

**ST. CATHERINE, WHITESTONE**

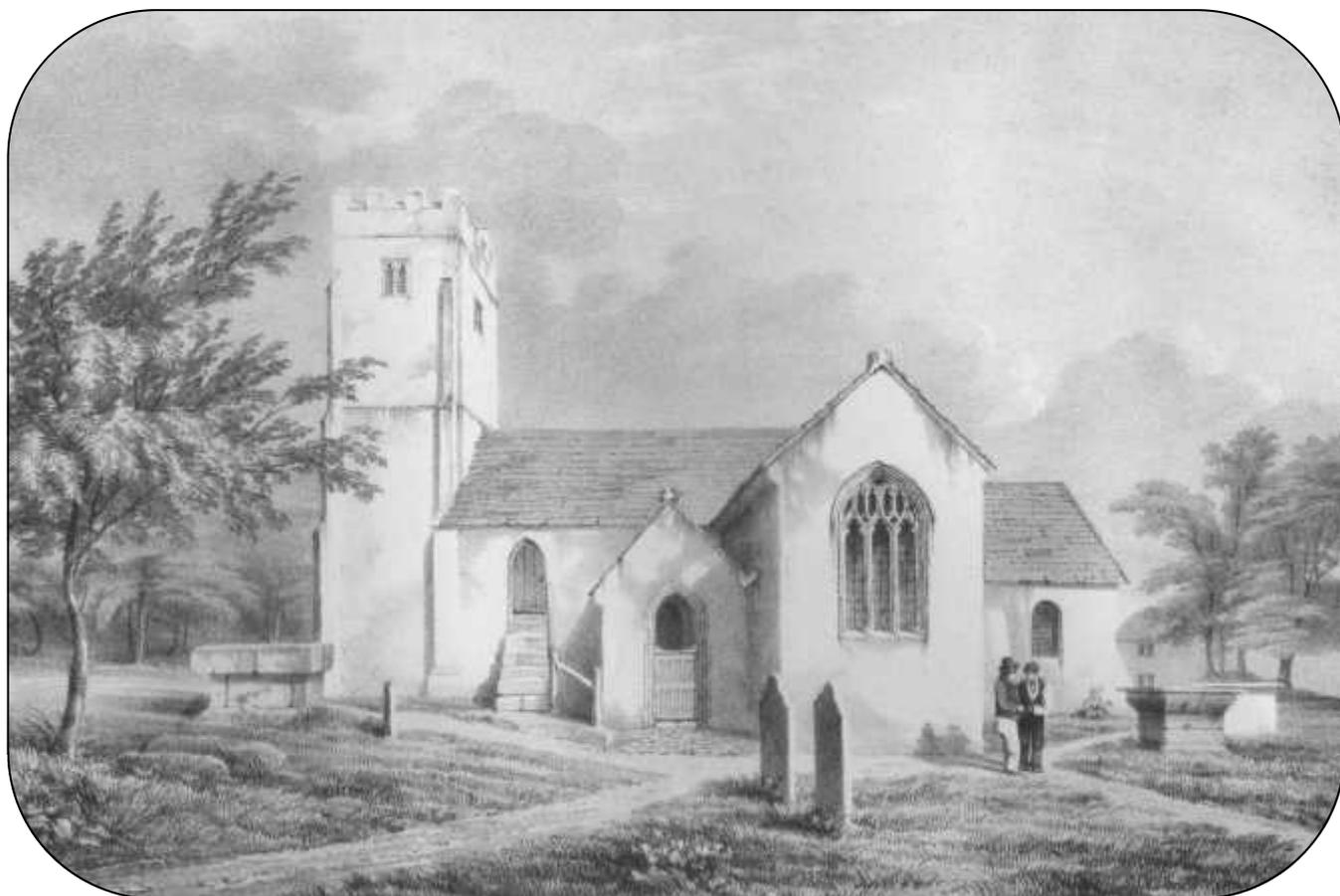
with

**Pathfinder Village**

and

**ST. THOMAS, OLDRIDGE**

*Parish Magazine*



*St. Catherine's Church, Whitestone 1841  
(drawn from Nature and on Stone by W. Spreat)*

**Rector**

Reverend Martin Wood, The Rectory, Church Lane, Cheriton Bishop EX6 6HY 01647 24119

**Whitestone and Oldridge Churchwarden**

Dr. Jane Richards, Quarryfield House, Whitestone (01392 811492)

# NORTH KENN MISSION COMMUNITY

## SERVICES FOR SEPTEMBER 2013

### Sunday September 1st

<b>9.00 am Whitestone</b>	<b>Holy Communion</b>	<b>Revd Tim Gorringe</b>
9.30 am Holcombe Burnell	Parish Communion	Revd Martin Wood
11.00 am Tedburn St Mary	Family Service	Revd Martin Wood
3.00 pm Pathfinder	Holy Communion	Revd Martin Wood
6.00 pm Cheriton Bishop	Evensong	Lay led

### Sunday September 8th

8.00 am Tedburn St Mary	Holy Communion	Revd Tim Gorringe
9.30 am Holcombe Burnell	Holy Communion	Revd Tim Gorringe
<b>9.30 am Whitestone</b>	<b>Parish Communion</b>	<b>Revd Martin Wood</b>
11.00 am Cheriton Bishop	Family Service	Revd Martin Wood
3.00 pm Pathfinder	Prayer and Fellowship	

### Saturday September 14th

<b>6.00 pm Whitestone</b>	<b>Saturday Surprise</b>	<b>Revd Martin Wood</b>
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### Sunday September 15th

9.30 am Cheriton Bishop	Parish Communion	Canon John Tutton
3.00 pm Pathfinder	Harvest Praise	Revd Martin Wood
6.00 pm Holcombe Burnell	Evensong	Lay led
7.00 pm TSM Village Hall	Praise	Revd Martin Wood

### Sunday September 22nd

8.00 am Cheriton Bishop	Holy Communion	Revd Tim Gorringe
9.30 am Tedburn St Mary	Parish Communion	Revd Martin Wood
11.00 am Holcombe Burnell	Family Service	Revd Martin Wood
3.00 pm Pathfinder	United Service	
<b>6.00 pm Whitestone</b>	<b>Harvest Praise</b>	<b>Revd Martin Wood</b>

### Sunday September 29th Feast of St Michael and all Angels

<b>10.30 am Whitestone</b>	<b>Team Communion</b>	<b>Revd Martin Wood</b> <b>Revd Tim Gorringe</b>
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### Every Thursday

#### 10.30 am Pathfinder Holy Communion (BCP)

5th September	Revd Martin Wood
12th September	Canon Geoffrey Moore
19th September	Revd Martin Wood
26th September	Revd Martin Wood

## Letting go and moving forward

**This autumn there is the chance to discover more about God and his love for us in the Christianity explored course in the home of Freddie and Emma Hawkins. It looks at key aspects of the Christian faith. It will cover familiar parts and may be something new to you. It will allow time for discussion and finding out more with no commitment to anything except learning more about God and Jesus. Perhaps you can make time on a Tuesday evenings to discover more and move forward.**

As we make the transition from summer to autumn there is sometimes both a reluctance to let go of the possibilities summer brings and an apprehensive acceptance to embrace autumn. It is the same with many other transitions from the familiar to the unknown. If your children move to a different school over the summer holidays, they may be excited by the new opportunities a new school offers, or the thought of the unfamiliar may bring real anxieties. These transitions in our life situations or in the world around us have to be negotiated; we have no choice. We do not often have the ability to stop them or opt out, we have to carry on. But equally we recognise that the changes themselves are more often temporary, winter will replace autumn and the Christmas holidays will replace the school term. Very few changes will last forever, most will change and change again. For this reason we are constantly growing and learning. It is never a good place to be where we stop growing and learning because sadly we get left behind.

I was walking through a park and came across a plaque that said that the tree was grown from an acorn by the primary school in 1904. The tree was large and beautiful and the school children will have grown up and died. I was left to admire its beauty and marvel at the legacy that had been left through it. Those children in 1904 had unwittingly left a legacy for many to enjoy. It is also true that we do not know what will last and what will fade away. It is worth challenging ourselves with what sort of legacy are we leaving future generations?

We are reminded that one of the things that lasts forever is love. We remember loving acts that we have received for all our lives, often long after that person has died. It is somehow a glimpse of the eternal. It is no wonder that we regard God as both loving and forgiving. There is a sense of both the eternal and endless possibilities as we think of God. I think we need to consider two questions when we deal with change in our lives. Firstly, are we leaving a legacy that enables others to flourish and grow? Secondly, are we being drawn away from God or drawn closer to God? I think in our heart of hearts we know the right answers to these big questions.

*Rev. Martin Wood. The Rectory, Church Lane, Cheriton Bishop EX6 6HY 01647 24119 (Tuesday to Sunday)*

### **DAILY OFFICE (MATTINS AND EVENSONG)**

Martin will be saying the Daily Office (Mattins and Evensong) in each of the churches once a week at 9.00 am and 3.00 pm as follows:

**Tuesday: Holcombe Burnell**

**Wednesday: Tedburn St. Mary**

**Thursday: Cheriton Bishop**

**Friday: Whitestone**

He will be very pleased to see anyone who wishes to join him or speak to him at these times as well.

# Christianity Explored course starts on 1<sup>st</sup> October

This is an informal 7-week course for anyone who wants to investigate Christianity with a group of other people.

It will take place at Whitestone House on Tuesday evenings at 8pm-9.30.

Tea, coffee and puddings served!

More information from Freddie & Emma Hawkins via email  
[freddie\\_hawkins@yahoo.com](mailto:freddie_hawkins@yahoo.com) or telephone 811583

The Charity Garden Party on 13th July at Longdown raised £901 for ELF and the Samaritans.

Many thanks to all those who supported the event in any way.

Jane and Pam.

## PATHFINDER VILLAGE HALL

Saturday 14th September 10:30am

## PATHFINDER VILLAGE CHURCH COFFEE MORNING

Many items for sale, Fund raising event  
Everybody welcomed

## HARVEST CELEBRATIONS

This year, the Harvest Celebrations will take place on **Sunday September 22<sup>nd</sup>**.

At 6.00 pm, there will be Songs of Praise in St Catherine's Church followed by a Harvest Supper in the Parish Hall featuring the Great Whitestone Bake Off for a plaited loaf.

If you want to compete, please use the recipe below.

Entertainment will be provided by the Whitestone Handbell Ringers.

Thank-you to everyone who turned up to help with the Churchyard Working Party. A marvellous amount of clearing and cutting down was done and the yard now looks more spruce than before.

## DEVON HISTORIC CHURCHES DAY

Incorporating the Ride + Stride

Saturday 14th September 2013



## OPEN CHURCHES

### An invitation

to visit some of the county's wonderful churches and chapels, and to support the work of the

## Devon Historic Churches Trust

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Please state which church you wish to benefit.

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Or you can donate easily with our

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just go to our website [www.devonhistoricchurches.co.uk](http://www.devonhistoricchurches.co.uk)

## Plaited Loaf Recipe

500g	Strong bread flour white/ wholemeal or a mixture of your choice
350g	Water, at blood temperature
10g	Fresh yeast (or 5g dried yeast)
10g	Salt.

### Method

Put flour in large bowl and rub in yeast or add dried yeast. Add salt and mix to soft dough with measured water. Work into a ball and then tip onto a work surface and knead until glossy and no longer sticking to surface. Lightly flour bowl and replace ball of dough in to it and cover with a clean tea towel. Leave until doubled in size. Tip out onto a lightly floured surface and work it until air bubbles are removed. Shape into a plaited loaf of your choice, 3 strands or, if you are feeling adventurous, 6 strands! Leave on greased baking sheet to prove until doubled in size, covered with tea towel. Preheat oven to 225°C or gas mark 8 and bake for approximately 25 mins. When cooked, the loaf should sound hollow when tapped on the bottom.

# S A T U R D A Y

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**SAT. SEPTEMBER 14th**

**PARISH HALL**

**6.00 - 6.45pm**

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**Friday 4th October**  
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## **CHURCH HOUSE EDUCATIONAL FOUNDATION**

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**10th NOVEMBER 2013**

Hon. Secretary Mrs. J. Thomas  
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## **ARTS & CRAFTS IN THE AUTUMN TERM**

A fresh start and maybe the chance to try something new or to continue working carefully on a detailed task which takes much time. Or maybe, like me, you have started lots of things and would like to finish some! All these are achievable at our Arts & Crafts Mornings.

Or come along and make things for others, e.g.

- clothes for premature babies
- toys for needy children
- textured objects for Dementia patients
- hats for homeless people
- etc.

Do you know other ways we can help?

Also this term, photographer Cyril Chudley, will lead us in a project: learning more about camera use (Sept 19<sup>th</sup>), going on a field trip (October 17<sup>th</sup> - bring a packed lunch) and reviewing the photographs taken as part of the project (Nov 7<sup>th</sup>).

It is also hoped to be able to book instruction in mosaic work and in how to re-upholster small pieces of furniture.

If any of this appeals to you or if you have other ideas to share, do come along to the Arts & Crafts mornings in the Whitestone Parish Hall on Thursday 10<sup>th</sup> September. Contact Sandy Oxford on 07866 920719 or just come along!

## **A TIMELY RESPONSE TO ANNIE**

Having read Annie Hanson's short article in August's Magazine, I was prompted to reply that we in Whitestone are indebted to the Hanson family as a whole. To Ros who organises us patiently when we book the village hall, to Annie for her beautiful art work and to Peter for reinvigorating the Village with numerous organisations and events, especially leading on the Hall restoration. Thank you.

Liz Watkins

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## **WHITESTONE FETE**

A great big thank you to all the Whitestonians who helped make the annual Fete a wonderful day - from the families that turned up on the day to all the helpers who ran the catering, stalls and events. Thanks also to those who donated food and items to the fete.

All profits are ploughed back into Whitestone for future events and Fetes.

Whitestone Sports and Social Club

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They urgently need Volunteer receptionists to help with simple office and telephone duties to help the service run smoothly for the benefit of clients and counsellors.

- Previous office experience would be an advantage but is not essential
- An open and welcoming manner is important
- Confidentiality is essential
- No IT skills required

If you are interested or would like further information please phone 01392 205804 and ask for Susie or Lindsey

## **PILATES IN THE PARISH HALL**

PILATES is a body conditioning routine that helps build flexibility, muscle strength, and endurance in the legs, abdominals, arms, hips, and back. It puts emphasis on spinal and pelvic alignment, breathing, developing a strong core or centre, and improving coordination and balance. It's recommended by chiropractors and physiotherapists.

Our instructor Aspasia is very attentive and well qualified. She has a PhD in Sport and Health Sciences and is an Advanced Pilates Instructor REPS Level 3.

If you'd like to give it a try, classes take place on Thursday evenings 6:45pm in the Parish Hall and cost £6.50 or £30 for a batch of 6.

## **Cuban Airwaves** **Whitestone's own Salsa Band**

Every month "Cuban Airwaves" meet to play a set playlist in the parish hall. Everyone is welcome, especially any budding acoustic musicians, singers or percussion players.

We play popular Cuban and other Latin music and sheet music is available if required. We meet on a Friday evening so please ring if you are interested to find out details of this month's session.

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There is a small charge of £1.50 to cover hire of hall.



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# FOLK at the OAK

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Royal Oak

Next meeting: 17th September

***The last date for contributions to the  
October 2013 Parish Magazine is  
Monday 16th September***

***Please send articles to Jock Kirkpatrick  
2 Merrymeet, Whitestone  
kirkpatrick@eclipse.co.uk***

## **BOOKING THE PARISH HALL**

Please contact the Booking Clerk, Ros Hanson, to arrange bookings for the Parish Hall.

Ros Hanson

Tel: 01392 811878

email: ros4hanson@gmail.com

If you have any comments to make on the content, layout or any other matters concerning this magazine, please contact the Editor: Mrs Jennifer Kellagher, East Rowhorne, Nadderwater, Exeter EX4 2LQ 01392 273864.

We always welcome any suggestions to improve the magazine.

If you wish to place an advertisement, please contact the editor for the current rates.

## WHITESTONE BIRDING

I note that the last time I sat to write this it was raining and dismal. What a change! This article is a month later than anticipated and there is a very good reason. Going a bit out of the box, a lot of time in May and June is spent working on nest boxes. I am involved with two schemes, both are aimed at pied flycatchers which are migrants returning from Africa to breed here. One scheme is based at Hittisleigh where we have about 50 boxes and the other is at Bridford Woods where we have about 80 boxes. The boxes are put up in groups of three. The theory being that early in the season the blue tits, great tits and occasionally nuthatches move into the boxes and then one box remains for the migrants that return later. After a very shaky start, Hittisleigh had two pied flycatchers which both successfully raised broods of 6 and 4 young. Bridford had about 16 pairs of pied flycatchers although we lost the broods in three of the boxes to predators. Most of the blue and great tits were successful too.

Staying with nest boxes, the webcam box in the garden became quite exciting. Rather surprisingly, when I returned home after two weeks holiday on the 28th April, there were two eggs in the nest. I had fully expected the full clutch to have been laid by then. Over the next 4 days, the female blue tit laid an egg most mornings bringing the total to 5. Then on the 20th May, the eggs started hatching. Unfortunately, this coincided with a wet and windy patch of weather. By the 23rd May the young had disappeared. Their disappearance is a bit of a mystery. It is impossible for a bird predator (such as great spotted woodpecker or magpie) to get into the box, so if they were predated it must have been a squirrel (and I am not sure whether the hole is big enough for a squirrel to get its head in) or a weasel but I have never seen one in the garden. The other option is that the young just starved and buried themselves deep in the nest. The female had been spending more time brooding (remember we were all still lighting our fires at that stage so it was cold) than feeding and I never saw the male go into the box. So, it has been another disappointing year.

For several weeks after that blue tits were a rarity in the garden. There were a couple of very tatty looking adult birds around but, worryingly, no young birds. In the last couple of weeks, this has improved with young blue tits, great tits, chaffinches, greenfinches and great spotted woodpeckers visiting the garden. Generally, the feedback appears to be that, in most cases, the breeding season turned into a good one so there should be lots of young birds around. The most serious exception are barn owls with very few pairs breeding. This is probably due to two factors. Firstly, it appears that very few, if any, young survived last year so the breeding population has been depleted. Secondly, due to the poor start of the season, the adult females just never came into breeding condition due to a lack of food. The female has to reach a certain weight before she is able to breed. So the story is not good for barn owls so far this year.

Now, to my favourite field! Behind the Parish Hall. What a difference a week makes! I have not noted the date but think it was in May. At the start of the week, the grass was high in the field with lots of flowers mixed

in with it. You could only see them when they flew in and out but the field was being used by goldfinches, house sparrows and linnets for food in the form of seed. A few days later the field had been cut and all these small birds had gone to find food elsewhere. The next group move in – starlings, blackbirds, rooks, jackdaws and mistle thrushes. These birds were all searching for invertebrates. This shows how different types of food suit different species and as habitats change so nature adapts.

Gareth Clatworthy and I did a bird survey again in the same area as last June. This was done on 22nd May and, with landowner permission, covers Rowhorne House Farm and Star Barton. It was an interesting survey and more rewarding than the last one. It is done over a two hour period with the species being seen in each hour being noted. On the whole, the first hour covers the Rowhorne area and the second hour is the Star Barton area.

<u>Species</u>	<u>First hour</u>	<u>Second hour</u>
House martin	6	-
Goldfinch	22	3
Blackbird	17	7
Buzzard	1	1
Crow	15	5
Swallow	22	-
Herring Gull	1	-
Song Thrush	1	1
Pheasant	7	1
Great Tit	10	2
Marsh Tit	-	1
Blue Tit	5	2
Linnet	2	-
Chaffinch	7	3
House sparrow	5	-
Wood pigeon	32	26
Robin	15	7
Blackcap	3	6
Dunnock	2	-
Rook	20	-
Chiff Chaff	6	4
Willow Warbler	1	-
Wren	5	3
Moorhen	-	6
Mallard	-	3

And so we move on to the next season. Keep your eyes and ears open for young buzzards calling for food and the young rooks and jackdaws. They are birds that just love to fly and can actually be very amusing to watch.

### August Update

Just a quick update from the birding world. The garden is getting busy with birds again including lots of young blue tits, greenfinches, chaffinches and goldfinches. Even though there is a lot of natural food around, I have started feeding seed again and fat which seem to be going well. The sparrowhawks are also hunting the garden and using it as a feeding station. Around and about the green woodpeckers are very vocal and at night the tawny owls are calling. Around the week commencing 11th August, there was significant swallow and house martin gathering. A sparrowhawk that was looking for a quick meal was seen on a couple of occasions but was rewarded by being actively mobbed by the smaller birds. A walk in the field behind Kentlands on the 12th August found the birds all gathering along the fence.



Initially it was swallows with some very juveniles birds amongst the flock. Apart from plumage the juveniles were picked out by their gapes which were very obvious and indicated that many of them were only just out of the nest. About ten minutes later it had all changed and there were house martins sitting along the fence. They are the ones with the white bottoms. There was also one sand martin but I am not going to hazard a guess as to where that came from!

Although you cannot see it in the photograph, the field behind had quite a few thistles which the goldfinches were enjoying.

Now, on the 18th August the skies are empty and it looks as though the majority of the swallows and house martins have started their long journey to Africa. The end of another season.

In the meantime, happy birding and enjoy.

Judith Read

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### **THE HEALTH CORNER GOOD NEWS FOR CHOCOHOLICS!**

Apparently drinking two cups of hot chocolate a day can improve memory in older people.

Scientists at Harvard Medical School suggest drinking two cups of hot chocolate a day may keep the brain healthy and prevent memory decline in older people by preserving blood flow in working areas of the brain. They recruited 60 dementia-free older people of average age 73 and asked them to drink two cups of hot cocoa a day for 30 days.

At the start of the study, 18 of the 60 participants had impaired neurovascular coupling. By the end of the study, it had improved by 8.3%. These participants also improved their scores on a working memory speed test. At the start of the study, it took them 167 seconds to complete the test, while at the end they did it in 116 seconds.

So maybe guilt-free chocolates have arrived at last!

### **JUST FOR FUN - I Wish I'd Said That!**

When a man opens a car door for his wife, it's either a new car or a new wife.

~ Prince Philip

A computer once beat me at chess, but it was no match for me at kickboxing.

~ Emo Philips.

Lawyers believe that a man is innocent until proven broke.

~ Robin Hall

Having more money doesn't make you happier. I have 50 million dollars but I'm just as happy as when I had 48 million.

~ Arnold Schwarzenegger.

I don't believe in astrology. I am a Sagittarius and we're very sceptical.

~ Arthur C. Clarke

As I hurtled through space, one thought kept crossing my mind - every part of this rocket was supplied by the lowest bidder.

~ John Glenn

Wood burns faster when you have to cut and chop it yourself.

~ Harrison Ford

I have kleptomania, but when it gets bad, I take something for it.

~ Robert Benchley

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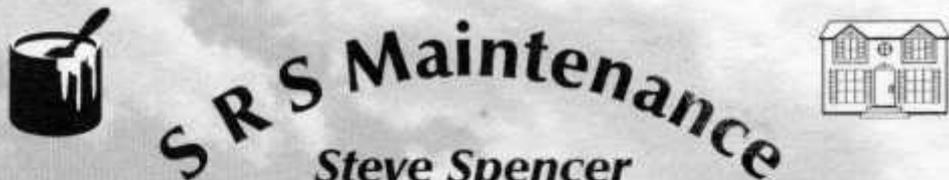
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## THE GREEN CORNER

Did you read about the hamburger that cost £200,000? The reason it cost so much is that it was made by culturing muscle tissue from a cow in a nutrient solution using a very long and laborious process.

It may seem like a daft idea but when you think that, if they can scale the process up so as to be comparable in price with "normal" beef, this could have tremendous advantages.

For a start it could free up the 30% of the Earth's useable land surface currently used as animal pasture. Greenhouse gas emissions would reduce dramatically - the UN Food and Agriculture Organisation accepts that they exceed those from all forms of transport put together. This is presumably why Peter Singer, professor of bioethics at Princeton University says that "using meat from animals is heating the planet and contributing to a future in which hundreds of millions of people become climate refugees".

Last but not least, there would be no animal suffering in the production of this meat so some vegetarians may feel able to eat this meat as a result - a win-win situation all round.

Peter Hanson

## Join us for a cycle ride on Sunday Sept 8th

This month we'll put our bikes in cars and drive down to the Exeter cycle path near Exwick sports grounds where we can park. We will then cycle down the river to Topsham where we will take the ferry across to the Exeter canal to stop for tea and cake at the Topsham Lock Café before cycling back along the canal.

If you'd like to join us, meet at the Parish Hall 10am and we should be back about 12 or so, depending on how long we spend in the café! Hope you can join us,

Peter Hanson, Dave Lee and friends.

## SHORT MAT BOWLS

We shall begin the winter season this month.  
Two sessions each week starting  
Wednesday, September 25th 10-12 and then  
Friday 27th 7.30-9-30 p.m.

The cost will be £1 per person per session. The  
need for sets of bowls is still a priority, please  
contact Gill or David Oakey if you are able to help  
on 811585 .

Whitestone SMB

## ISCA INDOOR BOWLS CLUB

After the very enjoyable visits by the Social Club to the  
ISCA Indoor Bowls Club at Whipton, we are pleased to  
see that they will be holding an open day on  
**September 8th** for anyone to try out indoor bowls.

This event is to run all day with a FREE BUFFET.  
If anyone, including children, is interested, please  
contact Gill or Dave Oakey on 811585.



## WHITESTONE PLAYERS

are pleased to announce that the  
next Pantomime will be

### ALI BABA and the 40 THIEVES

to take place from  
3<sup>rd</sup> to 9<sup>th</sup> February 2014.

Read Through Auditions will take  
place on Wednesdays

**25<sup>th</sup> September 2013**

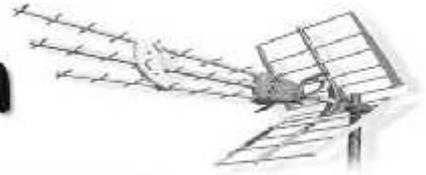
**2<sup>nd</sup> October 2013**

**9<sup>th</sup> October 2013**

at 7.30.p.m in the Billiard Room of  
the Parish Hall.

Why not come and see if there is  
part for you !

# Kevin Osborne



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## MARY'S DAIRY DIARY August on the Farm

Summer heat – something we haven't seen for a while. It seems ungracious to find it too hot and dry when so recently we were yearning for sun and warmth. We hope for some good thunderstorms to give the grass a drink. The leaves hang heavy on the trees, the rank smell of a badger somewhere close mixes with the sweet smell of honeysuckle. The deer disappear into the cool shade of the woods until the evening. We saw a young deer with his mother and another female one evening in the orchard. He was leaping, darting, jumping, then stopping and alluring his mother and her friend to join him in playing. They watched: buck, kick, leap again. He stopped, alert, inviting. They hesitated, then gave in and all played and leapt like lambs. The next morning, we saw the little group in the next field taking mouthfuls of grass while ambling in under the trees to find the coolth.



**CROPS** - The crops come to ripen, sooner than we would like in the heat. There are fewer plants than we wanted from the difficult winter and spring, although each plant tillered and produced little plantlets which filled out the field. Will each plant have the roots to fill all six or eight ears? We normally want 3 or 4 good tillers, but normally there's more plants... there will be lots of straw, which will help stretch the grass silage out in the winter, a little down from the late start to the spring. The fodder beet flops its leaves down in the midday sun, we hope sending the sun's energy as sugar down into the roots to feed cows in the winter. The maize at least enjoys the heat, growing it seems just on the dew it collects in its leaves.

The combine harvester rolls in, later this year, still the hangover from the spring. Now we will see how the hope, the care, the work over the year turns out. It clanks around the field, cutting the proud stalks, consuming the rich ears, discharging the golden straw. How far will he go before the grain tank beeps to say it's getting full – maybe this year, farther than usual. How is the quality? Will the grains be bold and bright or shrivelled and dull like last year? Is it as dry as we think? Then the golden treasure augers into the trailer, whatever the numbers, we feel the visceral satisfaction of bringing the harvest safely home. It was our ancestors' security for the winter, still our living, feeding cows and gathering grain for sale.

**GRASS** - The grass growth slows. We kept some in hand for the dry time, now the animals are eating into it. Dry grass does them well, they do better than the amounts of grass would suggest. The clover comes to the fore, more deep rooted and drought resistant, flowers sweet smelling as they dry. We eke the grass out, waiting for rain to replenish the fields. We will need to harvest more silage for the winter, but that can wait till next month.

**HEIFERS** - The heifers are grazing around the farm, you can find them tucked into the shade under the trees, or right at the tops of the field, catching the summer breeze. Their coats are shiny: they are growing well.

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**COWS** - The autumn cows start calving, out in the field now, the best place. A girl can go and find some peace and quiet, a little corner in sight of the herd but just far enough away and get on with what comes. The cow is restless, moving around, gripped by the natural process. The calf inches its way out, first hooves, then head then shoulders, whoosh and out, flopping in a liquid heap, suck of air replacing the bulk of the calf just gone. The cow registers the change, drawn by the ancient pull of mother to newborn, licks her calf into breath, finding the membranes left on it apparently delicious. She nudges her calf up, who totters on unsteady feet. Calf knows there's something to do, bunts her way around finally bumping into the udder, firm with 'nature'. That first suck, so important for calf health, takes the cow tolerating the discomfort of firm udder and teat being inexpertly sucked. Soon everyone knows what they are doing. Calf with full belly, rests while Mum often tucks into her cleansings, the afterbirth that helps nourish that first transition to milk.

Mostly we leave alone, just keep an eye to make sure the natural processes are running right. Our hardy little crossbreed cows calve easily, and the calves are lively, getting their heads in the right place before birth and getting up soon afterwards. Just sometimes they need help, and we check every few hours. Every now and again, a sadness of a stillborn calf, the cow bereft, or a difficult calving, leaving the cow damaged or worse. Not many, but a sorrow each time.

**CHEESE** - Cheesemaking in the heat leaves few words to spare. The milk is lower, and the storework – turning each cheese once a week - become a welcome change. We cool the curd with a fan before we put it away in the moulds, which seals the cheese better. Put it away too hot and lumps of curd come away with the cloth the following morning, needing repressing, extra heavy work. So we cool the curd, fork it till it's the right temperature, to make the good seal that will keep it safe for its long maturing. The drier grass and clover give a good flavour to the milk, rich compensation for the hard work.

**AWARDS** - We picked up three prizes at the International Cheese Awards in Nantwich towards the end of July. Quicke's Mature was Highly Commended; Quicke's Extra Mature won Silver and Quicke's Buttery (Mild) picked up the Gold.

**RECIPE** - This lovely recipe for Quicke's Traditional Goats Cheese Balls is derived from a Delia Smith recipe for choux pastry.

50g unsalted butter	60g of plain flour
150g Quicke's Goat Cheddar, finely grated	
2 medium eggs, beaten	150ml of cold water

Pre-heat the oven to 200°C. Melt the butter in the water over a medium heat, stirring all the while. When boiling, remove from the heat, add the flour and BEAT LIKE CRAZY! Keep beating until the paste cleans the sides of the saucepan and is ball-shaped. Add a little beaten egg to the paste and stir in, then add a little more and repeat. Eventually, the paste will look shiny and smooth. Last, blend in the goat cheddar until melted evenly throughout the warm paste. Grease and dampen a large baking sheet. Dollop teaspoonfuls of the mixture onto the baking sheet. Bake in the middle of the oven for 10 minutes then increase to 220°C and bake for a further 15-20 minutes until golden brown. Remove from the oven, pierce to let out the steam and cool. Serve immediately!

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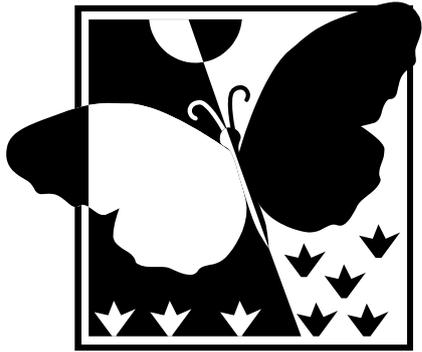
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# GOOD COMPANIONS

Meeting In Pathfinder Village Hall --- 2.30pm  
Speakers for September

4th September.....Hazel Slack  
.....A Queens Garden Party  
18th September.....Judith King  
.....Keep Fit in a Chair

Our meeting on the 17th July titled 'Understanding Hearing' was very interesting. John Mackenzie and Elaine Stockman explained simply, the workings of the ear and the reasons why we lose the ability to hear, and I am afraid there is no escaping the fact that, in our cases, age has an awful lot to do with it!!!!!! Shame we did not have more members present as Elaine had travelled all the way from Saltash, Cornwall, to be with us.

As we were on holiday I missed the Social Afternoon but I understand all went very well, although I hear through the grapevine that the quiz I had set caused a lot of head scratching and have been told to make it easier next time!!

A big "thank you" to all those who I understand worked really hard in the kitchen preparing and serving the cream teas, also not forgetting the kind people who baked the scones.

It is with regret that due to lack of support we have had to cancel our outing to see Ken Dodd in Torquay. We look forward to seeing you all in September.

Angela Paddy, Chairman 01647 61934  
John Hunt, Secretary 01647 61958



VEGETABLES TREES & SHRUBS  
ADVICE SEEDS SPEAKERS  
GARDEN VISITS

Interested?  
Then join our friendly gardening club

We meet every third Monday of the month  
at 7:30pm in Whitestone Parish Hall  
Contact - Gill Oakey, 811585

## IDEAS FROM THE GARDEN CLUB

A month of gathering the harvest and Autumn colours start to appear.

1. Sweetcorn should be ready, watch for the tassels to change from yellow to choc brown.
2. Pick herbs and dry indoors for winter use.
3. Peg down strawberry runners to encourage roots and grow new plants.
4. Keep picking tomatoes, best eaten straight from the plant.
5. Cut off courgettes before they reach marrow size!
6. Pick plums as soon as they are ripe and clear wind-falls promptly.
7. Now here's a thought, plant potatoes for Christmas in a large tub! Peat free compost and grit, top up as foliage grows.
8. Brilliant recipe for courgette or marrow, slice like a chip and cover with a light batter, shallow or deep fry, WOW!
9. Too many plums or damsons, fill large coffee size jars half full, add approx 4ozs sugar and fill to top with gin or vodka, shake daily to dissolve sugar, keep to christmas, strain bottle and most of all ENJOY.

More great ideas next month

TO ALL WHITESTONE PARISHIONERS

## FREE INVITATION

TO JOIN US IN CELEBRATING THE OFFICIAL  
OPENING OF THE NEW  
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BY MRS MARY COLCLOUGH

CHAIRMAN, COMMITTEE FOR RURAL AID

**7PM FOR 7-30PM,  
SATURDAY, 7<sup>th</sup> SEPTEMBER, 2013**

(For catering purposes - free glass of bubbly and light refreshments will be provided - please let Derek Fisher on 811979 know by 31st August if you wish to attend)

AND, THEREAFTER,

PLEASE BRING & ENJOY YOUR OWN  
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Whitestone Parish Hall (Committee of Management)

## ROYAL OAK FETE, NADDERWATER

The annual charity Royal Oak Fete took place on the 10th August and was thoroughly enjoyed by everyone.

The weather was kind to us this year and it was lovely to see so many people soaking up the sun and atmosphere.

Over £830 was raised on the day and thanks must be extended to all the people that helped to make it such a success.

The charities nominated to benefit are Hospice Care and ExeAccess.

Hope to see you all at next year's event on the 9th August 2014

Tracey

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## TABLE TENNIS

Table Tennis in the Parish Hall resumes on the **2nd September 2013**.

Remember that, for Table Tennis, everybody is welcome for an evening's fun, entertainment and fitness workout for only £1.50. Up to four tables available.

Just remember that children under 16 must be accompanied by a responsible adult.

## WHITESTONE WALKERS

Next Walk – Sunday, **1st September** will be around Belstone, out to Oke and so on. Meet at 9:30 am at the Parish Hall. Jim Powell will be leading.

## PARISH COUNCIL MEETING

The Whitestone Parish Council meeting will be on: **Thursday 12th September** at 7.30pm.

Members of the Public and Press are invited to attend.

## WHITESTONE HANDBELL RINGERS

(for information, contact Mrs Chris Piper 01392 811365)

If anyone would like to join us, we welcome both experienced and learners alike. At present we practice every Wednesday afternoon between 2 and 3 p.m.

If you would like to know more, please contact Mrs. Chris Piper.

## WHITESTONE ARTS & CRAFTS MORNING

A room is booked in the Whitestone Parish Hall for the mornings of:

- Thursday 19th September
- Thursday 10th October
- Thursday 31st October
- Thursday 21st November
- Thursday 12th December

from 9.30 am to 12.30 pm.

Bring a project and materials and enjoy having time to work on something of your choice. Cost is only £2.00 including tea/coffee and biscuits and covers the hire of Everyone is welcome.

No need to book - just come along and join us.

For more information, contact Sandy Oxford on 078669 20719.

## WHITESTONE BABY & TODDLER GROUP

For all children aged 0-8yrs. You don't have to be a regular at Whitestone Baby & Toddler Group to join in the holiday fun!! Every Tuesday during the 6 week break we will be open as normal 10:00am to 12noon providing a place to play, make friends and have a chat! £2.00 first child and 50p for each additional.

We have many exciting activities planned including A sports day, a messy play day, a pirate day, a cooking day, a safari day, beach day, etc.

To see the full list of activities and fun, please contact us at:

- [whitestonebabyandtoddlergroup@live.co.uk](mailto:whitestonebabyandtoddlergroup@live.co.uk)
- our Facebook page, or
- our [whitestone-devon.org.uk](http://whitestone-devon.org.uk) page

Why not pop in to one of our sessions and pick up a leaflet.

## SHORT MAT BOWLS

(Contact David Oakey tel. 01392 811585)

Don't miss the opening sessions in the Parish Hall - Wednesday **25th September** 10 am to noon Friday **27th September** 7:30 to 9:30 pm Cost is only £1

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### **WHITESTONE SOCIAL CLUB**

(Coordinator Pauline Fisher, tel. 01392 811979)

Forthcoming Events on Monday:

**28th August** Met Office visit 11:00 am (fully booked)

**23rd Sept.** Worldwide Drug Smuggling  
(NOT how to do it!)

**28th Oct.** Talk by Sally Tipping (Local Magistrate)

**25th Nov.** "It Shouldn't Happen to a Vicar"

The other 'Bring & Share' food & drink evenings are a great way to meet other people in the village. In particular newcomers to the village can get to know people, make new friends and find out what is going on. There's also a book swap club. All meetings start 7:30 pm in the Parish hall.

### **WHITESTONE BOOK CLUB**

(Coordinator Sandy Oxford 07866 920719)

If we are lucky, when the Book Club next meets, we will be able to tell each other about the books enjoyed as we relaxed on warm, drowsy summer afternoons in our weed-free gardens or on the beach - blissful summer hours!

The next meeting will be on Monday, **9th September** from 2 - 4 pm in the Whitestone Parish Hall. Cost £1.50

The shared text to read for that meeting is, "The Tenderness of Wolves" by Stef Penney.

### **CHURCH BELL RINGING**

We practise most Thursday evenings at St Catherine's Church from 7:30 to 9:00pm.

If you would like to learn, find out more, or are a visiting ringer, we would be very pleased to see you. To confirm that we are practising on a particular Thursday, please telephone James Bryant on 01392 811391.

### **GARDENING CLUB**

(Secretary: Derek Fisher, tel. 01392 811979)

September sees our return to the Parish Hall and the resumption of monthly Monday evening talks. The first of these takes place at 7-30pm on Monday, **16th September** when we welcome the return of David Squire from R.H.S. Rosemoor and his illustrated talk on the garden at Rosemoor in Winter.

Don't forget the £1 Door Fee towards the draw and tea and biscuits and the first of the Winter season competitions - "Bowl of 5 Apples" (Home grown only of course). The prize of a free Christmas meal remains wide open at this stage in the year but 'you've got to be in it to win it'. New members always welcome.

### **PILATES IN THE PARISH HALL**

Please join us for Pilates with an expert instructor.

Thursdays 6.45pm

Classes cost £6.50 or £30 for 6

### **BENEFICE CHOIR**

Anyone who would like to join the choir and sing please contact Jackie Lightband (811527). New recruits always welcome.

### **VILLAGE VOICES**

(Liz Watkins tel.01392 811285)

Rehearsals are booked for the following Thursdays at 7:45 pm.

August 22nd and 29th

September 5th

October 3rd, 10th, 17th and 24th.

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## DATES FOR YOUR DIARY

Wed	28 August 2013	Social Club - Met Office visit (Fully booked) - 11:00 am
Thu	29 August 2013	Pilates at 6:45 pm - Whitestone Parish Hall
Thu	29 August 2013	Village Voices - Whitestone Parish Hall - 7:45 pm
Sun	01 September 2013	Whitestone Walkers - Meet at Parish Hall car park - 09:30 am
Mon	02 September 2013	Table Tennis - Parish hall - 7:30pm
Wed	04 September 2013	Pathfinder Good Companions - Hazel Slack - A Queens Garden Party Pathfinder Village Hall - 2:30 pm
Thu	05 September 2013	Pilates at 6:45 pm - Whitestone Parish Hall
Thu	05 September 2013	Village Voices - Whitestone Parish Hall - 7:45 pm
Sat	07 September 2013	Formal Opening of Improved Parish Hall - 7:30 pm
Sun	08 September 2013	Cycle Ride - Whitestone Parish Hall - 10:00 am
Sun	08 September 2013	ISCA Indoor Bowling Club Open Day
Mon	09 September 2013	Whitestone Book Club - Parish Hall - 2 to 4pm
Mon	09 September 2013	Table Tennis - Parish hall - 7:30pm
Tue	10 September 2013	Arts & Crafts Morning - "Review Phtographs" -Parish Hall - 9:30 am to 12:30 pm
Thu	12 September 2013	Pilates at 6:45 pm - Whitestone Parish Hall
Thu	12 September 2013	Parish Council Meeting - Parish Hall - 7:30 pm
Sat	14 September 2013	Open Churches - Devon Historic Churches Day
Sat	14 September 2013	Coffee Morning - Pathfinder Village Hall - 10:30 am
Sat	14 September 2013	Saturday Surprise - Whitestone Parish Hall - 6:00 pm to 6:45 pm
Mon	16 September 2013	Gardening Club - Talk by David Squire - "Rosemoor" - Billiard Room - 7:30 pm
Mon	16 September 2013	Table Tennis - Parish hall - 7:30pm
<b>Mon</b>	16 September 2013	<b>LAST DATE FOR SUBMISSION OF ARTICLES FOR OCTOBER MAGAZINE</b>
Tue	17 September 2013	Folk at the Oak - Royal Oak - 8pm
Wed	18 September 2013	Pathfinder Good Companions - Judith King - Keep Fit in a Chair Pathfinder Village Hall - 2:30 pm
Thu	19 September 2013	Arts & Crafts Morning - "Camera Use" - Parish Hall - 9:30 am to 12:30 pm
Thu	19 September 2013	Pilates at 6:45 pm - Whitestone Parish Hall
Sun	22 September 2013	Harvest Celebrations - St Catherine's (6 pm) & Parish Hall (afterwards)
Mon	23 September 2013	Social Club - Worldwide Drug Smuggling - Whitestone Parish Hall - 7:30 pm
Wed	25 September 2013	Short Mat Bowls - Parish Hall - 10am to noon
Wed	25 September 2013	Pantomime read-through audition - 7:30 pm - Billiard Room, Parish Hall
Thu	26 September 2013	Pilates at 6:45 pm - Whitestone Parish Hall
Fri	27 September 2013	Short Mat Bowls - Parish Hall - 7:30 to 9:30 pm
Mon	30 September 2013	Table Tennis - Parish hall - 7:30pm