

Ringmore Parish Newsletter

February 2009

Issue Number: 282

Deadline: 9am Monday 23rd February

Who said February is a quiet month?

After a successful sportsman's supper at the J.E, preparations have begun for a French night in February along with various other activities around the Parish such as Valentine's Day, Pancake Day, Poem & Pints evening and much more to keep you entertained.

Fancy fish on a Friday? See inside for more information about a possible mobile fishmonger.

Tilly Swan has sent in a piece on what she likes about Ringmore and there is another book review to tempt you.

Thank you to Felicity for her mouth watering recipes, I'm sure many of you will be tempted to give them a go.

Due to the resignation of Seairi Jones there is a vacancy for a Parish councillor. Please see notice boards if interested.

February 2nd is Candlemas Day.

This ancient festival marks the midpoint of winter, halfway between the shortest day and the spring equinox. In olden times, many people used to say that the Christmas season lasted for forty days - until the second day of February.

People believe that Candlemas Day predicted the weather for the rest of the winter. The weather proverbs express the idea that a fine bright sunny Candlemas day means that there is more winter to come, whereas a cloudy wet stormy Candlemas day means that the worst of winter is over.

*If Candlemas Day be fair and bright
Winter will have another fight.*

*If Candlemas Day brings cloud and rain,
Winter won't come again.*

*If Candlemas Day be dry and fair,
The half o the winter's to come and mair;
If Candlemas Day be wet and foul,
The half o the winter's gane at Yule.*

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, Lynn 810093

DIARY FOR THE MONTH

February

- 2/2 Tearfund Lunch, W.I hall, 12noon-2pm
- 4/2 RBL Meeting J.E Ringmore, 7.30pm
- 7/2 Young Singers, Barnford, 11am
- 10/2 RTTC Club Tournament, Parish Rooms
- 12/2 Shelterbox talk, W.I Hall, 8pm
- 15/2 Celebration of marriage, A.G, 7pm
- 17/2 Parish Council Meeting, W.I Hall, 7pm
- 21/2 French Evening, J.E, 7.30pm
- 24/2 Pancake Day, Parish Room, 10.30am
- 28/2 Poems & Pints, J.E, 7.30pm

March

- 2/3 Tearfund Lunch, W.I hall, 12noon-2pm
- 6/3 Cheese & Wine, Parish Room, 7.30pm
- 6/3 Conservative AGM, See advert within
- 22/3 JEJEBTTT, J.E, 1.30

Plenty of warning for this one!

June

- 19/6 - 21/6 Flower Festival, All Hallows

Rainfall by Eleanor and Grace Purdy

Last Month:	81mm
10 year average:	114mm
10 year high:	184mm
10 year low:	76mm

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MOBILE LIBRARY: FRIDAY 6th & 20th

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



RSPCA Stories by: Sean Jones

You may remember that 1996 was the year of the Sea Empress oil disaster. I received a phone call at 9.15 on a morning in early February asking me to be in Milford Haven later that day. Well my feet did not touch the ground with all the required organisation, including telling Sharon who was already at work. I was likely to be away for about 2 weeks so on my way I went.

It was an emotional experience as the devastation that the oil had caused to the coast line, birds and sea life was appalling and very upsetting. For every one bird we were able to revive there were another 20 dead ones.

The atmosphere of the team however was good spirited and positive given the circumstances. My role was primarily to organise the team who were collecting all the birds and passing them on to the 'revival team'.

One scary experience was falling down a large hole. The council had dug large holes (nothing new there) which they were pouring oil into. Unfortunately I fell in one and had to be pulled out very promptly as I was quickly beginning to sink into the oil. Quite funny looking back but not at the time.

I had very little sleep as we were sleeping in an old warehouse with makeshift beds and a limited amount of hot air blowers. We tended to blow the hot air towards the birds we were trying to save who were sharing our 'bedroom'. For those of you who know my strong political persuasion will understand why on the day that Tony Blair visited I was moved away from the main operation! A vote promoting photo opportunity, before he was Prime Minister!

Anyway, after 2 weeks I was exhausted and had to travel in a broken down van on the back of a breakdown van. I arrived home at 3am one morning, freezing cold, tired and a bit down in the dumps.

I suffered with bronchitis and a chest infection for several weeks after due to the pollution. Many of my colleagues were the same.

It was a memorable experience for which I received a special service medal. It was tough but I would do it again tomorrow.

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Herbal Remedies to say no to colds & hangovers

Echinacea

Taking the herbal remedy echinacea can more than halve the risk of catching a common cold, US researchers say.

They found it decreased the odds of developing a cold by 58% and the duration of colds by a day-and-a-half.

Experts believe echinacea, a collection of nine related plant species indigenous to North America, may work by boosting the body's immune system.

In one of the 14 studies the researchers reviewed, echinacea was taken alongside vitamin C. This combination reduced cold incidence by 86%.

When echinacea was used alone it reduced cold incidence by 65%.

Milk Thistle

Milk thistle is very healing to the liver; not only can it help protect that sensitive organ, it also helps process the alcohol and move it out of your system. The sooner this happens, the better, and milk thistle helps a lot. Pop around two milk thistle capsules 30 minutes before you start drinking and two more after your are finished drinking. Or it is also available as a tincture.

LOCAL CHURCH SERVICES IN FEBRUARY

Date	Bigbury	Kingston	Ringmore
Feb 1 st	11.00 a.m. Family Service	9.00 a.m. Communion	11.00 a.m. Family Service
8 th	11.00 a.m. Family Service with Baptism	6.00 p.m. Evening Prayer	9.00 a.m. CW Communion
15 th	9.00 a.m. BCP Communion <i>There is also a Marriage Celebration</i>	11.00 a.m. Family Service <i>Team Service at Aveton Gifford church</i>	6.00 p.m. Evening Prayer <i>at 7.00 p.m. (See Posters)</i>
22 nd	11.00 a.m. Family Communion	6.00 p.m. Evening Prayer	9.00 a.m. BCP Communion
25 th	2.30 p.m. Korniloff Commu'n		

Flu, Falls and Funerals

Happy New Year was the January message, and it was written just before Christmas, but the start of the year brought less happy events. Tragic bereavements, lots of illness, the Old Chapel closure and then Dane comes up with the worst wife beating excuse ever! "Hilary fell on the lawn, and broke her jaw". Honestly: only joking but I shouldn't because this accident followed attacks of the splutters, headaches and throats for both of them. Like the others they did not deserve the bad that came upon them.

This time last year the February article was all up-beat looking forward to the many weddings booked in the Churches, and they were all joyful occasions. Each had their own special moments, but those present will never forget the huge clap of thunder when the question was asked about any just cause or impediment to Roy and Annabelle's marriage. The expression on Roy's face made me wish that even the Vicar had been carrying a camera. The voice of God? No I don't think so, but it did underline the serious commitment being made by a young couple with hopefully a good future.

None of us know what is around the next corner, and it pays to take the very best out of each day we are given here on God's earth. One of the departures was Chris Freeman, the lovely British Legion standard bearer from Kingston. In death as in life Chris was very clear what she wanted, and this verse was read at her funeral. It is a good guide for all of us, as we move forward to better times from difficult 2009 beginnings:-

If with pleasure you are viewing,
anything a man is doing
If you like him or if you love him; tell him now

Don't withhold your approbation
Till the Parson makes oration
And he lies with snowy lilies on his brow

For no matter how you shout it
He won't really care about it.
He won't know how many tear drops you have shed

If you think some praise is due him
Now's time to slip it to him
For he cannot read his tombstone when he's dead

More than fame and more than money
Is the comment kind and sunny
And the hearty warm approval of a friend

For it gives to life a saviour
And it makes you stronger braver.
And it gives you heart and spirit to the end

If he earns your praise bestow it
If you like him, let him know it.
Let the words of encouragement be said

Do not wait till life is over
And he's underneath the clover.

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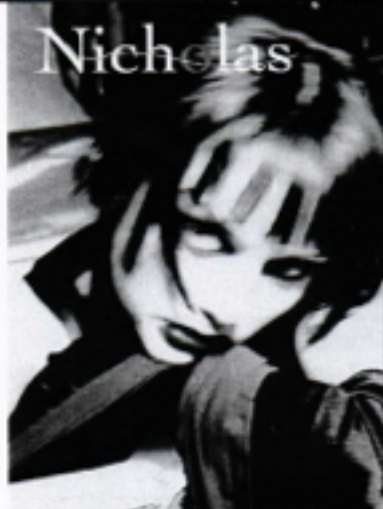
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THE RINGMORE INFORMAL WINTER SUPPER CLUB - A FRENCH EVENING

After the success of The Winter Sportsman's Supper on 17th January, which was a complete sell-out and hopefully enjoyed by all, we are pleased to announce that Jules and the Journeys End team have agreed to stage a French Supper on Saturday 21st February.

Again strictly limited to only 36 diners, the 3 course set menu supper, at only £12 per head, will feature *Coq au Vin* and other French favourites.

So support your village pub, have a jolly soiree with friends, and to avoid disappointment, book early by phoning the J. E. direct on 810205.

Berets are optional...



Game Evening - Journeys End

An excellent evening, bringing together the true spirit of Ringmore. The Game pie packed with meat was very tasty and served with a wide selection of vegetables. Our thanks for this go to those who provided the game, the vegetables and the excellent way they were cooked and presented by the Journeys End for this veritable feast, complete with starter of soup and sweet to finish. All this food and company for £10 a head! Well done and thanks to all who contributed to making the meal and evening a success.

Mike Wynne-Powell

10 years ago

On the 1st of this month Sir Douglas Hall reached his 90th birthday. He pipped Charlie Toms (Mary King's father) by 3 days.

Dennis Collinson scored 201 points on Channel 4's Fifteen - to-One. This excellent total gave him entry into the Grand Final later in that year.

20 years ago

Parish Council

It was hoped that Mr. Tremlett, of the South Hams District Council, would attend to explain the impact of the Community Charge, which would replace the rates in 1990.

The Journey's End Inn

Had taken delivery of a new grill and 'will shortly be able to offer steaks and trout on the menu'.



AN EVENING WITH DAME HANNAH

Becky Kerr, our speaker, outlined the School's development from the original £10,000 legacy from Dame Hannah Rogers in 1787 (worth about £1,000,000 today) to the present day. The school in Ivybridge looks after children aged 5-19 years who suffer from a range of profound and challenging disabilities, including cerebral palsy, communication difficulties and complex medical needs. Students are encouraged to achieve to the very best of their abilities, whatever they may be. Facilities include swimming, riding, an IT room, music room and art room. It all helps them learn to have confidence and pride in their abilities.

SHELTERBOX - OUR CHARITY FOR 2009

Most of us have heard of Shelterbox, or seen on TV their distinctive boxes being packed, loaded and shipped off to provide much-needed relief to people suffering from some major disaster. David Glover will be telling us how Shelterbox started, and some of the stories since its formation in April 2000. Suffice to say that in only 8 years it has provided shelter for over 800,000 people in more than 50 countries, responding to over 80 disasters and raising over £25 million! The meeting is at **8 pm on Thursday 12th February** and all in the community are invited to hear about this excellent work.

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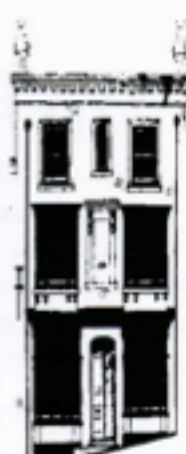
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Food Glorious Food

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.

March Events

1st—St David's Day

Please let us have your recipes
news@ringmore.net

17th—St Patrick's Day

This month's recipes have been submitted by Felicity at Cross Manor
- Many thanks Felicity.

Duck Breast with Pink Peppercorn Sauce & Parmentier Potatoes

Ingredients

For the potatoes

3 or 4 potatoes (to suit appetite)
2 tbsp duck fat
salt & pepper

For the duck

2 duck breasts
salt & pepper
2 tsp pink peppercorns (in brine)
120ml/4fl oz rose wine
(or pink fizz if you are opening a bottle!)
150ml/5fl oz crème fraîche
1 tbsp finely chopped parsley
(use white wine and green peppercorns for a less 'pink' occasion)



Heat oven to 190C/Gas5

(if you have a 2nd oven available - place this on a low heat)

Place a shallow baking tray in hot oven to heat

Place 3 plates to warm in low oven

1. Peel the potatoes and cut into 1cm/1/2 dice - blanch for 4 mins in boiling water and drain well
2. Score the skin of the duck breasts in a diamond pattern - season well
3. Place an ovenproof frying pan over a medium heat and when warm, lay the duck breasts in the pan skin-side down. Cook until fat starts to render
4. Spoon off 2 tbsp of the fat onto the heated baking tray - toss the drained diced potatoes in the hot fat and season well - place at the top of the oven - turning the potatoes from time to time
5. Continue cooking the duck breasts on a medium heat spooning off the remaining hot fat as you go.
6. When all the fat has released, turn up the heat and cook until the skin is brown and crisp, turn the duck breasts over (skin-side up) - Transfer to the hot oven for 5 mins until the duck breasts are cooked but still pink. Remove from the oven and transfer the breasts onto one of the warmed plates and set aside to rest in a warm place (low oven)
7. Meanwhile rinse, drain and lightly crush pink peppercorns - place the frying pan on a medium heat, spoon off any excess fat and deglaze with the wine/fizz - add the peppercorns and simmer semi-covered for 5 mins
8. Check potatoes!
9. Whisk the crème fraîche slowly into the wine sauce, bring to the boil and let bubble for 2 mins, add any juices that have gathered from the resting duck and add the chopped parsley, simmer for a further 1 minute. Check seasoning

10. Plate up the potatoes onto the warmed plates - Slice the duck and place on the plates - fanning them out - spoon over the peppercorn sauce and serve immediately with a vegetable of choice or 'FRUITY' salad (see below)

Enjoy!



Fig Asparagus and Pomegranate Salad

- 'FRUITY' Salad

(contains ingredients with high aphrodisiac qualities - you have been warned!)

Ingredients

- 4 ripe figs
- bunch of asparagus
- large handful of prepared rocket
- pomegranate (use only half of the seeds)
- 1tsp runny honey
- 3tsp balsamic vinegar
- 5tsp olive oil

1. Snap off the woody ends of the asparagus (it will break off naturally where the tender part starts) trim the end on a diagonal - blanch in boiling water for 2-3 mins (depending on thickness) - drain and refresh under running cold water - drain and pat dry with kitchen paper. Cut spears in half on the diagonal
2. Cut figs in quarters
3. Roll pomegranate on a chopping board (this will help release the seeds) Cut in half - hold with cut side down over a bowl - 'spank' with a wooden spoon - this should release most of the seeds - pick over and remove any of the bitter white membrane from the bowl
4. Place honey, balsamic vinegar and oil in a small jar and shake well
5. Arrange rocket and asparagus on 2 individual side/salad plates - top with the fig quarters and sprinkle over the pomegranate seeds
6. When ready to serve - shake the dressing well again and drizzle over the salad

Serve with love

... If you really want to 'ramp up' the aphrodisiacs - why not start the meal with some Oysters - and finish with your favourite Dark Chocolate Pudding (adding a touch of vanilla for that extra dose!) serve with fresh raspberries - and of course don't forget the Fizz!

EASY TIGER!!



Did You Know?

The wall to the front of Crossways has several areas which look as if it has been repaired over the years. These are in fact old stone sheds that have been blocked in. They used to provide useful storage for 'Sea View', 'Middle Bohemia' (now known as Hideaway Cottage) and 'End Bohemia'.

ALSO

Before the onset of televisions, play stations and computers children had to find their own entertainment, which they did with ease. Alan King recalls a time when his brother, a friend and he were doing such over at Bigbury, in the building now called Walters End (next to the Royal Oak). He had been dared to throw a turnip down the chimney of the then hall for the home guard. The turnip hit the grate taking soot with it and rolled across the floor of the hall resulting in all the home guard hitting the deck thinking it was a hand grenade.

RINGMORE PARISH COUNCIL MEETING TUESDAY 20th JANUARY 2009 WI HALL 7.00pm

PRESENT Chairman M.Hammond
Cllrs.E.Bohnet, J.Deverson, B.Lambell, J.Reynolds W.Mumford, B.Carson, Clerk M.Wood, 4 Members of the Public (apologies Cllr.Parkin)

The Chairman stated that he had received a letter of resignation from Cllr.S.Jones. Notices will be displayed to fill this vacancy.

DECLARATION OF PREJUDICIAL INTEREST - E.Bohnet (Newsletter)

OPEN SESSION

Mr. D.Young wished to thank Councillors for the work that they arranged to fell the sycamore tree on the Town Well, thus restoring the views to Ayrmer Cove.

PARISH ROOM – Mr. McCarthy produced three copies of a document transferring the insurance agreement from the Parochial Church Council to the Ringmore Parish Room Management Committee. All copies were duly signed by the Chairman.

Cllr.Deverson asked to be replaced as the Parish Council representative on the Parish Room Committee due to family and business commitments. In his absence, Cllr Parkin was nominated to represent council.

W. MUMFORD

The boundary commission are still in the process of deciding and will not reach a decision until around March/April; there is still a lot of speculation as to which scheme will be used. Mr.Mumford explained that the Government grants to District Council were not very good especially for Devon education, working out at approx. £45 per pupil which is not a great amount considering a lot of children have to be transported to school from rural areas. He went on to ask councillors to encourage parishioners to use the "Fare car Scheme". In answer to a question regarding Exeter's budgets being drained by the over 60's bus pass scheme, he stated that a lot of wealthy people are using their bus pass whereas mothers with small children are having to pay bus fares and he thought this was unfair.

Minutes of the November Meeting and the Extraordinary General Meeting were both signed as correct.

MATTERS ARISING

J.E Gates – The Chairman stated, that although he would still like the gap in the wall to be filled, he suggested that for the moment the item will be deleted from the agenda.

Parish Roads – This item is to be renamed 'Traffic Hazard by the Bus Shelter'

Cllr.Deverson reported that this item was still in abeyance, however Cllr.Lambell stated that at times traffic passing to the right of the shelter created a hazard for parishioners leaving church. Because of this Cllr.Deverson will put pressure on Highways.

Parish Handyman – Item to be deleted from the agenda.

Bus Shelter Notice Board – Cllr.Bohnet will ask Yogi King to prepare a quotation for building the notice board. Cllrs. agreed that the old notice board could be given to Cllr.Lambell.

B. CARSON

Mr Carson stated that some of the councils in the area were now working together to cut costs. South Hams District Council tax is to remain the same as last year which is some good news in the current climate; also car parking charges will stay the same. A resident parking permit for use between the hours of 4.00pm and 10.00am will be available at a cost of £10.00. More affordable homes will be made available. The Government have stated that over 2million people over 60 are paying too much council tax and rebates are available. More information on this subject can be obtained by contacting Follaton House for a leaflet.

ENVIRONMENTAL MATTERS

Reference No.40/0017/09/TCA fell holly tree at Hill Cottage – no objection.

Footpaths – Cllr.Lambell reported that he had Ross Davies (P3 footpath co-ordinator) out to look at footpath 13 at the end of Cockle Lane, who had spoken to Mr. John Tucker regarding the fence. As yet there has been no progress.

Mr. Davies also visited Darkie Lane and it was suggested that the duckboards be lifted and the mud/leaves be removed, then levelled and boards replaced. Once again no progress has been made. The Chairman requested Cllr.Lambell to give these items top priority.

Cllr.Deverson wished it recorded that Peter Guy had been asked for some 3inch rock to improve walker access at Nodden Mill. The Chairman was happy to report that Toby's Point path was now finalised.

PARISH PLAN

Cllr.Reynold stated that the bulk fuel purchase scheme was working well with 25 parishioners taking part. 26,000 litres of oil was delivered on the first run making a saving of £750. The parish social event held at the Journeys End last Saturday was a huge success with 36 tickets sold.

FINANCE

Cheques agreed and signed –

Ringmore WI use of Hall during 2008 £98.00

Arborfor for the Town Well tree £160.00

Ringmore Newsletter contribution £352.00

The precept was discussed and it was agreed to keep this figure the same as before £3200.00

Due to the resignation of Cllr.Jones another signatory will be required on council cheques. It was agreed to have two other signatories, as well as the Chairman, Cllrs. Deverson and Parkin.

PLANNING

Application 40/2188/08/F resubmission of application 0632/08 for replacement of existing timber house and new dwelling Quarry Park – application is withdrawn.

Applications 40/2392/2393/08 replacement of existing front porch Renton Kingston was both approved.

Application 40/1757/08/F Windwood Farm planning permission granted.

NEWSLETTER

The budget for 2009 was presented. The Chairman gave copies of a Memorandum of Understanding for the newsletter which was discussed in great detail and it was agreed that some parts of this should be left and some should be deleted. Therefore this will be rewritten and produced at the next meeting. The Chairman reported that he had received a letter from Mr.Phil Errett regarding the extraordinary general meeting held on Friday 28th November. The letter was discussed and the contents were noted.

ANY OTHER BUSINESS

Millennium Clock – The clock sited on the church tower has stopped. The initial remedy of changing the blown fuse to the main control box failed to solve the problem. English Clock Makers will be asked to look at the clock and make the necessary repairs. There is a sum of money set aside in council accounts for repairs.

Yearly skips – The clerk was asked to organise two skips one for Spring and one for Autumn; dates to follow.

Cllr.Reynolds stated that he had recognised the work that Cllr.Lambell had done in the parish i.e. cleaning the roadside verges and would like to resurrect the original idea of a working party. It was agreed that a working party will meet on alternate Fridays, weather permitting, at 9.30am commencing this week Friday 23rd.

Mr. Sean Jones letter of resignation was read and accepted. The Chairman and Cllrs.expressed their thanks for his work on the Parish Council.

The clerk reported that her printer was broken and asked if Parish Council would agree to the purchase of a new one, at reasonable cost. All agreed.

DATE OF NEXT MEETING 17th FEBRUARY

"The initiative and the work carried out by some of the parish council members to the verges of some of the roads in the village is much appreciated and I shall be very willing to assist at some time in the future when I am allowed. I shall also hopefully resume my self imposed duty of clearing the rubbish from the verges to the road to St. Anne's Chapel shortly! I have also appreciated the continued interest in my well being since the operation, thank you all for your interest and best wishes,

John Bracey"

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Please call Lynn on
810548

KEEP RINGMORE TIDY - VOLUNTEER WORK PARTIES

Following a recent successful trial working party, it is proposed to hold follow up work parties on the 1st and 3rd Friday of the coming months, with the objective of carrying out general housekeeping maintenance around the lanes/paths/walls of the village.

Brian Lambell will be identifying areas suitable for a spot of attention, and the proposal is that anyone wishing to help for a couple of hours should meet at 10.00am on the relevant Fridays, by the bus shelter.

Ideally volunteers would bring hand tools such as spades, shovels, secateurs, loppers and stiff sweeping brushes, and a wheelbarrow is always useful. When necessary and possible, it is hoped that a trailer for burning and compostable "debris" will be provided. Anyone wishing to help out please contact Brian 810530 shortly before the relevant Friday to assist with planning numbers.

Why I like coming to Ringmore by Tilly Swan

I have been coming to Ringmore for 5 years and every time I come, the place seems to get more and more special. I part time live in London and after having a busy week working hard on my studies and work, I am just buzzing to get to Ringmore for the weekend.

The reason why I love coming to Devon is because of the stunning sea, fresh air and the constant sound of crashing waves. Also (this is my favourite reason!), I love walking down to Ayrmer Cove. Just walking down to Toby's Point and looking at the view back to Ringmore, then to Ayrmer Cove, then out to sea just makes me realise how unbelievably lucky I am to live in such a fantastic and beautiful place. Then when you arrive at the seaweed infested beach, there are so many exhilarating things to do like: rock hopping, crab searching, clay model making and swimming! Then you come back up any route you may want to go (passing a few familiar faces) and then always end up at the pub for some delicious food! After a long and tiring trek you realise then how special Ringmore is. Devon will always cherish some outstanding memories and I hope I never forget my times here!



RINGMORE TABLE TENNIS CLUB

The table tennis club has been flourishing during the cold winter months and we continue to get sufficient members to make the evenings energetic and enjoyable. New members and visitors are always welcome to join us from 7.30 onwards on Tuesdays; it is an evening of good fun and a bit of exercise with a refreshment break to chat. On the 10th February we are having a club tournament with refreshments, men providing the food and ladies the drinks. So far the contestants are:-

Ladies

Sally
Jinny
Ann
Judy
Jan
Jane
Alison

Gentlemen

Mike W.P
Phill
Mike T.
Adrian
Frank
Richard
Bob

John Bracey, Chairman

J.E.J.E.B.T.T.T.

Journey's End John Edward Bracey Table Tennis Tournament

22nd March at 1.30 p.m.

More notice is being given for this popular event that has now earned a regular place in the Ringmore diary. It is a fun day and you do not need to be able to play to a high standard to enjoy the fun so come along and watch or better still put your name on the sheet in the entrance hall of the Journey's End Inn. We are aiming for the easy to organise number of 32 again. The draw will take place on Thursday 15th March. The time for the start is set a little later this year so that people can have a drink or a meal before play commences. The entrance fee for the tournament is a minimum of just £1 to go to Air Ambulance. Anyone who wishes to practice for the event will be welcome as a guest at the Ringmore table tennis club in the parish room on Tuesdays from 7-30 onwards.

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Dear Editorial team

Through your magazine I would like to thank everyone who sent me cards and flowers after my unfortunate accident. I feel extremely lucky to live among so many caring people.

Dane and the family have been spoiling me rotten, keeping the supply of soup and ice cream coming regularly!

A special thank you to Lesley who has given Boo a couple of really exciting days with her dogs over at Kingston, to Lana who appeared at the end of my bed just before going into theatre, and also to Ray, Nicky and Sharon for helping to keep the shop going.

Hilary

Ringmore Historical Society

PAST MASTERS AND MISTRESSES....

Until 1890 there was no Post Office in Ringmore. Mrs George Freeman, who lived at Challaborough Cottage, was the 'Receiver' of letters for the village, some of which arrived from Kingsbridge, some by mails from Ivybridge. Both deliveries came via Aveton Gifford. There was a Money Order and Telegraph Office at Modbury.

In 1890 a little Post Office was established at Challaborough Cottage. Letters arrived by mail cart from Aveton Gifford at 9.40am and were despatched at 3.55pm, weekdays only. Money orders and telegraphs had to be organised in Modbury.

In 1907 Tom Farley was Postmaster. He lived with his wife, Emma, and their niece, Flossie Bardens, in the middle cottage of the row now called Ivy Cottage in which they established the Post Office. In 1914 they moved to the house now called Hillside, taking the Post Office with them. By then, the nearest Money Order Office was at Kingston and the nearest Telegraph Office at Bigbury.

By 1923 the sub-Post Office was operating from what is now called Sea View, a cottage then owned by David Triggs. His daughter, Miriam Olver was Postmistress. After David Triggs's death in 1925 his cottage was sold and Miriam Olver moved, taking the Post Office with her, to a cottage which is now part of Ivy Cottage.

At some time in the early 1930s Owen and Molly Jarvis ran the Post Office in Rose Cottage, but by 1935 it had moved once again, this time into the cottage now called Wychwood where Fred and Bessie Ryder had a small shop. Mrs Mary Triggs, who lived at Houghton, cycled each day to run this business. Eventually, Mary Triggs moved, taking the Post Office with her into its previous home in the northern end of Ivy Cottage. After her death in 1951, Edward Rogers took over the cottage and the Post Office.

Thus it was that for half a century Ringmore residents maintained a Post Office in the village by giving up space in their tiny cottages. From these small centres mail was delivered on foot to the cottages, farms and houses of the parish. Mrs Margaret Lock, who was Postwoman for a while, has described the work vividly in the Historical Society's booklet, *Ringmore Remembered*.

In the 1950s the three cottages of what is now Ivy Cottage were bought by Mr and Mrs Wyatt and converted into one house, with the northern end being used for a shop and Post Office. This arrangement continued for some time, with Mr and Mrs Gander, followed by Mr and Mrs Herndon, and then by Mr and Mrs Race, successively filling the roles of Postmaster and Postmistress. During the 1980s Roger and Susanne Race enlarged the premises by converting an old store at the north end of the cottage into an annexe for the shop. Unfortunately, this scheme was not a financial success and both shop and Post Office closed in 1991.

This was not quite the end. A reprieve came when John and Rosemary Tate decided to open a shop and Post Office in part of their home, Cross Park. These continued to operate until 1998 when they, too, had to close.

[Dr Di Collinson, from the Research Notes of Ardene Bennett]

Poems and Pints at the Journey's End - Saturday 28th February from 7.30 p.m.

Everyone is invited to an evening of Poems and Pints, with or without food at the JE on Saturday 28th February. Soup will be available on the night, but if you would like a one-dish meal for £7, Jules would like you to book this with her or Sean in advance, please.

The idea of the evening is to bring a favourite poem to read or even recite if there's a bit of the thespian in you. It could be romantic, historical or anything else. It could be funny or serious or tear-jerking, it could be the lyrics of a song, perhaps something deliberately mis-read or written by you. If it's a song and you would like to sing it, so much the better. Let us know if you need accompaniment and we'll see what we can do to find a musician.

To minimise the risk of several people all turning up with the same idea, please would you let Adrian Bull (810420) know in advance what you would like to contribute. If you have more than one offering, bring them both and we'll see if there is time for both, but no item should last longer than about 3 minutes.

Why not come along for a home-brewed evening of entertainment and help support your pub in the process?

Poems and Pints is the name of the game
If you miss out on this one, life won't be the same
A warm get-together on a cold winter's night
Good company sharing a drink and a bite
That's the name of the game.

An evening enjoying the delights of words
With Shelley and Shakespeare but that's for the birds
When there's Beatles, Bob Dylan and Abba and more
There's nonsense and limericks and folk songs galore
And there's rap that just goes on and on and on but I can never catch the words!

Iambic pentameter smooth flowing, not terse
Or lyrics which sound good when read out as verse
Those poems drummed into us at school - what a bore
But now they have charm and real meaning what's more.
There's no need to rehearse

There are poets you may come to love bye and bye
There are poems that may bring a tear to the eye
There are rhymes you can skip to and songs of the sea
There's the one you recited upon Granny's knee
So give it a try!

February Sudoku

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

Mobile Fishmonger

I have been in touch with a mobile fishmonger I used to use when living in Bigbury on Sea and he is happy to incorporate Ringmore and Challaborough into his round. He delivers on Friday afternoon, bringing a range of lovely fresh fish landed in Cornwall that morning. He is making a trial run on the 30th January with a few people I have contacted to familiarise himself with the villages. He will then work out some stopping places at regular times every Friday afternoon. If you are interested in having 'John the Fish' deliver to you, please give me a call so I can add you to the delivery list and help John work out his route.



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Marriage Celebration Service - 15th February at Aveton Gifford at 7.00 pm

(particularly for those who are married or plan to be soon, and for those unmarried but in a committed long-term relationship)

Have you got a marriage or relationship which could do with an MOT?

At work it is thought best to train people before they start a job. The same is true of marriage and there are now marriage preparation courses run locally, but in the past there were very few of them.

At work it is thought best to continue training as the years go by. In marriages and relationships this seldom happens.

At work it is thought that people forget training and can benefit from refresher courses. Could the same be true of relationships?

We used to think that an MOT was not necessary until a car was 10 years old (the 10 year test). Now it is thought best to start after only 3 years. 10 years can be a long time in a marriage or relationship.

Q. 1 Are you able to disagree without becoming disagreeable?

Q. 2 If a word of thanks is all you need for you to know you are appreciated, how should you thank your spouse to express your appreciation to him or her?

Q. 3 What are the characteristics you need to survive in your job? Are there any of these you bring home with you which are destructive to your relationship?

If you know the answers to these questions with a good deal of certainty, the chances are that you have already had the benefit of some sort of help with relationships.

If not, you might like to come along to the Marriage Celebration Service at Aveton Gifford on Sunday 15th February at 7.00 pm. You will be very welcome and will not be expected to participate in anything, but it will be a chance to find out whether you would like to find out more.

If you would like to know more in advance, please phone John Elliott (830688) or in his absence Adrian or Judy Bull (810420)

Rugby & The Journey's End Inn



Anyone wishing to watch the rugby over the next few weeks at the Journey's End are asked to let Juliet know as she will open the pub for the afternoon if the need is enough.



SIRRESS

"They were bred originally to be bars d'auvers."

BOOK REVIEW

The Man from Lisbon by Thomas Gifford.



Having lived for fourteen years just a few miles from the Portuguese capital, I seized on this book and hope you do too. It's an intriguing novel based on one of the largest frauds in history: the Portuguese Bank Note Crisis of 1925.

A comfortable lifestyle with loads of money requires lots of hard work — or does it? Alves Reis, son of an overworked Lisbon undertaker, preferred forgery. He forged a request by the Bank of Portugal and took it to London where the great banknote printers, Waterlow and Sons, seemed only too keen to swallow his bait. Alves Reis took delivery of 200,000 "genuine" five-hundred escudo banknotes, and...

I won't spoil it for you. This much you'll discover from the blurb on the cover: it's what happens next that will keep you racing for the final chapter. The late Thomas Gifford has used all the right ingredients: crime, suspense, romance and of course, plenty of cash.

The Man from Lisbon is out of print, but you'll find several dozen used copies at: www.amazon.co.uk or www.abebooks.co.uk

James Stevenson

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NEWS FROM ALL HALLOWS

Village Christmas Tree

Grateful thanks to Chris Roberts for supplying the splendid, Noble Spruce, Village Christmas Tree. Situated at the entrance to the church it made a very welcoming sight to anyone coming into to the village, especially during the evenings. Thanks also to Dane for providing the transport to ensure it arrived safely in one piece. Alan McCarthy's assistance in the tree installation was also very much appreciated.

Millennium Clock "TIME STANDS STILL"

The church tower clock stopped at 2.25pm on Monday 12th January. Initial solutions failed to solve the problem. The clockmakers have been informed and it is hoped they will visit to repair the clock in the near future. Meanwhile please feel free to make use of our backup system "the sundial" until it is repaired. At least we cannot blame the clock stopping on Nigel trying and missing as usual when aiming at rabbits.

Hymnal Sound System

You may have noticed that, due to the shortage of organists, we had to resort to a number of spoken services in 2008. Well All Hallows has moved into the 21st century with the purchase of a Hymnal - not I hasten to add a dusty old book of Victorian hymns, but a brand new "state of the art" technical accompaniment for our singing. It can be used to fill the gap when no organist or keyboard player is available. Arriving just after Christmas, and as Pam Elliott was unable to play due to the flu' bug doing the rounds, it was very hastily used for the first Family Service of the year. Although it can never replace the subtleties that an organist can bring to the music, it does allow us to continue to sing when no organist is available. It can also be used to play music that cannot be played on an organ, as was demonstrated by the singing of a Calypso hymn in the Family Service. We are really delighted with the quality of the sound and the variety of background accompaniments we can now enjoy. Do come and join us and hear for yourselves. Various fund raising events will be held during the year to help with the purchase cost of the equipment. Many thanks to those of you who have already made generous donations towards the purchase of the Hymnal Sound System - your support is very much appreciated

Prayer Group

A small group is now meeting in the church on alternate Tuesday afternoons to pray for Ringmore. If you would like to join us then please ring Rosemary Piercy (810253) for details of the forthcoming meetings; you would be very welcome whether you are a member of the local church or not.

Pancake Day

On **Tuesday February 24th at 10.30am** a Shrove Tuesday Coffee Morning will be held in the Parish Room and I am hoping you will be able to come along. See the full page advert elsewhere in the newsletter. Donations to any of the stalls, Bring & Buy, Cakes, Raffles etc perhaps any of those unwanted Christmas gifts, would be most welcome. Proceeds from the coffee morning will go towards the purchase of the Hymnal system.

Cheese and Wine Evening

On **Friday 6th March at 7.30pm** a Cheese and Wine evening will be held in the Parish Room where Mike Wynne-Powell will be showing Audio Visuals and Photographs to keep us all entertained. If you wish to see pictures of any particular Village Event since December 2000 then please let Mike know on 810407 so that he can try and include it the programme. If anyone would like to sponsor a cheese or wine etc then please let us know. Tickets at £6 are available from Mike Wynne-Powell or Phill Errett. Please also see also the full page advert elsewhere in the newsletter.

Thanks

Finally, a very big Thank You, to all of you who have helped in so many ways in keeping and making our church such a credit to the village throughout the year. So to you all - cleaners, door keepers, flower arrangers, churchyard gardeners, readers, bellringers, sidesmen, sacristan & refreshment helpers, many many thanks - it really is all very much appreciated. Not forgetting, of course, Dane & Hillary who provide so much support to us throughout the year at our various functions.

Phill Errett 810547 (on behalf of Rosemary Piercy)

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ON FRIDAY 6 MARCH 2009

AGM: 7.00pm-7.30pm (Members only) Get together 7.30pm-8.00pm
DINNER: 8.00pm Tickets £17.50 available from Committee Members

ALL WELCOME

BEWARE

There have been reported burglaries in Kingston.

It is thought the culprits are driving around in a blue/green bottom, silver topped truck and are the same bunch that were around before Christmas asking about 'scrap'.

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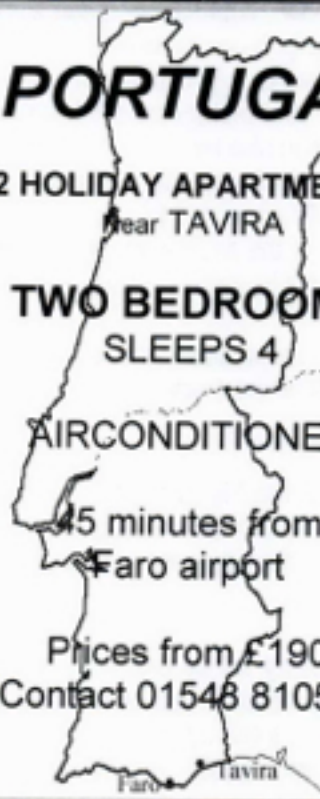
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South Hams Mobile Library made a step into the 21st Century in 2008 by adopting a computer issue system. Now we can track all the books, which is a big improvement to the service. Our customers need to remember to bring their tickets each time they use the mobile library and most of them do – thank you.

We continue to offer a personal touch and can perform most of the services of a branch library because we are part of the county-wide service offered by Devon Libraries. We can't yet offer computer access on the mobile, but you can visit your local library to get a free half hour per day online.

We can get any book in print or in audio format, DVD or CD that you want and bring it to your neighbourhood for you. Popular books recently have included "The Return" by Victoria Hislop and "Friday Nights" by Joanna Trollope as well as the latest thrillers - all available on the Mobile Library. Other items may have to be ordered, like a recent request for the words and music of a Victoria Wood song for a harvest Festival presentation. Our large size picture and local history books are often borrowed by friends and partners for the housebound to reminisce.

The highlight of 2008, for me, was my nomination (by a customer's family) for the Local Government Worker of the year. This is a nationwide competition, now in its third year. It includes all Local Government employees in Great Britain, from social workers to firemen, carers to highway maintainers and, of course, librarians. A short video of the six finalists in each of the six categories was put online in May and voting continued until the awards ceremony in July. The winner in my category – Care and Commitment – was a Community Worker from Doncaster, nominated for his work in helping the flood victims in Toll Bar. The Awards dinner at Bournemouth International Centre was amazing, involving 55 finalists and supporters and was hosted by Jeremy Vine. The highlight of my evening (and my claim to fame) was being interviewed on camera by Jeremy. I must acknowledge the help given by Kingsbridge Library staff and the Library Manager Wendy Bloomer. Their support was brilliant and over the top at times! I hope the award goes from strength to strength, as local government employees are not often recognised for doing their job. So thank you to Devon County Council and to everyone who voted.

Have a Happy 2009

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Newsletter Quiz

For those of you missing a puzzle, this has been submitted by Adrian Bull. There will be a prize of Sunday lunch for 2 at Bigbury Golf Club for the person with the most correct answers or the 1st name from a hat if several. Entries in the usual way: e-mail, post or letterbox at 8 Crossways.

In each question, identify the phrase which fits the number, using the abbreviations.

Example: 7 W of the W Answer: 7 Wonders of the World

1	W on a U	11	11	P in a F T	21	1001	A N	31	1	A N of H	
2	2	P in a P	12	12	S of the Z	22	64	S on a C B	32	32	F P in F
3	3	B M (S H T R)	13	13	S on the A F	23	32	T to the P of F	33	4840	S Y in an A
4	4	Q in a G	14	13	L in a B D	24	24	H in a D	34	54	C in a D (incl. Js)
5	5	H of the W	15	88	P K	25	76	T in the B P	35	66	C C
6	9	P in the S S	16	16	U K A of C	26	26	L of the A	36	240	V A C
7	7	S on a F P P	17	16	O in a P	27	147	M B in S	37	2357	P N
8	8	T on an O	18	18	H on a G C	28	24	K = P G	38	480	S of P in a R
9	90	D in a R A	19	57	H V	29	29	D in F in a L Y	39	39	T T N S
10	1000	M in a M	20	200	P to P G	30	240	O P in a P	40	-40	F = C

Children's achievements

Congratulations to Grace who has gained her '75' books reading badge with the Book Track scheme running at Kingsbridge Library. She has 25 books to go to reach her '100' Golden Badge goal.

Congratulations to Hebe and Lily who recently gained their Goldfish swimming certificates.

Oliver who has had his handicap cut to 19 in less than a year of playing.

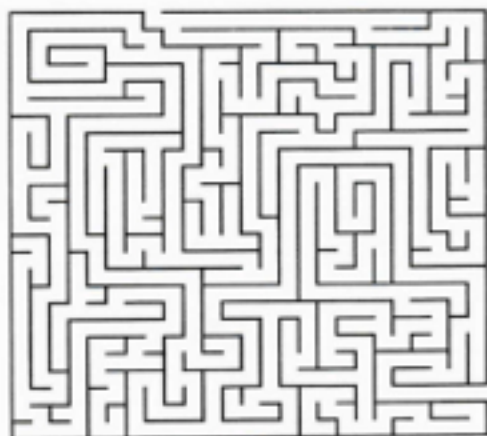
Children's Puzzles

Kung Hei Fat Choy! 26th January 2009 will bring in the Year of the Ox!
Here are some children's puzzles to celebrate Chinese New Year.



Year Of The Ox

The ox wants some oranges for Chinese New Year! Can you help him get to them?



Chinese New Year Word Search



r	w	l	u	c	k	y	a	k	v	w	d
c	z	k	b	m	o	o	n	b	g	v	a
g	t	h	q	m	w	h	x	m	v	s	c
h	f	i	r	e	w	o	r	k	s	h	s
u	f	s	c	u	w	d	a	h	t	o	a
s	a	v	n	p	t	c	e	n	m	l	y
r	m	g	i	f	t	s	j	a	p	i	u
e	i	m	i	q	i	q	f	w	u	d	i
d	l	u	l	a	n	t	e	r	n	a	a
c	y	r	z	b	x	p	l	r	j	y	n
z	d	r	v	z	o	d	i	a	c	g	l
x	v	c	h	i	n	a	y	q	u	i	g

- | | | | |
|---------|---------|-----------|-------|
| china | family | fireworks | gifts |
| holiday | lantern | lucky | moon |
| red | zodiac | | |



WINNER BEST VILLAGE SHOP & POST OFFICE IN THE SOUTH HAMS 2006

Holywell Stores &

St. Ann's Chapel Post Office

St. Ann's Chapel

Kingsbridge, Devon TQ7 4HQ

Tel. 01548 810308 e:mail holywellstores@msn.com

EUROS NOW AVAILABLE **FROM THE POST OFFICE**

MONDAY to FRIDAY 9.00am – 1.00pm
(OTHER TIMES BY PREVIOUS ARRANGEMENT)

YOUR LOCAL FINE FOOD SHOP

Olives from Italy - Peppadews, Sun Dried Tomatoes & Antipasto
Over 30 Different Local and International Cheeses

Fresh Bread & Pasties - Fruit & Veg - Aune Valley & Markstone Meat
Langage Farm Dairy Products - Burts Chips- Mike's Smokehouse Foods

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Devonshiremade Fudge - Westcountry Curry Pastes & Meringues

Hogs Bottom Chutneys & Jams - South Devon Chillie Farm Produce

Off Licence with a wide selection of local wine and beers

Clive's Organic Vegetarian Pies, Flapjack and Luxury Cakes

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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

MONDAY to SATURDAY 7.00am – 6.00pm (7.00am – 8.00pm July & August)

SUNDAY 8.00am – 5.00pm

CREDIT & DEBIT CARDS ACCEPTED(NO MINIMUM FEE)

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Holywell Stores Ltd Reg. No. 4755617 Proprietors Dane & Hilary Vanstone VAT Reg. No. 684 4773 88

Your Local Fine Food Retailer And Convenience Store

THE JOURNEY'S END INN - RINGMORE 01548 810 205
EMAIL: journeysendinn@mac.com
PLEASE SUPPORT YOUR VILLAGE LOCAL

VALENTINE'S OFFER

ENJOY A FREE VALENTINE
DESSERT OR A GLASS OF
BUBBLY WHEN YOU
ORDER TWO COURSES
FROM OUR
VALENTINE'S DAY MENU

BOOK YOUR TABLE NOW

WEEKLY EVENTS AT THE JOURNEY'S END

QUIZ NIGHTS CONTINUE
ON THURSDAY'S
TRY AND GET ON THE
LEADER BOARD!
£1.00 PER HEAD, ALL
MONEY GOES TO LOCAL
CHARITIES

Feedback February -
Come and tell Jules or
the team what you
want to see
at YOUR village pub all
requests considered
(within reason!)
Please help us get it
right!

INTRODUCE A FRIEND TO
WEDNESDAY'S PLUS 55
LUNCH CLUB AND GET A
DRINK ON THE HOUSE!
LUNCH 2 COURSES FOR
£6.00

OPENING HOURS

CLOSED ALL DAY MONDAY & TUESDAY LUNCH, LUNCHTIME 12-3PM AND 6 - CLOSE

**Cheese & Wine Evening
with Audio Visuals & Photographs
by Mike Wynne-Powell
Parish Room Friday 6th March 7.30pm**

The evening will start with a glass of wine to accompany some audio visual presentations representing a different aspect of photography.

In the interval there will be a chance to taste a wide range of local cheeses and a chance of more wine.

The second half of the evening will include a show of some old pictures of Ringmore and the Parish. There will also be a selection of pictures from past Ringmore events.

Please let me know whether there are any village events since December 2000 you would like to see pictures of, by Friday 13th February and I will try to include them.

All profits from the evening will go towards the cost of the All Hallows Hymnal sound system.

**Tickets at £6 each can be purchased from
Phill Errett (810547) or Mike Wynne-Powell (810407)**

All Hallows – Ringmore



Shrove Tuesday Coffee morning with fresh pancakes

10.30am

Tuesday 24 February
Parish Room – Ringmore

Competitions

Quizzes

Bring & Buy

Raffles

Cake Stall

Books

Teas and Coffees



All welcome

Entrance Free

Proceeds towards the All Hallows
Hymnal Sound System