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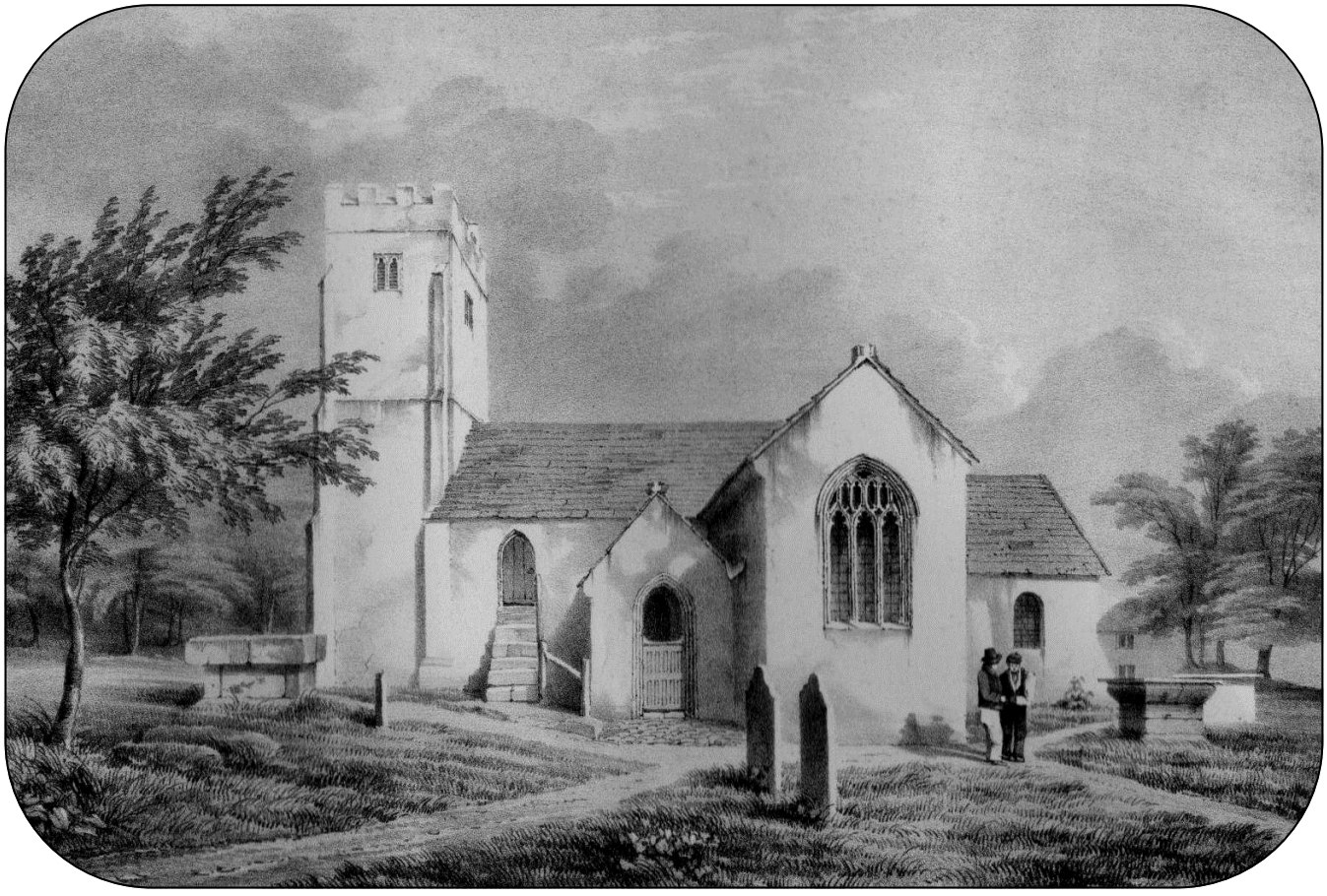

St. Catherine's Church, Whitestone 1841
(drawn from Nature and on Stone by W. Spreat)

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 AUGUST 2014

Sunday August 3rd

9.00 am	**Whitestone**	**Holy Communion**	**Revd Martin Wood**
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	Holy Communion	Canon Geoffrey Moore
6.00 pm	Cheriton Bishop	Evening Prayer	Revd Martin Wood

Sunday August 10th

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

Sunday August 17th

8.00 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**	**Revd Martin Wood**
3.00 pm	Pathfinder	Evensong	Lay led
6.00 pm	Holcombe Burnell	Evensong	Revd Martin Wood

Sunday August 24th

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

Sunday August 31st

10.30 am	**Holcombe Burnell**	**Team Communion**	**Canon John Tutton**
			Revd Tim Gorringe to preach

Every Thursday

10.30 am Pathfinder — Holy Communion (BCP)

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

FROM THE RECTOR

100th anniversary of the beginning of World War One.

The month of August sees the 100th anniversary of the beginning of World War One on the 4th August 1914. The British Legion are encouraging people to turn the lights out on this day.

"*The lamps are going out all over Europe, we shall not see them lit again in our lifetime."*

Sir Edward Grey, Foreign Secretary, uttered these words on the eve of Britain officially entering the First World War. Exactly 100 years later the British Legion are inviting millions of individuals, households and companies to join together in a national moment of reflection. They are encouraging everyone in the UK to turn off their lights between 10pm and 11pm on 4 August 2014 – leaving only a single light or candle for this symbolic act of reflection and hope.

You might ask why should we remember?

The world war touched the lives of nearly all the people in the countries that took part. Men were enlisted or volunteered. Women were left to step into new roles in industry and agriculture. Children grew up with either lost or absent fathers. The mechanisation of war and modern weapons resulted in the digging of trenches for protection. The First World War was the first war where more people died from fighting than disease. It leaves a deep scar in the memory of families, countries and the landscape. It changed the face of war.

We will remember more than a million Commonwealth Service personnel who lost their lives in the First World War. In World War One the village of Northlew, near Okehampton in Devon lost proportionally more enlisted men than anywhere else in the UK. From a population of 100 people they lost 24 men. As a result many of the local families died out. In memory, Northlew is creating a 20 mile poppy avenue for which Suttons seeds has donated 330,000,000 seeds. Northlew is also building a Memorial Store with all the profits being ploughed back into the community it serves. It is interesting to note that out of the devastation of war people look to make a positive contribution to the community.

The anniversary of the beginning of the First World War is a sombre day. We have the benefit of hindsight and can reflect on the loss of life and cost. A hundred years ago at the start of war everyone thought or hoped it might be over by Christmas! Although there was a truce and game of football on Christmas day 1914 the war carried on for another four years. We rightly remember the sacrifice of those who gave their lives that we might enjoy freedom. We also think of a God who gave his son to die for our sins that we might be reconciled to God. It is worth remembering the power of forgiveness and reconciliation and its power to transform difficult situations.

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 John West, formerly of Glebe House, Whitestone, took place at St Catherine's Church on the 7th July 2014. The officiating Minister was the Reverend Prebendary Norman Wallworth.

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The last date for contributions to the September 2014 Parish Magazine is
Saturday 16th August
Please send articles to Jock Kirkpatrick
2 Merrymeet, Whitestone
kirkpatrick@eclipse.co.uk

EXETER COLLEGE WORKING PARTY FOR ST. CATHERINE'S CHURCH

Nick Thom is the Curriculum Leader and lecturer in Construction and Civil Engineering at Exeter College. He lives in the Old Forge, Whitestone and is currently carrying out some renovation work to the vestry walls at St. Catherine's that were damaged by this year's excessive rains.

Whilst doing this work, he noticed the poor state of some of the headstones. With his construction background and slight Obsessive Compulsive Disorder (OCD) when it comes to things not being level, he considered getting some of his students to carry out a community project day.

So on Thursday 26th June, he minibused up his class of 9 full time level 3 construction students and 3 other lecturers and, armed with bars, spades and a packed lunch, they set to work on the most at risk register! One group cleared the old path from the oil tank to the front to allow for better drainage and 2 other groups worked on up righting and cleaning the headstones. They also cleared the lower branches of the yew tree and the dead wood in the oak tree. The sundial was cleaned to its original state and, with the sun out, it was reading bang on time (BST). The final tally was 28 upright and level headstones and 2 re-bedded crosses with no long term back injuries and all the lead still intact on the roof.

Lunch was eaten in the church with piano accompaniment by one talented student, Charlie White.

The students had a great day and have asked to return in the future to tackle some more stones. Nick's headstone misalignment OCD has gone into remission !

FAREWELL PARTY
RUTH & JOHN HUTCHINSON

Ruth and John Hutchinson have finally sold Heath Barton and will be moving to Budleigh Salterton on August 14th.

There will be a farewell party for them at Quarryfield House at 7.00 pm for 7.30pm on **Saturday August 9th.**

Please let Jane Richards know by August 4th if you intend to come (to establish numbers for catering) 01392 811492

WHITESTONE CHURCH BELLRINGERS

The Bellringers received a welcome boost to their fund raising efforts this month with news that they had been successful in obtaining a grant of £475 pounds via the Express and Echo Cash for Communities competition. The ringers are now looking at a 5 year period in which to raise funds to support the maintenance on the church bells following further advice from the diocesan advisor. A big thank you to all those who contributed their coupons from the Express and Echo for the competition.

If anyone wishes to contribute to the Bells Fund, please contact me on 811391.

James Bryant

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OBITUARY - JOHN WEST

Long standing residents of Whitestone will be sorry to hear of the death of John West who lived for many years in Glebe House, Whitestone.

John was born in Great Dunmow, Essex, in 1918 and, after joining Barclays Bank in 1935, joined up for War Service with the Essex Yeomanry. After the war, he re-joined Barclays Bank in Chelmsford, Essex, and later became branch manager at Framlingham, Suffolk and then at Colchester, Essex.

In 1968 he became local director at Barclays for the south west region and moved with his family to Whitestone, where they lived until 1997. During his time at the Glebe House, John found his passion for gardening, particularly roses, and his 150 foot long Rosa Filipes “Kiftsgate”, thought to be the longest rose in the country, grew around the tithe barn there and was featured in the local press. He also produced a hybrid rose, which he called “St Catherine's” after the church. The Glebe House garden took part in many successful garden openings under the “National Gardens Scheme”, a charity which was close to John’s heart.

In 1997, he and his wife Lorna moved to a smaller house at Exton where he lived until his death in June of this year at the age of 95. John was a valued member of the community and served on the Parish Council. His generosity and spirit endeared him to people and a full church of his friends attested to the esteem in which he was held.

THANKS

Thank you to everyone who sponsored us in the Tandem Skydive Guinness World Record Attempt on 21st June. It was a beautiful day and we were almost the last people to jump - landing as the sun was setting at about 9.45pm. We both landed safely having had an amazing experience. We are very happy to report that thanks to the generosity of those who sponsored us, we have raised nearly £2,200 for Hospiscare. The world record number of tandem skydivers in one day now stands at 281. This is a picture of Jennifer and her tandem instructor at the beginning of the freefall…

(The Justgiving page should remain available for any people who have not yet managed to contribute - www.justgiving.com/Anna-Kellagher).

Anna & Jennifer Kellagher

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WHITESTONE PARISH COUNCIL - 10th JULY 2014

DRAFT Minutes of Whitestone Parish Council meeting held at Whitestone Parish Hall at 7.30pm on Thursday, 10th July 2014 to be ratified on 11th September 2014

Attendance: Chairman – Councillor Mrs B Bramhall
Councillors Mrs M Belt, Mrs P Fisher, L Hickman, D Munro, P Nierop, R Phillips, M Quinn, A Reed.
County Councillor J Brook (arrived at 8.25pm and left after giving his report)
Mrs P Vaughan, Clerk to the Council
Ms T Fox, Mrs B Netherway, Mrs S Greenfield, Mr C Hodges,

Apologies: Councillor S Heathcote, District Councillor P Bromell

The July Draw for the 100 Club in support of the Parish Hall Development Fund was conducted. The lucky number was 57 belonging to Sue Harding.

PUBLIC PARTICIPATION
The Chairman opened the meeting. The minutes of the Parish Council Meeting held on 12th June 2014 having been circulated were taken as read and signed as a true copy by the Chairman with the following comments being made:-

Cllr Belt reported a typing error at minute 41.3 which should have read Ham Farm and not Hall Farm.

Cllr Nierop pointed out that in minute 42.4 the latter part of his proposal, i.e. to employ an Accountant to audit the Working Group figures, had not been included in the draft minutes. The Clerk and the Chairman both confirmed that they had not heard the latter part of Cllr Nierop's proposal and therefore it did not stand. No other member of the Council spoke up to support Cllr Nierop. Further the Chairman stated that had she heard that part of Cllr Nierop's proposal she would not have voted in favour because to spend precept payers' money checking the working group figures would be of no benefit to the parish. The Chairman then spoke of the need to discuss issues fully before proposals were put forward.

PLANNING
Planning Applications.
Cllr Nierop declared an interest in the application for Hillcrest as it is his property

The Council examined the following applications and Ms Fox was allowed to answer queries in support of the application for Trelake Farm, Tedburn Road. The following are the Council's decisions:-

14/01698/FUL Replacement of roof light at Hillcrest, Whitestone. No objections.

14/01738/FUL Repositioning of existing access to improve visibility and erection of gates and gates piers at Trelake Farm, Tedburn Road. Councillors were in agreement that the repositioning of access would be an improvement and there were no objections

Notice of Approval of Reserved Matters
14/01355/REM Approval of details for a dwelling for a rural worker (approval sought for access, appearance, landscaping, layout and scale) at Bickhams Farm Livery

MATTERS FOR DISCUSSION
School Houses
A proposal was placed before the meeting for the commissioning of independent professional services to produce commercially based financial statements in accordance with the Chairman's letter which had been sent to all Councillors prior to the meeting. After discussion it was unanimously agreed that the commissioning of financial statements should be authorised and the quote for £540 + Vat to undertake the work was accepted.

Report from Teignbridge District Council on housing inspection
The report had been forwarded to all Councillors well in advance of the meeting and following the meeting will be made available on the Whitestone website.

Cllr Bramhall reported that Cllr Reed and herself had accompanied Mr Davison from Teignbridge District Council on his inspection of 1 and 2 School Houses and he had advised that the properties were in a generally good condition due to the significant amount of renovation works in recent years. From what he had seen the Inspector commented on the Parish Council as being a caring landlord shown by the quality of the remedial work undertaken to date. The Chairman thanked the longstanding Asset Team for all their hard work. The financial outlay required for the Category 1 and 2 work outlined in the inspection report was significantly less than the financial outlay portrayed in the survey report presented at the Public Meeting. Teignbridge District Council had agreed to waive the charge for carrying out their inspection.

Asset Group Report
Cllr Reed proceeded to go through the Report from Teignbridge and itemised the work which had been raised as needing attention. It was noted that some of the items had already been included in the budget for this year and he estimated that the work needed to deal with loft insulation and fire doors to gain access would total £1,350 for both properties. The question of the possibility of woodworm being in the roof timbers was discussed and it was resolved that if it was necessary for spraying to take place the decision to be taken by the Asset Group. Cllr Hickman raised the issue of the possibility of timbers having to be replaced should there be serious infestation and a Council meeting would be called in August should a decision be necessary on this point in view of the financial involvement. During this discussion Cllr Hickman left the meeting momentarily.

Cllr Bramhall indicated that although information had been received from Teignbridge regarding grant schemes it did not seem that the Council would be eligible to apply for these but she will be making further enquiries regarding the possibility of other grants available.

Cllr Quinn raised the question of the unsightly weeds outside School Houses and asked that their removal could be brought to the attention of the tenants.

Cllr Bramhall is to arrange a meeting with the Managing Agent of School Houses regarding various issues.

Asset Group membership
Cllr Bramhall then asked for a member from those Councillors not at the June meeting to join the Asset Group and Cllr Belt was appointed.

REPORT BY COUNTY COUNCILLOR
County Councillor Brook gave a report on the closure of Care Homes through the County. He also said that pothole repairs will be ongoing. After giving his report he gave apologies for leaving early.

MATTERS RAISED BY THE CHAIRMAN
Cllr Bramhall reported receiving a letter from Moretonhampstead Parish Council asking that we support a motion which they had put forward to Teignbridge District Council regarding a motion to review leisure services throughout the district. After discussion it was resolved that a letter of support be sent to Teignbridge District Council on this issue.

Cllr Bramhall reported attending the ceremony of raising the flag to mark Armed Forces Week at Forde House on 23rd June. She felt it was of special significance to her as her husband had been a serving member of the forces. Her one disappointment had been that she had not been able to wear the Chairman's Badge of Office as this had not yet been handed over to her as Cllr Nierop was having his name engraved on it. Once the engraving is complete Cllr Nierop will hand over the Chairman's Badge of Office to the Clerk.

Cllr Bramhall reported attending a Chairmanship Course at the Devon Association of Local Councils which had been very interesting. and given her insight into her role as Chairman. This evening's meeting was her second in chairing a full Council meeting.

Cllr Bramhal reported receiving information from the Clerk regarding the Teignbridge Association of Local Councils meetings which were normally held bi-monthly and said that she and Cllr Hickman will be attending the next meeting to be held on 31st July 2014.

Cllr Bramhall suggested the setting of a procedure by which proposals are brought to the Council before being resolved. Following some discussion it was agreed that this item should be placed on the agenda for the September meeting with a view to clarification of the procedure being an addition to the Standing Orders.

FINANCE
Completion of Annual Audit
The Clerk reported on the successful conclusion of the Annual Audit by the Audit Commission for the year ended 31st March 2014 with no matters giving cause for concern that relevant legislation and regulatory requirements have not been met. Copies of the audit report can be obtained on application to the Parish Council Clerk and notices to this effect have been posted on notice boards within the Parish. The account for £240 was submitted for approval in the expenditure section.

Nat West Bank Statement as at 30th June 2014

Current A/c	200.00
Business Reserve A/c	12,549.76
Business Reserve A/c	3,399.50
	£16,149.26

This balance includes £100.64 P3 Grant Money

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

Expenditure
The following expenditure was proposed and seconded for payment. All in favour.
Whitestone Parish Hall Management Committee (July) £125
Clerk's quarterly salary and expenses £238.20
Grant Thornton £240 (including £40 VAT)
Devon Association of Local Councils – Chairmanship Course £30 (including £5 VAT)

Cllr Quinn requested that future expenditure accounts presented to the Council include commitments authorised to date.

CORRESPONDENCE
Teignbridge District Council – Notification that the project application for £1,100 to Rural Aid for internal insulation was partially granted at their meeting on the 8th July for the sum of £900. The Clerk has informed Mr Fisher and when the work has been carried out the necessary grant claim form will be completed.

A letter of thanks for the £1,800 sent from the June meeting was received from Whitestone Parish Hall Committee of Management. Information was given regarding the defribrillator which will be based at the Parish Hall

Teignbridge Electoral Services will be carrying out a review of administrative polling arrangements and electors are requested to make comments by the 15th August. In addition to this changes are being made to the annual canvass of electors and all residents will be notified of this by post.

REPORTS
Cllr Belt noted with regret that the Rural Aid Fund had been unable to grant the full amount requested but they had received a total of £78,000 in requests at the July meeting and therefore all grants had been cut back accordingly in order that everyone could benefit.

Councillors noted road repairs needing to be reported at Halsfordwood Lane, Hill Lane, Church Lane, Church Cross to Trowbridge, and it was reported that in Heath Lane a plough had fallen off a tractor and damaged the road.

Cllr Munro noted problems with poor mobile phone reception in the Parish.

Cllr Fisher requested that the Clerk investigate when the Play Area inspection is due.

PUBLIC PARTICIPATION

Mr Hodges asked some questions regarding the proposal for commissioning independent professional accounts and it was explained that full information would be provided from the financial records for the Parish Council in order for this to be carried out.

Mrs Greenfield requested that the report on the Public Meeting which was circulated to Councillors at the June meeting be made available to all on the website which would ensure openness for parishioners. She also felt that the Chairman's comments made at the June meeting should have been reported more fully in the minutes although this was no criticism of the Clerk in this regard as she was aware that minutes were not intended

/continued

(contued from previous page)

to be a verbatim report. She hoped there would be an opportunity in the future for the Chairman to elaborate more fully on some of the comments she had made, perhaps with a question and answer sheet. She felt there should be clarification of the wording from the June minutes to show that Cllr Nierop had sought advice after the Public Meeting held on 21st May regarding the financial calculations of income/expenditure that had been included in his report.

Mrs Greenfield gave the following update on the progress of the Parish Plan Steering Group:- "Web enabling matters relating to the questionnaire are ongoing"

A question was asked Mrs Greenfield if she could give a date when this might be completed but she was unable to commit to any specific timetable.

Ms Fox thanked the Council for their support for the planning application for Trelake Farm.

The meeting closed at 9.20pm

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Read through Auditions will take place on Wednesdays

24th September 2014
1st October 2014
8th October 2014

at 7.30.pm in the Billiard Room of the Parish Hall.

Why not come and see if there is a part for you !

PUZZLE CORNER

You have 12 pennies, all the same except one is slightly lighter or slightly heavier than the rest.
You have a pair of balancing scales only.
How do you find out which coin is counterfeit and if it is heavier or lighter in only 3 weighings with the scales?

Answer next month.

JUST FOR FUN

Words of wisdom from Phyllis Diller

- Housework can't kill you, but why take a chance?
- Cleaning your house while your kids are still growing up is like clearing snow off the pavement before it stops snowing.
- The reason women don't play football is because 11 of them would never wear the same outfit in public.
- Best way to get rid of kitchen odours: Eat out.
- A bachelor is a guy who never made the same mistake once.
- I want my children to have all the things I couldn't afford. Then I want to move in with them.
- Most children threaten at times to run away from home. This is the only thing that keeps some parents going.
- We spend the first twelve months of our children's lives teaching them to walk and talk and the next twelve years telling them to sit down and shut up.
- Burt Reynolds once asked me out. I was in his room.
- My photographs don't do me justice - they just look like me.

THE HEALTH CORNER

According to the Express and Echo's website scientists at the University of Exeter Medical School have discovered that a novel drug molecule, which slowly generates the gas Hydrogen Sulphide (H_2S), effectively reduces swelling and inflammation in arthritic joints. H_2S is the substance beloved of schoolboy "stinkbombs" rotting cabbage and human flatulence.

The new compound (AP39) could apparently hold the key to future therapies, by targeting delivery of very small amounts of the substance to the right places inside cells where it protects mitochondria – the part of the cell which drives energy production in blood vessel cells. The scientists say that preventing or reversing mitochondrial damage is a key strategy for treatments of a variety of conditions such as stroke, heart failure, diabetes and arthritis, dementia and ageing. Mitochondria determine whether cells live or die and they regulate inflammation.

Professor Matt Whiteman from University of Exeter's medical school said: "When cells become stressed by disease, they draw in enzymes to generate minute quantities of H_2S.This keeps the mitochondria ticking over and allows cells to live. If this doesn't happen, the cells die and lose the ability to regulate survival and control inflammation. Our results indicate that if stressed cells are treated with AP39, mitochondria are protected and cells stay alive."

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Pauline Fisher
Tel: 01392 811979
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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 August

No Meetings This Month

Our first speaker in June was Christine Trigger an old friend to the 'Good Companions Club' as she first started coming to speak to us in 2007. She gave us an interesting talk about the magician and comedian Tommy Cooper. Tommy was born in Wales, his father and mother sold ice-creams and moved around the country living for a time in St Thomas, Exeter.

It was a record breaking afternoon for the club as we welcomed our second speaker, Gay White, the attendance was an all time low as only 11 members turned up. Unfortunately, we clashed with Peter Bromell's holiday outing. Gay gave us a humorous afternoon with poems that she writes herself and, being an ex actress, she really took to the stage to give us a most enjoyable afternoon. Because of the low attendance Gay has agreed to return later in the year with a few more of her poems.

Don't forget; No meetings this month. This is a first for the club but it was felt that, as there is so much going on this month, it is unfair on our speakers if we have a low turnout of members due to holidays, etc.

We wish you all a great summer, and look forward to seeing you all again in September.

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

WHITESTONE FAMILY QUIZ NIGHT

Make a note on your calendar or in your diary not to miss this year's fun quiz.

100 questions expertly compiled, arranged and presented by Jane Richards.

Saturday 16th August - 7:30 pm
Whitestone Parish Hall

Tables for a team of four only £5 - Raffle - Free nibbles

AN INTERESTING FACT FOR THIS MONTH

Have a look at the calendar for AUGUST 2014.

This year, this month will have **5 Fridays, 5 Saturdays and 5 Sundays**. As this happens only once every 823 years, not only will it be the only time you see this phenomenon in your lifetime, it will also mean that future generations will not experience it until the year 2837.

THE GREEN CORNER 1

Did you read about the waterless toilet that's been developed, helped by a grant of $1 million from the Gates Foundation? It needs no connection to the mains, can be used in urban and rural situations, doesn't smell and has a valuable end product.

It works by separating liquid and solid wastes and sealing them into a pouch made from biodegradable material. The pouches can then be put into an anaerobic digester which creates biogas which can be used for electricity generation, as well as producing valuable fertiliser.

A system like this could replace chemical toilets for a start so would obviously be very useful at large open air concerts.

THE GREEN CORNER 2

What is the most energy efficient way to cook? Well given that most of the energy from burning fossil fuels to make electricity ends up as hot air it's not surprising that electricity comes out worst. A normal electric hob is about 13% overall efficiency or 15% for an induction type. Microwaves are better at about 19% but a gas hob is even better at 23%. All these can be improved by up to 70% by using a pressure cooker but perhaps one of the best which is rarely seen these days is a modern version of the "hay cooker". This is an insulated box with an insulated lid. You get the pot up to boiling point with just a minimum of water then turn off the heat and put your pot in the hay cooker (these days it will probably be a large thermos flask). There's no risk of it burning, you retain most of the nutrients because so little water is used, energy use is cut by about half and best of all, you can prepare it hours beforehand and it'll still be hot when you're ready to eat.

If you're interested and have access to the internet, Google "thermal cooker"

Peter Hanson

JUST FOR FUN

A letter received by the HM Revenue & Customs

"Dear Sir,
INCOME TAX 2013-2014
I have recently become a Christian and find that I can not sleep at night knowing that I owe some Income Tax.

Please find enclosed a cheque for £100.
Yours faithfully,
.....

P.S. If I find that I still can't sleep, I will send you some more.

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JULY ON THE FARM

Past midsummer is just getting into high summer for people. For the natural world, the year starts tipping towards the opposite. Plants tip into seed from leaf production, how to throw life forward through the lean time. Animals and biPast midsummer is just getting into high summer for people. For the natural world, the year starts tipping towards the opposite. Plants tip into seed from leaf production, how to throw life forward through the lean time. Animals and birds have done with breeding and now it's rearing young big enough and fat enough to go through winter.

Nature and gardeners slow down, heave a sigh of relief as the deluge of growth eases slightly. Set fruit swells. Birds fledge, and some don't, sad remnants below the nest. Brambles throw out spiky lianas intent on world domination before they settle down to producing blackberries in a couple of months.

Stuart has cleared some derelict orchards in the Shuttern valley that I don't ever remember being in use, and the apples trees he planted, all old varieties, are just starting to swell their fertilised flowers. All is thriving.

CROPS - The crops come to harvest, first the winter barley, with its graceful awns, spiky bits that grow from the ear, then winter wheat, then spring barley. We've grown a lot of barley because the awns have offered some protection from grazing by deer. Now we have fewer deer - we see a mere 60 at a time, not the devastating 250 we would see, the crops are in better shape. We've also worked much closer with a local agronomist, John Harris, who has given good advice about what to do when - what varieties, how to manage, when to feed, when to protect. The wet winter limiting rooting, the damp spring kept the plants growing. Now we want warmth to swell the grain, and we will have a good crop. Everyone else around the world is hoping for good crops, so the price is lower. Feed to buy in is still high, so we will cut and ensile more of our crops for winter feed.

HEIFERS – TB rumbles on, and we've made progress in how we will protect our animals.

The ministry vets confirmed that a single sick badger must have snuffled around picking up nuts we'd put out for the heifers to keep them growing on. We wondered: should we keep the cattle inside? The ministry vets and advisory services say that can expose them to as much risk. When badgers are really sick they can't fend for themselves, and can come into buildings, affecting the whole herd.

We'd love to vaccinate badgers and cows to keep them safe. We've been advised that we couldn't practically do our 34 setts often enough to work. Sadly there isn't a vaccine you can use on cows. We wait for the scientists to come up with a sensible solution to protect wildlife and cattle.

Now our task is to work with the vets on how to protect our animals from sick badgers. No more nuts for treats!

The fodder beet we fed them on last winter is liquorice for badgers, drawing them in. So we need to feed the cattle on food the badgers do not relish. Surprise, surprise: the key food is grass, the natural, healthy food for cattle. So our focus now is how we can have the cattle grazing grass all the year round. We carry on our programme of fencing so we can make the best possible use of our grazing fields.

We are also researching what we can do to keep the badgers healthy, for instance put out some mineral licks for them. Whatever we do mustn't change their natural behaviour, and do what we can to support their immune systems.

On the farm, we are seeing animals that look blooming, and are becoming good grazers from a young age – the heart of a healthy herd.

COWS - The cows too are looking wonderful. We've had the best grass growth we've ever measured, with the warmth and wet giving lovely growing weather. Now we are coming into the drier, hotter months, when grass growth slows down. The August calving cows are on their summer holidays, exploring the edges of the farm. It's lovely to go into orchards and distant fields filled with flowers, and cows look at you from the shade of trees, with mouthfuls of interesting flavours from the varied pastures. The further out fields are not as well manured, so have a more interesting flora.

With fewer mouths to feed, the grassland by the parlour can support the spring calved cows. They are settling into milking on pastures where the clover is building as the summer progresses. Their milk is perfect for our cheese, beautifully balanced. Most are now in calf, and getting that prosperous look cows get from good pasture, sun and fecundity.

ROYAL VISIT TO FARM AND CHEESE - We had the privilege of a visit from the Earl and Countess of Wessex, Prince Edward and Sophie. They were fascinated by the process of making cheese; Malcolm Mitchell showed them all the stages. You could see Prince Edward itching to have a go at the cheddaring and salting stage. To see everything, we had to sweep our visitors on to see the transit stores where we nurture the new-born cheese. They saw our cheese cathedral, the cheese maturing to its full splendour, how we blow the cheese to keep them free of mite, and 'iron' them (extract a core) to check its maturing quality.

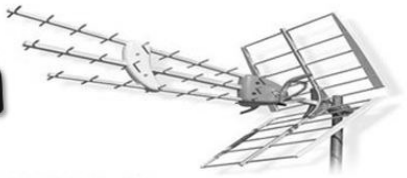
We showed them the cows and calves. They loved our focus on grazed grass, and getting just the right milk from that grass with the right breeds to make the perfect cheese.

SHOP & KITCHEN - Finally they opened Quickes Farm Kitchen, our new venture, where you can taste the products of the sun, soil and water of our valley, while gazing over the pastures that are the source of our delicious flavours. They unveiled a plaque attached to a 'wedge' of cheese made from poplar boards. The poplars were planted by my father, and we made a couple of them into cheese shelves.

We had a wonderful day, and felt very proud to be honoured by them on Prince Edward' 50th Birthday tour of the Best of Wessex.

MARY QUICKE

Kevin Osborne



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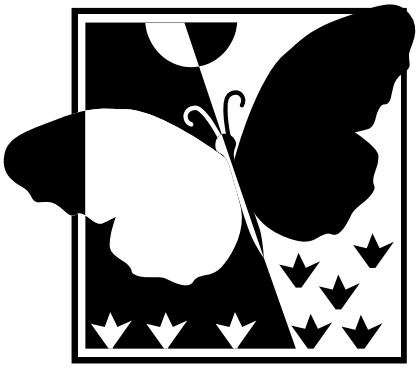

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Cuban Airwaves
Whitestone's own Salsa Band

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:
15th August (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: 19th August

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

AUGUST - The month for a well earned break. The garden should be at it's best, so have a holiday!

Jobs for this month
As usual, water regularly, collect ripe seeds & prunings, still take cuttings, summer prune gooseberries and redcurrants, lift and dry onions. MAKE USE OF ALL YOUR GARDEN VEG!

GARDENERS PIZZA RECIPE
For the Tomato sauce:
Veg oil
1 onion 1or 2 garlic cloves
500grm tomato skinned de seeded and chopped
Oregano Basil
4tbl white wine 1tbl tomato purée

For the Topping:
1red pepper 1green pepper
1 small chilli 12 black olives
125g mozzarello thinly sliced
50grm cheddar

Buy ready made pizza base or make it yourself.

Heat oil, add onions and garlic and fry gently for 5 mins. Add tomato, herbs & wine and bring to the boil. Cook for 15 mins until thickened. Remove from heat and cool. Spread the sauce over your base, arrange the peppers, chilli & cheeses on top and finish with the olives.
Bake 200°C for 30 mins until golden brown.
Any thinly sliced vegetable can be used for this pizza.

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Sept 18th & 19th
Reiki 2nd Degree
Oct 16th & 17th

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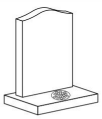

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TABLE TENNIS

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 - **3rd August 2014.**

Meet at Whitestone Parish Hall car park at 9:30 am or at Sandpiper, Old Honiton Road, Clyst Honiton EX5 2AN at 10:00 am.

We will walk from there through Sowton Village crossing Redhayes Bridge and taking in West Clyst Village coming back through the lanes. 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)

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

From 9:30 am to 12:30 pm in Whitestone Parish Hall, everyone is welcome with their materials and project at any or all of these sessions.

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.

VILLAGE VOICES

(Liz Watkins tel.01392 811285

Village Voices is now taking 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.

BABY & TODDLER GROUP

There will be no meetings during August but we look forward to meeting you when we resume in September . Tuesdays - 10:00am to noon.

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
24th Nov Barn Dance

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)
MEMBERS ONLY EVENING
Join Pauline and Derek in the garden at 14, Church Lane at 7pm on Monday, 18th August.

SHORT MAT BOWLS
Short mat bowlers are having a break in August (probably a well earned rest for some of us!). We now have a regular group of around 20 bowlers. enjoying sessions on Wednesday mornings (10.00 to noon) and Tuesday and Friday evenings (7.30 to 9.30 pm).
We will be starting back in September and look forward to welcoming more new people to enjoy our weekly sessions.

Come and give it a try and you'll probably find that it does help to attend on a regular basis. It's only £1.50 for 2 hours, refreshment provided. (Flat soled shoes with no heels, or socks please.)

Details always available from Gill and David 811585 or Sue and Jock 811205

PARISH COUNCIL MEETING
As there is no planned meeting of the Whitestone Parish Council in August, the next meeting will be on:
Thursday **11 September** at 7.30pm.
Members of the Public and Press are invited to attend.

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.

BOOK CLUB
Although there is no meeting in August, we have been sent a book to enjoy; to read within 2 weeks instead of the usual 4 weeks.

The book is "A Week in Winter" by Maeve Binchy.
Please return the book to Sandy by Monday 28th July.

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DATES FOR YOUR DIARY		
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
Sun	03 August 2014	Whitestone Walkers - Meet at Parish Hall car park - 09:30 am
Sat	09 August 2014	Farewell Party for Ruth & John Hutchinson - 7:30 pm - Quarryfield House
Fri	15 August 2014	Cuban Airwaves - Parish Hall - 7:30 to 9:30 pm
Sat	**16 August 2014**	**LAST DATE FOR SUBMISSION OF ARTICLES FOR SEPTEMBER MAGAZINE**
Sat	16 August 2013	Family Fun Quiz - Whitestone Parish Hall - 7:30 pm
Mon	18 August 2014	FOR GARDENING CLUB MEMBERS - Social meeting - Dormers -7:00pm
Tue	19 August 2014	Folk at the Oak - Royal Oak - 8pm
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
Thu	11 September 2014	Whitestone Parish Council Meeting - Billiard Room - Parish Hall - 7:30 pm
Mon	22 September 2014	Social Club - The History of Cheese - Whitestone Parish Hall - 7:30 pm
Wed	24 September 2014	Pantomime auditions and script read through - Billiard Room - 7:30 pm
Wed	01 October 2014	Pantomime auditions and script read through - Billiard Room - 7:30 pm
Wed	08 October 2014	Pantomime auditions and script read through - Billiard Room - 7:30 pm
Sat	18 October 2014	Arts & Crafts - Fused Glass Workshops - Whitestone Parish Hall

WEEKLY EVENTS IN AUGUST 2014		
	Dates	Event
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