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Winter 2015
Issue 23

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Editorial
As predicted, there were a couple of errors in the last issue caused by trying to do With-eridge Voice from 6000 miles away. Not least, was that I totally forgot to credit Noel McTeague for ALL the photos at the Garden Club Summer Show and the Ploughing Match and Gill Manning for the Church Fete photos.
This issue has more features than usual as it is with great regret that it will be my last as Editor, due to ill health.
Thank you Witheridge for being so generous with your stories. I have loved doing it, listening to and scribbling the stories of some wonderful people. Apologies to those whose stories have yet to be told.
There will be an Extraordinary AGM in the new year unless someone comes forward to write the Spring issue. Carole Campbell

Witheridge Voice
ARE YOU interested in Witheridge life, computer literate (or willing to learn) and have time to spare? Due to ill health we need an Editor
To write and produce the magazine from Spring 2015
Contact voiceeditor@outlook.com Or phone 01884 860773
HELP available to get going if needed

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Cypress House:
A pleasure and a privilege

The Doctor’s House

It was a single dwelling with outbuildings at the back. Robert Coster (Surgeon) lived there in 1841 and was succeeded by Dr Burrows in 1855. In 1868 Dr Llewellyn joined him and soon after the house was divided into two.

The name Cypress House first appears in the 1891 census. By 1895 the outbuildings were integrated to form a 2 storey west wing on no. 11 and a small extension on no. 9 - the original long-house was now two desirable residences.

After The Firs became the Doctor’s house in 1904, retired farmer Henry Besley lived in Cypress House and stayed there until at least 1924. In the 1930s Mr Burke rented an outbuilding which came to be known as the engine room. He installed a generator to supply electricity to the few households in Witheridge that could afford it. (‘The Electricity Company’ see Witheridge Voice website).

The house was owned by a South Molton family but was always rented out. At some point No 11 was adapted for 2 tenants, so for a while 3 families lived there. It was left empty after the last tenant moved out in 1987 and has been empty ever since. Vandals got in several times and did a lot of damage.

Recollections

Number 9 by Terry Cumes

I was born in the sitting room of number 9 in 1957. The house was small but bigger than anybody else had. The first room had a snooker table and my brother used to stick his cue in the ceiling to get chalk. Mum’s electric cooker was in the cubby hole next to the Rayburn. We spent a lot of time in the kitchen because the Rayburn was our only heating. In winter we would scrape ice off the inside of the windows. The big sitting room was only used at Christmas when all the family came. It was 18 feet long with wooden shutters on the windows. Mother couldn’t get a carpet wide enough so she put a strip round the edge. We had lino everywhere else.

There was a well in the kitchen and another in the garden but we didn’t use them. Down the yard there were 2 sheds, a glasshouse and the engine room. Mother’s ‘deep litter house’ was part of the engine room. She tried to keep chickens there but they all died of foul pest. There was an archway into a walled kitchen garden and a toilet next to it, which I always thought was a bit strange. Dave, Ros and Rob remember finding bayonets and bullets above the engine room. The garden was so long you could play football and cricket - so much space. It was a wonderful place to grow up.

No 11 (from a villager)

It was an old house but not bad for that day. There was an office leading to a sitting room facing the street. A passage
went to 2 kitchens and a conservatory in the courtyard. The well was enclosed with a partition to dip it from 2 sides.

Through the 2nd kitchen was a flat roof extension with a balcony on top. The main bedroom was huge. The balcony looked right down to the orchard. It had 3 bedrooms and a bathroom downstairs - all rather grand.

**Renovation and Restoration**

Cypress House looked so sad with its ‘Danger Keep Out’ sign, so the appearance of building materials in late 2014 created a flurry of interest around the village. I met the site manager Albert Yepremyan in May 2015 and he offered to show me round. **Albert** I had worked on several projects in London for the current owner and was asked to take a look at Cypress House. I learned a lot about what needs to be done from working on my first listed building in Wimpole Street. I am originally from Armenia so it was interesting to find cob walls in 400 year old houses in Devon as we use cob in Armenia today.

**Getting started**

We started on No 9 in November 2014 but early on we had to reinforce the roof in no 11 with steel beams so we could rebuild the side and front walls of the west wing to make it safe. The building is listed, so everything had to be approved. When we uncovered the basic structure we found a long house one room deep dated 1600s plus extensions in 1750 and the 1800s.

**Strip, repair, restore**

I like putting it back. Restoration is about attention to detail. I could replace it with something new, much cheaper, but that’s not the point of the renovation. It’s expensive to reclaim original materials because its labour intensive.

Floorboards and doors are a lot of work to get them back to a reasonable state. We use wood dust mixed with filler gel to repair gaps in the floors where they were rotten: everything is used. We take the doors downstairs to strip them outside. We need to be careful as some of the paint is poisonous.

**Cob, lath and plaster**

**Alan** (Twyford Lime Products) We repair and restore as much as we can. The gap between the 2 corner walls has appeared over hundreds of years as the back wall shrinks and moves back. We put in cob blocks using the original type of cob which in this case is subsoil + straw. Broken laths are cut back then replaced like for like with soft wood or oak. We use lime render instead of mud because it has to be breathable for a modern house but everything has to be done to cost.

It was a nightmare- No 9 was the worst. The roof was leaking and the joists and partitions were rotten. Vandals had destroyed partition walls and lit a fire in the master bedroom of No 11.
May 2015 No 9 is now almost finished. The joists are all new; the floorboards are the originals restored. Roughly 40% of the partition walls are original as the rest were rotten. The kitchen wall was very cold as it was only one brick thick so had to be insulated to modern standards.

On the landing you can see the original cob wall that would have been the back of the house but is now an internal wall. The beams in the bedroom were totally rotten but the kitchen beams and fireplace are original dated about 1750.

It was a surprise to walk from a building site into a house that is beautifully finished, walls freshly plastered, every room gleaming.

No 11 The process is the same. Some of the curved ceiling joists are original, some were rotten. We have put it back as it was.

We had to replace the fire damaged floorboards in the master bedroom. It’s expensive to get the exact match of width and thickness - £700 for just 17 boards. The bedroom fireplace was in pieces but we will repair it and we will put the balcony back.

Last stop, the engine room and here was probably the most unexpected bit of all. A young man was painstakingly working on a piece of wood supported by an iron railing with a huge pile of wood in various states of woodworm infestation and decay behind him. This bit was destined to be part of the balcony. ‘Yes’ said Albert. ‘We reclaim everything.’

It was a pleasure and a privilege to follow the rebirth of Cypress House. It deserves to be restored by people who care.

Carole Campbell
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Parish Hall
The Parish Hall is bowling along fairly merrily. We are going to freshen up the decoration in the New Year and bookings are good, brilliantly looked after as ever by Chris.
We have been trying to think of things that might benefit various sections of the community and so far we have come up with the Christmas story teller for the children. Any ideas for things to benefit the community will be gratefully received.
Contact spicerclare@gmail.com
For those of you languishing in the doldrums of mid-winter, here is something to look forward to: Oddsocks Theatre Company is coming back with ‘Much Ado about Nothing’ on 25 August. Anyone who came last time will remember how wonderful it was. People who were very doubtful about enjoying Shakespeare at all, were really thrilled with the event, so do please spread the word to all your friends and family.

ODDSOCKS Theatre Company
MUCH ADO ABOUT NOTHING
Friday August 25th 2016

St John’s Fayre - Lighting the Christmas Tree
At the Carol Service in the church, followed by the switch on of the Christmas tree lights in The Square on December 5th, families, neighbours, children and friends came together to sing the traditional carols, including The Twelve Days of Christmas. We jostled out into the Square on a clear, dry evening, Alex and Josh switched on the lights and the village children were keen to meet Father Christmas who will be visiting again soon!
The committee are preparing for SJF 2016 to be held on Saturday 25th June. We are delighted to have new people on the committee and sad to say goodbye to Chris Kershaw, Ken & Desni Botfield and Mary Stanbury who have worked hard for SJF over a number of years. More helpers are always welcome. Whatever your talents and curiosities, please do get in touch. SJF Committee
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Community News 1

Witheridge Primary School raised £141.25 for Children in Need.

Christmas Market The market was held in the church again this year which looked absolutely beautiful. The fair raised in excess of £300 for church funds.

Witheridge Pre-School Fair raised £215 for preschool funds. Thank you for your support.

Santa comes to Witheridge thanks to Witheridge Preschool
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Community News 2

Be AWARE and VIGILANT

There have been reports of 2 incidents in Barnstaple of attempts to get young people into a car or van by a man 30-40 years old, dark hair (bald on top) ragged beard, wearing very dirty jeans and striped jumper smelly and unkempt. The man has been seen driving a silver Ford car and also a white Transit van. The police are aware.

In Chulmleigh there was an incident 7 years ago where a man of the same description attempted to pull students into a white van on 2 separate occasions outside school time.

A Lift for Poppy  The RocknRoll evening was great fun and raised £130. The Taun-Tones and The Exmoor Rebel were brilliant.

Knights of Witheridge Tractor Push  in aid of ‘A Lift for Poppy’

Letters to the Editor

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

LOVING WITHERIDGE

We have been living in Witheridge for 9 months now and this is the friendliest village I have lived in. I have wonderful neighbours in Ansteys Court who have all made us very welcome and am amazed at the number of people who stop to say hello when walking through the village. Thank you for making us feel welcome. Rachael, Sam and Ben

NEW WEBSITE

The lead up to the Christmas season is one of joy for millions of parents and grandchildren but if you are a Grandparent who is not allowed to have contact with your grandchildren, the memories of happier times are tinged with sadness and regret. If you know someone in this position, please let them know about our group. Just sharing the pain can be beneficial.

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Gloria & Bernie Little

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Thank you for your continuing support
Talented Kids: Football
I enjoy football because I like scoring long shots and free kicks, penalties and goals. I’ve played for Witheridge, Moors, Twyford, Halberton, South Molton and Exeter Academy. I’ve won 8 tournaments. Three of the tournaments had 20 teams, one had 40 and the others had 180 teams. I’ve played football since I was 3 years old and I’m 10 now. My dad played when he was younger and he managed the same team. My favourite team is South Molton because I’ve been there the longest.
I play for South Molton and Exeter Academy at the moment. I have played for them both for 2 years. I play at Exeter Academy on Mondays. There are 5 age groups. On a good day there will be about 18 boys practising in the U10s. I play centre-mid. I think I’ve scored over 200 goals.
I would love to play for a team like Barcelona or Man City but I wouldn’t mind playing for Exeter!  

Will Panchers

Talented Kids: Cricket
I enjoy cricket because I love hitting fours and sixes which I find really fun. I also love catching people on the boundary and running people out. I play for Witheridge Cricket Club which is on our land about half way up our lane. I started playing when I was 7 and I’m 11 now. I’ve been Captain in many matches and we’ve won a lot of them. We practise every Monday in the summer.
Cricket training is the best bit. We do handball with tennis balls and games like cricket rounders – that’s rounders with a cricket bat and stumps.
Last year I played with a soft ball but next year I will be old enough to play hard ball. It’s better because you get padded up to bat.

I am really a batter but I’m quite good at bowling. I can do medium pace bowling but not spinning yet. I’ve scored about 300 runs in matches. I look for a space between the fielders to put the ball into but you only get a certain number of balls so most people just smash it to ‘cow corner’ to get a 6. Cricket is just for fun for me and it keeps me fit.  

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In Another Life:
Secretary and Author
By Catherine (Paddy) & Kjelde Andersen

Paddy I grew up in London where my mother worked in Fleet Street. She didn’t have much energy left for us in the evenings so my brother would ask me for stories. That’s how I started creating characters – for him and later for my daughter.

I was always a secretary. It was a good career for girls in those days. I was just 21 when I married Jim, my first love. We bought a shop and Post office in Caterham 6 years later which we ran for a gruelling 10 years but within 2 years of selling it, he died of cancer. He was only 49 and I was on my own with our daughter Joanne.

Saudi Arabia 1974-1976
Before she went off to university, Joanne contacted Lister’s Agency to find me a job so she wouldn’t worry about me - Lister’s recruit for all over the world! My feet didn’t touch the ground- despite not being a bit adventurous, I found myself on the weekly flight to Saudi Arabia. What on earth was I doing?

I was employed by ARAMCO (Arabian American Oil Company) working for an Arab called Raouf Abdul Abul Hamayal. We lived in a huge American camp which was more comfortable than living out in the desert. Like most expat communities, our social life revolved around the camp and the people we worked with. There’s a sect of Arabs who are short in stature and Raouf’s wife Faridah was tiny -under 5 feet in her platform shoes! Her father was the interpreter for King Faisal (who was actually shot while I was there). Everyone was paid in kind- goats, camels or strips of land and she became millionairess when oil was found on her bit of desert. She would often come for a chat at the end of the day. They loved me and I loved them.

Owen In 1974 I met Owen Smith, a Canadian geologist on a 2 year secondment to study the Rub’ al ‘khali desert. He was keen to get married, which we did in January 1975, although we had to go to Bahrain for a Christian ceremony. Owen travelled a lot for his company and a few months later we flew via Beirut, Rome and London to Houston. It was here that he collapsed with pneumonia, then he collapsed again when we got to his mother’s home in Calgary. He died of a deep vein thrombosis 4 days after we flew back to Saudi. We had been married for all of 8 months and 18 days!

My boss Raouf was really helpful but I had to take Owen’s body to Calgary where I stayed for 4 months and worked for Imperial Oil. Canada wasn’t for me though so I went back to Saudi Arabia. I remember one of these small Arabs greeting me with ‘Two husbands have died! The 3rd one will be very suspicious!’

Kel In 1976, my dearly beloved Kel came out to Saudi. He was ‘Servorg’ personnel (service organisation) for one of the many companies servicing ARAMCO. Servorgs didn’t live in the American compound or have our facilities and we were warned that they befriended English secretaries
to get inside the camp! It was amusing, if somewhat true!
My friend Liz and I organised a social brunch for new arrivals and Kel was one of them. So now he had my name to get through the gate! It worked both ways though as women weren’t allowed to drive in Saudi. I wasn’t too keen on getting involved again, but when Joanne came on holiday, Kel offered to take us to the beach and to Hoffuf camel market. We married 6 years later.

Kel I had spent the previous 3 years in the Arctic working among the Inuits for the American Airforce, so I came from 40C below to 40C above in Saudi Arabia. We were building a GOSP (Gas/Oil Separation plant) as they had just put in a big electricity station. I had a gang of mostly Yemenis building a town called Jubail in the Eastern Province.

1976 To Norway
I worked for Norsk Hydro while Kel was 3 miles down the road doing oil derivatives ie products from oil. Oil exploration was just starting in the North Sea and there were 11 companies from Australia, S. Africa, Holland, Denmark, Finland and UK. It was my job to take notes of all the meetings. It was my worst job ever. I was the only female English speaker; it was the worst winter in years and my office was a portakabin! It’s a small world though. One man recognised me from Saudi as ‘the woman whose husband died.’

Kel In the oil community you run into people time and again in different countries. We get to know one another, like a big family.

1978 Saudi Arabia

1979 Sudan
Kel They grew the finest cotton in Sudan but nothing was developed. I was the overseer for a project sponsored by the Danish government to develop industries with 5 manufacturers involved. A lot of money was spent to get it going but it all fell apart which was very disheartening.
UK 1979-1993 Wales then Reading
Kel I was travelling all my working life and speak 5 languages. I was brought up on a farm in Denmark and I didn’t want to farm, I was an engineer. In Denmark an engineer has to be willing to travel or you get the basic jobs. In the 70s I spent some time in Germany working for Siemens, then I was with Foster Wheeler writing software programmes for the purchase of equipment. In 1993 they sent me to the US to write software for the parent company.

America 1993-1995
When I accompanied Kel to America, I had no idea what it would be like outside the big cities. We were 60 miles inland from New York living in a 200 year old converted Presbyterian church in the small New Jersey town of Asbury. I couldn’t believe America was so basic. It’s difficult to imagine that there were no buses, no trains, nothing much at all. I took our dog Max for a walk every day which was considered rather odd. Nobody walked anywhere. One day six children who lived in School Street were watching me. They were interested in me and made a huge difference to my life in America.

Writing a Book: ‘The Hetherington Women’ is about 5 women from different backgrounds who all lived in America in the 1800s and whose lives become intertwined. I was fascinated by the history of Asbury but there was little left of it from the 1800s. I began researching American history in that era and cried when I read about the black slaves. The history is correct but the characters are fictional. Writing became my relaxation.

All Roads Leads to Witheridge
When we returned to UK, my daughter had arranged a list of properties for us to look at in Devon. We saw this bungalow right in the bottom corner of Brooke Road and Kel said ‘This is it. I don’t want to look at anything else.’

Before we left America we had to have our lovely old dog put to sleep as he wouldn’t have coped with 6 months in quarantine. We had only been in Witheridge a few weeks when we came across an Airedale dog tied to a post outside Safeway. He belonged to Josephine, a teacher in Tiverton, and we became very good friends through her dog. She asked to read my book: apparently it was too good not to be published and she set about contacting a publisher and pushing it for me. It finally went into print in 2014. I wanted it to be in one volume but they said it was too long. There are mistakes in it that I didn’t write which is a little annoying. I have no plans to write any more. My stories are all written and my grandchildren are all grown up. Kel and I have been in Witheridge 20+ years. It’s been a convoluted road to Witheridge but a good one. We love it here. Paddy
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Knights of Witheridge

WEBSITE  www.knightsofwitheridge.org.uk
I have finally managed to complete the Knights’ website. Please add to your favourites and go there occasionally to see future events. You can also join us, help us, contact us or apply for a funding form through it. Past events will be shown through photos. Please send any photos from our events to witheridgesirs@aol.com
Please could people in the village log onto the web site and insert your e-mail address so that we can send you information about future activities. In return you will be entered for a DRAW to win DINNER for TWO at The Mitre Inn.

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Fred Hanbury

United Churches Luncheon Club

Well, despite a shaky start when one member was taken ill, the Club’s Christmas Lunch was served. A traditional roast turkey with all the trimmings followed by a choice of puddings was enjoyed by 40 people although several regular members were unable to attend through illness.

New members are most welcome. If you live on your own and would like a home cooked meal at a friendly club, ring Annis 860 398 or Yvonne 860 012 to book a meal. Transport can be provided if necessary.  

Yvonne Childs, Chairman

Witheridge Ladies’ Club

In September our speaker was Jeremy Savage, Optometrist, who gave an illustrated talk on eyes. He showed images of the eye in different stages of health and spoke about advancements in optical medicine.
In October our guest speaker was George Williams who, as always, gave us plenty to laugh about. We were told of the time he was a nurse at Broadmoor Hospital and the exploits of both patients and staff.
In November we enjoyed a demonstration on Christmas floral decorations from one of our members, Pat and picked up some really good tips on how to enhance our homes at Christmas time. The Ladies’ Club also has a book club, craft club and luncheon club. Why not come and see what we do. A warm welcome awaits you.
Have your picture or photograph mounted & framed in something unique- antique, vintage, or pre-loved modern. Or choose a frame to make a mirror, pinboard or chalkboard. Look at the shop online or call to visit the workshop. Located in between Black Dog and Morchard Bishop.

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go onto our web site at: www.wopec.net
or telephone for a friendly chat: 01884 861186

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Monday Club
An excellent Christmas meal, shared by most of the Monday Club members, finished another very good year for the club. Amid the chatter and laughter we discussed next year’s programme which hopefully includes coach trips to Blackdown Nurseries and Taunton, St Fagan’s in Cardiff, Weymouth, Buckfast Abbey and Dartmoor, Dawlish and Teignmouth and of course, our mystery trip known only to Jimmy. We are working our way through a list of very interesting speakers but they are not confirmed yet.

Please contact Val for any information or membership forms: phone 860709
The Monday Club AGM is on **Feb 8th at 2-30pm** in the Rest a While Centre.
Please join us and see what a grand lot we are. You will be made very welcome and the cup of tea is excellent. Val

Charity Knitting  In September, we were able to send 16 blankets to the Petroc Centre for the homeless, along with other items. We have also submitted blankets, jumpers, hats and scarves for the Knitting for Peace charity based in London. These have gone to a refugee camp in Kurdistan, where last winter many people died of the cold.
Thank you knitters, your work makes a difference. **Eileen**
 Alternate Thursdays in the Rest-a-While 2:15 - 4pm  
  **Dates Jan 14, 28  Feb 4,18  Mar 3 17 31  April 14 21**

Bingo  Come and join us. You will get a warm welcome. We have an assortment of prizes as well as a raffle. The next Bingo on January 15th will be my last. I am handing over to Marion Crane as we are leaving the area in the new year.
Thank you to everyone. Ken Botfield
 Alt. Tuesdays in the Rest-a-While 7:30pm

Little Dart Singers  We are singing group based in Witheridge. We need members who enjoy singing and can commit to one evening a week and to the 3rd Sunday each month. We occasionally sing with other local churches. John Harris
 Practice Tuesdays 7:20pm  Witheridge Parish Church

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.
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website  www.chulmleighgolf.co.uk  Email chulmleighgolfcourse@outlook.com
Aircraft Wood Remembered

In the autumn issue’s article ‘Restoring the Pond’ Geoffrey Cox mentioned Aircraft Wood and how the names of the aircrew, killed when their plane crashed, had been carved into a tree by the crash site. That tree had been cut down some time ago when the wood was replaced with firs. Geoffrey and I thought it would be fitting to replace those names, so I went on the internet, knowing only the location and that it was probably a Blenheim bomber.

In 1939/40 the Blenheim was almost obsolete and was slow in comparison to the newer German fighters and losses were high. The obvious searches, ‘Blenheim crashes’ and ‘crashes in Devon’, produced nothing.

On the possibility that the plane was locally based, I looked at the operational reports of the 3 Devon airbases- once again nothing but I did discover that Winkleigh was the base used by the Special Operations Executive for flying agents into and out of occupied France. I then found a site showing the Roll of Honour of airmen who had trained at RAF Halton. It listed a few Blenheim crashes, so worth taking a look.

One was in 1940 ‘near Exeter’. Having read quite a few crash reports, they reported the crash site location quite accurately, usually within ½ a mile. I wasn’t hopeful, but as it gave the plane’s ID number. I used it in another search and up popped the crash report:

Location – near Witheridge, Exeter.

OK photo I thought, but I had better. Then I noticed the ID number of the front plane: L6782. It was the plane that crashed at Bradford Pond. What are the chances of that?

It all took place on the evening of August 24/25th 1940. This was the same night as the Germans’ first attack on central London. The plane was flying out of a base in Hampshire on a night fighter patrol. The cause of the crash is unknown, but they had earlier asked Exeter airbase for permission to land. This had been denied as there were enemy aircraft overhead. They came down at Witheridge a little later.

I passed the names on to Geoff and he will put up a new memorial to them in Aircraft Wood.

Sgt Cyril Haigh (pilot) 26
Sgt John Gordon Fletcher 20
LAC Albert Lawrence Austin 25

604 Squadron 25th August 1940

Of the aircrew in Bomber Command at the start of the war, only 10% survived the conflict. On average crews would fly 8 to 12 missions before being shot down. Brave boys indeed

Jim Campbell
The Hilton

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**Rest-a-While** The Rest-a-While is for ALL of Witheridge. More people are coming in and finding that they get a warm welcome but we have plenty of room for more. Are you new to the village? Come and make friends in the Rest-a-While.
Queenie Pyne retired after long service as a Trustee of the Rest-a-While. We thank her for all her hard work in making the Rest-a-While such an asset to the village.

**RAFFLE** Last Friday in the month, open to ALL. Please come and join us.

Open Mon – Sat **10-12** (Closed only Christmas Day!)  
Eirene 860163

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**Witheridge Garden Club 2016**

Chairman             Kit James        Show Secretary   Paul Kelly

1st Meeting       Wed Feb 24  Parish Hall 7pm
Spring Show         Sat April 16 2:30 pm

Shows are open to ALL, schedules available at the Newsagent.
Entries can be left at the Newsagent until Wed 13th April 5pm

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**Witheridge Community Composting**

Green garden waste will be collected again from March 2016. The cost of this service is £8 per year. We collect trailer loads of garden waste, £10 for members, £15 for non members. We also sell finished compost at £1.25 /bag delivered in the village, or collect at £1 /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** from **March 2016**

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**Allotments**

Winter is here and it’s time to tidy up and get ourselves ready for next year. Bring on the Spring! For available plots please contact **Sam 01884 861 527**
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or visit our website at www.newhousecottages.com
A Vision for Witheridge Childcare

It was a vision I’ve had for a long time: to offer the childcare available in other communities. It came about as I would pass Witheridge parents taking their children to childcare in Rackenford because that was all there was.

Old and new premises The old building was never very good but it allowed us to expand from a ‘pack away’ into a permanent home. It deteriorated quite quickly despite the efforts of volunteers and staff to patch it up. When the Children’s Centre closed, the building we needed was suddenly right on our doorstep and we applied to Devon Council to take it over. It seemed a long process but was probably less than 12 months.

Moving out Unfortunately it was the pre-school’s responsibility to remove the old building and for health and safety reasons we had to employ a contractor to do it. Just sorting all our resources took a while!

Moving in: The biggest challenge was removing the huge conference desk in the office then creating a space for the under 2’s, a room for groups and an office/meeting room. We took help wherever we could get it - parents, family and friends came on 2 weekends in particular to paint everything in sight.

Little people Our accreditation was extended for under 2s several years ago so we just needed a room, cots, buggies, high chairs, some furniture and play resources! Although a lot of the staff have worked in day nurseries, we have employed an additional person with responsibility for the under 2’s room.

Open all year Moving away from school terms mainly affects two of us. We are hoping that having holidays like normal people will be a positive.

The funniest thing: We hear some choice phrases including some unsavoury language! A child was role playing ‘going to Butlins’. “Did you go to Minehead?” I asked. “Holiday in my head! I can’t go to holiday in my head!”

Paperwork, stresses and rewards It’s easier to say what paperwork we don’t have to do! We have to have forms for everything and evidence to prove it! It can be stressful making sure all areas are adequately staffed and that we are financially viable, but the rewards are keeping contact with ‘our’ children and knowing that our service allows parents more choices of employment.

A bright future I hope it will continue to grow and prosper, offering care and support so ‘our’ children thrive in a healthy, stimulating environment.

Finally, I really do want to reiterate how grateful we are to all who support our events. This additional income has huge impact on the setting as a whole.

Paula Hallett (Questions by C Campbell)
Witheridge Parish Church

Weather
One of the most common topics of conversation worldwide is the weather! The weather plays a huge part in our everyday living. It is how we identify the seasons; many peoples' jobs depend on it; it has a bearing on our moods; it even determines what we eat and wear and many of our activities.

Throughout our lives we encounter situations and circumstances which could be described like the weather as 'rough and stormy times' or 'rainy days' when we feel as though 'dark clouds' are hanging over us. There are also ‘bright sunny days' when we enjoy 'calm and peace'.

Whatever 'weather' we are facing today, be it turbulent or tranquil, there is one constant in life: God! He is always there, watching over us, caring for us and loving us. Unlike the weather, He never changes. So whatever life brings, know this, He is the same, yesterday, today and forever! *Seasonal thoughts by 'Ben' Huddleston*

I wish every reader and their families a very happy new year.

May you enjoy bright sunny days!

Adrian

---

**THE EASTER CONCERT**

Roisín Walsh - soprano  •  Jonathan Oliver - actor  
Martyn Noble - organ

Wagner’s *Wesendonck Lieder*  •  Horovitz’s *Lady Macbeth*  
Berlioz’s *La Mort d’Ophelie*  •  Shakespeare’s *Richard III*...

**Wednesday 23rd March 2016**  
**at 7.00 pm**

St John the Baptist Parish Church Witheridge

In support of the Rest-A-While Day Centre Witheridge

Tickets: £15 reserved  £12 unreserved

e-mail grallum@networksong.com or phone 01884 860132
The Winter Season
St John the Baptist Church Witheridge

Worship in the style of Taizé
‘He who sings prays twice’
Andrew Maries
3pm Practice
Sun Jan 24 5:15pm

A Musical Talk
on
Medieval Period Wind Instruments
Jonathan Weeks
Pipe and Taborer
Sat Feb 20th 4pm

Methodist Chapel
Rev John Wiltshire 01363 877281
Sunday Services 11am
(Except Churches Together service -see noticeboards)

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

St John the Baptist Parish Church Rev Adrian Wells
Morning Worship and Communion Services start at 9:30am

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<th>Time</th>
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<tr>
<td>Tu Jan 5</td>
<td>United Churches Luncheon Club</td>
<td>Parish Hall</td>
<td>12 for 12:30</td>
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<td>Su Jan 24</td>
<td>Taize Service</td>
<td>Parish Church</td>
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<td>Tu Feb 3</td>
<td>United Churches Luncheon Club</td>
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<td>Su Feb 8</td>
<td>Plough Sunday Service</td>
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<td>W Feb 10</td>
<td>Ash Wednesday Holy Communion Service</td>
<td>Parish Church</td>
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<td>Tu Mar 1</td>
<td>United churches Luncheon Club</td>
<td>Parish Hall</td>
<td>12 for 12:30</td>
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<td>Su Mar 6</td>
<td>Mothering Sunday Service</td>
<td>Parish Church</td>
<td>9:30am</td>
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<td>Sa Mar 12</td>
<td>Mad March Sale</td>
<td>Church Rooms</td>
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<tr>
<td>W Mar 23</td>
<td>Easter Concert</td>
<td>Parish Church</td>
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<tr>
<td>Th Mar 24</td>
<td>Maundy Thursday Holy Communion Service</td>
<td>Parish Church</td>
<td>7pm</td>
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<td>Fr Mar 25</td>
<td>Ecumenical Good Friday Walk of Witness from Parish Church</td>
<td>Parish Church</td>
<td>9:30am</td>
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<tr>
<td>Fr Mar 25</td>
<td>Meditation on the Cross</td>
<td>Parish Church</td>
<td>2-3pm (TBC)</td>
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<tr>
<td>Su Mar 27</td>
<td>Easter Day Service</td>
<td>(Times TBC via church noticeboard)</td>
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Note: All dates are subject to change. Please check the church notice board

Exeter Cathedral Choir
in Witheridge
Choral Evensong
Wed March 6th

A Concert of Music for Trumpet and Organ
Trumpet Crispian Steele-Perkins
Organ Ian LeGrice

Contact Val Dickinson 01884 860709
A Year in Pictures 2015
January to May
A Year in Pictures 2015
June to December

Photos courtesy of Carole Campbell, Noel McTeague, Emma Wilson
Wow! The 1st term for our new Reception children has flown by so fast but what a lot of fun and learning we have packed into it. The topic for this term was Let’s Get Moving. We focused on our bodies and what we can do to keep healthy. We thought about exercise and what we eat. We counted heart rate, walked around the village to pick blackberries and used apples from our outside area to make yummy fruit slushies.

We received a letter from Pat, the Witheridge cow, who wanted to travel the world. We helped her decide where to go, mapping out what transport she could use to get there, what she might need to pack and what she can do to make new friends. She sent us letters helping us understand more about the countries she visited. She sent a recipe for ratatouille from France, which we made and enjoyed, and helped us to learn words and phrases in French. She sent us German food to try and we made our own German castles.

For our stall at the PTFA Christmas Fayre we made Christmas cakes and had great fun designing and decorating them.

We supported our friends the Beautiful Bees as characters in the nativity play. We got ourselves into role as soldiers, sheep and angels and worked hard to remember the words of the songs.
**Witheridge Pre-school**
The Autumn term has been very busy. We have now established our ‘Bumbles baby room’ where we are able to offer year round care for children under the age of 2. Our change of premises has led to new challenges but the children are happy to have re-established the ‘mud kitchen’.
We have spent time linking our Super Hero theme this half term with transport so we have been able to explore many ways of travelling, linking this in with a trip to Tiverton Museum to see the infamous ‘Tivvy Bumper’ steam train. The children were very excited to be able to try on the driver’s hat and blow the whistle.

Paula Hallett

**Witheridge Parent, Baby & Toddler Group**
We are a parent led group. Our name ‘Bumps & Beyond’ is designed to invite all parents and carers to join us from pregnancy right up until school age. Each week we have a different craft activity, baby area, song time, snacks and drinks.
Thanks to a generous grant from the Knights of Witheridge we purchased great ride on toys suitable for age one and above, new role play toys and improved the baby corner.
From Wed 6th January, we will have a Bookstart Corner for 4 weeks thanks to Sophie from the Children’s Centre.
Contact Denise Henson  denisehenson@me.com or 861 365.

❖ Wednesdays Parish Hall 9:30 – 11:30 am  £1.50

**East Worlington Pre-School**
Working together as part of the foundation unit with the school, we have been learning about other countries- their animals, customs and stories. We have enjoyed making new foods and playing travel agents in the role play area.
We also learnt about Autumn using the leaves, seeds and fruits we collected in craft work and painting. To finish the term, we joined with children in KS1 to perform the Nativity ‘A Miracle in Town’ followed by a party in the hall and a visit from Father Christmas.
We had a very successful Christmas fair at The Thelbridge Cross Inn. Thank you to everyone who supported us in any way. Contact 01884 861 722 or see website

❖ East Worlington TUMS 2 Toddlers  Tues in term time Acorn Rm 2-3:30pm
❖ Sat Feb 6th East Worlington PTFA Jumble Sale  Witheridge P. Hall  2pm
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**Witheridge Brownies**

During last term the Brownies worked hard to gain their Toymaker badge. They enjoyed making shadow puppets, Christmas tree decorations, jigsaw puzzles and designing outfits made from bin bags!

Our Brownie unit continues to thrive. We now have twenty fun loving Brownies and three fantastic young leaders. Young leaders are older Guides and Rangers who come along to assist at Brownies. They offer support to new Brownies and take the lead in running games and activities. The Brownies love them!

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**Witheridge Guides**

The Guides have been busy working in patrols to gain badges and Go for Its. The Bumblebees earned their Craft badge where they made clay ornaments, decorated candles and candle holders and learnt cross-stitch and printing.

The Dragonflies earned their Party Planner badge. They had to plan a menu, make decorations, organise activities and prepare the food. We all had a fantastic evening of fun, food and games.

The Parrots earned their Performing Arts badge. They had to plan, write and perform a play, prepare all the backdrop and scenery and make puppets to perform a puppet show.

The Polar Bears earned their Passion for Fashion Go for It. They created mobile phone cases and new outfits from recycled clothing, put on a fashion show using their own clothing, questioned the ‘norm’ when discussing the stereotypical fashion model and discussed issues around body confidence. **Guides: aged 10-14 years**

**Website Brownies & Guides** [www.girlguiding.org.uk](http://www.girlguiding.org.uk)
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Life before the Welfare State

We think of looking after the disabled and unemployed as part of the post-war welfare state, but the idea of looking after the poor and infirm dates back many centuries. In 1388 laws were passed to make each parish responsible for those who, because of age or infirmity, were incapable of work. There was no state aid and each parish had to raise its own finance, although ‘vagrants’ could be sent back to the parish of their birth.

In 1547 a law forced the parishes to erect cottages for the ‘impotent poor’ and in 1597 the parish was required to tax every inhabitant and occupier of lands to pay for this. This was a costly business and in 1662 a law passed which stipulated that any newcomers likely to be a burden on the parish could be removed upon the orders of 2 Justices of the Peace if a complaint was made within 40 days of arrival, provided they had not rented a house worth at least £10 a year.

In those days the parish really meant the church and the village’s 8 poor houses were built next to it. They were demolished around 1840 to make way for the new turnpike road from South Molton. None of the people living in the cottages just prior to demolition were living in the village when the 1841 census was taken. It’s possible they were moved to the South Molton workhouse, which was to house the poor of a group of parishes.

Another aspect of parish welfare was known as an ’Illegitimacy Bond’. At the first sign of an unmarried woman being pregnant, she would appear before the Parish Poor Law Overseers and be questioned under oath for the name of the child's father. The alleged father was then brought before the parish and required to "post a bond" for the maintenance of the illegitimate child until they were 14. The parish constable would implement this order and if the father defaulted, they would serve him with a warrant and his possessions be sold towards the debt. If he did not have the money, his father could guarantee the bond. If the woman refused to name the father, she, her father, or another person could post the bond. However, if the woman refused to name the father, or to post the bond, she could be imprisoned. Without this bond to cover the cost to the parish of rearing the child, the burden of maintaining single mothers on the parish poor rate would often have resulted in attempts to remove the offending parties from the parish.

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  - Breakfast: Drop-in 8:30am
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‘A Slice of Devon Heaven’
Newhouse Farm Cottages
Newhouse was a dairy farm until the late 1980s when Chris and Alison Lawrence converted some of the farm buildings into 7 self-catering holiday cottages with the help of Cheffings Builders. They named all the cottages after trees, except for the former piggery which was called Trotters.

When Geoff and Rosemary Brooking bought Newhouse in the late 1990s, they converted the largest barn into a 5 bedroom holiday cottage. The next owners, Simon and Carmen Pont, stayed for a couple of years and concentrated on updating the farmhouse.

We moved to Newhouse in May 2004 with Dave and Rita. Keith had taken early retirement in 1994 and we were all looking for a change of scenery and a new challenge.

After viewing properties for several months, we fell in love with Newhouse and its location and we could see the potential to improve and expand the business and moved in 3 months later. We were thrown in at the deep end with our new venture as a week after moving in, we were full for the half term holiday. Luckily we must have done something right because some of those families still visit us now.

Getting started
When we took over the business, guests booked directly through an agent who dealt with all the administration and payments so the first contact guests had with us was when they arrived for their holiday. Although a website had been created, the internet was still fairly new and people didn’t really use it to book holidays back then.

After a couple of years the decision was made to discard the agent and rely solely on bookings through internet marketing, recommendations and returning visitors. This direct approach created a much more friendly business as we built up a rapport with prospective guests directly before they arrived.

Improvements and Maintenance
We’ve continued making improvements to Newhouse with help from Bill Barnett and Mark Quartly from Cheffings, who are still working here after more than 25 years. Kitchens and bathrooms have been replaced along with carpets, beds
and furniture - the list goes on and on and on!

The Linhay

One of the first projects was to apply for planning permission to convert the dilapidated linhay into a cottage with full accessibility.

It was re-built using its original stone and roof trusses. We sourced the extra stone to finish the building from the quarry at Newhouse and with the help of water diviner, Cyril Cole, the bore hole was sited in the best possible spot. During the building works we found a granite stone engraved by Ralph Brendon who had lived at Newhouse for over 50 years. We made sure this piece of history was used in the building and it takes pride of place on the side of The Linhay. The renovation took about a year and the first guests stayed there in 2008.

The Function Room

The next big job was converting the old hayloft into a function room so that guests had somewhere to meet for meals and parties. It’s very well used by guests, especially on Christmas Day, but also local groups and companies use it for meetings, seminars and team-building days throughout the year.

Pond, walks and grounds

Extending the pond was another large project. Newhouse fields are certified organic and have abundant wildlife. Guests are always excited to spot a hare, deer or badger but not so much the long-eared bats!

Changing with the times

Over the years, we’ve seen a huge change in people’s holiday needs. Many families still want the traditional week’s holiday from Saturday to Saturday but mid-week breaks and long weekends are getting more and more popular especially for friends or families who want to stay together to celebrate birthdays and anniversaries. So we now offer short breaks of 2 or more nights throughout the year and we now have
a huge variety of guests staying with us - people visiting friends and family in the village, church groups, yoga retreats, reunions, people needing respite and sports club tours.

**Stresses and rewards**
The responsibility of running holiday cottages can sometimes be very stressful but the rewards are plentiful. This is a beautiful part of the county and we are very lucky to live here. We have made many friends and enjoy meeting our new guests and welcoming back returning visitors, their children and of course their pets – dogs, cats, rabbits and a parrot or two have all holidayed at Newhouse! We’ve had a few stressful changeovers but the one which springs to mind was a few years ago when we had about 3 feet of snow overnight just before the guests arrived for their Christmas holiday. Thanks to Donald Harris and his tractor, the driveway and car park was cleared in time but their cars got stuck along the lane in snow drifts and ditches. John Martin saved the day by pulling and pushing cars out with his tractor – probably the best start to a holiday in the eyes of the children, but not so enjoyable for the parents!

Yet more snow fell throughout the week, but the thaw arrived just in time for the changeover day with the Christmas guests leaving and the New Year guests arriving without the need of a tractor.

**An ongoing story**
A home requires constant maintenance, so you can imagine that with 9 holiday cottages and leisure facilities, there is always something requiring attention and every year we plan new improvements. Some of these are large projects, such as the refurbishment of the swimming pool while some, such as replacing the crockery, are not so large.

Every day however, there’ll be a dripping tap, broken appliance or blocked sink somewhere which needs fixing. Newhouse is still a work in progress with a long and ever growing ‘To Do’ list, but with the help of our fabulous helpers, we do manage to tick things off the list. **Doreen & Keith Jenkins**

*Photos* Doreen Jenkins & Carole Campbell

*Title:* ‘A Slice of Devon Heaven’ was one of the comments in the guest book.
Witheridge Parish Hall

What would you like to do in the Parish Hall

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Chris Kershaw on 01884 860208
(weekdays between 10.00 am and 6.00 pm please)
Witheridge AFC

1st Team As with everything, all good things come to an end with Witheridge losing to Hallen 1-0 in a very tight FA Vase encounter and then to Wimborne Town 3-2 after being 2-0 up at half time in the FA cup.

On the league side of things, the results have improved, maybe due to not being distracted by cup games, with Witheridge sitting mid table. Having played fewer games than most, they have a good chance of pushing on up the table.

2nd Team With the 2nds it’s a bit of a reversal to last season’s start with them sat 2nd from bottom in the League. No doubt the manager will hope they pick up points soon as at the moment the league is very tight and a couple of wins could make all the difference.

3rd Team In their 1st season together the 3rds have made a good start to their season. They look like a capable side with a promising future after some very good results. They are quite a young team, barring a few players, so all credit to them.

As we now have 3 senior teams, there are matches from 2.15pm most Saturdays, so why not join us to cheer the boys on and maybe even take in a real ale and pasty at half time.

Look forward to seeing you.

Paul Rich

1st Team 3:1 loss to Exmouth at 3:20pm!

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

- Tuesday & Thursday 7pm for 7:15pm start

Greg Henderson
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
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. Greg Henderson

Witheridge Golf Society

Heavy rain in the period prior to the day of the Christmas Trophy at Waterbridge on 2nd December saw very muddy conditions for the players. On the winning team were Chulmleigh golfers Mike Banks, Mike King, Mike Merrigan and Terry Rowland. The wooden spoon trophy was retained by Andrew Clark, Norman James and Dave Arnold.

New members are always welcome. Contact Andrew Clark 01884 860612 or email astonguy@tring92.f2s.com.

❖ Next meeting Wednesday 9th March

Greg Henderson

Tennis

We are slowly improving the appeal of the tennis club and hope to finish the landscaping in the Spring. The next job will be to improve the clubhouse itself by getting some cupboards fitted! We are still playing all winter, so do make the most of the court when the weather is fine.

The photos show the ‘before and after’ access to the tennis courts.

THANK YOU Knights of Witheridge for their donation, which made this possible. Vine Spragg

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. Greg Henderson

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
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Witheridge, a good place to be: Health 1700 - 1900

Physicians, surgeons and apothecaries were around from the 1500s. Training would have been by apprenticeship, but it wasn’t until the late 1700s that medical training was on an official footing. Dissection was part of medical training so doctors knew about the human body, but medical knowledge was basic and diagnosing and treating disease was very hit and miss. People didn’t yet understand the importance of hygiene- many women died in childbirth, extracting a tooth could be a killer and instruments weren’t sterilised, so major surgery was extremely dangerous.

Most doctors only dealt with the wealthiest people. Barber surgeons were cheaper so were called on to pull teeth, lance boils and set broken bones. Letting of blood was common and apothecaries prescribed traditional remedies and potions. An advert in a newspaper in 1751 claimed that Viper drops would cure ‘boils, weakness, inability, wastings, lowness of the spirit, cramps and tremblings’ and more.

Towns and cities grew enormously in the 1700s as people came to the towns to find work. Poor families were often living in just one room with no fresh air or sanitation. Water was contaminated with raw sewage and garbage was left rotting in the street.

In London, 1 in 5 children died before their 2nd birthday and infant deaths reached 75% when epidemics struck. In the towns contagious diseases like cholera, smallpox and typhus could devastate families in days.

By contrast, life in rural areas was much better. Most people in Witheridge had access to a well and a pit toilet. The water wasn’t polluted and there was no sewage running down the streets. Houses were much less cramped compared with the towns. The average household in 1851 was 4 in Witheridge and 6 in Barnstaple.

By 1832 local boards dealt with outbreaks of cholera and by 1840 it was compulsory to be vaccinated against smallpox. From 1866, local authorities took on responsibility for sanitation but rural areas were excluded until 1872.

Those with the least immunity were greatly at risk. In 1830 31% of deaths in Witheridge were children under 5 but nationally this was a whopping 50%. Measles was the major killer although children also died from diarrhoea, whooping cough, croup and smallpox.

People in rural areas believed disease was in the air and as they knew very little about the transmission of infection, it’s interesting that they weren’t far wrong.
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A good place to be
Witheridge seems to have always had a good complement of doctors possibly because it offered an escape from the horrors of the towns.
From 1840 to 1880, Witheridge was served by Robert Coster and Philip Furneaux Haley (listed as surgeons), Dr Burrows and Dr Llewellyn and Edward Elworthy and Henry Pullen (druggists). Both doctors were well respected. At Dr Llewellyn’s funeral he was described as a man who was admired by all, not least for his kindness to the poor. He was at their call in all weathers and all time of the day and night and this was even when he knew that they were too poor to make even a small payment.
There were some hazards though. Farming was a dangerous occupation and without antibiotics and anti-tetanus, even minor accidents could be fatal. People still cooked on an open fire and children were especially at risk of burns and scalds. By 1900 death rates in over 14s were improving as diet sanitation and medical care improved.
Medicines were available from the apothecary (chemist) but they were expensive.
Herbal folk remedies were cheaper and poor families still preferred to use an untrained ‘good wife’ to look after the mother in childbirth as she would also do the washing and feed the family.
There were no cottage hospitals but people in Witheridge were fortunate as William Chapple (who came from the village) had been Clerk of Exeter hospital for 38 years and in recognition of his services, several beds were available for Witheridge’s sick.

South Molton Sanitary Authority was now actively involved in public health. In 1897 the wife of a man with smallpox was accused of 'exposing clothes in a public place without disinfecting them.'
From 1890, doctors lived in Lawn Cottage or Cypress House. The Firs was bought by Dr Leach in 1902 and became known as ‘the Doctors House’.
In 1898 there was an outbreak of influenza in Witheridge. It could be a serious illness for poorer people who would then often get other diseases and take a long time to recover but by 1900 life expectancy and people’s general health was improving.

Carole Campbell

Information The British library [www.bl.uk](http://www.bl.uk)
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A View from the Surgery

New Computer System We are planning the migration to a new GP computer system to go live on January 26th 2016. There will be a lot of work before that to ensure a smooth transition and in January there are likely to be some changes that affect our normal surgery operation, so keep an eye out for notices giving more information. We will try to keep the impact on patients to a minimum, but in the event of delays or computer problems, please bear with us!

Festive Season: Alcohol Limit consumption to 3-4 units/day for men, 2-3 units/day for women and have 2 alcohol free days a week: a 750ml bottle of 12% wine 9 units, a pint of beer 2-3 units or more and 25ml of 40% spirit 1 unit.

Even small amounts of alcohol will slow your reactions and impair your judgement. There is no way for you to accurately judge what your blood alcohol level is. The legal driving limit in England and Wales is 80mg/100ml of blood, but only 50mg/100ml in Scotland.

There are no remedies that will make you sober more quickly. Use a taxi or nominated driver to keep yourself and others safe or wait at least 12 hours after drinking before you consider driving, longer if you have been drinking heavily. Drink water or non-fizzy drinks between alcoholic ones and have a pint of water before you go to bed to help keep you hydrated. For information on staying healthy at Christmas go to www.nhs.uk/Livewell/Healthychristmas/Pages/HealthyChristmashome.aspx

The GPs and staff wish you a Happy, Peaceful and Healthy 2016.

Vet News from West Ridge Vets

In December, we are still experiencing mild wet weather which presents a challenge for our livestock. This is the ideal climate for pneumonia, particularly in calves, as when the cattle are brought in to winter housing, bugs spread more easily. Lots of viruses and bacteria cause pneumonia in cattle. Some of the most common are Parainfluenza 3 (PI3), Pasteurella species and Mycoplasma.

As with any disease process, prevention is better than cure, so our challenge as vets is not only to successfully treat a case of pneumonia, but to advise farmers on how to prevent it occurring in the first place. One case of pneumonia in a calf could cost a farmer up to £250 per animal in medications, loss in growth, increased time to calving or finishing for meat. Pneumonia as a calf can affect how much milk a cow gives two years later!

We can vaccinate against pneumonia but dry, clean housing with good air flow can make a huge difference. Several of our clients use calf jackets so it can put energy into growing and staying healthy, not just keeping warm. So next time you see a calf wearing a coat, you know the reason why!

Claire
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Tel: 01884 861232

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FRIDAYS 6:30pm
The Country Houses of Devon
by Hugh Meller 2015

There must be something about living in Devon that gets local people writing! At Witheridge Church Christmas Fair, I got talking to Hugh Meller about his new book. Hugh spent 26 years working for the National Trust in Devon where he was responsible for its historic buildings. After 15 years of research, his book ‘The Country Houses of Devon’ describes over 400 of Devon’s most notable country houses.

Each house is described in detail: their owners, the estates, the architectural history, ancillary buildings and gardens are all included whilst old and new photographs, drawings, maps and plans illustrate the text. The book took so long to write that his original publisher went out of business but then the family got stuck in to help- Jane with the publishing, Claudia with technical issues and an old friend with the design. At last Hugh’s book is published in 2 hardback volumes with 1,204 pages and over 1000 illustrations- cost £80. The author is delighted that it was written, published, printed and bound in Devon. It takes a huge effort to produce a labour of love such as this. These beautiful books are worth a look. Carole Campbell

www.theblackdogpress.co.uk

Witheridge Trivia by Jim Campbell

Historical interest or just been there a while?

The parish has 68 ‘Listed Buildings.’ Some go back over 500 years. The youngest is the red telephone box, which only dates from 1936. It was designed especially for the Silver Jubilee of King George V. The most unusual is perhaps an outside toilet at Tracey Lodge dating from the early 1800s.

When the bungalows on Brooke Road were built in the 70s, this area and the adjacent streets was originally called the Lawns Estate.
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**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.

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**Email the.mitreinn@mail.com**
**Website www.themitreinn-witheridge.co.uk**
Incomer’s Guide: RHS Rosemoor - early Spring

**Distance** 28 miles  **Time 50mins**

**Directions:** Take Tiverton road out of Witheridge. Just outside the village take the right fork towards Thelbridge B3402. Follow the signs to Lapford. Turn left at A377 then follow signs for B3220 through Winkleigh. Keep going to right turn onto A3124 Torrington. Destination on the left. EX38 8PH

**Avoid Devon lanes:** 40 miles 1hr 10min


**Open:** all year except Christmas Day
April - September  10am - 6pm
October - March   10am - 5pm

Last entry is one hour before closing.

**Tickets:** Adults £8.95  **Children** 5 - 16 years £4.50  **Family 2+2** £22.80

**Parking:** 40-60m from garden entrance.

**Toilets:** lots

**Food** Hot & cold food, Sunday carvery

**Shop** - gifts and plants

**Dogs:** Assistance dogs ONLY.

**Accessible** Formal Garden, Lady Anne’s Garden, fruit and veg garden. Limited access to walks. Wheelchairs and mobility scooters can be booked. Phone 01805 626810
South Coombe Country Cottages

Set in a beautiful location with an indoor swimming pool

South Coombe is the perfect location for a quiet getaway. Its tranquil rural setting and country charm make it an idyllic place to stay. With its indoor swimming pool complex (comprising sauna, gym and games room as well as a 10m x 5m pool), guests can relax and take some healthy exercise inside or out.

South Coombe offers high quality cottages that sleep from two to six people with one cottage having wheelchair access. The cottages are less than a mile away from the pubs and shops in Witheridge village.

South Coombe Farm
Witheridge
Tel: 01884 860302
Email: stay@southcoombe.co.uk
Web site: www.southcoombe.co.uk
Chairman: Cllr J Harvey

Witheridge Parish Council
Council News
www.witheridgepc.org

News in Brief (Further information on the website)

Community Defibrillator – Update – The defib. has arrived and the cabinet is due to be fitted on the public toilet block wall opposite the Newsagents over the Xmas period. In the New Year Awareness Briefings will be organised for anyone interested in the project/use of the equipment. Watch website & noticeboards for date.

Twinning – Cambremer would like to re-start the twinning arrangement with Witheridge. We have received one local expression of interest to date are there more? Please contact the clerk.

New Memorial Bench – In memory of Frank Housam a new bench has been located in Fore St. where the old telephone box was removed.

Council Works – The Parish Council has now taken on weed spraying as the County Council implements further cuts in its budget. We have also replaced all the missing/damaged timer bollards in The Square. Footpath 17 will have stiles replaced with gates shortly to improve access for all. Options to update the toilet block are being explored.

Playgrounds – Over the next few months the Parish Council will install new play equipment at the Parish Hall children’s playground and teenager/adult “outdoor gym” equipment at the Adventure Playground.

Councillor Vacancy – If you are interested in co-option please contact the clerk.

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 together with minutes of 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 (NDC). The parish council is only a consultee, and does not determine applications. Paper copies are available on request. A full list of councillors and their responsibilities can be found on the website.

2016 Meeting Schedule

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**Witheridge Week 3**
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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.  
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**Citizens Advice Bureau**  01884 234926

**North Devon Council**  
www.northdevon.gov.uk  01271 374 776

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**QUIZ**

1. Also called Alligator pear  
2. Leghorn is a breed of  
3. Suffolk punch is a breed of  
4. Another name for ascorbic acid  
5. Scrabble letters worth 10  
6. Shinto religion practised in ...  
7. Royal residence in Norfolk  
8. Stars on EU flag  
9. Toy on a string  
10. Real colour of an aircraft black box

11. Clean beach award  
12. Crop, yellow flowers in May/June  
13. Crop, lilac flowers  
14. Colour NY taxi  
15. Bridge links Wales and Anglesey  
16. Bridge continuously needs painting  
17. Pirate flag  
18. Old name for Sri Lanka  
19. Tournament just after Queens  
20. Fish eggs
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