

Ringmore Parish Newsletter

JULY 2010

Issue Number: 299

Deadline: 24th July 2010



Ringmore Historical Society's visit to Powderham Castle
See report page 9

Apologies for the problems with our email last month which resulted in one or two missed contributions and is why we are printing two lots of rainfall this month:

Last Month: 30mm	May: 20mm
10 year average: 67 mm	10 year average: 69mm
10 year high: 108 mm	10 year high: 108mm
10 year low: 28mm (2009)	10 year low: 20mm (2010)

MOBILE LIBRARY: FRIDAY 23RD

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



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

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DIARY DATES

Short Mat Bowls closed until September

Tuesday:	Table Tennis, Parish Room	8.00pm
Friday:	Quiz Night, Regatta Bar	8.45pm

July

8th	WI Meeting	Business 7.30pm	Talk 8.00pm
7th	EA Consultation, A.G. Village Hall 3.00pm - 8.00pm		
18th	Cream Tea, WI Hall	3.15pm - 5.30pm	
20th	Parish Council Meeting, WI Hall 7.00pm		
25th	Cream Tea, WI Hall	3.15pm - 5.30pm	
25th	Dane's Ironman Challenge		

August

1st and every Sunday of the month			
	Cream Tea, W.I. Hall	3.15pm-5.30pm	
5th	Quiz and Curry, WI Hall		6.30pm
15th	J Team Event, Ringmore Church 9.30am-10.30am		
30th	Village Fete, Church House field		

September

1st	RBL meeting, Journey's End	7.30pm
6th	Short Mat Bowls recommences 7.30pm	
21st	Parish Council Meeting, WI Hall 7.00pm	

October

6th	RBL meeting, Dolphin Inn	7.30pm
19th	Parish Council Meeting, WI Hall 7.00pm	
23rd	RBL Film Show	7.00 for 7.30pm

November

3rd	RBL meeting, Journey's End	7.30pm
23rd	Parish Council Meeting, WI Hall 7.00pm	

December

1st	RBL meeting Dolphin Inn	7.30pm
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Nothing to Report

ADDERS

As Lorna from the National Trust mentions, there are a lot of adders around this year. Those of you walking your dogs to Toby's Point should be careful to keep them away from the adders sunning themselves on the wall towards the end of the path

The list of trained First Aiders
REMEMBER TO ALWAYS RING 999 FIRST



Sandy Hammond	810572	Emily & Andi King	811210
Alan Eaves	810648	Karen Purdy	810382
Mike Wilson	810211	Jane Reynolds	811218
Debbie Mercy	811276		

June Milne-Smith 4th July 1921- 31st May 2010

The Milne-Smith family would like to inform the village that June Milne-Smith died peacefully in the Lawns Nursing Home, Brixton on May 31st 2010. She is greatly missed by her husband John (who at 95 is now one of the oldest residents of Ringmore) and all her children, grandchildren and great grandchildren.

June was born in the UK in 1921 and lived for most of her married life in British Guiana, South America where John managed sugar estates. There she raised three children who were all educated in the UK. Due to the changing political situation in the country, John retired early in 1974 and came to Devon. They settled initially in Salcombe to be near friends from the 2nd World War and moved to the village in 1982. Following a fall in 2007, June moved to The Lawns where she was very well cared for and enjoyed frequent visits by her family and friends. John continues to live with David and Susie at High Reach.

NEWS FROM ALL HALLOWS

Church Fete August 30

Arrangements are in full swing for this event – such is its fame that people travel from miles away to attend! Phill is as ever putting huge amounts of time and energy into the organisation, and although there are many willing volunteers he could always do with more help either on the day or before. If anyone has any unwanted china for the crockery smashing stall, or goods that could be donated to the other stalls, we would be very happy to receive them.

The Village Service

Our fame is spreading! A vicar from Oxfordshire who attended one of our "lay led" services was most impressed, and wrote in his parish magazine that Ringmore should be seen as a great example of what a congregation can do when there is no longer a local incumbent.

This service really is intended for the village rather than for a few in the church, so if you would like to have a favourite poem, reading or song included – or if you would like to participate in some way, do let me know.

"Restored and Refreshed."- September 17 - 19.

This course at Kingsbridge Family Church is intended for anyone would like more in their Christian life; you may be trying to break free from old behaviour patterns or negative thoughts about God, yourself or others - there may be problems from the past that still affect your life today - or you may be looking for deeper intimacy with God. Whatever it may be do come and join us. I have further information, and you will also find programmes/application forms in the church.

Rosemary Piercy
810253

CHURCH SERVICES & THOUGHT FOR THE MONTH

	Bigbury 11.00 am	Kingston 9.30 am	Ringmore 9.30 am
4 th July	Family Communion	Family Communion	Family Service
11 th July	Family Service	Family Service	Family Service
18 th July	Family Service	Holy Communion (BCP)	Village Service
21 st July (Wednesday)	Holy Communion at the Korniloff (2.30 pm)		
25 th July	Holy Communion (BCP)	Evensong (BCP) (6 pm)	Family Communion

The Winning Side



Have you been enjoying it or avoiding it?
Of course I am talking about the World Cup! Both those who are enjoying it and those who are still trying to avoid it will be looking forward to the final, but for very different reasons.



For some people, it has been a long journey: they've been looking forward to this for some time now; getting more and more excited as the day got nearer. The really serious fans planned their trip to South Africa so that they could go and see for themselves and feel the atmosphere. Others planned how they could watch matches in 3D or on TV, setting aside time and giving priority to what they felt was important..



Bill Shankly once said:
"Some people think football is a matter of life and death. I assure you, it's much more serious than that."

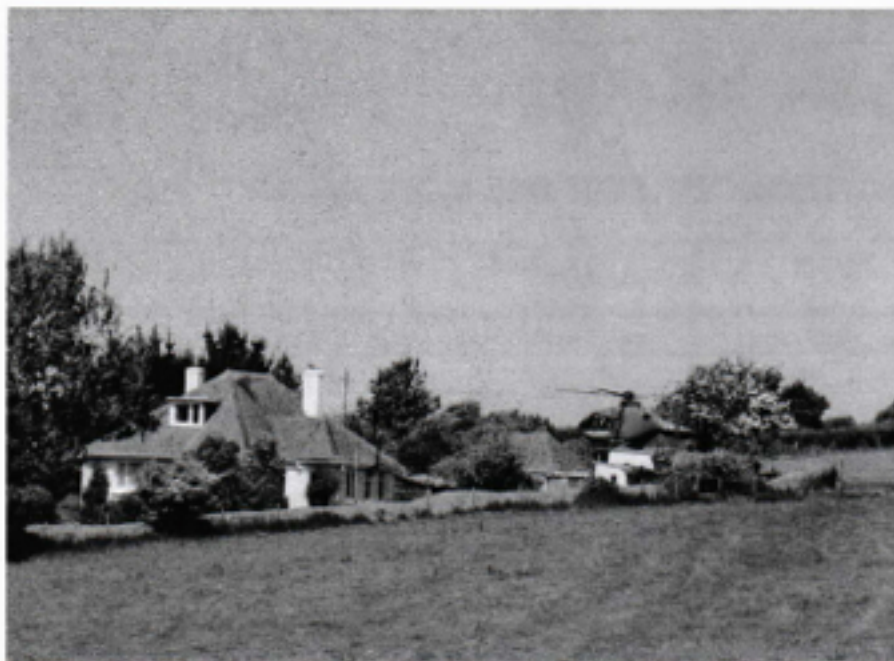
If you are not a football fan, you may be wondering what all the fuss is about and have made sure that you have avoided it as much as possible. Have you managed it?



Christians think faith is much more serious than a matter of life and death, it's a number one priority – what a goal!. Although, at the centre of it is the life and death of Jesus and the way for anyone to have a personal encounter with God here and now and look forward to the "final" in heaven. Of course you've got to book your place and plan the trip, but there's real excitement as we get ready. You can get a sense of people getting ready in any church on a Sunday. Make sure you are on the winning side and ready for the final! Follow Jesus.

Neil Barker.

Team Rector: The Revd Neil Barker (830260: not available on Mondays)
Team Vicar: The Revd Mike Jeffries (550841 : not available on Thursdays)
Team Reader: Michael Tagent (810520)



THE AIR AMBULANCE

If at any time the Air Ambulance helicopter needs to land in Ringmore, and if one of the Belle Vue fields would be the best place, there is no need to ask permission from us. It should come without delay. We have talked to Sandy Hammond about this.

Of course, if you can let us know once the `copter is on its way, that would be helpful.

Di and Dennis Collinson

The air ambulance landed in a field adjacent to Rectory Lane on 27th May 2010 at approximately 11.00 am and departed at approximately 11.35 am

Photographs by Richard Baker



RINGMORE TABLE TENNIS CLUB

Chairman	John Bracey	810646
Secretary	Judy Bull	810420
Treasurer	Frank Williams	810405

Following the insert last month stating that the club would continue throughout the summer I have been proved wrong- again- as the refurbishing work to the hall has suspended play for a couple of weeks recently. The good news is that, after incredible devotion by Alan McCarthy and his several volunteers over that period in particular, the hall is beginning to look like a new and certainly brighter one. The club will be able to reconvene during July but the plan is to renew the floor in the main hall during August making play extremely difficult for even the most agile members! I shall email club members with dates of club night cancellations. Naturally the cancellations of club nights are regretted but I am very confident that patience will be well rewarded by the better environment and facilities that will be available in the autumn.

John Bracey

"WHAT SOME PEOPLE WILL DO TO HAVE A RIDE IN A HELICOPTER!"

This was a the stock statement I heard when meeting people that learnt I had been air lifted to Derriford. At the risk of being repetitive and boring I should like once again to congratulate the village's first response team and the ambulance service for such positive and very speedy response to yet another call on the emergency services. For those few readers who have not heard the latest story, following another bad turn Ann saw me in poor condition and called on Sandi and alerted the emergency services and before I knew it Sandi was round followed quickly by Alan Eve then Emily. In no time I heard a helicopter and the number in the bedroom swelled by two paramedics in red and then two ambulance crew, and it is only a very small room! Everyone was marvellous, I was taken down the stairs in a wheeled chair, endeavouring to protest vigorously but unsuccessfully that I did not want or need to go to hospital, to the ambulance for a short drive to the field up the road and transferred to the air ambulance helicopter. Unfortunately I was strapped onto the trolley and facing upwards so could only get a glimpse of Ringmore as I was airlifted to Derriford- again. I was rather embarrassed, but relieved, when, after tests I was told that there was nothing serious in relation to my operations and that the cause was probably a virus, however I was also told by the doctor that no paramedic in the country would have left me at home.

It may be appropriate and of interest to give a little information about the Air Ambulance Trust.

It is the charity that raises the funds to keep two emergency air ambulances flying in Devon. This requires the raising of £4million each year, a phenomenal undertaking. Their mission is "to relieve sickness and injury in the county of Devon by assisting in the provision of an Air Ambulance Service"

The origination of the service came about in 1986 when 18 year old Ceri Thomas was involved in a fatal collision, whilst out on his push bike. A road ambulance took him to hospital, but sadly he died later of his injuries. Ceri's mother Ann asked the doctors at hospital if there was anything that might have been done to save her son. She was told the quicker a patient receives emergency medical treatment, the better chance there is of survival so on 27th August 1992 the Devon Air Ambulance Service went into operation. At 11am on Thursday 30th July 1992 the Air Ambulance landed at Exeter's Cathedral Green for an official launch and blessing of the helicopter and crew by the Bishop of Exeter - Ann recalls 'The emotion was over-whelming. I, along with many others along the way had achieved what we had set out to do. Ceri's life had not been in vain.'

There are many ways of supporting the Devon Air Ambulance Trust and truly make a difference! It doesn't always have to be financially, and more information can be obtained on email: info@daat.org or tel: 01392 466666 or Head Office Devon Air Ambulance Trust, 5 Sandpiper Court, Harrington Lane, Exeter. EX4 8NS.

It is an amazing service for the county and we have a fantastic first response team organised in our own village of Ringmore. Thanks again, John Bracey

PROJECT KRAKEN

Marine crime can spoil your enjoyment of the river and estuary and may also cause damage to wildlife. Devon & Cornwall police have provided an update on Project Kraken, involving aspects of their marine crime prevention work.

- 1) illegal fish-netting: as you may know, there was a group of people illegally netting bass on the Avon a couple of weeks ago. We reported the incident to the Environment Agency and Devon Sea Fisheries but the police working on Project Kraken are also involved and would like to know of any similar incident, should it occur. The police recently shadowed and deterred a similar group of people engaged in bass netting on the Kingsbridge/Salcombe Estuary and have apprehended some others on the Tamar. If you see anything suspicious on the river, please report it to the police on 08452 777444; they will liaise with the Environment Agency and Devon Sea Fisheries. The police's suspicion is that the same group(s) of people are responsible for much of the local boat crime - DO NOT TACKLE THEM YOURSELF!
- 2) Outboard motor covers: you can buy a Devon & Cornwall police-labelled outboard cover from Kingsbridge police station for £15. The package includes a marking pen which can be used to label other articles with your personal ID number to help in tracing stolen goods. Two sizes available, up to 60hp - excellent value for money!

The local officers involved in Kraken are PCs Rachel Ward (08452 777444 extn 4233) or rachel.ward@devonandcornwall.pnn.police.uk) and Steve Mullen (01548 842107 or Stephen.MULLEN@devonandcornwall.pnn.police.uk).

theWI

Come and have an evening of fun at our

Curry & Quiz Nite

(Choice of 3 curries, including vegetarian option)

Wednesday 5th August

6.30 pm in Ringmore W.I. Hall

Bring your own drinks and glasses

Tickets: £7.50 for adults, £3.50 for children
from Holywell Stores, Sharon (810179) & Jackie (810520)

theWI
INSPIRING WOMEN

REPORT FROM THE WI

The Summer Meal on 10th June was a great success with over 60 attendees. Although there was a cool breeze the weather was, on the whole, kind to us. The members of the WI put on a splendid meal of cold meats and salmon and an extensive range of salads, followed by some of the best puddings Ringmore has seen in a while! We were delighted to be joined by Alice Mason, who was on holiday in Ringmore with her daughter, Norah, and son-in-law, Chris, and was able to catch up with many of her friends. An auction of the remaining wine rounded off the evening in style and, as a result, a donation of £500 has been sent to Devon Air Ambulance.
Thank you to everyone who made the event such a success.



Photograph by Mike Wynne Powell

JULY MEETING

The next meeting is on **Thursday 8th July** when Marilyn Everett will be giving a talk on gardening. The WI business meeting is at the usual time of 7.30pm, followed at 8pm by refreshments and the talk, to which everyone is invited.

INGMORE PARISH COUNCIL MEETING TUESDAY 22ND JUNE 2010 7.00PM WI HALL

PRESENT Chairman M.Hammond
Cllrs J.Deverson S.Hitchmough B.Lambell
B.Carson Clerk M.Wood 2 Members of the public

APOLOGIES – W.Mumford Cllrs. J.Parkin J.Reynolds

DECLARATION OF PREJUDICIAL INTERESTS - None

OPEN SESSION – Nothing to report

MINUTES OF MAY MEETING

Two corrections – Under Environmental Matters The Manor should read Cross Manor and under Planning Avglen should read Avglen Fell. The minutes were then signed.

MATTERS ARISING

Hope Cove Rescue Boat – No further correspondence has been received.

Boundary Stones Insurance – A reply has now been received from Aon who have stated that the insurance will only cover stones on Parish Council land. If landowners transfer ownership of their stones to the council then they would be covered by the insurance. However, this would involve the stones being inspected weekly for maintenance and any faults that could cause accidents. This would also require permission from the landowners for the inspection to take place. One landowner has stated that he will not give permission for access for maintenance. Parish Council discussed this matter and decided that they would not be adopting the stones, other than the one by the bus shelter which is once again agreed to be a small stone with a bronze plaque.

Challaborough Road and Mound of Earth – Unable to be discussed in the absence of Mr.Mumford – the Chairman will send him an E-Mail so that these items can be discussed at the next meeting.

Challaborough Slipway – Information received from Mr.S.Radford Parkdean Manager that sand which had washed away during strong high tides has now been replaced so that the slipway can now be used.

Higher Manor Barn Wall – Cllr.Deverson will endeavour to find who is responsible for this property.

Over Hanging Foliage Cross Manor – Cllr.Lambell has cleared part of this and will be clearing the remainder using Cllr.Deverson's trailer.

B.CARSON

The Ringmore to St.Anne's footpath is progressing with Mr.S.Gardner meeting Mr. M.Pearson later this week to discuss what works are necessary. The Exeter Unitary Authority bid was said to be unlawful by the High Court. It now looks that the Devon boundary changes will not take place. The South Hams and Teignbridge partnership arrangements are going well and are cutting the costs for services. Over the past few months budgets and costs have been cut making considerable savings.

ENVIRONMENTAL MATTERS

Cllr.Deverson has received correspondence from Devon County Council Public Rights of Way regarding footpaths 3 & 4 which do not follow the definitive legal route over his and his neighbours land. One option would be to clear and reinstate the definitive line of which there is no physical trace on the ground. However in this instance it would be more sensible to formalise the current used route. A public path diversion order will be issued.

PARISH PLAN – Nothing to report

FINANCE

Cheques agreed and signed –

Clerks Salary & Expenses

Internal Audit Mr.K.Abrahams £60.00

Cllr.B.Lambell P3 work £175.00 (includes replacing last month's lost cheque)

The audit report was signed by the Chairman and Clerk.

PLANNING

Listed building consent granted - application 40/0504/10/LB Mount Pleasant and Rose Cottage.

ANY OTHER BUSINESS

The Chairman raised the subject regarding planning for Elmsleigh – application ref 40/0063/10/F – which was withdrawn because the proposed drive way into the property would affect the street scene as laid down by the planning department.

The Chairman proposed that a letter be sent expressing the council's support that with careful attention to detail this entrance could be improved thus allowing access for parking.

Mrs Young approached the Chairman to enquire whether there was any possible solution to overcome the problem of large vehicles using Rocky Path. Recently a large lorry had damaged part of her garden wall. After discussion Parish Council were of the opinion that the parish did not want any more signs and it was suggested that in the next Parish Plan review parishioners would be asked for their comments on signage.

Cllr.S.Hitchmough, on behalf of Cllr.Reynolds raised the subject of Little Barn and its overgrown garden. The Chairman stated that there was not a lot that can be done as this is private property. He also stated that it might be worth finding out who now owns the property and asking if anything could be done to make it more presentable.

DATE OF NEXT MEETING TUESDAY 20th JULY

IRONMAN Switzerland 25th July 2010

You may have seen me out on the roads over the last few months, training hard for my first attempt at an Ironman triathlon. I can confirm that training is going well and I am looking forward to being one of 2000 competitors lining up on the side of Lake Zurich at 7.00am on the 25th July for the 3.8km swim (about twice around Burgh Island), followed by a bike ride of 112 miles (down to Newquay and back) and a run of 26 miles (to Plymouth and back) all to be completed in one go. I am expecting to take somewhere in the region of 13 to 14 hours to complete the race.

I hope to raise a minimum of £1000 which will be going to the Royal British Legion to help with their work in supporting current and ex-Service men and women. If we are fortunate enough to raise in excess of £1000 then 50% of the runds raised over £1000 will go to The Legion with the remaining 50% going to local good causes such as Modbury Caring, Ringmore Parish Rooms and Devon Air Ambulance amongst others. Sponsor forms will be available at the local shops and pubs or you can donate on line at: www.virginmoneygiving.com/DaneVanstone.

Many thanks in advance for your support.

Dane Vanstone Tel: 01548 810303 e.mail: holywellstores@msn.com

Parish Room

I am sure you will all join me in saying a debt of thanks to Alan McCarthy for the sterling work he is carrying out during Phase 2 of the Parish Room Refurbishment. For Phase 1 Alan, in his capacity as Chairman of the Parish Room Committee, arranged the planning permission, procurement and installation of the Double Glazed windows & doors. Phase 2 involves the complete rework of the kitchen – floor, walls & ceiling- quite a major task. Alan prior to starting arranged for all the necessary Health & Safety and Work Procedures to be covered to ensure that any volunteer understood good working practices. As is usually the case the amount of work involved is never fully realised until it is underway and the full extent of damp, rot and woodworm uncovered. Alan, together with a small band of volunteers, has spent many, many long days and hours in refurbishing the Kitchen area which hopefully will all be completed during the first week of July. So Alan very, very many thanks for the planning, effort, skill and knowledge to make it once again a kitchen that the village can be proud of. Roll on Phase 3 which will be the refurbishment of the Main Hall !!

Phill Errett

Kidney Research

Many thanks, to all of you, who generously contributed donations to my collection for Kidney Research UK. The lives of over three million people in the UK today are under threat from chronic kidney disease. Only with the your help can Kidney Research UK fund research to save lives from this devastating and debilitating condition, which can strike anyone of us at any time. As I am still awaiting the return of a few donation envelopes I am not in a position to let you know how much has been generously dated at the moment but will let you know in next months Newsletter. If anyone wishes to make a donation then please let me know. Many thanks. Phill Errett 810738

VISIT TO POWDERHAM CASTLE



On 2nd June 20 members and friends of the Ringmore Historical Society enjoyed a visit to Powderham Castle at Kenton, nr. Exeter. The Castle, home to the Earl of Devon, Sir Hugh Courtenay, is one of the oldest family homes in England, having remained in the same family since Sir Philip Courtenay first built it in 1391. Set in extensive grounds bordering the River Exe, the estate and castle have played an important historical role, notably during the Civil War and with the construction of the atmospheric railway designed by Isambard Kingdom Brunel.

We were treated to a guided tour of the building that revealed secret doors and stunning castle rooms and hear intriguing stories that really brought the history to life. Of particular interest was the Victorian kitchen where you could visualise what life would have been like in domestic service.

Afterwards we explored the grounds, the rose garden and the secret garden with views of the fallow deer herd and the Rive Exe beyond. The day finished with some retail therapy at the excellent country store and garden centre.

Our thanks go to Di, Pat and Barry for organising a very enjoyable day.

Jane and Alison

SOUTH EFFORD MARSH

The Environment Agency are having a consultation event on the future of South Efford Marsh in Aveton Gifford village hall on 7th July between 3pm and 8pm and there will be an opportunity to discuss the scheme with experts and make comment.

Having just purchased the marsh as part of their national flood risk management and habitat creation programme, the EA now wishes to consult local opinion on the pro's and con's of allowing estuary water into the marsh on a regular basis, although the precise details of how this would happen have not been clarified, as yet, and must play a very significant part in the debate. If you live near to the marsh or have any interest in the river and it's ecology, it is very important you attend and make your opinion know. We shall be making our website at www.auneconservation.org.uk available for the publication of EA statements and other opinion.

Stuart Watts

Yummy Cream Teas



Ringmore W.I. Hall

*Every Sunday from
18th July to 29th August
3.15 to 5.30 p.m.*

A treat for the whole family



National Trust

Firstly, may I apologise for missing last month's newsletter. May was a hectic month to say the least. On a routine inspection of the mares up at Wembury Point on 13th May a second spotty foal had been born. Roly, Pongo's half brother, was found to be quite premature and was unable to stand and to suckle. The Ranger team stepped in and bottle fed the young foal around the clock for 3 days until his owners had returned to the country from their holiday. Happily, he returned to Dartmoor so that his progress can be monitored and he continues to grow bigger and stronger everyday. When they are a little older, their owners are hoping to be able to show Pongo and Roly as a pair pulling a trap. They should look magnificent.

We had a wonderful time on our Overnight Under The Stars event, held in Wembury woods on 21 and 22 May, which was enjoyed by children and parents alike. The tranquil campsite was surrounded by bluebells and immersed in wildlife. A late night walk proved the local bats to be quite illusive and campfire stories and marshmallows before bed were welcomed by everyone. There will hopefully be more events like this - so keep your eyes peeled!

On Sunday 13th Scobbiscombe farm in Kingston ran an open farm day which gave people the opportunity to get up close to the animals, including handling some gorgeous little chicks and also to sit in the tractors and combine harvester. After looking round the farm we went for a walk out to our picnic spot which had beautiful views out to sea. A good turn out of 23 people meant the day was a brilliant success.

Many people have been mentioning to me that they have been seeing quite a few adders around this year, particularly down the bottom of Smugglers lane and along Toby's point path. Adders are very illusive as soon as they feel vibrations through the ground they will slither off and find a hiding place. If left undisturbed they do not pose a threat to anyone. Adders are a protected species and a beautiful creature if you do ever get the chance to see one.

EVENTS

On Saturday 10 July a Farm Cook Out Open Day is happening at New Barton Farm from 10am to 4pm. This event includes an introduction to butchery talk and demonstration at 11.15am and 2.45pm by a local award winning butcher. During the day chef Richard Mogeown will be running an open kitchen, see him cook and serve up delicious meals from local vegetables and meats. Explore more of the farm on a tractor/trailer tour of the farm at 10am and 1.30pm along with lots more fun activities. Keep an eye out for posters giving further information about this event and then come along and taste some of their delicious produce. Cost of £2 adult, £1 child.

Please stop and have a chat to the team if you see us out working or if you have any comments about the work of the National Trust. For further information please call Lorna Sherriff on 01548 810197 or email lortrasherriff@nationaltrust.org.uk

SPEAKING WIND

The beauty of voices,
With much more beauty than faces.
The face of a voice,
Speaks for it's voice.
No way of living is foretold,
By the voices and sounds own beauty,
Says the wise old wind to the young tree.
My brown ugly roots and trunk,
And crispy yellow leaves
Are me, not to be changed,
Said the sad old tree once more.

Old tree, you are beautiful,
Said a child called Wonderful.
I will remember your voice.
Like you ugly self.
A lovely voice like yours,
I would love to have.
Both our voices and words that they speak,
Are magical,
Said the two friends,
In love with each other's voices.

Written by Elysha Radford when she was 9 years old.
Another of Elysha's poems next month.

Calling all pirates and pirateses!



Cap'n Jesus and his pirates

Sunday 15th August

9.30-10.30am

J Team event at Ringmore
church

for all children and their
families

with J Team songs, sketches,

etc



In your pirate outfits,
rigging, or walk th
for more information, contact
COME AND JOIN THE



JULY RECIPE

COTTAGE CHEESE & SPINACH FLAN

Shortcrust pastry to line a 6" flan tin or dish
4 ozs Frozen spinach, thawed, chopped & well drained
Salt & Pepper
4 ozs Cottage cheese, sieved
1 Egg, beaten
2 tbs Fresh sour cream
Grated nutmeg
1 oz Cheddar cheese, grated

Preheat the oven to 200 degrees C., 400 degrees F, Gas Mark 6. Put a baking sheet to heat.

Put spinach in base of pastry case & sprinkle with salt and pepper.

Mix together cottage cheese, egg, sour cream, salt & pepper and nutmeg.

Pour over spinach & sprinkle with grated cheddar.

Place dish on the hot baking sheet in oven and bake for 25-30 mins. or until filling has set.

Can be eaten hot or cold.

Andrea Young

Overheard at the Antiques Road Show (recently held at the Naval College):

Owner of rather elderly plate: "But if this is worthless, why did my grandmother think it was so valuable?"

Valuer: "Because your grandmother was completely deranged!"

Rosemary Piercy

TONY TRIVETT'S TRIUMPH

All you golfers missed a momentous event the other day when TT and I – having laboured against mighty zephyrs and coruscating heat – approached the 17th. Having the honour, I showed TT the 'bouncing bomb' approach to this pesky little par 3, slapping my 9-iron to a foot short of the bunker whereupon it bounced joyously clean over the bloody thing before rolling exuberantly on to the green and coming to rest some 10 feet away. Beat that, I smirked.

TT then unravelled a nine-iron chip which I thought was an attempt to repeat my Barnes-Wallis method but, in fact, with Mickelson-esque grace, it described an elegant and graceful arc on to the green before making a perfectly paced and smooth run-in before descending into the cup with its final breath. Cue high-fives and ludicrous celebration with TT forgetting his sore back and cavorting across the tee. 'Twas a moment to savour and – he tells me – his first ever, the old par-3 virgin.

John Simes

Can anyone in Ringmore beat this?

There is a copy in Lincoln Cathedral Library of an original portrait in the Colchester and Essex Museum (artist unknown) of Mary Honywood (1527-1620)

Michael Honywood, Dean of Lincoln (1660-1681) was her grandson.

During her lifetime 367 of her direct descendants were born:

16 children; 114 grandchildren; 228 great grandchildren and 9 great great grandchildren!

Dennis Collinson

Regatta Bar & Waterfront Restaurant

Open from 9am daily for Breakfast, Lunch & Dinner
Come and see our newly refurbished bar & restaurant, choose from the new look 2010 menu with homemade selections

Sunday Carvery

Chef's selection of locally sourced meats and seasonal vegetables available every Sunday from 12-2.

£7.95

Includes a dessert!!!

Booking advisable to avoid disappointment.

*** WORLD CUP ***

ALL THE GAMES SHOWN LIVE ON LARGE SCREEN TV'S.

SPECIAL OFFERS THROUGHOUT
BEER & A BURGER FOR A FIVER
4pt PITCHERS £10
COCKTAILS FOR THE LADIES
(or the gents if you prefer?!)

SKY SPORTS

ESPN

ALL LIVE SPORTING EVENTS SHOWN IN THE REGATTA BAR,
NOW SERVING TRADITIONAL ALE ON TAP



• COSTA COFFEE



• FREE WIFI

• POOL & DARTS

UPCOMING EVENTS

QUIZ NIGHT
EVERY FRIDAY FROM 8.45pm

FOR ENQUIRIES OR TO MAKE A
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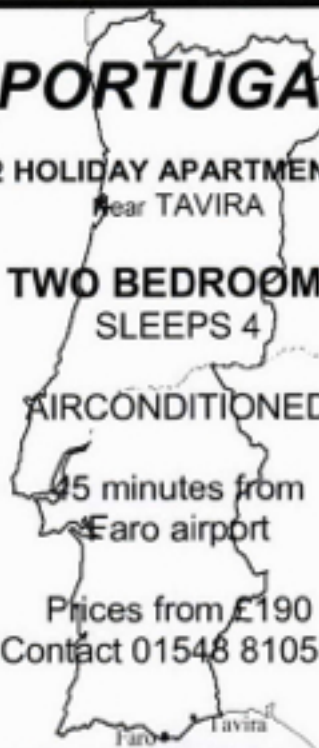
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If you would like more information or wish to apply please ring Peter Preston (Chairman) on 01548 831324

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