

# Denbury Diary

ISSUE  
215



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**11th February**  
2pm - 2.45pm



## DENBURY MUGA

### 1<sup>ST</sup> OF FEB 2019 MEMBERSHIP RENEWAL

**FOR MORE INFORMATION:**

Please contact Rob White via email [rob@ashtons.uk.com](mailto:rob@ashtons.uk.com) to enquire or obtain membership. Tokens for lighting are available from Denbury Primary School and the pub which are priced at £3 each. Each membership will come with a key that will access the MUGA, there is a notice board so members can book their slots at busy periods.

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**DENBURY MUGA**

Heathfield Road  
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TQ12 6DT

**CONTACT**

07967817960

[rob@ashtons.uk.com](mailto:rob@ashtons.uk.com)

## What's on this month

**Sunday 3rd**

No Service in Denbury (Broadhempston 11am)

**Monday 4th**

Parish Council Meeting 7.30pm, Village Hall  
Art Club: Church cottage 7pm-9pm

**Tuesday 5th**

Stitchers 7.30pm, Church Cottage

**Thursday 7th**

Coffee Drinkers - Hostess Jean Duggan

**Saturday 9th**

3-5pm Messy Church. Ipplepen Church Hall

**Sunday 10th**

9.15am Sunday Club meets

**Thursday 14th**

Coffee Mates 10.30 – 12 noon, Church Cottage  
Coffee Drinkers - Hostess Denise Burningham

**Monday 18th**

May Fayre AGM 7.30pm Union Inn  
Art Club: Village hall 7pm-9pm

**Tuesday 19th**

Stitchers 7.30pm, Church Cottage

**Thursday 21st**

Coffee Drinkers - Hostess Kaaren Lambert

**Thursday 28th**

Coffee Drinkers – Hostess Mary Griffin



**Broadhempston Post Office**  
Monday - Friday  
9.00am to 12 noon.

**Ipplepen Post Office**  
Mon - Fri 9.00am - 5.30pm.  
Sat 9.00am to 12.30pm.

**Denbury Post Office**  
Tues 9.00am - 11am  
Church cottage

**Abbotskerswell Post Office**  
Monday - Sunday  
7.00am to 8pm.

## Village Christmas Card Update

Thank you all for your generous donations, this year the village Christmas Card raised a total of £1298, which will be worth considerably more when gift aid is added. Rowcroft Hospice has been given £705 (plus extra gift aid) and £593 has been donated for village groups and causes in need of funds, I am in the process of sharing this out to those groups who responded.

Thank you all. Louise

## Denbury May Fayre Annual General Meeting

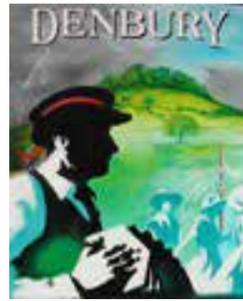
This is an open meeting and we would like to invite anyone who is interested in seeing how they can help support the event and the community we all live in. Monday February 18th, 7.30pm at the Union Inn Function Room, Denbury. The great Denbury May Fayre has historically been a fundraising event for the village. The way it has worked is that organisations and groups put bids in beforehand and once the event has happened funds raised are distributed fairly by the voluntary committee to the bidders.

When I first joined the May Fayre team at least 10 years ago, we had bids in from many different areas of the village including Playgroup, WI and many others, but with the closure of so many of these I am a little concerned that the funds we distribute may not necessarily go towards benefitting a wide enough cross section of the village, ensuring that everyone benefits from the event in some way – perhaps there are things we can look at to address this? Our village has grown over the last few years and we have lots of new families as well as the school is now attended by a high percentage of pupils who live outside of the village and may not have the strong connections with it. Lots of you may not be aware of the history of the May Fayre and how much it does benefit Denbury and I feel this is an ideal point where we should all gather to hear what the event has meant to our community and what it still means to our wonderful community.

This is your village event and the incredible group of people who work hard to make it happen each year are more than happy to keep going but appreciate the assistance and input of everyone in the village to make this event not only a wonderful day for everyone, but a successful fundraising exercise.

Steve Bassett from Denbury once said “In these days when we are told rural communities are dying, it is all the volunteers that make the fayre happen that are ultimately helping to keep our community alive and make Denbury such a wonderful village to live in.” I totally agree so please do come along and let’s all talk May Fayre!

Emma Twamley emmanice@outlook.com



## DENBURY STITCHERS

Have you got itchy fingers?

Would you like to learn / refresh any stitching craft?

We are a friendly group that would welcome new stitchers (embroidery, knitting, crochet, sewing, patchwork etc.).

We meet on alternate Tuesdays in the Church Cottage at 7.30pm.

Refreshments are provided. If you just want to chat then we love to talk as we stitch!

## Stargazing highlights in February

If you were up early last month you might have seen two fantastic bright stars in the Southeast sky just before sunrise, there were actually the planets Venus and Jupiter.

Did you manage to see the Super, Blood, Wolf Moon in January? I slept through it sadly but this month there is another Supermoon so I will try a bit harder to stay awake, below are the dates of interesting celestial events coming up.

**4th February:** New moon - the best time for stargazing as there is less moonlight interference making it easier to see faint objects like galaxies and star clusters.

**19th February:** Supermoon, the 2nd of 2019. This is a full moon, called the Lenten Moon.

**27th February:** Mercury spotting! The planet Mercury will be at its highest point in the evening sky, look to the West just after sunset low on the horizon.

I found an interesting website with a calendar of events for the whole year which is worth a look at <http://www.seasky.org/astronomy/astronomy-calendar-2019.html>

Louise



## Thank you Ged!

A big thank you to Ged for all his amazing hard work over the last three years delivering the Denbury Diary to our fantastic team of volunteer distributors. Ged has now retired from this role and is being kept very busy with the new addition to his family.

We wish you all the best!

The Denbury Diary Team

## 700th Anniversary – the Final Word?!

Tessa has created some more of her lovely “Pilgrim Badges”, to commemorate the fabulous time we had last September. She’s met the orders from various villagers, but there are more available in the Church Cottage. Please help yourself – though any donations to the Church Bell Fund would be MOST welcome! Thank you Tessa...



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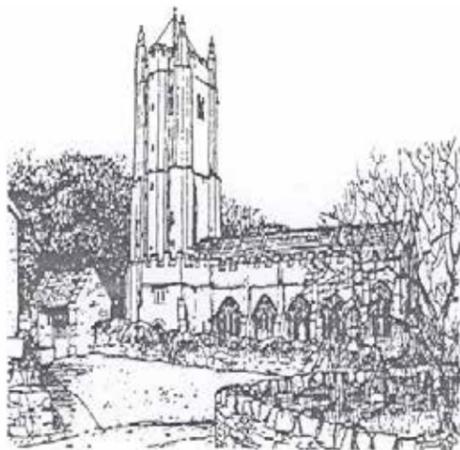
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### The View from Torbryan



I'm never quite sure how long it is acceptable for to wish somebody a happy New Year. Well in this case there is no Denbury Diary in January so I will wish readers a Happy New Year at the beginning of February when you read this.

Last weekend we welcomed the Beltane Border Morris to Torbryan for the Wassailing ceremony. This is a ceremony in which the apple trees are blessed in order to produce an abundant harvest. It is important to make lots of noise to scare away the bad spirits and also to hang slices of toast soaked in cider on the branches as a gift for the robins which will eat bugs off the trees. It is also important for the humans to drink cider, one of the many gifts of the apple tree, and I think this aim was certainly well achieved!

Beltane Border Morris are, to my mind, always a joy to see performing. They intersperse their dances with stories of old Dartmoor and the Devon countryside, tales and folklore that might otherwise have been lost in time. Unlike I think some Morris troupes their numbers are booming and any would-be applicant is apparently vetted to see if they are good enough to join in terms of dancing or playing an instrument. That would count me out, although I am pretty good at thwacking a stick on the ground!

I am grateful to Rosita for allowing the Wassailers to come and bless the trees in her garden – very community spirited! You would definitely want to be aware that the Border Morris were coming round since if they turned up unannounced their slightly fearsome appearance might be a little scary. Appearances in this case are certainly deceptive since in fact once you get talking to them they are some of the nicest people you could meet.

By the time you have read this we will have had our winter concert at the church – a report about that next month. In fact there are exciting plans afoot for future events there so watch this space!..

Georgie Brendon

### Notes from Dec & Jan PC Meetings

#### Notes of the Parish Council Meeting 3rd December 2018

The Chairman reported that he had met with representatives of the school, Village Hall and Multicourt, and has agreed that the school will take on the Multicourt for the time being, with bookings also being taken. The charitable status of the Hall and the Site has been re-instated with the accounts having now been registered. It was also noted that the lease on the Hall runs out in 2027, so it has less than 10 years to run.

New stones are going to be set around the Village Greens to try and prevent the illegal parking on the Greens which has taken place this year. On the issue of parking, it appears that our only option to reduce the obstructive parking which is continually occurring at the Cistern will be to have yellow lines around each corner of the junction, although East Street appears to have the worst problem. This option is seen as a last resort but we are informed that it is the only practical option; it is a shame that so many vehicle owners are quite happy to obstruct the flow of traffic and hinder any emergency vehicles which may need to pass.

Ogwell FC is carrying out improvements to the existing buildings on the Playing Fields, and it is hoped that we can get things moving with the proposed new Pavilion in the New Year.

The Parish Council would like to wish everyone a prosperous New Year

HW

#### Notes from the Parish Council Meeting 7th January 2019

The Chairman wished everyone a very Happy New Year, but the Council was then saddened by the news that the husband of District Councillor Mary Colclough had passed away during the Christmas break. The Council extend sincere sympathy to Mary, who has been a staunch supporter of our parish for many years.

On a happier note, Jason Hones has joined the Parish Council and we now have no vacancies for the first time in many years! It will be good to have more input within the Council to ensure that the views of parishioners can be represented. We do realise that we do not have anyone representing Torbryan villagers, so if anyone from Torbryan has an issue that they would

like the Council to discuss, please contact Sharon or anyone on the Council so that we can put the item onto the Agenda.

I am sure that everyone has noticed that the door on the phone box has been broken and is now wrapped in tape. The Council had been waiting for undercoat and there was a possibility that the box may be removed for thorough removal of the old paint, however, as the box is now a Listed Building, LB consent may be required and the Clerk will enquire about this. The box is also extremely heavy and would require specialist lifting equipment.

A representative of the Archive Group offered help and a monetary donation towards the refurbishment of the phone box, as they would like to use it to display archive material for Parishioners to enjoy.

The Council discussed the Precept for the coming year and determined that an extra £500 be required for the next year, which would help to cover costs for the surfacing of the Village Hall and Playing Field car parking areas.

Wishing everyone in Denbury and Torbryan a very Happy New Year

HW



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**CHURCH NEWS**

I hope you all had an excellent Christmas and a joyful New Year. The Church in Denbury certainly did, with many people “coming in from the cold to be warmed up”. Both the Nine Lessons and Carols and the Crib Service was packed and we sang Carols on the Green together with joy – and gusto! (With the Mummings Play as icing on the cake.) This gathering and the Crib Service raised £245 for H.I.T.S., the local charity which we have long supported. Thank you too for the support given to the Coffee, Cake and Christmas Sale – which raised £237 in much needed Church maintenance funds. In the New Year, the annual T Pot Party was well attended and thoroughly enjoyed. Many thanks to Tessa and her team.

February is a short (thank goodness!) and quiet month. Christmas is past, ending with the lights of Candlemas on 3rd, and Lent doesn't begin until Ash Wednesday, March 6th. Though we mustn't forget old St Valentine on 14th! The new Service arrangement of a joint Mission Community Service on the 1st Sunday of each month continues. Lifts are readily available to all who need it – please don't hesitate to ask. And if February's getting you down, take a peek at the glorious snowdrops along the Church path. And smile!!

**Bells update**

Dear All.

Well, another year is upon us and we hope that 2019 will finally see the completion of the project. Fundraising is still on going and as I write this, of the original estimate of £120,000 we still need to raise approximately £20,000. We are in the process of writing to local newspapers, businesses and organisations in the hope that they may be willing to support the scheme, perhaps in the same way that the CO-OP store in Ipplepen have - see below:

During 2018 we purchased a bell that was originally cast for a church in Falmouth and never used and we have just commissioned a second to be made. And our fundraising has stretched across the world including a letter to the President of the United States of America pointing out Denbury's link with the USA during WW2 and inviting



him/the people of the United States to sponsor a bell in memory of the G. I's that were based here. So far, we have had no reply but, as they say: 'Hope shines brightest in the darkest moments so never give up...' In the meantime, can I ask you, yet again, that if you have not yet donated and would like to, please do so now. As previously pointed out, you will have your name recorded (not the amount) in a specially commissioned book, which will be held on display in the church.

If you say it quickly £20,000 is not a great amount, especially in an age where footballers can earn a lifetimes salary for some in a single week. We are close but failure to raise the remainder will mean compromise, which in this case means reducing the scope of the scheme; it's not our preferred one but we must be realistic. Our contractors' work schedule is filling up very quickly and if we cannot commit to starting the work soon, we are not guaranteed to see the work begin at all this year. This in turn has a knock-on effect inasmuch as charities and organisations will only hold pledges of funding for a finite time and the clock is ticking. Please help if you can; do you know anyone who might?

Thank you to CO-OP manager Kevin and all his staff. A fantastic result and very welcome. What a brilliant community resource.

Very Best Wishes to all, Steve Bassett.

**Bible Group**

A copy of the Holy Bible sits on a bookshelf in most of our homes. An amazing combination of history, poetry, philosophy, tales of human endeavour, failure; also a reliable source of help and encouragement in times of trouble – it's all there.

If you haven't taken it down from that shelf in a while, how about considering dusting it off and coming along to the Denbury Bible Reading Group? Small in number, we have been meeting regularly (for over 40 years!) each month on the third Wednesday afternoon. We read and discuss passages of scripture, end with a short prayer and, of course, tea and biscuits.

Please contact me, Diana Thomas, on 01803 812467 for further details.



**Let your light shine.**

We are coming to the end of winter and waiting for the light and warmth of spring. This time of year can be pretty cold and dark.

Darkness can come in all sorts of forms. Over the winter season we cannot help but be affected by it – many of us will be travelling to and from work in the dark, not be as keen to venture out in the evenings, face the challenge of staying warm or struggle with the effect of darkness on our moods.

No wonder in this physical darkness of winter we take the opportunity to celebrate light enjoying bonfires, fireworks, lantern processions, Christmas lights, and candle lit carol services, as we have done in our community. These things make a real difference and it is not just because of the physical lights, pretty as they are. These are occasions for bringing us into contact with other people: friends, neighbours and strangers. It is in these

**Church Tower Floodlighting**



If you would like to mark a special occasion by sponsoring the floodlighting of Denbury Church Tower please contact Mick Sutherland-Cook 01803 813 871.

**Mary Head in memory of husband Peter**

**&**

**Mavis Gooding in memory of husband George**

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relationships that true light is experienced.

In the church year this celebration of light goes all the way to spring. At Candlemas, which we will celebrate on 3rd February, we remember the story of Jesus being brought to the temple by his parents and how Simeon and Anna, two elderly people who had been waiting for God's coming for a long time, were there and recognised the light in their midst. Simeon praised God and acclaimed Jesus as “the light to enlighten the nations”. This is why candles have traditionally become an important part of this church festival.

It reminds me of how we need others to recognise and encourage the light we have. This perhaps happens most profoundly when we meet across the generations, as we know from our own experience and programmes such as Channel 4's 'Old People's Home for 4 year olds'. During the remaining darkness of this winter as you wait for spring, may you give and receive love and light with those you meet.

**Services in DECEMBER. NB Weekly:**

**Wed 12noon Communion; Thurs 4.30pm Evening Prayer**

<b>Sunday 3rd:</b> 11am CANDLEMAS Beacon Mission Community Communion, Broadhempston*	<i>* Please check noticeboards / website for confirmation nearer the time</i>	<b>Saturday 9th:</b> 3-5pm MESSY CHURCH. Ipplepen Church Hall	<b>Sunday 10th:</b> 9.15am Parish Communion with SUNDAY CLUB	<b>Sunday 17th:</b> 9.15am Parish Communion	<b>Sunday 24th:</b> 9.15am Parish Communion
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Donate online to the St Mary the Virgin Bell Appeal at: [www.btplc.com/mydonate](http://www.btplc.com/mydonate)

Once there, in the 'Donate to a Charity box' enter 'Bell Appeal' scroll down to St Mary the Virgin, Denbury and go from there.

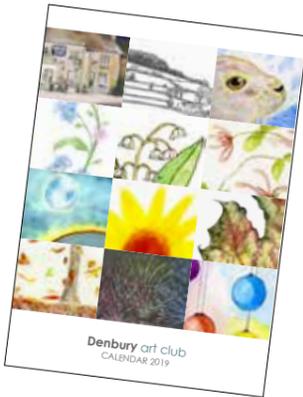
Thank You For Your Support!

## ART CLUB

Art Club starts on Monday 4th February. If you'd like to come along, we'll be in Church Cottage at 7pm.

We also have a few calendars left should you not yet have yours for 2019. They are £8 each.

They can be purchased from: the pub, Church cottage or by emailing [vikki@shutelane.com](mailto:vikki@shutelane.com)



## ALEXANDER TECHNIQUE

Make a life-changing decision - join the four-week course commencing in the **Church Cottage on Friday 15th February** and learn how you can take the effort out of every day activities and increase your energy levels.

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## Pain

Most of us suffer pain throughout our lives; a fall may result in broken bones, torn muscles etc; occupational stress frequently results in headaches or irritable bowel syndrome; worry often triggers tension which can cause pain throughout the whole body. Exercise can result in pain due to overworking muscles, and pain killers may deaden the pain but do not solve the problem.

Immune deficiency diseases such as Rheumatoid arthritis, Fibromyalgia and ME can also cause inflammation and debilitating chronic pain.

If we analyse the word disease we can begin to understand the problem. Dis-ease can present itself anywhere in the body and can be better managed by the way we think and the way we physically react to the pain itself.

If we succeed in repairing damage from a broken limb, try and get a less stressful job, cease to lift heavy objects and stop worrying, you would think that the pain would disappear. Unfortunately this is not necessarily the case as, quite often, the pain remains and becomes an accepted part of us.

Pain can result in a sedentary lifestyle, and sitting for hours at a time, does not help us. Equally, exercise can result in pain due to overworking muscles too soon and for too long. Pain killers may deaden the pain but they do not solve the problem; the pain is still there when the drugs wear off.

So what can we do to help ourselves? We need to consider why we have pain, and whether there is a way for us to either lessen or, even better, prevent it. We develop patterns of habit linked to both our thinking and our movement which are as difficult to rid as the pain itself.

Let's consider what we do when we are in pain! If some part of the body hurts we protect it by being extra careful. Unfortunately, by being extra careful we cause tension in the whole body. We become afraid to move the part that hurts and, when we stiffen, we are then likely to force the movement through a stiffening muscle and make it hurt even more.

We need to learn how the body moves in the most efficient way and give ourselves more time to move thoughtfully, with a toned body and without the tension. We were born with that intuitive knowledge, but unfortunately busy lives override



natural movement patterns and we develop habitual patterns of movement that cause us many problems, and continue to, throughout our lives.

This is where an Alexander Technique Teacher can help. The teacher will help you by gentle 'hands on' guidance, rediscover some of the more natural movement and the ease of living that you may have experienced in the past. You learn how to let go of unnecessary tension and with that reduce pain, often quite quickly. You learn to be mindful and to practice these principles in your daily life so that they underpin everything you do. The Alexander Technique then becomes a lifestyle that helps you to prevent injury, and in turn pain. You are armed with a tool box that you can rely on to rescue you, when you inadvertently move awkwardly, lift something badly, work too late and too long, etc.. In time you become less reliant on your teacher and may just decide to have the occasional session for a reminder.

However, one step at a time! An introductory session will provide you with the experience and you can then make your decisions as to whether it is something you would like to pursue!

Make 2019 your year - Learning the Alexander Technique can change your life!



Peninsula Care Homes

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### Channings Wood Letter

Dear Neighbours

HMP Channings Wood continues to improve its primary aim of protecting the public, rehabilitating offenders, and keeping those in our custody in a safe, decent and secure environment.

Due to additional security measures that have recently been implemented, attempts have been made to breach the security of our outer fence to convey illicit items into the establishment. Intelligence confirms that individuals have been walking around the perimeter grounds and throwing items into the establishment. These items can be weapons, phones or drugs which causes instability within the establishment and prevents the rehabilitation of prisoners. The individuals intent on supplying these items over the

perimeter normally travel via a car and park their vehicles close by then access the perimeter grounds.

We would appreciate your assistance in helping us address this issue by reporting any unknown individuals, cars or activity to us so that we can respond to this security threat. I would like to thank those of you who have already provided information to us but we would appreciate further assistance and help in preventing these events by reporting any suspicious activity. This will further assist us and Devon & Cornwall Constabulary in combating crime within our local area.

I am aware that local residents regularly walk or exercise their dogs/horses around the establishment exterior perimeter and would appreciate them assisting us in managing the risk.

I must stress that you should not try to apprehend these individuals if you see them commit these acts. However, we would appreciate it if you could contact the establishment or police on the numbers listed below.

A full description of the individual, vehicle or if possible any photographic evidence via your mobile phone or security camera would support us in identifying and potentially prosecuting them in a court of law.

HMP Channings Wood communications room  
 01803 814650

Devon and Cornwall Police 101

Thank you in anticipation for your time and assistance in this matter.

Paul Kerswell  
 Head of Security & Intelligence

### DENZEL OF DENBURY SAYS SPRING IS AROUND THE CORNER.



A FEW THINGS TO DO OVER THE COMING WEEKS

- Clean up your tools.
- Tidy your paths and borders.
- Buy and start chitting early potatoes.
- Start thinking of crop rotation.
- Cover beds with cloches or polythene to warm the soil for early sowing.
- Pinch out Autumn sown sweet peas in trays, to produce side shoots and in February plant into deep pots.
- Prune and shape all apple and pear trees; remember to prune out the 3 d's- dead, damaged or diseased.
- Prune greenhouse grapevines.
- Cut Autumn fruiting raspberry canes.
- Start a runner bean trench, 30-45cm deep and fill with kitchen peelings, shredded paper and veg. waste.
- Plant shallot sets in modular trays and plant lily bulbs.
- Sow under cloches, broad beans, carrots, parsnips and hardy peas. Sow pots of herbs.
- Decide which lettuces, leeks, celery, cauliflower, Spring cabbages, celeriac and Brussels sprouts to sow in late January into February for harvests during the year.

## TABLE TENNIS

For details contact  
 Patrick Darch on 01803 812412

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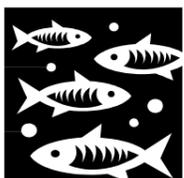
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 Clerk: Sharon Raggett 01364 654607  
 www.denburyandtorbryan.co.uk

Playing Field Committee -  
 Chairman: Rob White 01364 654607

County Councillor: Stuart Barker  
 email: stuart.barker@devon.gov.uk

Teignbridge Councillors: Mrs. Mary Colclough  
 01626 367176, Denis Smith 01803 812653

Local MP: Anne Marie Morris MP  
 01626 368277, email: annemarie.morris.mp@parliament.uk

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Church Wardens: Mick Sutherland Cook 01803 813871 and Steve Bassett 01803 812537

Church Cottage - bookings and enquires:  
 Frances Howells 01803 812971

**Clubs, Groups & Organisations**

Archive Group - Secretary: Jean Duggan 01803 813108. Website: www.denbury.net

Art Club: Vikki Ellis 01803 906073  
 vikki@shutelane.com

Bellringers & Handbell Ringers - Thurs 7:30-9 pm  
 Captain: Steve Bassett 01803 812537

Bible Group: Diana Thomas 01803 812467

Coffee Drinkers: Thursdays 11 am – noon:  
 Mary Head 01803 812092

Darts: Tuesdays 8:30 pm (winter):  
 Union Inn 01803 812595

Denbury and Torbryan Allotments Association:  
 Chairman: Rob Haydon 01803 812362

Denbury Athletic Football Club:  
 Claire (Seniors) 07968642063,  
 Paul (Juniors) 07816422802

Denbury County Primary School (also PTA):  
 Head Teacher: Jamie Stone 01803 812583

Denbury Devils Ladies Netball Team:  
 Ali Ainscough 07764252594

Denbury Diary: Louise Beams 01803 814031  
 denburydiary@gmail.com

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Table Tennis: Match night - Mondays  
 Patrick Darch 01803 812412

Village Hall Management Committee:  
 Chair: Clare Head 01803 813149

Village Hall Bookings: Claire Pead 01803 812341

For all editorial or advertising queries email Louise on  
 denburydiary@gmail.com or call 01803 814031.

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