

Newsletter

Ringmore Parish

July 2008

Issue Number : 275 Deadline : 9am Saturday 26th July

Well done Dane

On Sunday 15th June Dane competed in the IRONMAN 70.3 at Wimbleball Lake Exmoor, and has raised well over £2000 pounds, and rising, through sponsorship for the Children's Hospice SW and the Bigbury Fun Run. I also believe Hilary and the family were kept fit trying to gain vantage points around the course to view Dane's progress. They both do so much for our village, and other local communities that I do not understand where they find the energy, time and effort to carry out the training for this particularly gruelling event.

Very many congratulations Dane.

Dane has contributed a anecdote of the event which makes interesting reading.

Thank you to you all for the support I have received during my time as editor. It has been a truly enlightening experience but one I have thoroughly enjoyed.

As I'm sure you are all aware by now Robbie Mc Carthy has stepped forward to take over the reins and I hope she will receive the same support offered to me.

Many of you were vigilant on the evening of 24th June and the coastguards were bombarded with reported sightings of flares off Toby's point. That particular evening thankfully happened to be our local Bigbury search and rescue team on a training session but how reassuring that so many saw and reported.

END OF AN ERA

Alice, 92 years old and organist here for 61 years left Ringmore on Sunday 30th June to live nearer, and perhaps eventually with, her daughter Nora and son-in-law Chris. She has been very ill with hay fever and a chest infection, but is much better. We have left it with Nora to let us know what she might like as a gift in due time, and health allowing they are open to coming back should she wish it.

We all wish Alice a fond farewell.

Please send items for inclusion in the Newsletter to the editorial team c/o:

Orchard House, Ringmore **OR** email:
news@ringmore.net
Tel 01548 810738

DIARY FOR THE MONTH

July

- 02/07 Coffee Morning, 10.30am, Korniloff
- 09/07 W.I Annual outing Lanhydrock
- 10/07 W.I talk Bob Venn W.I Hall
- 22/07 Parish Council meeting W.I Hall 7pm

August

- 06/08 W.I fete W.I Hall and grounds 2pm
- 25/08 Ringmore Church Fete 2.30pm

NEIGHBOURHOOD WATCH

Please be aware that the police have been investigating a number of recent burglaries in the South Hams. In several of these incidents entry was gained through unsecured doors or ground floor windows, so make sure you lock up at night or if the house is unoccupied.

To operate successfully, Neighbourhood Watch depends on people being vigilant, reporting any suspicious behaviour, and not making things easy for potential criminals. Window stickers indicating that we have a Neighbourhood Watch scheme are available, and there is evidence that the crime rate in areas that have a scheme is consistently lower than in those that do not, so the more stickers on display the better. I will shortly be getting a new supply so let me know if you would like some.

Keep an eye on your neighbours' property if they are away and if you are going away let your immediate neighbours know.

Contact the police on 08705 777444 if you wish to report an incident and if possible let me know too.

Barry Old- Neighbourhood Watch Co-ordinator 01548 810359

MOBILE LIBRARY: Friday 11th and 25th Ringmore Church 2.50—3.10

Challaborough	3.20—3.35
St Ann's Chapel	2.30—2.45
Kingston Fire Station	4.00—4.30



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LOCAL CHURCH SERVICES IN JULY

Date	Bigbury	Kingston	Ringmore
July 6 th	11.00 a.m. Family Service*	9.00 a.m. BCP Communion	11.00 a.m. Family Service
13 th	11.00 a.m. Family Service*	6.00 p.m. Even. Prayer	9.00 a.m. BCP Spoken Communion
20 th	9.00 a.m. BCP Spoken Communion	11.00 a.m. Family Service*	6.00 p.m. Evening Prayer
16 th	2.30 p.m. Korniloff Communion		4.00 p.m. Spoken BCP Communion
27 th	11.00 a.m. Family Communion*	6.00 p.m. Evening Prayer	9.00 p.m. BCP Communion
Aug 3 rd	11.00 a.m. Family Service	9.00 a.m. CW Communion	11.00 a.m. Family Service*

* The Services in bold at 11.00 a.m. will be the primary All Age event, within this part of the Team.

Save Our Churches!

A follow on from last month's plea is timely. We need as communities to work hard to preserve the good, and check that the glue and mortar that are holding us all together are working. The season, when we look to welcome even more visitors, is getting into full swing; and those who like their privacy need to bear with those who need tourist generated income. Both residents and guests will see the advertisements and flyers that are appearing, and getting posted through letter boxes. They seek help from everybody in the provision of good things for Church fund raising. These are varied, ranging from cakes for stalls, raffle and tombola prizes, sweat and hard work erecting, carting, cutting and trimming, donating old costume jewellery (or the crown jewels!) and even money.

A national paper is running a campaign led by the architect Sir Roy Strong to preserve churches, and we need **all** the help that we can get if our church buildings are to stay up, let alone look decorated and attractive. The brasses at Bigbury, the wall mural at Ringmore and the hidden and almost unique concave tower roof at Kingston (there is one other in existence!) are rare and valuable attractions. Yet Churches should be more than national monuments to a historic faith, though that **its' own** is relevant. They must also be living vibrant community centres for residents and visitors. For some they will be chapels of pilgrimage, prayer and quietness, whilst for others places of lively expression of faith in a noisier more exuberant way. It matters not whether they are sites of first exploration of spiritual yearnings, or places for reinforcement of deeply held Christian beliefs.

As a resident or visitor, I ask that you call in to one of the Churches and sign the photo-copies of the newspaper petition, and leave it in the box provided. Petitions are an important way of influencing the government. This weeks informal prize of a bar of chocolate goes to the first reader of each magazine [editors excluded-sorry chaps] who phones Church House with an answer to the origin of the saying "It's in the bag". The answering machine will take the answer, and at enormous expense three bars will be distributed, so leave an address, as well as the answer, along with the village magazine/newsletter that you take.

It matters not what you want the local church for, it just matters that you want it. Whilst you come inside, to get the petition form, enjoy the different quizzes provided for visitors on rainy days when the beach is not the best option. We know that Jesus did not have a building to maintain, he had a kingdom to proclaim. The quizzes will give a glimpse of his truths, whilst helping you explore the building and hopefully have some fun.

John Elliott, Resident Minister (810565)]

Enjoy a Cream Tea



Ringmore W.I. Hall

*Sundays July 20 & 27
and every Sunday in August
from 3.15 to 5.30 p.m.*

A treat for the whole family

SOUTH WEST DEVON CONSERVATIVE ASSOCIATION

Charterlands Branch (Bigbury, Ringmore & Kingston)
Summer Garden Party

At
The Old Rectory, Bigbury
Sat 5th July 2008

6 for 6.30pm
Guest: Gary Streeter MP
Tickets £15

Available from Kash Bawden 01548 810099 or
committee members

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RINGMORE PARISH COUNCIL MEETING TUESDAY 20TH MAY 2008 WI HALL 7.00PM

PRESENT Chairman M.Hammond, Cllrs E Bohnet J.Deverson, B>Lambell, B.Carson, Clerk M.Wood, 4 members of the public
Apologies Cllrs. S.Jones, J.Parkin, J.Reynolds

DECLARATION OF PREDUDICIAL INTERESTS: M.Hammond, J.Deverson

OPEN SESSION: Mr David Young asked the council if it was possible to look into removing certain trees and bushes which have again blocked the view to Aymer from the Coronation Seat. Although some trees were removed last year it seems the roots have started to grow again. Cllrs, Deverson and Lambell will visit the site to assess what can be done.

Mr. Robert Wood asked Cllr Carson why the signs in and around Ringmore had been cleared of bushes, trees and weeds but the sign on entering Challaborough was overgrown. Cllr. Deverson will speak to the Parish Lengthsman

MAY MINUTES: Signed as correct

MATTERS ARISING: Parish Audit of Signs - Item carried forward to next meeting

Road by Bus Shelter - Devon Highways are not able to visit until August. Item carried forward until then

Parish Roads - Cllr. Lambell explained that he had been speaking with James Weldon South Hams who are responsible for road sweeping inside all village signs. The mechanical road sweeper visits every 13 weeks, but only after Highways have done the weeding. Mr Weldon was going to look into why the roads round the church and to lower manor had not been done. Cllr.Lambell will contact South Hams again

JE Carpark Gates - Item on agenda for the next meeting

FIRST RESPONSE TEAM

Mrs Hammond reported that Mr Knight of South West Ambulance Authority who is also the co-ordinator for first response teams in the South West, was in favour of a defibrillator in the Parish. Although funds are limited he offered to send a paramedic to provide training free of charge. After training it is understood that the volunteers would be under South West Ambulance umbrella. It is possible that Parish Council would purchase a defibrillator and then any funds raised would be deposited back into the Council bank account. Some money may be available from the British Heart Foundation and also Devon County Council. It was agreed that a fund raising day will be organised. Various sites around the Parish were discussed to place the defibrillator, the most popular position was by the telephone box. Cllr.Bohnet will speak to Tor Homes who own the land, and Mrs.Hammond will speak with British Telecom.

ENVIRONMENTAL MATTERS

Footpaths-Cllr.Lambell explained that he had cleared from Aymer View to the first gate at the top of Smugglers. He also cleared from End House to footpath across Mr.Tucker's field.

Trees- Application 40/1018/08TCA fell 6 conifers Walnut Tree Cottage. Parish Council support this work.

Neighbourhood Watch-Mr.Olds will produce a write up for the Newsletter explaining the purpose of Neighbourhood Watch. The Clerk was asked to check on the co-ordinator for Challaborough.

PARISH PLAN

Updated information will be in the circulation folder. Cllr.Jones has spoken to British Gas, Rachel White at Wales & West Utilities and there are no plans to expand the gas mains to this area. Public Transport - Mrs.Mann would like it placed on record that the Friday bus service is well used, sometimes with standing room only. This may be due to the introduction of the over 60's free travel.

PLANNING

Application 40/0632/08F demolition and erection of replacement dwelling Quarry Park-this application has been withdrawn.

Application 40/1070/08F alteration and extension to dwelling with agricultural tie Windwood Farm-no objection.

FINANCE

Cheques agreed & signed

John Reed grass cutting £84.00

Clerk salary & expenses £251.85

Ken Abraham internal audit £44.00

South Hams Skip £387.16 (57.66vat will be reclaimed together with recycling credits)

Internal audit paperwork was signed by the Chairman & Clerk. No issues to report.

UNITARY AUTHORITY

The Chairman, together with Cllr. Reynolds attended a meeting hosted by Kingsbridge Town Council. A number of proposals were discussed and it was suggested that parishes could send their views to the Boundary Commission will announce their favoured bid and any other they feel should be explored on the 7th July. At that point we will have a slightly better idea where we are going and perhaps what we need to do to protect this area. Cllr.Carson gave a brief explanation of the South Hams bid and how they already have shared services with other parts of Devon.

ANY OTHER BUSINESS

A thank you letter has been received from Church of All Hallows Ringmore for our donation of £450 toward the upkeep of the churchyard.

Cllr.Bohnet stated that she had no response for editor of the Newsletter, however via the Chairman Mrs.Robbie McCarthy would be prepared to take on this role. Parish Council had no objection to this and thanked Cllr.Bohnet for her hard work in the past

DATE OF NEXT MEETING TUESDAY 22ND JULY

UK IRONMAN 70.3
1.2 mile Swim - 56 mile Bike Ride - 13.1 mile Run
WIMBLEBALL LAKE EXMOOR
SUNDAY 15th JUNE 2008

Firstly, before I ramble on too much, a great big thank you to everyone who sponsored me for the 70.3, between you, you have raised over £2000 and at this point in time we are still counting and hoping that we might reach £2500 a truly fantastic effort for which I am extremely grateful.

Preparations for the race had gone quite well in the weeks leading up to the 15th, I had managed to get some good practice swims in the River Avon between New Quay and Bantham, even one at 6am to try and replicate the race start time. With 4 bike rides over 60 miles under my belt 3 of them across Dartmoor and 1 down into the depths of Cornwall I was fairly confident of being able to complete the bike ride, what ever the conditions were on the day. Running however is a different ball game, with the surgeons words, swimming and cycling are OK but I would advise against you running very far, ringing in my ears I have been quite conservative with the mileage and just hoped that I had done enough 6/8 mile runs to get me through on the day.

Hilary and I set off on Friday 13th, full of excitement and apprehension for the forthcoming weekend, the excitement was generated by the fact that we did not have to sleep in a tent as Richard & Stephanie Grey had kindly lent us their motor home for the weekend, we arrived at Wimbleball to be greeted by hundreds of like minded triathletes all staying for the weekend many with family and friends to support them. After a walk around the race HQ it was pasta for dinner and then to bed for a good night sleep.

Saturday saw us up fairly early, about 8am, but not as early as Kyrie and Hannah who opened up the shop for us on Saturday morning, thanks girls. After breakfast it was over to register for the race, all went smoothly until they could not find a timing chip for race no.397, this started the heart racing a little, but all was soon sorted out and I was found another chip and could start the race, yippee! There were lots going on so plenty to look at and spend your money on if you needed new kit etc. At this point I decided to go for a 30min ride on my bike to check it was OK, came back a little concerned that the gears were not changing as well as they might so off to the on site bike mechanics for a check up.

We then decided to walk 1 lap of the run route just to get a feel for it, Wimbleball is a beautiful place with quite stunning scenery, it was nice to get a chance to appreciate our surroundings as I didn't think I would get much time during the race. We returned to the campsite to find my support team, Kyrie, Hannah, Tom, Kylie and Sam had arrived and had already opened the cans, but none for me, at least not for another 24 hours.

Saturday afternoon consisted of making sure that I had all my kit ready and placed in the correct coloured bags, then we collected my bike and off I went to the Transition area to rack my bike and hang my bags up ready for Sunday morning, fortunately my bike was near the end of a row and fairly easy to find in amongst the 1000 others that were there, the bags looked a different proposition though they just seemed to be all jumbled up, a bit worrying for a first timer but I was told that there would be marshals on hand to help me find them again on race day. The safety briefing came next I'm not sure whether this was meant to put us at ease or scare us, I think it was all the warnings about the dangers on the bike course that had me most worried, but too late now, race day was looming. Dinner consisted of more pasta and then into bed by 9pm to try and get some sleep.

Race Day, and the alarms go off at 4.30am!! But as I had not slept a lot during the night I was glad of the opportunity to get up, I'm not sure my support team felt the same. Breakfast consisted of peanut butter and banana sandwich on wholemeal bread with apple juice, water and energy drinks and before you knew it was time to get changed, this not only includes putting on my tri suit and wet suit but applying tape to my nipples, lubricating gel to my neck and much to the concern of my support team zinc and castor oil cream to various areas of my body to make sure that they do not chaff, also sun tan cream just in case the sun came out, as it happens weather conditions were just about perfect all day. We had to be at the Transition area for 5.30 with the race starting at 6.00, it was quite cold especially underfoot, the excitement was building, the race commentator was trying to get us to relax but most of us were to nervous to take much notice of what was being said.

The swim start was a mass in the water start, which at least gave you the chance to get used to the very cold water before the race started, I found some space and waited for what seemed like ages and then we were off, at this point I had no idea where I was headed it was just a mass of flailing arms and legs, Kylie said to me later that from the bank it looked like a scene from the Titanic were everybody was drowning, fortunately this was not the case and I set off towards the first marker buoy, at the start the sun had been shining, now the mist had rolled in across the lake and we were swimming in virtually zero visibility, you could not see the buoys, or the bank so I kept swimming hoping I was heading in the right direction, luck was on my side, the mist lifted and I could see the first buoy again, I breathed a sigh of relief and tried to get back into a smooth rhythm. At the first buoy we turned left straight into the rising sun which again made sighting the next buoy difficult, we made it around now only the final leg to go, with a good steady swim I made it to the exit point and after slipping about on the mud crossed the timing mat in 31 mins 14 secs in 82nd place overall, a great start, but swimming is my strength so I knew that a lot of people would pass me during the bike leg. Transition was 400m away up a slope so a steady jog was good enough for me on the way I pulled down the top half of my wetsuit to speed things along, in transition I found my bag with the help of a marshal, changed into my bike gear, I already had my tri suit on under my wetsuit, and off I went to find my bike, I managed to go up the wrong row to start with but found it in the end and then you have to push your bike out of transition to the mounting

point on the road, quite an interesting spot to be, if you want to see how easy it is for triathletes with wobbly legs after the swim to fall off their bikes as they try and clip their shoes in and get started. From leaving the water to mounting my bike took me a total of 7 minutes, probably something I could work on for the future.

The bike ride started with an uphill climb for the first 4 miles and as for a lot of the rest of the ride I saw lots of lycra clad bottoms pass me, but I was prepared for this and I knew I had to ride my own race at my pace to make sure that I could finish. The next 10 miles or so were mostly flat with some downhill sections and some rolling hills, much like riding around the South Hams. I knew that the worst was still to come, all the time on the first circuit I was being passed but it was Ok, perhaps one day I too could ride a bike like some of the other racers, it was important to eat and drink all the time so as the ride progressed I was munching on energy bars and malt loaf, something I had found that I could keep down while exercising, as well as drinking plenty of energy drink containing lots of carbs. After the downhill section we turned onto the A396 towards Bampton and steeled ourselves for the climbs ahead, the first one of these came soon after and it was up and out of the saddle for a fairly hard but relatively short climb, then it was on to Morebath where the road started a steady climb then we hit the worst climb of the day a 14% hill, I guess a bit steeper than the hill from AG towards Kingsbridge but not quite as bad as Stakes Hill, this is where I saw my first accident of the day a rider missing his gears and taking out 2 or 3 others at the same time, a bit scary when there is traffic on the road as well, plus lots of cyclists, then it was a steady climb to Haddon Hill where my support team were out in full cheering me on as I whizzed past, well went past. The next section of the ride was flattish with some gentle hills time to get my breath back and take on board some food, it was here that the rain started, very heavy and difficult to see much but this was nothing new to me as I had trained in all weathers and I knew what ever the weather I was going to finish as there was too much riding on the race not to. I was nearing the end of my first lap with only about 26 miles still to go. The second lap was fairly uneventful, you knew what was coming now, I'm not sure whether that was a good thing or bad, about halfway around the second lap I realised that I was not seeing any more lycra clad bottoms passing me and that in actual fact I had actually passed a couple going up the big hill, a nice boost to the mental state, which by now was beginning to wonder 'why?' The rain had stopped and I was heading back to the lake on a nice downhill stretch, coming to a stop at the dismount line in a time of 3 hours 48 mins and 30 secs an average speed of 14.9mph, I was pretty pleased with this and knew that with a steady run I could break the 7 hour barrier which would be great. I handed my bike to a marshal and wobbled over to the changing tent, where I changed into my running gear and drank some flat Pepsi, it's the caffeine that's helps you keep going, and off I went, from dismounting to leaving the transition area took me 3 minutes.

I knew that I had to take the run steady or I just would not make the full distance, again I was being passed by runners, I was feeling Ok until the marshal pointed out to me you have 3 laps to go enjoy yourself!! The support was great lots of people all around the course giving you encouragement and lying to you by telling you 'not far to go now', they must be joking I still had 10 miles to go! I gradually ticked off the miles and was glad to hear that I only had 1 lap to go, I had finished all my drink and food by now and knew it was a case of hanging on in their to the end. The uphill sections were a mixture of walking, shuffling and running, downhill was not much better as the muscles were starting to ache now, across the dam for the last time, making sure that I enjoy the scenery, through the woods, alongside the lake the finish is in sight, great, but the route sends you past the finish area out towards the other end of the lake before I can turn for home, 1 more hill to go I can see the finish, some bright spark shouts out 'come on mate sprint to the finish' what the hell does he think I'm trying to do, down the finish chute and over the line a great wave of relief passes over me I've done it, thank goodness for that, I take a look at the clock 6 hours 40 mins 25 secs, 20 minutes under my target time, giving me 500th place overall out of 900 starters brilliant. My run time came in at 2 hours 10 mins 26 secs.

I can see Hilary and my support team, but I have to go and collect my bike and kit, we are given something to eat and drink, St Johns make sure you are feeling Ok, I collect my finishers T shirt and put it on straight away with my medal and then at last I can get out to Hilary and the kids and share my excitement at finishing with them.

We set off back to the campsite for a well deserved rest, I have to say my support team looked mighty tired at this point but it's amazing what a glass of celebratory bubbly will do for those tired limbs. I tried to eat but was just not interested in food a very rare occurrence for me, so we sat and talked about an amazing day, one that we will all remember for a long time, then it was time to set off home for a bath and lots of sleep.

Whilst this was a personal triumph for me it was also a community effort, all those comments from passing motorists when I am out running, all the support and interest shown by everyone in the shop they all helped me finish the event. I cannot finish without thanking Hilary for always being there and helping me through the rough times during my training, my children for their support at the event, Sharon, Ray, Nicky and Holly for looking after the shop in our absence and most of all you for helping me raise such a wonderful total for Children's Hospice SW and the Fun Run charities, I will let you know in the next edition of the newsletter of our final totals.

You can still sponsor me by visiting my web page at www.justgiving.com/danevanstone or alternatively by calling in to Holywell Stores.

Thanks

Dane (Old enough to know better) Vanstone

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News from All Hallows

Churchyard tidy up working party

Many thanks to all who turned up on Monday 2nd June and spent a few hours carrying out various tasks tidying up the Churchyard; it was very much appreciated. The Church is one of the first areas villagers and visitors see on entering our lovely village so it is most important to give everyone a good impression.

Annual Church Fete Meeting

There was a good turnout for the Fete meeting held in the Parish room to discuss this year's event. Many suggestions and offers of help were put forward so we can go ahead, once again, this year on the 25th August. I know many of you were unable attend due to other commitments but don't worry you haven't been forgotten - I will be contacting you in the near future. Many thanks though, to those of you who did manage to come along. Can I draw your attention to the notice elsewhere in the Newsletter requesting contributions for the various stalls. Your valued help would also be very much appreciated for the August Bank Holiday Fete to make it another successful event.

Visitors Donation Box

The visitors donation box sited on the end of a pew just inside the church door was broken into recently. The damage sustained to the donation box was probably considerably more than the value of its contents as it is emptied frequently. The damage was more than likely caused by the same vandals that broke off and burnt the bridge handrail, stile and gate down at Ayrmer Cove recently. Thanks go to Alan McCarthy who removed, carried out a splendid repair and replaced the donations box. May I ask anyone who sees anything suspicious to contact me and also Barry Old the Neighbourhood Watch Coordinator.

Phill Errett

ANYONE WHO HAS A HEART



Every year between 80,000 and 120,000 people suffer a cardiac arrest in the UK. A patient's chance of survival from cardiac arrest is decreased by approximately 10% with each minute that passes. It is therefore crucial that defibrillation is provided within the first few minutes of a patient's collapse. CPR can delay the damage to the heart allowing for a slightly longer time for effective defibrillation. CPR alone, however, cannot restore the heart's normal electrical function. It is imperative to both perform CPR and defibrillate the heart within the first few minutes after a cardiac arrest to give the patient the best chance of survival.

So you can see it makes sense to have an Automated External Defibrillator (AED) in our Parish. Everyone I have spoken to is in favour of the idea and there are now, so far, approximately eleven people willing to undergo (the VERY easy) operating training via the South West Ambulance Authority. The more people trained the better so if you are at all interested please contact me.

The Parish Council have kindly agreed to fund half the cost of the AED (approx £800). I am asking you to help us fund the other half. Emily and I will be announcing a fund raising event shortly. Please help us to, perhaps, one day be able to help you. Feel free to contact me anytime 810572 with any questions or for further information.

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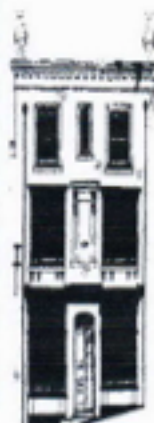
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THE ELIXIR OF DEATH

Finding a novel that is set in a location or area that we know well can add zest and interest to reading it. As soon as we open the first page we are on the lookout for authentic and satisfying descriptions of familiar places, and ready to spot any errors of fact or other manifestations of authorial ignorance. And when we know the terrain in which the action is taking place the tale springs to life in a particularly vivid way.

So imagine my pleasure when, while browsing in Waterstone's a few weeks ago, I came across a paperback mystery, *The Elixir of Death*, in which a good deal of the action takes place in Ringmore – not the Ringmore of today, but a twelfth-century Ringmore, and a twelfth-century Challa borough, St Ann's Chapel, Bigbury, Burgh Island, Salcombe, Totnes and other familiar Devon places, all drawn into the narrative in the first dozen or so pages.

The events of the novel are imaginary, but their broader setting is the situation of England in 1195. Richard the Lionheart is on the throne but is plotted against by his brother, John, assisted by Philip of France who despatches a Mahomedan alchemist, reputed to be able to turn base metals into gold, to help John's plot to oust the king. But on a dreadful and stormy night the boat conveying the alchemist is found wrecked off the Devon coast (yes, just off Burgh Island) with its crew horribly murdered. Thenceforth the dramatic story unfolds. Its main protagonist and hero is 'Crownor John', Sir John de Wolfe, Devon's county coroner, who unravels layers of intrigue and scheming that are enmeshed with his own richly colourful life.

The novel's author, Bernard Knight, never uses the gap of 800 years as license to fantasize about social conditions in the twelfth century. His account of mediaeval life is scrupulously researched and realized and we are provided with an unobtrusive but highly informative glossary to help our understanding as we read. Equally impressive is the portrayal of Crownor John's acumen in analysing and teasing out the details of the crimes with which the *Elixir* mystery confronts him. But finding a hero possessed of such brilliant forensic skills should not really surprise us, for Bernard Knight, CBE, is not just an author with a passion for unravelling crimes in a mediaeval setting, but has also had a distinguished career as a Home Office forensic pathologist, Professor of Forensic Pathology in the University of Wales, barrister of Gray's Inn and a member of the General Medical Council. He retired from the Home Office in 1998 but continues in his career of forty-five years as a writer.

I was so taken with the accuracy of the topographical details in *The Elixir of Death* that I looked up Bernard Knight on the Net and found numerous interesting websites and a great deal of information about his life and work. He has his own website giving his email address, so we exchanged some emails and I eventually asked him if he would like to write a few words for the Ringmore Newsletter. This is what he kindly sent to me:

I chose Ringmore from the map because it was near Burgh Island and, as always, I came down several times to 'case the joint', as American crime-writers say. You may have seen a furtive figure slinking around the village with a notebook, peering down driveways – a wonder I wasn't arrested by your Neighbourhood Watch! I always 'walk the territory' as part of the research for every book and have been up to Challacombe and Grimspound, as well as to the tinner's court on Crockem Tor, all in snow, just to get the feel of the places for previous books. I try to make the books historically authentic, even though the plots are sheer fantasy. Wherever possible, I use real historical figures in the jobs they actually had - like my villain, Richard de Revelle (of Revelstoke, across the bay from you). He really was Sheriff of Devon until just prior to the events in this book in 1195, when he mysteriously left for the second time in just over a year. I suggested that this was because of his involvement in the plot of Prince John to seize the throne of his brother Richard the Lionheart, as several other prominent Devonians, like the Bishop of Exeter and the Pomeroyes of Berry, were supporters of the abortive rebellion. All the names of other characters are authentic, being taken from the Court Rolls of the 1236 Exeter Eyre, the precursor of the Assizes.

I am writing the thirteenth of the series now and there are new things to learn every time – it's galling when I discover that something I wrote years ago was wrong, as there's nothing one can do about it in retrospect. I hope that nothing jars too much in my description of Ringmore and district over eight hundred years ago, but of course documentation, especially away from the great events of kings and politics, was very sparse. I apologise for putting some disparaging remarks about the village into the mouth of Gwyn, my coroner's officer, and also for making your parish priest a rather unattractive character!

Anyway, for those of you who have read – or would consider reading – *The Elixir of Death*, I hope you enjoy it and will forgive my hi-jacking your village – but every story has to happen somewhere!

Bernard Knight

The Elixir of Death is the tenth novel in a series featuring the exploits and adventures of Crownor John. It is published by Pocket Books and Design, Simon and Schuster, 2006; price: £5.49 on the Waterstones website; list price; £6.99. The twelfth novel in the Crownor John series, *The Manor of Death*, was published in hardback in April 2008 and will be available as a paperback in August 2008.

Di Collinson

RINGMORE CHURCH

FETE

This year the Fete will be held on

AUGUST BANK HOLIDAY

MONDAY 25 AUGUST

STARTING AT 2.30 PM

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MANY THANKS IN ANTICIPATION PHILL ERRETT



June BBQ

Our June meeting was the usual Barbecue in aid of our chosen charity for the year, which this year is Dame Hannah Rogers School in Ivybridge, and raised over £200 for the charity. What would we do without the help of our men-folk! They gallantly constructed the barbecue, erected the marquee, and set out tables and chairs. There was a fine selection of food, with cheese, cake, etc., washed down with a plentiful supply of liquid refreshment. The weather was kind and a warm sunny evening was enjoyed by all.

Annual Outing to Lanhydrock

Lanhydrock House is an architectural gem, largely Victorian, but dating back to the early 17th century, and is the destination for our annual outing on Wednesday 9th July. We will be going by car, leaving Ringmore at 10 am and returning at 5 p.m. If you would like to come, please give Jackie a ring on 810520 **no later than 3rd July**. Entry to the House is £8 (free to National Trust members); transport costs are at the driver's discretion.

July meeting: Riding Therapy for Children

On Thursday 10th July, we will welcome Bob Venn as our speaker on the work of the Elizabeth Svendsen Trust for Children and Donkeys. This is a charity based in Ivybridge which gives riding therapy to children with special needs and disabilities; it promises to be extremely interesting, so come along and hear about their work.

Got any Antiques?

The W.I. Group meeting in October has something new this year. Matthew White has spent his working life dealing in antiques, and will be commenting on five table-top items from each Institute. If you have an interesting antique, bring it along to the July meeting, so that we can select five for the Group Meeting.



Come to the Fete!

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Contributions for the stalls will be appreciated; please contact Jackie on 810520

RSPCA Stories supplied by Shaun Jones

Last month I briefly mentioned the 'Dog in the lift' so here is the full story.

I was called to a flat in South London where 2 dogs had been left after the owner had been arrested for drug dealing. The Police asked me to remove them and it was arranged for them both to go to Battersea Dog's home. Initially this appeared to be a straight forward task and despite one of the dogs being a Staffordshire Bull Terrier cross English Bull Terrier (can be difficult). They were both quite placid and friendly. How wrong first impressions can be!

The manoeuvre from flat to Battersea was easy and without incident but the fun started while we were waiting outside the lift to go up 3 floors. I was accompanied now by a kennel maid who was holding the smaller and less lively dog. I mentioned previously that the dogs were friendly but there are friends and there are friends, and I was not impressed when the one I was holding became rather attached to my leg. As he became increasingly affectionate I was saved by the arrival of the lift but as we started the ascent he resumed his activity. I raised my voice in command for him to stop - big mistake! He turned on me and lunged at my stomach bearing his teeth and growling menacingly. My shirt ripped and a couple of buttons fell off! Still over 2 floors to go I just instinctively protected the kennel maid by standing in front of her and mustered all my strength just to hold him at arms length and away from both of us. The longest lift journey of my life!!

We managed to bundle him into the nearest available kennel and then both realised the reality of what had happened and what could have been! Sadly this was the dogs true behaviour as many dogs are trained by aggressive and undesirable owners to attack at the command of a raised voice. Even sadder this dogs behaviour did not improve and he was put to sleep shortly after this event.

Next month, a 'lighter' story - a large shaggy sheep story.

Joan Simes

11 December 1922

Joan Simes of 1 Church Park, Kingston passed away peacefully on 24th May 2008. She was an inspiration to her family, friends, and patients. A wartime nurse, staunch supporter of the British Legion, lifelong cricket fan, superb cook, mum trained as a chiropodist at the age of 78, and built up her own successful practice. She has gone to join her beloved husband, John, with love from John and Valerie, her five grandchildren and four - soon to be five - great-grandchildren.

Now is the hour when we must say goodbye,

Soon you'll be sailing far across the sea,

While you're away oh please remember me

When you return, you'll find me

Waiting here....

There will not be any RBL meetings in July and August. Our next meeting will be on Wednesday 3 September at 7.30pm in the Journey's End Inn, Ringmore. At 8.00pm Mike Wynne-Powell will be showing his stunning photographs of the Lord High Admiral's Divisions at Britannia Royal Naval College which took place on 10 April 2008. There will be a commentary by one of Britannia's Guiding Team and all are welcome. Entry is free. 100 Club As there are no meetings during the summer, three draws took place at the June meeting:

£20 Dylan Roberts, £5 Steve Radford, £20 John Brunel-Cohen, £5 Mike Hammond, £20 Judy Spence, £5 Alan King

It was with great sadness we learnt recently of the death of Bertram Toms who had been a great supporter of the Royal British Legion and a member for many years. Our thoughts are with his family at this time.

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This Month

OUR NEW SUMMER MENU!

We will be starting our NEW SUMMER MENUS this month. It will run throughout the summer for both lunches and dinners. So for goodness sake come hungry!



US Independence Day! Friday, July 4th



Our biggest national Holiday back in the States ... so come and celebrate this day with us here and enjoy a day of burgers, steaks (with all the fixins) and pies a la mode for dessert. Reservations will be needed!



July 5 & 6 Finals at Wimbledon!

If you want to come by and watch the matches with us here at the JE ... come on by. We can put together the right fare and will have plenty of ale on tap.

Quiz Night

We want to have a quiz for the kids at some point this summer. But, we need your help! Maybe we could get some suggestions when it would be good?

Please remember, the bottle bank is there for all of us in Ringmore to use. Please help us out by keeping an eye out when it needs emptying.

"UP THE REBELS!"



US INDEPENDENCE DAY - JULY 4th!

FROM THE JE'S DIARY:

It is now July and the summer is upon us! It means that we have the fun of being able to sit on the beach, soak up the sun shine and relax in our gardens that are all in bloom and back from their winter sleep ... well ... we hope that the sun actually comes out!

Paul's kids are here on the 8th with Paul's mother (Maria) for another summer in Ringmore. That will bring with it all the bikes once again lined up against our wall!

But, we here at the JE are ready. We do not have many events planned for the month ... we will always have something up our sleeves!

So, get yourselves down to the JE and have some fun! But do try to reserve your tables ... it is that time of year!

We are also very proud of our Scotty for becoming a Royal Marine!



Our New Summer Menu

This starts this month. There will be a new 'Sides Menu' for you to choose from daily and it will always be fresh, local produce & always 'cooked to order'.

So come hungry!

Friday, July 4th!

It is INDEPENDENCE DAY in the USA! We will be celebrating this day with our usual flair and Hamburgers with ALL the fix'ins! As long as you are old enough, you even get a free bottle of beer (or a pint of ale ... if you must be British about it) on the house!

So tell us that you want a table, come hungry and remember the slogan for the day...

Up The Rebels!

