

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 JULY 2014

Sunday July 6th

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

Sunday July 13th

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

Sunday July 20th

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

Sunday July 27th

8.00 am	Cheriton Bishop	Holy Communion	Revd Tim Gorringe
9.30 am	Tedburn St Mary	Parish Communion/Baptism	Canon John Tutton
11.00 am	Holcombe Burnell	Family Service	Revd David Ursell
3.00 pm	Pathfinder	United Service	
6.00 pm	Whitestone	Evening Prayer	Lay led

Every **Thursday** 10.30 am Pathfinder Holy Communion (BCP)

July 3rd	Revd Martin Wood
July 10th	Revd Martin Wood
July 17th	Revd Martin Wood
July 31st	Canon Geoffrey Moore

Glasgow 2014

The month of July sees the opening ceremony of the Commonwealth Games on 23rd July. This will be the twentieth competition. It is a unique competition in which the home countries compete for their own nations of England, Ireland, Scotland and Wales. It dates back to the British Empire. The first games were held in 1930 in Hamilton, Canada where 11 countries sent 400 athletes to take part in six sports and 59 events. Since then, the Games have been held every four years (except for 1942 and 1946 because of the Second World War), and the event has seen many changes, not least in its name. From 1930 to 1950 the Games were known as the British Empire Games, from 1954 until 1966 the British Empire and Commonwealth Games and from 1970 to 1974 they took on the title of British Commonwealth Games. It was the 1978 Games in Edmonton that saw this multi-sports event change its name to the Commonwealth Games. It is interesting to see how the name has changed with the demise of the British Empire.

Scotland hosted the Games in 1970 and 1986. There are now 17 different sports. I shall be watching the rugby sevens and the athletics. If the winter Olympics are anything to go by, I shall end up watching the bowls. Who would have guessed that curling could be so exciting! As with all sports it is the taking part that is really important. Winning should be the bonus to participating. It is sometimes sad that all that people focus on is the winners, it is just as important to achieve your personal best performance. It may not win you a medal but you will be rewarded with the knowledge that you did your very best. It so important to do the best you can.

The bible use images of participating in a race. Paul reminds the Corinthian church that the race of life (1 Corinthians 9 vs. 24-26) is about an imperishable prize, eternal life. The sense is that we should all enter, compete and be fully prepared for engaging in life and trying our best. We are to be encouraged that God and the great cloud of witnesses who have already run the race now surround us and cheer us on in the race that is life (Hebrews 12 vs.1-2).

As we watch the Commonwealth Games and cheer on our favourites, let us also remember how hard the other competitors have worked in training and look out for personal best performances. It is the same for God who sees all of our best efforts and encourages us to keep going and do our best!

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.

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Saturday August 2nd

starting at 9.30.am

Please bring any implements you

think might be used.

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especially welcome.

There will be tasks inside the

church as well.

DISCUSSION GROUP

Going to social events can be great fun but some of us need a bit more. We need to have someone we can talk to about the stuff that's too deep and personal ever to get talked about in a normal social setting. Which is a shame for those of us who feel this need.

If this is you to a certain extent and you'd like to come along to talk about things with like-minded people, do come along on **Monday 30th June** in the Green Room of the Parish Hall at 7 30pm.

These are the only rules:

- We can talk about anything you like but whatever is discussed stays within the group and must not be repeated to anyone else, - not even trusted partners.
- Only one person talks at a time.
- Bring something to drink plus 50p for the hire of the room.

If you think you'd like to come, please email Julian at: trillowstone@gmail.com

***The last date for contributions to the
August 2014 Parish Magazine is***

Wednesday 16th July

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

SATURDAY SURPRISE - FAREWELL !!

Some seven years ago, it was becoming evident that the monthly Family Service in church was losing out to competition from childrens' activities and sports, and something was needed to replace it if young peoples' church needs were to be catered for.

And so Saturday Surprise was born with the agreement of families who still wished their children to have some church input and with the Vicar who would have to fit it into his schedule. A small group was formed who have continued to meet ahead of each session to plan the content. 6.00 pm on a Saturday was chosen to fall between afternoon and evening family activities and to happen six or seven times during the year, interspersed with normal Sunday morning Family Services in church.

So on a Saturday in October 2007, after full advertising, we waited in the Parish Hall to see who, if anyone, would turn up. By 5.50pm there was only a scattering, but by 6.00pm over sixty people of all ages had arrived to see what it was all about! We never saw that number again but, for several years, we hovered around the 40's and 30's, many more than we would normally see in church. Interestingly, although the focus was intended to be the dozen or so teenagers whose interest we hoped to retain, several much older people came to look forward to this refreshing new way of "doing church".

A small and faithful group of musicians led the singing and we chose mainly modern worship songs, mixed in with familiar hymns, to try to cater for all tastes. A Powerpoint projector was obtained with a grant from the Diocese, to enable modern style presentation of a wide and varied range of Bible stories which formed the basis of the Vicar's talks, with musical and pictorial interludes providing time for reflection and silent prayer. Initially we tried to introduce a different "surprise" each time, but ideas started to run out! But the name stuck.

But now, seven years later, most of the initial group of young people have left home or gone to University and sadly they haven't been replaced. Numbers have started to shrink and the format has become a bit tired. So the time has come to think again about a fresh alternative to be interspersed with regular Sunday worship, and a new planning group are hoping to come up with some ideas for 2015.

We would like to thank all who have supported this venture, and enabled us to keep it going until now. We wish the new planning group well as prayerfully they seek guidance and inspiration for the future.

John & Ruth Hutchinson
Rebecca Oliver
Caroline Rutter
Rev. Martin Wood.

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JUST FOR FUN

The Psychiatrist and the Colorectal Surgeon

Best friends graduated from medical school at the same time and decided that, in spite of two different specialties, they would open a practice together to share office space and personnel.

Dr. Smith was the psychiatrist and Dr. Jones was the colorectal surgeon and they put up a sign reading:

Dr. Smith and Dr. Jones: Hysterias and Posteriors.
The city council was livid and insisted they change it.

The doctors changed it to read: Schizoids and Haemorrhoids. This was also not acceptable so they again changed the sign to read: Catatonics and High Colonics - no go. Next they tried: Manic Depressives and Anal Retentives - thumbs down again.

Then came Minds and Behinds - still no good. Another attempt resulted in Nuts and Butts - unacceptable again! So they tried - Freaks and Cheeks - still no good. Loons and Moons - forget it. Almost at their wit's end, the docs finally came up with:

Dr. Smith and Dr. Jones; Specializing in Odds and Ends.
Everybody loved it.

SHORT MAT BOWLS

Short mat bowls has been a runaway success in Whitestone Parish Hall. After receiving most of the equipment from Teignbridge District Council in September 2013, short mat bowls now runs three times a week. Although a team sport, bowls is also a great personal challenge where you strive to improve week on week. Unlike other precision sports, e.g. archery, a minute miss of the intended target usually results in a score of zero.

The 'banter' is one of the highlights with compliments and abuse flowing freely. The following letter in the Times (June 11th) illustrates that this is not unusual.

Bowls etiquette

Sir, I was interested in Mr Robinson's letter on competitive rapport during bowls matches, with such congratulatory phrases as "well bowled" and "good wood" (Oct 7). It goes further than that, however, as even poor woods attract well-meaning phrases, and I soon learnt the meaning of such "bowls speak". The phrase "good length" means that the wood ended up distant to the jack but at about the same length. "Good line" means that the wood was either much too long or much too short, but would have ended up in the general proximity to the jack had it been the right weight. "Don't blame it yet" is an encouraging phrase for a really awful bowl that might, with a stroke of luck, get a fortunate ricochet off another bowl to divert it somewhere near the jack. Probably the most damning criticism of a bowl among such gentlemanly players is silence.
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WHITESTONE PARISH COUNCIL - 3rd JUNE 2014

Minutes of Whitestone Parish Council meeting held at Whitestone Parish Hall on Tuesday 3rd June 2014 7.30pm.

Attendance: Chairman – Councillor Mrs B Bramhall
Councillors Mrs M Belt, Mrs P Fisher, L Hickman,
P Nierop, R Phillips, M Quinn,
Mrs P Vaughan, Clerk to the Council
Mrs S Greenfield, Mrs D Radford-Lewis

Apologies: Councillors D Munro, A Reed

The Chairman opened the meeting which was called to discuss a planning application for Bickhams Farm that requires a response within a 21 days deadline and asked if there was any public participation before the Council examined the proposals

Mrs Greenfield voiced concerns regarding livery related parking and asked if it would be possible to have a “turning area” on site. Mrs Radford Lewis indicated that she noted the complaint, giving explanations for the parking, and would in future attempt to rectify the problems indicated by Mrs Greenfield.

38. The Council then proceeded to the application:-
14/01244/REM - Approval of details for a dwelling for a rural worker (approval sought for access, appearance, landscaping, layout and scale) at Bickhams Farm Livery, Whitestone,

The Council examined the submission and plans and Mrs Radford Lewis answered some questions from the Councillors. The Council discussed the application and gave approval to the proposals.

The meeting closed at 7.45pm

WHITESTONE PARISH COUNCIL - 12th JUNE 2014

DRAFT Minutes of Whitestone Parish Council meeting held at Whitestone Parish Hall at 7.30pm on Thursday, 12th June 2014 to be ratified on 10th July 2014

Attendance:
Chairman – Councillor Mrs B Bramhall
Councillors S Heathcote, L Hickman, P Nierop,
R Phillips, M Quinn, A Reed.

District Councillor P Bromell (left at 9pm)
Mrs P Vaughan, Clerk to the Council
Mrs B Netherway, Mrs S Greenfield
Mr C Hodges, Mrs T Taylor.

Apologies:
Councillors Mrs M Belt, Mrs P Fisher, D Munro
County Councillor J Brook

The June Draw for the 100 Club in support of the Parish Hall Development Fund was conducted. The lucky number was 62 belonging to Neil Davies.

The Chairman opened the meeting. The minutes of the Parish Council Meetings held on 8th May and 3rd June 2014 having been circulated were taken as read and signed as a true copy by the Chairman with the addition of “livery related parking” to the 3rd June minutes.

REPORTS FROM COUNTY COUNCILLOR / DISTRICT COUNCILLOR

District Councillor Bromell had nothing to report but said that he would make enquiries regarding a query from Cllr Nierop concerning a change in future arrangements for green waste

County Councillor Brook had sent his apologies and the Clerk read his report to the meeting which included a statement that he remains convinced that the outcomes of various ongoing consultations will lead to very different systems of delivery.

PLANNING

Planning Application

14/01440/VAR Variation on condition 2 on planning permission 11/00872/FUL (Alterations and extensions to existing dwelling) to amend approved plans to include re-building of annexe, include two velux windows in the roof and an additional window to the front at Heath House. Councillors examined the submission and plans and after discussion there were no objections.

Grant of Conditional Planning

14/00950/FUL Demolition of existing building and erection of four stables, fodder store and tackroom on land off Bondhouse Lane.

14/00579/FUL Closure of existing access, change of use of agricultural land to domestic use including formation of new access and driveway and erection of double garage at Hall Farm, Tedburn Road.

Appeal Decision

14/00009/REF Appeal against refusal of planning permission No 13/03212 – Outline for dwelling at Rebecca Springs, Nadderwater. Appeal dismissed (Delegated refusal)

MATTERS FOR DISCUSSION

Independent Internal Audit

The Clerk reported on the Audit completed by Mr K Abraham on the 29th May as follows “In accordance with testing strategy developed in the Financial Risk Assessment, which continues to be a low audit risk, testing was carried out as appropriate”. It was noted that two items had been brought to the attention of the Clerk regarding the Annual Return to be returned to the Audit Commission and these had been duly amended as appropriate before its submission.

Whitestone Parish Hall Committee of Management

A request has been received for payment of a £900 contribution towards double glazing to the Parish Hall, which had totalled £1,960.80, as agreed in October 2013 (minute 72.1). The Clerk had informed the Hall Committee of receipt of the grant of £900 from the Electors Fund for the defibrillator to be based at the Parish Hall and it was also requested that this should now be forwarded to them in order that Dr Jane Richards, who has connections with the British Heart Foundation can make the necessary arrangements concerning purchase. The Hall Committee will take the lead in arranging training but it is unlikely this will occur before the Autumn. It was resolved that a cheque for £1,800 should therefore be authorised.

Cost Reinstatement Valuations for 1 and 2 School Houses

This had now been received from Wilkinson Grant & Co, at a cost of £120, and owing to the revaluations it was

noted by them that the insurance cover should be for a sum not less than £180,000 for No 1 and £184,000 for No 2. Came and Company, our Insurance Company had been informed and an additional premium of £248.44 was required for the 2014/15 period of cover. This had been paid as the cover commences on the 1st June 2014.

School Houses

Report on Public Meeting

Cllr Bramhall addressed the meeting on the proceedings of this meeting. 59 persons had attended including Parish Councillors. Apologies had been received from Cllr Reed.

A report on the Public Meeting was distributed to Parish Councillors – this being in the form of notes as no official minutes were taken.

The aim of meeting was to present the findings of the School Houses Working Group via a presentation and subsequent question and answer session and Cllr Bramhall felt that this aim was achieved.

There were several relevant and significant points that emerged from the question and answer session, some of which showed us, as present and past Parish Council members, to be lacking in knowledge that we as landlords should possess. Cllr Bramhall informed the meeting that she had made efforts to make good those blanks by making enquiries through the Letting Agents and the Secretary of the Devon Association of Local Councils regarding the housing standards and legislation under the Housing, Health and Safety Rating System (HHSRS). Cllr Bramhall had also addressed the question of applying for a loan if it was decided to upgrade the houses and the Council do not have sufficient funds.

Cllr Bramhall stated that “in her view that if there was any consensus from the meeting it was that the School Houses Working Group Report highlighted a potentially major financial problem for us, but the report was not in itself a sufficient basis for a decision to sell but rather emphasised the need to commission a professionally produced set of commercially based accounts which incorporate the results of an independent survey aimed at making us legal and based on the terms of reference produced and agreed by us, the Parish Council as a whole, at this meeting. There was some criticism of the report from Teignbridge Housing Association, unfair in my view, and had we been able to produce a written set of terms of reference endorsed by the Parish Council we could I think have silenced some, not all, of those critics – and I criticise myself in making that statement”.

Cllr Bramhall then invited every Councillor in attendance to give their views on the meeting and this took place with Cllr Nierop responding to criticism regarding the financial calculations that had been included in his report. He stated that he had sought advice regarding this and he had been informed that it is legitimate and correct to base calculations of income/expenditure from the date when properties came under the Parish Council's ownership or date when the decision was made to retain and let the properties (in 2006) regardless of whether properties were occupied or not.

After lengthy discussion regarding several of the issues raised it was proposed that an Independent Survey should be requested to be undertaken by Teignbridge District Council Housing Services in order to identify any defects/hazards affecting the health and safety of tenants. This proposal was seconded and voted on and passed with one Councillor abstaining.

Cllr Bramhall is to make enquiries regarding the services of a qualified accountant in readiness for when the independent survey has been received.

Asset Group Membership

Cllr Hickman spoke saying that he wished to resign from this Group and Cllr Nierop added that he was resigning also. The Chairman asked for volunteers willing to fill their places and Cllr Reed agreed to rejoin. Other Councillors not present at this meeting will be asked at the July meeting if they would be willing to serve.

MATTERS RAISED BY THE CHAIRMAN

Cllr Bramhall requested the Clerk to write to Mr David Oakey and thank him for presiding at the Public Meeting and this was reiterated by the Councillors

An invitation has been received and accepted from Teignbridge District Council for her to attend the Raising of the Armed Forces Flag on 23rd June

FINANCE

Income

School Houses rents for June £1,425 – Letting Agency fees £136.80 (including £22.80 VAT) = £1,288.20
Teignbridge District Council – Grant from Electors Fund for Defibrillator £900.00

Expenditure

It was reported that the Electrical Inspection Condition Report and repairs at 2 School Houses £560.40 (incl £93.40 VAT) (April Minutes 24.2) had now been carried out and this had been deducted from the rentals.

The following expenditure was proposed and seconded for payment. All in favour
Whitestone Parish Hall Management Committee (June) £125
Devon Association of Local Councils – New Councillors Training Course £30.00 (incl £5 VAT)
Wilkinson Grant Surveyors and Property Consultants £120 (incl £20 VAT)
Came & Company - Broker Network Ltd (insurance cover) £248.44
South and West Internal Audit £175
Clerk's expenses £56.84
Frost Fencing – repairs to play area at Crossway Park (April Minutes 24.8) £520.00

CORRESPONDENCE

- The Clerk reported receiving an enquiry from Devon County Council regarding a sand bag policy or procedure within Whitestone. She had replied that she was not aware of any policy and has been informed that if the Parish does want to hold a stock in future contact should be made with Teignbridge District Council regarding this.



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(continued)

- Letters of thanks have been received from the Whitestone Gardening Club and the Parochial Church Council for the donations which were received by their associations following the May meeting.
- Devon County Council Transport Co-ordination Service had replied following further correspondence regarding the bus service 173 and stated that it is not their policy for the 1853 service to pass through Whitestone and they assume if a bus has been seen it has been when an irregular driver was on the service who was not aware of the different route. It was also stated that given the additional cost of operating via Whitestone they are not prepared to make any alteration to the existing timetable. They ask that if parishioners do see a bus again that it is reported and further enquiries can be made with Dartline.
- Information regarding road closures between 26th May and 31st August on roads past Glebe Farm, St Catherines Cottage to Trilow Corner, road from Twiscombe Corner to Pound Down Corner to enable road repairs were relayed to the meeting.

REPORTS

- Cllr Hickman asked if investigation could be made regarding the triangle of grass containing a signpost where the Exeter boundary meets Whitestone. It is very overgrown and the Clerk was requested to ascertain whose responsibility it is to trim the area.
- Cllr Phillips said that he had received complaints regarding "dog fouling" in the lanes around Whitestone and hoped that dog owners could be more considerate to walkers about the disposal of this.
- Cllr Neirop reported on attending the DALC meeting in May when a representative from the Environment Agency had discussed landfill and recycling issues. He asked if the Clerk could ascertain from Mr Brunt, Neighbourhood Highway Manager for Devon County Council the findings of the drain survey which had been completed in February which had also been an item discussed.

PUBLIC PARTICIPATION

Mr Hodges said that he had been in contact with Cllr Nierop in regard to his concerns over the financial statement which had been made at the Public Meeting regarding School Houses as he felt that calculations should have been made from the date when the houses had been let commercially.

Mrs Taylor praised the Council for taking on board what had been said at the Public Meeting and was pleased that they were looking into the matter in more depth and Mrs Greenfield added her support for this action.

Mrs Greenfield gave the following update on the progress of the Parish Plan Steering Group:- "Matters are ongoing with the web enabling of the questionnaire and it is hoped to conclude this soon".

The meeting closed at 9.45pm.

THE HEALTH CORNER ON TOMATO KETCHUP

A study by Dr J. Cheriyan, a consultant pharmacologist at Addenbrooke's hospital, has found that lycopene, which is found in tomatoes, improves the widening of blood vessels by 53% and thus helps to reduce the likelihood of strokes and heart attacks.

He says Lycopene is a powerful antioxidant ten times more potent than vitamin E and its' effect is enhanced when the tomatoes are pureed or in the form of tomato ketchup, or in the presence of olive oil.

So that'll be ketchup on my chips please!

IN PRAISE OF WEEDING!

Happiness is...pulling out weeds on a Summer's day with the sun shining and the birds tweeting. And it's good for your mental health too. If all you're thinking about is how to angle your fork while wiggling and pulling the stem of the weed so as not to break the stem and leave half of it in the ground ready to sprout again as soon as your back is turned, - well you can think of it as meditation. Ask an Indian guru if you can be thought of as meditating as you watch the paint go on the wall or the weed release its' roots and he'll say yes, - just like imagining you're watching the flame of a candle flicker as it gradually burns down. All your worries disappear while you pull those pesky weeds out and when you've finished, you can admire your weed-free patch of garden and enjoy a well-earned cup of tea.

BEE SWARMS

This is the time of year when honey bees are likely to swarm. They do this when their hive gets too crowded and it is their way of increasing the number of colonies. If a swarm collects in your garden or in your neighbourhood, it is nothing to be alarmed about.

The bees are very docile at present and do not mean to do you any harm. We need to try and collect the bees as they are in decline. If you phone me, I will try to collect them for free and put them in one of my hives.

Additionally, if you fancy a local delicacy, I have jars of "Whitestone Honey" for sale.



Tricia Millinson
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BOOKING THE PARISH HALL

Please contact the Booking Clerk, Pauline Fisher to arrange bookings for the Parish Hall.

Pauline Fisher

Tel: 01392 811979

email: kingfisher.dormers@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.

GOOD COMPANIONS

Meeting In Pathfinder Village Hall --- 2.30pm

Agenda for July

**2nd July.....Libby Clapham.....Homeopathy
for Today**

**16th July.....Angela Paddy.....The Adventures of
Angela's Ducks**

May was a good month for the 'Good Companions'. In beautiful weather, 31 of us visited the Swannery and the Sub-Tropical Gardens at Abbotsbury. It was lovely to see the young signets being "Molly Coddled" by their doting parents, and the amazing sight of so many swans gathered together to be fed and, just like us human beings, they knew what time feeding was. It was then onto the gardens and, like the swans, our first port of call was the restaurant for our feeding time!! The gardens were beautiful, with some amazing colours especially from the azaleas and rhododendrons. What with the glorious views from our coach both going and returning, a great day was had by all.

Our social afternoon was a success with members enjoying an afternoon of a couple of rounds of bingo, a Devonian quiz, cup of tea and cake, and a silent auction in aid of 'The Children's Hospice South West' with the total amount raised of £83.50. We would like to thank all those who donated items for sale in the auction, including Fingle Glen Golf Hotel who kindly donated a lunch for two. Thank you also to those who brought along some lovely cakes to go with our cup of tea, great cup of tea Diane.

We look forward to seeing you all again in July.

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

WHITESTONE FETE 2014

Due to other commitments, it has not been possible to devote enough time to organising the Whitestone Fete for this year. Additionally, as several organisers are away on the usual Saturday Fete dates in June/July, we are faced with actual problems in running a Fete.

We would like to thank Ian & Jules Lugg for coming forward to help this year and we would certainly welcome even more volunteers to make the Fete a worthwhile event next year.

Please note that there is a Family Quiz planned for : **August 16th** at 7:30pm in the Whitestone Parish Hall. Tables for 4 quizzers will cost only £5. Raffle at half-time with prizes for the quiz winners.

THE GREEN CORNER

A well known supermarket, - which recently became even more famous by being featured in Whitestone's pantomime- has found a way to save huge amounts of electricity by storing up to 50,000 tons of apples in caves within the mountains of Northern Italy. The caves were formed when a local mining company excavated the volcanic rock for building purposes.

By storing the apples in these caves instead of refrigerated space, the company reckons to save 60% of the electricity it would otherwise have needed and save water consumption equivalent to 10 Olympic swimming pools. It would save land equivalent to 10 football pitches and CO₂ emissions equal to a 50 hectare wood of mature conifers.

As another supermarket says - every little helps.

JUST FOR FUN

GROWING OLD

I feel like my body is really out of shape, so I got my doctor's permission to join a fitness club and start exercising.

I decided to take an aerobics class for seniors.

I bent, twisted, gyrated, jumped up and down, and perspired for an hour.

But, by the time I got my leotard on, the class was over.

QUESTION: Why does a retiree often say he doesn't miss work, but misses the people he used to work with?

ANSWER: He is too polite to tell the whole truth.

Reporters interviewing a 104-year-old woman:

'And what do you think is the best thing about being 104?' the reporter asked.

She simply replied, 'No peer pressure.'

I'm now really old!

I've had two bypass surgeries, a hip replacement, new knees, and I suffer from diabetes.

I'm half blind, can't hear anything quieter than a jet engine and I take 40 different medications that make me dizzy, winded, and subject to blackouts.

I have bouts with dementia. I have poor circulation; hardly feel my hands and feet anymore.

I can't remember if I'm 85 or 92. I've lost all my friends.

But, thank God, I still have my driving licence.

You know you're old if they have discontinued your blood type.

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JUNE ON THE FARM

Midsummer magic gives wild growth at its fullest extent. Blink and plants everywhere reach for the sun at its highest in the sky. Leaves that started spring as every conceivable green all become mid green, as every one concentrates on the serious business on converting sun's energy to food. Hatched chicks fledge. Baby rabbits explore daftly, tasty morsels for foxes, buzzards and ravens. A goose nesting up the valley honks mournfully, I haven't yet worked out where she is.



The farm shares in the plenty of midsummer. The flowering barley makes the wind visible as the heavy heads and spiky awns sway, heart-stoppingly beautiful when I give myself the time to notice it. Wheat, more bluey-green, and without the spikes, flowers at the end of June. We hope for some dry weather during each crops' flowering to get the best set for the wind-borne pollen.

CROPS - The crops we sow for winter feed, maize, fodder beet and kale look exquisite as they come up in green rows on our red soil snaking to the end of the field. Even rows and even spacing means the most yield, orderliness giving a visceral satisfaction that we can provide for our animals over winter.

Grass grows in front of the cattle, faster than they can eat it. The pastures the cows keep eating stay rich and leafy, perfect food to grow meat and milk just as it is. Humans can't eat grass; pasture-produced meat and milks as well as being delicious are the animal proteins that use the least human-edible food: eat it and feel virtuous.

Let the surplus grass start sending its flowering stalk up, and you can choose what balance of protein, fibre and sugar to harvest for winter feed. Harvest in June, as late first-cut silage or hay, and you get lots of bulk and fibre, as the plants throw up unpalatable flowers supported on stalky stems. Good for a winter bellyful, less good to produce growth and milk.

HEIFERS - The heifers are growing the best they've grown for years, making compensatory growth on the rich grass. It's good to reassure ourselves that their soggy outdoor winter did them no harm. It is a triumph of the fencing work we've been doing over the last year. We can get them to graze properly, so the fresh growth is the cleanest and most nutritious (no old leaves left behind). In the past, we would have to move them before they had finished up properly, giving them rank old leaves to eat next time round. They had learned our fencing had weak points and would lean on them to get to more interesting pasture.

COWS - Most of the spring cows are served by the beginning of the month, and most are pregnant by the end. The riot of lust leads to embryos settling nicely into their beds of crimson womb-beds, that delicate time just ten days after serving. We don't change anything just then, for fear we could knock out the tiny bundles of cells, future calves.



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CHEESE - The milk settles into a lovely milk for cheesemaking, Malcolm Mitchell's favourite. His depth of knowledge and skill, garnered over the years, is the killer app of our cheese quality. 'Just do it as it's meant to be done' he says. And he knows what to do, and when. He's trained and shaped the whole cheese dairy team, and leads from the front in the heavy work of making our 27 kg / 60lb wheels.

In the store, the quiet work of maturing continues, powered now by our photovoltaic panels sited on the cheese store roof. Just the sweet spot, as we use the most power in cooling the stores at the time of year when the sun's rays are at their most powerful.

AWARDS - Delighted to announce at the British Cheese Awards 2014 we picked up gold & Best Cheddar for our Vintage! As well as silver for Smoked Goats and Elderflower and bronze for Mature and Extra Mature. Extremely proud of all the Quicques team.

QUICKES FARM KITCHEN - Soooo excited to launch our Quicques Farm Kitchen, our pop-up cafe and restaurant, featuring all the delicious foods we stock in the shop, so many of them the products of the sun, soil and water of this valley. The menu is designed and prepared by distinguished local chef Deborah Custance Baker, fresh from making a real success of the Cafe at the Innovation Centre of the University. It's the opportunity to try the products, foraged by Alice Blatchford, who's worked hard to seek out most delicious local and artisan foods.

Quicques Farm Kitchen was formally opened by the Earl and Countess of Wessex on Tuesday 10th June. We were really honoured to be chosen as part of Prince Edward's 50th birthday tour of the 'Best of Wessex'.

RECIPE - Focaccia with Quicques cheddar, olives & red onions

12 oz (350 g) plain white flour, plus a little for dusting

½ level teaspoon salt

2 level teaspoons easy-blend yeast

1½ tablespoons extra virgin olive oil

For the topping:

2 small red onions, halved and then sliced into ¼ inches

4 oz (110 g) pitted black olives halved

4 teaspoons chopped fresh rosemary

1 teaspoon sea salt

1 tablespoon olive oil

4 oz (110g) of Quicques mature cheddar (grated)

Sifting the flour and salt into a large mixing bowl, then sprinkle in the yeast and mix that in. Next pour in 7½ fl oz (210 ml) warm water along with 1½ tablespoons of olive oil and mix everything to a dough that leaves the sides of the bowl clean (if necessary, add a few more drops of water). Now turn the dough out on to a lightly floured surface and knead it for about 10 minutes.

When the dough feels very bouncy and elastic, return it to the bowl, cover with Clingfilm and leave in a warm place until it has doubled in size. I find that 20/30 minutes is normally enough. Turn the dough out and punch the air out by kneading it again for 2-3 minutes.

Take two thirds of the olives and push them evenly into the dough, then you can divide the bread in half or cook it as a whole piece, place the sections on an oiled baking sheet, then using a rolling pin to roll it out into an oblong shape. Next, sprinkle a quarter of the remaining olives.

Mary Quicke

Kevin
Osborne



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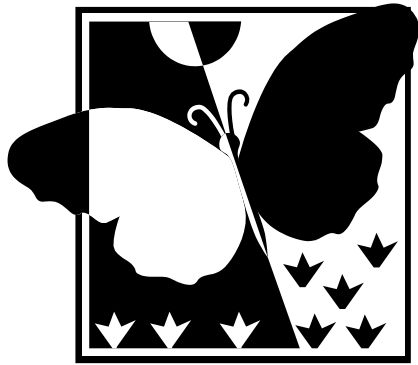
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Cuban Airwaves Whitestone's own Salsa Band

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:

18th July (Main Hall)

Please make a note in your diary.

Call Dave Lee on 01392-811579 or email at dave.lee1071@gmail.com

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

FOLK at the OAK

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

Next meeting: 15th July

Royal Oak

Nadderwater

Longdown Autumn Show Saturday 30th August Longdown Village Hall

We would like to invite people from all the local villages to take part in this event. There are classes for flowers, fruit, vegetables, flower arranging, cookery, photography, and children's crafts.

There are cups to be won and small prizes for the children's classes.

Entries cost 20p each (children free) and should be brought to the Hall between 10 am and 11.15 am on the day.

Detailed show schedules are available from :
Sheila Friend : 01392 811821 and
Sue Mansfield : 01392 811816
and also the July edition of the Longdown Holcombe Burnell Village magazine.

Show opens at 2.30 pm Entrance 50p.

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

JOBS TO DO FOR JULY

It's high summer ! and the garden should be at it's best, full of colour, sweet smells!

1. Water is probably the most important factor this month, not only for the birds but young plants, containers and especially hanging baskets.
2. Time to lift early potatoes, garlic and onions.
3. Raspberries and currants should be ripening well, gather in before the birds beat you to it!
4. Harvest herbs for drying, a real money saver !
5. Summer prune wisteria.
6. Trim conifer hedges.
7. Watch for pests and diseases, greenfly and black fly spread rapidly in warm weather.
8. Dead head roses to prolong your displays, watch out for black spot always burn these leaves and do not add to the compost.
9. The best month for taking cuttings, herbs, conifer, clematis, pinks and divide bearded iris.
10. Harvest any seed from perennials, collect on a sunny day and keep in paper bags in a cool dry place.

Enjoy your garden and look for different ideas from other peoples gardens, try a visit to NGS garden all proceeds to charity.
Happy Gardening

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Crystal Practitioner Lev

Sept 18th & 19th

Reiki 2nd Degree

Oct 16th & 17th

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TABLE TENNIS

Table Tennis is enjoying its summer break for July and August but will start the new season on **1st September 2014** in the Parish Hall on Monday evenings 7:30 to 10 pm (except when the Social Club is meeting or it's a Bank Holiday).

Everybody will be welcome for an evening's fun, entertainment and fitness workout for only £1.50. Up to four tables will be available. Just remember that children under 16 must be accompanied by a responsible adult.

WHITESTONE WALKERS

Next Walk - **6th July 2014.**

Meet at Whitestone Parish Hall car park at 9:30 am or at Sidmouth (grid ref: SY109 874) at 10:15 am.

Directions: Drive to Sidmouth. Turn right when you reach the sea front and keep going up the hill for about a mile. When you get to the top of the hill there is a large free car park on the right.

We will walk from there along the coast path to Ladram Bay, then skirt Otterton and follow the River Otter northwards cutting back to the starting point via Hutter's Moor. A nice mixture of coast, river, moor and forest and only 600m of road. There is quite a long, fairly steep climb near the end. Total distance about 6 miles.

CHURCH BELL RINGING

We practise most Thursday evenings at St Catherine's Church from 7:30 to 9:00 pm with the first 30 minutes reserved for beginners.

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.

WHITESTONE ARTS & CRAFTS MORNING

(Co-ordinator Sandy Oxford on 078669 20719)

Spring term finished with another session on photography which we found instructive & enjoyable. As a result, we hope to be taking better photographs this summer! Many thanks to Cyril Chudley.

Arts & Crafts mornings, where you are invited to bring along a project & use the time to work on it, recommences on Thursday, **11th September**.

Other dates will be: 2nd October, 23rd October
13th November, 4th December

Also, a room has been booked at Whitestone Parish Hall on Saturday **18th October** for fused glass workshops.

Further details in the September magazine.

For more information, please contact Sandy Oxford.

WHITESTONE BABY & TODDLER GROUP

For all children aged 0-5yrs. 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

VILLAGE VOICES

(Liz Watkins tel.01392 811285)

After the performance on the **3rd July**, Village Voices will take a well-deserved summer break. Next rehearsal date is set for **4th September. 2014.**

BENEFICE CHOIR

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

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WHITESTONE SOCIAL CLUB

(Coordinator Pauline Fisher, tel. 01392 811979)

Forthcoming Events are usually on Monday:

28th July Games Evening.

1st Sept Exeter Treasure Hunt 6.00pm

22nd Sept The History of Cheese (with samples)

27th Oct Medical Sniffer dogs

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.

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.

GARDENING CLUB

(Secretary: Derek Fisher, tel. 01392 811979)

Following a successful evening visit to Little Ash bungalow and the delights of Helen Brown's garden, non members are invited to join us for a day visit on Wednesday, **23rd July** to Coombe Trenchard between Okehampton and Launceston. This is an 8 acre arts and craft garden designed in 1906 and in the process of being restored to its former glory. The present owners will talk us through what they are doing over free tea/coffee on arrival following which we will be free to wander and enjoy a picnic lunch (regrettably, no food is available on site). We shall visit Jean and Vic Christopher at their new house/garden in nearby Lewtrenchard where no doubt a welcome cup of tea will be offered!

Non members are welcome to join us for the day but must contact the Secretary by 18th July together with entry cost of £6-50. Meet at Parish Hall at 10AM to share transport. NB CHANGE OF MEETING TIME.

SHORT MAT BOWLS

(Contact David Oakey tel. 01392 811585)

If you have not played short mat bowls, come along and give it a try! £1.50 per session includes tea/coffee and a biscuit at the break.

Flat soled shoes with no heels, or socks please.

Tuesday 7.30 to 9.30 pm

Wednesday 10.00 to noon

Friday 7.30 to 9.30 pm (Not 18th July)

BOOK CLUB

(Co-ordinator Sandy Oxford on 078669 20719)

The next Book Club meeting, at the Parish Hall, is on **Monday, 14th July**, 2 to 4 pm. Cost £1.50

The book to read for that meeting is Khaled Hosseini's, "A Thousand Splendid Suns". We read his first novel, "The Kite Runner" for December 2011 so it will be interesting to compare the two. At present, Book Club is over-subscribed but I will be happy to add names to the waiting list.

PARISH COUNCIL MEETING

The Whitestone Parish Council meeting will be on: Thursday **10 July** at 7.30pm.

Members of the Public and Press are invited to attend.

PILATES IN THE PARISH HALL

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DATES FOR YOUR DIARY

Mon	23 June 2014	Social Club - Music Evening - Parish Hall - 7:30 pm
Mon	30 June 2014	Discussion Group - Green Room - Whitestone Parish Hall - 7:30 pm
Wed	02 July 2014	Pathfinder Good Companions - "Homeopathy for Today" - Libby Clapham - Pathfinder Village Hall - 2:30 pm
Sun	06 July 2014	Whitestone Walkers - Meet at Parish Hall car park - 09:30 am
Thu	10 July 2014	Parish Council Meeting - Billiard Room - Parish Hall - 7:30 pm
Mon	14 July 2014	Book Club - Parish Hall - 2.00 to 4.00 pm
Tue	15 July 2014	Folk at the Oak - Royal Oak - 8pm
Wed	16 July 2014	LAST DATE FOR SUBMISSION OF ARTICLES FOR AUGUST MAGAZINE
Wed	16 July 2014	Pathfinder Good Companions - "The Adventures of Angela's Ducks" - Angela Paddy - Pathfinder Village Hall - 2:30 pm
Fri	18 July 2014	Cuban Airwaves - Parish Hall - 7:30 to 9:30 pm
Wed	23 July 2014	Gardening Club - Visit to Coombe Trenchard - Meet at Hall - 10:00 am
Mon	28 July 2014	Social Club - Games Evening - Parish Hall/Garden - 7:30 pm
Sat	16 August 2013	Family Quiz - Whitestone Parish Hall - 7:30 pm
Sat	30 August 2014	Longdown Autumn Show - Longdown Village Hall
Mon	01 September 2014	Social Club - Exeter Treasure Hunt - 6:00 pm
Mon	01 September 2014	Table Tennis - Next session - Whitestone Parish Hall - 7:30 to 10:00 pm
Thu	04 September 2014	Village Voices - Next rehearsal - Whitestone Parish Hall - 7:45 to 9:30pm
Thu	11 September 2014	Arts & Crafts morning - Whitestone Parish Hall - 9:30 am to 12:30 pm
Sat	18 October 2014	Arts & Crafts - Fused Glass Workshops - Whitestone Parish Hall

WEEKLY EVENTS IN JULY 2014

	Dates	Event
Tues	1st, 8th, 15th, 22nd, 29th	Baby & Toddler Group - Whitestone Parish Hall - 10 am to noon
Tues	1st, 8th, 15th, 22nd, 29th	Short Mat Bowls - Whitestone Parish Hall - 7:30 to 9:30 pm
Wed	2nd, 9th, 16th, 23th, 30th	Short Mat Bowls - Whitestone Parish Hall - 10:00 am to noon
Wed	2nd, 9th, 16th, 23th, 30th	Whitestone Handbell Ringers - 2 to 3 pm
Thu	3rd, 10th, 17th, 24th, 31st	Pilates - Whitestone Parish Hall - 6:45 to 7:45 pm
Thu	3rd, 10th, 17th, 24th, 31st	Church Bell Ringing - Bell Tower St Catherine's - 7:30 to 9:00 pm
Fri	4th, 11th, 25th	Short Mat Bowls - Whitestone Parish Hall - 7:30 to 9:30 pm