

The Whitstone

Issue 34- February 2011

Whistler

The community magazine of Whitstone

Free to each household



Whitstone's Izzy Hamilton
Young Sailor of the Year

The Whitstone Whistler

The community magazine for Whitstone

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If you would like to receive a regular emailed copy of The Whistler (.pdf) each month just email us with the word 'Subscription' in the subject line.

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This month’s cover picture is of:

Izzy Hamilton being presented with the
Pantaenius Young Sailor of the Year Award
by Lucy MacGregor

Story on page 9

Community News

News from around the Parish

Whitstone Parish Council

Cllr Andrew Adamson

Chairman

Cllr John Barrett

Vice Chairman

Cllr Mervyn Collins

Cllr Carolyn Medland

Cllr John Mill

Cllr Nick Furse

01288 341111

Cllr Richard Horn

01288 341482

Lucy Woods

Clerk

Plans for a parish event to celebrate the royal wedding, to be held on Friday 29th April 2011, were discussed at the January meeting - watch this space for further details!

The Council received a letter from village resident Samantha Collins highlighting her part in the forthcoming exchange programme between Budehaven Community School and Assossa High School in Ethiopia. The programme aims to develop English language, literacy and sporting skills. The Parish Council have supported the exchange programme by way of a small donation and wish Samantha every success in March!

The next Parish Council meeting will be held at 8.15pm on **Wednesday 09th February** 2011 at St Anne's Parish Hall, Whitstone. The agenda will be displayed ahead of the meeting on the Parish notice board, opposite the shop. If you would like to contact the Parish Council please use the drop-box in the village stores, this box is checked regularly before the agenda is prepared for Parish Council meetings.

Lucy Woods, Parish Clerk

St. Anne's Church



Ruminations from the Rectory

Sunday morning and the second day of January; the village silent, soporific recovery from the previous twenty-four hours at a premium. But today, alas, is a working day for vicars and dairymen alike so, taking the air on the beech clad bank above the rectory, I peer down through a dense network of twigs onto the sombre road that runs from Week Green to the square. A fortnight of ice, salt and gravel, and now the thaw, has left it mucky and dull, gloomy under the leaden sky. A lone jogger pounds by, sending up a crowd of indignant starlings, her pale tracksuit intermittently vivid between the black branches.

The English New Year was not always so dismal, for it used to be celebrated on the 25th March, the Feast of the Annunciation which, with the new growth, was the perfect date for it. Then, in 1752, we adopted the Gregorian calendar so that, instead of counting another springtime, we struggle from the debris of Christmas into deep winter. Moreover, custom demands that we pull ourselves together and make firm resolutions about all our weaknesses and failings. All very depressing; no wonder our Scottish brethren take to drink at Hogmanay!

In the English Church's liturgy there is only one acknowledgement of the New Year, no doubt owing to the Church's unwillingness to get itself mixed up with the wild festivities with which the pagans (and the Scots) greeted it! So, on New Year's Day, the Church celebrates instead the Naming and the Circumcision of Jesus but, in the anticlimax of post-Christmas, this should-be joyful celebration is stifled by a sense of absolute powerlessness over the nebulous stillness of the sodden earth and lifeless trees.

Suitably gloomy, and driving to Warbstow, the sight of the Ottery rushing full flood to join the Tamar at Werrington causes me to

pause at Canworthy Water Bridge and wind down the window. The music of the waters echoes quite a different song, "Dead? What do you mean, dead; I'm as alive as ever I was!" Climbing the hill past Fonston, too, the black hedgerow adds its own evidences of re-awakening life as a chorus of scuffling winter birds point out a new shoot here and a small bud there. Then, at St Werburgh's Church, the austere grey walls pervaded by the atmosphere of human warmth and welcome of its little congregation, my gradually returning optimism that all is well is confirmed in the psalm for the day – psalm number 147:

Sing to the LORD with grateful praise;
 make music to our God on the harp.
 He covers the sky with clouds;
 he supplies the earth with rain
 and makes grass grow on the hills.
 He provides food for the cattle
 and for the young ravens when they call.

May God grant us all a happy, lively and glorious New Year

Revd Rob

February Services at St. Anne's Church

Sun Feb 6 th	11.15am	Holy Communion
Sun Feb 13 th	6.30pm	Evensong
Sun Feb 20 th	11.15am	Holy Communion
Sun Feb 27 th	11.15am	Morning Prayer

Methodist Chapel

We have an Alpha Course starting on February 4th with a free meal and introductory DVD. Anyone is welcome to come along to find out what the course entails. If you have never been involved in a church, or used to go and gave up for whatever reason, or still go but want to deepen your knowledge and commitment then come along and find out what it involves. See all the details on The Alpha page.

Smile Club

Smile Club members and their families met together with Chapel members and friends for a New Years Party on Saturday 15th January. The children had their tea then continued with the traditional party games whilst the adults ate. The evening then continued with all ages games and quizzes which had been brought along by willing volunteers. A really sociable occasion which was enjoyed by everyone from 5 to well I'd better not say but it was 70+!!

Smile Club will resume their fortnightly sessions on Wed 2nd from 6.00 - 7.15pm Children from 5+ are welcome to come along and join in fun games and fellowship. Please contact Pam Colwill if you want any further details. 341279. The following session is on Wed 16th Feb.

Methodist Chapel Services

Services at 11.00am unless stated otherwise.

Sun Feb 6 th	Local arrangement or Worship Leaders
Sun Feb 13 th	Mr Craig
Sun Feb 20 th	Local arrangement or Worship Leaders 6.00pm Circuit Service at Bodmin Street Holsworthy
Sun Feb 27 th	Revd. John Henry with sacrament

Alpha Course

at Whitstone Chapel

What is Alpha?

The Alpha course is open to everyone interested in discovering what Christianity is about. Come, relax, eat, share your thoughts and explore the meaning of life.

Who is the Alpha Course for?

The Alpha course is designed primarily for people who aren't churchgoers and each course is open to everyone who would like to attend.

As a course, Alpha attracts a diverse range of guests of different ages and backgrounds, holding many different viewpoints. Over 7,000 churches are currently running the Alpha course across the UK in rural and urban settings, including every major UK city.

People find out about the Alpha course in a number of ways - a recommendation from a friend, a poster, flyer, newspaper article or advert, or through the website or an internet search.

Why attend the Alpha course?

Guests do Alpha for a wide variety of reasons - some want to investigate whether God exists; others are concerned about what happens after death. Some people have particular questions that they would like to discuss; others want to understand other peoples' beliefs or would like to explore what the purpose of life is. Many guests have never been to church, others may have attended church occasionally but feel they have never really understood the basics of the Christian faith.

When & Where is the Alpha Course?

An introductory evening will be held on Friday 4th February at 7pm at Highbre Crest, Whitstone, EX22 6UF.

Any age welcome, 14 years upwards.

Following that evening there will be the opportunity to explore and ask more questions during the next 10 Friday's, again at Highbre Crest, Whitstone.

Who can I contact?

Linda Cole – 01288 341002

Pam Colwill – 01288 341279

Calling All Young People

The outcome of the Parish Plan highlighted that there is virtually nothing for young people to do in the village or nowhere that they can meet together for a chat and a hot chocolate, coffee or cold drink, may even stretch to a cake or a muffin! For a while now we have felt that once Smile is finished there could be an opportunity to have the Sunday School Hall open so that the teenagers of the village could have somewhere to meet together. We really do not have any ideas as to how it should be run or organized and that is where we need your help. Teenagers what do you want? Adults are you prepared to get behind a youth project? All comments and ideas can be sent by email to maggiestanbury@hotmail.co.uk or left in the postbox outside the Sunday School.

Maggie Stanbury

CONGRATULATIONS!

Izzy Hamilton of Bennett's Court, Whitstone, was presented with the prestigious YJA Pantaenius Young Sailor of the Year Award 2010 at the Tullet Prebon London International Boat Show on Saturday 8th January 2011. The award was presented by Match Racing winner Lucy MacGregor. Izzy picked up her third Youth National title in April 2010. Izzy won a Silver medal at the European Youth Championships in Sopot, Poland and another at the Volvo Youth Sailing ISAF World Championships in Istanbul, Turkey. Izzy has just successfully defended her class Youth World title in Cyprus becoming Britain's first ever double windsurfing Youth World Champion. All that dedication, hard work and training in all weathers has paid off! Well done from Whitstone!



Izzy Hamilton & Lucy MacGregor

Content courtesy of YJA

acorns pre school



A nativity event was held on Friday 21st January with a very good turnout of parents. The children performed a short nativity scene narrated by Cindy after which they sang a few carols. Tea and mince pies were served afterwards.

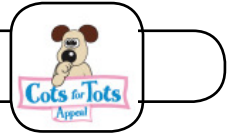
Whitstone Residents Association

Whitstone Residents Association (WRA) met on 20th January 2011 to accept the WRA Constitution, I am pleased to inform the residents that this was accepted and Whitstone now has a Constituted Residents Association. I would like to thank everybody that attended for their support. Ray Feltham was elected as Chairman and we intend to call a meeting in March to elect a Secretary and Treasurer. It is also intended at this meeting to lay out the future plans that the Association would like to make in the following year. The Association would be pleased to hear from any resident who has suggestions as to what they would like the Association to look into.

Contact for suggestions: Ray Feltham on 01288 341051 or email residents.association@whitstonevillage.com

Ray Feltham

Cots for Tots Appeal



We would like to thank all of our customers and friends who have once again given so kindly towards our fundraising for the Cots for Tots appeal at our Taste of Christmas open evening held back in December. We are delighted to have so far raised £1315.90 through donations, draw ticket sales and the sale of merchandise. This will comfortably take the total you have helped us to raise in the last three years to over £5000.

Your continued support and generosity never fails to astound and humble us for what we know you understand to be a cause so close to our hearts. We are looking forward to visiting Bristol in the near future to present the funds - more details in a later issue. Our thanks must also go to all who attended and supported us to make the night a success, especially the Carol Singers for providing the entertainment and donating their collection to our charity.

Our Congratulations go to the many winners including Mr Barriball of Week St Mary who won the Wii Console and Mrs Moorman of Whitstone who won the Hamper.

Thankyou.

Dan & Kyla - Premier Whitstone Stores

Whitstone Cancer Research UK



There is a committee meeting to be held on February 16th. 7.30pm at The Chestnuts, Balsdon Road, home of Ruth and John Mill.

Whitstone C.P. School



In 2000 as part of the millenium celebrations a group of artists helped the children create a mosaic showing aspects of village life. This is in need of some repair and the school would like to relocate it to a more favourable position.

We are looking for a volunteer to remove the mosaic, which is on three wooden panels (approx 1 metre by 60cm each), and glue back the missing tiles (which we have). All materials provided.

If any one would like to take on this task could they please contact the school:

Tel 01288 341241 or email head@whitstone.cornwall.sch.uk

Thank You.

Paul Woolner

Cornwall Power Ltd. Open Day

Cornwall Power Ltd. are showing plans and a proposal for a working solar site in the Parish of Whitstone.

Friday 11th February 2011, 1pm until 8pm

at St. Anne's Parish Hall, Whitstone

Full displays to have a look at

All Welcome

Bude Rural Beat Policing

PC Nick Jessop is our new Rural Beat Manager. By way of introduction I have republished his words below from the Neighbourhood Policing website. You can meet Nick at the Coffee Club on Tue 1st Feb in the Methodist Sunday School from 10:00am. He will be very pleased to see you there. (Ed)



Nick Jessop

My name is Nick Jessop and I am the Bude Rural Neighbourhood Beat Manager.

I have been a police officer for over six years. My career so far has involved 2 and a half years as a patrol officer in Bude followed by 3 and a half years on the Crime Investigation Department (CID) at Launceston.

I have lived in the Bude area for 21 years now and currently live in a rural community.

I am really looking forward to working as the neighbourhood beat manager for the Bude rural area and working with community members to keep this beautiful area of Cornwall a safe and peaceful place to live in. If you see me

in your village either on foot, in a police

vehicle or on a cycle, please feel free to stop me and have a chat.

A lot of good work is already being carried out in our communities, such as community speed watch and farm watch, and crime levels are low. My aim is to maintain this good work, focusing on anti-social behaviour and increasing public confidence in the service we provide.

I have now created a new Facebook page for Bude Police. We will be posting our events and news stories, as well as having our contact details available there, (<http://www.facebook.com/#!/pages/Bude-Police/143473519044079>) or just enter **Bude Police** in the search box.

PC 6585 Nick JESSOP

Bude Rural Neighbourhood Beat Manager

Bude Police Station, 1-2 Lansdown Close, Bude, Cornwall, EX23 8BP, Tel: 01288 357502

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Councillor's Report

By Cllr. Phil Tucker

National Auditing

The council is being audited by Ofsted at the moment as well as other government organisations. Following the criticism during the County Council days, Children's Services, Adult Care and the Fire & Rescue Service, are particularly under scrutiny. It will be some time before we have the full results of this but early signs are favourable. Indeed some practices we are using have been recommended to other Councils.

Waste Collections

No doubt you have read many articles in the newspaper about collection of household waste. I want to reassure readers that nothing has been decided regarding this. We have asked contractors for quotes for the next 7 year contract period. There were a number of options being discussed, bins, fortnightly and weekly collections and the separate collection of food waste. I am on this panel and can reassure readers that not one Conservative Councillor chose the option of fortnightly collections to use as an option for the new tendering. Unfortunately some of the other political party people did want to choose fortnightly collections as an option. One has to wonder why because they then blogged that the Council were considering fortnightly collections but that they would oppose it. As I said, if they had supported, tendering for weekly collections, then there wouldn't be a case to fight. Or perhaps that is why they didn't!! I am confident though that when this comes to a full vote that there are enough independent councillors to support any Conservative opinion of weekly collections.

A bit of Success

Cornwall Council has been shortlisted in the challenge to identify the "Most Improved Council" this is a real accolade for the county. There have been a few people buzzing around the different offices talking to staff and partners of the council in the final stage of judging. Along with the Ofsted Auditors and other Councillors/staff from other councils, who are keen to learn from some improvement plans in place, the offices have had a real vibe about them. When the result is announced I will let you know the outcome.

If you have concerns, as with any issue whatsoever, please give me a call on 01288 341617 or philip.tucker@homecall.co.uk



Bude Folk Club

The Falcon Hotel, Bude



TUE 1st Feb – FOLK FESTIVAL COMMITTEE MEETING – 7:30pm.

WED 9th Feb – FOLK FESTIVAL FUNDRAISER – BEETLE DRIVE – 7:30pm
Admission £2.50 per person, 50:50 raffle, Prizes for highest & lowest score and for best drawn beetle. Great fun for all the family. A night NOT to be missed!

FRI 11th Feb – BUDEFOLK ON TOUR – THE OLD MARKET INN, HOLSWORTHY – 8:00pm
Session to raise awareness of the Bude & Stratton Folk Festival – all welcome

SUN 13th Feb – BUDE FOLK CLUB – VALENTINES THEME – 8:00pm
All welcome, singers, musicians, storytellers etc. free entry, collection for club funds

FRI 25TH Feb – BUDEFOLK ON TOUR – THE BUSH INN – MORWENSTOW – 8:00pm
Session to raise awareness of the Bude & Stratton Folk Festival – all welcome

SUN 27th Feb – BUDE FOLK CLUB – 8:00pm
All welcome, singers, musicians, story tellers etc. free entry, collection for club funds



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February 2011

1 Tue	Coffee Club , Methodist Chapel Sunday School, 10:00am-12:00midday (PC Nick Jessop attending) Bude Folk Club , Folk Festival Committee meeting, 7.30pm.
2 Wed	Yogacise , Whitstone CP School, 7:00pm-8:00pm Smile Club , Methodist Chapel Sunday School, 6:00pm-7:15pm
3 Thu	
4 Fri	Alpha Course , Highbre Crest, Whitstone, 7:00pm BCC FILM , INCEPTION (Cert 12), Parkhouse Centre, Bude, 7:30pm
5 Sat	
6 Sun	Service , Methodist Chapel, 11:00am Service , St. Anne's Church, 11:15am
7 Mon	RECYCLING Badminton , Whitstone Head School, 8:00pm-10:00pm
8 Tue	
9 Wed	Yogacise , Whitstone CP School, 7:00pm-8:00pm Bude Folk Club , Folk Festival Fund Raiser-Beetle Drive, Falcon Hotel, Bude, 7.30pm Parish Council Meeting , St Anne's Parish Hall, 8:15pm
10 Thu	
11 Fri	Cornwall Power Ltd, Open Day , St. Anne's Parish Hall, 1:00pm-8:00pm Bude Folk Club , Budefolk on Tour, The Old Market Inn, Holsworthy, 8:00pm
12 Sat	
13 Sun	Service , Methodist Chapel, 11:00am Service , St. Anne's Church, 6:30pm Bude Folk Club , Valentine's Theme, Falcon hotel, Bude, 8:00pm
14 Mon	Badminton , Whitstone Head School, 8:00pm-10:00pm
15 Tue	

16 Wed	Yogacise, Whitstone CP School, 7:00pm-8:00pm Smile Club , Methodist Chapel Sunday School, 6:00pm-7:15pm Committee Meeting, Whitstone Cancer Research UK , The Chestnuts, Balsdon Road, 7:30pm
17 Thu	
18 Fri	
19 Sat	
20 Sun	Service , Methodist Chapel, 11:00am Service , St. Anne's Church, 11:15am Circuit Service , Methodist Chapel, Bodmin Street, Holsworthy 6:00pm
21 Mon	RECYCLING Badminton , Whitstone Head School, 8:00pm-10:00pm
22 Tue	
23 Wed	Yogacise , Whitstone CP School, 7:00pm-8:00pm
24 Thu	
25 Fri	Bude Folk Club , Budefolk on Tour, The Bush Inn, Morwenstow, 8:00pm
26 Sat	
27 Sun	Service , Methodist Chapel, 11:00am Service , St. Anne's Church, 11:15am Bude Folk Club , Falcon Hotel, Bude, 8:00pm
28 Mon	Badminton , Whitstone Head School, 8:00pm-10:00pm
March 2011	
1 Tue	Coffee Club , Methodist Chapel Sunday School, 10:00am-12:00midday
2 Wed	Yogacise , Whitstone CP School, 7:00pm-8:00pm
3 Thu	
4 Fri	BCC FILM , THE SOCIAL NETWORK (Cert 12A), Parkhouse Centre, Bude, 7:30pm
5 Sat	
6 Sun	

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Mrs Trewhitless

Notes from the Whitsend Kitchen

Super Soup!

What could be better for supper on these cold crisp evenings than a dish of steaming soup! It's been on the menu in the Trewhitless household most evenings for the last week or two, and so far there have been no complaints. The possibilities for soup variations are endless; my inspiration often comes from what's on display in the Village Shop; butternut squash of course, just made with an onion or two, or maybe with some curry spices added. I enjoy making what I think of as a kind of **Thai butternut squash soup**, with some grated fresh ginger, chopped chilli, garlic, coconut milk and lime juice. I vary the amounts of each, or rather they tend to be varied by accident and every soup develops its own unique flavour.

Mind you, those wonderful new digital kitchen scales I was given for Christmas might just begin to improve my rather haphazard approach in the kitchen. I can now measure even half an ounce accurately!

Parsnips often provide the basic ingredient for soups at Whitsend, because I just love their unadulterated flavour. This is my method, though I hardly think any of you will need it, simple as it is.

For **parsnip soup**, you need:

2 or 3 large parsnips

1 large onion chopped

1 medium potato (optional)

1 medium carrot (optional)

2oz butter, or 1oz butter and a tbsp olive oil, or 2 tbsp olive oil

1½ pints of water or stock

Roughly chop your vegetables and then melt the butter or heat the oil in a heavy pan – my heavy cast iron pan is just ideal for this, and throw in the chopped onions and the other vegetables. Stir them around until they are well coated with the butter or oil, then put the lid on the pan and leave on a gentle heat to sweat for 10 minutes or so, giving them a stir every so often so that they don't "catch" and turn brown. Then add the hot water or stock and simmer in the pan for a further 15 to 20 minutes. Remove from the heat and allow to cool for a few minutes before blending with a hand-blender, or putting into your liquidiser. Return the mixture to the pan and gently reheat before serving. I often add a dollop of natural yogurt to each dish of soup as it is served, a sprinkling of freshly grated pepper and maybe a sprig of parsley if there's some to be found in the greenhouse at this time of year.

This is basically my method with all vegetable soups, and the fun is adding something to your usual recipe that you might have lying around the kitchen or left over in the fridge from yesterday's meal, then to discover a new happy combination. Cumin, coriander and possibly some cayenne pepper (all added at the sweating stage) turn the above into a beautifully warming spiced-parsnip soup, and my Launceston friend, Yvonne told me only yesterday about adding a cooking apple to liven up parsnip soup – that'll be my next experiment. Do you have any Jerusalem artichokes growing in the garden? They make simply divine soup, prepared just as the plain parsnip soup above.

My friend Liz from Tavistock has sent me 2 of her favourite soup recipes to share with you: for **Cream of Spinach and Courgette** you need:

- 1 medium onion
- 1 large courgette
- 1 medium potato
- 4 oz spinach
- 2 pt stock
- parsley

Heat the oil and sauté the onion and courgette, then add the other ingredients. Simmer for 20 minutes, cool and blend.

Mulligatawny Soup – ingredients:

- 1 carrot
- 1 onion
- 1 potato
- 1 cooking apple
- 2 garlic cloves (crushed)
- 1 tbsp curry powder
- ½ pt tomato juice (or Liz uses tomato paste with water)
- 2 pts stock

Chop the vegetables and sauté. Add the garlic and curry powder and cook for 2 mins stirring constantly. Add all the liquids and simmer for 30 minutes. Cool and blend.

I know I can get these ingredients locally, so definitely will be trying out both of these this week.

There have been some wonderfully fat leeks in the shop, which when married with a couple of large potatoes, made a delicious **leek and potato soup**. I did make rather a huge amount for just Mr T and me, so it lasted a second day with the addition of a thinly sliced up smoked sausage. It worked really well.

Many thanks to Yvonne and Liz for their ideas and it would be *souper* (apologies!) if you dear readers would share some of your favourite soup recipes with the rest of us, just by e-mailing the Whistler or catching me, Mrs Trewhitless selecting my soup ingredients at the village veggie counter.



Brian's Animal Life Quiz

- 1 In what position do horses sleep?
- 2 What is the collective name for a group of domestic cats?
- 3 If a wild rabbit thumps its back feet, what is it likely to be doing?
- 4 What is the fastest land animal?
- 5 The baby of which animal is called a Joey?
- 6 Which are the only mammals that can fly?
- 7 What is the kangaroos' normal method of defence?
- 8 The soles of the Polar Bears' feet are different to other bears, in what way?
- 9 Which is the largest mammal baby?
- 10 What does the common mole feed on?
- 11 What do the Californian Condor, the Giant Anteater and the Indian Lion all have in common?
- 12 What colour are wild Budgerigars?
- 13 How many sets of teeth does the domestic dog have in a lifetime?
- 14 What type of animal is a Cornish Rex?
- 15 What type of animal are Pinto, Haflinger and Waler?
- 16 Which Particular domestic animals might be Netherland Dwarf or New Zealand White?

Answers on Page 27

W The Whitstone hippersnappers

French Café

One of the activities the children in Key Stage 2 really enjoy and look forward to is the French café that is held at the end of term. Applicants for the positions of waiters/waitresses undergo rigorous interviews. An attempt is made to give Class 3's classroom a certain je ne sais quoi, although it has to be admitted that the morning after the last performances of the Christmas presentations the night before meant that it was a little more difficult to determine what that certain something actually was.



Les serveuses and their clientele have to conduct their transactions in French, and, in addition to the occasional misunderstanding, there is the typical organized chaos in the kitchen that is so beloved of the creators of situation comedy.

Forest School

The older pupils enjoyed their third session of forest school. We were a little concerned that the session would have to be cancelled as the weather forecast predicted rain and the three or four days preceding the Friday on which forest school was to be held had been wet. However, although the day was overcast, there wasn't any rain to put a damper on proceedings. In this session, we had been promised that there was to be a fire, and so the absence of any rain was doubly welcome.

This time, to make the activity more manageable and enjoyable, we went in two groups rather than one large one. First, pupils in Class 2 went to the woods at the start of school. Then, pupils in Class 3 walked from school to the woods, meeting their friends at the entrance to the woods. The older children walked to site of the 'camp' while the younger pupils walked back to school. We walked with Claire Coombe, who this time was assisted by Charlie, to the site of the 'camp', which was where we were based for the last session. We were pleasantly surprised to find that the shelters we had built were still intact.



The task for this session was safely to build a fire. Claire had informed the area's Fire Control Centre that we would be in the woods and lighting a fire so that if someone reported seeing smoke in the woods the emergency services wouldn't be called out on what would turn out to have been a false alarm.

Claire talked about where a fire should be sited, choosing a level area that was clear of undergrowth, and the different ways of igniting a fire (including the provision of tinder, kindling and wood for fuel). Having established a good fire, we boiled some water for drinks of hot chocolate. After lunch, we played some games, one of which was Bat and Moth. We rounded off our session with toasting some marshmallows over the glowing embers of the fire.

Before we left the site, we made sure that the fire was completely damped down and extinguished so that there was no risk of the fire spreading. We walked back to school, and we decided, though it was difficult to make the choice, that this session of forest school had been the best so far.

Class 1

One of the topics pupils in Class 1 are studying this term is growth. They have planted some seeds and drawn and painted some flowers.



Adventure Ecology Club

Members of the after-school Adventure Ecology Club have been thinking about the welfare of their feathered neighbours. Last term, they made nest boxes, some of which will be placed around the school grounds in anticipation of the breeding season. The more pressing concern is to supplement the food supply of the birds during these cold and wet times. They maintain feeding stations around the school's grounds and at their most recent session made some bird-food cakes to add to the menu on offer to the birds.



Can you help?

Grazing is required for two ponies or local stables which offer all year turnout. The owner is moving to the village this month. If you can help contact irene@whitstonevillage.com for Debbie's e-mail address.

Answers to Brian's Animal Life Quiz on page 24

1. Standing up
2. A Clowder
3. A warning of danger
4. Cheetah
5. Kangaroo
6. Bats
7. It kicks with its hind legs
8. The Polar Bear has hairy soles
9. Blue Whale (20ft)
10. Earthworms
11. All are endangered species
12. Green
13. Two
14. Cat
15. Horses
16. Rabbits

Lost Idyll

By Ean Lawrence

The old house stands aloof. It is stained, long-abandoned, turning blank eyes onto an unsympathetic world. A spectral moon, hanging low and big in the winter's night sky, imparts a glimmer to the house's crystalline coating.

I have often strayed into the rooms and passages, but never during the night. It was always a delight to leave the noisy reality of a bright afternoon in summer and sink into the deep silence of the empty house; but now I feel as strange as an owl abroad in daylight.

I am drawn by an anxious yearning through the decaying portal from the peace of dreams to a place of unsettling shadows. I hear a faint voice.

Did I not know that all houses in which men have lived and died are haunted? This, then, is a haunted house.

I am admonished to tread softly.

A chill air passes over me, and I move with an unaccustomed timidity, glancing nervously into deep-shadowed corners. I stop in a beam of moonlight that pierces the kitchen window. The voice again speaks.

There is nothing to fear. The spirits that haunt this place can only be seen by the spirit alone, though they can be sometimes heard by discerning souls that are willing to hear them.

I can't say that I am reassured by what the voice says. I am beginning to doubt that the voice I hear is outside my head. In dreams, the origin of the voices that are heard can be so easily misplaced. I am not sure if I am asleep or awake; yet how quiet it is, how otherworldly.

These introverted rooms and passages, now so silent and still, must once have echoed with the voices of children and the patter of shoeless feet. Does there not seem to be the traces of tiny feet upon the stained floor? Does it not seem possible that little faces stare out from the dark corners and mutely ask why you are here? Where are those children now?

Some are, no doubt, sleeping with flowers above their heads, untouched by the song of the lark and the bark of the fox; some are busy men and women worn down with care and loss, far away from this hushed spot. Do they remember the old haunts and the happy games of innocence? I see a vision of mothers soothing their children to sleep with lullabies learned in that half-forgotten time. Perhaps the men and women, toiling in factories and being engulfed in the labyrinth of corrupted ambition without a string of hope and crowding onto hellish commuter trains, are shadowed by visions of the old place. The voice returns.

You can take nothing with you out of this world, not even the toys of your childhood – certainly not the pile of possessions accumulated over a lifetime.

Suddenly, it seems like sacrilege to be in the house of a thousand regrets. I no longer hear the laughter of children but sense, instead, the shudder of pity at an insupportable grief.

Now the rooms seem sad and desolate. The moonlight seeps into the house and creeps along the corridors like a sigh. All of a sudden, the silence and solitude, that once were a comfort and a boon, have become heavy and oppresses me. What now appears to be a weird and unholy half-light, weighs upon my imagination, and I am saddened and dispirited by the memories that plague the house. I strain to hear the voice, but it is lost in a crashing silence. A dread descends upon me, and I hasten to leave the house. It is a relief to pass through the door.

The garden is washed silver by the moonlight. Although the shadows here are more intense, they seem to emit less menace. But as I move along the path that leads out of the garden, strange shapes loom up before me. Even though I am familiar with the layout of the

garden, the map I have in my head is one illuminated by sunlight, not by moonlight, and it takes me a moment or two to realize that the bizarre shapes that confront me are the distorted silhouettes into which the combination of time and neglect have transmuted the once shapely topiary. In bleached alcoves, cold stone seats have been claimed and taken possession of by Nature: rapturously adorned with ivy and softly upholstered with moss.

The light of the sunrise begins to deepen in richness. A fragrant air lays to rest the anxieties of the night, and soft, sleepy notes are whispered in the trees as the chorus greets the dawn that tentatively creeps in and dispels the hoary veil that cloaks everything in an aura of mystique.

The voice speaks again for the last time.

You may not know a life although you live it; but there will come a time when you will come to know it - and to understand it.



Friday is film night in Bude

Films are shown at the Parkhouse Centre
Ergue-Gaberic Way, Bude EX23 8LD
Doors open 6.30 pm — Screening starts 7.30pm
(unless otherwise stated)

Fri 4th February - Inception (cert 12)

Fri 4th March - The Social Network (Cert 12A)

Admission: £4.00 - Tickets are available from Bude TIC, Ark Angel Bookshop Bude, on the door, or buy on line via the Cornish Riviera Box Office at www.crbo.co.uk (NB. No Booking Fee!)

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20 Questions

1	Do you have an ambition not yet achieved	<i>White water rafting</i>
2	Who is your favourite author	<i>JRR Tolkien</i>
3	Most read of his/her books	<i>The Hobbit</i>
4	If you could have 3 wishes, what would they be	<i>Health, Happiness, Prosperity</i>
5	Music you like to listen to	<i>The sound of silence</i>
6	Best holiday you have had	<i>Egypt</i>
7	Film you would watch more than once	<i>Chicago</i>
8	Meal you have most enjoyed	<i>Steak au Poivre</i>
9	Choose 3 records for a dessert island sojourn	<i>Beethoven – Moonlight Sonata, Dire Straits – Stairway to Heaven and Money for Nothing</i>
10	What scares you	<i>Moths</i>
11	Do you have a fantasy	<i>No</i>
12	Something you just do not like	<i>Insincerity</i>
13	Clothing you wear most frequently	<i>Jeans</i>
14	A celebrity you would invite to your home	<i>Diarmuid Gavin for a garden makeover</i>
15	Favourite flowers	<i>White Lilly's</i>
16	Most embarrassing moment	<i>Having a large pink bum in the carnival</i>
17	Name you considered but did not use for your child	<i>Irene</i>
18	Animal you would like to own	<i>Have it – a dog</i>
19	Household object you use most frequently	<i>Corkscrew</i>
20	Which one of the elements would you bottle	<i>Air</i>

**Answering questions this month was
Irene Sutton**

Local Bird Observations

The world is inhabited by more than nine thousand species of bird and no other group of animals arouses our interest so much, their colours and songs and the way that many of them come to garden feeding tables make it easy for us to observe their antics, but unfortunately due to pollution and the introduction of pets, i.e. cats, and habitat destruction more than one in ten of the world's bird species are considered by the International Council for Bird Preservation to be threatened or endangered.

My husband and I keep a yearly check list of birds seen, and starting on January 1st this year we have seen: - Blackbird, Robin, Coal Tit, Chaffinch, Siskin, Great Tit, Dunnock, House Sparrow, Pied Wagtail, Goldfinch, Starling, Greenfinch and Blue Tit, feeding from Sunflower hearts in three feeders, Niger seeds, Peanuts, fat balls, and suet pellets with seeds and insects in them, so of course it is no wonder that we get



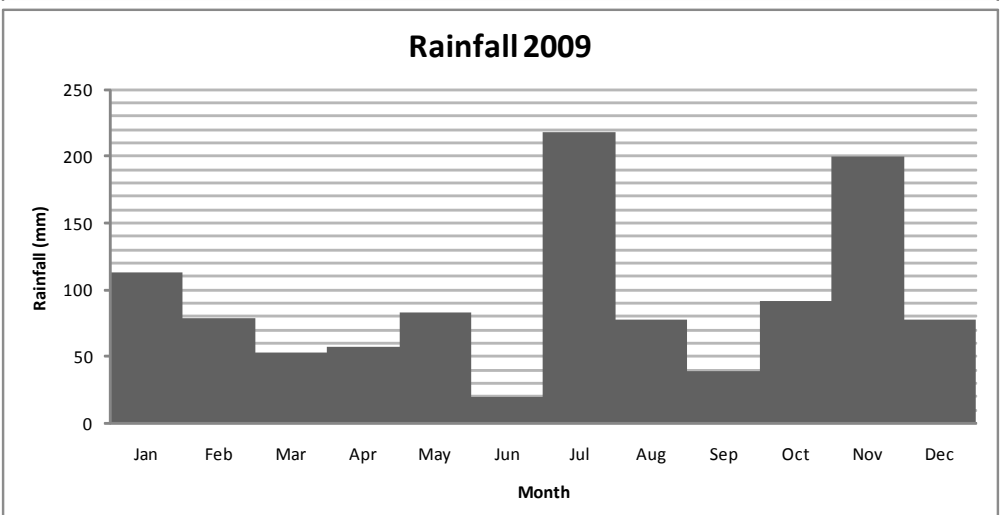
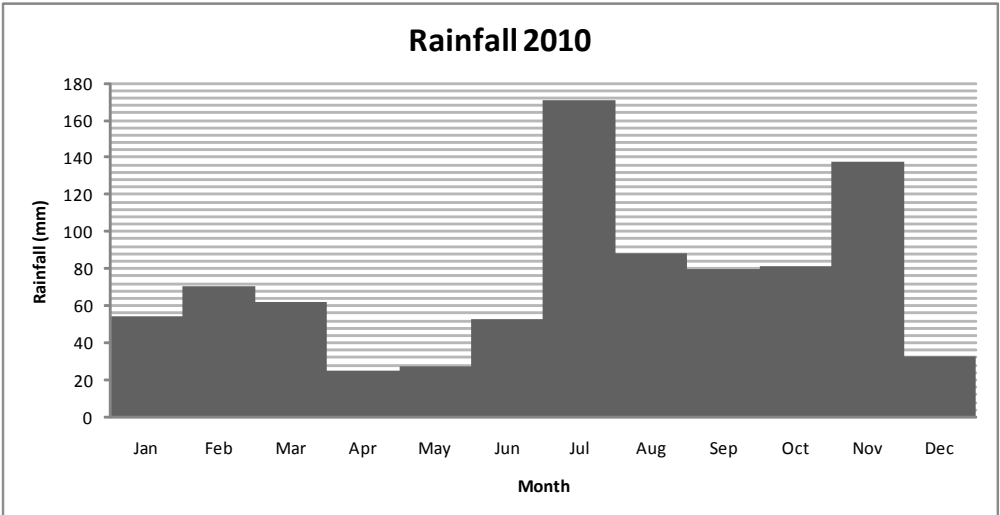
Gadwall

so many different birds, we also took a walk along Bude canal and saw another 16 species. On the 1st of January 2011 we had seen 29 different species all told, to date as at 9th January we have seen 48 different species. Some of the more unusual ones are Gadwall, Coot, Tufted Duck, Black Tailed Godwit, Nuthatch and Redwing. Just before Christmas we had a Brambling come to feed with the Chaffinch in our garden, and on the Bude Marshes we saw a Red Breasted Merganser. Last year our total was 91 different species of birds, all seen locally.

Fran Slade

Rainuage

The start of a new year seems like an appropriate time to look back at our Whitstone weather, especially the rainfall. As you can see from the charts below July was our wettest month, as it has been for at least 3 years in a row now. We had less rain over the whole year (881.5mm) compared to 1107.5mm in 2009 and 1124mm in 2008.



Rainfall readings courtesy of Margaret Short, Langaton Farm, Whitstone. All observations are recorded at 7:00am daily.

Useful Telephone Numbers

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Dentists	Emergency	0870 242 1242
	Oasis, Bude	01288 355 355
	Endsleigh, Holsworthy	01409 259330
	Morwenna, Bude	01288 352340
Surgeries	DK Lawrence, Stratton	01288 356579
	NHS Direct	0845 4647
	Holsworthy Doctors	01409 253692
Hospitals	Stratton Medical Centre	01288 352133
	Barnstaple	01271 322577
	Plymouth	0845 155 8155
	Stratton	01288 287 700
Libraries	Truro	01872 250000
	Bude & Mobile	0300 1234 111
Police	Holsworthy	01409 253514
	Bude	01288 357502
Utilities	Devon & Cornwall, Exeter	08452 777444
	Electricity	0800 365 900
	Gas	0800 111 999
Emergency	Water	0800 169 1144
	St Anne's Hall	Booking
MP	Dan Rogerson	01566 777123
Cornwall Councillor	Phil Tucker	01288 341617

Mobile Library Every other Tuesday

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