

**ST. CATHERINE, WHITESTONE**

with

**Pathfinder Village**

and

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*Please note that subscriptions for the magazine for 2014 are due as of January. The price has been kept at £4 for the year, so please give this amount to the person who distributes the magazine to you. Thank you.*

*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 FEBRUARY 2014

### **Sunday February 2nd    Candlemass**

<b>9.00 am</b>	<b>Whitestone</b>	<b>Holy Communion</b>	<b>Canon John Tutton</b>
9.30 am	Holcombe Burnell	Parish Communion	Revd Tim Gorringe
11.00 am	Tedburn St Mary	Family Service	Revd Martin Wood
3.00 pm	Pathfinder Village	Holy Communion	Canon Geoffrey Moore
6.00 pm	Cheriton Bishop	Evening Prayer	Lay led

### **Sunday February 9th**

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

### **Sunday February 16th**

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

### **Sunday February 23rd**

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

### **Thursdays 10.30 am    Pathfinder    Holy Communion BCP**

Thursdays	6th	Revd Martin Wood
Thursday	13th	Revd Martin Wood
Thursday	20th	Canon Geoffrey Moore
Thursday	27th	Revd Martin Wood

## National pride

This month sees the return of the six nations rugby internationals. It is the oldest and largest rugby tournament in the world. It has a one hundred and thirty two year history. It is not an unbroken history, the tournament was stopped by the war and bitter disputes in 1885, 1887 and 1889 prevented its completion. The tournament has grown from the four home nations to include France and Italy. It is interesting that Ireland has remained unified in the tournament despite Ireland's independence.

As you watch the trailers on television you might be forgiven for believing that some giant battle was about to begin. It is portrayed as a battle of epic consequences and importance. It is interesting how a game can unearth a national pride in the nations of the Great Britain, France and Italy. There is talk of greatness and a total belief in the ability of your national team to win all the games. History shows that the games are much closer and less predictable than the exaggerated claims of the supporters. It is hopefully a rivalry that is good natured and lasts only the duration of the game and allows differences to be easily forgotten after the excitement of the game.

It is interesting that the importance of where we have come from, is part of our identity. Where we are born and our parent's nationalities fixes an identity in each of us. It creates a label that tells us and others where we were born and who made us. It is not something we can change, we may be able to delight in it with pride or keep it a secret from others. But when it comes to filling in forms there is no hiding our beginning and identity. However it is an identifier which does not define who we are or what we shall become. That is a whole different story in which we get a big hand to shape it for ourselves.

For me place of birth and parents is very two dimensional. I want to add a third dimension, that of God's creativity. As I look at a new born baby which is both delicate and intricate, I do not think to myself, wow all this comes about by random chance. Instead I marvel at such wonder and complexity. If, as I suggest, there is a third dimension, is it right that we ignore it except perhaps at times of crisis and family obligation? Or should we engage and find out what part we might be able to play in God's plan of forgiveness and grace? Should we pass on to others the very good things that God wants for each of us? It is more important to know where we are going, rather than where we have come from. We can enjoy the excitement of a competition for a short time but what we do each and every day is just as important, if not more important.

*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**  
**Thursday: Cheriton Bishop**

**Wednesday: Tedburn St. Mary**  
**Friday: Whitestone**

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

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

March 15th  
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## SOPRANOS WANTED

Whitestone's very own Choir, Village Voices, needs some additional Sopranos. The music we sing ranges from serious to downright frivolous, from Church to Pop.

You don't have to be a Kate Bush or Sarah Brightman but it does help if you want to have fun and are free to meet in the Parish Hall on Thursday evenings at 8.00 pm from 13th February onwards. Age is immaterial (we range from young to 'I've stopped celebrating birthdays') and don't take ourselves too seriously - although we do strive to reach a good standard.

Need more convincing? Apparently Ensemble singing is now the new Lifestyle 'must have' pursuit and is way sexier than home baking!  
Come join us!

Contact Liz Watkins on 811285 for more details.

## THANK YOU

I would like to say thank you to all the people who were at the Parish Hall's New Year's Eve Party and helped when my husband David was taken ill.

David is now home and on the mend and, once this weather dries up, he will be up and about in his garden.

I would very much like to say special thanks to Dr. Jane, Trish and Sue for all their fantastic efforts in saving David's life. Also, Bob who so spontaneously put his hand in his pocket and handed all his money over.

Thank you for all the calls and messages,  
God bless you all,  
Ingrid Gibson

## Concerts in the Church

### Holcombe Burnell Church

**DALLA**  
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**Thursday 20<sup>th</sup> March**  
**7.30 pm**

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## WHITESTONE PARISH COUNCIL - JAN 2014

DRAFT Minutes of Whitestone Parish Council meeting held at Whitestone Parish Hall at 7.30pm on Thursday 9<sup>th</sup> January 2014 to be ratified at Parish Council meeting on 13<sup>th</sup> February 2013

Attendance:

Chairman – Councillor P Nierop  
Councillors Mrs B Bramhall, Mrs P Fisher, S Heathcote,  
D Munro, R Phillips, M Quinn, A Reed.  
Mrs P Vaughan, Clerk to the Council  
Mrs S Greenfield,

Apologies: Councillors Mrs M Belt, L Hickman  
District Councillor P Bromell.

The meeting was preceded by the January Draw for the 100 Club in support of the Parish Hall Development Fund. The lucky number was 3 belonging to Jean Thomas.

The Chairman opened the meeting and the minutes of the Parish Council Meeting held on 12<sup>th</sup> December 2013 having been circulated were taken as read and signed as a true copy by the Chairman.

### PLANNING

#### Planning Applications

13/03306/COU Change of use of land to self storage business and associated security fencing at White Horse Car Breakers, Tedburn Road. The Council discussed the application and there were no objections although it was requested that containers should be positioned singly and not stacked on top of one another.

#### Grant of Conditional Planning Permission

13/03197/COU Change of use of stables to additional accommodation and domestic storage ancillary to Nadder Park, Nadderwater

#### Grant of Outline Planning Permission

13/03192/OUT Outline - dwelling for a rural worker at Bickhams Farm Livery

#### Refusal of Planning Permission

13/03212/OUT Outline for dwelling (all matters reserved for future consideration) at Rebecca Springs, Nadderwater.

#### Stakeholder Workshop on Proposed Attwells Farm Development

An invitation to a workshop was discussed and the names of Cllrs Bramhall, Heathcote, Phillips, and Quinn and Mr Andrew Greenfield were to be submitted for attendance.

### MATTERS FOR DISCUSSION

#### School Houses

Cllr Reed reported that no work has been carried out since the December meeting due to Christmas and New Year holidays

- West Coast Windows had supplied and installed a new PVC window to the attic bedroom at no 1 and their account has been submitted for payment

- A quotation of £250 for repairs to fencing and gate at rear of the properties has been obtained and this also includes changing downpipes at both properties. It was resolved that this quotation be accepted.
- A quotation has been obtained via Devon Lettings for repair work required to the fireplace at No 1 and this was referred to be placed on hold for further discussion as there seemed to be some discrepancy in the work required.
- The new tenancy agreements with Devon Lettings are still in abeyance and the Chairman requested that Cllr Reed ask for these to be agreed as soon as possible.

#### Maintenance of garden area by bus stop

Cllr Nierop reported that Mr Peter Joll has volunteered to undertake this task and the Councillors expressed their thanks on behalf of the community.

### MATTERS RAISED BY THE CHAIRMAN

Cllr Nierop reported on the flooding on the bridge at Nadderwater by the Royal Oak.

Cllr Nierop reported completion of the Land Registry for the Parish Hall and he was awaiting the documents in regard to School Houses and the payment of the account from Foot Anstey for £1,302.00 will be held over until these have been received.

### FINANCE

#### Budget for 2014-2015 and Precept

Balance sheets and documentation regarding finance having been circulated to members were fully discussed and it was resolved that the budget of £19,459 for 2014/15 be adopted and the Precept should remain as at £6,000. Cllr Quinn wished it noted that he was in opposition to the Precept remaining at £6,000 as he thought it should be reduced.

#### Income

School Houses rents for November £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.

West Coast Windows - £489.60 (includes £81.60 VAT)  
Mr Joll – paint purchased for painting bus shelter –  
£33.99 (includes £5.67 VAT)

Whitestone Parish Hall Management Committee  
(January) £125  
Hire of room for Parish Plan meetings - £22.50  
Clerk's expenses/quarterly salary - £238.86  
Foot Anstey £1,302.00 (includes £150 VAT)

### CORRESPONDENCE

Devon County Council Neighbourhood Highways Officer reported back on the issues raised at the December meeting and also said that it would not be possible for the Parish to erect a sign indicating Nadderwater but if the Parish were happy to fund this they could then arrange for a new one to be erected. Following receipt of this the Clerk had asked for the possible cost of this and received a response to say that it would be somewhere in the region of £300 - £400.

The Clerk had investigated a New Councillors Short Course for Cllr Bramhall to attend and there would be one in Exeter on Tuesday 8<sup>th</sup> April at a cost of £25. Cllr Bramhall indicated her willingness to attend on this date and the Council authorised that the Clerk make the necessary booking arrangements

Devon Assn of Local Councils request a nomination of the Chairman to go into a draw to attend a Buckingham Palace Garden Party on Tuesday 10<sup>th</sup> June.

#### REPORTS

Councillors reported flooding which had occurred in Halsfordwood Lane and on the C50 road by Bondhouse Lane and appreciated how promptly this had been dealt with by Devon Highways.

A pothole was to be reported on the road between Whitestone House and the reservoir and also that the hedge bank is again slipping into the road about ¼ of a mile west of Whitestone in the same area.

#### PUBLIC PARTICIPATION

Mrs Greenfield reported that the pothole in Church Lane have been filled but it would appear to be only a temporary filling as it has degraded already. She also made a request that the grit bin by the Whitestone Church should be replenished in anticipation of the colder/icy weather to come as it is only part full.

Mrs Greenfield gave the following report on the Parish Plan Steering Group:- "We have continued work on the full questionnaire and have further meetings planned for this month. We would like to wish all parishioners a very Happy New Year".

The meeting closed at 8.45p.m.

#### BOOKING THE PARISH HALL

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

Ros Hanson  
Tel: 01392 811878  
email: ros4hanson@gmail.com

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

We always welcome any suggestions to improve the magazine.

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

***The last date for contributions to the March 2014 Parish Magazine is Sunday 16th February***

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

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## JUST FOR FUN

'HAS YOUR BRAIN PASSED IT'S BEST' QUIZ

### Question 1

**You are a participant in a race. You overtake the second person. What position are you in?**

ANSWER : If you answered that you are first, then you are absolutely WRONG!. If you overtake the second person and you take his place, you are in second place.

### Question 2

**If you overtake the last person, then you are .....?**

ANSWER: If you answered that you are second to last, then you are wrong again. How can you overtake the last person?

### Question 3

**Mental Arithmetic - NO pen, paper, calculator, etc. Take 1000 and add 40 to it. Now add another 1000. Now add 30. Add another 1000. Now add 20. Add another 1000. Now add 10. What is the total?**

ANSWER. Did you get 5000?  
The correct answer is 4100.....

### Question 4

**Mary's father has five daughters - 1. NANA, 2. NENE, 3. NINI, 4. NONO, AND 5. ——— What is the name of the fifth daughter?**

ANSWER. Did you sat NUNU?  
Of course it isn't. Her name is Mary. Read the question!

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## SHOULD THE WHITESTONE MAGAZINE BE AVAILABLE ELECTRONICALLY?

Most readers appear to want to receive a paper copy of the Whitestone Parish magazine and this will continue.

However, a few readers have asked if an electronic copy (in PDF format) could be sent to them by email instead.

The advantages of receiving an email copy could be:

- Reduced printing costs for the magazine.
- An annual email subscription of, say, £2 to cover other costs instead of the £4 for the paper copy.
- Fewer copies for the editor and distributors to carry and post.
- An overall saving in paper.
- The email magazine could use colour.

The disadvantages of an email copy could be:

- No magazine if you're computer is down.
- The arrangements for paying the subscription.
- Giving your email address to the editor.

Your thoughts would be most welcome, particularly if you would be interested in taking up this venture.

Contact Jock (kirkpatrick@eclipse.co.uk) or Jennifer (anna\_kellagher@hotmail.com)



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## THE GREEN CORNER

Peter Melchett, Policy Director of the Soil Association, says that phosphorus is a key ingredient in fertiliser and is essential for farming. Many of us will have heard of N-P-K fertiliser with N for Nitrogen, P for Phosphorus and K for Potassium. Without phosphorus, wheat yields, for example, would fall by half. This is potentially a problem because mineable reserves in China, Morocco and the US are likely to be completely depleted within 100 years, with the "peak Phosphorous" occurring in about 2035.

This no doubt explains why the price of phosphorus has risen 500% since 2007. No doubt it also explains why Thames Water has invested in a plant in Slough to reclaim phosphorus from human sewage. They plan to reclaim 150 tons a year and sell it for £200,000. Piers Clark, their Commercial Director, says phosphorus is a fast depleting resource which we will run out of and that, without it, all life on the planet will take a nosedive. He says using this technology Britain could save 20% of the 150,000 tons we import each year.

Another illustration of the "Where there's muck there's brass" saying?

Peter Hanson

## WHITESTONE BIRDING

A very happy New Year to everyone and may your gardens be full of birds. Inevitably, at this time of year, the garden becomes a central part of birding. The feeders are busy with goldfinches, greenfinches, house sparrows, blue tits, starlings and coal tits amongst others. The ground below provides a feeding area for dunnock, chaffinch, blackbird and magpie.

I am sure that most of you can identify the tits in the garden but here is a quick run down. The most common two species are the blue tit and the great tit. The blue tit is the little one with a yellow belly, a blue head with white cheeks and a blue looking back. They also have a white wing bar. This species frequently breed in the nest boxes provided by us and, indeed, a pair have already been investigating the webcam box. They are not ready to breed yet but it appears that a pair will find a site that they like and protect it against other interested parties.

The great tit is a much bigger looking bird, although much smaller than the starling or blackbird. The overall impression is a black and yellow bird. The head is black with a blue looking back, white cheeks and a yellow belly. Again, there is a white wing bar. Unlike the blue tit, it is quite easy to sex the great tit. There is a line of black that extends from the chin down the centre of the belly and between the legs. If the black extends all the way across the belly between the legs then the bird is a male. A narrow or invisible line at this point makes the bird a female. The males have started to sing on territory now – a loud and strident 'teacher, teacher' (or weechew, weechew). There are at least three territories on our morning walk. Again, these will nest in man-made boxes as well as natural sites.

Another small tit that is coming to the garden frequently at the moment is the coal tit. This is about the same size as the blue tit although it looks smaller. A small black and grey bird with white cheeks is the first impression but a further look will show a white stripe on the back of the head. In addition this species has two white wing bars but these not always easy to see.

If you are very lucky you will have a marsh tit in the garden. Marginally bigger than the blue tit, this looks black and grey again with huge white cheeks. The outstanding feature is the black cap, totally different from the other tits. The experienced birders amongst you are wondering whether it could be a willow tit. This is very similar and much rarer. There are some in Devon but the habitat here is wrong for them. As suggested, they prefer willow carr in a boggy environment.

And finally, the tiniest of them all – the long tailed tit. Probably one of everyone's favourites. This unmistakable bird is smaller in body than any of the others but has a very long thin tail. Its plumage is totally different to the others with a pinky look to it. Collins Bird Guide describes it in flight as 'a ball with a long tail'. These often travel in small groups and arrive all of a flurry never sitting still for more than a few seconds at a time.

So, having established what we are looking at, are they the same birds coming back all the time? Well, here is some interesting information from four ringing sessions in the garden at the end of 2013.

The table shows blue tit and goldfinch being the most common birds at the feeders. Number of birds ringed in a session:

	13 Nov	24 Nov	01 Dec	07 Dec
Blue tit – new	27	7	28	11
Blue tit – retrap	0	4	1	2
Goldfinch – new	34	5	25	3
Goldfinch – retrap	0	0	0	3
Hours net open	6.75	6.5	4.15	2.15

A retrap is a bird that has been ringed before and is caught again. So, there are quite a number of birds moving through the garden. A quick further note on the subject of ringing. I have just seen a ringed magpie in the garden. As it is ringed on the left leg, the chances are that it was me who ringed it. The only magpie ringed in this garden was on the 17th May 2008 and it was ringed as an adult bird. It would now be at least 8 years old. Looks as though I will have to try and catch it again and let you know whether it is the same bird.

In January, the BTO (British Trust for Ornithology) carried out a week-long survey to investigate what times the first ten species arrive at feeding stations. I did the survey on Wednesday 8th January starting to watch at 7.30 when it was still dark. In order of arrival:

Blue tit	07.50	Chaffinch	08.12
Robin	07.55	Goldfinch	08.17
Great tit	07.56	House sparrow	08.18
Blackbird	08.04	Greenfinch	08.19
Coal tit	08.04	Starling	08.30

It all happened very quickly. Most species arrived in singles or two together but the goldfinch arrived as a flock of 21 which may suggest that there is a roost nearby. Further information on the overall results of the survey can be found on the BTO website.

Outside the garden there is not much to report. In December there was quite a movement of redwing and fieldfare but there are only a few of these around at the moment. This is probably due to the warm weather and a good supply of food so they do not need to move this far south. As yet I have not seen any siskin or brambling in the area, probably for the same reason. A drop in temperature may well change all this so keep looking! The tawny owls are calling with at least three individuals near the centre of the village. A group of 29 pied wagtails were seen amongst sheep in a field along Church Lane on the 4th January. There are regularly a few birds behind the village hall but this is a noteworthy group.

A final note on feeding. At present I am feeding sunflower heart, peanuts and fat balls. The food is being taken but not in the quantity as previous years although there seem to be good numbers of birds present. As a result, there are less feeders out. It is important that the feeders are kept clean. A higher number of dead birds have been reported than usual. Whilst the cause is not definitely known contamination may be a problem. If you see a very fluffed up unhappy looking bird there is little that you can do for it but please do report it on the BTO website as the data is important.

Looking forward to more daylight and greater opportunities for birding just as much as the birds must be looking forward to some drier weather!

Happy birding.

Judith Read



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## JUST FOR FUN

An elderly Devon farmer was in the R D & E having some stitches put in his hand after an accident with a piece of machinery. The doctor carrying out the procedure struck up a conversation with the old man. Eventually the topic got around to Politicians and their role as our leaders.

The old farmer said, "Well, you know, most Politicians are 'Post Tortoises'."

Not being familiar with the term, the doctor asked him, what a 'Post Tortoise' was?

The old farmer said, "Whenever you're driving down a country road and you come across a fence post and there's a tortoise balanced on top, that's a 'Post Tortoise'."

The old farmer, seeing the puzzled look on the doctor's face, continued to explain.

"Well, you know he didn't get up there by himself, he doesn't belong up there, he doesn't know what to do while he's up there, he's elevated beyond his ability to function and you just wonder what kind of idiot put him up there in the first place."

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# Ali Baba and the Forty Thieves



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Sat 8<sup>th</sup> February 2014**

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## JANUARY ON THE FARM

The start of the hundred hungry days between Christmas and Easter or the slow beginnings of the new year, the darkness rolling back minute by minute? Both - the start of the hard time, when the whole earth looks scoured by the cold, and look closer, and you see the stirrings of new life, harbinger of the spring to come. The catkin buds swell, the primrose leaves grow, the snowdrops start to flower, reassurance that the warm time is coming.



The little egrets are back on the cows' fields, beautiful, elegant, shining white. I caught sight of a heron standing motionless in the cold river water, patient and timeless. The bleak river is rich enough for them. The deer get hungry and bolder, eating the kale we've grown for the cows, leaving their slot foot marks over the fields - have we disturbed them or reduced the numbers enough to leave us sufficient food for the cows and a sensible harvest for this year?

**CROPS** - We drilled some barley early, bitten by the difficult weather the previous autumn, and that's a little over proud, and has got battered and fungal - we need a little deer damage to eat back the excess growth. Later drilled wheat looks orderly, that prim look of a well-drilled crop, all the plants in the right place, growing evenly. In the winter fallowed fields, charms of finches flash over, interested in the disturbance I create as I walk.

The fodder beet is coming into its own, feeding dry cows and growing heifers with their fat sweet roots. When we first introduced it to them, they tentatively nibbled the green leaf, and yanked the roots out of the ground. They didn't know what to do with them at first, and started playing with them and kicking them down the hill. They soon caught up with the idea that their football was sweet and yummy - as sweet as sugar beet, with pale golden flesh.

**GRASS** - Milking cows grazed the grass till Christmas, and now are tucked up in the barn to let the pastures grow back - except on the frozen days, it'll grow a little - 5 kilos of dry matter a hectare a day - that's like five bags of sugar spread over a football pitch including the stands - not much, but it all adds up. The earthworms restore the pastures, smoothing out the hoof marks left from the season's grazing. We've trialled some machines to help break up the compacted layer just under the surface you get with so many hooves going over the ground, and the fields are responding, with rain soaking in more easily.

**COWS** - The autumn cows are in the barn, eating the stored silage - summer time shifted to winter, grass and maize and wheat. Now we make their beds, bring them their food and clear their manure, the hard work of winter. Their milk becomes very rich, with more cheese produced - now taking eight litres to produce a kilo of cheese, rather than closer to ten as we do in the summer. It's rich and sumptuous, deeply buttery.



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Less milk, though, with so many cows dry, restoring themselves before calving next month. Less cheese to make, and less cheese to send out, after the rush last month. So now is the time we scrub shelves, mend racks, catch up on cleaning, plan next year, and catch up with our customers to find out how Christmas went. The cheese store, our cathedral of cheese is a little more empty; the cheese gone out on its adventures across the globe for people to enjoy. Now for the New Year, and getting ready to fill the cheese store up again. It's a new year, and we'll keep making the cheese we love, and we hope you enjoy it too!

#### RECIPE

My niece Lucy Quicke has come back to the farm - very exciting, and like her mum, she's a great cook. She gave me this 'Very Simple Quicques Omelette'

#### Ingredients:

- Cooking butter, 1 tablespoon
- Frozen peas, 1 handful
- Leek, one quarter, chopped,
- Closed cup mushrooms, 4 sliced
- Red & yellow pepper , one quarter, chopped
- Garlic clove, crushed
- Eggs, 4
- Semi skimmed milk, dash
- Quicques Ex Mat Cheddar, large handful, grated

#### Method:

Heat the butter in a pan and add leek, peas, mushrooms, peppers and garlic. Sauté for 5 minutes. Whisk the eggs and milk together and mix in the cheese. Pour over the vegetables and cook for a few minutes until golden brown underneath. Place under a preheated grill for a further 5 minutes and serve immediately.

After Christmas, I need some easy recipes for party exhaustion, and this one just fits the bill. Happy New Year, and keeping loving cheese!

Mary Quicke

---

#### THE HEALTH CORNER

A neuroscientist, writing in the journal Nature Neuroscientist, says that a cup or two of coffee could boost the brain's ability to store long term memories. People who had a shot of caffeine after looking at a series of pictures were better at distinguishing them from similar images the next day.

The study was carried out with 44 volunteers who were not heavy coffee drinkers and had abstained for at least a day.

Other scientists have commented that more evidence is needed and the effect needs to be shown in a larger number of people.

Still can't do any harm to have another cup, can it?

Peter Hanson



# 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:

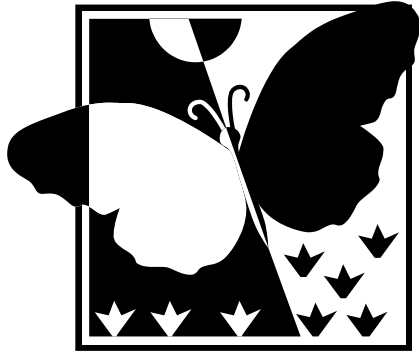
**14th February** (Main Hall)

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.

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GARDEN VISITS

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We meet every third Monday of the month  
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Contact - Gill Oakey, 811585

### FEBRUARY GARDEN TIPS

What to do this month

1. Divide large clumps of snowdrops.
2. Plant new fruit trees, canes and bushes.
3. Sow lettuces and salads in the green house
4. Plant summer flowering bulbs in pots indoors.

A great month for leeks sweet mild and fragrant.

#### LEEK AND CHEESE MUFFINS

Preheat oven 200°C/400°F/Gas6. Combine 225g SR flour, a finely sliced leek, 100g Cheddar cheese, pinch pepper in a bowl. In a separate bowl, mix 175ml semi skimmed milk, 1 egg and 50ml rapeseed oil, add this to the dry ingredients and stir. Grease 10 muffin moulds and fill each with mixture, then cook 20 mins until golden brown.

Enjoy with that mid morning cup of coffee !!



# GOOD COMPANIONS

Meeting In Pathfinder Village Hall --- 2.30pm  
*Agenda for February*

5th February.....Paul Rendell.....War Horse  
(The Story Behind the Dartmoor Locations)  
19th February.....Jeff MerrettMBE.....Dream-A-Way's  
Royal Connections

Here we are again beginning a New Year (2014) although most of you are having to think twice about writing 2014 instead of 2013 I have been doing it for some time as I have been sorting out our speakers during the latter half of the old year. Hopefully I have a good mix of speakers to entertain us for the next ten months.

As we have as yet not had our AGM, I have no news as to who the committee members are for this year?

Our first meeting in February starts off with a slide show and talk by one of our favourite speakers Paul Rendell, keeping us up to date with the areas of Dartmoor used in the making of the film 'War Horse' Then on the 19th Jeff Merrett returns to tell us of the charity 'Dream- A-Ways' connections with royalty.

We look forward to meeting you all again in February, weather permitting!

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

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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 **February**, we will be meeting on the **10th** and the **17th**. Remember that, for Table Tennis, everybody is welcome for an evening's fun, entertainment and fitness workout for only £1.50. Up to four tables available.

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

## WHITESTONE WALKERS

Next Walk - **2nd February 2014.**

With the recent spate of bad weather, the walk for February will be a walk along the lanes to the west of Exminster. Depart from the Parish Hall at 9:30am and meet at about 10:00am in the Car Park at the Deepway Centre on the left up Deepway Lane, Exminster. The walk takes us over the three main road bridges in the area and will be just over 5 miles.

## 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

Our next Arts & Crafts morning, on Thursday 13th February, will be different from our usual mornings. Tutor Catherine Packham is coming to instruct us in the craft of kiln worked glass. **Places need to be booked on the course** so that there will be sufficient materials available for participants.

Further Arts & Crafts mornings at Whitestone Parish Hall will be on:

Thursday: **March 13th**  
**April 3rd**  
**April 24th**  
**May 15th**

Bring your project and materials and share your enthusiasm with others who enjoy being creative. A room is hired from 9:30 am to 12:30 pm and the cost is just £2 to cover room hire & tea/coffee and biscuits. 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](mailto:whitestonebabyandtoddlergroup@live.co.uk)
- our Facebook page, or
- our [whitestone-devon.org.uk](http://whitestone-devon.org.uk) page

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

## BOOK CLUB

(Co-ordinator Sandy Oxford on 078669 20719)

We meet on the second Monday of each month from 2pm to 4pm, cost £1.50 to cover room hire in Whitestone Parish Hall. We take turns to supply tea & biscuits.

Our next meeting is on Monday **10th February**.

The book to read for that meeting is "The House on the Strand" by Daphne DuMaurier.

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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

**28th May** Horse Drawn Barge Trip (\*\***WEDNESDAY**\*\*)

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)

The first meeting of the year will be held 7:30 pm on Monday **17th February**. This will be the AGM, which won't take long, to be followed by a talk on Bees in the Garden by Mike Long of, believe it or not, Longdown. No competition at this meeting but tea/coffee and draw as usual so bring your £1's. Annual subs will also fall due which will probably be £12 (depends on the AGM decision) payable either to David Gibson the Treasurer or to the Secretary.

Non members welcome - its a good time to join, otherwise £2 on the door.

### 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

Wed 10 am to noon **February 12th, 19th & 26th**

Fri 7:30 to 9:30 pm **February 21st & 28th**

Cost is only £1.50 and everything is provided.

### PARISH COUNCIL MEETING

The Whitestone Parish Council meeting will be on:

Thursday **13th February** 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 :

**February 13th, 20th and the 27th**

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### DATES FOR YOUR DIARY

Sun	02 February 2014	Whitestone Walkers - Meet at Parish Hall car park - 09:30 am
Tue-Sat	04 February 2014 - 08 February 2014	Ali Baba & the Forty Thieves pantomime - Parish Hall - 7.30pm (matinee on Saturday - 2.30pm)
Wed	05 February 2014	Pathfinder Good Companions - Paul Rendell on "War Horse" Locations on Dartmoor - Pathfinder Village Hall - 2:30 pm
Mon	10 February 2014	Book Club - Parish Hall - 2.00pm
Thu	13 February 2014	Fused Glass Workshop - Parish Hall - 9:30 am to 12:30 pm
Thu	13 February 2014	Parish Council Meeting - Billiard Room - Parish Hall - 7:30 pm
Fri	14 February 2014	Cuban Airwaves - 7:30 to 9:30 pm
<b>Sun</b>	<b>16 February 2014</b>	<b>LAST DATE FOR SUBMISSION OF ARTICLES FOR MARCH MAGAZINE</b>
Mon	17 February 2014	Gardening Club - AGM followed by Mike Long on "Bees in the Garden" Whitestone Parish Hall 7:30 pm
Tue	18 February 2014	Folk at the Oak - Royal Oak - 8pm
Wed	19 February 2014	Pathfinder Good Companions - Jeff Merrett on the "Dream-A-Way" Royal Connections - Pathfinder Village Hall - 2:30 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
Thu	20 March 2014	Concert - DALLA - Holcombe Burnell Church - 7:30pm
Sat	22 March 2014	Social Club - Anniversary Meal - Whitestone Parish Hall 7:30 pm
Thu	03 April 2014	Arts & Crafts Morning - Parish Hall - 9:30 am to 12:30 pm
Thu	24 April 2014	Arts & Crafts Morning - Parish Hall - 9:30 am to 12:30 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
Wed	28 May 2014	Social Club - Horse Drawn Barge Trip

### WEEKLY EVENTS IN FEBRUARY 2014

	Dates	Event
Mon	10th, 17th	Table Tennis - Whitestone Parish Hall - 7:30 to 10:00 pm
Tues	4th, 11th, 18th, 25th	Baby & Toddler Group - Whitestone Parish Hall - 10 am to noon
Wed	12th, 19th, 26th	Short Mat Bowls - Whitestone Parish Hall - 10:00 am to noon
Thu	6th, 13th, 20th, 27th	Pilates - Whitestone Parish Hall - 6:45 to 7:45 pm
Thu	13th, 20th, 27th	Village Voices - Whitestone Parish Hall - 7:45 to 9:30 pm
Fri	21st, 28th	Short Mat Bowls - Whitestone Parish Hall - 7:30 to 9:30 pm