

Langtree Parish Magazine



Sponsored by the Green Dragon

Langtree Rainfall

From Joan Lampard

Apologies for the Magazine being so late, I am not sure where the time has gone recently and I have been finding it harder to fit everything into the day with work and family life at the moment.

I am sorry to everyone who kindly sent in articles, I can see everyone has been busy as well and there has been some interesting developments in the Parish.

For everyone who has been wishing to advertise in the magazine or has adverts which require corrections I am afraid this also got the better on me, I am having to adapt my working methods at the moment as with so much on I can't seem to remember everything like I use to so I am having to write it down and make a list rather than relying on my memory.

Tom

tom@langtree.net

www.Langtree.Net

	2012 (mm)	2013 (mm)	2014 (mm)	2015 (mm)
Jan	127	142	246	212
Feb	47	55	166	84
Mar	24	97	63	63
Apr	157	27	79	37
May	38	81	118	94
Jun	202	41	64	60
Jul	138	26	44	106
Aug	124	88	127	142
Sep	101	63	9	101
Oct	193	172.15	113	58
Nov	167	116	97	179
Dec	242	180.5	172	

	MM	Inches
2009	1081	43.24
2010	859	34.00
2011	955	38.2
2012	1560	62.40
2013	1089	44
2014	1298	51.1

Next Deadline

Please send in items for the next edition by 15th July to tom@langtree.net I can be reached on 01805 601502 or you can call Nikki on 01805 601118. Please send items as a word document, PDF, Jpeg or plain text in an email.



Langtree Park

A massive thanks to everyone who came to story time with Santa, you gave us some great feedback with things to note for next year. A fantastic £111 was raised so a great night had by all.

We have received a generous donation from District Councillor Hurley of £250, thank you very much indeed, and also thank you to Torrridge District Council.

We are still waiting to hear back about 2 grant applications we have put in, we are keeping everything crossed for this and will give an update as soon as we get any news.

The all new Schools out for Summer will be from Thursday 21st July 3.30pm onwards. There will be lots of great fun things to do in the park.

The Scarecrow Competition is going to be held again in the 2nd week of September, the theme will be announced later in the year.

Finally, CBeebies is coming to town, The Three Half Pints are BAD GUYS

A NEW SLAPSTICK MISADVENTURE FOR THE WHOLE FAMILY

Family friendly slapstick chaps the Three Half Pints are back with a slip, a trip and tumble in 2016. Starring in CBeebies' major new series Spotbots (aired early 2016) the shortest slapstick softies around are back with a hilarious new misadventure for families from April 2016.

Derek, Dick and Ernie are really bored of being good. It's just GOT to be more fun being baddies! But being an evil scientist, a pirate or cowboy is much trickier than they thought. Can the bumbling brothers learn to stay out of the clink and finally get the gold? Or maybe they'll realise they're much better at being good guys after all.

A hilarious slapstick misadventure crammed full of silliness and schemes for families with children aged 5-8.

Suitable for ages 5+, Running time 55 minutes, Thursday 16 June 4pm, Langtree Parish Hall

Tickets £7.50 (ad) £5 (U16) £20 (fam) Tel: 01805 601602, Drinks and snacks available to buy.

Doors Open 3.30pm

Super Fast Broadband has arrived in Langtree this week.

Well for those of us who are within 1.2km of the phone cabinet at the Parish Hall can now get super-fast broadband to a speed of 76 megabytes per second.

For those of us who can't get a fast connection 'Connecting Devon and Somerset' has committed to bringing broadband to everyone within the programme area. If you are not yet able to receive broadband speeds of over 2Mbps you may be able to get connected through the CDS voucher scheme. The scheme will provide a subsidy of up to £500, in the form of a voucher code, to fund the installation of a new broadband connection. Each premise can choose their supplier from the list below; with every solution guaranteeing a minimum of 10Mbps download speed.

The scheme will run for one year up until the March 2017 and is open to individual residents, small businesses and communities. Individuals, small business and communities must approach the suppliers on the Voucher Scheme for further details of their services and decide on the best fit with their requirements. Communities should work with suppliers to decide on a solution, however the individual voucher holder is able select their own supplier and a group cannot make a decision on behalf of another. Any premises connected through the scheme are still eligible for later extensions of the broader programme.

<http://www.connectingdevonandsomerset.co.uk/cds-broadband-voucher-scheme/>

Kundalini Yoga at Langtree

A friendly class recently started at **Langtree Parish Hall, Wednesday mornings 10:00 – 11:30**, £8 per session (drop-in). All welcome.

Kundalini yoga is for everyone

If you can breathe and move, you can do Kundalini Yoga. It balances the glandular system and strengthens the nervous system so you feel more vibrant and alive. Although some postures require a degree of mobility, adaptations will be offered to suit individual needs.

Kundalini Yoga is practical but also very powerful. It works quickly to give you grace, balance and most of all, the ability to remain calm, centered, and clear through life's challenges. As you practice Kundalini Yoga you will gain new perspectives and capacities, as well as habits that support a healthy lifestyle. You don't need any previous experience in yoga to achieve results with your very first class. Kundalini Yoga is spiritual but not religious and people of all faiths or no particular faith will benefit from practicing it.

What to expect in a Kundalini Yoga Class

Tuning In: When we practice Kundalini Yoga, we tune in by chanting 'Ong Namō Guru Dev Namō', connecting us to the purity of the infinite teacher living within each of us.

Breath: Breath is life energy itself. When we learn how to breathe consciously, we can calm our minds and master all aspects of our lives.

Kriya: A Kriya is an exact, dynamic combination of postures, breathing and sound – a complete system that balances body, mind and soul, and increases mental clarity and physical vitality.

Meditation: Meditation brings awareness and control of our thoughts. Using mantra (sacred sound currents repeated aloud or silently) and mudra (sacred gestures) we can clear negative patterns and connect with our higher consciousness.

Preparing for a class

Ideally avoid food for 2-3 hours before a class. Wear loose fitting comfortable clothing. Bring a bottle of water and drink plenty. If possible, bring a yoga mat, blanket and cushion (I do bring spares but it's good to have your own).

For more details, please contact Sat Nam Ji (Anne) at Anneaerobbins@aol.com, x 01409 261344 or 07880 994998.

For the first time in my life I decided to try Yoga. I thought that perhaps it would be a gentle introduction to some much needed exercise, that could help me to strengthen the muscles in my legs, and in turn might help reduce the pain in my knees. I was intimidated by the idea of Yoga and all the positions that they use to stretch and tone but in the end I went ---after all it was only just down the road in the Parish Hall and if I didn't get on very well there would be no need to go again!

Anne was very welcoming and helpful and with every exercise explained not only how to do it, but how to adapt it to our individual abilities. There was no pressure to "keep up" and push ourselves ever harder and the time flew by. Needless to say I have become a regular attendee! And I am feeling the benefit from it. The names of the exercises may make Yoga seem strange and very different, but if you have done "warm ups", stretches and "cool downs" in other group exercises, or have had physiotherapy you will recognize most of what we do in a class. - NP



Christina Thomas
Hair Stylist
To book an appointment call on:
07875753971
01805601910
25 ForeStreet Langtree

Little Acorns Toddler Group

We meet Thursday mornings during term time, in the parish hall - 9.15 to 12 noon. You will find that we are a friendly relaxed group and have a range of toys for babies and toddlers to play with. We provide a snack at about 10.30am for the children and a tea or coffee for the adults, at a cost of £1 per child and 50p per sibling.

We would welcome anyone who would like to come along and join our group. Please feel free to pop in on a Thursday morning or give Laura Coles a call on 01805 601666 for more information

The Horse and the Frog – Trudy Poulter

When Ned got back to the stables he found the boss waiting for him.

He had never seen his manager look so pleased! The foreman and the farm workers were cleaning out the horse box. Ned knew that the news was good. "I've just been taking to the vet at the animal hospital. Phoebe and Florence, Freddie's mother and sister are ready to be discharged. Phoebe had given the vet a detailed account of what had happened, which left him in no doubt that Freddie was her son. I am sorry about this but you'll have to do an about turn and fetch Freddie. By the time you get back the horse box will be ready and the three of us will be going to Barnstaple to bring his family back to Taddiport. What are you waiting for? Off you trot!"

Ned didn't have to be told twice, and he sped back down the road. A few people asked him why he was rushing, but Ned politely explained that he couldn't stop to talk and would explain later.

Freddie was just settling down to enjoy a fly biscuit, when he saw Ned and wondered why he was back so soon. He wondered if something was amiss, but Ned's beaming smile told him otherwise. In between sharp intakes of breath, he managed to tell Freddie the good news. Freddie was so glad to hear that his sister really did exist and was not a figment of his imagination. "Come on", said Ned, "Jump up, there's no time to lose. I'll tell you everything on the way." Freddie was so excited that he leapt a little too high, and bounced back to the ground, but he managed to get it right at the second attempt. Meanwhile, back at the hospital Phoebe and Florence (Flo for short) sat on a bench outside the ward and waited for Freddie. The kind nurse, sensing their excitement, kept phoning the boss to ask how the journey was going. "They have reached the Barnstaple roundabout, so it won't be long" she said to the impatient pair. Then, what seemed like just minutes later she almost screamed, "They're here". The area had been decorated in balloons of every colour in honour of the occasion because the Vet, Nurses and Patients were all delighted to be able to witness such a happy reunion.

The Vet called Freddie aside to give instructions about the aftercare his mother and sister would need. There were some do's and don'ts - plenty of rest, plenty of fluids, not too much swimming in the pond and not too much leaping. Freddie nearly burst with pride at the thought



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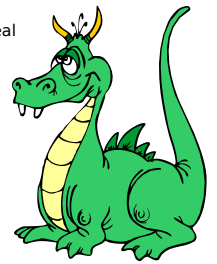
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that he was going to be their main carer. He had responsibilities!!! How cool was that? With his dear friend Ned to help, he was sure that he would be able to cope. He wanted to sing out loud but all that he could manage was a throaty, tuneless croak. While he was sorry that his mother had been through such an ordeal, he was comforted to know that he was still loved and had not been abandoned. And - he had a sister !!!

Next time –

How the neighbours rallied around "Good neighbours" are "bessy mates" who happen to live nearby.



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Church News

Team Rector: Revd Martin Warren, tel: 01409-281424

Team Vicar: Revd Susannah Metz, tel: 01837-810621

Dear Friends,

Why, oh why is it called Good Friday? A couple of days before Easter, and we mark the death of an amazing man – and a pretty horrendous death too. And we call it 'good'. About the only good thing is the hot cross buns – and you can get them all year round now! So why 'Good Friday'? What's good about it?

Well, for Christians, two things in particular. Firstly it is here that we find God really getting into bed with us. This isn't God just playing at getting involved with human life. This is God doing the full monty. It's all in. He takes on death as well. As we see Jesus hanging upon the cross, we see in him God entering into the utmost depths of human experience. There is no 'thus far, and no further'. With God there is nothing that is off-limits. And that must be good news for us. Whatever we go through then, God is there too. He is not there just for the nice bits, but for the really grotty bits as well. With God there is nothing beyond his experience.

But if that was all, it wouldn't be much. Ok so God comes to the depths, but what about coming out of the depths. God's not much use if he's stuck in the depths. So Good Friday can make no sense without Easter Day. But then Easter Day makes little sense without Good Friday – it's just chocolate bunnies and Easter eggs. With no Easter Day, Good Friday isn't good. But with it, it tells of a God who does indeed plumb the depths with us, but also can bring us through. With him there is new life, new hope – a new world. And not just beyond physical death, but this side of death as well. But to get there we have to die. Die to ourselves, die to this world, die to our hopes and dreams, die before God.

Will you? Will you enter into Good Friday? Will you let it be 'good'? It's the only way through to Easter Day.

Yours, Martin Warren.

22nd May 9.30am Holy Communion

29th May 11.00am Team Service

(Peters Marland)

5th Jun 9.30am Morning Prayer

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Something New at the Parish Hall



Welcome to our new "Craft and Produce Market" on Saturday 16th April from 10.00 am – 12 noon

You can sell anything as long as you have made it or grown it! Of course that also means beautiful LOCAL crafts and tasty produce for buyers!!!

If you live in the parish and would like to sell your items at this event, please come along. Tables are free, and tea & coffee will be available.

Local History Group - Mike Roe

With Christmas and the New Year now distant memories we can now look forward to another year of interesting historical meetings. In January Joy Green gave us an interesting talk on her photographic experiences and brought along several collections of photographs of local events such as the Torrington bonfires, Carnival and May Day and the meat factory fire.

Our AGM was on February 24th at 7:00pm. This was a short affair of no more than 10 minutes, shorter if I can manage it, after which members had brought items of historic interest to show and talk about. Anything can turn up so this is always an interesting meeting.

Our March meeting had been organized by Sue Lee and a series of 10 short films were shown, presented by Beaford Arts, called "Boat Stories". The films had been shot locally with local boat people from the likes of Appledore and Clovelly.

Looking ahead we are hoping to be able to invite a range of speakers to our meetings. Watch this space for details

As I have said before if there is anyone out there who would like to join our informal group you would be most welcome. Meetings are held on the 4th Wednesday of each month at 7:00pm except August and December. To contact the group please phone me on 01805 601114.

Langtree WI - Sylvie Smith.

Although December seems a long time ago our evening with the "Appledore Singers" was so good, and we enjoyed it so much, it wouldn't be right not to mention them. There were approximately 30 ladies singing, one lady conductor, one gentleman introducing each song, another gent playing the keyboard, and his gentleman page turner! They sang such an assortment of songs and several carols every one of which we totally enjoyed. Some songs were serious, some thought provoking, and others just plain fun! We were invited to join in with the carols and I think it must have been, (due to their singing) one of our best singing efforts! Margaret Knapman thanked them on our behalf and noticing that their number included three men, thanked them for bringing "your three kings"! Much laughter ensued at this quip which was followed by loud applause from all present!

January was another splendid month. We had a physiotherapist who had 40 years' experience teaching us some very useful exercises that we could use every day. She was brilliant, explaining the reasons for doing each exercise, and demonstrating them slowly and calmly. We were all happy to follow her lead and copy them to the best of our ability. Maggie Jordan thanked her for an informative and fun evening amid much applause.

At our February meeting we made "Button Necklaces". Some beads seem to have a will of their own but we were all very pleased with our efforts. Pat Soby thanked our instructor on our behalf.

March concentrated on cookery with Lucy Lucey giving us a demonstration.

Meetings are held every third Wednesday in the Parish Hall at 7.30pm, Visitors £3.50 per evening.

All are Welcome



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Langtree Parish Show Schedule

Aug 13th 2016

SECTION 1 – VEGETABLES Classes 1- 28

- 1 Potatoes, white, (5).
- 2 Potatoes, coloured, (5).
- 3 Runner beans, (6)
- 4 Carrots (3)
- 5 Beetroot, 3 tops trimmed to 5cm
- 6 Shallots, (9)
- 7 Onions sown from seed, trimmed and bound (3),
- 8 Onions, sets, trimmed and bound, (3)
- 9 Marrows, should not exceed 38cm (15in), (2)
- 10 Cabbage, (1).
- 11 Leeks, (3).
- 12 Courgettes, between 10cm&20cm (4in - 8in), (3)
- 13 Tomatoes, red, (5).
(Calyx attached) not including cherry
- 14 Tomatoes, cherry, (5).
(Not to exceed 35mm diameter)
- 15 Cucumber, (2).
- 16 Lettuce, cabbage, (1).
- 17 Radish, (5)
- 18 Spring / Salad Onion, (5).
- 19 Pepper, hot (chilli) or sweet, any colour, (2)
- 20 Collection of 5 kinds of salad vegetables
(displayed in a basket)
- 21 Container of herbs minimum of 4 types
(must be named)
- 22 Collection of 4 kinds of vegetables
(displayed in a box or basket)
- 23 Any vegetable not listed in the classes above (1)
(must be named)
- 24 Longest Runner Bean
- 25 Longest carrot
- 26 Heaviest cabbage
- 27 Heaviest potato
- 28 1 vegetable, 1 cut flower

NB: Please check number of specimens required in each class.

SECTION 2 - FRUIT AND FLOWERS

Classes 29 - 51

- 29 Rhubarb, 3 sticks, with foliage trimmed to 5cm
- 30 6 apples- one or more varieties
- 31 Any other fruit, (to be named) 3
- 32 A vase of 5 roses (minimum 3 distinct varieties).
- 33 Rose, 1 specimen in a container, own foliage only.
- 34 Floribunda roses, 1 stem or spray in a container.
- 35 Dahlias, 3, in a vase.
- 36 Collection of fuchsia heads (6).
(displayed on a board)

- 37 Fuchsia head/heads floating in a wine glass
- 38 Hydrangeas, 3.
- 39 Sweet Peas, one variety 5.
- 40 Sweet peas minimum of 3 varieties 9
- 41 French Marigolds, 5.
- 42 Asters, double, 3.
- 43 Asters, single, 3.
- 44 Vase of mixed garden flowers
(herbaceous perennials, annuals may include roses but not other shrubs)
- 45 Vase of mixed flowers may include shrubs
predominately of one colour
- 46 Any 1 individual bloom – not from the above.
- 47 Lilies, one pot
- 48 Pot Plant, flowering, pot up to 6 ins in diameter
- 49 Pot Plant, foliage, pot up to 8 ins in diameter
- 50 Pot of Begonias grown from a corm
in flower, pot up to 8 ins
- 51 Cactus 1

SECTION 3 - FLORAL EXHIBITS Classes 52 -59

Except where stated, entries should not exceed 60cm (2ft) overall

- 52 Where have all the flowers gone
An arrangement may include foliage, seed head, twigs but no flowers
- 53 An exhibit incorporating drift wood
(other accessories permitted)
- 54 An arrangement in a teapot
- 55 An Arrangement of 5 flowers with or without foliage
- 56 Table Decoration based on a Celebration to be named
- 57 Floating heads arranged for effect max size of container 9ins
- 58 An exhibit depicting the Olympic rings
- 59 Petite arrangement not to exceed 25cm (10in) in any dimension predominately in one colour

SECTION 4 - CHILDREN'S CLASSES 60 -82

Age to be clearly stated on all entry forms in years and months

Age 4 and under

- 60 A picture made from leaves
- 61 A boat made from a butter spread tub
- 62 A decorated wooden spoon
- 63 A painted pebble

Ages 5-7 (key stage 1)

- 64 A sea creature made from seashells

- 65 Model of a tree made from recyclable material (must be self-standing)
- 66 A drawing /painting/colouring of a beach hut (A4)
- 67 Potato Head – a decorated character made from a potato
- 68 3 decorated digestive biscuits

Ages 8 – 11 (Key stage 2)

- 69 A handmade greetings card not to exceed 6 x 8ins
- 70 An arrangement in a sea shell
- 71 Photograph- My favourite pastime
- 72 Photograph – My most loved animal
- 73 A rocket made from recyclable materials
- 74 A painting The Sea
- 75 Handwriting- First 6 lines of I do like to be beside the seaside
- 76 An item I have made in the last year

Ages 12 – 14 (Key stage 3)

- 77 Photograph -My friend(s) portraits
- 78 Photograph - A silly selfie
- 79 An item I have made in the last year
- 80 5 cupcakes decorated
- 81 Give an old item new life up cycling
- 82 5 homemade biscuits

SECTION 5 – Eats and Drinks

All exhibits in Classes 83- 95 to be loosely covered in cling film.

- 83 Filled lemon macarons – From recipe.
- 84 A celebration sponge cake
- 85 Irish soda bread, from recipe
- 86 Celebration Cupcakes, 4 (2 distinct types)
- 87 Brownies, 4 pieces
- 88 Herb and onion Focaccia from recipe
- 89 Shortbread, 4 pieces.
- 90 Fruit cake made with 5 named fruits 7 or 8ins square
- 91 Biscuits, 12,
- 92 Scones, plain, 4.
- 93 Quiche, any variety (18 - 20cm or 7 - 8 in)
- 94 Any chocolate desert or cake
- 95 Bread any type, hand made
- 96 Bread machine made
- 97 1 bottle of homemade red wine
- 98 1 bottle of homemade white wine
- 99 1 bottle of tea wine (from recipe)
- 100 1 bottle of elderflower champagne from recipe
- 101 1 bottle of sloe gin
- 102 1 bottle of any other liqueur

(Jams, Pickle, Chutney – 340gm (12oz) or 450gm (1lb) jar Classes 103 – 110)

Entries will be judged on the content and overall presentation.

- 103 Strawberry jam
- 104 Raspberry jam
- 105 Any other named jam
- 106 Lemon Curd
- 107 Seville Marmalade
- 108 Any other marmalade
- 109 Chutney
- 110 Pickle

EGGS

- 111 6 hens' eggs –one colour
- 112 6 mixed hens' eggs

Section 6 CRAFTS Classes 113- 129

- 113 A cushion, fabric or knitted, max 50cm in any dimension
- 114 Embroidery in Cotton, Silk, other threads or a combination.
- 115 A stuffed toy
- 116 Knitted or crotched items for baby or child.
- 117 Knitted or crotched items for adult
- 118 Handmade Christmas item
- 119 Handmade Christmas tree item
- 120 Patchwork article
- 121 An electronic device cover
- 122 Article in Wood – any method.
- 123 Driftwood Sculpture, max 100cm in any dimension.
- 124 Handmade Jewellery Item
- 125 Painting. Seascape / landscape any medium Maximum dimension 45cm (18in)
- 126 Painting Still life
- 127 Monochrome drawing (only one colour) ink, charcoal, chalk or pencil
- 128 Painting Animals / wildlife
- 129 Art item any medium

PHOTOGRAPHY Classes 130 - 132 All photographs to be unframed. Maximum size A4

- 130 Bird Life
- 131 By the River
- 132 On the beach
- 133 On the move
- 134 Reflections
- 135 Outdoor portraits
- 136 Church interiors
- 137 Street Life
- 138 Interior abstracts
- 139 Animal portraits
- 140 Black and white / sepia photo any subject

Langtree Parish Show
Saturday 13th August 2.30pm in Parish Hall

Admission Adults 50p Children 20p

Rules for Entries

Classes are open to residents of Langtree Parish and those outside the Parish who are members of Clubs or Societies that meet regularly in the Parish Hall. This includes Langtree Primary School, WI, History Group, Short Mat Bowls. Maximum 2 entries per class.

Entry fee is 15p per exhibit. Under 16's free in own classes but they may enter other classes on payment of the fee.

All entry forms with correct fee to be returned to Old Rectory Langtree or box at the Parish Hall by 12 noon on Thursday 11th August

Exhibits to be staged by 10.30am on 13th August. Doors open at 8.30am but will be locked at 10.30am. No exhibitors or any other person except judges, stewards and committee members to be present during judging.

Exhibitors must provide own vases, plates etc
All exhibits of Fruit, Flowers or Vegetables must be grown by the exhibitor. (Except flower arrangements)
Prizes in each class 1st £1.50p 2nd £1.00p, 3rd 50p. However judges may withhold prizes if there are insufficient entries in any one class or where they think they are not merited. To award 3rd prize there must be a minimum of 5 entries in that class.

- The decision of the judges is final.

Recipe for Tea Wine Class 99

Ingredients

4 tablespoons of loose tea (any, some scented teas make lovely wine)
2.5 lb Sugar
2 tsp citric acid
1 gallon of water
Yeast and nutrient

Method

Pour the boiling water over tea and sugar, stir well and infuse until cool.
Strain into fermenting jar; add citric acid, nutrient, yeast and top up with cold water.
Fit a cork and air lock, ferment out and rack.
Bottle as usual when stable.
A clear dry wine excellent for blending should result!

Recipe for Elderflower Champagne Class 100

Ingredients

4 heads of Elderflower
1.5 lb sugar
2 tablespoons of white wine vinegar
1 gallon of water
2 lemons

Method

Put elderflowers, sugar, vinegar and water in a bucket. Squeeze lemons and add juice to the bucket. Cut lemon skins in quarters and add to the liquid. Leave to stand for 24 hours stirring occasionally. Strain and bottle into screw top bottles. Ready to drink in a few days

Filled Lemon Macarons Class 83

The French version of our macarons, which combines crispness and chewy tenderness

Makes 15 shells.

Oven temp 150deg C 300deg F Gas 2

Ingredients

3 lrg egg whites – at room temperature
25g/1oz granulated sugar
200g/7oz icing sugar
125g/4oz ground almonds
2 tbsp water
Yellow food colouring

Filling

Butter cream flavoured with finely grated lemon rind

Method

Whip the egg whites until stiff, and then beat in the granulated sugar until you achieve glossy foam. Sieve almonds and icing sugar twice, and then fold into the meringue with the food colouring.

Fold the mixture over and over until the batter flows from the spatula in a thick ribbon. Test by dropping a small amount on a plate – it should form a smooth dome, not a peak. If it looks peaky, fold the mix again. Put oven on to preheat.

Draw small circles on baking parchment – well spaced apart. (About an inch and a half as a guide)

Lay the paper upside down on a heavy baking sheet. Pour the mix onto the centre of the circles using a piping bag or by hand, tap the edge of the baking sheet sharply to help the mixture settle, adjusting if necessary. Leave to rest in a dry atmosphere for 15 mins. A light, unsticky top should form ready for baking.

Bake for 8 – 10 mins until they are firm and glossy. Cool, then gently peel off the baking paper. Make two batches (30 shells) Fill with lemon cream and sandwich together.

Irish Soda Bread Rolls Class 85

Ingredients and Method

Oven 200 deg C /180 deg (fan)/Gas 6

In a bowl mix 250g wholemeal flour and 250g plain flour with 2 teaspoons salt and 3 teaspoons Bicarbonate of Soda.

Gently incorporate 500mls Buttermilk and knead the dough for a few minutes.

Dust the worktop with flour and divide the dough into 12 equal pieces. Gently shape into balls.

Place on a lined baking tray then snip a cross on the top of each.

Brush with a little milk then sprinkle with porridge oats. Bake the rolls for 12-15 mins until golden. Cool on a cooling rack.

Check that they are cooked by knocking on the bottom. You should hear a hollow sound

Onion & Herb Focaccia Class 88

Makes 2 Italian style flatbreads

Ingredients

225g/8ozs strong plain flour

1 tsp fast action yeast

1 tsp salt (sea salt if available)

1 level dessertspoon dried mixed herbs or equivalent in fresh. Suggestions: sage, bay leaves, rosemary, thyme, oregano

1 red onion – chopped and cooked to soften

2 tbsp virgin olive oil

4-5 fluid oz of warm water

Method

Sift flour into large bowl, stir in yeast and salt. Add chopped herbs and onions and using a wooden spoon or dough hooks, beat in olive oil and enough warm water to make a soft dough. Remove from bowl onto a board and knead for 8-10 mins.

Brush a clean bowl with oil, put dough in and cover with a damp cloth or clingfilm. Leave in a warm place for at least an hour until doubled in size. Preheat the oven to 220deg C, 425deg F or Gas 7.

Knock back the dough and divide in half. Roll out into oval shapes about a half inch thick.

Place on oiled baking sheets, cover with oiled Clingfilm and leave to rise for twenty minutes.

Brush the tops with oil, then bake for 15-20 minutes. (Herbs can be poked into the top if liked) Wrap in a clean tea towel to cool. Wrap well and eat within 2 days.



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Christmas Menu Now Available...

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Notes from the Parish Council

What a wet dreary spell of weather we have had but Spring is showing through at last, the roads have deteriorated a lot. Our complaints seem to have worked a little with some remedial work being done in the parish.

We have had an incident of wilful vandalism to parish property at the West Entrance to the Church, in the form of some small minded individual sawing off the two trees that were there. These have been replaced by a kind donation. They are parish property, so anyone who vandalises them is harming the whole parish.

The housing project at Southland Drive at the Parish Hall is progressing again as the weather is improving. The Parish Council is mindful that we will soon take possession of the field and changing facility building. Once ownership is confirmed we will be planning ahead for the completion of the changing rooms.

With this in mind we will be working with groups to establish uses for the recreational ground.

Geoff Bond – Parish Council Chairman

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Parish Hall News Newsletter

The Hall has been busy at the start of 2016 juggling with pantomime rehearsals, the actual pantomime, 5 children's parties, Young Farmers' rehearsals for their Drama Competition to name a few. The Leader Room has been used for business meetings and a new Yoga class has started on Wednesdays 10am – 11.30am £8.00 per session.

The pantomime Captain Hook's Revenge performed by the Parish Hall Players was a success with a cast of 22 including 9 youngsters and a production team of 27. The balance sheet is included in this newsletter together with some photographs. There are over 80 ices still in stock and when these are sold money will be credited to Parish Hall players account. The pantomime was videoed and this will be shown to all the cast and a decision made on the donation to Friends of the Park.

What's on at the Hall

On Thursday June 16th at 4:15pm The Three Half Pints This is a family friendly slapstick adventure. Starring in CBeebies in early 2016, Derek, Dick and Ernie are really bored of being good and play the parts of an evil scientist, a cowboy and a pirate. Aimed at families with children aged 5 -8. Tickets £7.50 adult, £5.00 under 16 and £22.50 family ticket. Drinks and snacks available to buy.

Thursday 23rd June EU referendum voting
Voting on the EU referendum. Also the Hall will be used as a counting venue and will be unavailable until Friday 24th June at approx. 12 noon.

Sunday 26th June from 12.30 pm
To celebrate the Queen's 90th birthday there will be a summer lunch. £ 12.50. There will be cold cuts, potatoes and a selection of salads followed by the usual array of delicious puddings, cheese and biscuits tea and coffee with a glass of wine or juice. Proceeds will be given to the Church yard fund. Come dressed in red, white/ and or blue. Please book with Sue 01805601602 or Sylvie 01805601485

In this newsletter you will also find the schedule for Langtree Parish Show to be held on 13th August. This year we have consulted with vegetable and flower growers, the Craft group, the photographic judge (a retired professional) and the cookery judge for ideas for the classes so hopefully we will see lots of entries.

The schedule and entry form will be published again before the show



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Pantomime Balance Sheet 2016

Outgoings	£
Scripts	54
Performing Rights	106
Music	350
Sound	50
Costumes	86.53
Costumes and props	161.19
Hall Hire	428
Draw Prizes	93
Ice cream	295.49
Miscellaneous	40.54
Music sheets and make up	25
New lighting and cabling	271.56
Total outgoings	<u>1961.31</u>
Receipts	£
Ticket Sales	2001.00
Ices	332.5
Draw	461.05
Panto takings	<u>2794.55</u>
Plus Bank balance	1595.00
Total	<u>4390.08</u>
Less outgoings	1961.31
New balance	<u>2428.77</u>



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From our Local Councillor David Hurley 01805 601604

The Christmas and New Year festivities are now a distant memory. It's a pity that the same can't be said for the persistent and heavy rain. So much rain has fallen these past few months that there is now nowhere for it to soak away and during a recent walk on the Tarka Trail the value of decent and unobstructed ditches and gulleys that feed the streams and rivers was apparent. Due to reduced Financial support from Westminster, Devon County Council have had to reduce funding for the Lengthsmen who, until now, have been responsible for clearing ditches of obstructions and hence help prevent flooding. They will now perform this job on an annual basis so we will be more reliant than ever on local labour to provide an alternative service to ensure vulnerable areas are kept clear.



Our Environment may be changing and this, according to some reports, is down to Climate Change. I was therefore pleased to recently accept an invitation, together with other TDC and N. Devon Councillors, to accompany members of the North Devon Biosphere to be shown some of the work that they do. The Biosphere's aim is to "Develop partnerships and manage projects for a sustainable future in North Devon. The N. Devon Biosphere team help, advise and facilitate partnerships and projects." We stood on the Rothern Bridge in Torrington and were told how volunteers sample bottom living invertebrates at that section of the Torridge once per month from May to September. Invertebrate species have different tolerances to pollution so the levels of pollution can be determined by the invertebrate species found. We later visited a farm just outside Barnstaple where the Biosphere have been assisting the farmer to obtain grants, and advise him how to collect the water runoff from his field, and by using a system of pits, allow the water to fill the pit before exiting via an overflow pipe and leaving the heavier nutrients and soils behind. These nutrients are later collected and re-spread over the land. Despite Storm Imogen being in evidence on the day I spent with the team, I found the tour both educational and enjoyable.

I am pleased to see that work has commenced at the site of the new housing development known as Langtree Meadows next to the Village Hall. It has taken a long time to get to this stage so hopefully it will now be full steam ahead and the houses will be built, particularly the much needed affordable homes.

There is no further news as yet with regard to the allotments/communal garden at The Crescent. The area has been looked at by TDC and is to be included in the Local Plan due for submission later this year. Andrew Waite, Property Manager at TDC, is going to attend a Parish Council meeting, hopefully in the near future, to inform Councillors of the plan for The Crescent.

Busy times indeed at TDC. Members have just attended a meeting at Caddesdown to decide the course that the Council will take for the next four years. The Devolution Document has now been submitted. This is just the start of a discussion that, if successful, would see local Democracy have a greater say in how our areas are run and hopefully less interference from London. The Boundary Commission are presently looking at all the present Wards in Torridge with a view to possibly altering them. The last time the Ward boundaries were set, many years ago, the ratio of residents to Councillor was felt to be correct. Since then there have been many changes in that ratio and some Wards have fewer residents and other Wards have more residents than the Boundary Commission recommend. The aim is to have each vote carry the same weight. Results of the review will be known in early 2017. Comments on any changes can be made at consultation.lgcb.org.uk

I note that at a recent Parish Council meeting that a local resident had complained about Greeny Lane. I have reported on the DCC website several pot-holes on this road and even though Greeny Lane is not in my Ward I have made representations to the Highways Officer responsible for road repairs. I am however, at this stage, not too hopeful that the situation will change as to the state of that road as it is classed as a "C" road and as such is well down the list of priorities for Highways.

Finally, may I thank the Parish Hall Players, all those that were involved backstage and "front of house" in this year's Panto, "Captain Hook's Revenge", for all their hard work in bringing an amusing and vastly enjoyable presentation to Langtree Village Hall for the public's entertainment. If you weren't able to attend you missed a treat.

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Langtree Methodist Chapel Newsletter

You may have noticed that the Chapel has undergone some renovations in the past few months. The front has been re-plastered and the porch re-roofed. A big thank you goes to Pat And Greg Mitchell for doing such a grand job and also to the Balsdon Trust who have provided us with a grant to upgrade our toilets to provide disabled facilities. We are hoping to complete our renovations in the next few months with the installation of double glazed windows in the Sunday School.

Operation Christmas Child Shoebox appeal: We have had confirmation that our 91 Shoeboxes were delivered this year to children in Belarus, each one sent and packed with love. Thank you to everyone who helped in any way.

Services for May, all at 11am:

May 15th Mr John Dennis (United Service)
(Sunday School)
May 22nd Mr Roy Harris (Sunday School)
May 29th Rev Ken Morgan(Sunday School)

Sunday School – we have a Bible Story and craft activity/colouring/puzzles – all children are welcome

May the blessings of the Lord guide you, protect you and be with you always.

Cathy Ley

TGiF Kids Club

The next dates are; May 20, June 17, July 15

We meet after school in the church, after school, on Fridays
- all are welcome. There is no charge.



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News from Langtree Community School



From thoughts of tinsel and Christmas, Langtree School is now turning its attention to Spring and Easter, and all that this time of year has to offer – both on and off the planet. Read on for more exciting interstellar, and terrestrial, news from us!

Live Link-Up with Major Tim Peake at the International Space Station Class Three took part in a live link-up with the International Space Station recently, when they were able to submit questions to Major Tim Peake to answer from the Station as it orbited our planet. He entertainingly demonstrated how life without the effects of gravity, and being weightless, can sometimes be quite tricky using on-board live experiments in the Cosmic Classroom. He provided answers, to questions such as "Which is an astronaut's favourite button?" (the button that opens the hatch to space, of course) in an 'Ask the Astronaut' session; showed us his 'Growing Flowers in Space' experiment, and explained why his heart works less hard while spending time some 410 km (255 miles) above the Earth's surface. A brilliantly informative but fun session, with thanks to NASA and Major Tim.

In March, Class Three linked-up with the Royal Shakespeare Company to watch a live production of Shakespeare's 'Othello' (a story of a General in the Vatican Army) giving them the opportunity to view a high quality production as it's being performed, from the comfort of their classroom.

Our Foundation Class continues to hold 'Stay and Play' sessions on the first Friday of every month, when visitors can pop-in between 10.30am and 12 noon to meet our Foundation Team, and try their hand at some of the activities they have on offer. Wellington Boots are an essential piece of kit to bring too, as outside garden play is a big part of everyday here. Please be in touch with us if you'd like more details.

Thank you to everyone across the community who supports Langtree Community School. We look forward to welcoming you to one of our open events in the near future.

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Police Email

melissa.baker@devonandcornwall.pnn.police.uk

Local Contacts

Parish Hall Bookings - 01805601609
Langtree Church - 01409281424
Langtree Methodist Chapel - 01409281262
Langtree Primary School - 01805601354

What's On in Langtree

Health & Keep Fit

Pilates – PH – Term Time only Mon 9:30pm till 10:30pm

Body Blast - Parish Hall Mon 6:15pm to 7:15pm

Short Mat Bowls – (PH)

Mon 7:30pm - 9:30pm

Wed 1:15pm – 3:30pm & 7:30 - 9:30pm

Shebbear Surgery Health Club

Last Tue of the Month 2-3pm

Clubs and Groups

Hobbies, Arts and Crafts Group Tue 10:30 to 12:30 (PH)

Parish Whist Drive - £2 entry - 7.30pm (PH) – Fourth

Thursday of the month

Little Acorn's Thurs 9:15 to 12pm (PH)

Woman's Institute

7:30pm to 9:30pm - 3rd Wed of Month(PH)

History Group

7:00pm to 9:00pm – 4th Wed of month (PH)

TGIF Club 2nd Friday of Month, 3.15pm – 5.15pm (PH)

Bible Study and Meal – Thursday Evenings 7:15pm (MC)

Other Services

Mobile Post Office at the (PH) Car Park

Mon to Wed & Fri 11:40am to 13.05am

Parish Council Meetings

7:30pm to 8:30 – 2nd Thu of the Month

Social Events

Sat 14th May 8pm Jazz in the Village PH

Thu 16th June 4pm The Three Half Pints PH

Thu 23rd June EU referendum voting PH

Sun 26th June Summer Lunch PH

Sat 13th August. Langtree Parish Show

Mobile Library -

Langtree on a Thurs - Parish Hall 10:40 - 11:15 Mar 24th, April 21st, May 19th, Jun 16th

Stibb Cross on a Wed - Union Inn 15:35 - 16:35
May 11th, Jun 8th

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