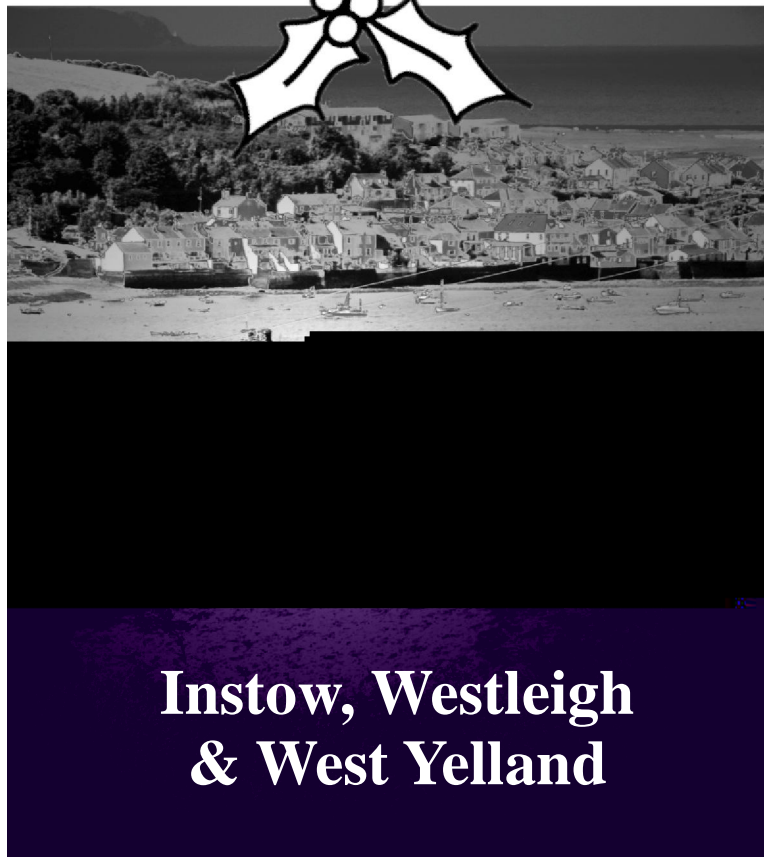


Parish News



December 2011

For experience, reliability and professionalism

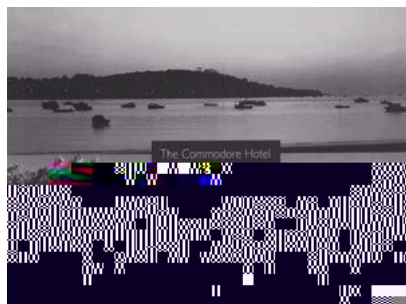
STEVE JOY

Building Property Maintenance

All aspects of carpentry and joinery work undertaken
Floor/wall tiling, fencing, painting etc.

CALL 01237 479946/07971153977

The Commodore Hotel



Open daily for a casual meal from our
Quarterdeck Bar Menu, Afternoon Cream
Teas or Dinners in our Marine Restaurant.
The ideal venue for your dining
requirements.

Marine Parade, Instow, North Devon
01271 860347

Honeytone

Claire Davies BA., ITHHT, ITEC., & Sandra Yeo ARPS

anything legal considered,
but photography, design ideas
and holistic therapies
our specialities

claire or sandra@honeytone.co.uk
01271 860653 APRIL—NOVEMBER

decent work. But not all of them are as good as the others.

NORTH DEVON CRICKET CLUB

Sandhills, Instow

2010 Devon League Runners-up
North Devon League 20/20 Champions

Players of all ages most welcome as well as social members
Coaching from U9 upwards
Outdoor nets at Instow from April

Contact:

HELEN OVERTON 01237 478904

CLUB WEBSITE: www.ndcc.org.uk

Bar available in our Thatched Pavilion for members,
Mums and Dads on net and match days. Available for
hire on other days upon request to the above.

A. J. Harris

Painters & Decorators

- City & Guilds Qualified •
- Quality Work Guaranteed •
- Family Business. Est. 1960 •

Estimates Free

**Tel: 07791775207
or 01271 323113**



From Paul Hockey

Dear Parishioner,

My wife and I are so old we once lived in Eden! True - in a small market town called Kirkby Stephen situated in the Eden Valley, Cumbria. We were living there when Matthew, our second son, was born. He weighed in at just over 2 lbs and spent the first few weeks of his life in SCBU (Special Care Baby Unit) in Carlisle Hospital.

As we were thinking about what to call him, we remembered that a few years earlier, when our first daughter was born, we had bought a little book called 'Name your Child'. On the back cover it stated: 'A lively and helpful guide to parents-to-be faced with the dilemma of choosing a suitable name for their child'. With the help of this book we came up with the names Matthew Paul for our new baby son. Why? Because Matthew means 'A gift from God', and Paul means 'Little'. So we named him Matthew Paul – 'A little gift from God'.

In Bible times it was common practice for names to be given because of their meanings. Moses, for example, means 'pulled out' – for as a baby he was pulled out of a river (see Exodus chapter 2).

Soon we will be celebrating the birth of Jesus. His conception, unlike yours or mine, was miraculous. The Holy Spirit made this possible in the life of Mary, engaged to be married to Joseph. To begin with Joseph, knowing it was none of his doing, was not best pleased to discover the condition of his wife-to-be. He'd decided to call the whole thing off when in a dream God spoke to him saying "Joseph, don't be afraid to take Mary to be your wife for it is by the Holy Spirit that she has conceived. She will have a son, and (*here comes the name bit*) you are to name him Jesus because he will save his people from their sins."

So 'Jesus' means 'Saviour'. Incidentally, he was also given what you or I might think of as a middle name - 'Emmanuel', which means 'God with us' (see Matthew chapter 1 verses 18-23). Don't you think that these are great names for him? They couldn't be bettered for describing why he came. He truly is 'God with us', and the 'Saviour-Rescuer' who came to save us from our sins.

As you read these things about Jesus, I wonder if anyone is thinking "So what, it's not relevant to me." If you do catch yourself thinking this way, then please give yourself some time in the run-up to Christmas to think about how it is between you and God. None of us knows what is around the corner, and we each need to be right with God and to be able to say with confidence "Jesus is not only the 'Saviour of the world', but he's my Saviour too, and is with me in all the ups and downs of my life".

If you want to know more, give me or Rosie a call.

With my prayers for a meaningful Christmas.

Paul Hockey

Front Cover photo by Sandra Yeo

1

CHURCH SERVICES for December 2011

Instow, Westleigh and Fremington

	WESTLEIGH 9.30 a.m.	INSTOW 11 a.m.
Dec 4th	Holy Communion	Holy Communion
Dec 11th	-	Joint Christingle Service Instow 10.30am
Dec 18th	Carols by Candlelight 3.30pm	Nine Lessons & Carols
Dec 24th	Christmas Eve Communion 10pm	Crib Service 3.30pm Midnight Communion 11.30pm
Dec 25th	Joint Family Communion Westleigh 10am	-
Jan 1st	Holy Communion	Holy Communion

ALL SAINTS CHAPEL, INSTOW

Dec 4th	8am Holy Communion at All Saints, <i>if ready, if not</i> Fremington)
Jan 1st	Holy Communion at Fremington

ST PETER'S, FREMINGTON

Every Thursday 10 am Holy Communion

INSTOW PARISH HALL

1st Sunday of every month 3.15 pm Causeway Service
*For the learning disabled, their families and carers.
Everyone is welcome at this informal service*

**Online
News**

The Parish News will shortly be available in local community web sites - initially at www.instow.net and then others. More details next month.

OTHER DENOMINATIONS IN THE AREA

The Roman Catholic Church of the Sacred Heart, North Rd, Bideford.

Parish Priest: Father Terry Donovan. Tel: 01237 472519

Masses: Saturday 6.30pm, Sunday 11.00am. Holy Days 10.30am and 7.30pm

United Reform Church, Lavington Church, Bridgeland St, Bideford

Minister Rev Tom Bayliss also at Bickington URC Chapel

Sunday: 11.00am and 6.30pm. Holy Communion 1st am and 3rd pm.

The Baptist Church, Mill St, Bideford

Minister Rev Lee Presley Tel 01237 477906.

Sunday services: 10.30am. Holy Communion 1st and 3rd Sundays.

HALL & ROOM LETTINGS

Instow Church Rooms

Available for Lettings, Rehearsals and Music practice. Crockery and available for hire. Toilet facilities

Enquiries 01271 861165

Instow Parish Hall, Quay Lane

Hire charges April 2011; Weekly users £9. Monthly Users £13. Daytime £30. Evening £40.

Children's Parties £22. Flexible charges for odd hours. Complete list in Hall.

Lettings Officer; Alison Mayoh (evenings only) 01271 860248

email (preferred) alimayoh@hotmail.co.uk

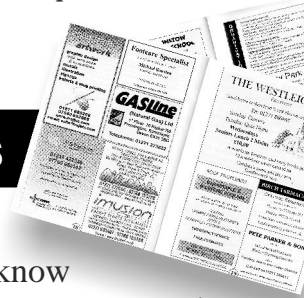
Westleigh Village Hall

Available for Party Hire, Jumble Sales, Club meetings and Functions from £10 per session

Please contact John Humphris 01271 860708, or Arthur Samphier 01271 861172 for bookings.

ADVERTISING IN 2012 PARISH NEWS

In December letters and application forms have sent out to our advertisers for next year. If you know someone who is interested or wish to advertise next year and have not been a previous advertiser, please contact Peter Cantle on **pc@instow.net** to be added to the mailing list. The rates will be the same as last year. 1000 copies are distributed in Instow, West Yelland and Westleigh. The rates are as follows:- eighth page £42; quarter page £73; half page £122 per annum in 12 monthly editions. Separate monthly issue advertisements are charged on a minimum of £5 per entry or a donation basis.





LETTERS



From Jane Calway

LOVE IS ALL AROUND

During Geoff's illness and subsequent death, I have received so many acts of kindness and love from dear friends. I couldn't have managed without you. Thank you all. I am also very grateful to all who have provided for the tea after Geoff's funeral, he would have been mightily impressed! The cards and letters I have received have helped me enormously during this difficult time. God bless you all. **Love Jane**



Inclusion is at the Editor's discretion and letters should be no more than 200 words in length.
Please send **electronic mail** to colin@frjbis.co.uk and title "**Parish News letter**"
or **post** to **Parish News Letter, Kings Cottage, Westleigh, Nr Bideford, Ex39 4NN**

NEWS FROM INSTOW CHURCH

Our Remembrance Day service was well attended, led by Rev Gordon Hansford. Captain Jimmy Johnson read the list of the fallen before the two minutes silence. Readers were Mr Joe Armstrong, Royal Navy (retired) and Gp Captain Andy Dipper. Wreaths were placed on the War Memorial by Mrs Pat Staddon for Instow and West Yelland WI; Cllr Ben Thomas for Instow Parish Council and Cllr Brian Moores, North Devon Council. Many parishioners had seen the Chivenor Military Wives choir's first episode on TV and their wonderful performance at the Albert Hall the previous evening. Causeway glowed with pride as one of our carer's is in The Choir.



We look forward to a Christingle service for Instow School and a Christingle for the parishes of Instow and Westleigh on the morning of Sunday December 11th at 10.30 am. Please note the time and collect a Children's Society envelope for your donation from church.

The Race Night event went well with great enthusiasm from the punters. The beer barrel was emptied quickly. Thanks to the hard work of John, Maureen, Tony, Colin and Barbara £1500 was raised for the tower fund. The Jumble sale raised £320 for church expenses. Thanks to all who helped and contributed items to sell. Devon Historic Churches Day raised £70.

Ross and Hannah Duncan, who were married at St John's, had their daughters, Matilda and Elspeth baptised recently on board HMS Dragon with the ship's bell being used as a font. HMS Dragon is one of the new Type 45 Destroyers where Ross is serving as an Engineering Officer.

The funeral took place on November 4th of Bett Colegate, widow of Bill, late of Kiln Close Lane, Instow and latterly of Fremington and Hanson Park. Many Instow friends and contemporaries of her son Ted were present, including all the children of Heather Oliver whom she had looked after when she helped at the Lobster Pot. Her reputation as a great cook at Instow School is well known. Rev Paul Hockey took the service, as Bett had been a parishioner at St Peter's Fremington.

Our sympathy is extended to the families of Alan Binns of Bridge Lane who died on November 9th and of Reg Watkins of Rectory Lane who died on November 7th. Rev Gordon Hansford paid a warm tribute to the late Rev Geoff Calway at the service on November 13th, his family Jane and Stephen, and asked for our prayers.

Preparations are now advanced for the completion and re-opening of All Saints Chapel and Community Centre. We have received a grant of £5000 from Awards for All (Lottery Fund) for furnishings. The committee has begun the purchasing of the necessary items and are looking forward to inviting everyone for their first cup of coffee, hopefully in January.

GRAYLINGS

**FISH & CHIP
TAKEAWAY**

2 Higher Road, Fremington 01271 346661

**Mon - Sat; 12 to 2pm &
5 to 10pm (Oct - Apr 9pm)**

Food freshly cooked to order - Wide range Menu
Children's Menu - Telephone orders welcome
Credit cards welcome - Parking - Tea & Coffee
Ice Cream - Friendly Staff

5

PERFECT FINISH

Painter & Decorator

- * Painting & Decorating
- * Paper Hanging
- * Commercial & Domestic
- * Internal & External
- * Reliable
- * Clean & Tidy
- * Male & Female Painters
- * References Available
- * Public Liability
- * No Job too Small

Free Written Estimates
Call your local man:

Alec Waite
01271 861089

SUBSCRIBERS PLEASE NOTE

All copy should be sent by email to
the editor, **Colin Frajbis**
colin@frajbis.eclipse.co.uk

Contributors who do not have this facility
should ask for assistance (861165).
The Cantles are no longer able to accept any
handwritten copy.

**Deadlines for inclusion - subject
to space - 13th of the month.**

ADVERTISERS

**Instow, Westleigh and West Yelland Parish
News cannot be held responsible for any
work carried out by any advertiser in this
guide and assume that all articles are
accurate at time of printing and are fairly
represented on behalf of those who
submit them**

W. S. GAYTON AND SON

(A.W. & D. W. Gayton)

FUNERAL DIRECTORS

24 Hour Service Personal Attention Private Chapel of Rest

Lauderdale, Bickington, Barnstaple EX31 2LB

Established 1910 Telephone Barnstaple 342196

Hocking's

**DAIRY CREAM
ICES**

LOCALLY MADE BY THE SAME

FAMILY SINCE 1936

Freezer Packs

Always Available From Our Vans

GOODLIVING CHRISTIAN BOOKSHOP

20b Mill Street
BIDEFORD, EX39 2JR
Open Mon, Tues, Thurs & Fri;
9am - 5pm. Sat; 9am - 4pm
Closed: Wednesday

Phone: 01237 422213
E-mail:
goodliving@btconnect.com

- * Bibles & Books
- * CDs & Cassettes
- * Greeting Cards
- * Gifts
- * Videos
- * Software
- * Sunday School &
Youth Resources
- * Bulk Orders from
Churches Welcomed

G

GE

ban
RV CH
i e,

OX

ES
ED
since 1891

(1237) 472485

BOA HOUSE

INSTON

MARINE PARADE, INSTON, BIDEFORD, DEVON EX39 4JL

Full Menu • Bar Snacks • Morning Coffee



LEAKING ROOFS?

Call in the experts

STEVE BIRCH

Professional Roofing Contractors

ESTIMATES FREE

All aspects of roofing covered -
Houses, Garages, Porches, Extensions, etc.

Any size roof - anywhere

For your FREE Estimates and Advice

Telephone: (01271) 321288

Fax: (01271) 321288

Matthew Hewis

Upholsterer

Moreton Upholstery
Antique & Modern Reupholstery
Recovery, Repairs, Footstools &
Headboards made to order.
Range of fabrics available.

TEL:(01237)424924

MOB:07967113390

email:moretonupholstery@fsmail.net

LAWRENCE SLEE

CHIROPODIST

M.Ch.S D.Pod M. HPC Registered

Home Visiting Service

Tel:

01271

860126

THE 400 YEARS OLD BESTSELLER

“The English Bible, a book, which, if everything else in our language should perish, would alone suffice to show the whole extent of its beauty and power.” The words of Lord Macaulay (1800 – 1859) the English writer and politician ring as true today as they did when he first spoke them.

The world is celebrating the 400th anniversary of the publication of the King James, or Authorised, version of the Bible and in Bideford, in North Devon, St Mary's Parish Church is mounting an exhibition to celebrate this anniversary.

Running from Sunday 20th November at 3.30pm until Sunday, 4th December the exhibition will display bibles from all walks of life – from toddlers to teens to adults. Bibles in different translations, in different versions; bibles as story books; study notes and material for students of this famous work.

Also featured will be old bibles, family bibles, bibles that went to war, bibles small and large and bibles of great historic value. Flowers, fruit and food from the bible will be focussed upon as will the impact of the computer on the bible and on its readers and its students.

St Mary's will officially open this exhibition with a Songs of Praise service at 3.30pm on the 20th November made up of hymns and songs of praise which have been inspired by the bible. This will be followed by a tour of the exhibits and refreshments.

NB Enquiries regarding this news release should be directed to Mrs Ro Day Tel 01271 860 520.



SAMARITANS

Do you have the skills to be a listening volunteer?

Samaritans are recruiting and urgently need people just like you for their branch in Barnstaple, North Devon

Samaritans offer a confidential emotional support service which is available 24 hours a day.

If you are interested in becoming a listening volunteer, please contact Samaritans on:

BARNSTAPLE

01271 37 43 43

Real People – Real Lives - Real Difference
Charity No. 261807
Selection Days held regularly throughout the year

Santa FUN RUN

Sun 11th December

Barnstaple

santarun.co.uk

01271 347 204



INSTOW COMMUNITY PRIMARY SCHOOL



The Parent, Teacher and Friends Association of Instow School (PTFA) like to welcome members of the wider community to a range of PTFA events such as our Christmas activities, Summer Fayre, Fashion Show, pamper evenings and Golfing events. If you live in the Instow area and would like to join the mailing list so that you can be sent future invitations and news about the school, please email the PTFA Chair Trudi Beer at PTFA@instow-cps.devon.sch.uk or telephone the school office on 01271 860545 and leave your contact details for Trudi's attention

On Geoff; "It seems an age since we heard the sad news of Father Geoff's passing. He played such a large part in school life and was an important member of our family. I know the staff, children and parents will miss him dearly. He was an inspiration to all of us and his cheerful and caring nature left us with many fond memories. I will always remember his carpenter's pencil tucked behind his ear and his infectious smile." **Mark Gough, Headteacher**

"You were the best, You were better than the rest, You always had a pencil behind your ear, You never had a fear, This is how I remember you, And when I look into the sky, I remember you saying 'always aim high.'" **Stacey Ager Class 5**

Building work on the school is finally starting. Whilst he's incredibly excited about the whole project, the staff looking forward to the Summer Term most of all. By then all the work should be completed and the children will be benefiting from the updated accommodation they so deserve.

Poppy Appeal

The children raised almost £70 during the poppy appeal. Thank you everyone!



P & G Services

Interior & exterior painting

Reliable, experienced & Insured

Free quotes, reasonable rates

Tel 01271861288

Mob 07794623637

pauljam33@hotmail.com



INSTOW PRE-SCHOOL

We would like to take this opportunity to welcome the new families who have joined us and hope their time with us will be a happy and rewarding one. just a reminder that the parking facility at All Saints Chapel is unavailable for 3 months as work has started on the extension. We have our Christmas dates !!!!!!!Our Christmas production will be on Wednesday 7th December at 11.00am and the children's Christmas party will be on the last day of term, Friday December 16th normal pre-school hours.



**PAINTING &
DECORATING**

**Matt
Hopkins**

26 Brookfield
Street,
Bideford,
Devon,
Ex39 4ER

Tel: **01237 429142**
Mob: **07825 515779**
Email: matt@mhdecorating.com
www.mhdecorating.com



**MILLIGAN
& SONS**
(Building Contractors)
Small Friendly Family Firm
Qualified Tradesmen

All Building Works Undertaken

Loft & Barn Conversions
Extensions/ Renovations
(Free Estimates & Plans
Prepared-References Supplied)

Tel; **01271 329604**
Mob; **07974 261955**
Email; robmilligan@live.co.uk

JUST DOGS
Dog Home Boarding
a home away from home for your dog



Jaspers, Eastleigh, Devon Ex39 4PA
01271 860216 0774 903 6212

J & K
Services
Cleaning Services
IND Carpet Cleaning
Garden Maintenance




Tele: 01271 374006 or 078288 24585
Email: jandk@fremington.net
22 Yelland Road, Fremington, Barnstaple EX31 3BU

West End Mission Community Discussion group

November meetings will be on December 6th (at Two Rivers, Anstey Way) and a social on the 20th (at 19 Lane End Close), Instow at 7.30 pm. Further details please contact 861405. Everyone is welcome, discussions last about an hour. You can come regularly or occasionally.

A youth group for the parishes of Instow, Westleigh and Fremington now meets every Sunday from 7.15 – 8.45. Venues vary so for more details please contact Rosie on 861405 or rosieaustin@live.co.uk.

**ROBERTS
MEMORIALS**

Tel/Fax
01271 861624

**New Memorials
Cleaning
Renovation**

Home Visits Without Obligation
Catalogue on request

Estuary Business Park, yelland, EX31 3EZ

Paul Swan

Window Cleaning
and Pressure Washing

**TEL: 01271 322528
MOB: 07738 516217**

WATERSIDE GALLERY

CONTEMPORARY
PAINTINGS SCULPTURE POTTERY
GIFTS
PICTURE FRAMING
Hours 10-1 2-5 Tue-Sat - Sun seasonal
2 Marine Terrace, Instow
Tel/fax: 01271 860786
www.watersideart.co.uk
email: jmj@watersideart.co.uk

MOLLANDS GARAGE

QUAY LANE, INSTOW

MOT STATION
SERVICING
REPAIRS
WELDING



TEL: 01271 860307



**The straight talking accountants
with the personal touch**

**4 reasons why you should choose our
local family accountancy firm:**

- We take a personal interest in your business
- We're friendly and approachable
- We explain all issues in a language that you understand
- We offer forward thinking advice that is relevant to you

mj maynardjohns chartered accountants
01237 472071

Call Jane or Alistair Maynard, or Edward Johns, to book your **FREE INITIAL CONSULTATION**

37 Mill Street, Bideford, Devon EX39 2JJ
info@maynardjohns.co.uk www.maynardjohns.co.uk

Instow and West Yelland W.I.

Report of Instow & Yelland WI. Thursday 3rd November 201

This month members were welcomed by our Vice President Wendy Hewitt. Our guest speaker this month was Deri Rundle 'Working in Rwanda'.

After Deri's husband David died, she worked with orang-utans in Borneo, a visiting vet talked to her about the mountain gorillas in Rwanda. Deri became interested in the country and its people, and in 2002 she visited Rwanda and was deeply affected by the scars left by the genocide. In memory of her late husband, Deri formed the David Rundle Trust to raise money in order to help the people of Rwanda in three main areas, clean water, education and family planning. Deri told us of her experiences and successes of building water tanks and pipelines, giving advice and support on family planning and the education project which provides general help to 60-70 children whilst the Trust completely supports 12 orphans by paying their school fees, food, clothing, paper, writing utensils and books, everything they need to live not just exist. Every penny donated to the Trust goes to benefit the Rwandans, Deri spends three months a year there, pays her own air fares and expenses, stays in the villages, cooking over an open fire, living and working with the people she helps. Deri's talk was enlightening, humorous and wonderfully inspiring, none of us could help but be touched by her, and our business was late starting as so many wanted to talk to Deri and ask questions, we sent one of her hand made baskets round, and it was generously filled before we carried on with the meeting. Donations of books and magazines can be taken to Bideford market, where Deri has a stall to raise funds.

Our President Sandra Haseldine continued the meeting by introducing the new officers and committee with their individual responsibilities, all will remain in post until April 2013, due to the National changes in AGM fixtures. Our own AGM last month went very well and Gill Pope and Jenny Shephard were thanked again for a super buffet supper. The County meeting members felt, didn't come up to expectation and perhaps was an opportunity lost, Sheila will feed back to June Shephard- Blandy on our behalf. Even so, there were some very good speakers for the NFU, The Royal British Legion and Dr. Frank Ryder an anaesthetist with the Red Cross, who took us on a humorous if somewhat harrowing tour of Afghanistan, Cambodia, Somalia and other war zones. Sandra was our Delegate and Shooey was presented with our certificate for winning the public vote, in the North Devon Show competition.

Jill Felgate fed back from the Autumn Group meeting hosted by Fremington WI. We enjoyed an excellent speaker in 'Farmer Giles' who had some extremely funny stories and ditties to tell, and were treated to a delicious supper. The Appledore Ghost Walk on the night of Halloween, could not have been wetter, and after finding out where all the ghosts live in Irsha Street we had to abandon to 'The Royal', where our tour guide continued with ghoulish tales of Appledore, supported by delicious fish and chips from the 'Royal Place'.

In Correspondence, we received a very nice letter from Beth thanking us for her gift and our support and friendship. A letter of thanks from County for our donation towards County House and a letter from County Chairman Linda Carew, appealing to all 7,000 Devon members to support County events. Jen Welch sent round a board for members to put their contact details on if they are happy to share them with the membership, this is as well as the committee list which is confidential. Jen also passed around the purse for the 'Poppy Appeal'. Pat Staddon has been asked to lay the wreath on behalf of our WI.

Christmas is coming, and forthcoming events have a festive feel. A theatre trip to the Sound of Music, Queens Theatre Thursday 17th November. A Christmas Tree Festival, Fremington Church 2nd - 4th December, our theme is angels, get your home made angels to Shooey by the 30th November please. DFWI Carol Service, Exeter Cathedral Tuesday 6th December. We are catching the train and making a day of it, last chance to put your name down at the next meeting. North Devon Carol Service Tuesday 13th December at Kentisbury at 2.15pm. Our Christmas lunch will be at Weirmarsh Farm, Umberleigh, Wednesday 8th December, its not too late to put your name down at the next meeting. New Years dinner will be at the Commodore in January. We need a team (or teams) for the County quiz, first round Saturday 25th February 2012, final Saturday 24th March. Please put your name forward at the next meeting if you would like to represent Instow & Yelland WI.

Shooey reported back from the book groups who read 'Burnt Shadows' by Kamila Shamsie, by far the best book to date. Everyone enjoyed it. Next months book is 'The Quiet American' by Graham Greene. The Cinema group went to see 'Tinker Taylor Soldier Spy', Jane reported that we had really had to concentrate to keep up with the plot, but it was a very good film. Unfortunately there is no suitable film this month. The walking group will meet at the cliff car park Westward Ho! at 10am on Wednesday 16th November, to walk along the tops, and lunch at 'The Pier'.

Shooney passed around [redacted] Libraries` and was [redacted] for next years short list of the November edition. [redacted] will be voting for at the [redacted] meeting.

All Saints Chapel should be opening in the New Year. The WI have been recruiting volunteers to help with the service for a couple of hours on a rotational basis please let me know.

At the end of the [REDACTED] to clear away the table [REDACTED] chairs as requested and it was [REDACTED] `jiffy`, thanks to [REDACTED]

Competition with **Andra, Flower of the 1st Shooey 2nd Pat 3rd Beth**

Our Next meeting is on **Monday 18th December** at 7.30pm. – a **Christmas Dinner** to share Christmas supper (bring your own drink) and a gift for the **World's Oldest** – a jar of home made pickles.

GO/

If you are away for a few days and will not be able to make a visit from your local area, please leave this note and your telephone number or send the slip to the person you will be visiting. If you do not have anyone to let Paul know, please let the person you are visiting know.

Re: [REDACTED] e Fremington, [REDACTED] eple. EX31 2NX.
[REDACTED] 3879.

I am _____ old on (date).....

I was born at _____ (city/town/village), known as _____.

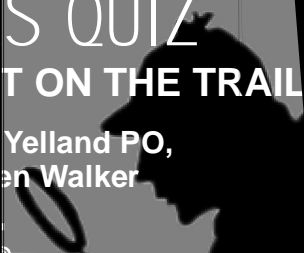
Mother's name: _____

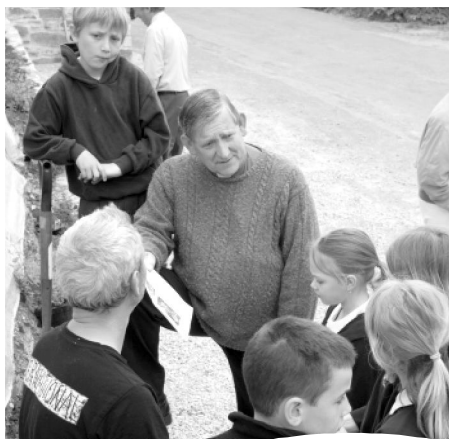
Father's name: _____

CHRISTMAS QUIZ

LEUTHS T ON THE TRAIL

ermarket, Yelland PO,
ttle and M en Walker
comber





Thanks Geoff



*'He was a very
kind and
thoughtful man.
I will always
remember him.'*
– **Hannah
Milne,
Instow School**

Local
E
V
E
N
T

NORTH DEVON STRINGS ORCHESTRA

A gifted group of young string players

under the direction of Keith Chivers

CHRISTMAS CAROL CONCERT

A mixture of carols and light music

ST PETER'S, FREMINGTON

Wednesday 21 December at 7.00pm

Tickets £6 (Adults) and £3.00 (Under 16s)

available from Paul Hockey (373879) or on the door

16

INSTOW-IN-BLOOM

The Winter *Adopt-a-Beach* survey/clean will be on Sunday 11th December, meeting at 11am on the Commodore slipway (and lasting about an hour). Volunteers can be assured of a warm welcome and some **seasonal rewards**.

Writing of warm welcomes, our committee is pleased to announce a **new recruit**: Jen Howard, who lives at Worlington Hill. Jen is a freelance Forest School Leader and horticulturist brimful of ideas.

After a 2-year gap we're planning to hold another **village garden trail** in 2012, probably term-time in April to catch some late spring wonders (incl. our own *Verging On A Meadows*). We'd be thrilled to hear from any parishioners keen to open their gardens for our fundraiser (call Pete, 861019).

For those inspired by charitable giving, the first full week of December (5-9th) brings the annual **Big Give Christmas Challenge**, a fabulous chance to have one's online donations *doubled* by other philanthropic bodies. Visit www.thebiggive.org.uk for more

theBigGive.org.uk
helping your donations go further

details and a full list of vetted and effective charities, searchable by cause and location.

Back to our locale: If you receive a Winter Fuel Payment could you comfortably live without it? If so, why not consider supporting Devon Community Foundation's **Surviving Winter Appeal** and forwarding your WFP to help those in greater need in our fair county? Call DCF on 01884 235887.

We - Charlie, Claire, Elizabeth, Heather, Jen, Jo, Nita, Pete, Sarah, Shirley & Shooey - wish parishioners a most warm and convivial festive season. **Enjoy**

NEWS FROM INSTOW PARISH HALL TRUSTEES

At our last meeting we decided on further repairs and improvements to the hall. Three extra spotlights with dimmers have been fitted, we purchased these second-hand but fitting them was an expensive item. However when you see the next play or panto, all will be much better lit. A meter has been changed, a coin was found blocking the mechanism.

The walls of the main hall have been painted and the beams dusted. The exterior window frames are to be painted shortly. The patio fencing is to be replaced with a better quality fence. The roof lights and gutters have been cleaned. The two old black blinds, which never closed properly, have been taken down. The table trolleys, which have served so well for many years, are to be bottom boarded for easier loading. We have purchased a pair of handles for closing the Gopak tables' legs, which mean there is no need to kneel down and struggle to release the bar at each end.

We are also putting up a plaque to record the donors of grants (£1,800) for purchasing short mat bowing equipment, which is to be handed over to the club as it has been in use by the club for over 10 years.

There is a new activity starting in November at the hall: - afternoon Fitness class on Tuesdays. See advert. Look out for the preschool nativity play and village carols followed by mulled wine and mince pies in the hall on the 11th. There is a long list of hall activities on the exterior notice board, join in and up!

colin frajbis artwork

graphic design
incl. web sites
& magazines
murals
illustration
signage
t-shirts & mug printing



01271 860266
07950 693906
www.frajbis.com
email; colin@frajbis.com

Footcare Specialist

For all your chiropody needs

Michael Bawden

WMSch. MPSPract

VISITING PRACTICE

Telephone 07818 007679

GASline

(Natural Gas) Ltd



1st Floor, 10 Higher Rd,
Fremington, Barnstaple,
Devon EX31 3BG

Telephone; 01271 373822



JPS Electrics
Domestic Electrical Specialist

01237 422336
07765 652143

From total rewires to small alterations

No jobs too small

WE SELL, SERVICE, HIRE & REPAIR ALL
THINGS PEDAL POWERED.
FREE IN STORE CYCLE SAFETY CHECK
We Offer an at Home Cycle repair service or
Collect, Repair & Return.
NEW & USED CYCLES
ALWAYS AVAILABLE



01271 372586 : 07788 133738
NO TRAFFIC JAMS, EASY TO REACH & FREE PARKING
FREMINGTON QUAY : www.biketrail.co.uk

imusion
sport
RACKET SPORTS SPECIALISTS

RESTRINGS : EQUIPMENT SALES : REGrips
SAME DAY STRINGING AVAILABLE : FRAME & HANDLE REPAIRS
BADMINTON COACHING FOR ALL AGES & ABILITIES

01271 861407 : 07788 133738

Instow : www.biketrail.co.uk

WESTL

Free House

cooked food & real ale

Tel; 01271 860867

arvery

iz Night

Wednesdays
Seniors Lunch 2 Mains
£10.00

for functions and

cial occasions

Children's menu and play area

families welc

BIRCH TARMACADAM LTD

Driveway Resurfacing

FREE ESTIMATE & ADVICE

Phone: (01271) 861281

Mobile: 07774 123463

www.birch-tarmacadam.com

Email: knbirch@yahoo.co.uk

PETE PARKER & SON

est. 1967

Industrial and Domestic
Window Cleaning Services

also

Cladding, Fascia and Gutter Cleaning

Call Jeff on 01271 346613

7 VENN CLOSE, INSTOW, BIDEFORD

Give your house a spring clean and see the difference -

CUSTOM MADE
STAINLESS &
MILD STEEL
FABRICATIONS
Marine & Domestic

Pro-Weld
Fabrications

To customer specifications

Unit 3 Estuary Business Park.
West Yelland
Barnstaple. Devon. EX31 3EZ
Tel: 01271 860100
Mobile: 07855 52498
or 07779 155457



ORCHADIA
HATS

- gorgeous new selection
including Mother of the Bride/Groom
- designer hats, fascinators and hatinators at *Bideford Studio*
- expert fitting service & friendly advice
- phone for appointment

Hats for Sale or Hire

Tel. 01237 474162

www.orchadia.co.uk

G.E. Honey & Son
Traditional Butchers
Est. 1902

Oliver House
Parkham

We are suppliers of top quality, competitively priced, locally sourced meat and poultry, including beef and pork from our own farm. We make 16 varieties of award winning sausages as well as burgers, faggots, hogs, puddings and brawn. We cure our own bacon and gammon. Ham, tongue, pressed beef, roast beef and pork are cooked daily along with pasties, sausage rolls and pork pies. In the freezer is a selection of local fish. We also stock local free-range eggs, cheese and laver.

We provide a free delivery service twice a week, with no minimum order value. To place an order or for more information and a full product list, please phone **01237 451224**

Bideford Antiques

1 Mill Street, Bideford,
EX39 2JT

Diana Partridge & Ian Arnold

01237 429855

We especially like to buy
Small furniture pieces,
Silver items,
Coins & medals,
Toys & Teddies

07710444336

07732938002

WATTS CARPENTRY

If you're not sure ...

I CAN help!

New Build, Alterations
& Renovation

CARPENTER & GENERAL BUILDER

Kitchen Fitting, Wood

& Laminate Flooring

Plastering & Much More

Qualified Carpenter

Please contact Damion Watts for
your FREE Estimate

07584 021146

wattscarpentry@hotmail.co.uk

Your local Taxi

Instow Carriage

Phone

07411839196

Air -PORTS-Anywhere

Your LOCALITY

Neighbourhood Watch Groups – Instow:-

There are currently 4 NHW Groups in
Instow, namely New Road, Millards Hill,
Victoria Terrace and Lane End Close.

If other community areas are interested in
joining the scheme they should contact
either PC Terry Hodgson or PCSO
Jessica Meaker or as a last resort, Roger
Jacob, Clerk to IPC who will pass on their
details to the police. **Winter Bad**

Weather – Community Clusters/Instow:-

I am pleased to report that two
parishioners have already put their
names forward so far but we could do
with more!

If others are interested in this excellent
initiative it is not too late to apply – just let
me know **Roger Jacob (Parish Clerk)**

BIDEFORD MUSIC CLUB

Young Welsh percussionist _____ will give the Christmas concert to Bideford Music Club. He studied with leading percussionists and timpanists at the



Stephen Morris Associates
FRIENDLY, COMMITTED FINANCIAL CARE



Is it time to consider equity release?

In the light of the much publicised credit crunch we are offering a FREE initial financial consultation. We are here to help.
For more information call one of our independent lifetime mortgage specialists on; **01237 422144**

e: catherine@smamortgages.co.uk w: www.smamortgages.co.uk

Instow building and joinery

Extensions
Conversions
Alterations
Bathrooms
Kitchen installations



Tel 01271 860263 / 07815 558117



Colin Found

MCFHP MAFHP DipFHT

Surgical Foot Health Practitioner

Member of the British Chiropody
& Podiatry Association

Surgery & Home Visits

The Surgery Tel: Surgery 01237 422226

8A Cooper Street

Bideford

N. Devon EX39 2DA

Home and Answerphone

01237 421082



graylings
Freshly cooked everyday

WINNERS

North Devon's Best Traditional

Fish & Chip Shop

www.graylingstogo.co.uk

23

MOBILE LIBRARY - USE IT OR LOSE IT!

The rota for the van being on the first and third Thursday of each month for these locations.

Commodore 9.15 - 10.15

Yelland - Ballards Cross 10.25 - 10.45,

Littlemoor Close 10.55 - 11.25

There will be no service at Westleigh due to lack of demand.



PHOENIX CHIMNEY SWEEPING

HAS YOUR CHIMNEY BEEN SWEEPED RECENTLY? ARE BIRDS BUILDING NESTS? IS IT POTENTIALLY BLOCKED? DON'T RISK A FIRE OR OTHER

SERIOUS PROBLEMS LIKE CARBON MONOXIDE LEAKS. NOW IS THE TIME TO GET YOUR CHIMNEYS CHECKED AND SWEEPED.

- * Full Sweeping Service to all Chimneys inc. Agas, Stanleys, Rayburns etc.
- * Smoke and Gas detectors supplied and fitted
- * Woodburners installed and repaired
- * Certificate issued to confirm work and meet insurance requirements
- * Supply of Accessories - polish, paint etc
- * Birdguards & Cowl supplied and fitted
- * Other security work considered
- * Pressure Washing
- * Call me for immediate, friendly and reasonable rates
- * Full public liability insurance

With the price of Gas & Electricity rising have you considered opening up your disused fireplaces as a cheaper alternative?

PHONE CHRIS ON 01271 855 543 MOBILE 07956 866 593

EMAIL phoenixchimneys@hotmail.co.uk

Hospital:

7 CADDESDOWN INDUSTRIAL
PARK
CLOVELLY ROAD,
BIDEFORD
EX39 3DX

Tel: (01237) 472075

Fax: (01237) 425976

Email: torbridge@btinternet.com



Branch Surgery:

TORBANE,
NEW STREET,
TORRINGTON,
EX38 8BY

Tel: (01805) 622187

- Staffed 24 hours a day, every day -

24



S CENTRAL HEATH
PLACEMENTS

SE
SE I
CEE
HE
UP
R

PERES
SPECTATOR



Monday - Friday 9.00 - 2

CHURCH OFFICERS

Vicar: Revd Paul Hockey, The Vicarage, Fremington, Barnstaple. EX31 2NX 01271 373879 (paulhockey@talktalk.net)

Curate: Revd Rosie Austin, 19 Lane End Close, Instow. EX39 4LG 01271 861405

Readers: Mrs Vicky Dando (01271 377018) and Mr Graham Prosser. 01271 373944

Churchwardens - St John's Church, Instow

Mrs Marion Spencer: Newlands, Landkey, Barnstaple. EX314JZ. 01271 831144

Mr John Warner: Gorse Hill, Instow. EX39 4LZ. 01271 860377

Churchwardens - St Peter's, Westleigh

Mrs Viv Ansell: 01237 472574

Mrs Marjorie Baltesz: 01271 860618

PCC Secretaries:

Intsow Mrs Maureen Warner: 01271 860377

Westleigh Mrs Sue Boyd: 01271 860739

PCC Treasurers:

Mr Colin Canavan: 48 Lagoon View, West Yelland. EX31 3LD

Tel; 01271 861000

For Westleigh, please contact Mrs Viv Ansell: 01237 472574

Organist: Mr Philip Price: 3 Halsdon Terrace, Torrington. EX38 4JT. 01805 623133

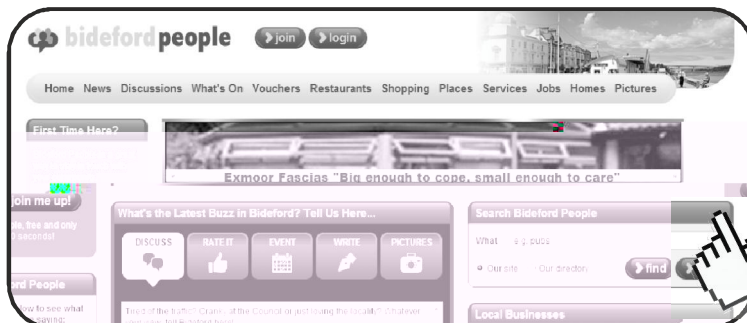
Websites: Instow Church: www.instow and click on Church icon

Fremington Church: www.fremingtonstpeters.org.uk

Baptisms, Banns of Marriage, Weddings and Funerals:

All enquiries, please, to Revd Paul Hockey (01271 373879) or Email: paulhockey@talktalk.net

St John's Church has a Good Neighbour team who will be happy to visit if you are housebound or needing someone to whom you can talk to in the strictest confidence. The contact numbers are **01271 860412 & 01271 831144**.



Well worth having a regular look to catch up on what's going on in your locality.
www.bidefordpeople.co.uk

INSTOW PARISH COUNCIL

The complete report of Parish Council meetings can be found on the Instow Website: www.instow.net or on Instow.net parish council.

Roger Jacob MCMI (Clerk to Instow Parish Council) of 2 Sticklepath Court, Lake near Tawstock, Barnstaple EX31 3HN

Email: kernow@rwjacob.free-online.co.uk.

The parish council's telephone number is 01271 372408 – this has an answer phone facility

WESTLEIGH PARISH COUNCIL.

The Minutes of Westleigh Parish Council meetings can be found on the Westleigh Web Site at www.westleigh-devon.gov.uk

FREMINGTON PARISH COUNCIL.

Full Council Meetings are held on the second Monday of each month at Fremington Parish Hall at 7 pm. Supplementary and Planning meetings are held on the last Monday of the month at 7.30 pm.

A police 'surgery' is held in the Instow Parish Hall before the Parish Council Meeting from 6pm to 7pm. Parishioners with any relevant concerns are invited to attend.

Information on Fremington can be found on the web site www.visionwebsites.co.uk

Tapeley Park Gardens

The Gardens at Tapeley are looking more attractive than ever with the Kitchen Garden and Permaculture brimming with organic vegetables, herbs and fruit.

The Labyrinth by the Monument adds a further scenic walk with wonderful views to Lundy and across the bay to Saunton and beyond.

There is a small but welcome play area for children.

The woodland walk to the lake provides Camellias and Rhododendrons in season.

Tea Rooms selling home-produce

Open 13th March - 30th October, 10.00 am to 5.00 pm except Saturdays.

Admission Adults £5.00, Senior Citizens £4.00, Children £3.00

Reduction for 5 and over paying

Friends of Tapeley Tickets £9.50

STEVE CLEMENTS

BSc (Hons) A BEng ASCD

Building Surveyor



Building & Land Surveys
Architectural Design
Planning & Building Regulations
Project Management
Development Appraisal
Refurbishment/Renovation Work
Extensions/Conversions
Listed Buildings

Telephone 01271 860421

Fremington & District

323037

In Car:

07 97 34 35 113

TAXI

**Serving North Devon.....
and beyond**

USEFUL CONTACT NUMBERS



Please notify the editor by email of any changes (see page 4)

Alliance Chemists Fremington 01271 372407
Barnstaple and Bideford Police Station and Crimestoppers 0845 2777444
PCSO Jessica Meaker Neighbourhood Beat Officer 0845 2777444
Barnstaple Library 01271 388591
Bideford Hospital 01237 420200 Minor Injury Unit 01237 420205.
Bideford Library 01237 476075
Citizens Advice Bureau Bideford 01237 473161
Derriford Hospital, Plymouth 08451558155
Fremington Medical Centre 01271 376655
Fremington Parish Council 01271 321063
Instow in Bloom 01271 861019
Instow Community School 01271 860545
Instow Parish Council Clerk 01271 372408
Instow Parish Hall Lettings 01271 860248
Instow, Westleigh and W Yelland Parish News 01271 861165
Instow Preschool 01237 473779
Instow Short Mat Bowling Club 01271 861188
Instow Twinning Association 01271 860029
Instow and Yelland WI 01271 860688.
Keep Fit Instow 07407371481.
Kickboxing Instow 07720388291
Lloyds Chemists Wooda 01237 421221
Meals on Wheels 08451551007
North Devon District Council 01271 327711
North Devon District Hospital 01271 322577
North Devon Cricket Club 01271 860633
North Devon Yacht Club 01271 860367
NDYC 01271321431 / 07941035955
North Devon Hospice 01271 344248
PC 5895 Terry Hodgson - Area Neighbourhood Beat Manager
BARNSTAPLE POLICE STATION, Tel 0845 6569215 or 08452 777 444.
Post Office Instow 01271 860310
Post Office West Yelland 01271 860113
Sea Birds Skittles (Instow) 01237 476138
Table Tennis League (Instow) 01271 860559
Taxi 01271 323037 / 07973435113
Torridge Volunteer Bureau 01237 421580
Torridge Transport 01237 423232
Westleigh Parish Council Clerk 01805 623574
Westleigh Village Hall 01271 860708
Wonford Hospital, Exeter 01392 411611
Wooda Medical Centre 01237 471071



