

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 2013

Sunday July 7th

9.00 am	Whitestone	Holy Communion	Revd Tim Gorringe
9.30 am	Holcombe Burnell	Parish Communion	Revd Martin Wood
11.00 am	Tedburn St Mary	Family Service	Revd Martin Wood
3.00 pm	Pathfinder Village	Holy Communion	Revd Martin Wood
6.00 pm	Cheriton Hall	Songs of Praise	

Sunday July 14th

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

Sunday July 21st

9.30 am	Cheriton Bishop	Parish Communion	Revd Tim Gorringe
11.0 am	Whitestone	Family Service	Revd Martin Wood
3.00 pm	Pathfinder	Evensong	Revd Martin Wood
6.00 pm	Holcombe Burnell	Evensong	Lay led
6.00 pm	Tedburn St Mary	Songs of Praise	Revd Martin Wood

Sunday July 28th

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

Every Thursday 10.30 am Pathfinder Holy Communion (BCP)

July 4th	Revd Martin Wood
July 11th	Revd Martin Wood
July 18th	Revd Martin Wood
July 25th	Revd Martin Wood

The rugged parts of life

Living in this part of Devon, we have Dartmoor National Park on our door step. As we travel around we notice what is happening on Dartmoor, we see the hills change in colour and light. I look to see what the weather is on Dartmoor and guess how it might be coming our way. For the most part it looks to be an idyllic part of the world which appears to have changed very little over time. Dartmoor for the millions of visitors is a beautiful and scenic place. Behind the lovely appearance is a history of hard toil and struggle. It is obviously a desolate place where it has always been hard to make ends meet. It has a long history of sheep farming but the land is marginal and the weather unforgiving. It is also marked by quarries for stone and mines for metals both of which require hard back breaking work. It is far too easy to look at the beauty and assume that it has been achieved easily without much effort, the opposite is true, that it is hard work and overcoming hardship that have brought about change. It has always been a struggle to live and work on the moor. It is these huge difficulties which have helped preserve the nature and history of Dartmoor. Dartmoor is also important for its ancient monuments, there are very early stone circles and ancient standing stones and huts to disused mines, and tramways. They are a reminder of the engagement of human activity on the moor. It is interesting to note that quite often the materials have been recycled from a former use. It is no accident that there are many fine churches on Dartmoor. They remind us that an engagement with the hard life on Dartmoor was also rooted in a strong belief in the providence and the goodness of God. When you consider how hard life was on the moor these monuments are all the more remarkable, with the effort to collect the materials and to construct them.

As we journey through our lives we also come to desolate and barren times. It can feel like being stuck on the moor isolated and alone. We find it hard to keep going or find the right direction. There is also a real danger that we become so absorbed in our own problems that we forget to look to God for wisdom and guidance. It is worth remembering that quite often, the less important debris of life can be put into better perspective. It is often that clutter that distracts us from some of the really important issues. That clarity of difficulty can be the catalyst to value what is really important and to protect and guard against those things that distract us. It is the experience of many that they find God closer not because he has been absent, but over time the clutter of life makes him less visible. It is no wonder that the churches stand tall to remind us and point us to reconnect with God.

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.

From the Register

The funeral of Ida Angela Pike took place at St. Catherine's Church on the 14 June 2013.



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ADVANCE NOTICE

A new enquirers' course for those interested in investigating Christianity will begin on
2 October 2013.

The course will take place over seven evenings at the home of Freddie & Emma Hawkins.

For more information or to register your interest please email:
freddie_hawkins@yahoo.com
or call Freddie on 811226.

HARVEST CELEBRATIONS

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

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

If you want to compete – please ask Margaret Nierop for a recipe 01647 61419

In preparation of the Summer Event the **Annual Churchyard Working Party** will take place on **Saturday 10th August** starting at 10.00 am.

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Join us for a cycle ride on Sunday July 14th

Do join us for our second monthly bike ride of the year. The route will be from the Parish Hall downhill to the Royal Oak then left through Nadderwater with a bit of a climb up to Hackworthy where we have been invited to have a rest with a cup of tea and a slice of cake. We then continue up more gently to Heath Cross and downhill all the way back to the Parish Hall.

Meet at the Parish Hall 10am, back soon after 11. Hope you can join us,

Dave Lee, Peter Hanson and friends

STOP PRESS

All Whitestone Parishioners are invited to the
**FORMAL OPENING OF THE IMPROVED
WHITESTONE PARISH HALL**
on **September 7th at 7.30 pm**

by
Cllr. Mary Colcough
Teignbridge District Council.

A glass of wine with nibbles will be provided.
Full details will appear in the next Parish Magazine

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ADVANCE NOTICE

On Sunday August 18th at St Catherine's Church
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SPECIAL FAMILY SUMMER HOLIDAY EVENT

starting at 11.00 am

Songs and hymns - what's your favourite ?

then ..Children's Treasure Hunt/Quiz

inside church tours

Picnic in the churchyard

and finally - by popular acclaim -

Tower visits

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WHITESTONE PARISH COUNCIL - JUNE 2013

DRAFT MINUTES of Whitestone Parish Council meeting held at Whitestone Parish Hall on Thursday 13th June 2013 at 7.30pm to be ratified at Council Meeting on Thursday 11th July 2013

Attendance: Chairman – Councillor P Nierop
Councillors Mrs M Belt, Mrs P Fisher, S Heathcote,
Mrs L Luxton, D Munro, A Reed
Mrs P Vaughan, Clerk to the Council
Mr L Hickman, Mr and Mrs Greenfield
Apologies: Councillor M Quinn (illness), R Phillips

The Council Meeting was preceded by the June Draw for the 100 Club in support of the Parish Hall Development Fund. The number drawn was 21 and belongs to Gen Alford.

The Chairman opened the meeting and the Minutes of the Annual General Meeting and Parish Council Meetings held on 9th May 2013 having been circulated were taken as read and signed as a true copy by the Chairman.

PLANNING

Planning Application

13/01191/VAR Variation of Condition 2 on planning permission 12/03442/FUL to change roof to natural slate at Nadder Park, Nadderwater. The Council examined the application and there were no objections.

Grant of Conditional Planning

13/00340/FUL Relocation of 900wp ground mount Solar Panels on timber framing and transformer/switchgear enclosure on land adjoining Little Beer Copse, Tedburn Road.

MATTERS FOR DISCUSSION

Co-option of Councillor to fill the casual vacancy

Mr Les Hickman was welcomed to the meeting and it was proposed and seconded that he be co-opted as a Parish Councillor. All in favour. A Declaration of Office was duly signed.

Internal Audit Report

The Clerk reported on the Independent Internal Audit completed by Mr K Abraham on the 22nd May as follows:- "In accordance with testing strategy developed in the Financial Risk Assessment, which concludes that the overall risk is low, testing was carried out as appropriate and there are no issues to draw to the attention of the Council arising from this year's testing. It was noted that there are new requirements to notify all staff payments to Her Majesty's Revenue and Customs on Real Time Information in 2013/14". The Return has now been sent to the Audit Commission for official audit purposes.

Update on County and District Elector Fund Grant for see saw

Information received from Mrs Debbie Radford-Lewis that she has received a provisional date for delivery of the play equipment for the week commencing 17th June and she has relayed Cllr Fisher's contact details to the firm so they can receive installation directions from her. Cllr Fisher confirmed that she has been contacted and that the necessary arrangements are in hand.

Report by Asset Management Group on School Houses

Lengthy discussion took place regarding the building

work necessary for the chimneys and it was agreed that the Asset Group would obtain further estimates and that a special meeting will be held on 27th June to discuss the matter further in view of the expense involved. In addition a proposal to be discussed from the Asset Management Group for the handing over of the management of all building work to the Letting Agents.

It was noted by the Chairman that this Group was short of a member and Councillor Hickman expressed willingness to join the group and this was resolved.

Request from Hall Management regarding membership of Devon Community Buildings, Community Council of Devon and Devon Playing Fields Organisations.

At the May Parish Council it had been decided to decline membership of this organisation as the Council is already a member of the Devon Association of Local Councils and the Society of Local Council Clerks which do supply advice and information. The Hall Management Committee however feel it appropriate to renew their membership and are requesting that the Council make a contribution towards the subscription of £50 and after discussion it was resolved that a contribution of £20 should be made.

Report on replacement Deeds

Cllr Nierop reported on attending a meeting with Foot Anstey in Plymouth in company with Mr Fisher when arrangements had been made for the procurement of the necessary documentation for the Parish Hall and the School Houses as the Deeds have been lost. The Clerk suggested that payment should be made to Cllr Nierop to cover his petrol costs for the trip to Plymouth and it was resolved that the sum of £10 should be granted. The Clerk reported that following instructions from Cllr Nierop she had arranged for photocopies of documentation regarding the ownership by the Parish Council of Crossway Park and the land which housed the bus stop and this was passed to him.

MATTERS RAISED BY THE CHAIRMAN

Cllr Nierop reported that he had contacted Highways and arrangements were in hand for tarmac to be laid on the verge by School Houses. Fly tipping in Pound Lane has been reported where asbestos pipe and a water tank has been seen and also rubbish at Swan Lake.

FINANCE

Income

Repayment of £120 charged for builder's site visit and quote at School Houses
School Houses rents received in June £1,375 - Letting Agency fees £132 (including £22 VAT) = £1,243

Expenditure

The following accounts were proposed and seconded for payment. All in favour.
Whitestone Parish Hall Management Committee (June) £125
RGB Building Supplies (wood preservative) £34.80 (including £5.80 VAT)
Came & Company Parish Council Insurance £853.08 (no VAT)
Ace Scaffolding £756.00 (including £126 VAT)
Internal Audit Service Fee £200 (no VAT)
Clerk's expenses £41.56 (no VAT)
Quickprint £15.41 (including £2.57 VAT)

Following the resolution at the May meeting the Clerk

had obtained the necessary forms for the names of Councillors Luxton and Phillips to be added to our Nat West Bank authorisation of cheques and the necessary mandates have now been completed.

CORRESPONDENCE

Devon County Highways – Reported dealing with the complaint regarding the hedge slipping into the road by the reservoir above Whitestone House and said they will be contacting SWW to make them aware of the problem with their hedge bank.

Library Service – Reported that owing to a parking problem their Mobile Library has been unable to deliver a service. Further investigations will be made regarding a car which was parked in the area and caused the problem.

Parochial Church Council Treasurer expressed thanks to the Council for the donation of £165 towards the cost of including the Parish Council Minutes in the Whitestone Parish Magazine.

Mr Fisher expressed thanks from the Whitestone Gardening Club for the donation of £125 in return for their continuing to maintain the Community Garden at Crossway Park

Exminster and Rural Police Report for May 2013 has been circulated to Councillors via email although there was nothing to report regarding Whitestone.

REPORTS

The following reports were made:-

Potholes on road by Southlands.

Road sign at Pound Lane missing.

Request that there should be a road junction sign indicating the junction on Pound Lane approaching Hill Lane. In addition road markings should be renewed

PUBLIC PARTICIPATION

Mrs Greenfield gave the following report on the Parish Plan Steering Group on Tuesday 11th June 2013:- The meeting was given over to discussion of potential questions for the full questionnaire. We have currently grouped questions under the loose headings of Planning, Environment, Social and Transport with a general section on demographics. The questions need to be balanced, easy to understand and capable of objective analysis. We will continue to develop these questions over the next few meetings.

Mrs Greenfield asked if there was a possibility of "Beware of Horses" signs being placed within the parish. She also drew attention to the narrowness of Church Lane and although there is a sign saying no heavy vehicles it was wondered if an appropriate sign could be placed at either end indicating there are no passing places within the roadway. The Clerk was instructed to raise these points with Devon Highways.

The meeting closed at 9.15pm

FOLK at the OAK

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

Next meeting: 16th July

Royal Oak

Nadderwater

***The last date for contributions to the
August 2013 Parish Magazine is
Friday 19th July***

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

BOOKING THE PARISH HALL

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

Ros Hanson

Tel: 01392 811878

email: ros4hanson@gmail.com

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

We always welcome any suggestions to improve the magazine.

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

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A NEW IDEA FROM THE GARDEN CLUB!

The garden should be at it's peak, with borders filled with colour and the vegetable garden producing plentiful crops.

A recipe this month:

Pea Bean and Avocado lemon salad with Basil oil

Prepare 20 mins

Cook 10 mins

Serves 4

25g basil leaves

100ml avocado oil

230g trimmed asparagus 2cm pieces

155g fresh podded peas

200g broad beans

2 avocados stoned and peeled

1 unwaxed lemon

75g pea shoots or rocket

1. First make the basil oil. Place the basil leaves in a small bowl processor, add a little oil and blitz until smooth. With the processor running slowly pour in the rest of the oil .
2. Line a sieve with muslin, place over bowl and tip in the basil purée. Leave to strain for 10 mins.
3. Bring a medium saucepan of water to boil and cook the asparagus for 2 mins until tender. Remove and cool quickly by adding iced water. Add peas and broad beans to the still boiling water cook for 1 min, then remove and add to the iced water.
4. If the broad beans are large , double pod them and slip them out of their skins to reveal the tender green beans inside. Place in a separate bowl.
5. Cut the avocados into quarters and place on a serving plate. Finely grate the lemon zest, remove the pith then chop the flesh. Drain the asparagus and peas and add the broad beans. Tip in the lemon zest and flesh season add toss to combine.
6. Scatter the asparagus, pea and bean mixture over the avocados, drizzle generously with the basil oil and top with the pea shoots or rocket. serve immediately. Great with barbecued lamb.

THIS IS IDEAL FOR THOSE LONG SUMMER EVENINGS AROUND THE BARBECUE RELAXING WITH FRIENDS.

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 and put them in one of my hives.

Tricia Millinson 01392 811407.

WHITESTONE
GARDENING CLUB



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Interested?

Then join our friendly gardening club

We meet every third Monday of the month
at 7:30pm in Whitestone Parish Hall
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THE GREEN CORNER.

What if?.....

Things said at a recent conference attended mostly by chief executives of local authorities included "Every generation has had things better than its parents. Not any more." And more worryingly "No civilisation has lasted for ever. There is a very real danger of collapse."

Living in wonderful Whitestone it might be hard to imagine society collapsing but if for example, the electricity supply network were to go down for a significant time, things could get tricky quite quickly. Hospitals generally have standby generators that would keep essential supplies going, -at least till the diesel ran out. But supermarkets generally don't, and with the tills not working how would we buy our food from them? And, perhaps even more critical, what about water supplies? How long could their standby generators keep going to pump the water and processing the sewage?

Landline phones using copper cables would probably keep working unless they are of the cordless type (though you can get battery systems to keep these working). Mobile phones would probably continue working for a few hours at least, till the battery back-up systems at the transmission masts ran out of power. Mains gas supplies would probably pack up but at least in Whitestone that wouldn't affect us and many could rely on LPG for cooking (not heating though - the boiler pump and controls wouldn't work).

So our complex and sophisticated society can be thought of as quite vulnerable because of its complexity. And it's not inconceivable that something like this might happen, -you'll remember that some of the Iranian nuclear centrifuges were put out of action when targeted by the "Stuxnet" computer worm and as we read, the Americans are very concerned about cyber attacks emanating from China. Who's to say our systems would never be attacked by some malign power?

You may think this is irresponsible talk but one could also argue that not to be prepared for an eventuality like this is even more irresponsible. Perhaps we should all "Be Prepared", - like the Scouts?

The Transition movement, started in 2005, aims to be prepared. Their big idea is to imagine what the world would look like in the future "if we get it right" in terms of living more sustainably and work out how to get there from where we are now. They are surely right that we will have to start living more sustainably, - continual growth involving ever increasing use of resources has to stop sometime. There are 1000 Transition Towns so far, (including Exeter!) in 40 countries across the world. All are different but the same in wanting to change the way we do things.

Rather than fear the onset of climate change and resource depletion, they see it as an exciting challenge and a reason to discover values that are perhaps less tangible than a new car or flat-screen television, but are immeasurably more.

Peter Hanson

SHORT MAT BOWLS

Congratulations! Whitestone Parish Hall was successful in its bid to obtain short mat bowls equipment from Teignbridge. By the time you read this, two sets of mats and other equipment should have arrived. David Oakey (he's the only one who knows the rules!) has agreed to co-ordinate sessions and get the thing off the ground, hopefully starting in September, so watch out for the dates in future magazines.

In the meantime David would be pleased to hear from anyone who is willing to offer up sets of bowls for use by the group. Please contact him on 01392 811585.

Derek Fisher
(Secretary, Committee of Management)

Big Weekend Planned for Tedburn St. Mary Parish Church

The Parish Church of St. Mary the Virgin at Tedburn is opening its doors, and (tower!) for a big weekend for people of all ages at the end of July. The church will be holding a Flower Festival with a theme of "The Rhythm of Life" between Friday July 19th and Sunday July 21st. A wide range of activities and events are taking place. Throughout the weekend, guest organists will perform on our wonderful recently refurbished organ. **Free entry.**

Ring the church chimes, go up the Church Tower and see the Village and Dartmoor from a different angle. Ask your genealogy questions and view the old parish registers. All monies raised will be used to support the Church and its good causes fund.

'Taking the plunge' ~ Abseil the Church Tower

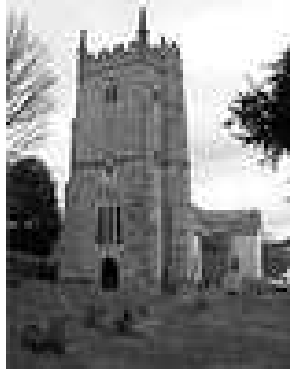
People are invited to take the rare opportunity to abseil down the church tower. Sponsorship forms are available, or £15 as a flat fee can be paid to take part. Experience the most glorious views across the area before taking the plunge on Saturday 20th July! At lunchtime, there will be the chance to let your teddy bear parachute off the tower.

'The Concert' ~ Tedburn St Mary Community Choir Orchard Harmony

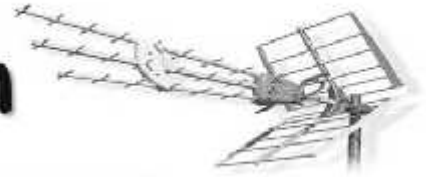
Saturday 20th July at 7.30pm, the Joint Choirs perform in aid of FORCE and Church Funds.

'Songs of Praise on Sunday' ~ We'd love to see you again!

Tedburn Parish Church is holding a 'Songs of Praise' service on Sunday 21st at 6.00pm to round off the weekend's activities. Earlier in the afternoon there is live light music.



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JUNE ON THE FARM

The late spring means everything is now happening at once – spring flowers are late, and the summer ones come at their normal time.

The leaves are turning from their spring variety of colour and rapid changes to their summer richness, flouncy like a prom dress. The birds seem to sing the louder: the house martens in the nest above my window are particularly chatty, even quarrelsome, by the noise.

One chick or another seems always racketing about something. The hen pheasants, so courted and sought after by the cocks, disappear into the hedge to lay eggs, then disappear into the fox. The fox played a clever game. Tom saw him strolling past them quietly and carefully when they were out and about. Then when they sat, he could just pick them off and their eggs, at his leisure.

CROPS - The crops are just getting going – we drilled about half the crops after the winter, so the fields looked bare late, then slowly cover the field, ears emerging, that beautiful sight of the pale green barley beards making the wind visible across the field. We watch for the late-drilled maize to emerge: the spring has been cooler than it likes: the bare soil wastes the sunlight, so I will the leaves up, so the sunlight is captured: only when the leaves meet in the rows do they start to motor away, then producing more leaves until the soil is almost all in shade.

GRASS - The grass was slow too, to get going – so maybe its peak growth will stretch into June. We will make silage this month, capturing the growth the cows can't eat and shifting it to the winter. It's late – normally we would cut last month. We anxiously watch the grass and the weather, waiting for five days or so of fine weather. Then we mow the grass, spread it with a tedder, its long whirling fingers looking like a mad contraption, spreading then rowing up the next day. Then the forage harvester, the great beast, roars down the rows consuming them and throwing them into its attendant trailers, hauled by tractors dwarfed by the harvester. The tractors are in a stately dance into the field, wait to be filled, along the lane and tip at the silage pit, knowing where the other ones are to pass them seamlessly. The loader at the pit drives up onto the heap while the trailer disgorges its green gold. Up the trailer tips, up the gate goes, trailer nearly vertical before the gob of grass moves slowly, then the tractor pulls forward to let all the grass out in a whoosh. The loader brings the grass to the top of the heap, rolling it to squeeze all the air out. When all the grass is in, we sheet it let the fermentation turn the sugar into acid to pickle the grass.

COWS - We had a long low peak of milk as the cows took longer to get going, with less grass early, but they've carried on producing more. Just now, in June, the milk is reducing a little. The cows are in the middle of bulling, the urgent desire to get in calf fulfilled as we watch and select out the hot from the not. We pull out



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the cows who were at peak bulling yesterday, standing rock steady while another cow mounts them, and serve them today. We select which cow gets which bull – if your sire was a Friesian, you'll get a Swedish Red; if a Swedish Red, a Holstein whose daughters graze well or Montbeliard depending on how stocky or delicately boned you are. We are happy with the milk our cross bred cows produce – good ratio of fat and protein, good strong protein for good bodied cheese, and cows happy to graze outside all year, fertile, long lived and good feet and legs to walk to the pasture.

HEIFERS - We get the teenagers pregnant, too; we were worried they were too small after the difficult season and poorer silage, but we topped them up with a little cake and the grass magically grew and most of the group made the weight they needed to safely carry a calf. We are choosing very gorgeous and beautiful young bulls to play with them once we'd given them all a chance for a dairy calf. The girls look very happy and adoring, and I think they look tasty too. We plan to have beef from the progeny in the shop in good time, so you can share in the pleasure.

CALVES - We are weighing calves as they grow to get a better handle on growth as they go on; that allows us to think about what they need to keep them growing on. Tina is now responsible for making sure they grow on: it's easier when someone is championing their cause.

CHEESE - the long peak kept the cheesemakers busy longer. The nursery stores look very full with beautiful even cheese – we now weigh each cheese as we make it, and it is surprising how additionally lovely it looks that they are all the same size. We've just got some new moulds, so the cheeses all look smooth and perfect. I check all the stores on Saturday mornings, and I found myself gazing at their gorgeousness.

AWARDS - Great start to the year.
Devon County Show
Reserve Show Champion – Vintage
Best Dressed Cheese
1st Mild
1st Extra Mature
1st Oak Smoked Cheddar
3rd Mature
Bath and West Show
Best Traditional Cheese - Mature
Gold - Mature
Gold – Mild
Bronze – Vintage

Recipe

My son Mikey sent me this recipe for Wild Garlic Pesto. 'Stinking Lily' grows in Devon's moist woodland valley bottoms, and leaves, flowers and bulbs give a gentle garlic flavour. The season is a late, so the leaves will still be around. Later on, the bulbs are underground if you know where the wild garlic grew.

100g (3½ oz) Wild garlic
100g (3½ oz) Quicke's Traditional Vintage Cheddar cubes
100g (3½ oz) Roasted cashew nuts
Salt

Ground black pepper
100ml Extra virgin olive oil

Blend it together, use on pasta or as a sauce for meat dishes, delicious as a canapé on toast.

Mary Quicke

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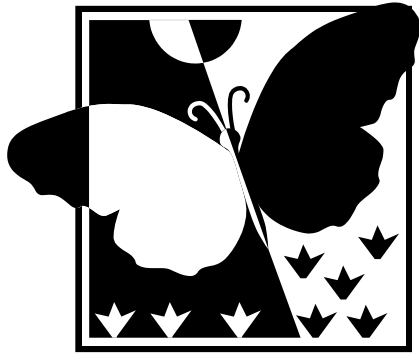
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GOOD COMPANIONS

Meeting In Pathfinder Village Hall --- 2.30pm

Speakers for July

3rd July.....Maria Knowlton.....

.....Francisco Rojas School, Peru

17th July.....Elaine Stockman.....

.....From Hidden Hearing.....'Understanding Hearing'

Apologies first, I got the date wrong last month for our coach outing!!

Our social afternoon went well. Bingo and Quizzes seem to go well, and we have a good few laughs, which it is what it's all about, "enjoying ourselves".

The talk from the Blue Cross Animal Charity was very interesting. The Blue Cross started in London in the 1st world war when there was much concern about the way many of the small horses were being used in the city.

The Blue Cross Logo was taken originally from the flag that was waved when a horse needed treatment from a vet on the battle field, as this had a blue cross on it.

We look forward to seeing you all again this month all nicely tanned from the beautiful weather that we are having as I write this article.

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

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SUMMER FAIR

TEDBURN
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13th July - 3-6 pm

CHOIR SINGING
 JUDO DISPLAY
 'MADNESS' SHOW

FOOTBALL TOURNAMENT

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WHEELS

UPDATE ON OUR FACEBOOK PAGE (PATTI101)

THE HEALTH CORNER

Did you read that prunes (dried plums) are good for osteoporosis?

A group of researchers from Florida State and Oklahoma State University tested two groups of post-menopausal women. Over a year, two groups ate either 100grams of prunes (about 10) or 100 grams of dried apple. The group that consumed prunes had significantly higher bone mineral density in comparison with the group that ate dried apples. This was due in part to the ability of prunes to suppress the rate of bone resorption, or the breakdown of bone, which tends to exceed the rate of new bone growth as people age.

The lead researcher, prof. Bahram H. Arjmandi said "In terms of bone health, this particular food is exceptional. In the first five to seven postmenopausal years, women are at risk of losing bone at a rate of 3 to 5 percent per year. "However, osteoporosis is not exclusive to women and, indeed, around the age of 65, men start losing bone with the same rapidity as women."

Arjmandi encourages people who are interested in maintaining or improving their bone health to take note of the extraordinarily positive effect that prunes have on bone density. "Don't wait until you get a fracture or you are diagnosed with osteoporosis and have to have prescribed medicine," Arjmandi said. "Do something meaningful and practical beforehand. People could start eating two to three prunes per day and increase gradually to perhaps six to 10 per day. Prunes can be eaten in all forms and can be included in a variety of recipes."

The U.S. Department of Agriculture funded Arjmandi's research and it was published in the British Journal of Nutrition.

Peter Hanson

Cuban Airwaves 19th July

After only our second meeting, we are performing a set at the Social Club Music Evening on 24th June. If we survive that we will be meeting again on Friday 19th July at 7.30 pm in the Parish Hall. Everyone is welcome especially any budding acoustic musicians, singers and percussion players.

We play popular Cuban and other Latin music and sheet music is available if required. There is a small charge of £1.50 to cover hire of hall.

Call Dave Lee on 01392-811579 with any queries, or just turn up.



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TABLE TENNIS

Table Tennis in the Parish Hall takes its summer break and will resume on **2nd September 2013**. Remember that, for Table Tennis, everybody is welcome for an evening's fun, entertainment and fitness workout for only £1.50. Up to four tables available. Just remember that children under 16 must be accompanied by a responsible adult.

WHITESTONE WALKERS

Next Walk – Sunday **7th July 2013**, Meet at the Parish Hall at 09.30 a.m. or at the Waddles Down aerial at 10:00 am The walk will start along lanes and then go through Whiptail Wood to Newton St. Cyres. We will then carry on towards the Beer Engine pub. Unfortunately, it might still be closed by the time we arrive there and it may be prudent to carry some food and drink for a lunch time break. The walk back will be through woods and along bridle paths. Stout boots or shoes are advisable as the going may be a bit muddy in places. If you start at the Parish Hall, the walk distance will be about 8 miles.

PARISH COUNCIL MEETING

The Annual Meeting & Council Meeting of the Whitestone Parish Council will be on: **Thursday 11th July** 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

As other hobbies get forgotten while we work our gardens, the Arts & Crafts mornings give you a brief rest from the weekends! Bring your project and materials to Whitestone Parish Hall on Thursday **27th June**, 9:30 to 12:30 and continue with unfinished work, or start something new, in friendly company. Cost is only £2.00 to cover the Hall hire and tea/coffee and biscuits. Next meeting is on Thursday **25th July** with no meeting in August and then Thursday, **19th September**. Everyone is welcome. For more information, contact Sandy Oxford on 078669 20719.

BENEFICE CHOIR

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

PILATES IN THE PARISH HALL

Please note that classes take place on Thursdays, from 6:45 pm to 7:45 pm

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WHITESTONE SOCIAL CLUB

(Coordinator Pauline Fisher, tel. 01392 811979)

Forthcoming Events on Monday:

- 24th June** Music Evening.
22nd July Games evening
August (Possible Met Office visit)
23rd Sept. Worldwide Drug Smuggling
(NOT how to do it!)
28th Oct. Talk by Sally Tipping (Local Magistrate)
25th Nov. "It Shouldn't Happen to a Vicar "

The Social Club are holding a Music Evening in the Parish hall on Mon 24th June at 7.30 p.m. (outside if the weather is kind !) This is open to all at no charge and is not a "bring and share" evening, just bring your own picnic and a drink. There will be a variety of entertainment, including the popular Village Voices, so should appeal to all tastes.

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

WHITESTONE BOOK CLUB

(Coordinator Sandy Oxford 07866 920719)

The book we read for our June meeting, "The Great Gatsby" by F. Scott Fitzgerald book, was enjoyed by everyone. Many of us were also able to watch the film which, contrary to what was said by the critics, we found was true to the story and to the essence of the book. If you were put off by the critical reviews and didn't see the film, give yourself a treat when the film comes around again. It was enjoyed both by those who had read the book and those who had not.

The next Book Club meeting is on Monday, **8th July** from 2 - 4 pm in Whitestone Parish Hall. Cost £1.50.

For the July meeting, the book to read is, "In the Company of the Courtesan" by Sarah Dunant.

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

Our Day Visit on Wednesday, **17th July** will be to Cothay Manor at Greenham near Wellington. Cothay is a 15th Century medieval manor set in 12 acres of evocatively romantic gardens laid out in 1920 and re-planted in 1960 within the original framework. It is a plantsman's paradise with many garden rooms, each a garden in itself, including a 200 yard yew walk, bog garden, azaleas and drifts of primuli, fine trees, cottage garden, courtyard and river walk. Also there are antiques, garden shop, plant sales and a tea room. Entrance fee is not cheap at £7-50 but the club will be paying for a guided tour of the garden.

All welcome to join us, meeting at the Parish Hall at 0930 hours to share transport and arrive at Wellington by 11am for coffee. Those attending MUST notify Derek Fisher (Tel 811979) in advance and certainly no later than Friday 12th July.

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WHITESTONE FETE 2013

Come along to the Whitestone Fete on

**Saturday, 6th July
from 2:30 to 5 pm**

in the Parish Hall and Grounds

**5-event Vegetable Olympics, Fun Family Dog
Show, Skittles, Cream Teas, Cake Stall,
Ice Creams, Sweets, Games,
Egg Throwing Competition, etc.**

**“Garden on a Plate” competition for children.
Please bring your best effort along to be judged.**

**Bring along your “Favourite Photograph”
for display and judging.**

**‘Car Boot’ Tables are available at only £5 for you
to sell all your unwanted items or home produced
food and goods.**

In the evening, at 7:30 pm, there will be :

A Wine Tasting Quiz

**Eight wines from around the world will be tasted
for you to tell us:**

**Colour/Sweetness/Grape variety/
Country/Strength/Approximate Cost/etc.**

**Cheese and biscuits (as well as dry biscuits and
water to help your palate!) will be provided.**

**Tickets, at only £3 each or £10 for a table of four
are available from Mary Belt or Jock Kirkpatrick**

Prizes for the best answers

**A JUICE TASTING QUIZ for children will take
place at the same time.
Families welcome.**

DATES FOR YOUR DIARY

Mon	24 June 2013	Social Club - Music Evening - Whitestone Parish Hall - 7:30 pm
Thu	27 June 2013	Arts & Crafts Morning - Parish Hall - 9:30 am to 12:30 pm
Wed	03 July 2013	Pathfinder Good Companions - Maria Knowiton - Francisco Rojas School, Peru Pathfinder Village Hall - 2:30 pm
Thu	04 July 2013	Pilates at 6:45 pm - Whitestone Parish Hall
Sat	06 July 2013	Whitestone Fete - Parish Hall and Grounds - 2:30 to 5:00 pm (+7:30 pm)
Sun	07 July 2013	Whitestone Walkers - Meet at Parish Hall - 9:30 am
Mon	08 July 2013	Whitestone Book Club - Parish Hall - 2 to 4pm
Thu	11 July 2013	Pilates at 6:45 pm - Whitestone Parish Hall
Thu	11 July 2013	Parish Council Meeting - Parish Hall - 7:30 pm
Sat	13 July 2013	Tedburn St Mary School Summer Fair
Sat	13 July 2013	Garden Party - Purrfect Cats Hotel, Longdown - 12:30 to 5:00 pm
Sun	14 July 2013	Cycle Ride - Whitestone Parish Hall - 10:00 am
Tue	16 July 2013	Folk at the Oak - Royal Oak - 8pm
Wed	17 July 2013	Pathfinder Good Companions - Elaine Stockman - Understanding Hearing - Pathfinder Village Hall - 2:30 pm
Thu	18 July 2013	Pilates at 6:45 pm - Whitestone Parish Hall
Fri to Sun	19 July 2013 to 21 July 2013	Tedburn St Mary Parish Church Big Weekend
Fri	19 July 2013	Cuban Airwaves - Parish Hall - 7:30 pm
Fri	19 July 2013	LAST DATE FOR SUBMISSION OF ARTICLES FOR AUGUST MAGAZINE
Mon	22 July 2013	Social Club - Games Evening - Whitestone Parish Hall - 7:30 pm
Thu	25 July 2013	Arts & Crafts Morning - Parish Hall - 9:30 am to 12:30 pm
Thu	25 July 2013	Pilates at 6:45 pm - Whitestone Parish Hall
Sat	10 August 2013	Annual Church Working Party - St Catherine's Church - 10 am
Sun	18 August 2013	Special Family Summer Holiday Event - St Catherine's Church - 11:00 am
Mon	02 September 2013	Table Tennis - Parish hall - 7:30pm
Sat	07 September 2013	Formal Opening of Improved Parish Hall - 7:30 pm
Thu	19 September 2013	Arts & Crafts Morning - Parish Hall - 9:30 am to 12:30 pm
Sun	22 September 2013	Harvest Celebrations - St Catherine's (6 pm) & Parish Hall (afterwards)
Mon	23 September 2013	Social Club - Worldwide Drug Smuggling - Whitestone Parish Hall - 7:30 pm
Wed	02 October 2013	Christianity Course start - Home of Freddie & Emma Hawkins