

Ringmore Parish Newsletter

January 2009

Issue Number: 281

Deadline: 9am Monday 26th January

HAPPY
NEW
YEAR

John Bracey

Following his operation and after a slight setback, John is now well on his way to recovery. He would like to thank all those who sent cards and good wishes and is particularly grateful for Ann's tremendous support. We're sure the residents of Ringmore would like to join the editorial team in sending their very best wishes.

Please send items for inclusion in the newsletter to the editorial team c/o: 8 Crossways, Ringmore, TQ7 4HP OR e-mail: news@ringmore.net or contact any of the team: Emily 811210, Jane 811218, Gillian 810303, Karen 810382, Sandy / Billy 810572, Lyn 810093

DIARY FOR THE MONTH

January

5/1 Tearfund Lunch, W.I hall, 12noon-2pm
8/1 W.I Meeting, W.I hall 7.30pm
17/1 Winter Sportsman's supper J.E
20/1 Parish Council Meeting, W.I hall 7pm
21/1 Historical Society talk, W.I hall, 7.30pm
28/1 W.I Whist Drive, W.I hall, 7.30pm

February

2/2 Tearfund Lunch, W.I hall, 12noon-2pm

Rainfall by Eleanor and Grace Purdy

Last Month:	67mm
10 year average:	128mm
10 year high:	21mm
10 year low:	64mm

Those more observant of you will notice that the rainfall is being recorded in mm. This is because our young meteorologists are too young to know imperial. If any of you wish for the imperial to be printed as well please let us know and we will do our best to oblige.

All opinions expressed in this newsletter are those of individual writers, and not necessarily those of the Editorial team. The Parish Council does not guarantee or accept liability for any literature, advertised goods or services. They have not inspected or made checks regarding suppliers.

MOBILE LIBRARY: FRIDAY 9th & 23rd

Ringmore Church:	2.30-2.45
Challaborough:	2.50-3.10
St Ann's Chapel:	3.20-3.35
Kingston Fire Station:	4.00-4.30



Gardening Tips for January

Clearaway those leaves

Be careful that your lawn doesn't suffer too much from blowing leaves by sweeping them off as soon as possible. If left they are allowed to lie there they will block the light, which weakens the grass and encourages the development of diseases. To make the task easier, why not invest in a garden vac?



Don't forget that the leaves will also need to be removed from small container plants and from the rock garden too - they can smother low-growing plants, and provide a haven for slugs and snails.

Tidy up beds and borders

Use garden compost or well-rotted manure as a top dressing or for digging in borders, and remove perennial and evergreen weeds such as brambles and creeping buttercup. It is also important to keep your beds clear of debris and fallen leaves - if you try and leave it as clear as possible the sharp frosts should hopefully kill off any pests lurking around the surface.

Carry out any repairs

While plants are dormant over the winter, you can carry out repairs to trellis, pergolas and any other structures which support them - although don't apply paints or stains when the weather is wet or frosty. Repairs to outbuildings, such as sheds, can be done any time of the year, but it is worth checking if anything needs to be done before winter cold, rain and wind (or unexpected gales!) causes additional damage.

Insulate your greenhouse

Insulate your greenhouse using bubble polythene. Choose grades made especially for greenhouses, as these contain UV stabilisers which prevent them from breaking down in daylight. The polythene can be easily pinned to wooden-framed greenhouses, whilst aluminium versions, require special plastic fixing clips that twist into place in the frame.

Protect your pond

For those with ponds, make sure you have the whole of the surface of the pond netted over and secure to avoid it filling up with leaves and becoming a real headache in the spring. This is especially important if there are fish in it, as more debris in the pond means less oxygen for them.

There is no reason why pumps cannot continue to be left on. Clean out the filters before the netting goes over, and if the pond is prone to icing over make sure there is a floating pond heater connected and ready to be switched on when needed.

Look after your fruit trees

Look after your citrus fruit trees during the winter with Citrus Tree Food. The specially formulated tree food is designed to help flowering, fruit ripening and leaf retention, and also contains trace elements to help stop leaf chlorosis. You can also use Growing Success Winter Tree Wash Plus to control the insects that are attracted to the trees.

History of Christmas Trees

In 680 AD the Saxon Boniface was born in Crediton, Devon. Boniface grew up to become a monk, missionary and finally a martyr but before fulfilling his final destiny Boniface travelled to Germany to spread the word of God.

Whilst in Germany, legend tells that Boniface used the triangular shape of the fir tree to demonstrate the holy trinity - the Father, Son and Holy Spirit to the German people but first he had to overcome the local people's superstition.

Until then the people had revered the oak. One story tells of how Boniface felled Thor's sacred Oak at Geismar, in front of hostile tribesmen by his own hand and it was here that he laid the foundation of a new church. The church grew to flourish and soon the local people began to worship the fir tree as God's own tree.

Jump forward 500 years or so to the twelfth century and records show the fir tree was now becoming more commonly used in worship. All across Central Europe people were hanging fir trees upside down as a symbol of Christianity at Christmas time but it was another few centuries before the first decorated tree was recorded at Riga in Latvia, in 1510.

The Christmas Tree in England

It was the Georgian Kings from Germany and German merchants who first brought the Christmas tree to England. However, the British people of the time were not overly keen on the German monarchy so the fashion never reached the common people.

It was not until 1846 that the Christmas Tree took root in the nation's conscience. Queen Victoria and her German Prince, Albert, appeared in the Illustrated London News stood around a Christmas Tree with her children. Victoria was a popular Queen and the fashion took off. The Christmas Tree as we know it was born.

LOCAL CHURCH SERVICES IN JANUARY

Date	Bigbury	Kingston	Ringmore
Jan 4th	11am Family Service	9am BCP Communion	11am Family Service
Jan 11th	11am Family Service	6pm Evening Prayer	9am CW Communion
Jan 18th	9am BCP Communion	11am Family Service	6pm Evening Prayer
Jan 21st	2.30pm Communion at the Korniloff		
Jan 25th	11am Family Communion	6pm Evening Prayer	9am CW Communion
Feb 1st	11am Family Service	9am CW Communion	11am Family Service

Happy New Year

A great misconception within some new marriages is the wife's belief that she will be able to change her husband into the unrealistic ideal warm caring sharing man that the magazines tell her is ideal. On the other hand the man's view that his beautiful bride will never change is also totally unrealistic. The one and only thing that we can change effectively is ourselves, although sometimes we need huge assistance in doing even that. One of my favourite Bible verses comes in Isaiah 40 verse 31 "those who hope in the Lord will renew their strength". The emphasis in that word is that they will RENEW their strength by putting some of God's into the effort.

The New Year is a time for new, or renewed beginnings, we have focused recently on forgiveness, tolerance and treating our neighbour well. Not had much result, you might say in the light of world and perhaps more local tensions recently. Well, we can remain bound up in the wrappings of bitterness, resentment, failure and unforgiveness, if we choose that unhealthy and uncomfortable option. It is all about "self awareness", one of the new management speak jingoos and a popular counselling focus. Alternatively we can opt for new life putting off the old self which as Paul wrote "is being corrupted by its' deceitful desires" and as he suggests "be made new in the attitude of your minds". So many folk operate on emotional responses, but the attitude of the mind needs rational discipline. It is an act of will to forgive and seek reconciliation, and it is an act of ill will to either hang on to resentment, anger and bitterness or, worse still to not accept an apology.



For sure trust, once broken is very very hard to mend. What takes years to build up can be destroyed in an instant, but it would be good if as communities we all resolved to start rebuilding. Rebuilding with whatever bits and pieces that we can salvage of the good, and leave in the invisible skip everything that is unhelpful. It was once said that for true renewal of the Community or Church it had to be "local". Those of us attending the Conference where this was said expected to be given guidance on helping a village, a suburb or a church. Instead we were given a very stiff wire brushing to get rid of our own personal bad attitudes. So yes: I am trying to get at everyone, but especially myself. There is nowhere more local than the heart of the individual.

"Mind you own business" is a likely response, and I hope that we will all do that as a priority in the year to come. Let us all seek an element of renewal by building bridges rather than fences, by

clearing away rubbish and bringing in refreshment. Frosty cold atmospheres are expected in winter weather, but not in our relationships. It is not a case of get your 'act' together it is a case of real life, with warmth and health. Psalm 65 verse 11 addressed to God says "You crown the year with your goodness"; may the God who loves us all enable us to do that in 2009. A Happy New Year to EVERYONE!!

John Elliott (830688)

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All Hallows, Ringmore

We hope that members of the village and their friends enjoyed the Carol Service on Sunday 21st December, but they may have noticed that the current sound system is inadequate. We propose to raise funds to upgrade the system for voice and music. In addition, the system will be able to play church music for those days when an organist is not available. The system is portable and we will be able to provide music at other village venues. The cost of the system is approximately £2500 and we would be grateful for any donations, which will help support the continued existence of a living church in the village. Please make cheques payable to "Ringmore PCC (Music Appeal)" or cash maybe be given to Richard Baker, DCC Treasurer, at Kimberley, Ringmore, TQ7 4HJ. (Tel 811115)

10 years ago

The Newsletter is solvent..... just...but 'just' is enough! No need for the begging bowl to come out yet.

January Diary – 12th Kit Taylor's 100th Birthday

WINTER SPORTSMAN'S SUPPER



Members of the Moreleigh Valley Shoot, in conjunction with Jules and the Journeys End team, cordially invite you to a real winter warmer, the Winter Sportsman's Supper, on Saturday 17th January 2009.

The 3 course set menu supper, featuring Jamie's Special Game Pie, is strictly limited to 36 diners only, and at only £10 per head is sure to be in big demand, so book early to avoid disappointment.

To book your tickets, brighten up a January weekend with friends, and support your village pub, phone the

J. E. direct on 810205.

20 years ago

Journey's End—Finally, work will start soon on the new toilets, weather and builders permitting.

W.I. – Mrs Pam Brunskill will have materials available for the Church runners. It is hoped too that Mrs Mary Parry, who has had a great experience with embroidery, will give us some hints on achieving the best possible results.



CHRISTMAS DINNER

A joyful evening was had by members and husbands alike at the Christmas Dinner held at the Journey's End.

Jules and her staff did us proud with superb food. Our new President, Sharon, organised an excellent seating plan, sorted out everybody's menu choice and had a surprise raffle at the end.

JANUARY MEETING

Our January meeting is on Thursday 8th, when we welcome Paul Courtney from the Dame Hannah Rogers School for Handicapped Children in Ivybridge. We meet at 7.30 pm for W.I. business, and our speaker takes the floor at 8 pm, when everyone in the village is welcome.

WHIST DRIVE

On 28th January at 7.30 pm in the W.I. Hall we are having a Whist Drive. Tickets are available from Pam Brunskill (810654) or Pat King (810359), price £3.00 to include mulled wine and mince pies. Come along and enjoy the fun, with profits going to Shelter box.

Servane Capps

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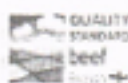
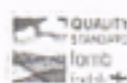
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Food Glorious Food

Well, Christmas and New Year is over and quite a few of us are probably feeling rather stuffed from all that food and drink over the festive period. Its time for a cut down, however you may have bits and pieces of food that you don't want to waste—there's a couple of recipes here that use up some of those leftovers.

Turkey & Corn Chowder

This recipe is ideal for leftover turkey or chicken. The carcass can be used to make the stock.

Ingredients Serves 4-6

Butter for frying
1 large onion, peeled and finely chopped
1 green or red pepper, cored, seeded and chopped
2 x 15ml spoons flour
400ml well flavoured turkey/chicken stock, skimmed of fat
400ml hot milk
Salt and freshly ground black pepper
¼ kg leftover cooked turkey/chicken shredded
½ kg potatoes, peeled and diced
1 x 360g can sweetcorn, drained.

Melt a knob of butter in a large saucepan. Add the onion and pepper and fry gently until soft. Stir in the flour and cook for a further 2 Minutes, stirring constantly. Remove the pan from the heat and gradually stir in the hot milk and stock. Return to the heat and slowly bring to the boil, stirring. Season to taste, and add the remaining Ingredients. Lower the heat, cover and simmer gently for 20-25 Minutes or until the potatoes are tender. Adjust seasoning and serve with crusty bread.

Ingredients

Small knob of butter
6 bacon rashers, chopped
2 shallots, finely sliced
Small bunch of thyme, leaves stripped
1.5 kg/ 3lb 5oz small mussels, scrubbed and bearded
150ml cider
2 tbsp crème fraiche, optional

Method

Heat the butter in a pan large enough to easily fit the mussels, then fry the bacon for about four minutes turning occasionally until crisp.

Throw in the shallots and thyme leaves, then cook for one minute until softened. Whack up the heat to maximum and add the mussels to the pan, then pour over the cider. Place the lid on the pan, give it a good shake, then cook the mussels for five-seven minutes, shaking the pan occasionally, until all the mussels have opened. Discard any that haven't opened.

Use a slotted spoon to scoop the mussels into bowls and put the pan back on the heat. Bring the juices to the boil and stir in the crème fraiche, if using. Pour the sauce over the mussels. Serve with hunks of chunky bread for mopping up the sauce.

A Superfood in a nutshell — WALNUTS

Walnuts are the only nut that will give you a day's worth of omega-3 fatty acids—a handful is enough. They are thought to lower cholesterol and reduce the risk of heart disease, if eaten as part of a healthy diet. They contain no cholesterol or trans fats. They are a good source of protein—useful for vegetarians. Walnuts also provide vitamin B6, thiamine, folic acid, phosphorus, magnesium and copper.

COFFEE ORDER



Cappuccino is so named because it matches the brown robes of the capuchin order of monks.

Mussels steamed with cider and bacon (BBC Good Food)

At this time of year, mussels are in their prime. As they only take a few minutes to cook, they are a great buy and a speedy dish to prepare. This recipe uses cider instead of the traditional white wine.

It serves two as a main course or four as a starter.



Food Glorious Food

Each month we will let you know what food events are happening in the next month and maybe you have a favourite recipe that you would like to share with us all.

February Events

4th—Valentines Day

24th—Shrove Tuesday

PLEASE SEND YOUR RECIPES TO—news@ringmore.net

Please let us have your recipes

Burns Night

January 25 is the time for celebrating the work of one of the most revered of poets, as well as paying tribute to one of the humblest of foodstuffs—the haggis. Here's a couple of other traditional recipes to have on Burns Night.

Cullen Skink

Ingredients

30g / 1oz butter
1 onion, chopped
2 garlic gloves, peeled & chopped
½ savoy cabbage, shredded
Splash white wine
500ml / 17 fl oz vegetable stock
110ml / 4fl oz cream
1 smoked haddock fillet, chopped

Method

1. Melt the butter in a medium saucepan
2. Add the onion and garlic and sauté for 2 minutes
3. Add the cabbage and sauté for 1 minute
4. Add the splash of wine and stir well to collect cooking juices
5. Pour in the stock and cream
6. Add the haddock and allow the soup to simmer for minutes

Cranachan with fresh Skye raspberries

Ingredients

250ml / ½ pint fresh double cream
1 tbsp thick heather honey
1 generous tbsp of whiskey
1 heaped tbsp of toasted oatmeal
2 punnets raspberries

Method

1. Whisk the cream together with the honey and whiskey
2. Fold in the toasted oatmeal
3. Pile on top of fresh raspberries and serve



If you're having Haggis and fancy a variation on Bashed Neeps, you can make Orkney Clapshot. Mix the seasonal swede with an equal quantity of mashed potato and beat well until smooth. The mixture can be put into a pie or gratin dish, thickly covered with grated cheddar cheese and baked in the oven, or under the grill, until browned.

Ketchup?



The Humble Sprout

Sprouts I find are a bit like 'Marmite' - you either love them or hate them - there doesn't seem to be any half way house or take it or leave it when it comes to sprouts. Whether you like them or not, you may find it surprising to know that recently in Worcester the humble sprout was the centre of attraction at "The British Sprout Festival" where there were all sorts of events 'sprouting'. They had a sprout garden, sprout cookery demonstrations, sprout marbles and even sprout dancing (the mind boggles).

PETER MAJOR
1925 – 2008

A small service was held at All Hallows Church on 6th December in memory of Peter Major. Peter had lived in Devon for forty-five years before moving to Shropshire in 2005.

Peter had been a successful National Hunt Jockey before being injured in the 1959 Grand National. During his career as a jockey he rode approximately two hundred winners and was also placed in the top ten of the National Hunt statistics list of principal winners from 1956 – 1957.

At the age of thirty-four Peter retired from racing and he and his wife Kay bought Challacott Chalet Park in Challaborough. Five years later they bought Higher Manor in Ringmore. They continued to run the chalet business for many years until Kay died suddenly from a heart attack at the age of forty-two.

In the years following, Peter married Annabel and they lived in Ringmore for thirty years. After Annabel's death in 2004, Peter moved back to Shropshire to live closer to his daughter, Vanessa. He bought a retirement bungalow near Oswestry and lived there for three-and-a-half years before being diagnosed with motor neurone disease and passing away on September 21st 2008.

Peter was well known in Ringmore and was often to be seen walking the lanes to gain the exercise he needed to maintain mobility and ward off the stiffness of the severe injuries incurred by his Grand National fall. Equally frequent were his visits to the Journey's End for a convivial drink and a chat at the bar at lunch time. He would go to local race meetings whenever he could and he always followed the big national racing events on television with huge enjoyment.

Peter rarely complained when he was in pain or had to undergo difficult treatments, nor did he speak with bitterness about the sudden unlucky end to his dazzling career. Close friends in Ringmore will remember him as modest, friendly, and very courageous, with a great capacity for coping with difficulties and making life enjoyable.

THE WORMY BIT!



I feel very privileged to be kicking off this new 'bit'. Having never written a book review I hope this will inspire those much better qualified to come forward and write another....please.

'Bridesmaids' by Jane Costello was sent to me by Alison, my son Ben's fiancée (to be married in Ringmore at Easter!). The fictional tale told through the eyes of Evie, a twenty seven year old sparkly, down to earth journalist who has never been in love and thinks perhaps she never will. However, she is a favourite choice for a bridesmaid and the four weddings (with no funeral!) have brought tears to my eyes! Tears of laughter I may add. Jane Costello has a talent for ensuring the reader feels absolutely captivated by the trauma, drama, the stress, humour and overriding love that are part ingredients of a wedding. Her characters are so real; I'm sure most of us have encountered a Grace and a Valentina at some point in our lives; and if we have been really lucky, a Jack!

This book is an easy read with enormous therapeutic power for anyone involved in weddings, in whatever capacity or role! I have thoroughly enjoyed this book and hope I have whetted the appetite of others of you out there; take the plunge (and read the book I mean!)

Sandy

Ps. Wondering if Evie does eventually fall in love...?

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17 Members of the public

APOLOGIES Cllr. S. Jones, Clerk M. Wood

DECLARATION OF PREJUDICIAL INTEREST

Cllr. E. Bohnet

OPEN SESSION

- Debating the future position of the editor of the Parish Newsletter.

Robbie McCarthy was asked by the Chairman to state her position. She replied that the December edition would be her last as editor, unless circumstances were such that she could stay on.

A lively debate around the finances past and present of the Newsletter ensued, with proposals and counter proposals for the ongoing financial security being made from both the public benches and the Council. Members of the public stated that the Parish Newsletter should not be owned by the Council, and assurances were given that the Councils' wish was only to support and underpin the viability of the Newsletter.

It was affirmed that, since advertising revenues would be received in January, and the Council would continue its financial support for the Newsletter, continued viability was guaranteed.

ENSURING THE CONTINUATION OF THE RINGMORE PARISH NEWSLETTER

The Chairman produced a set of proposals for approval by Council.

The Parish Council will fund two pages, (4 sides) of the monthly Newsletter. These will contain the Parish Council Minutes and all special announcements that are of interest to the whole Parish.

The funding will be reviewed annually. The amount for 2009 will be £352 to be paid in two instalments at six monthly intervals commencing January 2009.

A treasurer will be appointed by the Council to assist the editor by maintaining book keeping records.

A yearly balance sheet will be produced for the Parish Council AGM enabling a review to be held of the financial status of the Newsletter.

Mrs. Lyn Knight will take up the position of Ringmore Parish Newsletter Treasurer.

All other matters both financial and editorial will be the responsibility of the Editor in accordance with the Code of Practice as stated in the minutes of the meeting of October 21st 2008.

Each individual proposal was proposed and agreed by the Councillors.

How did Arymer Lane become Smugglers Lane?

Arymer Lane is known by that name to many of us who have lived in this village all our lives or have lived here since the mid seventies. It has probably had that name for hundreds of years. Around 1974 a Mrs Marriot bought the cottage known as Smugglers. When I was a child it was called Prince Cottage, then Cypress Cottage, then changed back to Prince Cottage again by a Dr and Mrs Wright. They then sold it to Mrs Marriot who gave it the tweek name Smugglers.

This was when the name Smugglers lane began to creep in, and unfortunately the lanes correct name eventually disappeared, except to us long term residents. At one time it had become completely inaccessible with trees and brambles all through the middle, until Jim Dodds became Manager of Lower Manor Farm and took on the tremendous task of clearing it.

One or two people incorrectly think that the Lane was called Arymer path, but this is the path leading from Lower Manor Farm to Arymer Cove. Again, always known as such by the few remaining Oldies like myself and long term residents. I think this misunderstanding probably arose because the house alongside the lane near the gate into the main Lane was called Little Follets and has been changed to Arymer Path over fairly recent years.

Anne Lambell.

RINGMORE HISTORICAL SOCIETY

WEDNESDAY January 21st
7.30
In the W.I hall

**HM Ships lost at sea on the
South Devon coast
In the Age of Sail**

An illustrated talk by Neville Oldham

Admission: Members £1 Non members £2

RINGMORE WOMENS INSTITUTE

WHIST DRIVE

WEDNESDAY JANUARY 28th

7.30

Tickets £3.00 including mulled wine and mince pies
from

Pam Brunskill (654) & Pat King (359)

Don't worry if you can't play, you will soon pick it up!

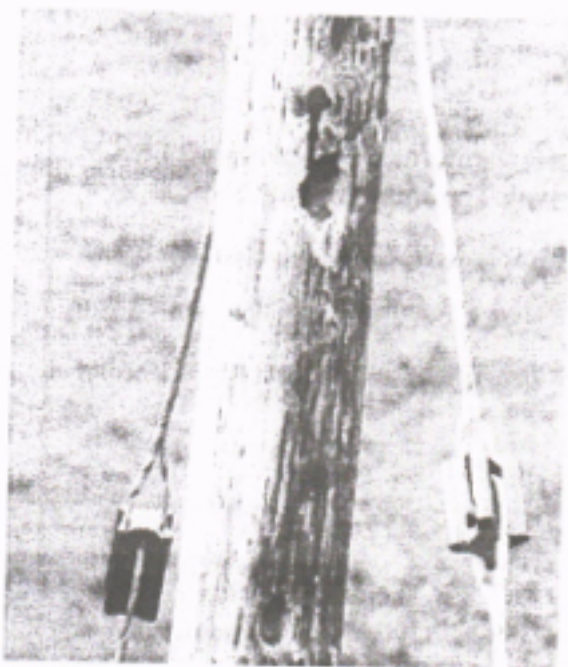
ALL PROCEEDS TO SHELTERBOX

Power Cuts and Woodpeckers

You may ask what the connection is. Well a few months ago someone went around locally with a hammer testing Electricity poles. The idea being that if they are sound they produce one sound and if rotting another more dull thud. On our land all seemed well as all poles gave the required sound, however on the last one to be checked (one of a pair supporting the span across the valley near Noddon Mill) having been certified as alright, it was seen that there were three Woodpecker holes with one appearing to go all the way through, as there was another matching hole on the other side. Apparently, as Woodpeckers can hollow out the poles to quite a depth to make their nest, any pole with this kind of visible damage has to be replaced on safety grounds. The double pole on the other side of the valley also had to be replaced, and as these are on the main supply to the village the power had to go off on 17th November and the power routed in the opposite direction. Until the second power cut on 21st November, these two sets of poles were isolated from the grid and the wires grounded to earth to allow their replacement. Below is a photograph of two of the Woodpecker holes prior to the pole being taken down.

One tongue in cheek comment from the contractors was that they rather like Woodpeckers as it keeps them in business! They also commented that when they have taken down similarly damaged poles, they have seen Bats and Owls as well as Woodpeckers fly out. Whilst this pole was taken down they could here the distinctive call of a Woodpecker nearby. One thing they cannot understand is, why when there were so many other trees about they were happy to tap into a creosoted pole rather than fresh trees.

Mike Wynn-Powell



Tribute to the Dog

If you can start the day without Caffeine,
If you can get up and go without pep pills,
If you can always be cheerful, ignoring aches and pains,
If you can resist complaining and boring people with your troubles,
If you can eat the same food every day and be grateful for it,
If you can understand when your loved ones are too busy to give you any time,
If you can overlook it when your loved ones take it on you when,
through no fault of your own, something goes wrong,
If you can take criticism and blame without resentment,
If you can ignore a friend's limited education and never correct him,
If you can resist trading a rich friend better than a poor friend,
If you face the world without lies and deceit,
If you can conquer tension without medical help,
If you can relax without liquor and sleep without the aid of drugs,
If you can honestly say that you have no prejudice against creed,
colour, religion or politics,

THEN my friend, you are ALMOST as good as your DOG.

Brian Lambell (taken from Whippet Rescue newsletter)

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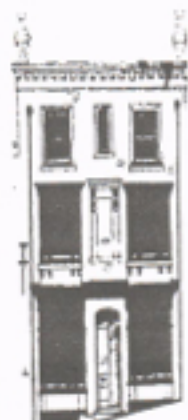
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SUCCESS ON A CLIFF EDGE



There has recently been an extensive review of the UK's Rope Rescue organisations and in order to standardize the equipment and techniques a massive training program has taken place.

HM Coastguard Cliff Rescue Teams have had to undergo retraining with new equipment and revised techniques. Our dedicated Team has taken on this new challenge and put in a great deal of extra voluntary hours in order to achieve the required standard.

Under examination by an official body, Bigbury Coastguard Cliff Rescue Team is delighted to have achieved the high standard that is required to execute Rope Rescue as per the new standardized method. Effectively this will enable any member of the team to operate with other Rope Rescue organisations across the UK.

On behalf of your local Coastguard Rescue Team, I wish you all a safe and happy New Year.

Sandy Hammond

NEWS FROM ALL HALLOWS

By the time you read this, Christmas, with all its joys - and stress - will be over. Thank you so much to all the people who have put so much time and effort into making our Christmas celebrations in Ringmore really special - a reminder of the joys, and an antidote to the stress!

AN INVITATION

A few of us are now meeting in the church to pray for the village. If you would like us to pray for you, for someone you know, or for a particular situation, we would like to invite you to write down a few brief details and put your request in a special box which will be available in the church. All information that you wish to give us will be treated in strict confidence. This invitation is open to Anyone, whether you are a churchgoer or not! The box will be making its appearance in the church by January 3, and we do look forward to hearing from you.

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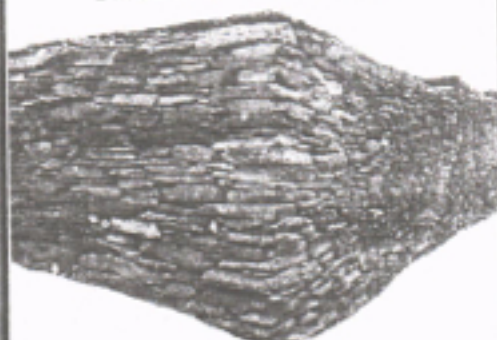
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R.S.P.C.A Stories by Sean Jones

This story may be a bit of a tear jerker for some of you and it certainly won't do my 'street cred' any favours! One of my calls while working in Wolverhampton was to pick up a rabbit found wandering along the street. Poor thing! He was really shabby and had large lumps on the side of his face, weepy eyes and generally feeling sorry for himself. Now don't ask me why but I immediately took to him and decided at the vets that I would pay for the treatment and adopt him. The only other alternative was for him to be put to sleep, now in many cases this is the right option but I just had a feeling. Sharon names all our animals (including spiders that venture into the house!) and she named him Prince. He had several operations on his face, the lumps were abscesses caused by poor care and feeding. He came through o.k and the vet felt he would be fine with some tlc. We daily had to bath his eyes and groom him and give him plenty of medication but he was soon back to a healthy bunny rabbit. However this wasn't to last and after a few months he became ill with laboured breathing and was very lethargic. He had pneumonia and the vet who was a very good friend of ours told us to expect the worse and only gave him a couple of weeks to live. He suggested that we kept him indoors to make sure he kept warm..... 3 years later we still had a house rabbit! Prince gave us so much pleasure and was a superb house pet. He didn't have a cage and was completely house trained and had the run of the house but never ventured upstairs. He always went to the back door when he needed to relieve himself and always did his business in the same spot in the garden. The cats loved him and Lloyd (mentioned in a previous newsletter) groomed him regularly as although he was quite healthy he still had some problems related to his early operations but Lloyd kept his eyes clean by licking them daily. Prince used to snuggle in our laps in the evenings and was happy and content. We kept him on a strict diet in an attempt to keep him healthy but he had one weakness—he loved chocolate buttons. Wherever he was in the house he would hear if you rattled the packet and stood on his hind legs to receive his treat. There was only one time that he chewed anything, it was the Hoover cable which I left in his way on his favourite sun basking spot! The vet checked him regularly and having had a successful health check one day we took him home with Sharon, I and the vet still marvelling at how well he now was and how long he had survived given his state when I first picked him up. It is difficult to age a rabbit and we had no idea how old he was. As this particular day progressed I was not happy with his breathing and general demeanour, and sadly things became worse and I was beginning to have a terrible dread in my heart. I couldn't go to bed that night, I just knew that this was the end. It was almost as if after he had been given the all clear at the vets that he was saying thank you for taking care of me but I have had enough! He used to like sitting in the cat litter tray and that is where his life ended with me stroking him 10th July 1999. we were both devastated! Now that big fella that keeps you all in order behind the bar at the J.E has no shame in admitting his affection for Prince and still to this day I have a picture of him on my bedside table!

Winter for Garden Birds (from an article posted on the internet)

With winter drawing in and temperatures across the country plummeting, life is once again about to get tough for the UK's wild bird population. Freezing conditions, combined with a lack of food, mean that their survival skills will be seriously tested.

A bird can use around 10% of its body weight keeping warm during a cold night in winter, and a prolonged cold spell can easily prove fatal if reserves aren't sufficiently replenished during the day.



This is why it is so important to provide the wild birds in your garden with a plentiful supply of high energy food during the cold winter months of October to March – it can be the difference between life and death during this part of the year.

Step one is to introduce a bird feeder and/or bird table to your garden, making sure it is high off the ground and in a place where the birds will feel safe and undisturbed (avoid positioning them near to fences, walls or hedges, where cats can reach them).

Make sure that the feeders are full for the birds' early morning feed and again for their pre-dusk feed. It is important to keep the feeders clean and free from droppings or mouldy food, as this can lead to infection.

So which foods are suitable? Peanuts are a sure-fire favourite, but don't buy damp or mouldy ones as they could contain poisonous fungus called aflatoxin. Fruit and seeds will be snapped up, with sunflower seeds ideally suited to feeding young in the nest.

Fat balls are also ideal for providing birds with a nutritious, prime food source and you can even feed them kitchen scraps such as bread, fat, suet and pastry, or take advantage of the great 2 for 1 offer at GardenCentre.co.uk.

A useful tip is to make sure you drop some food on the ground, as some birds prefer to not to dine at feeders or tables. Finally, don't forget to provide them with a fresh supply of water every day.

In addition to feeding, you can also put up nest boxes to provide roosting sites for breeding birds.

The natural nest sites on which many of our bird species depend, such as holes in trees and buildings, are fast disappearing as gardens and woods are 'tidied' and old houses are repaired.

Nest boxes can be fixed to walls, trees or building - again, choose somewhere high above ground level, as this will allow for easy flight access whilst also being out of the reach of prowling felines.

All this nourishment and shelter will attract all manner of species of bird to your garden, including house sparrows, starlings, blackbirds, robins and tits, thrushes, and chaffinches.

To return the favour the birds will eat many garden pests, such as slugs, snails, grubs, wireworms, caterpillars and insects. They're also fascinating to watch and their daily antics will soon have you hooked.

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A true inventory of the goods and chattels of John Hoopwell (Hoopell) of Ringmore deceased, prayed by Richard ??? and Henry Elliot and John Yolland, the 15th day of June in the year of our Lord God 1620.

Imprimus twelve acres of Come, two acres of wheat, eight acres of barley, and two acres of oates and pease rated in five nobles and ten groates, one with the other amounting in the whole to two and twenty pounds.

It. Three score sheepe wanting three, rated to the value of fiveteene pounds and tenn shillings.

It. The horse rated in fower marks.

It. Two heffer of a year old, a steere and a calfe rated in three pounds.

It. A cow in seaven nobles.

It. Six hogs in thirty shillings.

It. Five lambs in twelve shillings.

It. Twenty hurdles rated in a marke.

It. His wood twenty shillings.

It. Fower crockes forty shillings.

It. Seaven pans and a cauldron seaven nobles.

It. Three dozen of puter dishes, thirty shillings.

It. The chandlesticks two shillings.

It. A pint and a quart with a tinning cup and a salt eighteen pence.

It. All the timber vessels in six and twenty shillings and eighteen pence.

It. Three planks five shillings.

It. The chests and ? in thirteen shillings.

It. His debts upon *spechaltries* ? is eight and twenty shillings.

It. Two feather beds and a *doust?* bed with there steeds thereunto belonging, fower pounds.

It. Three payer of blankets and three covlets and three feather bouldsters, fifty shillings.

It. His wearing apparel three pounds.

It. Twenty pounds of wool, twenty shillings.

It. Two harrowes ten shillings.

It. The dunge twenty shillings.

It. The fourm eighteen pence.

It. A musket performed twenty shillings.

It. A payre of sheets and a bord cloth tenn shillings.

It. Two payre of Roopes with two saddles and a ??? with there furniture thereunto belonging ten shillings.

It. His tooles with all his utensils of Iron belonging to the house thirteen shillings fower pence.

Last and finally. All the implements about the house not above named rated to the value of tenn shillings.

Summa totalis 53 pounds and 23 shillings.

Groate-silver coin worth about four pence

Noble- gold coin worth half a mark.

Mark- worth 13 shillings and 4 pence.

Note

(Today, when we tend to take for granted the material things we acquire during our lives, it is somewhat sobering to see what a comparatively wealthy man possessed in the 1620's)

Contributed by the Ringmore Historical Society

I've sure gotten old!

I've had two bypass surgeries, a hip replacement,
New knees, fought prostate cancer and diabetes,
I'm half blind,
Can't hear anything quieter than a jet engine,
Take 40 different medications that
Make me dizzy, winded and subject to blackouts.
Have bouts of dementia
Have poor circulation,
Hardly feel my hands and feet anymore.
Can't remember if I'm 85 or 92.
Have lost all my friends. But thank God,
I still have my driver's license!

THE SENILITY PRAYER

Grant me the senility to forget the people
I never liked anyway,
The good fortune to run into the ones I do, and
The eyesight to tell the difference.

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