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Editorial

A new financial year for Witheridge Voice, a new cover design and our heartfelt thanks once again to all our advertisers and contributors, without whom this magazine won’t continue.

Jim’s main article about the Royal Observer Corps started off as a ‘What did you do in the war?’ chat with John Usmar in the Rest-a-While; Hannah’s Penny Farthings was written when we did Witheridge Fire Service and has finally made it into the magazine; In Another Life: Kazakstan has a surprising ending and The Honey Doctor is the second in a new thread about small businesses in the area. We are always in need of more.

Christmas adverts / events need to go in the Autumn issue and can be sent well in advance. We are usually very short of space so things sent in promptly after the first reminder take precedence.

The advertising rates are below. All spaces are taken right now but they do come up throughout the year. We keep new adverts on file and put them in on a first come first served basis. *Don’t forget the invoice reference number or name of your advert when paying so we know who you are.*

Carole Campbell

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Waiting for the bomb to fall
By Jim Campbell

Today our main security concern is a terrorist attack, but the old ones amongst us, who lived through the Cold War, had to live with the prospect of a nuclear conflict. Recently released Russian records show just how close we came to possible nuclear annihilation during the Cuban Missile Crisis. When going to bed, many people thought that they may not live to see the next morning, but some people from Witheridge were prepared.

A few miles outside of the village on the Chulmleigh road was a Royal Observer Corps (ROC) post. It was set up to watch out for German planes during WW2 but was closed after the war. In 1960, as the Cold War became colder, it was resurrected.

The first volunteers were Bob and Fred Woollacott, John Usmar, Bill Stacey and Ken Williams.

Fred Woollacott remembers:
The role of the ROC was changing from aircraft spotting to reporting nuclear bomb bursts and monitoring the subsequent radio active fallout.

An underground shelter had been built. This was a concrete box about 16 ft by 8 ft buried in the ground with a 15 ft vertical shaft for access.

By 1965 aircraft spotting had taken a back seat and all training was on the nuclear role. To this end John Usmar as Chief Observer and myself as Leading Observer, practised plotting bomb bursts using a Bomb Power Indicator and a Ground Zero Indicator and monitored the resulting fallout with a Fixed Survey Meter.

We reported the results to the HQ in Exeter which were triangulated with info from the other posts and the results.
sent onwards. The post was equipped with sleeping arrangements, a toilet and wartime ration packs. This would have allowed 3 observers to stay on duty in relative safety until the outside radiation level had dropped to a safe figure. Whether this would have worked in a real situation, no one knows.

Apart from basic training, the Ministry of Defence ran exercises each year. We had emergency callouts when a coded phone call was received from HQ and we had to see how long it took to man the post operationally. Most of us kept an emergency pack, toiletries, books etc ready to go at a moment’s notice.

Another exercise was a shutdown, when the post was manned and shut for 48 hours to see how well we coped with the confinement. The answer was not very well as our post didn’t have a ventilation system and routine duties didn’t take up much of the time so by the end of the exercise the air could be somewhat malodorous. The exercises were sharpened up by the use of a machine capable of simulating fallout. With hindsight it all seems a bit futile, but at the height of the cold war it seemed important.’

Fred served for 32 years and was awarded the Long Service Badge with Bar. Luckily they never had to do it for real and in 1991 the post was dismantled. The local group had hoped to buy it and keep it as a museum but the farmer whose land it was on filled it in. However, life was not all about living on the Eve of Destruction.

Carol Prynn, who was also a member of the ROC, recalls the lighter moments of training:

Once a man came down to look around to see if he would like to join up. Half way down the ladder into the shelter he froze. The poor fellow suffered from vertigo and it took one person below pushing and another two above pulling to get him back up. At the time we felt sorry for him, but once out we all had a good laugh.

On another occasion myself and another lady were given a chance to go up in a plane to do a wreck survey over Cornwall. The pilot tried his best to make us feel queasy by putting the plane into some interesting manoeuvres. He failed with me, but the other lady just sat in her seat with her
eyes closed until we landed. Training meetings were held fortnightly, usually at the post, but at times in winter at pubs in Chawleigh or Thelbridge.

We had many BBQs which got everybody together and made for a lovely evening. One of the highlights was when most of the group went up to Bentley Priory just outside of London, where Her Majesty the Queen presented the ROC with its new standard and afterwards there was a garden party with no expense spared.

Unfortunately the ROC was disbanded not long after. It was fun while it lasted.

The Witheridge post was one of 1563 built approximately 8 miles apart. Each cost around £5000 to build- about £102000 in today’s money. The posts were excavated to a depth of twenty five feet then a monocoque reinforced concrete building was cast and waterproofed before the structure was covered with a compacted soil mound.

Nationally there was also a network of 15 underground two-storey, hardened War Rooms called Regional Seats of Government, built on Government sites and with concrete walls ranging from 5 to 7 seven feet thick. Members of the military and local government would have sheltered in them and emerged later to try to restore some semblance of order. Their existence was kept hidden from the public. In the event of an impending nuclear war the rest of us were advised to build a simple shelter inside our house.

Here we see 3 doors propped against a wall with bags of earth packed around them. There, with a supply of food and water, we would have taken cover and hoped for the best.

In the event of an attack, an early warning station at Fylingdales Yorkshire would have detected a soviet missile launch and the sirens would have sounded giving the public 4 minutes warning to take cover before the first bombs detonated.

The USA and the Soviet Union had enough nuclear weapons to destroy each other many times over and in the hope of preventing war relied upon a strategy known as Mutually Assured Destruction or MAD.

Ironic that most people practise hard hoping to get it right on the day but the ROC practised hard hoping that the day would never come.

Jim Campbell
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David Gale Neighbourhood Watch

AGM Monday July 27 Witheridge Parish Hall 7pm

WITHERIDGE PARISH HALL

How can we get more people to come on the Parish Hall committee? I am the youngest member and I am 58! We have no one representing the children or the teenagers of Witheridge. We really want the Hall to be at the centre of village life for all the community, so everyone should be represented. Please come to our next meeting. We would also like to advertise for a professional fundraiser, as there are many grants available and we need someone to help us access them. To be on the committee or apply for the fundraising job, please email me clarespicer@talktalk.net

We are thinking of asking Oddsocks Theatre Company to return next year, when they will be performing Much Ado about Nothing.

Clare Spicer

WITHERIDGE PARISH HALL

AGM Monday July 27 Witheridge Parish Hall 7pm
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- or telephone for a friendly chat: 01884 861186
**Community News**

**Witheridge School**
Red Nose Day raised £218 and the PFTA Jumble sale raised £400 to help towards the cost of schools trips.

**Witheridge Pre-School**
The Easter Fayre raised £453 to purchase resources for our move to the new premises.

**East Worlington Pre-School**
raised £415.25 at their Easter Bingo and the school PTFA raised £586 at their summer jumble and plant sale.

**Witheridge Parish Church**
The Mad March sale raised £267 and the Bring and Buy sale raised £242, both for church funds. The Fair Trade Meal raised £237. This sum will be matched by the government to support the development of Fair Trade products.

**The Calabash Trust, South Africa**
Benjamin Wells raised £500 for the Calabash Trust by cycling from Ilfracombe to Plymouth. He will be working as a volunteer with the Calabash Trust in July.

**Easter Concert**
Husband and wife Steve Bingham and Brenda Stewart performed ‘Duo with a Difference,’ a mixture of classical, folk and modern pieces on violin, viola and 5 string electric violin which blended modern and classical music beautifully. The audience gave Sarah Walker a much deserved standing ovation for her performance of Purcell's ‘When I am laid in earth’ from Dido and Aeneas. A cheque for £1430.00 was presented to Dr Clark to purchase an ambulatory blood pressure monitor. Maria

**Thelbridge Church**
3 puddings and a quiz raised £720 for church funds.

**The Sponsored Knit**
raised £550 for North Devon Hospice.

A Coffee Morning organised by Pat Benn and Sheila Plummer to thank the Macmillan Nurses for all their help raised £550. Thank you for your support.
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LETTERS TO THE EDITOR

Letters of a political or defamatory nature will not be printed. Max 80 words.

Speeding

I totally agree with the sentiments on the dangers of dog fouling, but I feel we are all in **even more** danger from drivers speeding from Cannington Rd to Brooke Rd. I have seen several near misses with kids on scooters crossing the road, cars braking to make the corner onto Cannington Road and people having to run across to Wiriga Way as cars approach too fast. AND these people speeding have children themselves! **SLOW DOWN**  (M)

Witheridge Young Farmers

The Dung Sale sold 90 bags of dung. The Big Breakfast & Car Wash made £331.41 in aid of Devon Air Ambulance AA and the new YFA building.

***PIG RACING Sat 1 AUG***

Witheridge Sports Club

Revised Public Footpath

From Drayford Lane, just opposite Coombe Cottages, through the recently planted trees, joining up with the Two Moors Way. Thank you Geoffrey Cox. We will enjoy this new walk. (Editor)

DOG MESS WATCH website

www.witheridgewatch.moonfruit.com

Please report incidents.

Offenders be aware – there is a body of villagers actively looking out for offenders.

Our village could be something to be proud of if we can stop these anti-social dog owners. Next we can tackle litter problems in the village. David Gale

Village Stores  Thank you Jane. It takes a special person to keep our much needed Village Stores going at the same time as nursing Lawrence through his last days. We will miss you and wish you well. Editor

Welcome Central Stores
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Witheridge & District Gardening Club

Spring Show 2015
Rose Bowl Best in Show  John White
Most Points in Show  Cyril Leat Shield
for Runner Up  Sheila Manley

Best Exhibit
Flower Arranging 1-4  Doreen Leat
Daffodils  6-20  Paul Kelly
Flowers Classes 21-41  John White
Children’s Classes  Catherine Kelly
Club bulbs  Ros Knight

Meetings & Fundraising
The Bingo was a very good evening which raised £154 and the plant sale raised £414, all much needed funds to help pay for speakers and shows. The evening outing in May was to Morchard Bishop allotments.

Future Dates
June  24 Johnny Kingdom & Social
August 8 Summer Show
Sept  30 Alan Leaman - Cuttings
Oct  28 Garden Wildlife

Sat August 8th  Summer Show
2:30pm ALL welcome.
25p an entry
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**Penny Farthings**
*By Hannah Hawkins*

**History:** A German inventor Baron von Drais patented the first 2 wheeler which he called a *Laufmaschine* (running machine) in 1818. It was made of wood with iron shod wheels and a brake but no pedals.

**The velocipede** (or hobby horse) was patented in 1839 by a French designer who improved on the design. The frame curved down in the middle so the wheels could be bigger without raising the seat. It was nicknamed ‘bone shaker’ because it did.

![Velocipede](image)

**The high-wheel (Penny Farthing)**
The velocipede’s natural successor was the high wheel which Frenchman Eugene Meyer patented in 1869. It had a big front wheel, so it could go faster, a small hind wheel and a lighter frame. The maximum size of the front wheel was determined by the length of the rider’s leg.

Although Meyer got there first, James Starley is considered the father of bicycle design as bicycle manufacture came to be dominated by British technology and skills.

Starley’s ‘Ariel’ high wheel bicycle had tangent spokes and a mounting step. Later models added ball bearings, solid rubber tyres and tubular steel frames to reduce the weight and improve the ride. The high wheel was faster on all but steep hills. It rolled more easily over cobbles, stones and ruts. Rough-paved and unpaved roads were common so this was a big improvement.

**Safety** The rider was high up in the air and travelling at a great speed. ‘Taking a header’ over the handlebars, also known as ‘coming a cropper’, was not at all uncommon and the rider’s legs were often caught underneath them. Bicycling became the pastime of young men whereas older men and women preferred tricycles or quadricycles. Queen Victoria owned a tricycle designed by James Starley.

**Why were they popular?** They were durable and required little service. Thomas Stevens rode around the world on one in the 1880s with only one major mechanical problem in over 20,000 km.

Coventry, Oxford, Birmingham and Manchester became centres of the bicycle industry and exported to France and the USA. By 1884 high-wheelers and
tricycles were the province of the well-to-do until the safety bicycle was produced in 1889. Bicycles spread to the rest of the world, chiefly because of the extent of the British Empire.

**Out of fashion**

When manufacturers introduced a chain drive and pneumatic tyre, large wheels weren’t needed. Smaller wheeled bicycles were much safer and by 1893 high-wheelers were no longer being produced.

**Penny Farthings, my relaxation**

I got the first about 10 years ago and I have two now. They were made by Joff Summerfield. He’s currently cycling round the world. If you put his name into a search engine you will find him. He has made a few bikes, probably to fund his trips. I went to Greenwich to pick them up from his workshop.

**Why a Penny Farthing?** I have always been interested in them and I’m a member of the Veteran Cycle Club. The original bikes are quite fragile now and wouldn’t stand being ridden. The big metal tube down the back can get rusted inside and suddenly collapse. The new ones are lighter which is a big plus. The first one has a smaller wheel and longer cranks so is better for hills.

The front wheel is so big because they hadn’t invented chains and sprockets so if you wanted to go faster you needed a bigger wheel.

The name penny farthing was coined by the Victorians but it was a derogatory term because by that time people were riding more advanced bikes.

Another name for a penny farthing is an Ordinary. ‘Ordinary’ describes the upright way of sitting on the bike. A 52” wheel on a penny farthing is the same as 52” gear on a bike. Something to do with the gear ratio. Modern gears are derived from ordinary wheel sizes.

**Getting on and off** There’s a step at the back, so you step on it and with your arms outstretched to the handlebars you scoot up. It’s a bit awkward but once you’re on it’s like a normal bike.

You get off by doing it the other way round, but you need to allow yourself room to stop. Sometimes if you’re going really slowly you can’t get off at that speed.

Traffic lights in London are a pain, there are so many of them and if it’s a hill start you have to walk a bit because you can’t scoot it fast enough up a steep hill. You have to get off at a T junction so you
have to look ahead and plan a bit more especially looking out for people who might step off in front of you.

Women v Cancer & Jupiter Nocturne
Last year we did the Women v Cancer Nightride then the following weekend I went up to London again for the Jupiter Nocturne.

I took Isla to Mum’s in Winchester then had to go to Waterloo to pick up the bike from the train station.

I cycled from Waterloo to a cafe on Old Street called ‘Look Mum No Hands’ which is owned by Guy Martin. He’s the motorcycle racer who broke the speed record on a bicycle. I met up with people doing the penny farthing race there and we went for a cycle round London (which was a bit surreal) then we all went to Smithfield Market for the race. Our race didn’t start until 7:30pm but it’s a short course, just 1.1km, so you do several laps.

There were all sorts of categories – penny farthing, Boris Bike race, folding bike race, elite men, elite women.

Joff Summerfield was in the race which was really good. I think I came 8th although on the results it says 9th but they counted someone we had lapped.

It was a really tight course with crowds of people and very noisy, all ringing cowbells. After the race I had to cycle back to Waterloo. It was dark by then and rather traumatic finding my way. I had to stop and ask a couple of times but it was all great fun.

Where else have you done? I did a 100 mile race with the Veteran Cycle Club in 2013 and I’ve just done the 2015 Nocturne in London on the 6th June and came 10th out of 30 riders.

It’s my relaxation. I enjoy doing the St John’s Fair parade to show people how bikes used to be.

Hannah Hawkins
Veteran Cycle Club www.v-cc.org.uk

History by Carole Campbell
Photos Wikipedia, Hannah Hawkins, Noel McTeague (SJF)
Veteran Cycle Club www.v-cc.org.uk
http://en.wikipedia.org/wiki/Penny-farthing
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Moroccan Lamb

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**You need**
- 500g lean diced shoulder of lamb
- Onions, garlic
- Harissa paste (available in supermarkets)
- Dried apricots and figs
- Cumin and cinammon
- Salt and pepper, Tomato puree
- Stock

**What to do**
- Fry the lamb in olive oil to brown
- Add an onion and a couple of cloves of garlic
- Add a good stock (lamb or chicken) enough to cover the lamb
- Add more as needed during cooking
- Bring to the boil and transfer to a heavy oven proof pan (preferably cast iron)
- handful of apricots, 6-8 figs, ½ tube of Harissa paste and an 8” squirt of tomato puree
- Season to taste. (Lamb needs more salt than other meats)

**Cook** at 180°C for at least 2 hours. Check the liquid levels occasionally

**Serve** with couscous and carrots cooked in orange juice.

---

**How does your mind work?**

If you can read this, you too have a strange mind. Only 55 people out of 100 can. I clued not blveiee that I clued aulacity uesdnatnrd what I was rdanieg. The phaonmneal pwowe of the human mind, aoccdrnig to a rsaerech at Cmabrigde Unervtisy, it dseno’t mtaetr in what oerdr the ltteres in a word are, the olny iproamtnmt thng is that the frsit and lsat ltteer be in the rghit pclae. The rset can be a taotl mses and you can siltl raed it whotuit a pboerlm.

This is bcuseae the human mind deos not raed lteter by istlef, but the wrod as a wlohe.

Azanmig huh? Yaeh and I awlyas tghuhot slpelnig was ipmorannt!

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Charity knitting
Our usual projects are ongoing but we are also working on blankets for the Petroc Centre for the homeless in Exeter, so we hope to have a nice batch to hand over this September. Several already completed.

Dates for July - October: July 2, 16, 30 Aug 13, 27 Sept 10, 24 Oct 8, 22

❖ We meet at the Rest a While Centre at 2 pm every other Thursday

Rest-a-While
We are very pleased that several people who are new to the village have joined the Rest-a-While. We have even got a couple of new helpers.

It’s encouraging that more people are coming in and finding out that we are cheerful and have a laugh even though we sometimes need to see people through bad times. We have plenty of room for more. The Rest-a-While is for ALL of Witheridge. You will get a warm welcome.

❖ Open Monday – Saturday 10-12 (Closed only Christmas Day!)

Monday Club
An amazing £161 profit was made at the Monday Club High Tea- a wonderful afternoon. Thank you to all those that made it so special.

Future dates for our coach trips are:

| July 13 | Torquay       | Aug 10 | Mystery Trip                                       |
| Sept 7  | Dunster & Minehead | Oct 5  | Bridport & Dorchester                               |
| Nov 2°  | Sanders World & Weston |

You are all welcome to join us, and enjoy a fun day out.
Please phone Sheila 860227 or Val 860709 to book your seat.
We do have a waiting list for people wanting to join our busy club. Why not put your name down now. The sooner it is down the sooner it reaches the top. Hope to hear from YOU soon.

Val Dickinson, Chair

Luncheon Club
for people who live on their own
A friendly club for people who live in and around Witheridge. Home cooked food – dinner, pudding, tea/coffee and chatter. £4 per meal.

Transport can be arranged if needed. To book a meal contact Yvonne Childs 860012 or Annis Stone 860398. We look forward to meeting you.


❖ 1st Tuesday of every month • 12noon for 12:30 Witheridge Parish Hall
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Call Anthony Home:- 01769 550472
Mob:- 07545056229
The Witheridge Art Group  We are a group of like minded people who enjoy an evening of drawing or painting and sharing our hobby. Some of us have had tuition and we all help each other when asked.
We charge just enough to cover expenses: £5 per year membership, and £1.50 a week subs. Please come along. We have room for new people and welcome new input.

Wednesdays P. Hall Committee Room 7:30pm Eileen Curtis 860564

Bingo  We need NEW FACES. You will get a warm welcome.
We have an assortment of prizes as well as a raffle.
See notices around the village

Alt. Tuesdays 7:30pm in the Rest-a-While  Ken 860825
DATES: Tues July 14, 28, Aug 11, 25 Sept 8, 22 Oct 6, 20

Witheridge Community Composting
Green garden waste is now being collected in the village. The cost of this service is £8 per year. We will collect trailer loads of garden waste, £10 for members, £15 for non members.
We also sell finished compost at £1.25 per bag delivered in the village, or collect at £1 per bag.

Volunteers still needed. We meet on Mondays and Thursdays 9:00 -12:00.
You need to be fairly fit, but most of us are in our late 60's, some in their 80's and still going. Tools and training provided plus coffee and sometimes cake!
To order compost phone Greg Henderson 860819

Green garden waste collected Thurs mornings to 29th Oct.

Witheridge & District Ploughing
Match 2015
Tuesday 22nd September
Venue to be advised.

Allotments
The plots are all starting to fill up and excitement is building in anticipation of the coming summer. Let’s hope its a fruitful one!
To be first on the waiting list, please call Sam 01884 861 527
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Unit 1, Old Market Field Industrial Estate, Witheridge EX16 8TA
Knights of Witheridge

Thank you for all your support over the last year in which the Knights have raised over £2000 for local causes and a total of over £10000 since we started – not bad for a group of grumpy old men. Our Quiz & Pudding night was our most successful yet as we raised £450. This year we have funded 4 local groups:

- Tennis club £200
- Youth club £450
- Mums & Toddlers £295
- Witheridge Pre-School £375

We enjoy organising our events but ask you to please come along and enjoy yourself as well. If you want to get involved in whatever way, have a chat with us at one of our events. Events planned in the next few months:

- 2nd July Joint event at Witheridge School
- 25 July Mid Devon Show
- Nov. TBA Puddings & Quiz Night

meetings 1 Tuesday every month in The Mitre at 20:30

Witheridge Ladies’ Club

In March we listened to poet Hugo Steere reading his poems and those of other poets. We found his visit very inspirational and uplifting.

In April Judi Binks from Healthwatch Devon informed us about this organisation that encourages people to speak out on health and social care services in Devon.

In May we had a talk from Harry Monson about the drop-in centre in Barnstaple where folk (some with drug addiction, some alcohol dependant and others in need of company) are given a meal and a safe haven for a few hours twice a week.

The Ladies’ Club also has a book club, craft club and luncheon club.

Summer Garden Party Tues 11th August
Parish Hall 2 pm - 4 pm Cream Teas & stalls

2nd Tuesday in the month. Parish Hall 2 - 4 pm
Coral Simmonds

Witheridge Holiday Club

Sessions from 8am – 6pm, Open to ALL children aged 2-11 years
EVERY TUES, WED, THURS throughout the summer holiday
8am-6pm 2-11 year olds
Contact Paula Hallett 01884 861784
witheridgepreschool@gmail.com or www.witheridgepreschool.btck.co.uk
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Dr Parkin has taken up a GP Partnership elsewhere and we wish her well in her new role. We are delighted to see Dr Coleman return to us after a period away. We are in the early stages of changing our medical computer system to support your care. More on this next time.

**Safe Sun - Skin Cancer** is one of the most common cancers and too much sun increases the risk. Each year about 2000 people die from skin cancer.

**Getting sunburnt** is dangerous. Even when you don’t burn, UV light causes damage. If you have fair skin, red or fair hair, lots of moles or already had skin cancer, your risks are increased. Sunbeds increase cancer risk and speed up skin aging.

To enjoy the summer sun safely
- Spend time in the shade between 11am and 3pm
- Make sure you never burn
- Wear a T-shirt or preferably full sleeve shirt, hat and sunglasses
- Take extra care with children
- Use at least **SPF 15** sunscreen (93% UVB protection) and **4* UVA**

**Frequent application** of sunscreen is important. SPF 30 does NOT give twice the protection of SPF15 but gives 97% UVB protection.

**Moles** Please see us if you have new or changing moles, any that look different or rough scaly skin on sun exposed areas. If in doubt, make an appointment.

---

**West Ridge Vet News by Dick Sibley**

**Testing times** A significant part of our work involves testing cattle for bovine tuberculosis (TB) as part of the national programme to eradicate this disease.

Last year we tested about 75,000 cattle of which 1 in 200 showed up as a ‘reactor’. Regular testing means these animals are removed quickly before they become sick or pass the disease on to others.

The uncomfortable truth is that Bovine TB passed from cattle herds to wildlife populations which became a reservoir of infection. Although we clear up the infection in the cattle, they reinfect from the wildlife, particularly badgers. There is little hope of eradicating TB if we do not do something about the disease in the badgers, but practical solutions are difficult and unpopular.

Meanwhile, DEFRA passed testing on to **XL Farmcare**, who offered significant financial savings. **West Ridge Vets** will be TB testing on behalf of XL Farmcare, but we have taken a massive reduction in what we get paid. We will do our best to maintain a TB testing service for our valued farm clients and anyone else who needs their cattle tested, but we ask that the cattle are presented promptly, efficiently and safely.

Testing alone doesn’t cure: we have to remove the disease from our cattle and wildlife, however difficult that may be.
One thing clearly missing in our society today is wisdom! Wisdom according to the Dictionary is ‘soundness of judgement; knowledge and understanding.’ But how do we get wisdom? True wisdom comes from God. King Solomon was a very wise man because he revered God and asked for wisdom. Wisdom is available to us all - we simply have to ask!

We have a lot of knowledge these days, but because God has been pushed out in our society, we lack wisdom. We can start by making sure we ourselves are right with God because the ‘fear of the Lord is the beginning of wisdom’. Adrian

From Just a Thought by ‘Ben’ Huddleston
Methodist Chapel
Rev John Wiltshire 01363 877281
Sunday Services 11am
(Except Churches Together service - see noticeboard at the Chapel & Parish Church)

Women’s Fellowship
❖ 1st Thurs in month from March - December 2:30pm

<table>
<thead>
<tr>
<th>St John the Baptist Parish Church  Rev Adrian Wells</th>
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</thead>
<tbody>
<tr>
<td>Morning Worship and Communion Services start at 9:30am</td>
</tr>
<tr>
<td>Tu  July 7 United Churches Luncheon Club Parish Hall 12:00</td>
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<tr>
<td>Tu  Aug 4 United Churches Luncheon Club Parish Hall 12:00 Su</td>
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<tr>
<td>Aug 30  5 Sunday Churches Together Service, Parish Church 9:30am</td>
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<tr>
<td>Tue Sept 1 United Churches Luncheon Club, Parish Hall 12:00</td>
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<tr>
<td>Sa  Sept 12 Church Fete Parish Hall 12-4pm</td>
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<tr>
<td>and Barn Dance 7.00pm</td>
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<tr>
<td>Sa  Sept 12 Devon Historic Churches Bike Ride raising funds for the Church</td>
</tr>
<tr>
<td>Tu  Oct 6 United Churches Luncheon Club, Parish Hall 12:00</td>
</tr>
<tr>
<td>Sa  Oct 10 Book and Jumble Sale in the church at 10:00-12:00</td>
</tr>
<tr>
<td>Sun Oct 11 Witheridge Harvest Service, Parish Church 9.30am</td>
</tr>
<tr>
<td>Sun Oct 11 Witheridge Harvest Lunch Parish Hall 1pm</td>
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</tbody>
</table>

Organ Concert
by Andrew Millington the retiring Director of Music at Exeter Cathedral
Wed 7th Oct
Witheridge Parish Church 7:30pm
To introduce the refurbished organ
Entry fee £5

The Bell Ringers
St John the Baptist Church Witheridge
The Bell Ringers meet every Friday evening at 7:15pm for 7:30pm in the Belfry.

The Stuart Singers
Fri 18th September
Witheridge Church 7:30pm
Look out for posters
Get your tickets early

Witheridge Church Rooms - small functions, classes or meetings. Kitchen and toilet. £10 per am/ pm/ evening.
Contact Mike Childs 860012.
ST JOHN’S FAIR 2015

*Winning Programme number 121*

This year’s fair really was jam packed with things to see and do for all the family both in The Square and in the Parish Hall grounds. Thank you to the committee for organising another fun day for Witheridge and THANK YOU to all who supported the fair in any way.
DOG SHOW WINNERS

<table>
<thead>
<tr>
<th>Class</th>
<th>Dog</th>
<th>Owner</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Handsome Boy</td>
<td>Tilly</td>
<td>Helen Crossman</td>
</tr>
<tr>
<td>2 Prettiest Bitch</td>
<td>Skye</td>
<td>Sam Mortimer</td>
</tr>
<tr>
<td>3 Dog like owner</td>
<td>Prince</td>
<td>Carol Bates</td>
</tr>
<tr>
<td>4 Child Handler</td>
<td>Poppy</td>
<td>Bradley Jeffs</td>
</tr>
<tr>
<td>5 Golden Oldie</td>
<td>Buffy</td>
<td>Lianne Hearst</td>
</tr>
<tr>
<td>6 Scruffiest Dog</td>
<td>Dillon</td>
<td>Alistair Collinge</td>
</tr>
<tr>
<td>7 Best family</td>
<td>Tikka &amp; Elsa</td>
<td>Boyles family</td>
</tr>
<tr>
<td>8 Best Trick</td>
<td>Skye</td>
<td>Sam Mortimer</td>
</tr>
<tr>
<td>9 Waggiest Tail</td>
<td>Bracken</td>
<td>Sue Henderson</td>
</tr>
<tr>
<td>10 Rescue Dog</td>
<td>Sam</td>
<td>Leslie Hearst</td>
</tr>
</tbody>
</table>
Witheridge C. of E. Primary School

**Headmaster’s Report**

Witheridge and High Bickington Primary Schools became Taw Valley Federation on Monday 13th April, so both schools are now under the control of a single governing body. It seems to be going well with staff working closely across the schools and children cooperating on projects. We want all our children to be independent, inquisitive and enthusiastic learners and to that end have invested in a Learnpad tablet for every child. As staff and pupils get to grips with them, we are finding out where they can help us with our learning. However, school isn’t just about Learn pads or even classrooms. We are making the most of the outdoors with lots of sport, PE and trips to farms and local areas and utilising our own wildlife area on site. We are all looking forward to the joint beach trip in July. Let’s hope the sun shines.

**The Exmoor Challenge**

What an amazing performance by the children taking part. Even though they had to tackle 16 miles over harsh terrain with steep hills and in terrible weather, all three Witheridge teams made it round and deservedly received medals. The commitment and team-spirit shown by all was tremendous. Thank you for the effort you put in, to your parents for supporting the event and Mr Radley for preparing the children so well. **Rob Norton**

**Welcome** Daisy May, Willow, Sebastian and Connie who joined us this term.  
**Goodbye** Mrs Court and good luck with her business venture in the village.  
**Good bye** also to Mrs Halsey who has resigned following a period of absence. We wish her every success for the future.

**Class 1’s FARM VISIT**

The Learning Ladybirds had a fantastic time at the Mogford's farm. First, we had a look at the baby lambs and we had a good feel of sheep wool. We went out into the fields and helped to round up the sheep by walking in a line while holding hands. Then, we helped Aimee check if there was enough water for the lambs to drink. We had a cuddle with a duck and a close look at his beautiful wings. Finally, we got to have a cuddle and name a lamb. We named her Star. It was a fun afternoon, with some amazing questions and great learning.
The Exmoor Challenge Class 4

James - It was scary at the first check-point, because we didn’t know what to expect, but we soon got the hang of it and grew in confidence as we overtook other groups.

Bethany – You develop strong friendships. I liked the freedom of doing the walk without teachers or parents.

Dylan - I found out how much I could push myself, I had to keep walking even though I was in some pain. I was so happy to finish- it was brilliant!

Tom - Everyone was cheering us on at the end, I felt so proud. I found out I can push myself as well as my team. My parents were so proud of my achievements.

Danica – It was an amazing experience that I shall always remember.

Jamie – My legs really ached at the end of the 16 miles, but I’m so glad I did it.

Harriet – I became more confident in my own abilities and as group leader I was increasingly happy to direct my team.

Lucy – We were a strong team and overtook many teams, as we marched on. It was a fantastic experience and would do it again if I could.

Tyler – I learnt that I could achieve great things if I put my mind to it.

The Challenge involves teams of four, pupils only, navigating a 16 mile route over Exmoor and is judged on time taken as well as questions answered on route.

Mr Radley - I so enjoyed watching the children grow in confidence and strength during the four practice walks at Lynton, Simonsbath, Dunkery and Dulverton. The children, including Daniel, Freddy and Sky are a special group of young people. Well done to you all.
EAST WORLINGTON
PRE-SCHOOL
We welcome all children aged 2 to 5, Monday to Friday from 9 -12 noon with an optional lunch club until 1pm. If you would like to know more give us a call on 01884 861563
We also run a Tums2Toddlers Group on Tuesdays 2:00-3:30pm For details contact Angela 01884 861371
www.eastworlingtonpreschool.co.uk

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**Chulmleigh Ten Tors** For the first time in several years, Chulmleigh Community College entered 2 teams for the 35 mile Ten Tors Challenge. Jack Povey and Thomas Mann also took part with their scout groups. At 07:00 precisely the artillery guns fired and both teams set off into heavy rain. **The Mixed team** (Greg Greenwood (leader), Emma Groves (lead navigator), Caitlin Hannam, Spike Axford, Tim Laarveld and Tom Jarratt) unfortunately lost 2 members on Saturday. They made up the lost time but suffered minor injuries on Sunday so didn't make the deadline for Postbridge and had to leave the competition. They can be proud of what they achieved.

**Witheridge Pre-School** We are still not in our new home, although things are progressing as we are now able to use the building. We need to get the facelift/decorating sorted before we can start using it for the children. Volunteers would be warmly received and supplied with lots of tea. The children have been busy planting again this year with our carrots looking particularly healthy. Our location on the school site allows us to visit the wildlife area regularly and the children are always fascinated by the progress of the frog spawn and enjoy pond dipping for newts. Thanks to all who helped with or supported our fundraising events and to all who donated Morrison’s vouchers. These enable us to give the children opportunities at minimum cost. The Easter Fayre and Bingo were well supported. The proceeds will be used to upgrade resources in the new premises. **Paula Hallett**

**East Worlington Primary School**
This is the story of what a small school with big heart and belief can achieve. On 19 May 2015 Devon and Cornwall Police welcomed 27 football teams from North Devon primary schools to the Partnership Cup. Sergeant Jones said: ‘This event brings the police and community together to ensure the young people have a great day out while allowing us to engage with them, build bridges and trust while raising their awareness of anti-social behaviour and its effects on the local communities.’ Not many of the other schools would have heard of East Worlington but after 78 matches on four pitches and 295 goals, **East Worlington girl’s team WON the FINAL** against Caen in an exciting match which ended in a penalty shoot-out! **WELL DONE**
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**Entry**  National Trust members FREE,  
Non members: Adult: £9.55 Child: £4.80  
Family (1 adult):£14.75 Family:£24.00.  
**Carriage museum & Garden only**  
Adult: £7.70 Child: £3.90  

**Opening Times**  
Mid March – October  
House:11-5pm, Garden & Tearooms:10:30-5pm, Grounds: dawn to dusk  
Nov-Feb Reduced access to house and Carriage Museum. See website.  

**Facilities**  
Free parking 150 yards, shop, tea-room, toilets, tours (pre-booked groups), two holiday cottages.  

**Dogs** on leads welcome in the gardens and carriage museum. Two dog bins.  

**Things to do:** House, carriage rides, carriage museum. The Speaker’s coach is on loan from the Houses of Parliament until 2016. Gardens and grounds – Formal garden, walled garden and 2,700 acre estate home to Jacob sheep, Red Devon cattle, Shetland ponies and deer.  

WEBSITE [www.nationaltrust.org.uk](http://www.nationaltrust.org.uk)

**EVENTS – see website for dates**  
**FREE-** family crafts, Ranger days, garden trail, archaeology, garden talks.  
Arlington Court Characters, Open Day  
**Charged activities**- booking essential  
Workshops and outdoor theatre.  
Aug 2nd Theatre ‘The Secret Garden’ 6pm  
Aug 21 Theatre ‘Pride & Prejudice’ 7pm
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**Chance Meeting** by Eileen Haynes

Young, happy, bright,
Free, careless, light,
This was yesterday my friend. Seeing you today
Takes my breath away
Do the changes ever end?
But what of me?
What do you see?
Can you tell I’m not the same?
Too soon we seem
To wake from dream
And play a different game.
A chance meeting,
Friendly greeting, But there’s not enough to say.
A visit now?
Time won’t allow
Well, perhaps another day.

---

**A or B?**

The B3137 that runs through the village was originally the A373, but was downgraded to a B road when the link road was opened in 1988. However the original B3137 actually ran through Wells in Somerset, but was classified as part of the B3139 in 1935 and the number remained in limbo until its arrival here.

**Devon Sunrise**

Being further west, the sun rises 12 min 48 sec later in Witheridge than in London (Greenwich).

---

**Art Makery**

**Giant Paper Rose**

You need:
- Double sided crepe paper (different shade on reverse) – green, pinks, reds, whites for the flower.
- Wooden skewers, scissors, green floristry tape, thick round pen or pencil.

What to do:
1. Flower middle - cut out 5 long teardrop shaped petals
2. Flower outside - cut out 15 -20 heart shaped petals, same length, 4 times wider.
3. Stem top - cut out a length of green crepe paper with zig zag pieces.
4. Wrap the petals round the pencil to curl the edges and plump out the petal centre.
5. Stem- spiral wind the tape round 2 or more skewers, stretching the tape to release the adhesive.
6. Place the teardrop petals one by one around the top of the stem and attach the middle with a little tape then place the larger petals around, wrap with flower tape and add the green leaves and wrap again.
7. Tweak a few curled petals to balance the shape.

For more go to www.artmakery.co.uk or www.facebook.com/artmakeryworkshops
In Another Life: Kazakhstan
By Laurie Lindsay-Carl
For most of my career I was a research metallurgist and later a manufacturing consultant, but I was always working away from home which was hard on my family. My wife suggested that we pack it all in and move to Devon. It was a big risk but that’s exactly what we did. We bought a farmhouse and I set up a procurement company called Mandate which was run from our home in Puddington.
We supplied all kinds of companies, not just in mining, especially companies based far away from towns so they asked me to buy supplies for them and ship out. At one point I was importing high quality optical glass from Russia. I had to invest in Russian language books, but soon the Cyrillic script was familiar. A contract could result from a chance conversation. A former director of Rio Tinto Zinc asked if I could supply bearings and that led to Mandate being the sole supplier for a gold mine he was reopening in Kazakhstan. The price of gold warranted investment because the gold content in grams of gold per tonne of ore was well above the economic minimum.
The first thing they needed was 27 complete bathrooms for the workers’ accommodation. After that we supplied all the technical equipment except the major plant.
I worked with them from the beginning to the end of the project and so was invited with 60 other guests to the official opening of the mine. Most were UK investment bankers and industrial correspondents for major newspapers plus a few European potential investors. The invitation included the request to bring a sleeping bag and shaving gear as the accommodation would be very basic.
We were based in the steppes where, apart from a township half the size of Witheridge, there were no houses, just open moorland for at least 120 miles in any direction. All 60 of us were accommodated in a YURT, a very large round Cossack tent in a very very large field. We had mattresses which did ease things a bit but the washing facilities consisted of 2” pipe about 100 feet long, supported 18” above ground level with cold water taps every 8 feet. The water was gravity fed from a lake up the hill and mighty cold. Thankfully we had plenty of very clean portaloos.
I am pleased to say that these high flyers accepted the accommodation without one word of discontent. They realised that was the way it was, so let’s enjoy it as best we can. One of the guests was a travel writer and I’ll always remember his comment about trips that take you out of your comfort zone: “If everything is as you want it to be, you have very
little to comment on when you return. It is only the accidents, mishaps and hardships that make for interesting conversation at a later date.”

A Banquet and a Delicacy

It was more like a traditional banquet than a meal. Trout from a nearby lake was followed by meat dishes and vegetables and a more than adequate supply of wine and vodka. Official speeches by the Kazak Minister of Trade and the Chairman of the Board of Directors followed the meal with toasts requiring a substantial portion of vodka. After a break to clear the head a bit and to visit a display of horse riding, Kazak wrestling and pony races by local Cossacks, we returned to the yurt where the tables had been replenished with more wine and vodka.

I was seated next to Igor, a burly but pleasant Kazak. He was very proud of his command of English gained from a posting to the Kazak Trade Delegation in London. What pleased him most, though, was his limited vocabulary of cockney slang.

Then a waitress in traditional dress carried in a large silver platter of cooked portions of meat about 2” diameter and ¾” thick, which most of the English folk declined.

Igor explained that they were a delicacy, highly regarded by the Kazaks, in a tone which indicated that he would be upset if I refused. Not wishing to upset anyone, I tasted one and was promptly served another. They were tender and tasted like a cross between pork and fillet steak. Igor and I chatted about the success of the mine then he put his hand on my shoulder and said “Laurie, would you like to know what the delicacy was?” Very quietly and in a conspiratorial tone he said “I know the English slang for it. What you ate were slices of horse’s willy.”

For those of you that are wondering, yes, there was a small hole in the centre of each slice and yes, if I see it on a menu anywhere I’ll have it again! Laurie
Need to rejuvenate old metal?
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Units 1 + 2 Simmons Place, Kingsmill Industrial Estate Cullompton EX15 1BH
Children’s Activities

**Brownies**

Since our last report the Brownies have been on holiday. The Brownies stayed in Filleigh Village Hall and became pirates for the weekend. They created treasure chests, pirate hats and swords and cooked up some golden coins. It was a weekend packed full of fun and adventure and there was even a ‘Pirates Got Talent’ evening.

During the summer term they will be thinking about fitness to gain the Agility badge. They taught Brown Owl, Barn Owl and Tawny how to hula hoop and showed strength and determination during a circuit training session.

**Witheridge Rocks**

Witheridge Rocks is exciting and there are lots of activities to suit all, such as table tennis and pool and much more. Every now and then we do different things like a jungle theme where we do games and weird stuff. The people who run the club are very friendly and funny.

- **1st & 3rd Thursday**
  - Church Rooms  7:00-8:30pm

**Guides** work in Patrols. Each patrol plans the badges or Go For It (GFI) challenges they would like to do. 
**The Dragonflies** patrol is working on Tag Rugby to gain their Sports badge. They practise skills, teach other patrols and improve their own fitness.

**The Polar Bears** are working towards ‘With a Splash’ GFI. They look at the importance of water and the impact of pollution. They made a water rocket and decorative ice cubes and will retell the story of Poseidon.

**The Parrots** are working on the Agility badge. They are having a go at fitness activities including yoga, gymnastics and circuits. They organised a patrol 5km cycle ride and even dragged a few friends along with them. Well done girls!

Finally **the Bumblebees** are rehearsing a show for their Showtime GFI.

[www.girlguiding.org.uk](http://www.girlguiding.org.uk)

**Witheridge Taekwondo Club**

is a fun martial arts club for all ages from 8 years old upwards. The first two lessons are free. Bring a friend or come and train as a family to gain fitness, confidence, self defence skills in a social fun environment.

- **Mon 8 - 9pm,  Fri 6:30pm**
  - Witheridge Parish Hall

**Youth Football** - see Sports page
Andy, Barbara welcome you to our traditional village inn, serving an excellent selection of good quality home-made dishes. We are proud to have been awarded the 'Trip Advisor Certificate of Excellence for 2015' courtesy of our customers reviews.

**Sunday Roast Lunch** £7.25 pp includes a choice of Exmoor beef and another west country meat, pork, turkey or lamb, plus a large selection of vegetables and roasties. Treat yourself to dessert for an additional £3.75.

We also cater for **weddings, celebrations and buffets** with seating for up to 34 in our restaurant and additional places in the bar area. Please contact us if you would like to find out what we can offer you.

**Take-away Menu** also available. Have you tried our beer battered cod chips and pea puree yet? Available to eat in or take away seven nights a week, lunchtimes too.

**Bed and Breakfast** rooms are available from £50 for a single room and from £60.00 for a double room.

To book a table or a room or for any other queries

**Telephone** 01884 861263

**Email** the.mitreinn@mail.com

**Website** www.themitreinn-witheridge.co.uk
Witheridge Sports Club
Mon 7:00 – 11:00 (skittles at home)
Tues 7:00 – 11:00
Wed 7:00 – 10:00
Thurs 7:00 – 11:00
Fri 7:00 – 12:00
Sat 12:00 – 9:30
Sun 12:00 – 7:00

Witheridge AFC &
Youth Football

The 1st Team have caught up on matches since the weather improved with a good run of wins. They finished 6th in the League so qualify for the FA Cup and Vase. The 2nd Team maintained a good standard of football to finish just above mid table in the Devon & Exeter League and look to strengthen for next season. The U16s finished a much improved season by playing at St James Park in the Plate Final. They gave a very good account of themselves but were just short against a team from a higher division. They have chosen to become Witheridge 3rds so including the veterans, we now have 4 men’s teams which is very encouraging for the future. The U12s finished the season well with a fantastic 5-1 against Fremington but there has since been a lack of interest in continuing and we have had to withdraw from the league for next year. We are looking at other options.

Southwest Peninsula League Awards, Plymouth Witheridge AFC was voted the best ground in the League by fellow teams- a huge achievement. Thank you to everyone who gave their time to maintain and upgrade the pitch and its facilities.

❖ 11 July 1 Pre-season friendly Witheridge v Truro City kickoff 3pm

Badminton The Badminton Club meets in the Parish Hall on Mondays from 2-3pm, £2.50 per session. We can provide rackets if needed. We welcome all ages and abilities. For safety reasons children are not allowed.

Table Tennis Come and join our friendly small group for adults aged 16 or over. All equipment is supplied and we offer tea and coffee too. Come along and pass an enjoyable hour. All levels of ability, from beginners to Olympic contenders, are most welcome. Greg

❖ Friday 11:00 - 12:00 in Parish Hall
The Mount Pleasant Inn has been a popular meeting place since the 1700’s when the weary traveller would stop for a rest. The pub was once an ostler’s house and the restaurant was a blacksmith’s forge. Anne and her family have been opening the doors at The Mount Pleasant for 28 years this year. So if you are travelling by foot, car, bike, tractor, horse or steam engine you are all welcome to rest and refuel as many have always done.

Food is served all day every day
From 12 noon to 9pm

For all enquiries call
01884 860271
www.mpli.ltd.uk
Witheridge Golf Society

The May Trophy meeting was held at Waterbridge on 13 May for an 18 hole Texas Scramble competition. On the winning team were Witheridge residents Andrew Clark and Norman James and Chulmleigh Golf Club player Paul Scales. The Ken Leneveu memorial wooden spoon trophy was won by Alistair Collinge, Greg Henderson and Dave Owen.

New members are always welcome. The emphasis will still be on a team game with all abilities catered for.

Contact 01884 860612 or astonguy@tring92.f2s.com

Andrew Clark

Future Meetings Wednesdays 9 July & 10 September

Short Mat Bowls

We meet in the Parish Hall twice a week throughout the year. Club shoes and woods are available for those who have not played before. The first three evenings are free, then a green fee of £2.50 per session and a subscription of £20.00 per year.

Short mat bowls is open to residents of Witheridge and surrounding villages. Children over 10 and under 16 must be accompanied by an adult at all times.

ACTIVELY SEEKING NEW MEMBERS

Tennis

It happens to 1 in 100 and it happened to us! SOME of the tarmac which was newly laid was substandard and has had to be taken up and a new supply laid.

We have been very fortunate in our contractor and his supplier who have done all they could to rectify the problem. We are now all set to have the colour spray painted by the end of June and we will be having our One Day Tournament in July to celebrate.

Witheridge Primary School are using the court for their tennis lessons so we hope more and more children will enjoy playing and it won't be long before we have a champion in Witheridge. Vine Spragg
The Village Stores and Post Office

By the time you read this I will no longer own the shop and Post Office and WS Retail trading as Central Convenience Stores will have taken over. They have appointed Luke as Manager, helped by Dawn and Viv, two loyal and hardworking people who have stuck by Laurence and me since we came here in 2007 and who helped our family through some sticky situations since Laurence’s diagnosis and death. They are joined by Jacob, Tania and Nicky, familiar faces to you all.

I am sure you will be as patient with the new staff as you were with Laurence and me as we learnt how to deal with all the electronic devices and the dreaded Post Office system and as we got to know you as individuals and your needs.

The whole team hope to continue in the friendly manner you are used to.

Post Office We have a shiny new (if small) Post Office counter. You can now

- Access Post office transactions during all shop hours
- Access all services as before except Premium Bonds.

SHOP & POST OFFICE HOURS: 06:00 to 21:00 7 days a week

THANKYOU WITHERIDGE for some very fond, funny and emotional memories.

Best Wishes to you all and please continue to support your local shops. Jane xx

---

Chulmleigh Golf Course

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18 Holes £10  ~ 9 Holes £7  ~ Reductions for Juniors

For further information contact: Jeff & Davinia Thorne LEIGH ROAD – CHULMLEIGH-DEVON-EX18 7BL  Tel: 01769 580519

website www.chulmleighgolf.co.uk  Email chulmleighgolfcourse@outlook.com
The Honeydoctor by Lise Martin

It all started when Edward was suffering with stomach ulcers. The treatment for stomach ulcers changed in the early 2000s when 2 Australian researchers, Robin Warren and Barry Marshall, discovered the link between ulcers and infection with a bacterium called Helicobacter pylori. They won the Nobel Prize for their work. They also found that stomach ulcers can be cured permanently by killing the bacteria. Honey kills the bacteria because the cells lose water into the strong sugar solution (by osmosis) so they shrivel up and die.

We were very excited when we came across Manuka honey as scientific studies have shown it has stronger antibacterial properties than normal honey and we had found a natural treatment and possibly a cure for Edward’s ulcer.

Manuka honey as an antiseptic

It’s all very scientific. To test it they take a dish of agar that bacteria will multiply on and add the honey to different types of bacteria. Then they compare the bacteria’s growth to what would happen with a solution of phenol (an antiseptic).

Manuka honey is graded with a UMF (Unique Manuka factor). UMF 10+ is as effective in killing bacteria as a 10% solution of phenol; UMF 16+ would be equivalent to a 16% solution of phenol. You can find Manuka honey which doesn’t have the UMF label and its antiseptic properties aren’t backed up by research. It’s the UMF label that matters most. Then you know what you are buying.

As an Anti-inflammatory

When our daughter was 8 years old, she had a serious hip problem and because we were getting involved in the bee industry, we heard about bee venom honey which has anti-inflammatory properties. Scientifically it makes your body produce natural cortisol which reduces inflammation.

It’s not easy to see your child in pain and not able to get around like other children. It really helped all of us as it took away the swelling and the pain so she was happy to eat it. She took it 3 times a day. She doesn’t need it now. The damaged bone grew back within a couple of years and she grew out of it.

New Zealand to see for ourselves

We visited New Zealand to see where the Manuka honey is made. It’s mostly on the east coast of both North and South Island, although tea tree bushes are quite widespread. In New Zealand they do a lot of controlled burning to
The Hilton

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get rid of dead vegetation and the tea tree bushes are the first shoots to come up after burning. It looks like an upside down broom and grows up the mountain sides. The bushes further up the mountain flower later so the season is quite long, from November to April. The bee keeper moves his hives up the mountain every 2 weeks to where the flowers are at their best.

An online small business
In 2004, when our youngest child started school, Edward set up an online website ‘The Honeydoctor’ for me to sell honey products.

Wound dressings and creams
One of our first products was sterilised honey wound dressings eg for leg ulcers. If you put honey on a wound, it will exude fluid (by osmosis) to dilute the sugar so you have a weeping wound that cleans itself from the inside out and doesn’t form a deep infection under a scab. The creams have 30% honey for skin conditions like psoriasis and eczema. We have a range of medically registered honey products. We don’t make them ourselves.

Honey
We started with honey and still sell mostly Manuka honey UMF 10+ as most of the research is done on that strength. We also sell a lot of local honey-Quince’s, clover and heather honey. Honeycomb isn’t easy to get so selling it online seems to be popular. We also do vitamins, herbals, beeswax, candles and polish so we are a health food shop online now.

An online business today
Websites were in their infancy in 2004 and Manuka honey was quite a new product. We built up a good customer base mostly by word of mouth. Now it’s more competitive. I go to trade shows in London and exhibit about every other year. It’s a full time job really but I like doing it because we have seen the medicinal properties of honey ourselves.

Lise Martin
Website: www.thehoneydoctor.com
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e: admin@chulmleigh.devon.sch.uk

CHULMLEIGH ACADEMY TRUST
Annual Parish Meeting
Chairman’s Report

At the Annual Parish Meeting newly elected Parish Council Chairman Cllr Jacky Harvey presented the following report:-

Welcome councillors and parishioners to my first annual meeting as chairman. I have been in the post for some three weeks so will attempt to give an overview of the council’s financial status and achievements in the last 12 months.

Our income for the year was £36,309, which included the parish precept of £27,753 which is raised on our behalf by the district council from the council tax. I will add we have not raised the precept since 2009. We also received £5,355 from external grants and agency agreements which included £655 towards the public toilet running costs.

Our balance as of 31/03/15 was £76,351. From these balances we have earmarked funds of £6,500 for an extension of the burial grounds and are seeking land for this purpose. £1,200 is set aside for the rights of way as the County Council (P3) grant is diminishing, £1,004 for repairs and maintenance of the parish clock. We also have some £20,000 set aside for youth projects and are now proactive in seeking quotations to upgrade the children’s playground.

We have supported local groups by way of grants giving £500 to St. Johns Fayre Committee, £750 to the Pre-School, £250 to Witheridge in Bloom, £50 to Tiverton & District Community Transport, £300 to the Toddlers Group, £50 to the parish Church towards the upkeep of the cemetery and £850 to the Parish Hall of which £450 was used towards the installation of the new kick wall.

In the year ending 31/03/2015 we spent £2,633 on parish council grounds maintenance and £1,536 on County Council (DCC) verge cutting and weed spraying as the number of funded cuts continue to be reduced dramatically by DCC. £667 was spent on the dog waste bin emptying service.

We have mitigated our public duty of care, inspecting council property and trees and carried out recommended works. In regards to the Drayford Green tree maintenance and subsequent felling costs were part funded by using earmarked Town & Parish grant funding from County & District Councils. We provided the Witheridge annual Christmas tree at reduced cost to the previous year by using our existing grounds contractor.

Highways now consider as feasible the installation of a safety barrier at the Brooke Road end of the Post Office footpath and we are advised by our County Councillor Jeremy Yabsley a scheme will be drafted for consultation. This should be funded by the Cannington Road 106 provision.

Jacky Harvey
Witheridge Parish Council Chairman

Election - New Councillors

Following the election 7 people stood for the 10 seats on the parish council and were elected uncontested.

At the first meeting of the new council the 3 vacant seats were filled by co-option in accordance with legislated practice.

The new council is detailed overleaf. The council would like to thank Cllrs Hanbury and Roberts who retired from the council.
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# Witheridge Parish Council

## Council Information

### Council & Committee Meetings

Meetings are held at the Parish Hall Committee Room, North Street, Witheridge. Un-Scheduled meetings are advertised separate to this notice. Residents can make representations in writing to the clerk or in person verbally during the public session at the start of a meeting.

Agendas (with planning applications for consideration) are published at least three days in advance on the council web site at [www.witheridgepc.org](http://www.witheridgepc.org) together with minutes of all meetings. Planning applications received after agenda publication will be dealt with owing to a 21 day limit on the council responding to consultations from the Planning Authority. The parish council is only a consultee, and does not determine applications. Paper copies are available on request.

### Contacting the Council

Councillors and/or the Clerk are available by appointment, please telephone or email to arrange a mutually agreeable time and venue. Contact details below.

<table>
<thead>
<tr>
<th>Your Councillors</th>
<th>Committees / Appointments</th>
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<tbody>
<tr>
<td>Jacky Harvey (Chair) Newland Lodge 860629</td>
<td>FPC PH</td>
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<tr>
<td>Edward Martin (Vice Chair) Grist Mill 861011</td>
<td>FPC HA</td>
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<tr>
<td>Kelly Eastman Cannington Rd Via clerk</td>
<td>FPC</td>
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<tr>
<td>Claire Goodwin Dart View 860711</td>
<td>FPC PH JF WIB</td>
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<tr>
<td>Maria Greenwood West Street Via clerk</td>
<td>CP</td>
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<td>Chris Kershaw Trafalgar House 860208</td>
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<td>Carol Northam Jacobean Cottage Via clerk</td>
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<td>Carol Prynn Pullens Row Via clerk</td>
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<td>Mary Stanbury North Street 861375</td>
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<td>Jeremy Yabsley 15 A West Street 860605</td>
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<td>DR – Drayford Rep</td>
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<td>Mr &amp; Mrs Hanbury Rockhaye Cottage 860578</td>
<td>PH – Parish Hall Committee</td>
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### 2015 Meeting Schedule

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3 Drakes Meadow, Cheriton Fitzpaine, EX17 4HU
Tel: 01363 460046
Email: parishclerk@witheridgepc.org
Web: [www.witheridgepc.org](http://www.witheridgepc.org)

Peter Dunn - Clerk to the Parish Council.

08/06/15
Dianne Leach
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Another Quick Crossword by Ray Thorne

1 Noel’s game (4,2,2,4)
2 Snake
3 Youth’s greeting
4 A bone
5 Village centre (3,6)
6 Earth excavator
7 USA town ‘Santa ……’
8 Big Seed
9 Football manager ‘Chris……..
10 Besides
11 Nebraska (abbr.)
12 A gas
13 One time only
14 Its his fair (2,4)
15 The main office
16 Note well
17 To carry out
18 ‘The village…….’
19 Work in secret
20 To flee
21 City in India
22 To carry out
23 4 miles from Witheridge
24 Water transport ‘……. Craft’
25 Adam and ………
26 Map maker
27 Note well
28 ‘The village…….’
29 To flee

ACROSS
1 Wet squirrels live here
5 Big Seed
7 Therefore
9 Unit of electric current
11 ‘The village…….’
12 Somerset town
13 One time only
15 Nebraska (abbr.)
16 The main office
17 Its his fair (2,4)
20 Note well
21 Work in secret
23 To carry out
25 Adam and ………
26 To flee
27 A night horse?
28 German pistol
29 4 miles from Witheridge
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Library 2015 Monday 4 weekly
Witheridge Week 3
July 6    Aug 3 & 26 (Wed)    Sept 28
Oct 26    Nov 23    Dec 21
Witheridge The Square 14:00 - 15:00
Witheridge School 15:05 - 15:50
WRVS Home Library Service. For anyone physically unable to reach a library.
Phone 01392 384315
Citizens Advice Bureau 01884 234926
North Devon Council
www.northdevon.gov.uk   01271 374 776

Patient advice service
0300 123 1672 or 01392 267 665
email Pals.devon@nhs.net
www.newdevonccg.nhs.uk → Live Chat.

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South Molton Recycling
Right at T junction coming into S Molton, 1st left (Station Rd)
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Oct - Mar Th 9-4:30 Sat & Sun 10-4:30

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Apr - Sep M-F 9-5 Sat & Su 10-6
Oct - Mar M-Fr 9-4:30 Sa & Su 10-4:30

Things I might Go To

Local         One off events
Th July 2    Witheridge School PTFA Summer Art Show Witheridge School
Sa Aug 1    Pig Racing Witheridge Young Farmers Sports Club
Sa Aug 8    Garden Club Summer Show Witheridge Parish Hall 2:30pm
Tu Aug 11   Garden Party Witheridge Ladies’ Club Parish Hall Cream Teas & stalls 2:30pm
Sa Sept 12   Witheridge Church Fete & Barn Dance Parish Hall 12-3pm Dance 7-11pm
Sa Sept 12   Devon Historic Churches Bike ride
Fri Sept 18  The Stuart Singers Witheridge Parish Church 7:30pm
T Sept 22    Witheridge & District Ploughing Match Venue TBA
W Oct 7     Organ Concert by Andrew Millington Witheridge Parish Church 7:30pm
Sa Oct 10   Coffee Morning & Jumble Sale Church Rooms 10-12
Nov         Knights of Witheridge Puddings & Quiz Night TBA
Sa Nov 28   Christmas Craft Fair Witheridge Parish Church 10am
RECURRENT   Car Boot Sale Witheridge Parish Hall Last Sunday in July, Sept, Nov
Knights Of Witheridge Tuesday in month in The Mitre at 20:30

Crossword Answers

DOWN 1. Deal or no deal 2. Asp 3 Yo 4 Os 6 The Square 8 Mole 10 Fe 11 Vinnicombe 12 Yet 14 CS 18 Jodhpur 19 Hover 22 Eve 24 OS
ACROSS 1 Drayford 5 Nut 7 So 9 Amp 11 Voice 12 Yeo vil 13 Once 15 NE 16 HQ 17 St.John 20 NB 21 Undercover 23 Do 25 Eve 26 Escape 27 Mare 28 Lug er 29 Meshaw
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Millmoor Farm, Witheridge

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Witheridge Pre-School offers places to
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Further details can be found at:
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