

Lucien Pissarro 1913, Blackpool Valley, The white house

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200 water voles were released in Devon on Monday 4th September 2023, the River Gara Water Vole Reintroduction project is well and truly under way.

The project has been planned and executed by The Habitat Group, the voles raised and supplied by Derek Gow consultancy, fundraising and grant applications are via Begin By Starting CIC - with 100% of the funds going straight to the project. The Habitat Group is a collection of people from different parishes in the South Hams who are concerned by the loss of our local biodiversity, but are convinced that we can help turn it around by creating wildlife friendly habitats. Whether it is a garden, a verge, a field or a window box, if we simply refrain from using pesticides and make our patch welcoming to wildlife, then nature quickly starts to move back in.

Thanks to the Farming in Protected Landscapes scheme, and also donations and support from many people and organisations in the community.

Strete Parish Council supported the project with a grant of £500.



The charity is urging everybody to follow the beach safety advice:

Check the weather forecast, tide times and read local hazard signage to understand local risks.

Keep a close eye on your family – on the beach and in the water – don't allow your family to swim alone

If you find yourself struggling in the water, or if you fall in unexpectedly, **Float to Live**. Fight your instinct to thrash around, lean back, extend your arms and legs, and float. Tilt your head back and submerge your ears. Use your hands to help you stay afloat. Once your breathing is under control, call for help or swim to safety.

When you're heading to the beach, it's important that you know the risks and what you can do to minimise them. From rip currents to tides, cold water shock to waves, being aware of the dangers will help you to stay safe.

If you see someone in difficulty, never attempt a rescue.

Tell a lifeguard or, call 999 or 112 and ask for the Coastguard.



If the road is only 2.5 metres wide use your common sense

Strete Chapel



Greetings from the fellowship to all in the village!



We are meeting every Sunday at 11am in the chapel building. All are welcome. Please put the date for our harvest service in your diary, details are below. Following the service, we will have a shared lunch in the village hall.

We have enjoyed many wonderful services since the last edition of Stretewise including the dedication of the youngest member of the chapel, Jack Harris.

A dedication is a ceremony in which believing parents make a commitment before the Lord to raise that child according to God's Word and God's ways. We believe that as parents we cannot decide our child's salvation for them. Each individual must make their own decision about their relationship with Christ when they are of age and understanding.

We are told in the Bible to ...

'Love the Lord your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up.' Deuteronomy 6 v5-7



Daphne and Jack – our oldest and youngest member of chapel!



HARVEST Thanksgiving Service



Strete Chapel

Sunday 1st October

11.am

(Followed by lunch at the Parish Hall R.S.V.P. if possible 01803 770256)

Speaker Mr Chris Murray

Of Pennywell Farm

Young Searchers

Young Searchers is a Christian children's club based on teaching the Bible through stories, games and craft. We will be meeting again every Thursday (term time only) from 5-6pm in the chapel. All are welcome! We have moved the time to an earlier slot to enable younger children to attend.

We hope the children have had a good start back at school!

Joke

Q. Why did the teacher wear sunglasses to school?

A. Because her pupils were so bright!

St. Michael's Church

Readers Corner

Trees are fascinating and their functions are many. They absorb carbon dioxide, along with other polluting gases, storing the carbon while re-oxygenating the air.

They also help prevent soil erosion, help to slow water evaporation and more.

Many trees are mentioned in the bible, useful for wood such as cedars of Lebanon, and their fruits such as the pomegranate, fig, palm and olive. The olive tree is a wonderful tree and was important in biblical times, its wood was used for eating, cooking, anointing in worship and as a healing balm; its leaves have medicinal properties.

The palm tree also gives much; fruit, wine from the sap; leaf stems used to make ropes and rigging; leaves used for many different articles and to provide shade, tall straight trunks valuable for their timber. It is known as the tree of life to desert people.

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When you next go for a walk, find a tree and just sit or stand beneath it, observe the canopy of branches that seasonally burst with buds, leaves, flowers and fruit, just marvel at its beauty.



Thank God for trees which add such richness to his creation. In the Bible whilst resting under a fig tree Nathanael was seen and chosen by Jesus.

Little Zachaeus sat among the branches of a sycamore tree and Jesus, who called him to God's service.

Reflect on the following verses from the book of Psalms.

But I am like an olive tree, thriving in the house of God. I will always trust in God's unfailing love. – Psalm 52 verse 8.

But the godly will flourish like palm trees and grow strong like the cedars of Lebanon. – Psalm 92 verse 12.

Peace and joy be with you all. Jenny Harris.



On a beautiful afternoon in August it was a privilege to witness the wedding of a lovely couple from neighbouring villages. The wedding took place between James Hunt of Crestway, Strete and Holly Elliott of Stoke Fleming. James is the son of Allan and Sue Hunt. Holly is the daughter of Dave and Annette Elliott. As befits a country wedding, the bride and her father and attendant bridesmaids arrived at St Peter's Church, Stoke Fleming on decorated vintage tractors.

Traditionally slightly late, they were warmly greeted by the vicar the Reverend Mark Kitchenside. I feel sure that there were some sighs of relief that the event was finally happening as due to Covid, wedding plans had to be shelved on two previous occasions. After the ceremony, the happy couple had another tractor ride with a new driver. Holly's dad took over the reins from Dave Harris and drove them back for their reception in tepees in nearby fields. A honeymoon in Marrakesh then followed. The photograph shows James, Holly, their son Finley, daughters Daniella and Saphia, proud parents Allan and Sue, and James' sister Christina. We wish James and Holly every happiness together.

Nick Shepherd

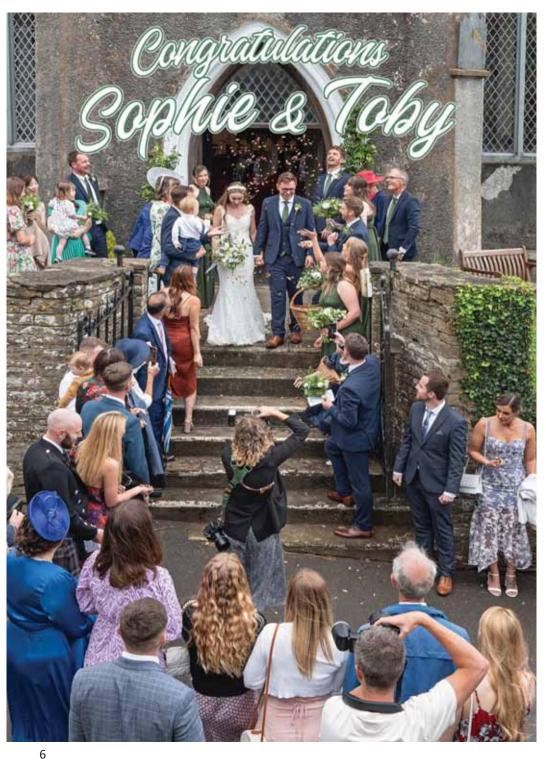


Regular worshipers at St Michaels were lucky enough to witness the baptism of Leo Rossiter aged 10 months. It was quite an occasion, not only for the family but for our new vicar, Matt Gorton. It was Matt's first service in our village church! In attendance were Leo's parents Luke and Ellie together with their three other sons Oscar, Albie and Flynn.

It was lovely to see so many young children in the congregation and that their parents had armed them with plenty of toys, tablets and books in an effort to keep them quiet. I would hasten to add that the tablets were of the electronic kind! Matt Gorton's family also came along to celebrate; Beth his wife and their two children Sophie and Josh.

Although Luke and Ellie now live in Halwell, they did previously reside in Strete and felt it appropriate for Leo to be baptised in the same church as their other three sons. It was an exceptionally happy occasion with all the family having beaming smiles throughout the service. Leo was an absolute joy from beginning to end. We wish Leo and all his family a very happy and heathy future.

Nick Shepherd



A rare and much anticipated event finally happened at Saint Michaels on the 16th of September at 12:00. Sophie, daughter of Andrea and Andrew Phillips, married her boyfriend, Toby Kenchington.

A marriage at our parish church is of course an event in itself but especially for a family who has been based at Strete for a generation. Villagers wanted to support the family in any way they could and kindly offered their services beforehand to ensure that the churched looked at its best. Willing volunteers cut the grass banks, beds were weeded, paths cleared, walls painted, and flowers planted.

The marriage service was a joyous and uplifting occasion with rousing hymns sung enthusiastically by the couple's family and friends together with a supporting band. Toby's father, Paul, also had a very special day marrying his fourth and final son. A retired vicar, he retained his licence specifically for this purpose.

Rapturous celebrations took place as the happy couple exited the church with the congregation lining a pathway from the church to the Laughing Monk in order that they could throw confetti. Villagers also cheered from the high vantage point of the church car park.

A long-standing wish of Sophies was to have the reception in a marquee on the edge of the beach at Blackpool sands. 100 lucky guests were greeted to a champagne reception and canapes followed by a sit-down wedding breakfast. Music and cocktails kept the people fully entertained during the evening before it finally ended at midnight with a big bang. As befitted this devout Christian couple, God put on a magnificent finale of a spectacular thunder and lightning display which lit up the whole of Start Bay.

We wish Sophie and Toby every happiness in their life together.

Nick Shepherd

3rd September 2023

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The Parish Hall is available to hire for events, clubs and activities.
Book through Danni Brien on 07841 505797

Strete Village Day

Thank you to all who helped in any way to make this day such a happy, successful event. The final total raised, after all expenses, was £1,668.28: an amazing amount!

NB

2024 Village Day will be on Saturday, 3rd August.

Hopefully the weather will be kinder so that we can return to our usual outdoor venue. Arrangements for this will begin soon and we welcome those interested in helping organise our annual event.

Christmas Market Saturday, 11th November, from 10.30am.

There will be trade stalls, a stall selling stocking fillers for the children, etc and coffee or tea and biscuits will be available. Do some early Christmas shopping, meet friends over a coffee, support the Hall.

Final arrangements re times, stalls, etc will be posted on the Hall website www.stretehall.co.uk, in the shop, on the notice board and on various posters around the village

Hall gardens

The Hall and its grounds belong to the people of Strete so please feel free to wander through, sit on one of the benches on the terrace, bring your coffee, read your book, meet friends - enjoy this village amenity.

DOGS

A polite, but firm, request to all dog owners: PLEASE do not allow your dog to foul the grass areas outside the main gates.

Christmas Market

Saturday 11th November 10.30am - 12.30pm

at

Strete Village Hall

Stalls including: cards, art, wood turned gifts, kids craft kits and more

Mulled wine, mince pies and Christmas baked goods, along with a BBQ

Santa letter writing for kids and a raffle for adults



BEACH CAFÉ OPEN DAILY SERVING
BREAKFAST, LUNCH & LOTS MORE

LIVE MUSIC EVERY SATURDAY MORNING

FIRE & FEAST NIGHTS

BEACH SHOP OPEN DAILY

PADDLEBOARD HIRE, LESSONS AND TRIPS

BEACH SAUNA COMING SOON



Stretewise Crossword

Across.

- 1: Species of leafless, twining, parasitic plant.
- 3: An incredibly soft, plush textile.
- 9: A dry white Italian wine from Veneto region.
- 10: Avoid work or a duty.
- 11: Butter fat that's is extracted from the nuts.
- 13: Used to express good wishes or friendly feelings before drinking.
- 14: Short fibre's removed during the combing process in spinning.
- 15: Very enthusiastic or passionate.
- 18: Lubricated, coated.
- 21: Freezing or very cold.
- 22: Dressed in clothes of
- a specified kind. 23: Be composed or made up of. 24: Unable to think clearly; confused.
- 25: Expulsion of air from the nose.

Down. 1: The double dagger sign. 2: Disappointed in someone or something.

- 4: A quantity of hot embers or ashes. 5: One of the birthstones for October.
- 6: Expressing sorrow or regret. 7: Careful not to inconvenience or harm others.
- 8: Upset and cause unrest. 12: Opposed to; against. 16: A Christian canonical hour.
- 17: Commonly known as mimosa. 19: Several active immature form of an insects.
- 20: Arrive at a fact or a conclusion.



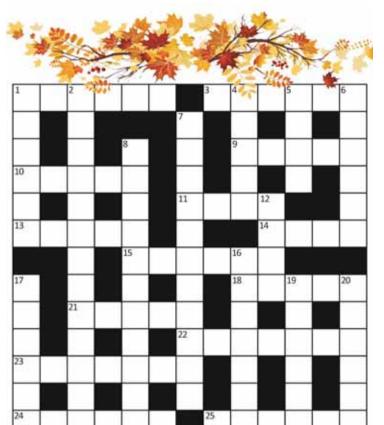
The name pumpkin comes from the Greek word 'pepon', meaning 'large melon'.

A pumpkin contains around 500 seeds.

Pumpkins take between 90 and 120 days to reach maturity.

Pumpkins are 80-90% water.

The world record weight for the heaviest pumpkin is 2,624 pounds!







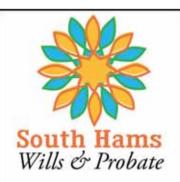
Made To Measure Upholstery

We are more than happy to look at any Bespoke Projects Proposed so do please give us a call.



South Hams Upholstery South Hams Business Park Churchstow Kingsbridge Devon TQ7 3QH 01548 464383

Alternatively email to Kim, Sarah or Rob at: info@southhamsupholstery.co.uk



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Kings Arms

Welcome to our community pub on the South Devon coast.



As you might know, these have been trying times for our Community Pub.

Since opening as a community pub, the Kings Arms has faced Covid, the hospitality staffing crisis, rampant food inflation, the mini budget

crisis and the subsequent dramatic mortgage rises, and then this summer

brought one of the wettest summers of the past hundred years to Devon.

As a result, the Kings Arms was in danger of not having enough cash for the quieter months ahead, indeed it looked like without additional funds the pub would have to close in October.

Because of this, the committee of the Kings Arms Community Pub (SCPL) put out an appeal to shareholders to raise money. This appeal was then extended to all the pub's followers on Facebook, the email list and beyond, including local print media like the Totnes Times and Kingsbridge Gazette.

At the time of writing, the fundraising pledges have now passed the minimum target and in fact looks to have gone beyond it. But now those pledges need to come in, otherwise we will face a cash crisis again. Once those funds have been transferred, we will know how much exactly but one thing we know is that the generosity and support of everyone who has helped has saved the pub.

With these funds, we now hope to be in a better position to attract an experienced manager, the cost of that person being offset by various efficiencies they create.

It is clear that the standard pub model is not enough over the winter months, so the plan is to change the model. It will require a shorter week, developing more events, more volunteers and developing menus to become a destination pub for the surrounding area.



These are some initial plans:

- To begin with, the pub will open from Thursday to Monday. This may change depending on performance.
- The plan is to make Thursday event night every week.
- Monday opening evening only is an experiment: other places close on Mondays, is this an opportunity? To minimise the risk, Mondays will be staffed with volunteers.
 There will be a different offer each Monday.
- December needs to be a much stronger month than usual so if you are thinking about a Christmas lunch with friends or a group you are part of, please think of the Kings Arms!
- Only through more volunteering can staff costs be significantly reduced.
- The committee is going to hold one or more 'clinics' in the pub with an open invitation to all villagers to hear what they might want from their pub going forward.
- At home, sofas are cosy and streaming services abundant: so a takeaway service needs to create more demand
- There will be promotions and offers. Please check KA communications or pop into the pub.

To put it into perspective, if the pub were to break even each day, it would need an average of 50 customers per day. The Kings Arms often gets that, but equally often it does not. So please, we all need to make the effort if we are to keep this wonderful village pub.

Few pubs in the UK have had an easy ride in the past three years. You may have seen the report on the BBC earlier this week stating that two pubs a day are closing in England and Wales. That is why on the anniversary that the Kings Arms opened as a community pub - 20th October - we will be holding some sort of celebration. We all deserve it.

Please put it in your diary.

There are a number of other events to put in your diary in the weeks ahead:

The popular Friday Night Lucky Number Draw returns on September 29th. The rules are simple. You have your number; it belongs to you. The prize is a £50 KA voucher. But you have to be in the pub to win, otherwise it is a Rollover.





Dartmouth and Kingswear Society

Conserving, Enhancing, Informing, Enjoying

The Society was formed in 1959 and is a registered Charity No. 1038254 *President: Sir Geoffrey Newman, Bt.*

The Society exists to preserve and enhance the area covered by the historic town of Dartmouth, the villages of Blackawton, Dittisham, Kingswear, Stoke Fleming and Strete, the River Dart and the neighbouring coastline and countryside.

The Society's committee meets every month to deal with planning and local development matters. Members enjoy a range of social events and talks during the year.

PROGRAMME 2023/2024

Tuesday 10 October 2023

The Flavel 5.00 p.m. Duncan Kenny Human/Wildlife Coexistence

Tuesday 14 November 2023

The Flavel 5.00 p.m. Robert Seymour Design in the Historic Environment

Friday 9 February 2024

Stoke Lodge Hotel tbc Winter Market Day Lunch

Tuesday 19 March 2024

The Flavel 5.00 p.m. Annual General Meeting

June 2024

Black Pool Sands tbc Summer Party tbc

For further details contact: Lindsay Charlesworth

01803 834592/Lindsay@jpcharlesworth.plus.com www.dandksociety.org.uk



Dartmouth Health & Wellbeing Centre

Patients going to the new surgery can have one hour's free parking by pressing the green button twice on the parking fee machine. No money is necessary. The machine will then produce a parking ticket with the departure time one hour ahead. Apparently

there are 10 spaces in the central block which are specifically for patients to use, but I could not see any marked out or any sign about free parking. The pharmacy on the ground floor of the H&WBC is now open.



Vacancy Strete Parish Council is looking for a new Parish Clerk/ Responsible Financial Officer

This is a part time job administering the business of the Parish Council (Meetings, Agendas, Minutes, Correspondence etc) and looking after receipts, payments and accounts, which are mostly online.

The job offers about 30 hours of work per month at a negotiable salary depending upon experience. Most of the job can be done at home with flexible hours to suit the job holder. Attendance at Parish Council meetings one evening per month to take meeting minutes is essential.

Applicants must be computer literate and able to run word processing software and spreadsheets. Training and office equipment is provided.

If you are interested in the role please contact Peter Hales, the Parish Council Chairman, on 07969 248397 for more details.





AUTUMN PROGRAMME 2023

	Meetin	gs are usually held in Strete Parish Hall on alternate Tuesdays at 2.30PM
September	5th	Slides of Strete - Ron Howell
	19th	Red Cross
October	3rd	Dartmouth Green Partnership - Stevie Rogers
	17th	Cruising Without Jane MacDonald - Ian Gray
	31st	To Be Confirmed
November	14th	Acupuncture - Emily Hutchings
	28th	Making Drink Coasters - Lesley Staffin
December	5th	Xmas Lunch
	12th	Wine and Mince Pies

Tuesday 5th September. After our summer break it was good to be back and see friends and get back in to a routine of our fortnightly meetings.

Dorothy, as usual, led the meeting with business being very short. We did decide where we wanted to meet for our Christmas Lunch. It was voted that we go back to the Old Inn at Hallwell.

Ou speaker for the afternoon needed no introduction as it was Ron Howell who came along with equipment to show us three short films which Ian Phillips had made. The first one was a tour of the village, showing properties as they were, telling us who lived in them and as they are now. It was well narrated by the late Jean Parnell who was born and grew up in the village and lived here all her life. Our second one featured Ken Jean's husband, a character, who was also born and lived in the village all his life except when

he went and served in the Royal Navy. He reminisced on buildings etc. as they were when he was a lad and of some of the antics the boys in the village got up to. The third one featured four ladies of the village who acted out a silent movie version of wearing their newly acquired rubber suits. Named 'Babes in Rubber'.

This was very amusing and also featured Ron as a rubber clad diver and Paul walking his dog and coming across the antics of these bathing belles looking in pure confusion of their routine in the sea and later in a pool. The ladies were, the late Barbara, Kerris, Val and Margaret.

As usual our tea and biscuits were served with an extra treat this afternoon of homemade sausage rolls made by Karen's husband.

Karen gave the vote of thanks.

We welcome anyone who would like to come to join us on a Tuesday afternoon in the Village Hall at 2.30. The are held every two weeks.





Tuesday 19th September Despite the weather we had a good attendance at our meeting on.

Dorothy welcomed us all and took apologies.

A few important things were discussed about where to hold our Christmas Lunch and then she introduced our two speakers for the afternoon from the Red Cross. Louise and Sally gave us a really good afternoon informing us of the work that the Red Cross carry out, how and where it was formed, the many ways money is raised through events like open gardens, coffee morning. Local firms sponsoring, collecting on collection days and man more.



The two ladies are in the local branch of the organisation and

we were all surprised with how many local things they go to with aid like, flooding, fires and how they can help out with medical aids for people who need these for a short time often this allowing the patient to go home rather than being kept in the hospital.

A few questions were raised and answered, and they joined us in our tea time which this week was served by Judy, Angela and Heather.

Derek saw to the draw with a vast number of prizes given by the members.

Our meetings are held every two weeks in the Village Hall at 2.30 p.m. All are welcome.

Why not come along and give us a try to see if it is your 'cup of tea'.



Collage of Red Cross and Red Crescent volunteers from around the world helping people in their communities.



Totnes and Kingsbridge

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- Tony Newman

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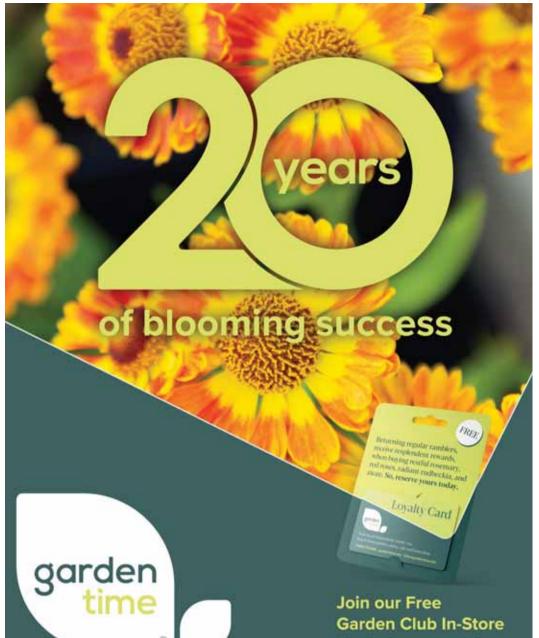
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Brenda Range, Liane Baldock, Colleen Seymour, Heather Robinson, Joan Kendall, Chris Burne, John Goldring, Carol Wills, David Wall and Trudy Rothwell and not forgetting Monica, Andy, Sally at the Strete Post Office and Stores.



Your local independent, family run, garden centre, café and farm shop

01803 712345 - gardentime.biz Gardentime, Hemborough Post, Totnes, Near Dartmouth, TQ9 7DE

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- Invites to events and prize draws

Local, family run business Gardentime celebrate 20 years at the heart of the South Hams community

Since its launch in 2003, Gardentime, which is based between Totnes and Dartmouth in south Devon, has evolved from a modest garden shop to a flourishing garden centre, cafe and farm shop at the heart of the community.

The lifelong vision of husbandand-wife owners Chris and Philly Varlow, who met while working for Philly's late father Chris Holden, Booker Garden Buckinghamshire, spoken about relocating back to the west country and starting their own business together and jumped at the chance when the site came up for sale. A former nursery, the site also includes Dunkirk House, where the couple live with their two dogs Lily and Daisy - who are arguably as recognisable as the couple themselves!



Living on site has allowed the couple to get to know their customers personally, managing the business closely alongside a passionate multi-generational team, who make the Gardentime welcome a warm and friendly one.

"We loved the site immediately, there are not too many garden centres with a sea view! Having managed larger garden centres for big companies, we both wanted to get back to our roots and concentrate on sourcing and showcasing the very best quality plants in beautiful surroundings" says Chris.

Originally from Penzance, Cornwall, Chris honed his craft at Pershore College of Horticulture and studied garden centre management. After graduating he took his first role at Booker Garden Centre, aged 22, progressing to Manager before moving on to become a Regional Manager with nationwide garden centre group Country Gardens.

Philippa by contrast, was born into farming and raised in East Portlemouth, just 30 minutes from Gardentime and initially trained as a florist, working for London's leading hotels. She founded her first business Forget-Me-Not in 1988, latterly working for her father, before she and Chris began on their joint business venture, together.

"I have always been romantically attached to the South Hams and the sea, having spent my childhood here, so it felt like a homecoming when we found the site. My Dad, founded his own family run garden centre - he was one of the first and renowned in the industry, so in many ways I feel like we're keeping that history going in our own way" said Philly.



Your local independent, family run, garden centre, café and farm shop



Hands on owners, the pair have dedicated their lives to a business and an industry they love, growing things modestly but steadily.

In 2016 the couple added a charming farm shop which stocks a curated selection of fresh produce, baked breads and larder goods sourced locally and from Italy - a reflection of their love of good food. Alongside the shop is The Glasshouse Cafe, a light filled and informal space at the heart of the centre which is open for breakfast, lunch, drinks and delicious cakes and gives visitors a place to relax and socialise amongst nature. Families, groups and four legged visitors are welcome daily and can enjoy delicious locally roasted coffee served alongside homemade west country classics - scones, pasties and Homity pies, baked in house.

In 2019 they extended the covered shop and plant area, so that they can offer a more comprehensive selection of plants which would rival any national chain, including classic perennials, shrubs, fruit trees and climbers to more exotic varieties including majestic Olives sourced from Italy.



"Our promise is to keep gardening at the core of our business. Our point of difference is our knowledge, passion and access to the very best plants. Our focus every day is keeping our fantastic customers happy, giving them great value and encouraging more people into gardening" said Chris.



Your local independent, family run, garden centre, café and farm shop 20 years after launch the couple remain humble about their success, citing it as a bi product of "doing what we love every day for 20 years". Day to day you're just as likely to find Chris delivering your compost in their distinctive lime green van and Philly potting up hanging baskets for local businesses, as you are to see them brainstorming expansion plans in the plant area.



A business which has quite literally grown with the community around it, the anniversary has paved the way for a new Loyalty Card and Garden Club giving new and existing customers the chance to earn points with every purchase across the centre, shop and cafe - a way of giving back and ensuring that younger generations and local families can enjoy gardening too. As well as perks, Garden Club members also receive expert seasonal insight, delivered monthly including tips and tricks from the very best in the trade.



Looking ahead, the couple show no signs of slowing down or losing momentum for what is clearly a passion led business. "We're in the planning stage of an exciting next phase, which will hopefully mean a larger covered space, cafe and farm shop and to accommodate more customers, a larger car park. The team is growing too and in July this year our daughter Alicia came on board to help with marketing. It feels like a great privilege to do what we do, in a place we love - here's to another 20!" said Philly.

Gardentime is open from Monday- Saturday 9:00am-5:30pm and 10:00am-4:00pm on Sundays. To receive your free Loyalty Card and Garden Club membership visit the centre today or sign up online

Gardentime, Hemborough Post, Totnes, Near Dartmouth, Devon, TQ9 7DE

For more information or high res imagery please contact Alicia Holden aliciaholden autlook.com /07725 468041.



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'Sometimes in the winds of change we find our greatest direction.'

Speak Life

Strete is enjoying the most glorious days of summer weather and it would appear that even though there are many changes in the world, the beauty of where we live stands firm. Mother Nature is showing us a greater array of colour and textures in the trees and hedgerows, all of which is often too easy to overlook. The humble hedge provides a great service, not only to the creatures that live within them but also to the landscape they inhabit. So, next time you see one, stop and have a closer look, see what you can see or hear, and take a moment to appreciate it for the wonder that it is. Our interview this time is with Brenda Range, a well seasoned traveller, who has made a beautiful home here in Strete over many years.

Where would you recommend, with all your many years of global trotting, a different sort of holiday, for someone with a sense of curiosity & adventure?

I would recommend travelling to Calgary in Canada and hiring a motor-home to travel westwards to the Rockies and over to Vancouver Island, perhaps with a friendly group like the International Caravanning Association, so you can meet up at night in the same campsite and swap drinks and chat with like-minded people, as well as meeting lots of other motor-homers. The variety in Western Canada makes it a fantastic place to travel to.

If you could save one endangered species from extinction, which one would you choose?

I would choose the Sumatran elephant, of which there are only 2,400 to 2,800 still alive in the wild.

What was your first job and where were you based?

My first job was as secretary to the Professor of Applied Electron Physics, FRS, Nobel Prize Winner, at the then Imperial College of Science and Technology, South Kensington, London. It was a very interesting place to live and work. I actually lived in a YWCA in

Onslow Gardens which was then a very pleasant place to live, although in a room for 6 to begin with, then 4, then 2 - one bathroom per a floor!

What are you most grateful for, right now, in this moment?

At the moment I am most grateful for my family, friends, reasonable health and mobility, good eyesight for reading and a friendly church down the road where I can freely worship my God without persecution or hindrance, as in so many other countries.

Cheese Jacks by Cranks Health Book

Ingredients

50g butter plus extra for greasing

150g oats: rolled, jumbo or porridge

180g mature cheddar cheese grated

1 egg

Salt & pepper to taste

0.5 tsp dried sage (optional)

0.5 tsp garlic granules (optional)



Method

- Preheat the oven to 180C / 160C fan / Gas 4.
 Butter a baking tray approx. 20cm square.
- Melt the butter in a medium sized saucepan (or a bowl in the microwave) then take off the heat.
- Add the oats and cheese to the melted butter then season with a little salt and some black pepper, plus the sage and garlic granules if using.
- Crack in the egg and mix everything together thoroughly.
- Spread over the base of the prepared baking tray, then press down well and evenly.
- Bake in the oven until set, golden brown and crispy on top (25-30 min).
- Mark into 24 small squares (or fewer larger ones if you prefer) then carefully transfer from the tin to a wire rack.

Eat while still warm or leave until cold and store in an airtight container.



The Papworth Method (Breathing Exercise)

The Papworth Method combines multiple breathing techniques. You focus on your diaphragm to breathe more naturally

- Sit up straight, perhaps in bed if using this to fall asleep.
- Take deep, methodical breaths in and out, counting to 4 with each inhale — through your mouth or nose — and each exhale, which should be through your nose.
- Focus on your abdomen rising and falling, and listen for your breath sounds to come from your stomach.

This relaxing method is helpful for reducing the habits of yawning and sighing.

Visit www.mindbodyandme.co.uk or contact Trish on 07976 269208 For current classes in Mindfulness and Meditation









For the last 48 years my diving friends and I have loaded our heavy dive kit into our vehicles from our homes to travel hundreds of miles to enjoy our favourite pastime, looking for and finding long lost shipwrecks. And we have been very, very successful, but we never noticed the years passing us by as we toiled away underwater and planned expeditions collecting good and bad publicity in local and national newspapers, TV and radio.

My home computer is stuffed full of photos and documents from over the years, full of adventure and achievements, amongst them hundreds of photos of our many visits to see the Duke of Edinburgh at Buckingham Palace, pressing the National Lottery button, and live appearances on national TV. So many memories.

So, it came as no surprise to us at this year's Plymouth Shipwreck Conference that we are now being referred as "Legends" in the diving world, slowly replacing the last generation of pioneer divers. Back in 1989 we were looking for an Armada wreck on the West Coast of Scotland when we were asked to come down to South Devon to look at some cannon in the Erme Estuary found by a local spear diver, that led to the discovery of two wreck sites, Due to the historic importance and value of the finds we asked for and obtained 'Protected Wreck' status under the Protected Wrecks Act of 1973. Which basically means to other divers 'Keep Off or you are in trouble. Just before Co-vid we were actively working away on the two sites we found off Salcombe in 1995 that have gained European and World status both protected under the law of the land making us the licence holders of four Protected Wreck Sites. That has gained us the title of the most formidable Dive Team in the UK. But formidable divers age and suffer medical conditions like everyone else, and what we could do 20 years ago we find the body objecting to now, so slowly the active diving becomes less and less.

But all is not lost, in the last two years and funded by Heritage England a midland diving company has set about propping up the teams diving on the important historical wreck sites by providing personal and boats. And so last week 11th/15th September divers on a charted dive boat out of Plymouth set about the 17th Century Cannon site laying out lines on the seabed and tagging the cannon in preparation for our two-day diving visit to Salcombe at the end of September.

This year is also the 50th anniversary of the 1973 Protection of Wrecks Act and with this in mind and again funded by Heritage England a film is being made of the historical sites designated since the Acts inception of which there are now 57 in total.

Historical sites and ships included in the film are the Mary Rose, HMS Invincible, the Scillies wrecks Association and Colossus, the Dutch East Indiaman Roowsijk and us the Salcombe 17th Century Cannon Site and Bronze Age Sites.

And so, it was last week that I found myself again being filmed on the beautiful coastline at Gara Rock opposite our wreck sites talking about the team's experiences with the Protection of Wrecks Act. It was a beautiful hot sunny day the occasional clouds playing light tricks on the flat sea our dive boat anchored over the Cannon Site in the distance. Halfway through the shoot I chatted to the cameraman and had a shock when we both realised, we had spent a few days together diving the protected wreck Admiral Gardner on the Goodwin Sands in 1986, what a small world. When I looked him up on my computer at home, I saw that he turned out to be an Emmy Award winning ,world renowned cameraman having filmed most of the BBC's productions especially 'The Blue Planet', and Sir David Attenborough's 'The World of Plants'.

At the start of the day at Gara I never expected to meet a fellow diver from 37 years ago both of us experiencing an event that changed the Archaeological diving world for ever plus the making of a new friend.

Even in my advancing years I am never surprised of what life can throw at you.

The film will be released about Christmas time.

Ron Howell The Nook





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PROBUS CLUB OF STOKE FLEMING AND DISTRICT

Where friendliness matters above all else

The Probus Club of Stoke Fleming and District has been in existence since 1984. It was initiated at the Stoke Lodge Hotel, Stoke Fleming which has been its 'home' ever since. We meet fortnightly on the second and fourth Wednesdays of each month. The meetings start at 10.30am with coffee followed by a speaker at 11am and on the first meeting of the month we also have lunch at 12.30pm. The following programme for September - January 2024 is as below:

Lunch/Coffee	Date	Topic Title	Speaker		
Lunch	11th October	The Machine Gun Corps, aka the Suicide Club	Martin Farrant		
Coffee	25th October	The Trials and Tribulations of Running a Small Farm Janet East			
Lunch	8th November	Life as an Airline Pilot	Stewart Lenton		
Ladies Lunch & Quiz	22nd November	Christmas Photoquiz	Robert Hesketh		
Lunch	6th December	The Solar System	Phil Evans		
	2024				
Lunch and AGM	124th January IA train Journey in Miniature		Earl Connoity		



The Probus Club of Stoke Fleming and District

Where friendliness matters above all else

A lunch meeting will be held beginning at 10.30am at the Stoke Lodge Hotel, Stoke Fleming on

Wednesday 11th October2023

The meeting will commence with coffee, followed by a talk by Martin Farrant entitled

The Machine Gun Corps 1915 to 1922 aka The Suicide Club

Fascinating military history and strategy as Martin describes to us how new weopons require new tactics which may have consequences for all those involved



After the talk, drinks will be available at the bar. An optional 3-course lunchwill be served in the restaurant at about 12.30pm

The club is keen to attract new members and a warm welcome will be given to guests. If you would like to come along and be a guest please contact our Secretary Peter Hales on 01803 770739

https://stokeflemingprobus.wixsite.com/stokeflemingprobus



The Probus Club of Stoke Fleming and District

Where friendliness matters above all else

A meeting will be held beginning at 10.30am at the Stoke Lodge Hotel, Stoke Fleming on

Wednesday 25th October 2023

The meeting will commence with coffee, followed by a talk given by Janet East entitled

The Trials and Tribulations of Running a Small Rural Farm

Janet will be well-known to many of us who are connected to farming and rural life



After the talk, drinks will be available at the bar.

The club is keen to attract new members and a warm welcome will be given to guests. If you would like to come along and be a guest please contact our Secretary Peter Hales on 01803 770739

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