253)

## Massage Therapy

### Holistic Therapies

By Karen Purdy

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**RAINFALL:** Robbie McCarthy  
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Ten year high: 4.25  
Ten year low: 1.00

## 100 CLUB Winners

£20 John Simes  
£5 Mike Hammond

## ROYAL BRITISH LEGION

There will not be an RBL meeting in either July or August. Please see newsletters for date and venue of next meeting in September.

The Royal British Legion members and guests were treated to real-life stories following their meeting which coincided with the anniversary of the D-Day landings. One of the members was on the Normandy Beaches 63 years ago and told of his adventures at the time. He stressed the importance of always being comfortable so had arranged for a deckchair to be placed on the deck of the small ship he sailed to Normandy in. He felt the film 'The Longest Day' was very nearly accurate, but some points were lost to artistic license. Further stories were shared about trips ashore in foreign ports of call and more exotic locations for being taken ill. An unusual but enthusiastic rendition of 'Christmas Day in the Workhouse', 'The Perfect Husband', Wendy Cope's 'Loss' and a real life communication between an American naval task force and a Canadian Lighthouse were also offered as entertainment at the Old Chapel Inn. This was just a small edition of the 'Verse and Worse' which was planned to take place in April but sadly, had to be cancelled. Following this taster, it is hoped to offer dinner and similar entertainment at a later date.

## Neighbourhood Watch

Nothing to report on this month.

If you do have anything to report please contact Barry Old on: 810359



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10.00am - 10.00pm

## Big thankyou to The RNLi and Coastguard from Jem Deverson

Getting rescued by the RNLi or Coastguard is something that will always happen to someone else. Well, as a newly paid up member of the 'someone else club', I would like to express my heartfelt gratitude to them both.

Sailing out of the Avon at 9 am on Monday the 18<sup>th</sup> to deliver my 19 ft boat to be sold in Plymouth, I was reefed down hard and making steady but gradual progress in the horizontal plane whilst admittedly more dramatic progress in the vertical plane. After 25 years of sailing I thought I was entitled to be stupid enough to place the VHF and flares on the new boat and rely only on a mobile phone as safety for this trip. Fortune does not favour the stupid and three miles south of Burgh Island my rudder sheared off. With an enthusiastic southerly wind and a lee shore I suddenly wondered why I hadn't mucked out the barn instead. Anyway I got away with it (this time) and, thanks to Vodaphone, Lizzie, Jules and Andi, the Salcombe lifeboat arrived about an hour later. They threw me a line and, once secured, towed me towards Plymouth. About an hour later the Plymouth lifeboat (the largest in the fleet) took over the tow and I arrived in At Queen Anne's Battery at 1.30 pm a little bruised but very happy.

I would again like to thank Andi, Sandy and the rest of the coastguard who were manning the cliffs and directing the lifeboat and also reiterate my thanks to the RNLi. Their seamanship was only matched by their calm professionalism and the feeling of security after dread is not one I will forget.

Obviously following the euphoria came the embarrassment of later standing on my little boat looking up at the pride of the RNLi fleet giving my details to the coxswain. I should have said "name: John Elliott. Vessel: Winds of the morning", but was just too tired to be that quick.

### AMENDED DATE

#### SOUTH WEST DEVON CONSERVATIVE ASSOCIATION

CHARTERLANDS BRANCH (Bigbury, Ringmore & Kingston)

#### SUMMER GARDEN PARTY

Will now be held on

**Saturday 21st July 2007**

**at THE OLD RECTORY, BIGBURY**

**6.00pm for 6.30pm**

Guest speaker: Mr Gary Streeter MP

Tickets: £15 Please contact Kash Bawden  
(Secretary) 01548 810099

### Congratulations

To Guy & Myra Eddy on the  
birth of their Great Grandson

**Samuel William Guy Teasdale**

Born on the 27th May 8lb 1oz to  
Alice & Ian Teasdale

Alice is Guy and Myra's eldest  
Granddaughter

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## A note from the Purdy family

We would like to thank you for the warm welcome we have received following our recent move into Ringmore Vean. The offers of help have been much appreciated, especially from Paul and Jules at the Journeys End when our moving day didn't go according to plan. The girls and I love our morning walk to the Bus Stop to catch the school bus and we feel very happy that we have moved to such a beautiful place. We have lots of work ahead of us, putting our mark on the house, but we look forward to many happy years seeing the girls growing up in Ringmore.

Karen, Steve, Eleanor and Grace Purdy

### Bus Stop

I would also like to thank the Parish Council for their prompt action in clearing the mud in the Bus Stop recently. Since moving to the village the girls and I use the Bus Stop twice a day, probably more than anyone else in the village and we were unable to stand in it as the drain had become silted up and the rainwater was collecting inside the building. I asked for the matter to be raised at the Parish Council meeting and by the end of the same week, the mud was gone. We now use the Bus Stop on sunny days to shelter from the sun or as has happened most recently to shelter from the rain – thank you

Karen Purdy



### Karen Purdy Holistic Therapies

My Name is Karen Purdy and I am an ITEC qualified massage therapist. I studied at the School of Complementary Health in Exeter where I gained an ITEC Diploma in Holistic Massage and Indian Head Massage.

I have recently set up my new treatment room where I can offer relaxing treatments in a peaceful setting with relaxing music and aromatic burners. I offer a mobile service if you would prefer me to visit you in your own home.

The first treatment includes a consultation, where you will be asked a few questions concerning health and general well being, diet and lifestyle. This enables me to build up a picture of you and tailor a massage treatment to suit your needs.

#### Indian Head Massage

Indian Head Massage has been practised in India for over 1000 years. Traditionally the treatment was restricted to the head and hair, but a modern Indian Head Massage also incorporates the upper back, shoulders, neck, upper arms and face. The belief is that these are important energy centres in the body and that treating these benefits the whole body.

Indian Head Massage is a safe therapeutic treatment that can provide instant relief from tension and stress symptoms. It can induce a state of calm, peace and tranquillity and also promote high levels of alertness and concentration.

This simple yet effective therapy uses a variety of techniques to manipulate the soft tissues of the body. It is performed in a seated position, usually through light clothing. To enhance the experience, traditional Indian hair oils can be added to the head massage as a treatment for problem areas or simply to promote healthy hair and scalp. A typical treatment would last 30 minutes.

#### Full Body Massage

Massage can be defined as the systematic and manual manipulation of the body's soft tissue for therapeutic purposes promoting health and well being.

Massage has evolved from a combination of Eastern and Western traditions. By far the greatest advancement of therapeutic massage recorded in history was by a Swedish physiologist named Per Henrik Ling, who created a scientific system of massage movements and techniques known as Swedish Massage. These basic movements can be adapted to address the specific needs of the client.

A typical full-body massage session lasts for one hour, although shorter sessions are available for treating problem areas such as backs, shoulders and necks or any areas giving discomfort, aches or pains.

For more information please contact me on 01548 810382.

To mark the occasion of my new treatment room, I am offering a 10% discount on any treatment, just mention the Ringmore Newsletter when you telephone.

## HUMOUR ???

Thank you to Barry Old for the following:

After every flight Qantas pilots fill out a form called a "gripe sheet", which tells mechanics about problems with the aircraft. The mechanics correct the problems, document their repairs on the form, and the pilots review the "gripe sheet" before the next flight. Never let it be said that the ground crews lack a sense of humour. Here are some actual maintenance complaints submitted by the pilots, marked with a P, and the solutions recorded by the mechanics, marked with an M.

P Left inside main tyre almost needs replacement  
M Almost replaced left inside main tyre

P Something loose in cockpit  
M Something tightened in cockpit

P DME volume unbelievably loud  
M DME level set to more believable level

P Friction locks cause throttles to stick  
M That's what they are for

P IFF inoperative  
M IFF always inoperative in off position

P Suspect crack in windshield  
M Suspect you're right

P Number three engine missing  
M Engine found on right wing after brief search

P Aircraft handles funny  
M Aircraft warned to straighten up and be more serious in future

P Target radar hums  
M Reprogrammed target radar with lyrics

P Mouse in cockpit  
M Cat installed

P Noise coming from under instrument panel. Sounds like a midget pounding on something with a hammer.  
M Took hammer away from midget

### Grandparents :

After putting her grandchildren to bed, a grandmother changed into old slacks and a droopy blouse and proceeded to wash her hair. As she heard the children getting more and more rambunctious, her patience grew thin. At last she threw a towel around her head and stormed into their room, putting them back to bed with stern warnings. As she left the room, she heard the three-year-old say with a trembling voice, "Who was

THAT?"

\*\*\*\*

A grandmother was telling her little granddaughter what her own childhood was like. "We used to skate outside

on a pond. I had a swing made from a tyre; it hung from a tree in our front yard. We rode our pony. We picked wild raspberries in the woods.

The little girl was wide-eyed, taking this in. At last she said, "I sure wish I'd gotten to know you sooner!"

\*\*\*\*

I didn't know if my granddaughter had learned her colours yet, so I decided to test her. I would point out something and ask what colour it was. She would tell me, and always she was correct. But it was fun for me, so I continued. At last she headed for the door, saying sagely, "Grandma, I think you should try to figure out some of these yourself!"

\*\*\*\*

When my grandson asked me how old I was, I teasingly replied, "I'm not sure."

"Look in your underwear, Grandma," he advised. "Mine says I'm four to six."

\*\*\*\*

### The Pensioners Alphabet—thank you Frank!

A is for apple and B is for boat,  
That used to be right, but now it won't float!  
Age before beauty is what we once said,  
But let's be a bit more realistic instead.

### Now: The New Alphabet

A is for arthritis;  
B is the bad back,  
C is the chest pains,  
(Perhaps car-d-iac?)  
D is for dental decay and decline,  
E is for eyesight, can't read that top line!  
F is for fissures and fluid retention,  
G is for gas which I'd rather not mention.  
H is high blood pressure—I'd rather it low;  
I is for incisions with scars you can show.  
J is for joints, out of socket, won't mend,  
K is for knees that crack when they bend.  
L is for libido, what happened to sex?  
M is for memory, I forget what comes next.  
N is neuralgia, in nerves way down low;  
O is for osteo, the bones that don't grow!  
P is for prescriptions, I have quite a few,  
Just give me a pill and I'll be good as new!  
Q is for queasy, is it fatal or flu?  
R is for reflux, one meal turns to two.  
S is for sleepless nights, counting my fears,  
T is for Tinnitus; there's bells in my ears!  
U is for urinary; big troubles with flow;  
V is for vertigo, that's "dizzy", you know.  
W is for worry, NOW what's going "round"?  
X is for X ray, and what might be found.  
Y is another year I'm left here behind,  
Z is for zest that I still have—in my mind.  
I've survived all the symptoms,  
My body's deployed,  
And I am keeping twenty-six doctors  
Fully employed!



## MODERN-DAY TRAFALGAR

### WARNING – if you offend easily please don't read on!

Nelson: Order the signal, Hardy.

Hardy: Aye, aye sir.

Nelson: Hold on that's not what I dictated to the signal officer. What's the meaning of this?

Hardy: Sorry sir?

Nelson (reading aloud): England expects every person to do his duty, regardless of race, gender, sexual orientation, religious persuasion or disability. What gobbledygook is this?

Hardy: Admiralty policy, I'm afraid, sir. We're an equal opportunities employer now. We had the devil's own job getting 'England' past the censors, lest it be considered racist.

Nelson: Gadzooks, Hardy. Hand me my pipe and tobacco.

Hardy: Sorry sir. All naval vessels have been designated smoke-free working environments.

Nelson: In that case, break open the rum ration. Let us splice the main brace to steel the men before battle.

Hardy: The rum ration has been abolished, Admiral. It's part of the Government's policy on binge drinking.

Nelson: Good heavens, Hardy. I suppose we'd better get on with it, full speed ahead.

Hardy: I think you'll find that there's a 4 knot speed limit in this stretch of water sir.

Nelson: Damn it man! We are on the eve of the greatest sea battle in history. We must advance with all dispatch. Report from the crow's nest please.

Hardy: That won't be possible, sir.

Nelson: What?

Hardy: Health and safety have closed the crow's nest, sir. No harness. And they said that rope ladders don't meet regulations. They won't let anyone up there until proper scaffolding can be erected.

Nelson: Then get me the ship's carpenter without delay, Hardy.

Hardy: He's busy knocking up a wheelchair access to the fo'c'sle Admiral.

Nelson: Wheelchair access? I've never heard anything so absurd.

Hardy: Health and safety again, sir. We have to provide a barrier-free environment for the differently abled.

Nelson: Differently abled? I've only one arm and one eye and

I refuse even to hear mention of the word. I didn't rise to the rank of admiral by playing the disability card.

Hardy: Actually, sir, you did. The Royal Navy is under-represented in the areas of visual impairment and limb deficiency.

Nelson: Whatever next? Give me full sail. The salt spray beckons.

Hardy: A couple of problems there too, sir. Health and safety won't let the crew up the rigging without hard hats. And they don't want anyone breathing in too much salt - haven't you seen the adverts?

Nelson: I've never heard such infamy. Break out the cannon and tell the men to stand by to engage the enemy.

Hardy: The men are a bit worried about shooting at anyone, Admiral.

Nelson: What? This is mutiny!

Hardy: It's not that, sir. It's just that they're afraid of being charged with murder if they actually kill anyone. There are a couple of legal-aid lawyers on board, watching everyone like hawks.

Nelson: Then how are we to sink the Frenchies and the Spanish?

Hardy: Actually, sir, we're not.

Nelson: We're not?

Hardy: No, sir. The Frenchies and the Spanish are our European partners now. According to the Common Fisheries Policy, we shouldn't even be in this stretch of water. We could get hit with a claim for compensation.

Nelson: But you must hate a Frenchman as you hate the devil.

Hardy: I wouldn't let the ship's diversity co-ordinator hear you saying that sir. You'll be up on disciplinary.

Nelson: You must consider every man an enemy, who speaks ill of your King.

Hardy: Not any more, sir. We must be inclusive in this multicultural age. Now put on your Kevlar vest; it's the rules. It could save your life.

Nelson: Don't tell me - health and safety. Whatever happened to rum, sodomy and the lash?

Hardy: As I explained, sir, rum is off the menu! And there's a ban on corporal punishment.

Nelson: What about sodomy?

Hardy: I believe that is now legal, sir.

Nelson: In that case ...kiss me, Hardy.

---

### Footpath to Toby's Point

The Council at its last meeting on the 19<sup>th</sup> June unanimously accepted this foot path was acceptable, fully understanding the various criticisms that had been made.

This acceptance was with the following proviso:

The surface would be rolled again. Where possible any large loose stones will be moved. The areas around the benches are made good ensuring it is level to the rest of the path.

My understanding is that the previous Council took on board DEFRA Rights of Way Improvement guidelines which includes wherever feasible providing access for those with reduced mobility. Therefore in this Council's opinion the improvement meets the criteria.

\*The width and flatness is acceptable.

\*The depth needed for drainage has proved to be correct.

The use of re-cycled local stone which unfortunately contained other matter was deemed acceptable in the light of its cost. Imported stone chippings would have been five times more expensive.

The appearance of the path will improve with age and the National Trust undertook to look into any other factors that could speed up the process.

Lastly but not least was consideration given to the approval made by a considerably disabled lady walking with the aid of two sticks who said she was happy with the improvement and was sorry to see it did not continue to the end of the path.

On the basis of what the 'Rights of Way Improvement' intended, the Council thanked the National Trust and our own Foot-Path Warden for all their efforts and asked that the completion of the path resurface is treated as urgent as soon as the funds become available.

Mike Hammond  
Chairman

## RINGMORE "OPEN GARDENS" DAY

The old saying "rain before seven, fine before eleven" certainly proved right on Sunday, when Ringmore W.I. and All Hallows Church held their joint Open Gardens day. The day began – as forecast – with rain, which continued as the final tent was put up. The rain kept most people indoors during the morning, with only a few visitors to see the gardens. However, by lunch-time, people were venturing out and enjoying the eight very different gardens which were available for viewing.

An excellent team of locals provided free teas, coffees and soft drinks throughout the day for those visiting the gardens, and there were also ploughmen's lunches and cream teas in the W.I. Hall, together with a plant stall. The last visitors finished their cream teas about 6 p.m.!

It was a real team effort which started over six months ago when the gardeners began to prepare their gardens. In spite of the recent inclement weather, they did the gardeners proud. A joint committee of the W.I. and the Church met and planned all the arrangements from publicity and wine licence to helium balloons, food and programmes. I would like to thank all those who helped, whether by cooking cakes and scones, making many cups of tea, or clearing tables and washing up the dirty dishes, together with the gardeners, those on the plant stall and everyone who supported the event by visiting the gardens.

We are very grateful to Dane for the use of his new large marquee, and to the team who put it up and took it down afterwards. It was very much appreciated by the garden visitors!

The organisers agreed that, in spite of the weather clearing late, the occasion had been well worth-while, and the sum of £700 was raised before expenses. The net profits will be split equally between the W.I. and the Church.

Jackie Tagent

## NEWS FROM ALL HALLOWS

### Church Fete

Thank you for your good response to the meeting held recently in the Parish Room and for the many follow up phone calls. This year we are lucky to have a number of new ideas and attractions to go alongside the old faithful ones. We shall be having a selection of tractors on display and there will be an opportunity for children to ride around the field in a 1927 Trojan car. Any other new attractions, ideas and offers of help would be most welcome. Please contact me (810547) or Yvonne (810341)

### Calling all Flower Arrangers

An opportunity has arisen for someone to provide a flower arrangement on a particular windowsill within the church. Visitors and villagers frequently remark on the wonderful flowers that are on display in the church. If there is anyone who would like to put their floral skills on display on a regular basis then please contact Jinny McCabe (810538)

Phill Errett (Church Warden)

### ROYAL BRITISH LEGION (Kingston, Ringmore, Bigbury)

#### Golf Challenge

23<sup>rd</sup> August 2007 Tee-off 09.30-11.30



Competition format: Stableford

Prizes for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>

Best team (invitations extended to three other branches)

2's competition

Coffee available from machine on arrival, or from kitchen after 10.00am

Cost of round: £18.00

Prize fund: £4

Lunch served £10.50

Total cost per player: £22.00 (A normal green fee at BGC costs £30-£35 in the summer)

Lunch (optional – pre-booking essential) costs an additional £10.50 will be served at 14.30, and prizes awarded.

*Entry open to everyone, provided they are invited to do so by any member of the British Legion. The idea is to have a serious golf competition between the local branches, and to give RBL members, family and friends an enjoyable day on Bigbury's beautiful course.*

Book your place and time on the tee by contacting John Simes on 01548 810693, or by email [jsimes@hotmail.com](mailto:jsimes@hotmail.com), or by post: Cheldon, Challaborough, Kingsbridge, TQ7 4JB.

### W.I. Fete 1st August - Bric a brac stall

As usual there will be a Bric a brac stall at the annual W.I. Fete being held in the Hall Gardens on 1st August. On the basis that 'One man's dross is another man's gold' this provides a marvellous way of raising funds, but there is a big PLEASE from the helpers. This should not be an opportunity to sort out your shelves, garage and garden shed and then take everything along to the Bric a Brac stall!!!

Last year everything that was not sold was passed on to the Church Fete and at the end of that several bags of unsaleable items had to be taken to the tip, which included amongst other things a used lavatory brush!!

We are more than happy to collect items beforehand so please telephone the numbers below, or bring your offerings to the venue in the morning of the Fete but PLEASE not once the Fete has started.

There is a big THANK YOU in advance.

Jane Guy  
810381

Judy Bull  
810420

Sharon Jones  
810179



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Heron Valley Juices and Cider - Britannia Fish & Shellfish  
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Local Agent for Devon Air Ambulance Lottery  
DVD Rental £2.75 per night - Coal - Logs - Charcoal - Calor Gas*

### **SHOP OPENING HOURS**

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