

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 NOVEMBER 2013

Sunday November 3rd

9.00 am Whitestone	Holy Communion	Revd Martin Wood
9.30 am Holcombe Burnell	Parish Communion	Revd David Ursell
11.00 am Tedburn St Mary	Family Service	Revd Martin Wood
3.00 pm Pathfinder	Holy Communion	Canon Geoffrey Moore
6.00 pm Cheriton Bishop	Service of Light	Revd Martin Wood

Sunday November 10th Remembrance Sunday

9.30 am Whitestone	Parish Communion and Remembrance Service	Revd Martin Wood
10.50 am Holcombe Burnell	Remembrance Service	Canon John Tutton
10.55 am Tedburn St Mary	United Remembrance	Canon Geoffrey Moore
10.55 am Cheriton Cross War Memorial	United Service	Revd Martin Wood
11.10 am Cheriton Village Hall	Remembrance Service	Revd Martin Wood
3.00 pm Pathfinder	Remembrance Service	Revd Martin Wood

Saturday November 16th

6.00 pm Whitestone	Saturday Surprise	Revd Martin Wood
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Sunday November 17th

8.00 am Tedburn St Mary	Holy Communion	Revd Tim Gorringe
9.30 am Cheriton Bishop	Parish Communion	Canon John Tutton
3.00 pm Pathfinder	Evensong	Revd Martin Wood
6.00 pm Holcombe Burnell	Evensong	Lay led

Sunday November 24th

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	
3.00 pm Whitestone	Patronal Festival Evensong	Revd Martin Wood

Every Thursday 10.30 am Pathfinder Holy Communion BCP

November 7th	Revd Martin Wood
November 14th	Canon Geoffrey Moore
November 21st	Canon Geoffrey Moore
November 28th	Canon Geoffrey Moore

On Remembrance Sunday at St. Catherine's, there will be the usual Parish Communion at 9.30 am followed by an interval and then the Remembrance Service at 10.55am to coincide with the 11.00 am two minutes silence.

Getting the right balance

I always find the months of September and October my busiest months of the year. The combination of the beginning of the academic year, things restarting after the summer break and the harvest festivals ensure that I am always busy. By contrast, November is the calm before the storm that begins in December and ends on Christmas Day. I am always in two minds what to do in November. Should I keep working hard to make the run up to Christmas easier? Or should I take things easier to build up my strength to ensure that I make it to Christmas Day? Christmas is such an important time in family life that nobody wants to be ill at this time, and for me trying to find someone to cover my Christmas services at short notice is something I dread and is best avoided. So self-preservation becomes an important feature for me and I try to make sure that I stay well in the run up to Christmas.

So what happens in November to make the difference? The answer is, not much really! There are still things that need to be done. You cannot just stop and take an extended break. That really just stores up trouble for later. The key is to use your time wisely to do what needs to be done and focus on that task. I am easily distracted from things that I do not like doing and so I have to remain focused, and not be tempted to do other more appealing tasks. I have a long list of things I would like to be doing and I have to leave these tasks for another time. There is a real danger as we make space we fill it with something else. We end up juggling many conflicting tasks and become run down and exhausted. The word discipline is not very fashionable these days. It has a negative association with authoritarian figures and punishment. Yet it also has a very positive side in building yourself up and preparing yourself by training. For me, the balance between my work, my own time, exercise and sleep is critical to my wellbeing. If I neglect one or do too much of one I become out of balance and suffer. The two things that I often get wrong are that I get less sleep than I should and I become too busy. I have two great excuses for my neglect. I will catch up on my sleep later! With all that I am doing rushing around I must be getting enough exercise! November is a good time to look at myself and to make sure I have the balance right.

As I read my bible I am struck that it does not encourage me to do more and more and to become exhausted. It challenges me to put aside times to "Be Still" and work out what is really important and to work for that which lasts and is worthwhile. We are encouraged to lay our burdens down and to ask God for help. We cannot be of service to God if we are exhausted, worn out and overwhelmed.

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

This 8-week informal course, which started on the 1st October, is for anyone who wants to investigate Christianity with a group of other people.

It takes place at Whitestone House on Tuesday evenings from 8 pm to 9:30 pm

Tea, coffee and puddings served!

The remaining dates are:

5th November

12th November

19th November

26th November

More information from
Freddie & Emma Hawkins via email
Freddie_hawkins@yahoo.com
or Telephone 01392 811583

S A T U R D A Y
U
R **SATURDAY**
P **16th NOVEMBER**
R **PARISH HALL**
I
S **6.00 - 6.45pm**
E **JUST FOR YOU!**
! **DON'T MISS IT**
! **as next "Surprise"**
! **not until**
! **January 19th 2014 !!**

CHRISTMAS SHOE BOX APPEAL

(For Samaritan's Purse - "Operation Christmas Child")

This is the largest children's Christmas project, under which shoe boxes filled with presents are sent from the UK to children in hospitals, orphanages, homeless shelters and deprived neighbourhoods in some of the poorest countries in the world. Much of the publicity highlights Africa, but in fact many of these gifts also go to impoverished children in Eastern Europe and elsewhere.

Your act of generosity in donating a box would give hope to a child caught in the midst of war, natural disaster or in extreme poverty and shows him or her, and their parents, if any, they have not been forgotten. Your gift will make a child feel special, valued and cared for, and in fact it may well be the only gift they ever receive from anyone.

If you would like to be involved please first try to find your own box! Most of the shoe shops in Exeter are happy to give you a few but I have a limited number available. If you don't remember the instructions from last year please phone me at the number below for detailed instructions re contents and packing. It is important to know that there are certain items that should not be included. The boxes may be brought to the November "Saturday Surprise" in the Parish Hall between 5pm and 6pm on Saturday November 16th or left with me at Heath Barton, Whitestone. Telephone 01647 61401.

Thank you in anticipation of your help.

Ruth Hutchinson

ST CATHERINE'S PLANNED GIVING

This is an invitation to those who are not already members of the Planned Giving Scheme to consider joining at the start of the Planned Giving Year in November.

If you would like to help maintain the fabric of our beautiful church for future generations, contribute towards the cost of the day to day ministry of our Parish and support our chosen charities, this scheme is for you!

Planned Giving is simply a commitment to give a regular and set amount to the church during the forthcoming year. This enables expenditure to be planned with a little more certainty. It is not just about supporting the fabric of our own churches or helping to pay the Stipends of our Clergy, much of what the church raises each year is donated to Christian based charities.

If you would like to know more about the various ways of taking part in the Planned Giving Scheme please contact either myself, Philip Nierop on 01647 61419 or Anna Kellagher on 01392 273864 for an informal and confidential chat. Thank you.

CHURCH HOUSE EDUCATIONAL FOUNDATION

Applications for grants for students and those eligible, residing within the present ecclesiastical parish of Whitestone, should reach the Hon. Secretary in writing before
10th NOVEMBER 2013

Hon. Secretary Mrs. J. Thomas
2 Barton Cottages, Whitestone, Exeter EX4 2LB

CHRISTINGLE GIVING

There will be a combined Carol and Christingle Service in our Parish Church at 11:00 am on Sunday 22nd December.

Christingle services have raised funds for the Children's Society since 1968 and the proceeds offer practical hope to children living in poverty.

The process is in two stages:

- Collecting tubes are distributed to children who wish to be involved in the event. The tubes are available in the church from early November or can reach you via a phone call to Mary Stanbury on 01392 811532.
- Stage two is when the tubes are brought to the service where they are exchanged for a Christingle. The symbolism of the Christingle highlights the life of Jesus as the Light of the world. So, amid the seasonal rush towards Christmas, there is a moment to focus on those who will not be able to enjoy the usual celebrations unless others provide for them.

Envelopes are also available if others wish to join in our contribution to the Children's Society.

Mary Stanbury

THANK YOU

Fred Fisher wishes to thank everyone from the village who kindly sent cards and messages of congratulations on the occasion of his 100th birthday.

The event was celebrated at a family party in his home town of Weston Super Mare on 15th September."

TWO THANK YOUs FROM ST PETROCKS

The harvest produce from Whitestone Parish was gratefully received by St Petrocks and they send their greetings and sincere thanks to Whitestone parishioners.

St Petrocks, in their efforts to help people off the streets, out of homelessness and into more stable lives, are now seeing 60 clients a day at Cathedral Yard.

So Whitestone's great response to their request for second-hand clothing etc. was most welcome and again St Petrocks send their sincere thanks.

The need for second-hand t-shirts, jumpers, anoraks, socks, shoes, trainers, sleeping-bags, blankets, trousers is on-going and, if any further items come to light, Martin Fairley (01392 811977) will be pleased to collect them and pass them on.

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HARVEST FESTIVAL

The Harvest Praise Service followed by the Harvest Supper on the 22nd September was a very happy occasion. The gifts brought to the church were taken to St Petrock's in Exeter and the collection was sent to the charity 'Practical Action' (previously known as Intermediate Technology) which was started by Mr Schumacher; the author of 'Small is Beautiful'. A fantastic £85 was raised by collection from the congregation.

Practical Action uses technology to challenge poverty in developing countries. It works through local communities using simple modern technology which local people can use and easily maintain. An extract of what they are doing in the Turkana region in Kenya follows.

The Harvest Supper was enlivened by the Great Whitestone Bake-off and a short performance by the Whitestone Handbell Ringers. The best bread "plait" was won by Mary Colson - Well Done



MINGO FABRICATION

Tony Mingo

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SUSTAINABLE WHITESTONE

During the past month, we have found homes for all the following items, each offered free to a good home:

- Seed germination heating tray
- Garden hammock
- Mosaic materials
- Irises
- Wheelbarrow
- Soil pH testing kit
- Garden shredder
- Answer phone
- Arc welder, visor and welding rods
- Fishing rod and line
- Pasting table

Still on offer for free to anyone who can use it is a diamond wheel tile cutter.

When you think about it, not only has this saved money but it's also saved the manufacturing cost, the carbon emissions resulting from it, the cost and more carbon emissions from going to buy it and of course it's stopped something useful ending up in landfill via the tip - so everyone's a winner.

If you have anything you're not likely to use and would be happy for it to go to a good home, please give the details to Peter Hanson on 01392 811878 or email peterhanson4@gmail.com who will advertise it to people within the village (without giving your details) and will put you in touch if anyone would like it.

If you'd like to be advised by email about these offers and also about occasional village events, please let Peter know.

THE HEALTH CORNER

(Urban myth No 1)

Keep hydrated! Drink 8 glasses of water a day! Have you heard this one? Of course, -we all have. But is it true?

Well, according to The New Scientist magazine, there's no truth in it whatsoever. No-one even really knows where the idea came from in the first place. Food has water in it anyway and when it's digested it's broken down into carbon dioxide and more water. Tea and coffee add more water and their diuretic effect isn't significant anyway - a report in the Journal of the American College of Nutrition found no difference in hydration whether people got their water from caffeinated drinks or not.

Even the argument that we need to drink because by the time we feel thirsty we're already seriously dehydrated is wrong. Research by Barbara Rolls, nutrition researcher at Penn state University and author of the book "Thirst" says it takes less than a 2% concentration of the blood to make us feel thirsty whereas you need a 5% rise before being officially regarded as dehydrated.



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DYING FOR A DRINK

It is difficult to imagine just how hot and dry the Turkana region of northern Kenya is. River beds are dry for months on end. Red dust and sand attack your eyes and ears at the merest breath of wind and the thin, wispy clouds that form over the hills and mountains which tower over the arid desert provide no protection against the relentless baking sun. The people in Turkana, Northern Kenya can only dream of drinking clean, safe and fresh water.

In Turkana, collecting water is a deadly but necessary part of everyday life. Drinking water can kill you in three different ways. Here's why:

First, you might get shot. Scoop holes may hold nothing but a small puddle full of brown water, laced with animal droppings blown in from the river bed, yet neighbouring communities are so desperate for reliable water sources, gun battles can erupt over them. In Lorengippi, the Turkana and their neighbours, the Pokot, have reached an uneasy truce in which each community takes it in turns to collect water for 12 hours at a time. If you break that truce, the consequences could be deadly.

Second, your scoop hole might collapse. The sandy sides of these three or four metre deep holes are as precarious as they look. Local women build footholes into the sides to allow them to climb out but this can destabilise them with devastating consequences for those inside - just last year three women from Lorengippi were buried alive when their scoop hole collapsed.

Thirdly, drinking the water itself can kill you. Even if you get home alive, the water is so dirty that cholera and diarrhoea are endemic. And because obtaining water is so difficult and dangerous, post-toilet hand washing is rarely done rigorously.

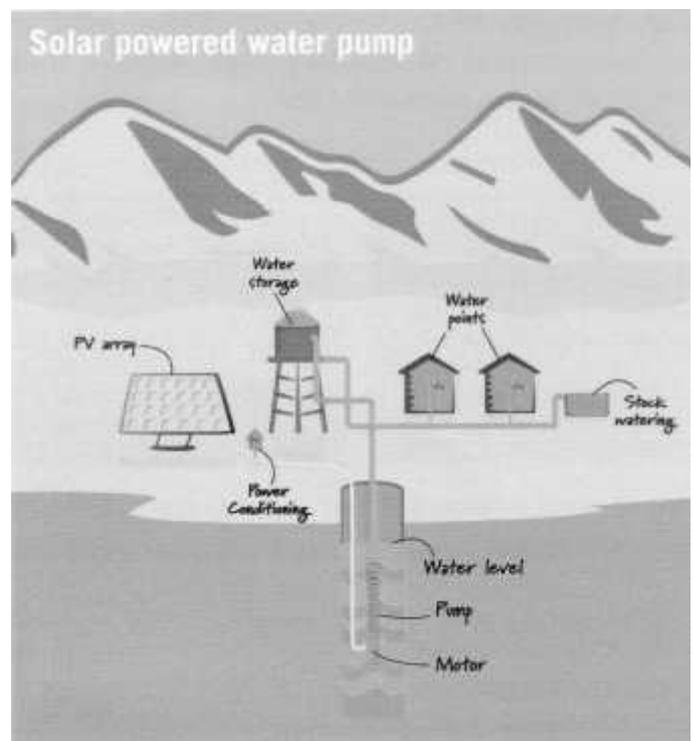


Rose lives in the village of Lobei, to say she's had a hard life is an understatement; she had to cut her own leg off after she was shot by another tribe while collecting water. "I was lucky", she adds without a hint of irony. "Three other women were killed in the attack". Rose later told me she also lost her eldest son in a fight over water and cattle.

Yet thanks to Practical Action, Lobei is a happy place to live these days. A record number of girls are now enrolled into the village school. The sound of laughter is palpable from groups of women gossiping as they go about their daily chores and at night the village rings out to the sound of African songs.

And despite her disability, Rose is positive about the future: "Now we don't go far away again to get water or meet with the enemy like before. My grandchildren get clean water. We don't get sick because we use clean water now unlike before when we used to share dirty water with our animals from the scoop holes. I have sent two of my grandchildren to school and am proud of them. I pray that they learn well and help me in future if I am alive."

It seems unbelievable that the very cause of the village's problems over the past few years, the scorching sun, powers the technology that brings water to Lobei.



Less than a year ago, Practical Action started working with the community to dig deep into the ground and access the vast water reserves below. We trained villagers to install solar-powered pumps and pipes and handed the maintenance over to them. The transformation of Lobei has been truly amazing. Now clean water is available via a series of concrete-mounted taps in the village. Children splash each other as their mothers collect water and the village school has resurrected almost-forgotten plots of fertile land, enabling the village to grow maize and sorghum for the first time in decades.

Thanks to Practical Action's supporters like you, Rose, her family and thousands of people in Turkana have a future to look forward to. With your help, we will be able to extend that bright future to many more.

Make a donation at: practicalaction.org/dreams.

WHITESTONE PARISH COUNCIL - OCT 2013

DRAFT Minutes of Whitestone Parish Council meeting held at Whitestone Parish Hall at 7.30pm on Thursday 10th October 2013 to be ratified on 14th November 2013.

Attendance:

Chairman Councillor P Nierop
Councillors Mrs M Belt, Mrs P Fisher, L Hickman,
R Phillips, A Reed.

District Councillor P Bromell

Mrs P Vaughan, Clerk to the Council

Mr D Friend, Mrs B Netherway, Mrs S Greenfield,
For part of the meeting re their planning applications –
Mr C Hodges, Miss M Collett, Mrs Collett

Apologies: Councillors S Heathcote, D Munro,
M Quinn, County Councillor J Brook

The meeting was preceded by the October draw for the 100 Club in support of the Parish Hall Management Development Fund. The number drawn was 61 and belongs to Eileen Milverton.

The Chairman opened the meeting and the minutes of the Parish Council Meetings held on 12th September 2013 having been circulated were taken as read and signed as a true copy by the Chairman

REPORTS FROM COUNTY COUNCILLOR / DISTRICT COUNCILLOR

District Councillor Bromell said that owing to cut backs at Teignbridge District Council he had not attended so many meetings as in the past and a lot of the work was being done by email. He gave his apologies for non attendance at the next two meetings as he will be going into hospital for a hip operation but advised that he could be contacted with any problems within the Parish.

County Councillor Brook sent written apologies for non attendance at the meeting and his report was read to the meeting. It included news that the mobile library service has been under review with footfall at every stop being recorded and on the basis of less than three regular visits to the mobile library it is being proposed to terminate that stop. He noted that looking at the figures a fortnight ago one of the stops in Whitestone is likely to be discontinued but a decision will be made nearer the end of the month.

PLANNING

Planning Applications

The Council examined the following applications and members of the public were allowed to answer any queries in support of their applications. The following are the Councils decisions:-

13/02739/AGR Barn for hay storage at Woodlands, Halsfordwood Lane. Supported although it is thought that being an agricultural application this may have already been passed.

13/01685/FUL Relocate access and associated new drive at Chants Cottage, Heath Cross. Supported.

13/02774/FUL Erection of detached garden studio/shed at 2 Merrymeet Cottages. Supported.

13/02939/FUL Construction of screening wall at 7 Merrymeet. Supported

Mr Friend had sent objections regarding the following applications which had been distributed to Councillors with their agendas and he was allowed to address the meeting.

13/02846/VAR 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. This application was discussed at length and the Council have objections as they feel that it is unreasonable to keep extending the time limit for this site development.

13/02716/FUL Erection of replacement barn at Springdale Farm, Bondhouse Lane. The Council have objections to this application as they noted that this barn has already been built without planning permission and that it does not meet the necessary requirements for agricultural and animal welfare. It also has the potential for conversion to a dwelling.

Grant of Conditional Planning Permission

13/02491/FUL Retention of extension to existing stone yard at Williams Fields. Teignbridge District Council had supplied a report giving details as to their reasoning for granting this permission when the Parish Council had expressed concerns.

Application withdrawn

13/01712/OUT Outline for demolition of existing, disused outbuildings and erection of dwelling and creation of double garage on land adjacent to Hindcross.

MATTERS FOR DISCUSSION

The Clerk reported having received the resignation of Mrs Lyn Luxton as Councillor owing to her moving from Devon. The appointment of a Councillor to fill the Casual Vacancy can now be implemented and anyone who is interested should contact the Clerk to the Council. There has already been one applicant and an appointment will be made at the Council meeting on the 14th November.

Crossway Park

The Clerk had expressed concern regarding the insurance cover for play equipment and Cllr Heathcote had done some investigation by pricing the existing equipment and after discussion it was resolved that there was no need to increase the insurance cover.

School Houses

The Asset Group Committee supplied a budget cost guide for future work as referred to in the Schedule of Conditions/Maintenance Report and recommended that the installation of a replacement window on the second floor at 1 School house to facilitate emergency escape route is implemented within this year's budget and it was agreed that this be placed on the November agenda.

MATTERS RAISED BY THE CHAIRMAN

Cllr Nierop reported attending the Devon Highways Conference and gave details of some of the items discussed which included the Parish Lengthsman.

FINANCE

Budget Review for 2013-2015

Requests for financial support from :-

Whitestone Parish Hall Committee

- (i) Insurance Cover - £988.42
- (ii) Subsidy for Caretaker's wage - £1,688
- (iii) Replacement windows - £900

Whitestone Gardening Club £125

Creative Whitestone - hosting charge for the Whitestone Website £41

Nat West Bank Statement as at 30th September 2013

Current Account £200.00

Business Reserve Account £6,570.09

Business Reserve Account £3,398.23

£10,168.32 *This balance includes £200.64 P3

Grant money

Income

2nd Half Year Precept £3,000

School Houses rents for October £1,375 – Letting

Agency fees £132 (including £22 VAT) = £1,243

Whitestone Sports & Social Club - £5.00

Expenditure

The following expenditure was proposed and seconded.

All in favour

Green Sweep (1 School Houses - arranged by Devon Lettings) £40.00

Whitestone Parish Hall Management Committee (October) £125

Clerk's expenses/salary £225.04

Wootton Industries Ltd – Play area notices £22.22

CORRESPONDENCE

Whitestone Parish Hall Committee of Management – Application for the claim to be made to Rural Aid for the grant of £1,850 agreed in July for re-felting of the flat roof at the Parish Hall. The necessary paperwork having been completed by the Clerk this was signed by the Chairman.

Whitestone Sports & Social Club – a report supplied by Mr J Kirkpatrick regarding the events organised for the Queen's Jubilee and the monies raised was read to the meeting. £200 of this money was earmarked for a bench to replace the damaged bench that had previously been donated by the Trailblazers Children's Group and work is continuing on finding a suitable bench. It was noted that £5.00 was received from the Club as the annual charge for use of storage space in the garages.

REPORTS

Cllr Belt noted that following her request at the March Council meeting that the Public Paths Map situated on the side of the Parish Hall could have some binding around to tidy it up she asked if she could approach a parishioner to do this work as it has not yet been done. It was agreed that she should request a price and then liaise with the Chairman to see if it was alright to go ahead with this improvement.

PUBLIC PARTICIPATION

Mrs Greenfield gave the following report on the Parish Plan Steering Group:-

"No formal committee meetings have taken place since the last report but work has continued on the full questionnaire and will continue over the next few meetings."

Cllr Nierop requested Mrs Greenfield to apply to the Council for monies to be set aside in the 2014-2015 budget to fund this Steering Group.

The meeting closed at 9.05pm.

VACANCY FOR COUNCILLOR

Whitestone Parish Council have a vacancy for a Councillor. If you are interested, please apply to Pat Vaughan, Clerk to the Council, by Tuesday, 12th November. The Clerk may be contacted on 01392 411628 for details.

The last date for contributions to the December 2013 Parish Magazine is Saturday 16th November

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

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Whitestone Parish Hall, Whitestone, Nr. Exeter, DEVON, EX4 2JS

Tuesdays 10:00am – 12:00 noon



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(and their parents/grandparents & carers)**

Newsletter – November 2013

Hope everyone enjoyed their half term break with a bit of trick or treating as well!! We'll be starting this term with a bang on Tuesday 5th November with a few firework crafts. Also in November, we will be having a Book Day so you can bring along you favourite stories to share. A Children's Book Company will also be visiting us so you may find an early Christmas present too.

We are very excited as we have been awarded a grant from ARISE, a collective of Exeter Based Companies, who have awarded us part of a £10,000 award with other groups from Exeter. They are coming to Baby & Toddlers to present our cheque in November, date to be confirmed. Towards the end of November we will be making at start on Christmas.

We look forward to welcoming you all at our group, just pop in for a chat and a coffee while your little ones can play in a happy, safe and friendly environment

Session dates in
November:

TUESDAYS

5th, 12th, 19th & 26th

Come along and join the fun!!



For More Information please contact us at: whitestonebabyandtoddlergroup@live.co.uk



Find Us on Facebook – Whitestone Baby and Toddler Group.

Devon
County Council

Sara's School



Pre-School

Early Years Education
for all 1 – 5 year olds
Tuesdays, Wednesdays,
Thursdays and Fridays
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Tedburn St Mary Village Hall
Please contact Sara Smale on
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[www.facebook.com/
SarasSchoolPreSchool](http://www.facebook.com/SarasSchoolPreSchool)



Ofsted
Registered

Newsletter – November 2013

The children have all enjoyed our topic work on 'People who help us' and our wall display at Tedburn village hall is looking very colourful! They also enjoyed using the computer to do self-portraits and pictures of the staff! We also had a lovely morning at the Macmillan Coffee Morning and we enjoyed a visit to the local library in the Methodist Church. The children also wrote postcards and enjoyed visiting John at Tedburn Post Office to buy stamps and post their postcards home.

Pre-School will be open again on Tuesday 5th November after the half term break when we will be starting to think of Christmas and practising for our Nativity Play! We will also be taking part in Children in Need on the 15th November and have lots planned for road safety week commencing 18th November.

We currently have spaces for all aged children at pre-school so if you are interested please contact me or pop into any session to see what we have on offer. As well as the funding for the 3/4 years olds we also accept the 2gether funding for eligible 2 year olds.

We still offer our popular drop in sessions on any morning from 10am to 12.30pm for Parents/Carers to come with their children. These sessions are a great introduction for children into pre-school life. A charge of £5 per session is payable. However, if you attend two sessions or more in the same week the subsequent sessions will be half price.

Tedburn Toddlers

We are a relaxed, friendly group for babies & toddlers and their parents/carers to play, socialise and have fun! Why not join us for a coffee and a chat while your children play in a fun, safe environment. We meet in Tedburn Village Hall on Mondays during term time from 9.30am to 12.00pm.

Tedburn's Mobile Shop

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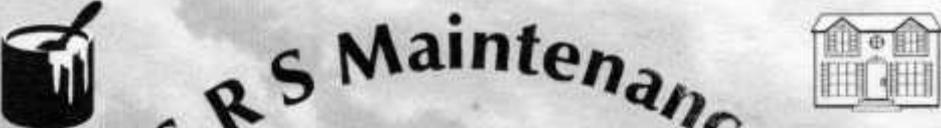
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LAST CHANCE FOR DISCOUNT SEEDS

Vegetable & Flower Seed bargains

Whitestone residents are again invited to join a scheme started last year and run by members of Whitestone Gardener's Club to obtain quality seeds at reduced prices.

Discounts of between 35% and 50% are available to clubs and allotment societies, depending on order size, in a scheme offered by Kings Seeds, a Company renowned for the purity and quality of its seeds.

If you are interested please contact Philip Nierop, preferably by e-mail philip@thenierops.co.uk or by phone 01647 61419 by **30th October 2013**. Please head e-mails SEEDS.

For those expressing an interest we will supply a seed list for completion and return during November and plan to distribute the seeds by mid January.

Remember, this scheme is open to all residents. You do not have to be a Gardener's Club member although we would always welcome new members.

Philip Nierop

CAN YOU HELP AGAIN?

I am again collecting unwanted clothes, belts, shoes, bags and textiles (not duvets or pillows) in aid of the refurbishment of the hydrotherapy pool at Ellen Tinkham Special School in Exeter where my son attends. We can earn 50p for every kg we collect. Please give me a call on 01392 811391 if you have any bags for me to pick up. The closing date for collection is Sunday 17th November so please get sorting!! Thank you.

Vicky Bryant

ALI BABA and the 40 THIEVES

The first rehearsal for the children wanting to dance in the pantomime will be on **Saturday, 9th November at 2 pm**.

If your child is 5 years old or over and can commit to rehearsals on Saturdays at 2 pm and Wednesdays at 6 pm, then please come and join us.

Many thanks,

Nikki Collins

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

SHORT MAT BOWLS

So you think bowls is about as interesting as counting sheep?

If so - you haven't tried Short Mat Bowls, which is friendly, social but VERY competitive!



Short Mat Bowls is proving to be a great success at Whitestone Parish Hall. Everybody is welcome and it's only £1 for two hours of fun, competition and gentle walking. No experience or special kit is necessary and "expert" tuition is provided by David & Gill Oakey.

Why not discover your hidden talent on Wednesdays from 10am to noon and on most Fridays (not Cuban Airwaves nights on Nov 15th/ Dec 20th) from 7:30 to 9:30 pm. With two rinks available, you will always be able to have a go.



Ali Baba and the Forty Thieves



Tues 4th February - Sat 8th February 2014

Whitestone 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 £8.00 Children under 14 £3.00

LAST CHANCE TO ENTER THE WHITESTONE LOTTERY

The 100 Club 2013-2014

Another year and another chance to buy a number in Whitestone's 100 Club draw. For only £1 a month, your number will be one of the 100 numbers in the monthly draw with a chance of winning £25 every month. The winning number will be announced in the monthly minutes of Whitestone Parish Council.

If you would like to take part in the draw and buy a number to be entered into the next 12 monthly draws for £12, please contact Anna Kellagher on 273864 or Mary Belt on 811374 as soon as possible.

All profits of the 100 Club go to the Whitestone Parish Hall Development Fund

Licensed with Teignbridge District Council

WHITESTONE PARISH HALL REQUEST

We are always looking at ways of improving the Parish Hall and would welcome your ideas and suggestions to improve the hall facilities.

All proposals - small, large, cheap or expensive - will be considered by the Hall Committee.

One of the items being considered is the installation of a telephone landline to the Hall to enable users to access the internet. This could facilitate regular computer classes for residents as well as helping some speakers with their presentations, etc.

We are anxious to discover if such a demand really exists. If you are interested in attending a computer course, either for beginners or for a particular computer topic, or you have any other ideas to improve the hall, please contact Derek Fisher on 811979 or kingfisher.dormers@gmail.com

Longdown's Pantomime for 2014 is

Sleeping Beauty

Performances will be on
24th and 25th January 2014
More details to follow.....

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.

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OCTOBER ON THE FARM

October is when you can't pretend it's late summer any more. Everything races to harvest the last of summer's bounty. I've always wanted hazels and cobnuts from my trees, but squirrels have always had all the nuts before they are ripe. This year, my friend Jane suggested I made some little mesh and wire bags to put round the nut clusters. All good, nuts safe, then Tom saw a squirrel running across the grass with a bag in its paws...once we stopped laughing, I picked the rest of the bags and finally I have some nuts stored for the winter.



MAIZE - We harvest the maize end of last month or early this month - maize thinks September is summer too, and puts on a third of its growth then. It is such an odd crop - bare fields, not meeting in the rows till Midsummer at least, later this year, all the sun's energy wasted on bare ground, then it vaults skyward, becoming a forest heavy with cobs in a bare 12 weeks. Rich summer goodness for the cows when the sun is elsewhere.

CROPS - Our thoughts are on next summer's harvest. We cultivate and seed the fields with wheat and barley, catching the weather windows before the soil gets too wet and tender. We are minimally cultivating, not ploughing the soil to preserve organic matter and soil structure. It's worked well in my garden not to turn the soil, so I'm happy we are running with it. The fields turn brown and we wait for the magical sight of new growth peeping through, each shoot so fragile looking, and then you glance at the view, fields now shot with a fresh green tinge that promises next year's harvest.

HEIFERS - Back to this year, and the calves born this autumn are grazing in sheltered fields, supported by milk still. Their older sisters are exploring the further bits of the farm, harvesting the grass grown in the autumn flush. We leave them out until the weather turns, and bring in the littlest or any that are lagging behind first. We check the heifers born last August: are they big enough to go to the bull next month to calve next August?

COWS ON GRASS - The cows are enjoying the autumn flush of grass too. They had eaten it down so tight to the ground in August, it is coming up clean and fresh from the base, all new leaves. It is the most nutritious feed we can give them, even though the sun is weakening and the grass is more watery, with lower sugars. The clover is still giving a good protein lift to the grass. The cows will start their last round before closing some fields up to grow grass the cows will eat in February - it will need all that time to grow to a grazeable length.

CHEESE - In the dairy, the milk is good, still grass fed, and well balanced with still those lovely grass-fed flavours. Grass fed gives a distinctive aroma to the milk. Some people describe it as 'cow breath', which is one of the loveliest aromas of all. You get a hint of it in the !



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cheese flavour, giving our cheese some of its complex flavours. We sent off cheese for Christmas around the world last month; now we start sending cheese for hampers and baskets in Britain.

AWARDS - We picked up Gold for our Mature and Ewes Milk Cheddar at the Taste of the West Awards, as well as Silver for our Extra Mature and Raw Milk, plus Bronze for our Oak Smoked Cheddar.

At the British Cheese Awards we won Gold for Oak Smoked Cheddar, Silver for Mild and Bronze for Mature Cheddar.

SHOP - Cheese makes a lovely present, telling the story of these fields, that harvest and our cows. Check out our website www.quickes.co.uk or come into our shop to create a basket of your own.

APPLE DAY - Come along to the farm on Sunday 27th October 11am – 4pm for our Apple Day Food Fair. Join us for an autumn Celebration of apples, cheese and delicious artisan foods - activities for kids, hog roast and mulled cider. Let's celebrate the Devon Apple in all its glory!

RECIPE - Diane's Cheddar Ale Soup.

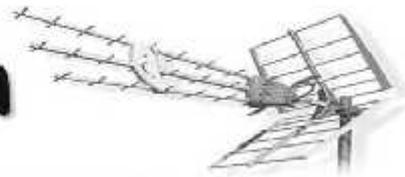
Diane Raymond does the most amazing display of our cheese in the Cheltenham Wholefoods and she gave me this recipe for a warming and nourishing autumnal soup. She used to be personal chef in New York, and it shows

Ingredients

- 2 medium leeks (white and pale green parts only) washed and cut into 1/4-inch dice (2 cups)
- 2 medium carrots, cut into 1/4-inch dice (1 cup)
- 2 celery ribs, cut into 1/4-inch dice (1 cup)
- 2 teaspoons finely chopped garlic (about 4 large garlic cloves)
- 1 bay leaf
- 4 tbsp butter (or a mix of olive oil and butter if preferred)
- 1/3 cup all-purpose flour
- 2 cups whole milk
- 1 3/4 cups reduced-sodium chicken broth (14 fl oz)
- 12 oz ale
- 1 tablespoon Worcestershire sauce
- 1 teaspoon dry mustard
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1 lb (4 cups) grated Mature Quickes Cheddar
- Bacon bits to garnish

Preparation - Cook leeks, carrots, celery, garlic, and bay leaf in butter in a 8 pt. heavy saucepan over moderate heat, stirring occasionally, until vegetables begin to soften; about 5 minutes. Reduce heat to moderately low and sprinkle flour over vegetables, then cook, stirring occasionally for about 3 minutes. Add milk, broth, and beer in a stream, whisking, then simmer, whisking occasionally for about 5 minutes. Stir in Worcestershire sauce, mustard, salt, and pepper. Add cheese by handfuls, stirring constantly, and cook until cheese is melted, 3 to 4 minutes (do not boil). Serve garnished with bacon

Kevin Osborne



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JUST FOR FUN

"Happiness equals reality minus expectations"

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.

Booked dates until the end of the year are:
15th November (Main Hall)
20th December (Main Hall)

Please make a note in your diary.

Call Dave Lee on 01392-811579 / dave.lee1071@gmail.com.

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

Dave Lee

FOLK at the OAK

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

Next meeting: 19th November

Royal Oak

Nadderwater

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

TIPS FROM THE GARDEN CLUB

November is often a damp raw month, but look around and there are often Asters, Michaelmas daisies, lots of berries and maybe a few roses still left to pick.

1. Keep tidying the garden for winter.
2. Press on with winter digging.
3. Lift and divide rhubarb.
4. Lift, label, and store dahlias if not done last month.
5. Protect alpines from winter rain.
6. Keep off the lawn in frosty weather.
7. Install pond and greenhouse heaters.
8. Always check the bonfire before lighting for hibernating creatures.
9. Order seed catalogues, it's exciting to plan what to grow next year!
10. Invest in a garden shredder in order to make good garden compost.

Here in Whitestone there is a communal garden shredder. For more information phone David on 811585.

GOOD COMPANIONS

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

6th November.....Paula Hullett.....Children's Hospice
20th November.....Christmas Dinner.....Fingle Glen
Golf Hotel

Our meeting entitled 'Keep Fit in a Chair' with Judith King as our instructor was again a laughter filled afternoon. Judith certainly put us through our paces. It does not seem possible that there are so many movements that she could try to make us do (all too some very lively music) whilst sitting in a chair. It was such an enjoyable afternoon we have asked her to come back to us again next year.

It was lovely to see such a good attendance for our talk (with some great slides) by Bernard Hughes and his wife Ann showing us many unbelievable engineering feats many over one hundred years old on 'The Inland Waterways of England and Wales' It was a surprise to learn that there are 3000 miles of canals that can be travelled by barge.

Don't forget to book your Christmas dinner.
We look forward to seeing you all in November.

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

PATHFINDER VILLAGE HALL

Saturday 9th November 10:30am

PATHFINDER VILLAGE CHURCH COFFEE MORNING

Many items for sale, Fund raising event
Everybody welcomed

VILLAGE VOICES FOR 2014

The Parish Hall has been booked for the Whitestone choir - Village Voices - for the first quarter of 2014.

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

February 13th, 20th, 27th

March 6th, 13th, 20th, 27th

Same times as usual: Thursday at 7.45 - 9.30 pm
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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 **November**, we will be meeting on the **4th, 11th** and the **18th**.

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 **3rd November** 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.

PARISH COUNCIL MEETING

The Whitestone Parish Council meeting will be on: Thursday **14th November** 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

Where? Whitestone Parish Hall

When? 9:30 am to 12:30 pm on

Thursday 31st October

Thursday 21st November

Thursday 12th December

Why? A special slot of time in which to pursue a project of your choice, to inspire and to learn from each other.

Bring your materials and make time for yourself - away from the jobs that need doing at home!

And, at this time of year, do you have ideas for Christmas? Come and share ideas for decorations and for presents!

The £2 cost covers tea/coffee and biscuits and the hire of the Hall. Everyone is welcome.

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.

VILLAGE VOICES

(Liz Watkins tel.01392 811285)

This month, rehearsals are booked for the following Thursdays at 7:45 pm.

November 7th, 14th, 21st and 28th

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WHITESTONE SOCIAL CLUB

(Coordinator Pauline Fisher, tel. 01392 811979)

Forthcoming Events on Monday:

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

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

16th Dec. Christmas Festivities (to be finalised)

Membership fees will remain at £12 for the next 12 months (or £2 for occasional visits). They were due in September but, if you missed the meeting or forgot to pay , please see Dave Lee when convenient. Perks for members this season will include 2 free meals and a subsidised canal barge trip.

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. All meetings start at 7:30 pm in the Parish hall.

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)

We close this year's programme on the **18th November** with Caradoc Doy talking about orchids. Caradoc has visited us before when he spoke about plant hunters and, in particular, the Exeter firm of Veitch. He is well versed in his subject and will undoubtedly be able to answer any questions you may have on growing orchids. This month's competition, the last one before the winner is announced, is to produce a gardening book showing the oldest date of publication. No meeting in December so this is the time to pick up your menu for the January Christmas dinner.

Non-members are welcome to attend the meeting at a cost of £2 plus £1 on the door for tea/coffee and draw ticket.

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

BENEFACTIVE 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

November 6th, 13th, 20th and 27th

Fridays 7:30 to 9:30 pm (but not the 15th Nov as the Hall is booked by Cuban Airwaves)

November 1st, 8th, 22nd and 29th

Cost is only £1 and everything is provided. See you there.

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DATES FOR YOUR DIARY

Mon	28 October 2013	Social Club - Sally Tipping, Local Magistrate - Whitestone Parish Hall 7:30 pm
Wed	30 October 2013	Last date for discount vegetable and flower seeds - Philip Nierop
Thu	31 October 2013	Arts & Crafts Morning - Parish Hall - 9:30 am to 12:30 pm
Sun	03 November 2013	Whitestone Walkers - Meet at Parish Hall car park - 09:30 am
Wed	06 November 2013	Pathfinder Good Companions - Paula Hullett - Children's Hospice - Pathfinder Village Hall - 2:30 pm
Sat	09 November 2013	First pantomime dancer's rehearsal for children - 2 pm Whitestone Parish Hall
Sat	09 November 2013	Coffee Morning - Pathfinder Village Hall - 10:30 am
Sun	10 November 2013	Last date for applications for grants - Church House Educational Foundation - Mrs J Thomas, Hon. Secretary
Tue	12 November 2013	Last date for applying for post of Parish Councillor
Thu	14 November 2013	Parish Council Meeting - Parish Hall - 7:30 pm
Fri	15 November 2013	Mel Stride MP advice surgery - Billiard Room - 3:30 to 4:00 pm
Fri	15 November 2013	Cuban Airwaves - 7:30 to 9:30 pm
Sat	16 November 2013	Saturday Surprise - Whitestone Parish Hall - 6:00 pm to 6:45 pm Remember Christmas Shoe Box Appeal boxes
Sat	16 November 2013	LAST DATE FOR SUBMISSION OF ARTICLES FOR NOVEMBER MAGAZINE
Sun	17 November 2013	Last date for charity clothing, etc. collection - Vicky Bryant
Mon	18 November 2013	Gardening Club - Caradoc Doy - "Orchids" - Billiard Room - 7:30 pm
Tue	19 November 2013	Folk at the Oak - Royal Oak - 8pm
Wed	20 November 2013	Pathfinder Good Companions - Christmas Dinner - Fingle Glen Golf Hotel - Pathfinder Village Hall - 2:30 pm
Thu	21 November 2013	Arts & Crafts Morning - Parish Hall - 9:30 am to 12:30 pm

WEEKLY EVENTS IN NOVEMBER

	Dates	Event
Mon	4th, 11th, 18th	Table Tennis - Whitestone Parish Hall - 7:30 to 10:00 pm
Tues	5th, 12th, 19th, 26th	Baby & Toddler Group - Whitestone Parish Hall - 10 am to noon
Tues	5th, 12th, 19th, 26th	Christianity Explored Course - Home of Freddie & Emma Hawkins
Wed	6th, 13th, 20th, 27th	Short Mat Bowls - Whitestone Parish Hall - 10:00 am to noon
Wed	13th, 20th, 27th	Pantomime Dancer's rehearsal for children - 6 pm - Parish Hall
Thu	7th, 14th, 21st, 28th	Pilates - Whitestone Parish Hall - 6:45 to 7:45 pm
Thu	7th, 14th, 21st, 28th	Village Voices - Whitestone Parish Hall - 7:45 to 9:30 pm
Fri	1st, 8th, 22nd, 29th	Short Mat Bowls - Whitestone Parish Hall - 7:30 to 9:30 pm
Sat	9th, 16th, 23rd, 30th	Pantomime Dancer's rehearsal for children - 2 pm - Parish Hall