

ST. CATHERINE, WHITESTONE

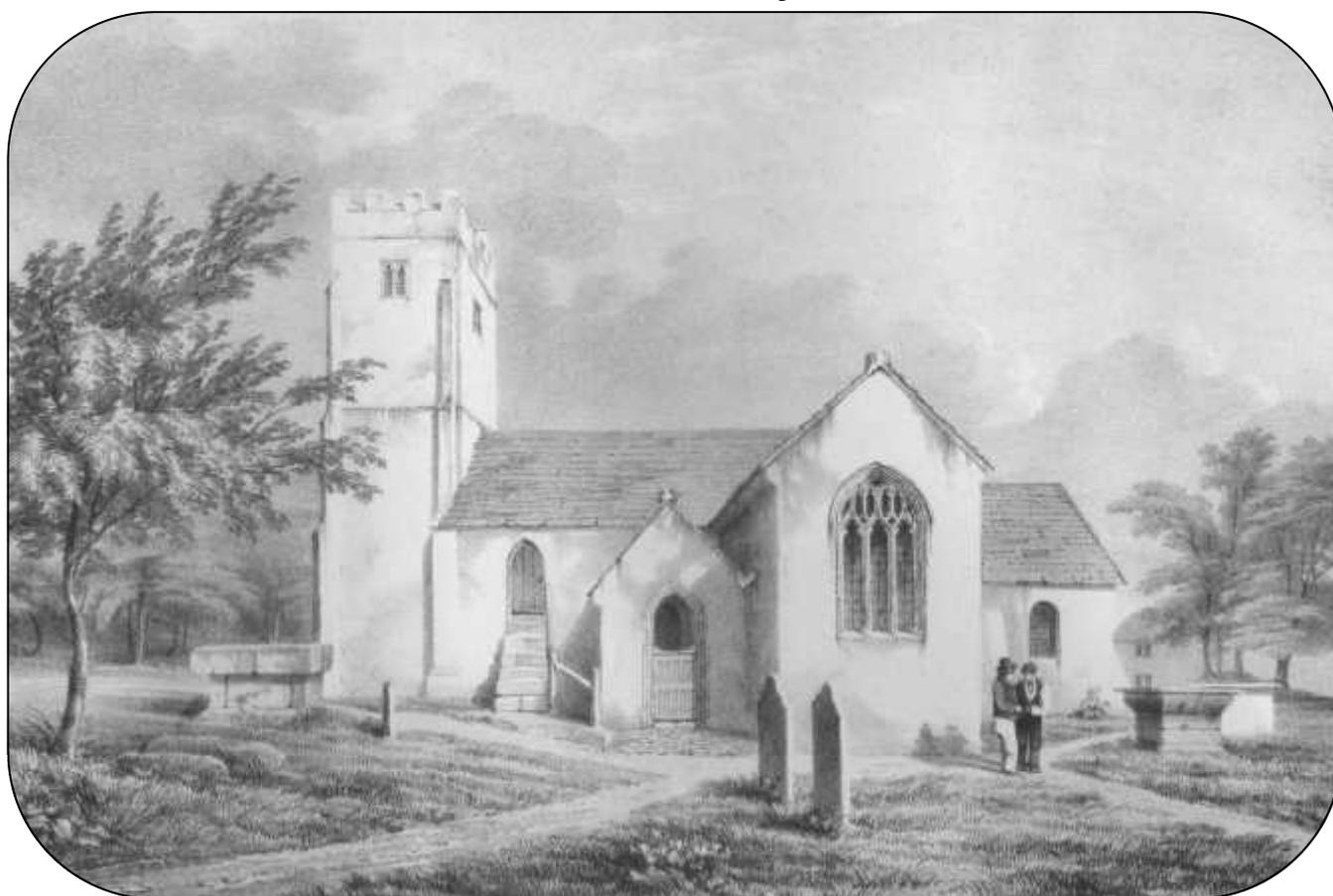
with

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)

I'm serious about keeping my New Year resolutions. In the past, they've gone in one year and out the other.

A HAPPY NEW YEAR TO ALL OUR READERS

NORTH KENN MISSION COMMUNITY

SERVICES FOR JANUARY 2014

Sunday January 5th Epiphany

9.00 am	Whitestone	Holy Communion	Revd Tim Gorringe
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
3.00 pm	Cheriton Bishop	Evening Prayer	Lay led

Sunday January 12th

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

Saturday January 18th

6.00 pm	Whitestone Hall	Saturday Surprise	Revd Martin Wood
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Sunday January 19th

9.30 am	Cheriton Bishop	Parish Communion	Revd Tim Gorringe
11.00 am	Tedburn Methodist	Christian Unity	Revd Martin Wood
3.00 pm	Pathfinder	Evensong	Revd Martin Wood
6.00 pm	Holcombe Burnell	Evensong	Lay led

Sunday January 26th

8.00 am	Cheriton Bishop	Holy Communion	Revd Tim Gorringe
9.30 am	Whitestone	Christian Unity	Revd Martin Wood
9.30 am	Tedburn St Mary	Parish Communion	Canon John Tutton
11.0 am	Holcombe Burnell	Family Service	Revd Martin Wood
3.00 pm	Pathfinder	United Service	

Every Thursday 10.30 am Pathfinder Holy Communion BCP

January 2nd	Canon Geoffrey Moore
January 9th	Revd Martin Wood
January 16th	Revd Martin Wood
January 23rd	Revd Martin Wood
January 30th	Canon Geoffrey Moore

Looking ahead to 2014

If you have wondered what 2014 will bring, the easy answer to the question will be Glasgow 2014 Commonwealth Games. The countdown has already started with 203 days to go to the opening ceremony on 23rd July 2014. This is what the Commonwealth Games Federation say about Glasgow 2014.

“The Glasgow 2014 Commonwealth Games are on course to perhaps be one of the most memorable Commonwealth Games ever. 6,500 athletes from 70 countries will compete in 17 sports over 11 days, from 23 July – 3 August 2014. From the precision of lawn bowls to the exciting combat of wrestling and judo – from the high adrenaline of track events to the grace and beauty of gymnastics – in 2014 Glasgow will be the stage for a fantastic summer of sport, as well as a massive range of cultural and arts events for everyone.”

We saw what a boost London 2012 gave both London and the country, there is the same expectation for Glasgow 2014. It is interesting to see how sports can bring together diverse competitors and supporters. It appears that the differences that can separate people are put aside and the focus becomes the common goal of participation.

In contrast to this, 28th June 2014 marks 100 years since the start of the First World War. The spark that started World War I was the assassination of Austria's Archduke Franz Ferdinand and his wife Sophie. The assassination occurred while Ferdinand was visiting the city of Sarajevo. Austria declared war on Serbia on 28th July 1914. On the 3rd August 1914, Germany invaded Belgium, and Great Britain declared war on Germany on 4th August 1914. The First World War is the antithesis of the Commonwealth Games. The games unite people from different countries whereas war divides nations. The games celebrate talent and creativity whereas war makes life and death choices so paramount that other gifts become neglected.

The questions I ask myself is where is God in all of these things? It is tempting to say he is in one and not the other. The truth is that he is in both but in very different places. He is at the heart of the celebration that draws people together from different experiences and cultures. Yet he also seeks out the lost, the broken and the marginalised in the difficult places. Perhaps I asked the wrong question. Where am I in all these things? If I seek to drive people apart and highlight our differences then I find myself further from God. If I seek to draw diverse people together to celebrate then I draw closer to God. It comes down to how I choose to work with others and what kind of world I want to be cultivated. I guess that we all want 2014 to be a good one but it is up to each of us to do the good deeds to make it turn out the way we hope it will be.

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.

S A T U R D A Y

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Saturday
18th JANUARY

PARISH HALL
6.00 - 6.45pm

*Welcome to the
New Year!*

*Make a resolution
to join us if you haven't
been before and surprise
yourself!*

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FUTURE SATURDAY SURPRISE DAYS

Please note that the next three Saturday Surprises will take place in Whitestone Parish Hall at the regular time of 6:00 pm to 6:45 pm on:

January 18th
March 15th
May 17th.

THANKS.....

To the happy band of volunteers who transformed the Green Room of the Parish Hall over the weekend of December 14/15th. Over the past few years, the Green Room had become a bit of a storeroom, only being temporarily cleared when required for use as a pantomime changing room.

It is now hoped that the room will become an area to relax in as well as being ideal for small meetings.

MEL STRIDE MP FOR CENTRAL DEVON

To contact Mel Stride, please write, call or email him at the details below.

Mel Stride MP 01392 823306
House of Commons
London
SW1A 0AA

mel.stride.mp@parliament.uk
www.melstridemp.com

CHRISTMAS SHOE BOX APPEAL (Samaritan's Purse)

Once again, Whitestone rose to the challenge and 34 shoe boxes were delivered to the Exeter collection point to join over 14,000 others plus many more from depots in Torquay and Barnstaple, all of which have gone to needy children on the streets, in homes or orphanages in Belarus (not the Ukraine as originally planned) and Serbia. A very warm thank you to all those who took time and made the effort to fill one or more boxes. Everyone of you who contributed can take comfort from the certainty that your gifts have brought some cheer to a boy or girl who might not otherwise have received anything else this Christmas and whose normally bleak existence will have been warmed by your generosity.

So please start collecting empty boxes from the shoe shops in readiness for 2014!

Ruth Hutchinson

FOR WHOM THE BELL TOLLS

(Daily Telegraph article)

A GROUP of bell ringers had a lucky escape from a 15th century church after an 8st bell came crashing through the rafters. The bell's fall was broken by two beams and it was left dangling 30ft above the bell ringers' heads.

No one was hurt, except for one parishioner who tripped and fell in the rush to escape after the bell tumbled 20ft down the 600-year-old church tower. The eight bell ringers, including 90-year-old John Fowler, had noticed the tenor bell was proving difficult to ring during their regular Tuesday practice session at St Peter & St Paul Church in Kilmersdon, Somerset. One gave a sharp tug on the rope and the main axis spindle of the bells broke, sending one plunging down the church tower. It smashed into the timber beams in the clock chamber floor and scattered wood and other debris. Emergency engineers were called in and immediately closed the church, which is still sealed off.

The Diocese of Bath and Wells is investigating how it happened. Sid Johnson, 79, one of the bell ringers, said the incident scared the living daylights out of them. "The bell came adrift and jammed between two beams which is incredibly lucky really," he said. "No one is allowed back in there at the moment because it is so dangerous. I believe the hundredweight bell is just hanging on by a thread." Engineers have temporarily secured the remaining five bells to stop them from falling and causing more damage.

The Rev Sue Greatorex, the vicar, said: "It has caused significant damage but we hope that it can be swiftly repaired and we can hold services at the church again within the week."

Just in case, a routine service of the bells at St. Catherine's is planned for the near future!



CHURCH BULLETIN QUOTES

This being Easter Sunday, we will ask Mrs Lewis to come forward and lay an egg on the altar.

- For those of you who have children and don't know it, we have a nursery downstairs.
- Don't let worry kill you - let the church help
- At the evening service tonight, the sermon topic will be "What is Hell?" Come early and listen to our choir practice.
- Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Don't forget your husbands.
- The sermon this morning: "Jesus walks on water". The sermon tonight: " Searching for Jesus"
- The rector will preach his farewell message, after which the choir will sing: " Break Forth Into Joy".
- Miss Charlene Mason sang " I will not pass this way again" giving obvious pleasure to the congregation.



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***The last date for contributions to the
February 2014 Parish Magazine is
Thursday 16th January***

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WHITESTONE PARISH COUNCIL - DEC 2013

DRAFT Minutes of Whitestone Parish Council meeting held at Whitestone Parish Hall at 7.30pm on Thursday 12th December 2013 to be ratified on 10th January 2014

Attendance: Chairman – Councillor P Nierop
Councillors Mrs B Bramhall, Mrs P Fisher, L Hickman, M Quinn, A Reed.

County Councillor J Brook (from 8.15pm)
Mrs P Vaughan, Clerk to the Council
Mr D Friend, Mr J Robertson, Mr G Willcocks,
Mrs S Greenfield,

Apologies: Councillors Mrs M Belt, S Heathcote,
D Munro, R Phillips
District Councillor P Bromell.

The meeting was preceded by the December Draw for the 100 Club in support of the Parish Hall Development Fund. The lucky number was 80 belonging to Paul Barton.

The Chairman opened the meeting and the minutes of the Parish Council Meeting held on 14th November 2013 having been circulated were taken as read and signed as a true copy by the Chairman.

PLANNING

Planning Applications

The Council examined the following application and Mr Robertson was allowed to speak in answer to some doubts which were expressed by a Councillor in regard to traffic problems which might occur with extra transport visiting the site.

13/03212/OUT Outline – dwelling (all matters reserved for future consideration) at Rebecca Springs, Nadderwater. The Council discussed the outline application and there were no objections.

Grant of Conditional Planning Permission

13/02939/FUL Construction of screening wall at 7 Merymeet

13/02846/VAR Use of land for the siting of mobile homes and touring caravans for residential occupation as a single gypsy family group – Variation of condition 5 (ii) on planning permission 11/03176/FUL to extend time limit imposed for the approval of the site development scheme from 11 months from the date of decision to two years at Springdale Farm, Bondhouse Lane

MATTERS FOR DISCUSSION

As directed at the November meeting a quotation for pruning of trees behind the bus shelter area has been obtained and this has been costed at £90 + VAT and will be carried out in the new year.

The Clerk mentioned that whilst discussing this area of the Parish a request has been received from Mr Pike, via Cllr Belt, that the Parish Council take over the maintenance of the garden area around the Whitestone Sign as his mother who previously had tended this area has now gone to live at "Treelands" and obviously is no longer able to be responsible. It was agreed that the Parish Council would take over this task and would discuss the implementation at a future meeting. Our thanks to Mrs Pike for her service to our community.

School Houses

The Asset Management Group progress report was distributed to Councillors and contents were discussed. It was reported that the window on the second floor at No 1 has now been changed as discussed in November Minutes and Devon Sales and Lettings are arranging for a handrail to be refitted. The Asset group had previously reported the need to replace a rotten post in the rear garden fence but as the fence is now damaged further this will require additional attention and the Group will obtain a further quotation for the work to be discussed at the January meeting. The Group proposed that the work to extend down pipes to direct surface water before potential freezing during the winter should be implemented as per the quotation obtained in October and this was resolved.

Following the report regarding the noticeboard at Nadderwater the Asset Group have repaired and re-varnished this and it has been re-fixed to the wall of the Royal Oak by kind agreement of the landlady. This was a cheaper alternative than replacing it where it was and it is also more visible for the general public. A vote of thanks was given to Cllrs Reed and Hickman for this work.

Parish Hall Management Committee re carpark arrangements

Following this request, the Clerk was instructed to write to the tenants of 1 and 2 School Houses re-iterating the point made by our Insurance Company that parking their vehicles on the Parish Hall car park is done at their own risk and neither the Parish Council or Parish Hall Committee of Management are responsible for any claims made as a result of such action.

MATTERS RAISED BY THE CHAIRMAN

Cllr Nierop welcomed back Cllr Quinn following his illness and sent best wishes to Cllr Mrs Belt who is at present in hospital undergoing an operation.

Cllr Nierop reported that Mr Peter Joll has now painted the bus shelter as volunteered at the November meeting and a vote of thanks was expressed for his kind efforts.

FINANCE

Draft Budget Review for 2014-2015

Cllr Nierop went through an updated budget statement which had been distributed to Councillors and explained the updated items. The Precept will be set at the January 2014 meeting.

Income

School Houses rents for December £1,425 – Letting Agency fees £136.80 (including £22.80 VAT) = £1,288.20

Expenditure

The following expenditure was proposed and seconded. All in favour.

Whitestone Parish Hall Management Committee (December) £125

Membership of Society of Local Council Clerks £64
Clerk's expenses £33.47

Devon Association of Local Councils (Councillor's Training) £25 + £5 VAT = £30.00

CORRESPONDENCE

Devon County Council Neighbourhood Highway Officer reported back on the issues raised at the November meeting. Unfortunately owing to budget constraints, no new directional signs (or replacements) are being authorised and the Clerk was instructed to ask if it would be possible for the Parish to erect a sign for Nadderwater subject to consultation with Devon County Council.

REPORTS

Cllr Bramhall reported deep potholes in Halsfordwood Lane (by Connetts). She had reported a carpet which had been dumped and this had been removed by Teignbridge District Council.

County Councillor Brook did not have anything to report but answered a query from Cllr Nierop in regard to the visits from lengthsmen.

PUBLIC PARTICIPATION

Mr Willcocks said he was in attendance having read in the Parish Magazine the comments regarding the setting up of a working group to review the continued ownership of School Houses, other options available and the implications of any changes. He stated that in his opinion they should be sold in view of the expense incurred with regard to maintenance etc. which had been ongoing over the past 37 years.

Mrs Greenfield said she would like to express an opposite view to this and would not be in agreement with their disposal.

The Chairman stated that the whole matter was being investigated including the legalities involved and the Parishioners would of course be kept informed.

Mrs Greenfield reported that the large pothole by the Church wall had now been fixed but she would like potholes in Church Lane (by the drive to the Rectory) and potholes in Hill Lane to be reported. It was noted that the potholes in Hill Lane had been reported some months ago.

Mrs Greenfield gave the following report on the Parish Plan Steering Group:- "We have continued work on the full questionnaire and have a further meeting planned this month. We would like to wish all Parishioners a very Happy Christmas". In response to a question she stated that no timetable was available for completing this project.

The meeting closed at 8.30pm.

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SUSTAINABLE WHITESTONE

Infra-red house surveys, 20-24 January 2014

You've no doubt seen those coloured pictures on TV and in the press showing heat losses from houses. The surveys are normally very expensive to carry out but a firm based in Malvern called Energy Tracers has developed a low cost model for this service. This is what they say about their service:

"A thermographic survey can help a householder to understand the thermal performance of their home. It can reveal the unseen loss of heat through the structure by showing differences in temperature and pin-point air leakage where cold air enters, as well as where heat escapes. Homes would be surveyed in groups of four per day, with indoor temperatures boosted to 10°C above the outside ambient over the preceding 24 to 36 hours. The outside daytime temperature should be low, ideally after the onset of a cold spell and below 10°C in the day.

The surveyor will need to point the thermographic camera at the inside of every external surface in the home, including the inside of any built-in wardrobes. At the same time, air is extracted through the front door with a fan, drawing in cold air through any gaps that show as cooler surface temperatures. It is important that householders accompany the surveyor throughout the survey.

A DVD with the surveyor's commentary (and householder comments within range of the camera's microphone) is produced for the householder at the end of the survey. This is a permanent record, identifying where surface temperatures vary and showing where heat is being lost.

An energy monitoring action pack is installed and left with the household for a month. This allows the monitoring of electricity, gas and water consumption. The pack also includes a 'maximum savings' manual with advice on energy efficiency measures, such as draught proofing and secondary glazing. It includes contacts for home energy improvement work and help with energy efficiency, environmental awareness and energy monitoring. There is advice on behaviour change towards energy consumption too".

If you are interested in a survey at a cost of £60 inc VAT and would like more information, please contact Peter Hanson on 811878 as soon as possible. Surveys are now being arranged for the week starting 20 January 2014.

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.

JUST FOR FUN

A SPANISH Teacher was explaining to her class that in Spanish, unlike English, nouns are designated as either masculine or feminine. 'House' for instance, is feminine: 'la casa.' 'Pencil,' however, is masculine: 'el lapiz.'

A student asked, 'What gender is 'computer'?'

Instead of giving the answer, the teacher split the class into two groups, male and female, and asked them to decide for themselves whether 'computer' should be a masculine or a feminine noun. Each group was asked to give four reasons for its recommendation.

The men's group decided that 'computer' should definitely be of the feminine gender ('la computadora'), because:

1. No one but their creator understands their internal logic;
2. The native language they use to communicate with other computers is incomprehensible to everyone else;
3. Even the smallest mistakes are stored in long term memory for possible later retrieval;
4. As soon as you make a commitment to one, you find yourself spending half your salary on accessories for it.

The women's group concluded that computers should be Masculine ('el computador'), because:

1. In order to do anything with them, you have to turn them on;
2. They store a lot of data but still can't think for themselves;
3. They are supposed to help you solve problems, but half the time they ARE the problem;
4. As soon as you commit to one, you realise that, if you had waited a little longer, you could have obtained a better model.

The women won.

FUSED GLASS WORKSHOP (Date change)

Would you like to try making something in fused glass? Tutor Catherine Packham is coming to Whitestone Parish Hall to teach the technique on the morning of **Thursday 13th February 2014.**

The workshop will include an explanation of Kiln Worked Glass, the type of glass which can be used, a demonstration of cutting techniques and how to secure and layer the glass.

Each person would be able to make a keyring or pendant and earring set (a chance to make a very personal Valentine's Day present?).

Places are limited so please register your interest now. Early in January, you will be asked to confirm your booking and pay a £5 deposit. It is hoped that the total fee will not exceed £10 but, of course, that will depend on the numbers attending.

For further information, contact Sandy Oxford on 078 669 20719.

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THE GREEN CORNER

Does buying lots of stuff improve one's well-being? Many people, though not any of us of course, aspire to have more stuff of one sort or another, as they think it will make them happier. Materialism is a trait that is pre-occupied with possessions and the images they project. It appeals particularly to those of low self-esteem who think that being able to show off their desirable goods to others will in some way make them more attractive and happier with their lot.

Sadly for them, research shows the opposite - that materialism is often associated with anxiety, depression and broken relationships. Studies published in the Journal Motivation and Emotion showed that as people become more materialistic their wellbeing (autonomy, sense of purpose, relationships, etc.) decreases. Other studies show that materialistic people are more subject to disorder.

The trouble with the belief that more money and stuff enhances one's happiness is not just that it's completely wrong but that, according to journalist George Monbiot, it's also believed by almost every member of every government and so is a formula for mass unhappiness. Not to mention the damage to the planetary environment caused by the resulting endless and unnecessary pursuit of worldly goods.

Peter Hanson

THE HEALTH CORNER

Researchers writing in the journal "Evolution, Medicine and Public Health" say improvements in hygiene in developed countries could partly explain their increased rates of Alzheimer's disease. They studied 192 countries and concluded that, as societies become cleaner, the reduced contact with bacteria and other infectious agents might stall the proper development of important parts of the immune system and this would in turn lead to a greater incidence of Alzheimer's.

Similar findings seem to apply to allergies. Whereas about half of all American children are sensitive to tree pollens and other allergens (according to Mark Holbreich, an allergist in Indiana), only about 7% of Amish children (raised in barns without running water, electricity or indoor plumbing) were sensitive. The New York Times reports that scientists think that exposing children to germs at an early age is good for them. For example a Swedish study recommends parents lick their children's dummies clean rather than boiling or sterilising them. Their children developed fewer allergies and had fewer white blood cells of the type that responds to allergies.

This all seems very reasonable, - given that we can only build up immunity through exposure, - so maybe we need to stop fanatically cleaning and welcome a little dirt. Suits me!

Peter Hanson



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JUST FOR FUN

Someone out there must be "deadly" at Scrabble.

PRESBYTERIAN:

When you rearrange the letters:
BEST IN PRAYER

ASTRONOMER:

When you rearrange the letters:
MOON STARER

THE EYES:

When you rearrange the letters:
THEY SEE

DORMITORY:

When you rearrange the letters:
DIRTY ROOM

SLOT MACHINES:

When you rearrange the letters:
CASH LOST IN ME

ANIMOSITY:

When you rearrange the letters:
IS NO AMITY

ELECTION RESULTS:

When you rearrange the letters:
LIES - LET'S RECOUNT

A DECIMAL POINT:

When you rearrange the letters:
I'M A DOT IN PLACE

THE EARTHQUAKES:

When you rearrange the letters:
THAT QUEER SHAKE

ELEVEN PLUS TWO:

When you rearrange the letters:
TWELVE PLUS ONE

NEW YEAR'S EVE

If you're going to be around on New Year's Eve and haven't got anything organised, the Social Club will be hosting a party much like last year. There's no charge, just bring along some food or nibbles to share and whatever you'd like to drink.

We'll all make our own fun so, if you're coming, have a think about what you'd like to do, if anything. If you fancy singing a song, playing something on an instrument, telling a story or a joke or bringing along a game we can play that would be great.

Of course we'll be singing Auld Lang Syne and with a bit of luck some of our local musicians will be playing for us.

Make a date in your diary now!



Ali Baba and the Forty Thieves



**Tues 4th February -
Sat 8th February 2014**

**Whitstone
Parish Hall**

7:30 pm

Saturday matinee at 2:30 pm

Box Office 01392 433997

Tuesday, Wednesday & Thursday

Adults £4.50 Children under 14 £2.50

Friday, Saturday (matinee) & Saturday

Adults £6.00 Children under 14 £3.00

**Tickets for the pantomime
are now on sale.**

Reserved seats are available for the Friday
and both Saturday performances.
Adults £6 Children £3

Sit where you like for the Tuesday,
Wednesday or Thursday performances
Adults £4.50 Children £2.50

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DECEMBER ON THE FARM

How quickly the autumn seeps away, the sun drops, the leaves fade, days become dusk then long night. Look carefully, and new growth, the promise the earth will turn, the light will return, is everywhere. The hazels start growing flower buds, hardy plants like chickweed and shepherd's purse provide a green nibble now there aren't more interesting wild things to pick. Half grown deer, deserted by their mothers now pregnant with next year's young, hang around in familiar places uncertain about what to do. Now two younglings have come together, both daft, but now with the confidence that two bring. Leaves are off the trees, they shed this year's to start developing next year's, visible under tight buds.



CROPS - In the fields, next year's crops are already growing - too strongly, in the case of the winter barley we sowed in early October, bitten by the previous year's difficulties. Their leaves are lush and straggly, with some disease coming in - could do with a little grazing, if only we could direct the deer to eat what we want. In the silage pit, the cows are eating the stored maize and grass at an alarming rate, as we bring them in, first at night, and then all the time when the ground gets too tender. By Christmas, all the spring calved cows will be on their holidays, and the feed, we hope, will last till the grass grows.

COWS - The spring cows, on their break from milking, and most of the heifers are grazing the winter crops. We've grown them fodder beet - sweet like beetroot, yellow like swede, sticking proud above the ground, a tower of feed with a little topknot of green leaves. We've fenced the badgers off the beet, as they love it: so far they've kept off it, where they had nibbled healed over. We've grown the cows kale for January - a triumph of hope over experience: last time deer ate every paddock overnight just before the cows went in. Some heifers will be on long grass we let go long for them. We'll have some animals inside if they need a little more TLC than the great outdoors can provide. Cold or wet doesn't perturb cows and heifers if they've been outside and grown a woolly coat. Both cold and wet is harder, particularly if you are little. So we'll watch, and weigh, and weigh up what will support them best.

We calve the autumn cows to give us milk through the winter - people eat more cheddar in the winter, so we need to produce enough milk to keep the cheese mature enough. We aim to keep grazing as close to Christmas as we can, to keep those lovely grassy flavours coming through, 'green odour', oxylipins, I was told by Michael Lee, a scientist from Bristol University researching the sustainable and health-giving qualities of grazing grass. Alleluia for that, after the long years of farmers being told by scientists that the only way forward was feeding more grain, at the same time being chided by environmentalists for feeding human food (grain) to animals. Grass feeding gives animal products that use the least human food to produce them, and produces less methane, too.



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CHEESE - The milk gets more creamy into the winter. We handle the milk much more gently now, so the cream will hold its structure, so I'm looking forward to the cheese tasting richer, with no trace of astringency in the flavour. In the vat, the milk is looking wonderful: neither grainy with protein, nor with little globules with fat: the milk is holding its shape properly. We make a lot of little cheeses now, and the challenge is to keep the curd warm in cold weather while we get the cheese into the little fiddly moulds. We keep it under blankets of cheese cloth, and get it from under the covers like reluctant schoolchildren when it's time to get up.

SHOP - The shop has got a lot of delicious foods from nearby - Alice and Nicola are dedicated foragers, seeking out gorgeous foods which support this lovely landscape. Create baskets for Christmas presents, either the choices we've made, listed on our website www.quicke.co.uk or come in and make one up to your liking - The last day for selecting hampers for delivery to UK postal addresses is Thursday 19th December.

AWARDS - I am delighted to announce at the World Cheese Awards we won Gold - Vintage, Silver - Oak Smoked and Bronze - Extra Mature.

RECIPE - Hake in Cheese Sauce.

We are so blessed in Devon with delicious fresh fish off the day boats, available from good fishmongers. Tom cooked this lovely dish with hake, which I've always thought of as too boring, but it had a gentle fish flavour, balanced with cheese and a little heat to give interest.

Ingredients

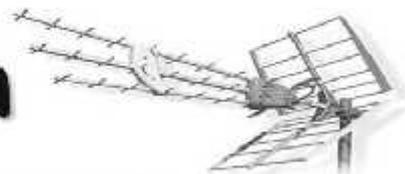
Hake - 4 filleted pieces
Olive Oil - 2 tablespoons
Flour - about 25 to 30g
Milk - up to 750ml
Quicke's Mature cheddar - 250g
Eggs - 4 hard boiled
Chili sauce - splash
Chervil or parsley
Butter

Put 2 tablespoons of olive oil in pan, add flour until flour is bubbling and has absorbed the oil. Vigorously stir in up to 750ml milk with a whisk, until thick creamy consistency. Grate in 250g Quicke's Traditional Mature Cheddar, add pepper and a dab of chili sauce, for piquancy not heat. Add chopped chervil or parsley. Put 4 filleted pieces of hake in pan with butter, cook at 150°C for 15 mins. Hard boil 4 eggs (we used Sally's delicious duck eggs) and shell, cut in half and arrange around fish. Pour white sauce over the fish, and put back in oven for 5 mins for flavours to meld. We didn't finish all the white sauce when we ate the fish, so the next day I cooked some swiss chard stalks in a little water till just tender, and finished them in the leftover white sauce, giving a delicate fishy flavour to the chard which we enjoyed.

I like to eat fish anytime; I know I will eat too much over Christmas, and be eating leftovers till New Year, so this is a good pre-Christmas supper to enjoy the last of the fresh fish before the fishermen have their break over Christmas.

Mary Quicke

Kevin Osborne



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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.



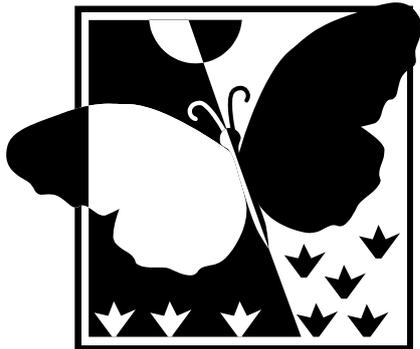
We play popular Cuban and other Latin music and sheet music is available if required. We meet on a Friday evening at 7:30 pm so please ring if you are interested to find out details of this month's session.

The next date for our meeting is:
17th January (Main Hall)

Please make a note in your diary.

Call Dave Lee on 01392-811579 /dave.lee1071@gmail.
There is a small charge of £1.50 to cover hire of hall.

Dave Lee



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FOLK at the OAK

Folk songs and instrumental music
Come and join in - Free entry
Every 3rd Tuesday 8pm

Next meeting: 21st January

Royal Oak

Nadderwater

IDEAS FROM THE GARDENING CLUB

Think there is nothing to do, then think again. However harsh the weather, there are plants to enjoy and plenty of jobs to get on with!

1. Work off the Xmas and new year celebrations with digging as long as the ground is not water logged or frozen.
2. Less strenuous is a walk around the garden to reveal snowdrops and yellow acconites.
3. Last chance to prune grape vines before sap starts to rise next month
4. Prune Wisteria and other climbers.
5. There is little to do with the pond , just check there is an air hole if frozen, do not break the ice , use a pan of hot water to melt a small area.
6. Check greenhouse insulation, any gaps will cause a loss of heat and bigger heating bills.
7. Time to force the rhubarb, clean the crown and cover with old dustbin or large pot, check regularly and discover beautiful pink long stems--delicious !!
8. If this month is too cold, put your feet up by the fire with a glass or two, and browse through the seed catalogues.(PROBABLY THE BEST GARDEN TIP YET !!!!!)

WHITESTONE

GARDENING CLUB



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

GOOD COMPANIONS

Meeting In Pathfinder Village Hall --- 2.30pm
Agenda for January

Wed 29th January --- Club Annual General Meeting

We finished 2013 with a lovely bring and share Christmas tea, and some very amusing entertainment by Shirley and Dave King. Not sure what Dave is going to do with his bucket with a hole in it??. Thank you both for giving us a good laugh.

Also special thanks to everyone for bringing in the eats, there was plenty to share round, and thanks also to 'Avondale' for providing the lovely Christmas cake. We must also thank the committee for all their hard work involved in putting on this event, especially Gina and Sue who also purchased some lovely prizes for the draw.

I think you will agree it has been a good year for the club. Although our membership went down slightly it has not stopped us from having some good meetings with some excellent speakers. It has been noted that numbers fall off slightly when we have a charity speaker, this is such a shame because these speakers are all volunteers, and their causes do such a lot of good for so many needy people.

We must thank our committee members for all their hard work during the past year. Please bring some ideas to the A G M!!! This is your chance to say what you think about your club, either good or bad. Also we do need to try again with the coach outings for 2014 as we only managed one outing in the past year! This is also your chance to vote in some new members to your committee if you feel the need for change, now's your chance, or could you put yourself forward to serve on the committee.

We look forward to seeing you all at the AGM on the 29th (Free cup of tea included!!)

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

Longdown's Pantomime for 2014 is

Sleeping Beauty

Friday 24th & Saturday 25th January

Evening performances at 7.30pm.
Saturday matinee at 2pm.

Tickets £4, available on 01392 811315

Poor Melinda, an evil spell cast by the wicked Darkini could ruin her 16th birthday celebrations. 'Who' will help Nanny and Gozunda save the day? Come along for an evening of hilarity and find out.....

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TABLE TENNIS

Regular Table Tennis takes place in the Parish Hall on Monday evenings 7:30 to 10 pm except when the Social Club is meeting. This means, for **December**, we will be meeting on the **23rd** and the **30th**. There are NO meetings in January with the first meeting in 2014 taking place on February 10th.

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

Details of the **5th January** walk are yet to be finalised and will appear on the Whitestone website www.whitestone-devon.org.uk under Clubs then Walkers. Meet at 9:30 am at the Parish Hall as usual.

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.

WHITESTONE ARTS & CRAFTS MORNING

A room is booked on a Thursday morning every 3 or 4 weeks in Whitestone Parish Hall for anyone who would like to set aside time for themselves in which to pursue an art or craft activity. Bring your project and materials and work from 9:30 am to 12:30 pm. The cost is just £2 to cover room hire & tea/coffee and biscuits.

So, if you were lucky enough to receive something to make or do at Christmas, this could be your opportunity to get started.

Some dates for 2014 are:

Thursday: **January 16th**
February 13th
March 13th

Everyone is very welcome so do come and join us. For more information, contact Sandy Oxford on 078669 20719.

WHITESTONE BABY & TODDLER GROUP

For all children aged 0-8yrs. Tuesday - 10:00am to noon. A place to play, make friends and have a chat! £2.00 first child and 50p for each additional child.

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

- whitestonebabyandtoddlergroup@live.co.uk
- our Facebook page, or
- our whitestone-devon.org.uk page

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

BOOK CLUB

We have been provided, by Devon Library Service, with a long read - 529 pages! - in which to indulge over the Christmas holiday. The book is, "Cloud Atlas" by David Mitchell.

Book Club meets on the second Monday of each month, cost £1.50 to cover room hire in the Parish Hall.

The next meeting is 2 - 4 pm on Monday **13th January**.

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WHITESTONE SOCIAL CLUB

(Coordinator Pauline Fisher, tel. 01392 811979)

Forthcoming Events are usually on Monday:

23rd Jan Talks by Members (****THURSDAY 8pm**)

24th Feb Trekking in Nepal

22nd Mar Anniversary Meal (** **SATURDAY** **)

28th Apr Wildlife in your Garden. Dave Smallshire

All '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. Most meetings are in Parish hall and start at 7:30 pm but please note the exceptions.

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)

No meeting in January. Members will all be at The Travellers enjoying a belated Christmas/New Year's Dinner on 20th. The February meeting will be the AGM and a talk on bees in the garden. More details next time. £12 annual subs are due on 1st January, please forward to the Treasurer, David Gibson.

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.

SHORT MAT BOWLS

(Contact David Oakey tel. 01392 811585)

Enjoy Short Mat Bowls twice a week in the Parish Hall
Wednesdays 10 am to noon

January 8th, 15th & 22nd

Fridays 7:30 to 9:30

January 10th

Cost is only £1.50 and everything is provided.

PARISH COUNCIL MEETING

The Whitestone Parish Council meeting will be on:

Thursday **9th January** at 7.30pm.

Members of the Public and Press are invited to attend.

VILLAGE VOICES

(Liz Watkins tel.01392 811285)

This month, rehearsals and performances are booked for the following :

January 2nd, 9th, 16th (NOT 23rd, 30th and 6th Feb)

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DATES FOR YOUR DIARY

Tue	31 December 2013	New Year's Eve Party - Parish Hall - 8pm onwards
Sun	05 January 2014	Whitestone Walkers - Meet at Parish Hall car park - 09:30 am
Thu	09 January 2014	Parish Council Meeting - Billiard Room - Parish Hall - 7:30 pm
Mon	13 January 2014	Book Club - Parish Hall - 2.00pm
Thu	16 January 2014	Arts & Crafts Morning - Parish Hall - 9:30 am to 12:30 pm
Thu	16 January 2014	LAST DATE FOR SUBMISSION OF ARTICLES FOR FEBRUARY MAGAZINE
Fri	17 January 2014	Cuban Airwaves - 7:30 to 9:30 pm
Sat	18 January 2014	Saturday Surprise - Whitestone Parish Hall - 6:00 to 6:45 pm
Mon-Fri	20 January 2014 - 24 January 2014	Infra-red house surveys - Contact Peter Hanson on 811878
Mon	20 January 2014	Gardening Club Dinner - Travellers Rest, Old Tedburn Road
Tue	21 January 2014	Folk at the Oak - Royal Oak - 8pm
Thu	23 January 2014	Social Club - Talks by members - Whitestone Parish Hall 7:30 pm
Wed	29 January 2014	Pathfinder Good Companions - AGM - Pathfinder Village Hall - 2:30 pm
Tue-Sat	04 February 2014 - 08 February 2014	Ali Baba & the Forty Thieves pantomime - Parish Hall - 7.30pm (matinee on Saturday - 2.30pm)
Thu	13 February 2014	Fused Glass Workshop - Parish Hall - 9:30 am to 12:30 pm
Mon	24 February 2014	Social Club - Trekking in Nepal - Whitestone Parish Hall 7:30 pm
Thu	13 March 2014	Arts & Crafts Morning - Parish Hall - 9:30 am to 12:30 pm
Sat	15 March 2014	Saturday Surprise - Whitestone Parish Hall - 6:00 to 6:45 pm
Sat	22 March 2014	Social Club - Anniversary Meal - Whitestone Parish Hall 7:30 pm
Mon	28 April 2014	Social Club - Wildlife in your Garden - Whitestone Parish Hall 7:30 pm
Sat	17 May 2014	Saturday Surprise - Whitestone Parish Hall - 6:00 to 6:45 pm

WEEKLY EVENTS IN JANUARY 2014

	Dates	Event
Tues	7th, 14th, 21st, 28th	Baby & Toddler Group - Whitestone Parish Hall - 10 am to noon
Wed	8th, 15th, 22nd	Short Mat Bowls - Whitestone Parish Hall - 10:00 am to noon
Thu	2nd, 9th, 16th, 23rd, 30th	Pilates - Whitestone Parish Hall - 6:45 to 7:45 pm
Thu	2nd, 9th, 16th	Village Voices - Whitestone Parish Hall - 7:45 to 9:30 pm
Fri	10th	Short Mat Bowls - Whitestone Parish Hall - 7:30 to 9:30 pm