

February

2023

January Coffee Morning

Relishing the chance to relax after the festive celebrations, we had a fantastic turn out for the first coffee morning of the year.

Phil and Wendy were “manning the kettles” in the kitchen and once again the conversations continued beyond noon.

It was good to see so many people and we even had a guest appearance from Kenny Hussel who popped in for a coffee and helped out with the 100-club draw.

We are gradually filling up the rota for people helping out in the kitchen but if you do fancy helping with the drinks one month, please put your name on the list.



The next Village Hall coffee morning is planned to take place on **Thursday 2nd February starting at 10.30 a.m.**

If you haven't been before, why not pop along for a coffee and a chat. Just bring along a plate of something sweet or savoury, all drinks are supplied. All we ask is a small donation towards the running of the Village Hall.

January 100 Club Draw

A big thanks to Kenny for starting this year's draw ... although a steward's enquiry is underway as Wendy Down scooped first prize. Runners up spot went to Martyn Kemp, congratulations both.

Please contact Rod Crossman 850704 or rodcrossman@hotmail.co.uk for more information on joining the draw.

East Down and District Produce Show 2023

Important Notice.

Please read the following.

Following a successful 2022 Produce show.

Your help is needed to enable the 2023 Show our 43rd Annual Show to go ahead.

The Show committee requires the following.

- Help in the kitchen.
- Raffle ticket sellers.
- Someone on the door.
- Someone in the carpark.
- Help to clear the hall up at the end of the day.

Without volunteers

The SHOW WILL NOT HAPPEN

If you are new to the village don't be shy, we need your help.

Please call one of the committee members listed below if you are able to offer help:

Rod: 850704. Wendy: 850548. Mary: 882936. Margaret: 850432 Pat: 850457

We need to know by the 12th of

February and which areas, you are prepared to help.

If you are unable to help with the above your participation would be gratefully appreciated



East Down with Arlington Church

Hello everyone

Just to let you know our next Holy Communion service is on 19th February at 11.15 a.m. All very welcome to come along and afterwards have refreshments and chance to have a chat.

Church Cleaning and Flower Rota

4-11th Feb Mrs S Gregory and Mel Gregory

18-25th. Mr & Mrs J Parker

4-11th March Mrs H Bowden & Mrs Sophie Lerwill

The A P C M meeting will be held on 29th March 7.00 p.m. at the village hall.

Take care,
Julie Kift
Church warden

Village Hall Activities

Village Hall February Diary

Coffee morning	Thursday 2 nd	10.30 a.m.
Soundbath	Monday 6 th	2.00 p.m.
Table Tennis	Tuesdays	7.00 p.m.
Art Club	Wednesdays	10.00 a.m.
EPDC	Monday 20 th	7.00 p.m.
Quiz night	Saturday 25 th	7.00 p.m.
Dog training	4 th , 11 th and 18 th	11.00 a.m.

If you would like to hire the Village Hall, we are now fully back open for business. The Hall has been equipped with hand sanitisers and cleaning wipes. All that we ask is that you take reasonable measures to protect yourself and your visiting party from covid and leave the Hall in a clean and tidy condition. Please take away any litter that you generate; it would also be appreciated if you remove, clean and return any tea towels you may use in the kitchen.

Please contact Ray Thomas for bookings on 850464.

Village Hall Activity Contacts

The Parochial Church Council (PCC) - Julie Kift 07763 537136

Art Group Margaret Smith 850727

Table Tennis Gill Parker 850549

Young farmers Meg 07947372705

Dog training Immy Snaith 07307212993

East Down Village Hall Soundbaths

Something new for 2023

Come and experience the relaxing, meditative wonder of a sound bath by Zara Trinconnet.

Designed to take you into a deep relaxation, a meditative journey and introduce you to a different form of healing using Himalayan bowls, voice, crystal bowls and grounding tools, a sound bath is the perfect way to start the week. They introduce sound into your chakra system and give you an overall introduction to how sound works with your mind, body and soul.

The sessions will take place on Monday afternoons at 2.00 p.m.

The dates we have for 2023 are:

6th Feb, 13th March, 17th April, 15th May, 12th Jun
17th July, 14th Aug, 11th Sept, 16th Oct,
13th Nov, 11th Dec



Mobile Library Service

The next visit will take place on **Tuesday 20th February**. The library will be in the Pyne Arms car park between 10.30 a.m. and 10.55a.m. If you have any queries, please contact Tiverton Library on 01884 244644 or via email: tiverton.mobile@librariesunlimited.org.uk



The Newsletter

If you would like to send a photograph or an article or just share a message within the parishes of East Down and Arlington, we would love to hear from you. You can contact us, Mike and Sally at eastdownnews@yahoo.com



At East Down Village Hall

**Saturday 25th February
7.00 p.m. start**

Featuring **Tom Gould**
North Devon's premier
quiz master, travelling all
the way from Kentisbury



**Only £7.50 per person
(including supper)**

Maximum of 6 people per team
Call Mike and Sally 01271 889051 or
email eastdownnews@yahoo.com to book.

**Please come along,
the more the merrier**



Donations of raffle prizes most welcome

New to East Down Village Hall

East Down Village Hall Dog Training

PUPPY PARTY !!!

PUPPY PARTY FOR ALL, COME AND JOIN US AT EAST DOWN VILLAGE HALL FOR OUR SOCIAL CLASS, PUPPYS ARENT THE ONLY ONES TO MAKE FRIENDS.

DIFFERENT DAY FOR EACH AGE GROUP. LARGE BREED AND SMALL BREEDS AT DIFFERENT TIMES.

SEND US A MESSAGE TO TODAY TO FIND OUT MORE!!!!!!

ON FACE BOOK
@ROXYS DOG TRAINING/ SERVICES
OR
WHATS APP
07307212993





DOG TRAINER
UNIQUE TRAINING TECHNIQUES

OBEDIENCE BEHAVIOR AGGRESSION SOCIALIZATION

ROXYS DOG TRAINING/SERVICES is hosting training sessions for dogs of all sizes and shapes

- 1 2 1 TRAINING
- BASIC AND ADVCED COMMANDS
- OFF-LEASH TRAINING
- WORKING WITH BEHAVIORAL ISSUES
- DIETS AND NUTRITION
- MENTAL AND PHYSICAL STIMULATION

Sign up today!

@ EAST DOWN VILLAGE HALL, DEVON

@Roxys dog training/services
07307212993





Saturday 18th February

7.00 p.m. Kentisbury Village Hall

**Wine tasting with cheese - a
voyage of discovery through wine
£15 per head.**

Contact Helen
at helenquaile@gmail.com



Kentisbury Gardening Group

Check out their Facebook page for an upcoming visit at the beginning of February to marvel at the Snowdrops.

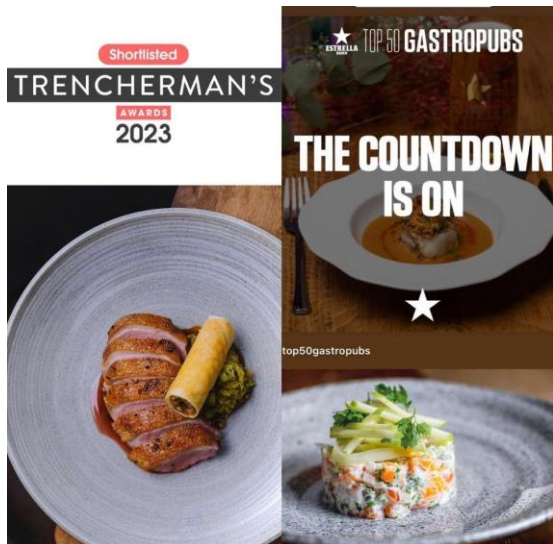
Arlington Court

**Brilliant Birds Trail Sat 11th to Sun 19th Feb
10.00 a.m. to 4.00 p.m.**

Find out more about the birds that live at Arlington on a trail through the estate and claim your prize. £1 per trail, including a prize (admission fees apply)

Pyne Arms

The team have been enjoying a well-earned break but re-opened their doors on the 28th January. For the third year running Amie and Ellis have found their way into the Estrella top 50 gastro pub awards, this time rising to 19th place.



To cap off the good news, the front of house team has also been shortlisted in the fantastic Trenchermans awards.



There are still a couple of tables available for Valentine's evening so hurry to avoid disappointment please book via the website www.pynearms.com.



Valentines Tuesday 14th February

Cocktails £9
Passion margarita
Cosmopolitan
Raspberry fizz

3 Courses £48

Starters
Veloute of slow roasted onion & baked potato, chive, onion bread
Twice baked Bribers vintage cheddar soufflé, shallot marmalade, cheddar & chive sauce
Pork cheek ravioli, roasted tomato, garlic & ndjua sauce, shaved 18month parmesan
Scollops, glazed pork belly, Thai curry sauce, coriander

Mains
Slow roast duck breast, spring roll, black bean sauce, cabbage & bacon
Roasted hake, buttered chive mash, warm tartare sauce, samphire, oyster leaf
Goan spiced celeriac, lentil dahl, indian spiced salad, mint yoghurt, cornflour roti
Fillet of moorland beef, slow cooked short rib croquette, Bordelaise sauce, pomme Anna potatoes, celeriac +£5 supplement (steak)

Dessert
Tiramisu, biscotti
Vanilla pana cotta, poached rhubarb
Warm chocolate sponge, caramel sauce, salted caramel ice cream
Lemon tart, blackcurrant sorbet

Editor apology, those of you reading this on email will be able to enlarge the screen to better read the menu. Sadly, I can do nothing for the print version.

The Muddiford Inn are also offering a Valentine's menu serving on the 13th and 14th February which can be viewed on their website.

Lynmouth

Artisan Craft Fair at the Pavilion Lynmouth.
Saturday 18th February 11.00 a.m. to 3.00 p.m.

Artisans with stalls of soap, bread and bowls, needle felt, sea glass, nail art and earrings, ceramics, herbal potions and ointments, a portrait artist and milliner as well as upcycled articles made from textiles, metal and wood.

We look forward to seeing you all at this free event.

Future activities

East Down Easter Bingo

Date for your diary, this year's Easter Bingo will be held in the Village Hall on Thursday 13th April so dibbers and dabbers at the ready.

Loxhore

The fledgling Loxhore Art Group is about to restart on Wednesday February 8th.

We are an informal self-organising 'Art Group'. So far, with no tutor or lessons involved (Having occasional guest tutors has been mooted). We each bring in our own materials and anything we want to work on, paint or draw. Some of us gain inspiration from our pile of 'how to' art magazines. None of us are 'experts' and many are 'beginners'. It's been fun.

Not everybody attends every week, but even with the full 10 of us, there is plenty more room (and tables) in the Hall. We think it could be even more fun, if others would like to join us? No requirement to be 'Arty' - just folks who enjoy making/creating things - crafts, sewing, hobbies, mending etc etc

We're a friendly relaxed bunch who like to keep the teapot and cafetière on the go - and eat cake. So, it seems opportune to rename the Group:

CREATIVITY CAFE!

With no agenda beyond creating a kind and friendly space where creativity may grow and flourish. What actually happens is up to all or any of us! 😊

SO COME ALONG TO CREATIVITY CAFE!

- Dig out that sketch book, pencils and brushes and have a go
- Or
- Bring your knitting needles and that half-finished Sweater.
- Restring your Grandmother's pearls.
- Try Origami
- Embroider a gift
- Make Earrings
- Upcycle something - like a wooden spoon or old tray etc etc
- Practise Calligraphy
- DO something you've always meant to do
- Rediscover that old hobby you never find time for

Enjoy a cuppa, maybe some cake, plus convivial chat in a warm space!

**2 to 4 pm Every Wednesday
February 8th - March 29th (Easter
break)
at Loxhore Village Hall**

It's cheap! Only £2 - towards hall hire - for a single attendance.
(Less if you sign up for the 8 weeks, hall hire divided between us)

*Please phone/email Edward or Cheryl if would like to come (helpful to know for setting up tables) or have any queries. Or just turn up.
Tel: 01271 850626
email: cheryledward@yahoo.co.uk*

Parracombe

We have lots of information for you this month about the 'goings on' in Parracombe Village.

Many thanks to Alison Smith for providing this.

Pavilion stores & café

Opening Times
Mon-Sat 8.30am to 5.30pm
Sun 9am to 1pm
Tel: 01598 763569
shopinfo@parracombe.org.uk
Parracombe Lane, Parracombe EX31 4QL



 Find us on Facebook
Search 'Parracombe Stores'

Parracombe

The Pavilion Stores and Café is a community funded and run enterprise, born out of villager demand after the previous privately owned shop ceased trading in 2017 due to the retirement of the owners. To fund the project, the community were invited to invest in shares which were match funded by Power to Change and grant applications were made to a variety of organisations such as the Princes Countryside Fund. We employ a full-time manager but the remainder of the shop staff are volunteers of which we currently have 40 in number. The opening of The Pavilion Stores and Café has shown how a small community can bring about change for the better by pulling together and putting in some hard work.

We aim to source goods as locally to us where possible, ensuring that basic needs, as well as little treats, are available.

Our local goods include Honey from the Heddon Valley, Smoked Bacon Jam from Lynton which is delicious with the Devon cheeses we sell, fresh salads from Kentisbury, Beef, Pork and Lamb from local farmers and spirits from Exmoor Distillery in Dulverton. Local homemade savouries such as pasties and scotch eggs are available from the café menu alongside a wide variety of freshly baked delicious cakes.

There is a dresser full of local crafts which change on a bimonthly basis. Craftspeople who have sold their wares include local potters, woodcrafters, wool workers, foragers, painters and photographers.

We like to think of the Pavilion Stores and Café as a social space and a community hub for all to gather together as well as a shop. Events take place regularly in the café such as Chess Club, Bridge, Knit & Natter and Jigsaw club.

You can follow us on Facebook, come to the shop to find out what is happening or email us on shopinfo@parracombe.org.uk

We are open 7 days a week: 8.30am – 5.30pm Monday – Saturday, and 9am – 1pm on Sunday

We hope to welcome you soon.

Also happening in Parracombe in February

Friday 10th Butterflies of the Heddon Valley

Illustrated talk by Jack Ward, National Trust. An introduction to the butterflies living in and around Parracombe and what we can do to help them. 7.00 p.m. (doors 6.30 p.m.) at the Village Hall, free entry, donations to the village hall licensed bar.

Friday 17th Parracombe Archaeology & History Society Re-Launch

6.00 p.m. at the Village Hall. Short presentation and table displays of projects. Come along and find out what PAHS is all about. Licensed bar.

Sunday 19th Big Breakfast

Hosted by Blackmoor Gate YFC 9.00 a.m. – 12 noon at the Village Hall. £10 p.p. All monies raised for Devon Air Ambulance and Blackmoor Gate Young Farmers Coalition.

Friday 24th 'Really Ancient Parracombe'

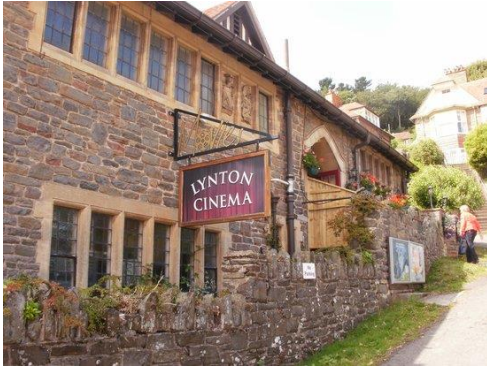
Illustrated Talk by Linda Blanchard. Ever wondered what some of the mounds and earthworks you see locally were? Now's your chance to find out. 7.00 p.m. (doors 6.30 p.m.) at the Village Hall, free entry, donations to the village hall licensed bar.

We have started publishing a monthly 'What's On' listing. Basically, it's a brief summary of all activity happening in the month. It goes on the village noticeboards and is posted on Facebook. It is also emailed out to anyone who subscribes to receive email updates and you can sign up to receive these by going to www.parracombe.org.uk (there's a button on the home page).

Coming in March

We do have the Sam Green gig to look forward to in March. Details at <https://fb.me/e/2AGC8VtYH>.

Lynton Cinema



A Man Called Otto (15) Wed 1st to Thurs 2nd 8.00 p.m.

Based on the comical and moving # 1 New York Times bestseller, *A Man Called Otto* tells the story of Otto Anderson (Tom Hanks), a grumpy widower who is very set in his ways. When a lively young family moves in next door, he meets his match in quick-witted and very pregnant Marisol, leading to an unlikely friendship that will turn his world upside-down. Experience a funny, heart-warming story about how some families come from the most unexpected places.

Enys Men (15) Fri 3rd to Sun 5th 8.00 p.m. (matinee 2.30 p.m. Mon 6th)

A wildlife volunteer on an uninhabited island off the British coast descends into a terrifying madness that challenges her grip on reality and pushes her into a living nightmare.

Till (12A) Mon 6th to Thurs 9th 8.00 p.m. (matinee 2.30 p.m. Tue 7th)

Till is a profoundly emotional and cinematic film about the true story of Mamie Till Mobley's relentless pursuit of justice for her 14 year old son, Emmett Till, who, in 1955, was brutally lynched while visiting his cousins in Mississippi. In Mamie's poignant journey of grief turned to action, we see the universal power of a mother's ability to change the world.

Tar (15) Fri 10th to Thurs 16th 8.00 p.m. (matinee Mon 2.30 p.m.)

Set in the international world of Western classical music, the film centres on Lydia Tár, widely considered one of the greatest living composer-conductors and the very first female director of a major German orchestra

Puss in boots : the last wish (PG) Sat 11th to Sun 19th 2.30 p.m.

Daring outlaw Puss in Boots discovers that his passion for peril and disregard for safety have taken their toll. Puss has burned through eight of his nine lives, though he lost count along the way. Getting those lives back will send Puss in Boots on his grandest quest yet.

The Fabelmans (12A) Fri 17th to Thurs 23rd 8.00 p.m. (matinee Mon 2.30 p.m.)

A deeply personal portrait of 20th Century American childhood, Steven Spielberg's *The Fabelmans* is a coming-of-age story about a young man's discovery of a shattering family secret and an exploration of the power of movies to help us see the truth about each other and ourselves.

Babylon (18) Fri 24th to Tue 28th 8.00 p.m. (matinee Mon 2.30 p.m.)

From Damien Chazelle, *BABYLON* is an original epic set in 1920s Los Angeles led by Brad Pitt, Margot Robbie and Diego Calva, with an ensemble cast including Jovan Adepo, Li Jun Li and Jean Smart. A tale of outsized ambition and outrageous excess, it traces the rise and fall of multiple characters.

Check on line for further details and ring 01598 753397 to make reservations.

Local Businesses

Besshill farm shop

01271 850311. besshillfarmshop.co.uk

Open Monday to Saturday 9.30 a.m. to 5.00 p.m.

Visit Besshill Farm Shop today. All of our meat is free range and comes from within the West Country, as we always want to offer the freshest produce we can.

For latest news, please see our Facebook page and website.

We look forward to seeing you all,

The Besshill Team.

Pyne Arms 01271 850055

Open Wednesday to Saturday 5.00 p.m. until late (food served 5.30 p.m. to 8.45 p.m.)

Open Sundays 12.00 noon until late (food served 12.00 noon to 5.00 p.m.)

Closed Mondays and Tuesdays.

The Pyne continues to be very popular and advance bookings for meals is recommended. Booking can now be made every easily online through ResDiary. There is a “book a table” button on the website which is very quick and easy to use.

Keep an eye out on Facebook for takeaway menus.

For any more information check the website, Facebook page or ring 01271 850055.

Charlie Dixon Counselling & Psychotherapy

Approachable, relaxed counsellor providing reassuring support & solutions to your problems.

Based in Kentisbury, offering flexible appointments, including evenings.

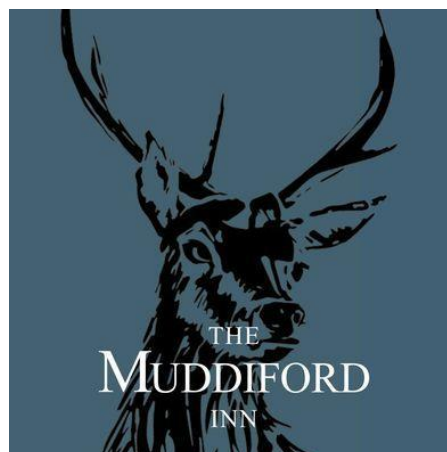
Free introductory appointment.

Please get in touch to discuss how I can help you on:

07870 281356

charliedixoncounselling@hotmail.com

www.charliedixoncounselling.co.uk



The Muddiford Inn

Normal Hours

Open daily 12 noon til late.

Booking Recommended for food.

Check out the website or Facebook for contact details, opening times and menus.