

Ringmore Parish Newsletter

April 2013



Issue No 328 Deadline for May's Issue 25th April 2013
Email ringmorenews@btconnect.com

Mary King and Family would like to thank everyone who attended Alan's Funeral on the 22nd February. For all the cards, sympathy and support, donations, (total not yet known) Conor and Tracy at the J.E for a lovely buffet, John Elliott for a beautiful service and Emily for her beautiful poem. You did him proud .

God Bless you all.

Mary



At Glance—April



Join the Pasty Club I

Holywell is now offering B&B



Last month, exercising with a Ball This month Olympic Policing. Plants Plants Pants! - May Fair 6 th May .

tearfund Raised £512.65



Challaborough Challenge on 21st April , Don't forget free fish & Chips and a strawberry Cornetto on completion!



Support Michael Rutkowski who is running in aid of Marie Curie cancer care



The J.E. J.E. B.T.T Tournament Who Won ??



Thai Curry Night is back !!!!!



Do you remember the milk being delivered from Milk Churns from a horse and cart ?



Treasurer needed, Thank you all, for the spring clean.



Can you Spare any Rubble?

**BIGBURY FUN
RUN NEED S
YOUR
HELP !!!!!**

If you have any news, views, any joke will be accepted (within reason!) or interesting articles or something to celebrate then send them in to the team to ringmorenews@btconnect.com or contact any of the team: Jane 811218, Gillian 810303, Karen 810382, Lynn 810093, or Sally 810639. Or you can drop it by Houghton Cottage in person! (I would like to say that it

was about this time last year I first started tinkering on the newsletter,) time flies! I anticipate that by the time you read this it will be a little late, it seems Easter got in the way this month, but that is just life sometimes.

There is plenty going on in April by the looks of things so, happy reading.

Sally

Sally Ness

MOBILE LIBRARY

Tuesday 9th and 23rd April
Ringmore Church 11.20—11.55



NOTHING TO REPORT



Rainfall

March 2013 Total 118 mm

10 year high : 178 mm

10 year low : 24 mm

10 year Av : 80 mm



FRIDAY BUS SERVICE

Departs Challaborough 09.55/Ringmore 09.47—Arrives Plymouth 10.49

Departs Plymouth 13.30—Arrives Ringmore 14.34/Challaborough 14.38

Village Transport Scheme

Please remember, if you need a car and driver to get you to hospital or to the dentist, then phone Phill or Sally Errett on 810547.

FARE CAR SCHEME – USE IT OR LOSE IT

Fare Car is operated by Ivy Cabs 01752 895555 by formal agreement with the Devon County Council. You need to phone them to book in advance

To Modbury £2.80 per single journey : Tuesdays, arrival 09.20, departure 12.30

Saturdays, arrival 11.35, departure 17.40

To Ivybridge, £3.50 per single journey: Saturdays only, arrival 12.05, departure 17.10

To Kingsbridge, £2.80 per single journey: Wednesdays, arrival 10.30 and 11.30, departure 12.30 and 13.30. This service is wheelchair accessible. Passengers can travel in an ordinary car seat or in a wheelchair. Anyone can use this service.

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

Sandy Hammond 810572
Alan Eves 810648
Mike Wilson 810211
Debbie Mercy 811276

Emily & Andi King 811210
Karen Purdy 810382
Jane Reynolds 811218



Please send items for inclusion in the newsletter to e-mail: ringmorenews@btconnect.com or contact any of the team: Jane 811218, Gillian 810303, Karen 810382, Lynn 810093, Sally 810639

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. The Editorial Team's decision is final.



If you've got a Shovel full of Rubble or even a pocket full of dirt The path to Toby's Points needs you!

My father lives in the village along the path to Toby's Point and the road is in a bad state.

If anybody has or is doing some DIY which creates rubble or has been clearing stone from their garden, could they please along to the path and place in the holes.

Also any left over gravel, chippings or any stone /brick matter would be appreciated. So please when you bring your dog for a walk or you just walk along the path, please bring anything you have, even if its just a carry bag at a time!

Thank you
Colin Eddy



DIARY DATES:

Monday	Short Mat Bowls ,Parish Rm	7.30pm
Tuesday	Table Tennis, Parish Rm.	8.00pm
Tuesday	Art Class Parish Room	10-12.30am
Wednesday	Cameo Coffees	10.30 -12.00

April 2013

1	WI cream Teas WI Hall	3.15—5.30 pm
3	RBL Meeting , Dolphin	7.30pm
11	WI Meeting @WI Hall	8.00pm
16	Parish Council Meeting	7.00pm
17	Historical Society Meeting @WI Hall	7.30pm
21	Challaborough Challenge @ Fryer Tucks	9.30am
23	St Georges Day	
23	APCM Kingston	7.30pm

May 2013

6	May Fair WI Hall	2.00pm
1	RBL Meeting Dolphin Inn	7.30pm
21	Parish Council Meeting ,WI 6.45 AGM	7.30 pm

June 2013

5	RBL Meeting Journeys End	7.30pm
7	Flower Festival All Hallows & W I	
8	Flower Festival All Hallows & W I	
9	Flower Festival All Hallows & W I	
18	Parish Council Meeting, WI Hall	7.00pm

July 2013

6 Wedding All Hallows

August 2013

26	Annual Fete	2.30pm
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Sept 2013

4	RBL Meeting Dolphin Inn	7.30pm
29	Harvest Festival . All Hallows	

Oct 2013

2	RBL Meeting Journeys End	7.30pm
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Nov 2013

6	RBL Meeting Dolphin Inn	7.30pm
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December 2013

4	RBL Meeting Journeys End	7.30pm
22	Carol Service All Hallows	6.00pm

Events at Bigbury Memorial Hall

Easter Extravaganza South Hams Shrimps Toddler Group
Sunday 14th April 2013 look out for the posters ! Fun for all the little ones !

Horse Meat Scandal, Only the other night we went out for a meal for two—both were bad starters , one main was ok , surprisingly though, we hoofed it down.Horse walks into a bar. Barman says 'sorry mate, we don't serve food in here'What's the fuss? For years we've been told that Ready Meals contain too much Salt and

ShergarTold my mate I had a hot date with an Italian Stallion - sounds a lot better than saying I'm sitting at home eating a Findus lasagne for oneFindus lasagne contains horse meat. I'd check the spaghetti bologneighs as well .

RINGMORE PARISH COUNCIL

**MINUTES OF A MEETING HELD ON 19 MARCH 2013
IN THE W.I. HALL, RINGMORE AT 7.00 PM**

- 33/13 **REPORTS**
Ringmore Newsletter
JP tabled a report from the editorial team of the Ringmore Newsletter. It was noted that solid progress had been made and the team were to be congratulated.
- 34/13 **DECLARATIONS OF INTEREST**
BL regarding the planning application, minute 37/13.
- 35/13 **MINUTES OF THE PREVIOUS MEETING**
It was noted that minute 23.4 should have more correctly described footpath 10 as Ayrmer Lane (Smugglers Path).
- RESOLUTION**
THAT the minutes of the meeting held on 19 February 2013 be accepted as a correct record.
Proposed: Cllr Brian Lambell Seconded: Cllr James Parkin
Resolution carried unanimously.
The minutes were signed by the Chairman.
- 36/13 **MATTERS ARISING**
- 36.1 **Traffic Calming**
The Clerk explained that the road markings across the carriageway were correct to prevent vehicles turning into the minor road (double dotted lines to indicate an exit from a minor road, single dotted line to indicate an entrance into a minor road). However the paint was faded. Highways would be asked to repaint the markings on the junction. An artist's impression of the proposed use of cobbles between the bus shelter and the church in order to slow down traffic entering the village would be useful to show parishioners. JP would brief an artist. JP
- 36.2 **Flooding in Ringmore village**
Following 01/13 the sum of £1,000 had been received from the application to County Cllr William Mumford's Locality Budget Grant to carry out remedial works. JD
- JD tabled an e-mail from Devon Highways concerning the road repairs and alterations required in the parish.
- 37/13 **PLANNING APPLICATION**
40/0574/13/F Marwell Cross Gardens – glazed canopy and 4 roof lights and detached garage.
RESOLUTION
THAT no objection be filed in respect of the above application
Proposed: Cllr Jeremy Deverson Seconded: Cllr John Reynolds
Resolution carried unanimously.
The Clerk would advise SHDC accordingly. Clerk
- 38/13 **FINANCE**
The meeting noted the summary of receipts and payments previously circulated by the Clerk.
- | | |
|--|-----------------|
| | £ |
| Bank balances as at 19 March 2013 | 4,737.15 |
| Payments | |
| Clerk | 73.60 |
| John Reynolds, stationery and subscription to Orchard Link | 23.00 |
| TOTAL | <u>96.60</u> |
| The above payments were approved. | |
| Thus cash now available | <u>4,640.55</u> |
- 39/13 **PARISH PATHS**
JR reported that the bid to DCC for £3,500 would be paid in full for footpath funding. JR would prepare a schedule of work. JR
- 40/13 **LOCALISM**
Following 26/13 BC gave a fuller explanation about the Community Right to Bid.

RINGMORE PARISH COUNCIL

- The meeting discussed the implications and opportunities in the village would be kept under consideration. All
- 41/13 **PARISH ANNUAL MEETING**
- The Clerk would prepare a letter of invitation for organisations to present reports at the annual parish meeting to be held on 21 May 2013. Clerk
- 42/13 **COUNTY COUNCILLOR'S REPORT**
- WM reported that DCC had now set a budget for 2013-4. It was hoped that central government funding would become available to meet the costs of dealing with the extraordinary weather conditions in 2012-3. Progress was being made with collaboration of DCC and Somerset County Council trading standards departments.
- The highways works previously discussed were in hand although no definite dates for the work could be given.
- The meeting discussed a complaint from a parishioner about construction traffic through the village in connection with building works in Challaborough. WM commented that contractors could not be forced to divert vehicles via Folly Farm as the road through the village is a public highway
- 43/13 **DISTRICT COUNCILLOR'S REPORT**
- BC reported that SHDC's budget had been adopted that SHDC had decided on a 3.5% increase for 2013-4.
- The review of the number of councillors (reduction from 40 councillors to 30) had now been approved.
- 44/13 **CLERK'S JOB DESCRIPTION AND CONTRACT OF EMPLOYMENT RESOLUTION**
- THAT THE Chairman be authorised to agree and finalise a job description and contract with the Clerk. MH
- Proposed:** Cllr Jeremy Deverson **Seconded:** Cllr James Parkin
Resolution carried unanimously.
- 45/13 **SKIP PROGRAMME**
- It was noted that Bigbury PC had declined to collaborate on a skip at Challaborough. JR would investigate the provision of a mini-skip at Challaborough to be incorporated into the next skip service in Ringmore, ideally before the Spring bank holiday. JR
- 46/13 **CORRESPONDENCE**
- See minute 42/13 above.
- 47/13 **ANY OTHER BUSINESS**
- A request had been received from Ringmore Historical Society to move the parish map on the bus shelter in order to place a new notice board for village notices. The PC had no objections providing the new notice board was fit for purpose and in keeping with its surroundings.
- 48/13 **MEETINGS ATTENDED BY COUNCILLORS AND CLERK**
- None
- 49/13 **AGENDA ITEMS FOR NEXT MEETING**
- Annual meeting
- Next meeting: Tuesday 16 April 2013 at 7.00pm

Church Services and thought for the month

Dear Friends and Neighbours,

You will get this letter for April, this year, when the festival of Easter has passed by. The story of Easter begins with the unexpected appearance of Jesus after his death on the cross to groups of his disciples and followers, conveying the message that his death had not ended his life as his opponents had hoped. In fact that death had no more dominion over him. Here he was living in the dimension of eternal life, the life of Heaven. The life of the disciples, men and women, were completely changed by these events. Instead of a fearful frightened group of people, they became one which went out into the world to proclaim a message of love and peace, joy and goodness. So this period is called 'the great fifty days' in which the disciples were given a new insight to their calling by the risen Lord. So for us the next seven weeks are times of renewal and fresh understanding in the Church leading to Pentecost, a Hebrew festival of the first fruits of harvest. It is a preparation for the beginning of this new adventure or enterprise of bringing in the Kingdom of Heaven. In the Lord's Prayer Jesus taught his followers to say 'Thy will be done as it is in heaven'. At the end of this time Jesus no longer appeared to them. In fact they witnessed his return to heaven. But on returning to Jerusalem they discovered at the feast of Pentecost that they themselves were empowered by the Holy Spirit to carry on his work of loving God and loving their neighbours. For instance Peter and Andrew who were just fishermen became leaders of the Church, the called people who felt impelled to give their lives in service of God and others. So Christians have tried to follow this discovery of the Spirit filled life, full of hope and the power of God's love, ever since.



It has been a chequered adventure with many failures but with many successes too. Many times over the ages the risen Lord through the Holy Spirit has transformed the lives of individuals and communities.

We live in confusing times and long to find a way through the difficulties with which life presents us; for our children, ourselves, our communities and nation. We long for peace and understanding. It is my belief that the life the disciples discovered is available to each one of us and our world today. Why not lay aside your feelings of doubt and with those who do already, place your trust in the power of the God the Father, the Son and the Holy Spirit and join us in our enterprise? We badly need help to bring love, joy, peace and goodness.

If you do already, then increase your efforts with His power at your shoulder.

May His joy be yours.

Michael Wilkinson

	Bigbury 11.00 am	Kingston 9.30 am	Ringmore 9.30 am
7 April	Family Communion	Family Communion	Family Service
14 April	Family Service	Family Service	Holy Communion (BCP)
17 April	Korniloff Communion (2.30 pm)		
21 April	Family Service	Holy Communion	Village Service
28 April	Holy Communion (BCP)	Family Service	Family Communion

Team Rector: The Revd Neil Barker (830260: not available on Mondays)
 Team Vicar: The Revd Lesley Vallant (550933: not available on Fridays)
 Team Readers: Chris Lally (521587), Michael Tagent (810520), Terry Vallant (550933)
 Website: www.modburyteam.org

**Chairman's report for the Fifth Annual General
Meeting of the Ringmore Parish Room Committee
21st March 2013**

During the period covered by this report the committee has put on a quiz evening, and produced the fourth Ringmore calendar.

The Parish Room has been used for the church Harvest Lunch, a Shrove Tuesday event, a surf training group, a charity event, birthday celebrations, the Historical Society exhibition, a funeral wake, a coffee morning, two sleepovers by the Cub Scouts, and of course for the Queen's Jubilee celebrations. The Art Group continues to hold classes but now on a once weekly basis. Regular rental income is also generated by the table tennis and short mat bowls evenings.

The film nights have proved very popular and have regularly attracted an audience of twenty or more. There have been five during the Autumn and Winter evenings plus a very successful matinee showing of Jungle Book which coincided with a Cub Scout sleepover.

The committee decided to reduce the number of Ringmore calendars printed this year to 150 as there were about 20 left unsold last year. A last minute rush resulted in a sell out, and once again we were very grateful to Holywell Stores, Park Dean, Friar Tuck and others for their help in selling the calendars.

At the time of writing, our application to the Lottery Fund is being assessed and we should have a decision in a few weeks. If successful, the grant will pay for the re-rendering of the rear wall, alterations to the path, repairs to the toilet roof and a new hand rail to the access steps.

The committee did explore the possibility of constructing a covered walkway to the toilet to provide protection from the weather on occasions when access could not be gained via the stage. However it was clear that this work, as well as that outlined above, could not be achieved within the funding limits of the Lottery Fund grant, and it was considered more important to concentrate on the essential work in order to prevent deterioration to the fabric of the building.

Barry Old, Chairman

Accounts have been prepared in accordance with charity law, showing receipts of £2,578 (Hall rental, fund-raising and donations) and payments of £2,684 (mainly Hall running expenses). Year-end funds totalled £1,622. Copies of the full Accounts are available on request.

Dear Ringmore News

Did you know that Butter is going to be mass produced from Butterfly milk, however the cold weather we have recently experienced may put a dampener on this year's breeds known for their butter production who coincidentally have a natural habitat around the South Hams area. If we could all put a little saucer of milk out on the rare sunny days we may do our bit to boost the energy of the depleted Butterfly Butter production.

Thank you

The British Council for Butterfly Butter.

PS please remember full fat and if possible organic.

BUY LOCAL, BUY BUTTERFLY BUTTER.

100% Naturally Churned. Packed with Vitamin B. Delicious!



17th ANNUAL JOURNEY'S END
J. E. BRACEY TABLE TENNIS TOURNAMENT
3rd March 2013

There should not be anything exceptional about the 17th annual J.E.J.E.B.T.T. tournament that took place on the 3rd March this year, but there was. Again the Ringmore Table Tennis Club loaned the table bats and balls and Phill Errett and I dragged them up noisily from the Parish Room to the pub just before lunch in preparation for the start of the games at 1-30. We were well rewarded though by Tracy and Conor giving us a delicious rare beef hap, plus roast potatoes, an enormous Yorkshire pudding and an egg cup of gravy; it was all scrumptious, washed down with a pint of excellent real ale of course.



There were the perfect number of 32 contestants on the chart, (thanks partly to Tracy entering a few of the staff professional players (she paid them to play) but it was not so easy to find two contestants whose names had been drawn out of the hat so that the tournament started a little bit late. Nevertheless round one did get under way by about 1-45 and the players and many onlookers provided reasons for lots of laughter, tension at times and a noisy, happy atmosphere. Several of the matches went to the best of three, and there were a few surprise results. Members of the Ringmore club not unexpectedly survived to the second round but so did many non-members and also those brave people who entered not having played for a long time; they put up very good performances and said that they enjoyed the experience. I would encourage them to come to the Parish Room at 8.00 on a Tuesday evenings to hone their skills and enjoy the good atmosphere there, we need a few younger players! Three previous champions survived to the quarter final where Frank Williams (Champion 2009) was eliminated by my better half (well in this tournament!) Ann who, after beating John Simes in a gripping semi-final match of three very close games, went on to the final where she was eventually beaten by Adrian Bull, (2008). Adrian knocked out Jim McGinley, (2003/4 & 5) in the other semi-final. Adrian is a worthy Champion beating Ann 11-8/11-7 in a tense and close match, he was Champion in 2010 and it would be good to have a different name on the board next year, Mike Turney having missed out on a hat trick. It would be especially good if that name was "Bracey"! This year the trophy, together with a bottle of wine given by Tracey, our hostess, was presented to Adrian at the conclusion of the event; another bottle, from John was given to Ann to take "back to the cellar".

My sincere thanks to all those who took part in the Tournament especially the new comers, to those who watched and cheered and those who assisted me on the day, especially Phill Errett also Ron Williams for recording scores, Barry Bates for helping with scoring, and to our local lone paparazzi, Mike Wynne-Powell for visually recording the event. Last but not least our thanks to Tracy and Conor for allowing and encouraging continuation of the event at the Journey's End, what would the village be without our local. A contribution of £50 from competitors' donations was made to the Air Ambulance organisation and where would some of us be without them.

John Bracey

All Hallows
Church,
Ringmore



Treasurer

Help is urgently needed to fill the post of Treasurer. If you or you know of anyone willing to undertake the post of Treasurer would you please contact me.

Lent Course

The meetings at Barnford are well attended and proving to be both entertaining and thought provoking. Many thanks to Adrian and Judy for hosting such a successful group.

Pre-Easter Church Clean

Many thanks to all of you that turned out to give All Hallows a really good "Spring Clean". Special thanks go to Drina for organising the clean up and providing the welcomed refreshments.

Flower Festival - June 7th to 9th

Arrangements for the Flower Festival in conjunction with the Ringmore Women's Institute are in full swing. There will be a Gala Concert on the Friday evening (ticket only) and a Festival of Praise service Sunday evening at 6 pm. Coffee, light lunches and teas will be served in the W. I. hall during the Festival. Offers of help for the event would be appreciated.

Electoral Roll

Every 6 years instead of the existing parochial electoral roll being revised, an entirely new electoral roll needs to be compiled, 2013 is such a year. New forms along with a covering letter will be issued shortly to all those on the current register. If any one who is not currently on the electoral roll wishes to register then please contact Phill or pick up a form from the church vestry.

Annual Parochial Church Meeting - 23rd April 2013

The Annual Parish Meeting followed by Annual Parochial Church Meeting will be held at Kingston church starting at 7.30 pm. Notices to the effect will shortly be posted in the All Hallows porch. Nominations for any of the vacancies are requested prior to the meeting. Anyone wishing to join our friendly band of helpers would be most welcome.

Prayer Chain

From time to time, most of us feel the need for prayer (whether or not we go to church). Over the past few months many have felt the need and benefit of the prayer chain. If anyone has a prayer request, they can phone one of the numbers below and give details of the request (as much or as little detail as they wish). That person will then phone the next person on the list and so on - ensuring at least ten people are praying. Details will be kept confidential at all times. Rosemary Wilson 810211, Jenny Williams 810851, Mary Wilson 830280, Gill Tomlin 810028, Sally Errett 810547, Alice Thornton 810284, Judy Bull 810420, Alison Wynne-Powell 810407, Sally Ness 810639, Drina Williams 810405.

20 Years Ago

The Beach clean had to be re scheduled due to bad weather. The WI went to see Aspects of love in Plymouth. The Ringmore Historical society charged members 30p and non members 60p.

10 Years Ago

Brian Carson stood again for South Hams District Councillor. £1775 is left outstanding to complete the Millenium Clock. £273.61 was raised for the Medic Malawi from the Korniloff Coffee Morning. Short Story competition had entires opening lines ... " A Solitary walker plodded home across the moor in murky dusk..."



**National
Trust**

Happy Easter from the South Devon Team. We hope you are enjoying the holiday if you are off from school.

The weeks of the 11th & 18th March were the South Devon Rangers schools week. The team worked with 9 different local schools across the two weeks, Kingsbridge, Stokenham, Loddiswell, Marlborough, Wembury, Newton Ferrers, Yealmpton, Brixton and Long Cause school. This School Weeks were held at East Soar Farm and Wembury beach and the ranger team organized a variety of tasks including scrub and bracken cutting, scavenger hunts and pond / stream dipping. Unfortunately due to the adverse weather of snow in the first week and heavy rain and gale force winds in the second week, two of the days had to be cancelled and for one of the schools the rangers visited the school instead and did some activities in the classroom. The School children worked extremely hard, and we hope they enjoyed their time as much as the rangers did. The South Devon team have will have two more schools Weeks in June and these weeks are a great way to teach children about the countryside, wildlife, different habitats and how best to look after these precious areas.

Ever fancied trying out trail running? Well, East Soar Outdoor experience has organized a few trail running events for beginners, the first of which included a taster session on the 23rd of March. It is a fantastic way to get fit and run on the stunning South West Coast Path. The next event will be held on the 6th of April, so if you would like to start trail running contact Schalk at East Soar Outdoor Experi-

ence on 01548 561904 to find out more.

To launch the National trusts '50 things to do before your 11 ¾' we are running two events, one on Saturday 4th of May at Wembury and the other on Sunday the 5th of May at East Soar Outdoor Experience. Join the rangers for lots of activities to try, including a barefoot walking trail, bug hunts, pond dipping, campfire cooking, hunting for geo-cache and exploring a nature trail. For further information please look on the National Trust website.

In Noss Mayo woods we have been undertaking Rhododendron clearance and management. The Rhododendron is an invasive species which if not managed will spread rapidly and will decline the number of under story species growing in these woods, causing a detrimental affect for the flora and fauna in the area. A bi-product of these works are the stunning views up the estuary which have been opened up, well worth a walk through the woods.

Daniel Campbell our countryside intern and Simon Hill our projects officer have both left the team for new jobs. Daniel left to pursue employment opportunities near his home town, and Simon Hill is pursuing a geography teaching position in France. Simon and Daniel were extremely hard workers and will be missed by the team. On a happy note, we have a new intern starting in Daniels place. We will keep you informed in the next issue how our new intern Rebecca is getting on.

Hollie Ferris

Community Ranger Intern



To keep up to date with the South Devon ranger team visit our blog at: www.ntsouthdevoncountryside.co.uk

Follow us on Twitter: @NTSouthDevon and Facebook: National Trust South Devon Countryside

BIGBURY YOUTH CLUB

Following our appeal in last month's Bigbury News I am delighted to let you know that Elaine and Andy from Bigbury on Sea have offered to run the Thursday evening sessions.

However they will need help if the Youth Club is to thrive, if you think you might be able to give them a hand then please contact them on 811137.

The first session for the new club will be on Thursday April 18th from 6.30pm at the Memorial Hall, the cost per session is only 50p and all children aged between 5 and 16 are welcome to attend.

RINGMORE PARISH ROOM

**Spring Lunch
Sunday April 21st**

EVENT CANCELLED



Ringmore
March 2013
"Having a Ball"

Is it possible to have a really good workout while sitting comfortably in a chair?? Is this something for only Very Old People? Well, in Ringmore we have discovered that the answer to the first question is a positive Yes with an equally positive No to the second. Penny Grevatt took us through a series of exercises that must have worked almost every muscle in the body, and although each movement was apparently simple we all felt more supple and refreshed by the end of the evening. As an example, try this simple suggestion: to ensure that you are sitting correctly, imagine there is a straight vertical line between your pubic bone and your breastbone.

Penny gave us a great variety of exercises; she was very encouraging, and we had a lot of fun. Later in the evening we were each given a small squishy ball

with which to practice resistance movements – such as holding the ball in the crook of a bent elbow, then trying to squeeze it by bringing the lower arm to meet the upper arm. One of the best parts came at the end, when we were shown how to give ourselves a back massage; we stood against a wall with the ball between our backs and the wall, then gently moved from one side to the other. Wonderful – but you have to own the right type of ball!

Thank you Penny, for introducing us to such simple and yet effective exercises.



Next meeting
**POLICING THE
OLYMPICS**

Thursday 11th April
8 pm in Ringmore W.I. Hall

Steve Mullen recounts his experiences as a police officer, including the Olympic events in Weymouth

ALL WELCOME – NOT JUST MEMBERS!

RINGMORE W.I.

May Fair

Enjoy a cream tea!

Bank Holiday Monday 6th May
2 p.m. in the W.I. Hall

Cakes – plants – bric-a-brac – books – ice creams – raffle
tombola – face painting – children's crafts
... and much more!!

Adults 50p, children 20p

Books and bric-a-brac: deliver to the Hall on the day
or contact Jackie for collection (810520)

Contributions for the cake stall and tombola much appreciated

Ringmore Historical Society Wednesday April 17th

7.30 in the WI hall

Previously unseen photographs of the village from residents past and present will be shown, giving further insight into life in Ringmore. Do you remember the horse and cart (green and cream) which delivered milk from churns, or the MG carrying the (Ringmore) Queen on 2nd June 1953 outside Quarry garage?

The Historical Society is embarking on a new effort to develop a recent history of the village and is

inviting all residents and locals, past and present, to add their memories and experiences at the meeting on April 17th.



SPOT THE DIFFERENCE



PLANTS! PLANTS! PLANTS!

You want 'em; I got 'em!

Hebe	Courgettes	Begonia
Hydrangea	Cucumbers	Delphinium to colour
Lavender	Strawberries	Doronicum
Marguerite	Tomatoes - varieties	Gaillardia daisy
Montbretia	<i>All home grown And salt-air friendly</i>	Gazania
Philadelphus		Geranium – red
Sedum		Lobelia
Senecio		Lupin
Teucrium		Petunia
Weigela		Penstemon

Ring Jackie on 810520

All proceeds to Ringmore W.I.

And Finally

Family things to do on a Rainy day

At home

Practise your spying techniques by writing messages in code, using mirrors to write in reverse and making tin-can phones connected with string (yogurt pots can be used if you have no tins).

Make your own codewheel by downloading instructions from the Science Museum's espionage website (www.scienceofspying.com).

Lemon juice is a good substitute for invisible ink: hold the paper up to a light to read. Acting the part with walkie-talkies and binoculars adds to the fun.

Don't just stick on a DVD: watch a film in style. Write up a poster of the treats in store, cinematic and otherwise.

Make snacks such as brownies, popcorn, ice cream (or smoothies, carrot sticks and mini tomatoes if the grown-ups insist), darken the room, invite the neighbours round, use torches to show people to their seats, then let the show begin.

Revel in the rain

Don't fight it, enjoy it. Wrap up well in water-proofs and go for a brisk walk.

Introduce the children to the appeal of splashing through puddles to the nearest family-friendly Pub – The Journey's End ! for chips and ice cream and other delicious goodies.

Things to do when you are bored at home

Read (especially the Ringmore Parish News, well done for getting this far (you know who you are) – The Editor !

Browse the shelves in your room or home for books or magazines you'd like to read. You can also read the full text of many copyright-free books online or read news or feature stories on

the Internet.

Write

Do some creative writing. Write a poem or short story or start a novel or nonfiction book. Write in a journal about what you've done that day or about how you're feeling. You can even pen a letter to the editor of your local newspaper on an issue about which you feel passionate. (go on send it to the Newsletter as well !!!!)

Start Knitting !

Chop up Fire Wood

Play with a fantastic Train Set

Make a den

Bake a cake

As a last resort

Organise And Clean

Set out four boxes and mark them with the following labels: "Keep," "Throw Away," "Recycle" and "Give Away." Go through your belongings and place each of them in one of the boxes. Only keep what truly makes you happy or things that you need. Paring down what's in your room and organising it can make you feel mentally and emotionally lighter and help you be more productive and content. After you've finished organising, dust all surfaces and vacuum or sweep the floor.

That should keep you busy !



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Plymouth's half marathon



I am supporting **Marie Curie Cancer Care** this year in memory of my father who died due to a lung cancer related illness when I was just a young child.

I am hoping to raise a minimum of £220 which would help to pay for caring for a hospice in-patient for one day. This does not sound much but I am aiming low to achieve my goal.

Training has been going on since January and I am now running for 2hrs during my weekend run. I try to get three runs in during the week which each last for about an hour.

I would be grateful if you would consider sponsoring me. This can be done by either logging onto

www.justgiving.com/Michael-Rutkowski

I have a collection tin which is registered with the Marie Curie trust or you could phone me (01548 810470) and I could manually enter your sponsorship on an official form.

There is a large field of participants anticipated for the run. It starts on the Hoe at 9am on **Sunday 28th April**. Your support would be much appreciated. **Marie Curie will have a support team present on the day.**

My anticipated time is to run under two hours but to complete the half marathon is my goal.

Thank you for taking the time to read my request.

Michael Rutkowski Little Westbury Ringmore

Raising funds in aid of

Marie Curie
Cancer Care



2013

BIGBURY FUN RUN

SATURDAY 22nd JUNE

Due to work commitments we are in desperate need of help to organise this years event, unfortunately for various reasons the organisers from previous years are unavailable this year and without a number of people coming forward to organise this years event there will be no

Fun Run in 2013 a final decision on this years event will need to be made before the end of April

**If you think you can help please contact
Dane on 810308 or holywellstores@msn.com**

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Ayrmer Cove
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The Route

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& a Free Strawberry Cornetto 14.00hrs**



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tearfund

Tearfund Lunches

We should like to thank everyone who either contributed or came to last winters soup Lunches. We raised £512.65 to send to Tearfund, which will make a big difference to the community in Malawi where our donations go.

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Judy
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Gill
and
Sally

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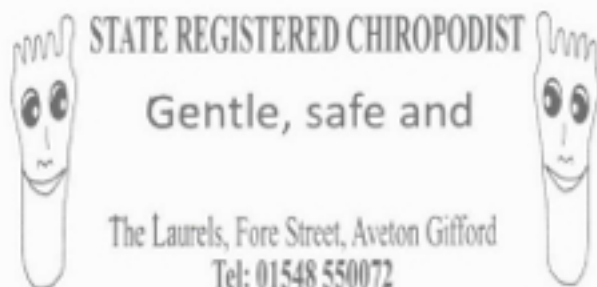
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Just to let you know on the first Wed of every month we have an Open Celtic Folk Night.

Check for Easter Opening Times

Conor and Tracy

referring page for an image that appears in Google search results.

You can now also specify this information in the header of your pages using the "X-Robots-Tag" HTTP header directive. This is particularly useful if you wish to limit indexing of non-HTML files like graphics or other kinds of documents. [More information about robots.txt](#)

```
<meta name="google"
content="notranslate"
/>
```

When we recognize that the contents of a page are not in the language that the user is likely to want to read, we often provide a link to a translation in the search results. In general, this gives you the chance to provide your unique and compelling content to a much larger group of users. However, there may be situations where this is not desired. This meta tag tells Google that you don't want us to provide a translation for this page.

```
<meta name="google-
site-verification"
content="..." />
```

You can use this tag on the top-level page of your site to verify ownership for Webmaster Tools. Please note that while the values of the "name" and "content" attributes must match exactly what is provided to you (including upper and lower case), it doesn't matter if you change the tag from XHTML to HTML or if the format of the tag matches the format of your page. [More information](#)

```
<meta http-
equiv="Content-Type"
content="...;
charset=..." />
```

This meta tag defines the page's content type and character set. Make sure that you surround the value of the content attribute with quotes - otherwise the charset attribute may be interpreted incorrectly. [More information](#)

```
<meta http-
equiv="refresh"
content="...;url=..."
/>
```

This meta tag sends the user to a new URL after a certain amount of time, and is sometimes used as a simple form of redirection. However, it is not supported by all browsers and can be confusing to the user. The W3C [recommends that this tag not be used](#). We recommend using a server-side 301 redirect instead.

Other points to note:

- Google can read both HTML and XHTML-style meta tags, regardless of the code used on the page.
- With the exception of `verify`, case is generally not important in meta tags.

This is not an exclusive list of available meta tags, and you should feel free to use unlisted meta tags if they are important to your site. Just remember that Google will ignore meta tags it doesn't know.

