



KILKHAMPTON

Parish News

St James the Great

MARCH 2020

In this month's issue...

- page 7 has news of this year's village fete
 - page 8 there's a local charity fundraising event
 - page 9 provides information about Kilkhampton Parish Support Trust and how it helps people in the parish, plus news of their summer 'Royal Ascot' event at Lamb Park
 - also on page 9, there is a notice about 'Friends Together', a new group forming in Kilk
 - page 14 brings news of Hartland Farmers Market
 - page 15 is where Nigel takes us on a visit to St Mawes
- ..as always there is lots more, our regular notices plus additional events, so read carefully!

HELP KEEP THE PARISH NEWS GOING PLEASE...

The Kilkhampton Parish News AGM was held in early February - all is well and everything is continuing - but we do need some help!

Floodlighting page - we are looking for someone to take over this job - if you are interested please contact Ursula Edwards on 01288 321078. Ursula will be able to explain what the job entails. She is happy for you to ring just to find out, the phone call doesn't mean you are committed!

Collating and stapling - quite a few of our former team members have left for various reasons, and we need to recruit a few more. It takes place on the last Thursday of every month (except for December and July), from about 8.30am to 10.30am, and it is ok to miss days occasionally for holidays, appointments etc. If you are interested in joining our friendly team, please phone Rita Cann on 01288 321667, or just come along to the Methodist Chapel Rooms on the right day!

in colour online at www.kilkhampton.net

FREE to each Household

THE PARISH CHURCH OF ST JAMES THE GREAT: KILKHAMPTON

<i>Priest-in-Charge:</i>	Rev. Teresa Folland	01288 352599
	OR	
	Associate Priest Rev. Richard Ward-Smith	
	Barn Farm, Kilkhampston EX23 9RH	01288 321991
	R.wardsmith@btinternet.com	
<i>Churchwarden and Elected Safeguarding Officer:</i>	Mr. Kevin G. McGrath	01288 321277
	Frank's Folly, The Square, Kilkhampston EX23 9QQ	
<i>Lay-Chair of the PCC:</i>	Mr. Tony Davis	01288 321292
	Highfield House, 1 Baileys Field	
	West Street, Kilkhampston EX23 9QE	
<i>Treasurer to the PCC:</i>	Mr. Peter Hobbs	01288 321551
	Wrasford, Kilkhampston EX23 9RL	
<i>Secretary to the PCC:</i>	Reverend Richard Ward-Smith	01288 321991
<i>Organist</i>	Ms. Brenda Luxton	01409 254409
	West Vognacott, Chilsworthy	
<i>Acting Bell Tower Captain:</i>	Mr. Tony Davis	01288 321292
	Highfield House, 1 Baileys Field	
	West Street, Kilkhampston EX23 9QE	
<i>Flower Coordinator:</i>	Mrs. Jeanette Norman	01288 321404
	Meadowside, Penstowe Road,	
	Kilkhampston, EX23 9QT	
<i>Electoral Roll Officer:</i>	Reverend Richard Ward-Smith	01288 321991

Kilkhampston Methodist Chapel

<i>Minister:</i>	Reverend Neal Street	
<i>Church Stewards:</i>	Mr. Reg Hambley	01288 321340
	The Hill Park Centre	
	Kilkhampston EX23 9QQ	
	Mr. John Brooks	
	Killarney Park	
	Youlstone EX23 9PX	
	Fiona Cleave	
	Higher Pigsdon Farm,	
	Launcells EX23 9LQ	
	Mrs Debbie Dawber	01288 321420
	Trepolpen, Penstowe Road,	
	Kilkhampston EX23 9QT	
<i>Treasurer:</i>	Mr. M. Metherell	01288 321248
	Stapleton, Whitecroft Way	
	Kilkhampston EX23 9RE	
<i>Room Bookings</i>	Contact Reg Hambley on the above number	

EDITORIAL



Hello everyone,

The first part of this editorial is inspired by my husband Mike, you'll never guess what he suggested I talk about in this month's issue... But I didn't want to be boring so here's my challenge, to write a whole editorial without any mention of that thing all British people talk

about... no, I'm not going to say ANYTHING about the terrible ♦♦♦♦♦ we've had. But let's just say I'm looking forward to summer!

This month has an interesting article about the farmers market at Hartland, something I didn't know about. You may know of more local markets that could be included in the Parish News - if so, please send me a short article and photos too if you have them!

And from me, a little plea to support my lovely friend Gill Gilbert in her fundraising efforts (see page 8). I know there are other locals running the marathon too, it's lovely to see money being raised for such deserving causes. Please feel free to send me notices of any fundraising efforts

or other gatherings in the village, there is no charge for putting notices in (although all personal thank yous will be directed towards the floodlighting page which has a small charge of £5 which goes directly to St James Church to provide support for the cost of floodlighting).

Enjoy this month's lovely spring flowers coming through all over the parish, and see you in April!

Jill

CHAIRMAN:
BARRIE ROSE
01288 321117

EDITOR:
JILL RODGERS
01288 321144

ARTICLES, NOTICES, REGULAR FEATURES

Please contact JILL RODGERS:

Parkers Court, Kilkhampton EX23 9QR tel: 01288 321144 Email: jill@kilkhampton.net

Cut-off date: 15th of the month for inclusion in the following month's issue.

All material for inclusion in the newsletter (other than trade advertising and church floodlighting - see information provided) should ideally be submitted electronically as a word document, with photographs in jpeg or similar format. If you do not have email, documents can be submitted on a CD or memory stick (which will be returned on request). You should receive an acknowledgement of all emails - if you don't, it may mean I haven't received it, in which case please resend to jillrodgers1@hotmail.co.uk

TRADE ADVERTISING

Please contact TIM PRINCE: email: advertising@kilkhampton.net

The Old Mission, Thurdon, Kilkhampton EX23 9RZ tel: 01288 321022

Cut-off date: 1st of the month for inclusion in the following month's issue.

Once the advert size and price has been agreed, your advert should ideally be submitted electronically as a PDF, although it may be possible to submit in other formats or hard copy by agreement. The advert should be submitted AS YOU WOULD LIKE IT TO APPEAR in terms of layout and shape, and should be in black and white. Please note that shades of grey may reduce the quality of the appearance of your advert. Our advertising editor Adam Lee (07747 758704, adam@leemail.eu) is happy to discuss the appearance and format of your proposed or existing advert to ensure it is of the best quality possible within the constraints of our software.

CHURCH FLOODLIGHTING AND ANNOUNCEMENTS

Please contact URSULA EDWARDS: 8 North Close, Kilkhampton EX23 9RQ

tel: 01288 321078; email: ursulaedwards42@yahoo.com

Cut-off date: 14th of the month for inclusion in the following month's issue.

Please submit your wording on paper (printed clearly), by email or by phone.

£5 per entry. Cheques should be made payable to 'KILKHAMPTON PCC'. Please note that entries will no longer be copied from one year to the next, but must be submitted every year to ensure accuracy.

The opinions expressed in this newsletter are not necessarily those of the editor. The editor cannot be held responsible for the content of any articles, notices or other submissions to this newsletter. The editor cannot guarantee inclusion of articles or notices submitted for publication, and the layout and size of all articles (unless paid for) is at the discretion of the editor.



Church Services

at

St. James the Great Kilkhampton

March 2020

Sunday 1st March

11.00 Holy Communion LENT

Welcomers: Jenny Read and Joyce Davis

Reader: Kevin McGrath

Reading: Genesis 2: 15-17 3:1-7

With Rev Richard Ward-Smith

Sunday 8th March

11.00 Morning Worship

Welcomers: Margaret D and Karen L

Reader: Karen Lawrence

Reading: Genesis 12: 1-4a

With Rev Richard Ward-Smith

Sunday 15th March

11.00 Holy Communion

Welcomers: Rita Cann and Iris Bond

Reader: Mo Wilson

Reading: Exodus 17: 1-7

With Rev Teresa Folland

Sunday 22nd March

MOTHERING SUNDAY

11.00 Morning Worship

Welcomers: Celia Bell and Rachel J

Reader: Rita Cann

Reading: Exodus 2: 1-10

With Rev Richard Ward-Smith

Sunday 29th March

11.00 Combined chapel-church service with friends at the Methodist Chapel:

Reading: Ezekiel 37: 1-14

Sunday 5th April PALM SUNDAY

11.00 Holy Communion

Welcomers: Mike Cook and Lynne WS

Reader: Peter Hobbs

Reading: Isaiah 50: 4-9a

With Rev Richard Ward-Smith

THANK YOU!

***A big Thank You to the kind
person who donated the two
lovely vases to St. James
Church. They are much
appreciated!***

Do not forget we have our
candle stand, where you can
pop in to light a candle in
remembrance of someone.

We also have a memorial
book where you can have
your loved ones name written
on a beautifully decorated
page.

Please contact Tony Davis on
321292 for more details.

More words from Barn...

"It's been a funny old life, with funny old ups and downs."

These are words from an old song my Gran used to sing. Why they came back to me the other day I'll never know. But it got me thinking about how some of the people we meet in our lives, who through a simple act of kindness, have a valuable and lasting effect on us. These are memories which we should treasure.

Let me tell you about Mister Gann. Mr Gann lived in Stuntney and every day come wind or rain, he would cycle the two Fen miles to Ely where he worked. Mr Gann cleaned toilets and polished shoes. He wore corduroy trousers with gaiters above his boots and a waist coat and a rough old jacket with deep pockets and with

his cap always slightly skewed. His grey hair was cropped short and the same colour as his stubbly chin. He wore round, wire framed glasses. (The ones that used to hook right back around your ears.)

For those of you who don't know, the evening sunset on a day in the Fens is just beautiful, as it grows dark. On one of these evenings Mister Gann was finishing off for the day, 'round the back', when he heard the sound of someone crying. Slowly his bandy legs took him to investigate. Sobbing beside the coal heap was a young boy. Between gulps and sniffs, the two people, the old and the young talked together, shoulder to shoulder. Eventually Mister Gann stopped and stood up. He pointed upwards and screwed his watery

eyes to look up at the evening star in the west.

"When I look at that star it seems to me that it is in the shape of a cross." He said huskily. "It may be only that my watery old eyes see it that way, but to me it's a shining cross. Things can be difficult, but something that I have learnt in my long old life, is that beautiful things, like that star up there, endure for all time. And that makes things, well, not so bad."

With that Mister Gann turned and walked slowly away, the studs on his boots striking the concrete paving. He found his bicycle and disappeared into the gathering darkness.

I suppose that moment will never come again. But that is what makes our lives so sweet.

Rev Richard

St Piran's Day Service

Poughill Church,

Thursday March 5th - 3pm

With Cornish Readings and Music,
refreshments to follow. All welcome.

*Organised by the Bude and District
Old Cornwall Society*

Launcells Parish Hall

EASTER BINGO

Saturday 28th March 2020, 7.30pm

A fun evening for the whole family

Raffle & Refreshments

Lots of chocolate prizes to be won!

Everyone Welcome

*Also please note that the Johnny Cowling concert
on March 19th is now sold out.*

Any enquiries please
contact launcells.hall@gmail.com



ST. JAMES THE GREAT

KILKHAMPTON

EASTER LILIES

SPONSOR A LILY

IN MEMORY OF LOVED ONES

£3.00 EACH

CONTACT JEANNETTE 01288 321404

OR JENNIE 01288 321319

BEFORE 3rd APRIL 2020

Church Floodlighting Sponsors March 2020

RUTH BABB

Always near Mum never far away from our thoughts,
speak of you often.

With love always,

Ann, Brian and family and John and Beryl xxx

BABB

Happy Birthday to you all.

John – March 12th

Robyn – March 7th

Annamarie – March 23rd

Remembering my husband **REGINALD BANKS** on our
62nd wedding anniversary 15th March.

Love and miss you always,

Sylvia, Barb, Bob, Gill and families and of course Hamish xxx

GORDON FANSON

Thoughts of Uncle Gordy on his birthday 29th March. xx

Remembering **SYLVIA CORNISH**, our dear Mum and Nan
on Mothering Sunday and Mum's birthday 25th March,
she is always in our thoughts and hearts - Sadly missed.

Stewart, Jean, Sheila, Paul, Annette and all the family. xxxxx
also

our dear Aunt Edie whom we lost 5th March 2007

Fondest memories. xxxxx

IVOR GRILLS

Remembering my dear Husband Ivor on his birthday 23rd March,

miss you so much, love

From Ellen and family. xx

ARTHUR HARRIGAN

In loving memory of my husband Arthur

On his birthday 29th March

Always in our thoughts, Edith, Marie, David, Andrew and Mark

CHURCH FLOODLIGHTING SPONSORS: See information on page 3 of this newsletter.

KILKHAMPTON CHRISTIAN FELLOWSHIP

10th March

FROM 7-9pm

IT'S

TABLE TENNIS TUESDAY

A FUN WAY OF KEEPING FIT!

KILK FETE - SATURDAY 4th JULY 2020

The fete committee got together for our AGM on 27th January, also combined with a presentation evening to present cheques to all village organisations who were involved with the 2019 fete. We were really pleased to donate £150 to each organisation. You can also see here the new elected committee members.

Planning is well underway for this year's fete on Saturday 4th July, but we would welcome anyone who would like to volunteer their time to join the committee - if you're interested, please come along to the next meeting on Monday 30th March, 7.30pm at Lamb Park. Also if you would like a craft stall at this year's fete (£10 per stall), please contact Sue Perry by email at sueperry1@btopenworld.com



Luke Francis, Val Shadrack, Archie Heard and Mike Metherell accept cheques for village organisations

Bude Choral Society Concert

Haydn's CREATION

Saturday 21st March, 2020, 7.30pm

St Michael's Church, Bude

Soloists : Elinor Chapman – Soprano

Gordon Pike – Tenor

Julian Rippon -Bass

Conductor – John Hobbs

Organist - Nicholas Danks

Tickets £10 in advance, £12 at the door available from
Ark Angel Bookshop, Bude T.I.C. , B.C.S. Members or
email : philp_tony@hotmail.com

2020 elected fete committee members:

Chair: Archie Heard

Vice Chair: Martin Cross

Secretary: Jennie Siddalls

Treasurer: Jodi Gilhespy

ENTRY FORM - KILKHAMPTON VILLAGE FETE ROYALTY SATURDAY 4th JULY 2020

Please use the form below to apply if you would like to be part of the royalty for this year's village fete. All children (11 years and under) within Kilkhampston parish are able to apply for the positions relevant to their own school year. Post boxes for entries will be in the school foyer and at Gilbert and Vanstone. **Closing date for entries: 27th March 2020**

NAME	Date of birth
SCHOOL YEAR	CONTACT NUMBER
POSITION YOU WOULD LIKE TO APPLY FOR:	TICK HERE:
1. THE QUEEN (years 5 and 6)	
2. ATTENDANT x 2 (years 2, 3 and 4)	
3. COACHMAN (years 5 and 6)	
4. FOOTMAN x 2 (years 2, 3 and 4)	
5. FLOWER PRESENTER (reception and year 1)	
6. CUSHION BEARER (pre-school)	

Kilhampton

CHRISTIAN FELLOWSHIP

Hi everyone, I'm writing this in the aftermath of a storm where some damage has been done to buildings. This reminds me that going through life's storms on a personal level often revealed a weakness in me that needed strengthening. But as I look back on those times it never felt like that, so if you are going through one of those storms in your life at the moment stop and look at what weakness is being revealed so that you can strengthen it because the Bible says that "in our weakness God can make us strong."

In the 60's, 70's and 80's there was a strong emphasis on education to solve a lot of the country's problems. It was thought that if people were better educated they would help themselves. From the 60's until now people have never had a better opportunity, with having access to education of all kinds. So you would have naturally predicted that society would have gotten rid of some of its problems, but that hasn't been the case. Divorce rates have never been higher, domestic violence on the up, alcohol and drug abuse stubbornly refusing

to be in decline, social services struggling to cope, mental health has gotten worse, suicide rates have risen. The most dangerous person to a male between the age of 18 and 45 is himself. People are more insecure than they have ever been, so it is fair to say the education experiment has failed.

Everyone looks at the Bible (and by the way it is still the world's best seller) and says all it tells me is what I cannot do. When if you look more deeply it is showing us a totally balanced way of life, where people know where and to whom they belong.

God has a plan for every life, and not one of misery or despair, but one of purpose and meaning. Jesus referred to it as an abundant life. That sounds good to me! I'm a great believer in everyone having access to a good education but I am not convinced that it is in itself the answer.

So perhaps the country has looked in the wrong place with education being the total answer to all of our problems and that perhaps the Bible has more to offer than we think.

Albert Sloman, Pastor
Tel 01288 321073
7 Rosecott Park, EX23 9QG
albertsloman@outlook.com



The Way

Friday teatime sharing, 6pm
Bring a question, bring a thought, or just bring yourself and maybe some food to share — and don't forget your sense of humour!

Friday 6th Mar at Bernard & Helen's, 11 Rosecott Park
Friday 13th Mar at New Inn
Friday 20th Mar at Albert & Di's, 7 Rosecott Park
Friday 27th Mar at Charles & Sarah's, Ostins, West St
Friday 3rd April at Di William's, Stratton

What's it all about? Ask Albert: 01288 321073

Save the Date!



Sunday 5th April 2020

3pm to 6pm

Charity Fundraising Afternoon

I am running, walking, maybe crawling the London Marathon

26th April 2020

for Visually Impaired Children

Please come to Ashton House, West Street,

for a Cuppa, Cakes and a Chat

Help me raise money and support this great charity

Thank you

Gill Gilbert

VICTA <https://www.victa.org.uk>

The Methodist Church Rota

<u>Dates</u>	<u>Preacher</u>	<u>Flowers</u>	<u>Coffee</u>
1 st March	Mr. Barry Bryne	Judith Heard	Sandra Jones & Joy Moore
8 th March	Mr. Kevin Hogarth	Elizabeth Smale	Reg & Sylvia Hambley
15 th March	Rev. Neal Street	Pam Sillifant	John & Sue Brooks
22 nd March	Pastor Albert Sloman	Muriel Heard	Pam Metherell & Joan Sillifant
29 th March	Rev. Douglas Adams	Debbie Dawber	Sue Joyner & Debbie Dawber

Lent is the period of 40 days which comes before Easter in the Christian calendar. This year it begins on February 26th - Ash Wednesday. Lent is a season of reflection and preparation before the celebrations of Easter. By observing the 40 days of Lent, Christians replicate Jesus Christ's sacrifice and withdrawal into the desert for 40 days. Lent is marked by fasting, both from food and festivities.

Whereas Easter celebrates the resurrection of Jesus after his death on the cross, Lent recalls the events leading up to and

including Jesus' crucifixion by Rome. This is believed to have taken place in Roman occupied Jerusalem.

Many, but not all, Christian churches that observe Lent in the 21st century, using it as a time for prayer and penance. Only a small number of people today fast for the whole of Lent, although some maintain the practice on Ash Wednesday and Good Friday. It is more common these days for believers to surrender a particular vice such as favourite foods or smoking. Whatever the sacrifice it is a

reflection of Jesus' deprivation in the wilderness and a test of self-discipline.

My personal view is that Lent is a good time to evaluate where we are in our Spiritual journey, and to re-dedicate our lives to the Christian way of Hope and positivity.

When people ask me what I am giving up for Lent, I usually reply that "That I am giving up, giving up!" For me it's more about taking up and new challenge for God than giving up!

Lenten Blessings

Revd Neal Street



KILKHAMPTON
COFFEE &
CAKES

SATURDAY 7th March

10.30AM - 12.00 NOON at
KILKHAMPTON CHRISTIAN FELLOWSHIP

A VERY WARM WELCOME TO ALL!

The charity this month is Oriel Ministries

KILK COMMUNITY LUNCH

Brought to you by Kilk Coffee & Cakes Team



2 COURSE HOT MEAL FOR £5

ON
Friday 27th March
At **12.30pm**
AT

KILKHAMPTON CHRISTIAN FELLOWSHIP

Limited numbers so please book
to ensure a place
contact 01288 321073
transport could be arranged

KILKHAMPTON PARISH SUPPORT TRUST

In 2016, Georgie Derosa passed away from a brain tumour, leaving a husband and two young girls behind. As normal, our village of Kilkhampton pulled together and rallied around to help Lee (widower) and the girls at such a difficult time.

Many people did not know how to approach Lee and the family to offer support, and many wanted to give financial help as a gesture and token of their affection to help them at this time.

One evening, I had a thought that maybe I could start a Trust for the people of Kilkhampton to support them financially, physically or mentally in someone's hour of need. The idea was met with great response from local people.

We formed a committee with rules and guidelines. People can apply to the Trust by application through a committee member. It does not have to be financial support, it could be to get some shopping or a prescription, transport maybe or any task they require, they can apply to the Parish Trust.

We have raised money through fundraising events and donations. We have had 7 applications and have supported all 7 applicants, 5 with finance and 2 with help. Anyone can apply and the only criteria is you have to live within the Parish of Kilkhampton.

We continue to hold fundraising events such as Wine and Wisdom, and carols at the London Inn. We also did a jubilee cream tea and sports for all the children in 2017.

The big event this year is Royal Ascot (see the poster on this page).

I hope this shows the good work the Trust is doing and long may it continue to support people in Kilkhampton.

If you wish to set up a standing order of any amount, our bank details are:

Sort code 20-04-59

Account number 53812626

Luke Francis

Kilkhampton Parish Support Trust

Committee:

Chair:	Mark Vickery
Secretary:	Val Shadrick
Treasurer:	Luke Francis
Committee:	Sue Harvey
	Archie Heard
	Kev Thomas

ROYAL ASCOT

KILKHAMPTON



Saturday 20th June 2020
at Lamb Park (Kilkhampton A.F.C.)
Course opens at 12 Noon
24 sq m Screen showing LIVE RACING from ASCOT
Over 18s only ~ All Ticket Event
TICKETS £10
Official Totes / Bookies
BBQ • Cream Teas • Hog Roast • Bar
FORMAL DRESS CODE ONLY!
Tickets on sale from 1st April at Kilk SPAR & Bude Post Office
Proceeds to the Parish Trust

FRIENDS TOGETHER

No one can have failed to notice the disappearance of a number of Kilk activity clubs – gardening club, flex and stretch, friendship, bingo.

But hold on... there is good news on the way... Rev. Richard, Helen Hoare and friends are proposing a

new monthly meeting

for getting friends together on

Tuesday 24th March

2 - 4 pm

Grenville Rooms

This is for ANYONE AND EVERYONE in the village who would like to join us for a cup of tea or coffee in good company, perhaps with some table games, quizzes and of course lots of chat.

Come along to a warm welcome.

NATURE TABLE

MARCH 2020



The following contribution from Margaret Dingle is full of keen observation from someone who is in touch with the natural world. It also demonstrates a tolerance and an acceptance of nature and a preparedness to make room and live beside it.

THEY ARE ALL GOD'S CREATURES!

The last few weeks have produced some interesting thoughts! Have you ever watched what goes on in the garden, who is the top bird and who predate on who, who guards their territory from whom?!!

We have had the full quota of tits – great, blue, coal, marsh/willow (not sure which one but the little buff chap), and a bundle of long tails. As one would expect the great tits are in charge then followed by all and sundry with the long tails arriving en bloc and taking over the fat feeder. Early morning, lunch time and late afternoon are the busiest times. This encourages the chaffinches, dunnocks, robin and blackbirds to get excited and clean up under the feeders – we aren't sure who is most stropky – the robin or the pied wagtail, or even the grey wagtail they all assert themselves!

I put out niger seed for the goldfinches and again they have a pecking order but not sure who's who! but there is always a queue.

Seed in the feeder for the sparrows (about 20 at the last count) and they in turn give way to the starlings and some of the more persistent tits, all throwing seed that isn't to their taste on to the ground for the pheasants and pigeons! No fear of feeding rats in our garden!

The fat feeder is interesting as the wood pecker and starlings have a constant argument about who should feed, and this gets even more exciting when the nuthatch joins the fray.

Then of course, there are the magpies, jays, jackdaws, crows and rooks keeping an open eye for anything that gets left behind. Even had a few gulls call in one day!

And as for guarding one's territory I have a great deal of sympathy for our young buzzard and the kestrel who get bombed whenever they dare to fly anywhere near the crows' nest site and at night the tawny owls are making their point about territory and the jackdaws looking for new nest sites as their favourite tree fell down in one of the storms.

No unusual migrants yet but have seen woodcock, snipe, redwings and fieldfares as well as a few mistle thrushes.

Next, to the predators – I have already mentioned the kestrel and buzzard but we also have a very active sparrowhawk who is regularly keeping the pigeon population down and a heron who used to visit the garden and look with great longing at our fish ponds and couldn't work out how to get through the nets unlike the otter who managed to totally wreck both ponds and completely empty them of fish over several nights. We have a lovely picture of him on our night camera. How he found our ponds we aren't sure but imagine with all the rain the small stream at the edge of our property was a big enough temptation for him to follow and then use his nose! The devastation was complete with both ponds totally emptied of fish and both nets wrecked (twice as we replaced it once!). Good to know they are around but felt a bit like a NIMBY on this occasion! Looking on the bright side, it will give us an opportunity to empty the ponds, scrub them and re-stock them in the spring. Our last otter invasion was about 10 years ago so I don't suppose we can complain too much!

Margaret Dingle

The Nature Table would welcome any contributions. I wonder how many folk in Kilhampton gave 1 hour for the RSPB Birdwatch last week? The statistics these individual efforts produce very important information on the health of our local wildlife.



Recipe Corner With Maureen Hewlett

A bit of home baking for March!

Easy Peasy Energy Bars

Ingredients

150g (5oz) natural crunchy peanut butter
125ml (4 fl oz) runny honey
3 very ripe bananas, mashed
1 medium egg
1 tsp vanilla extract
250g (9oz) rolled jumbo oats
1 tsp ground cinnamon
1 tsp baking powder
5 tbsp mixed seeds
125g (4oz) chopped dates
75g (3oz) peanuts, roughly chopped
¼ tsp salt

Method

Preheat oven to 190°C (170°C fan/GM5). In a large bowl, whisk together peanut butter, honey, bananas, egg and vanilla extract. Add oats, cinnamon, baking powder, 4 tbsp seeds, dates, peanuts and salt. Mix until all the ingredients are coated. Press mixture into a lined 20.5cm (8inch) square tin and sprinkle with the remaining 1 tbsp seeds. Bake for 30-35 minutes until golden brown and firm. Cool in the tin before cutting in squares. Keeps for up to 3 days in an airtight container.

Apricot and Honey Flapjacks

Ingredients

140g (5oz) dried unsulphured apricots
250g (8oz) unsalted butter
4 tbsp honey
60g (2oz) light Muscovado sugar
60g (2oz) dark Muscovado sugar
250g (8oz) rolled oats
250g (8oz) jumbo oats
Zest of a lemon
Zest of an orange
3-4 tbsp sunflower or pumpkin seeds (optional)

Method

Preheat the oven to 170°C (150°C fan/GM3). Soak the apricots in boiling water for 15 minutes until plump. Melt the butter with the honey in a heavy-based saucepan over a low heat. Mix in the sugars and stir until dissolved. When the butter and sugars form a nice, glossy, fudgy mixture raise the heat, bring to the boil and let it bubble for a minute or two without stirring. Take the pan off the heat. Mix together the two types of oats and pour into the butter mixture, stirring well – you may not need all the oats, just enough to create a mixture that is stiff but not dry. Drain the apricots, pat dry with kitchen paper and cut them in half – you want nice fat chunks. Stir into the oat mixture with the lemon and orange zest and the seeds if using. Mix until well combined. Butter a 23cm (9in) square tin and line the bottom with baking paper. Tip the mixture into the tin and smooth the top. Bake for 25-30 minutes or until the edges have darkened and pulled away from the sides slightly and the rest of the flapjack is golden. Remove from the oven and leave to cool slightly then mark into squares, once cold cut along the lines and remove from the tin.

My Mother's Florentine Recipe

Ingredients

250g (8oz) peanuts
125g (4oz) glace cherries
250g (8oz) raisins
1 medium cup of cornflakes
½ large tin condensed milk
Chocolate for coating

Method

Preheat oven to 180°C (160°C fan/GM4). Mix all the ingredients thoroughly, put blobs on baking paper and bake for 10-15 minutes. Once cool, coat the backs with melted chocolate.

Kilkhampton Parish Council

Report of the regular meeting held on 3rd February 2020

www.kilkhampton-pc.gov.uk

Attendance Kingsley Bryant (KB), Tim Cottle (TC), Ian Heard (IH), Keith Ovenden (KO), Clive Vanstone (CV), Phil Sluggett (PS), Albert Sloman (AS), Roland Nancekivell (RN), Dan Vanstone (DV).

Apologies: Paula Dolphin (PD)

Chairman: Reg Hambley (RH)

Clerk: Hannah Collett

Good evening to all by Chairman.

Welcome to Mr Luke Francis.

Minutes Approved by all

Adopt Code of Conduct

Declaration of Interest No planning applications and nothing to declare

Public Speaking Session

Chairman handed over to Mr Luke Francis. Good evening to all from Mr Francis. Mr Francis began my mentioning that we may be aware that the Post Office has card payment accounts for benefit payments and pensions for people to withdraw from. This card is coming to an end in 2022. Department of Work and Pensions has started writing to everyone. At the start they were told it was OK, however, apparently if you gave bank details and haven't responded with other requests, they will pay directly into your bank account.

Mr Francis stated that there are two options for people – they can have their funds paid directly into their bank, or the other option is to have it paid into a Post Office account. This account is a servicing account and does more than the current card account. All this is causing concern for people and Mr Francis has recently helped advise others on how to set one up etc. He has offered to assist and explain and answer any questions. Mr Francis is asking to advertise in the Parish Magazine to offer his time one afternoon, to help and give options and explain the differences and how everything works on both these options. Wants to assist in explaining the process to anyone that may need it. Chairman said as a Parish Council that would be fine. Mr Francis will need to speak to Joan and Terry to book the Grenville Rooms and also to sort advertisement in Parish Magazine. Thanks to Mr Francis from Chairman and thanks from Mr Francis to the Parish Council for their time.

Planning Applications None

Matters

1. *Car park Toilets:* £94.40 taken. TC mentioned that the guttering bracket is broken at the Disabled toilet and also the door to the Gentleman's toilet is not closing properly. KO to sort all.

2. *Parish Plan:* No response at all from the advert in the Parish Magazine. To leave on Agenda for March.

3. *Bus Shelter:* KO to sort when weather is a little better.

4. *Traffic concerns in the village:* Chairman mentioned that we deferred the letter from Ms Cull to this month. We did give the opportunity to attend this meeting, but Ms Cull was unable to attend and asked us to hold a separate meeting for her. Clerk replied to explain this wasn't possible. Response from Ms Cull to our original emailed reply was read through by the Chairman. Comments were given on each of our responses to Ms Cull's questions and concerns. TC asked if there was anything we could do that didn't involve yellow lines. Was felt that if we restrict the parking then traffic speed will increase, causing further problems. DV felt unfortunately we are unable to deal with every individual person's requests that we receive. Items need to be an issue for a group of people for us to keep on investigating. DV suggested we respond with the points that our Highways Officer has given. Clerk to sort reply to Ms Cull.

5. *LMP Offer:*

PS and IH had been given details by Clerk. Offer is £2100.79 from Cornwall Council. PS said they have sent a lot of information regarding measurements and costs. An awful lot to do. PS said they don't mention bridle paths which they still expect us to do. Chairman suggested we leave the offer as it is and accept. CV stated we have always used up the offer and more. They expect us to put towards these costs too. As long as we are invoiced for at least this offer, this is OK. DV asked where the responsibility lies. CV felt with us. PS said footpaths is Highways and if we refused, would they have to complete the work themselves? Chairman said IH and PS have a copy of the map. Sort the footpaths we always do and look into all the others. If needed, sort some additional ones in more detail.

Clerk to apply for the LMP offer given.

Months work Read through and approved by all.

Reports Footpaths, Playing Fields and Lambpark, School and Grenville Rooms all discussed.

Members

CV – Local residents have concerns about activity at land at Thorns Cross. Chairman mentioned they requested to get in and thin the forestry out previously. Now we think there are people living there permanently. CV concerned if still the case of someone living in a place for 10 years, that it then becomes legal. Can we check with the planners? Chairman to speak to Planning Officers and ask for advice.

TC mentioned dog fouling in the Churchyard. Clerk to put in parish magazine again.

AS mentioned that the defibrillator will be fitted at Kilkhampton Primary School in half term.

RN mentioned cars at property opposite Dipper Close, Parish Council looking into.

Correspondence

Community Network Meeting was held at the Grenville Rooms, which Chairman, KB, IH and AS all attended. Overview of meeting content given by KB. Chairman said another meeting will be held tomorrow (4th February) at Morwenstow Community Centre. Replaces the workshop previously scheduled.

Letter regarding Rosecott Park footpath from Mrs B Cull read through. Attempts been made to cut the hedge, she felt, were useless and also no attempt to clear up cuttings. Chairman said the hedge is overgrown. Owner lives there permanently now. Chairman will go to both parties and explain the situation again. As mentioned the hedge needs to go back at least a foot or more. DV said the hedge on the junction is the same. Chairman to check all.

Finance Read through by Vice Chairman. Invoices to be paid: £108 Acuti (to pay once issues resolved); £240 Sign O Times; £33 K and J Building Services. IH moved. All in favour.

Date of next meeting: Monday 2nd March 2020, 7.30pm at The Grenville Rooms. Thanks to all and meeting closed.

For any further information, please contact the parish clerk or any committee member.

Hannah Collett

HARTLAND FARMERS MARKET

I had been invited to have a mooch around by Heather and Peter Cherry, organisers of the market, who, as you will see below, also enjoy their food.

Hartland Farmers Market serves the most amazing big breakfast, just right to set you up for a saunter around the stalls. Although I didn't partake myself, I was treated to the best coffee I had ever tasted by the lovely Sabins, Artisan Coffee Roasters. Ahh bliss...

Having been both trader and visitor to many markets all over the UK, I was struck by both the quality of the goods and the atmosphere at Hartland Farmers Markets. Peter & Heather have strong guidelines, defining who can trade at the market. "I have to be quite strict and sometimes upset potential traders" Peter tells me. "Products have to be made, grown or produced locally and not *bought in*" - a sentiment I agree with entirely. Many a time I have stood next to stalls who have unwrapped sausages and pies from a well-known German supermarket and advertised them as "Homemade"! A very dodgy practice.



These fabulous producers range from the Vibrant Veggie Kitchen, an Apiarist, Baker, Game Dealer, Dog Bakery, Fishery and much more. All goods are produced within 25 miles of Hartland, North Devon. No need to worry about your food miles here. Who knew we grew kiwi fruit here in North Devon?

**Hartland Farmers Market, Hartland Parish Hall,
Hartland, North Devon EX39 6BL**

First Sunday of each month, 10am – 1pm

Jan Steele, Author North Devon Does (Facebook)

Website <https://northdevondoes.com>



EASTER EGG TRAIL QUIZ

Saturday 4th April 2020
St Michael's Church, Bude
10.30am – 12.30pm
Entry £1

Follow the trail and win a Cadbury crème egg and
a free raffle entry to win one of our special eggs

Refreshments & Games

Home- made Cakes



Messy Church

at

St Michaels, Bude

10.30 - 12.30

on

Wednesday 8th April 2020

Theme: 'Easter'

Come along and enjoy a fun session of hospitality, crafts, celebration
and lunch for parents, grandparents and children of all ages to enjoy
together

Donations are welcome but not compulsory

NIGEL'S TRAVELS to... ST MAWES

St Mawes is a stunning town on the Roseland Peninsula, totally unspoilt by tourism.

There are several ways you can reach the town. One way is travelling from Bude on the A39 joining the A30 at Indian Queens, followed by the A39 towards Truro, then in Truro pick up the A390 signposted St. Austell, then it is signposted A3078 to St Mawes on the right. Another route is going to Trelissick and catching the King Harry Ferry to St. Mawes. Or a third route would be A39 towards Wadebridge, A389 Bodmin, A391 St. Austell towards Truro then again A3078 on the left.

Once in St Mawes there is a large car park, served by public toilets and cash machine - fortunately the toilets are open all year round. From the car park it is largely level, if you turn left there is a proper footpath with public seating overlooking the bay to view the comings and goings in the harbour on a dry day. If you turn right the road is flat to start with, then an incline to St Mawes Castle. This way you pass the harbour with a daily ferry service, weather permitting to Falmouth, and in the main season you can travel to Trelissick or Truro.

One of the best walks goes alongside the River Fal and Carrick Roads to St Just in Roseland, it is rather undulating through fields, but if you are able you are greeted by a most magnificent church yard with subtropical garden, also a small tea rooms. These can also be reached by car.

St Mawes Castle was constructed in Henry VIII's time. It has limited access, but if you are able it is well worth a visit. It is run by English Heritage and a charge does apply. The car park above the Castle is a good spot to view the shipping in and around Falmouth or just admire the scenery.

There are plenty of options of places to eat and stay. For special occasions there is the Hotel Tresanton, owned by Olga Polizzi, or for more modest budgets, there are: the Rising Sun Pub; The Watch House which includes a fish and chip shop: Mr Scorse, a Deli and Café; Café Chandlers with outside seating in the harbour car park; and St Mawes Bakery on the harbour car park, which is very reasonably priced.

One of the highlights of the year is the St Mawes classic car concourse which is on a Thursday in May, we normally eat at the St Mawes Hotel on the second floor so we can watch the cars leaving at 6.00 p.m.

Near the quayside there is a very interesting building with some old petrol pumps outside, it used to be the old garage, but is now used by the Roseland Gig Club. For those interested in wild life you see the normal sea birds including cormorants, and we were lucky enough to see a seal on the walk back from St Just in Roseland once.

For more information about the area please visit www.stmawesandtheroseland.co.uk



Sunday 15 March 10am-4pm	Strangles footpath maintenance (& beach clean) Join us to help improve the well-used path to Strangles beach. We will be replacing steps, widening the path, and improving drainage to this well-loved remote beach. Also a beach clean if we have time. Meet at Strangles car park. (Grid ref: SX135 952) EX23 0LQ
Tuesday 7 April 10am-3pm	Bird box making- Boscastle Harbour Build a bird box for a variety of birds and wildlife, to put up in your garden. All tools, materials and instruction provided. £5 per box. Meet at the National Trust visitor centre in Boscastle harbour. PL35 0HD.

These events are open to everyone, with no experience or commitment necessary. If you would like to come and help, just turn up on the day. Participants must be able to work near cliffs, negotiate steep hills and uneven ground. All tools and tuition provided, please bring clothes that can get muddy, stout footwear and food and drink. If events change or are cancelled due to adverse weather, we will endeavour to let everyone know. However feel free to get in touch to check beforehand!

For more information call/email: **01288 331372** or jennifer.herbert@nationaltrust.org.uk

UNCLE ERIC'S PAGE

Sunset over the sea

When we stand gazing, on the land
The ebbing tide has wet the sand
Mirroring the sky
The brilliant sun has shone all day
The breeze has chased the clouds away
That drifted way up high.

The summer sky of azure blue
The tranquil sea reflects its hue
It has done all the day.
But as the sun heads to the west
And sinks down slowly, soon to rest
The blue sky fades away.

Replaced by mauve; the sun sinks fast
Its gold moves to an orange cast
Which quickly turns to red.
Its fiery light across the bay
Illuminates with crimson ray
Before all light has fled.

A fireball glares at you and me
Its lurid crimson bathes the sea
And turns the sand to blood.
The sky above ablaze with red
Sun's exit now lies just ahead
As night appears "full flood".

The sky turns deepest velvet black
The day is gone, the night is back
We've seen a magic sight.
Such vivid colours, all aglow
A technicolour "picture show",
All due to nature's might!

Eric Latter

Can you solve these anagrams?

They are all weather events or disasters.
When there is more than one word in the answer, the number of letters in each word is shown, e.g. (4,7).

- 1 SHORT LIAM
- 2 I LEND LADS
- 3 TOM TURNS HERD
- 4 RUN ARCHIE
- 5 REST WIT
- 6 I'D FLOG ON
- 7 IPAD TEEN (4,4)
- 8 NORM STOWS
- 9 HAVE A CLAN
- 10 IAN MUST

What am I?

A meteorological event, in three words

My first is in tempest, not snow and not rain
The next is in heatwave, (they have them in Spain).
The third's in extremely and daytime, not night
This one's always in wrong and also in right.
The fifth is in rainstorm, in frost, not in snow
The next's in accelerate, never in slow.
This one's in aerial, alarming and seat
The eighth is in temperature and found in heat,
The next is in hailstone and also in sleet.
The tenth is in terror when caught in the street!
This one's in open and downpour as well
The twelfth is in forecast as records foretell
My last is in damage, there's oft tales to tell
My whole is an ordeal that feels "just like hell"

**CUT OFF FOR THE APRIL PARISH
NEWS ARTICLES is 15th MARCH.**

Please send all contributions to
jill@kilkhampton.net

What am I? The great storm

10 TSUNAMI
9 AVALANCHE
8 SNOWSTORM
7 NEAP TIDE
6 FLOODING
5 TWISTER
4 HURRICANE
3 THUNDERSTORM
2 LANDSLIDE
1 HAILSTORM

ANSWERS

Anagrams