

Atherington Argus

January 2019: Free to residents of Atherington Parish: Vol 11 No. 1

2019

Happy New Year!

Suggested donation of 25p an issue to assist with running costs.



W elcome to the first edition of the 2019 Atherington Argus. Although it probably doesn't seem like it! December has been a fairly quiet month; with regards to items for the Argus so this will be a slightly smaller version.

We unfortunately lost 3 members of our community at the beginning of December. Rosie Glover on 6th December, May Woollacott on 9th December and Jack Burkill on 11th December. Rosie's family have been kind enough to provide us with some words regarding Rosie's life and Jack's family will be providing some words for next months edition.

Please remember to send in your items that you would like included to atheringtonargus@outlook.com

As Editor I can only put in what people send me. The deadline for items for February's issue is Friday 25th January.

Also, if there is anyone in the Village that would like to take over Editorship from me, I would be more than happy to hand over the reins. Please contact me if you would be interested. Don't all jump at once!!!

Kindest regards

Becca

Plastic Free – North Devon



In our first year....

- Just over 1,000 people joined with our beach cleans run alongside [Surfers Against Sewage](#) and the [North Devon coast AONB](#), removing over a ton of plastic waste.
- Our Summer Ambassador Programme, run with Lottery funding engaged over 1300 people visiting our local beaches. Our tourist campaign reached over 30,000 visitors highlighting the simple steps they can make to be part of the solution.
- Over 50 local businesses gained [Surfers Against Sewage](#) Plastic Free accreditation.
- 6 local communities have achieved [Surfers](#)

[Against Sewage](#) Plastic Free status and many others are working towards the status.

- We have engaged with over 4,000 young people through local school assemblies, workshops and beach cleans. 18 schools are signed up to the [SAS Plastic Free](#) programme, with 4 having achieved the status.
- We ran our water bar at 7 major events, engaging 2500 people and removing the need for thousands of plastic bottles.
- We delivered a large business workshop discussing ways to maximise the impact of plastic waste reduction.
- We have become part of a new Plastic Free Consortium in North Devon bringing together 15 key local agencies all on a mission to solve our plastic waste problem and build a more sustainable forward-thinking community.
- We have provided employment and training for several local people.
- Our work has been covered by local and national press, including BBC 's Countryfile, North Devon's The Voice radio, The Journal and The Gazette.

We think we've been busy, but this is just the beginning. Our Big Plan for 2019-2022, as well as building on what we've started, is:

- to expand our work with schools
- to expand our visitor campaign
- to expand our work with the business community
- to raise awareness of responsible recycling
- to encourage whole community engagement



YOGA

By Felicity Cornish of Hands to Heart Yoga and Massage

The word 'Yoga' means union. The practice of yoga is the union of Mind, body and soul. Ancient yogis believed that to be in harmony with yourself and the environment you had to create a balance between the mind, body and spirit. We help to create and achieve this balance through Asana (postures), Pranayama (breathing) and Dhyana (meditation). These are just 3 of the eight limbs of Yoga. (For further reading on the eight limbs of yoga please see web address below)

I first started to practice yoga when I was pregnant with my second child back in 2001. For many years I practiced yoga on and off only really attending a class maybe once a month. Then 13 years later in 2014 I injured myself whilst running. At the time I was so frustrated with myself. I enjoyed running, it got me out of the house, it was free, and it gave me breathing space from the craziness of my life! (I have 4 kids 😊). I loved the rush I got from the intensity of the run and I actually enjoyed the Devon hills (I am sure I wouldn't have said this at the time) Looking back it was fun, being at one with myself and nature, pounding the pavements mile after mile (4 or 5 at the most!). I enjoyed it...

What on earth was I going to do now. I still practiced yoga occasionally but nowhere near as much as I used to. That all changed...I needed to do something. So, I set my alarm for 6am the next day, I got up (well crawled out of bed), went down stairs, rolled out my yoga mat and fired up the laptop. I went onto YouTube and googled 'Yoga'. There she was... Adriene, 'Yoga with Adriene'. (This brings a smile to my face whilst typing this). This woman changed my life. I started a journey I didn't even know I was taking and I certainly didn't know where it would lead me. In 2015 18 months later, after practising yoga nearly every day and attending yoga classes when I could, I decided to deepen my yoga practice and start my Yoga Teacher training with the British Wheel of yoga. Here I am in 2018 as a qualified teacher and living the dream!! I truly mean that. I cannot believe how yoga has changed my life and now I get to share that with others, so they too can feel the benefits and change their lives.

I am calmer, I sleep better, I can touch my toes (I know right!!), I am fitter, I am healthier, I can breathe (I know we all can breathe but I mean really breathe, the full lung of nourishing air breath), I am toned and getting more toned all the time and above all I AM HAPPY!

Yoga has made me appreciate things, minor things, huge things, everyday things. It has made me full of gratitude for what I have and for what I can give.

My Yoga journey has really only just begun, and I am enjoying every step of it.

Why not start your yoga journey too...

All abilities welcome.

I teach locally in North Devon and would love to meet you.

Mats are provided or you can bring your own.

Please bring a blanket for the relaxation (students say this is the best bit)

Timetable

Thursday- Barnstaple- 9.30-10.45am (starts on January 10th)

Thursday- South Molton YMCA- 5.45-7pm

Thursday- Atherington Pavilion- 8.00-9.15pm

Friday- South Molton YMCA- 9.30-10.45am

1:1 yoga sessions also available,

For more information please contact me Fliss on 07909113110

www.hands2heart.co.uk

Facebook- handstoheartyogaandmassage



Atherington Children's Playing Field & Pavilion

DATE FOR YOUR DIARIES

The next Beaford Arts production hosted at the Pavilion will be held on Saturday, 2nd March at 7.30 pm

Vincent Gambini - 'This is Not a Magic Show'

This is a performance of and about sleight-of-hand magic. Astonishing close up magic that invites us to question how wonder is produced.

Come along and enjoy an entertaining evening with a difference. Suitable for adults and children over 12 years.

Note from Chairperson

It is a privilege to be able to welcome live performers to a small village like ours. However, the ACPFC cannot afford to subsidise these events. Whilst we are not looking to make any profit from these evenings, we cannot make a loss. Please support this event otherwise sadly it could be the last Beaford Arts production to be held here.

Thank you for your continued support.

Jill Thorne

Dates for 2019 – watch out for posters...

(02/03 Beaford event – Vincent Gambini - 'This is Not a Magic Show'

15/3 - Curry and quiz night, Proceeds ACPF & APCC

29/3 – Atherington on film and Soup and Pud supper eve, Proceeds APCC

06/04 – Easter event - Car boot sale, Easter egg hunt, stalls, Coffee Morning Proceeds ACPF & APCC

Jack Burkill's family have kindly donated Gwyn's piano to the Pavilion. Once this is in place, we hope to arrange an evening of remembrance. To share stories, photographs and celebrate the lives of Jack, Rosie and May.

Keep an eye out for further details.

Richard Lethbridge Presents

‘Atherington on Film’



Films from the past
@ Atherington Pavilion
Friday 29th March

An evening exploring our
heritage

Doors Open 6.30pm

Door opens for Film only at 7.00pm (approx 60mins,
suitable for all ages)

£4 Film only or £10 with Supper option

To reserve a Soup and Pud supper please ring Sarah 560537

B.Y.O Tipple. Tea and Coffee available.

Proceeds to St Mary's Church, Atherington.

Rosalind June Glover – 04/07/32 – 06/12/18

Rosie - Atherington

Rosie was born on the 4th July 1932 to Eva and Herbert Kingdom, the youngest of eight. She was born in Green Cottage, Bishops Tawton and lived at Bartridge, Umberleigh.

Rosie had a happy childhood, attending Umberleigh and Georgenympton primary schools before moving on to Chulmleigh Senior School.

Rosie left school at 14 and began work as a seamstress at Horace Mann in Barnstaple.

She stayed there until she married Clifford on the 19th July 1952 at St Mary's Church, Atherington. They moved into 3 Coronation Cottages in 1954, next door to her parents, Eva and Herbert.

Along came five children, Janet, William, Susan, Peter and Stephen, which kept Rosie busy along with her cleaning, sewing and fruit picking jobs.

They lived happily in Atherington for many years and the villagers all rallied around to support her when sadly Clifford passed away in 1997, followed by Peter in 2009. Rosie's 12 grandchildren and five great grandchildren brought her great joy and she was immensely proud of them all.

Rosie loved living in Atherington and made many special friends who always looked out for her. They took her on regular trips to the doctor, luncheon club, skittles, coffee morning and social events over the years held in the church hall and Pavilion. She enjoyed the Wednesday afternoon tea group where she would have a laugh and catch up on the village news.

Rosie passed peacefully away on the 6th December in South Molton Community Hospital surrounded by her family.

We, as Rosie's family would like to express our sincere thanks to everyone in Atherington for the wonderful buffet supplied after mum's funeral. It was so very kind and brought home to us what a special community the people of Atherington have created and we as a family were honoured to be able to share memories of mum together with you. We appreciate the many times you have all put yourselves out to help our mum during the 64 years she lived

alongside you. We will continue to support Atherington in any way possible and truly believe we had the best childhood possible growing up in such a beautiful place with loving parents.

Thank you once again for joining with us in celebrating mum's life.

What's on This Month?

Ladies Tea Circle - Each Wednesday afternoon rotating each week around Members' homes.

St Mary's Parish Church

www.tworiversmissioncommunity.org

Services

Sunday 13th January – Family service at 4.00pm in the Church Hall

Sunday 27th January – Holy Communion Service in the Church

A new approach to the family service will be commencing in the New Year – keep a look out for further details.

Umberleigh Christian Fellowship – The Church by the Bridge

Sunday Services at 11am.

Pop in for coffee and cake on the first Tuesday of the month from 10 - 12 noon.

A warm welcome to all.

Further details from 01271 830662 or 560057

A warm welcome to all

Mobile Library - Next in the Square Tuesday 8th January: 15.05 – 15.35

WI - Contact Margaret Maidlow – 01769 560498 Visitors always welcome

Luncheon Club: Contact Tony Squires on 01769 560489 for information.

Next Parish Council Meeting – Tues 15 January 2019– The Church Hall 7-30 pm

Contact Parish Clerk, Terry Squire on 01598 710526 or District Councillor and Parish Council Chairman, Walter White 01769 560303

Local Bus Timetable - Operated by Turners Tours Route 325

Monday to Friday other than service marked T,Th,F which operates Tuesday, Thursday and Friday
No Service on Saturday, Sunday or Bank Holidays

Atherington – Barnstaple		
Atherington Church (Eastbound)	08:19	T,Th,F 10:19
Bishops Tawton, Mount Pleasant (Northwest bound)	08:32	10:32
Sticklepath, Old Torrington Road (Northbound)	08:50	-
Barnstaple, Bus Station (Stand B)	08:55	10:40

Barnstaple – Atherington		
Barnstaple, Bus Station (Stand B)	T,Th,F 13.30	16.30
Sticklepath Hill (Eastbound)	-	16.40
Bishops Tawton, The Bridge (Southeast bound)	13.40	16.55
Atherington Post Office	13.51	17.06

Train Timetable Operated by Great Western Railway

Monday to Friday

Fr Only

Exeter	05:50	06:48	08:31	09:27	10:27	11:27	12:27	13:27	14:27	15:27	17:02	17:57	19:00	21:00	22:53
Umberleigh	06:41	07:49	09:27	10:23	11:23	12:23	13:23	14:23	15:23	16:23	17:59	19:00	19:57	21:58	23:49
Barnstaple	06:55	08:01	09:39	10:35	11:35	12:35	13:37	14:37	15:35	16:35	18:12	19:14	20:09	22:11	23:59

Barnstaple	07:00	08:43	09:43	10:43	11:43	12:43	13:43	14:43	15:43	17:13	18:14	19:17	20:24	22:16
Umberleigh	07:09	08:51	09:51	10:51	11:51	12:51	13:51	14:51	15:51	17:23	18:22	19:25	20:32	22:24
Exeter	08:07	09:47	10:47	11:48	12:47	13:48	14:48	15:48	16:44	18:29	19:31	20:19	21:33	23:16

Saturday

Exeter	05:54	06:55	08:31	09:27	10:27	11:27	12:27	13:27	14:27	15:27	16:57	17:57	18:59	21:00
Umberleigh	06:45	07:52	09:27	10:23	11:23	12:24	13:25	14:23	15:23	16:23	17:53	18:59	19:56	21:58
Barnstaple	06:59	08:06	09:39	10:35	11:35	12:35	13:37	14:37	15:35	16:35	18:07	19:13	20:08	22:11

Barnstaple	00:05	07:05	08:43	09:43	10:43	11:43	12:43	13:43	14:43	15:43	17:08	18:13	19:16	20:24	22:30
Umberleigh	-	07:14	08:51	09:51	10:51	11:51	12:51	13:51	14:51	15:51	17:18	18:21	19:24	20:32	22:38
Exeter	01:00	08:13	09:47	10:48	11:48	12:48	13:48	14:48	15:47	16:44	18:23	19:30	20:19	21:29	23:31

Sunday

Exeter	08:43	09:54	12:03	14:08	16:04	18:07	20:01
Umberleigh	09:43	10:46	13:03	15:01	17:03	18:58	21:03
Barnstaple	09:55	10:56	13:14	15:11	17:16	19:09	21:15

Barnstaple	10:00	11:29	13:23	15:29	17:21	19:26	21:30
Umberleigh	10:10	11:37	13:32	15:37	17:30	19:34	21:39
Exeter	11:08	12:32	14:32	16:29	18:31	20:26	22:41

Atherington Businesses Directory

Ashwood Joinery	Martin Huggins	01769 561154
Atherington Acorns Playgroup Wednesday Mornings in the Pavilion	Katherine Broad	07766 088639
Avon	Linda Brayley	01769 560572
Chantry Nursery	Mr Martin	01769 560347
Daisy Park	Emma Paisey	01769 579077 www.daisypark.co.uk
General Builder	Tim Rose	01769 560410
HC Rosettes bespoke Rosettes for any event	Claire Large	01769 560556
Lilcott Farm Farm Produce – Meat & Eggs	Julie & Mark	07846 397823
Minxy Moo Nails, Hair, Beauty & Massage	Becca Miller	07702 792598
Pet Shop 2 Go Pet Products & Accessories		01769 736637 www.petshop2go.co.uk
Sea Breeze Painter & Decorator	Dave Scott	01769 560758
Smithy Hair Salon	Alison Montague	01769 560046
Sports Massage Therapist	Abi Hanafin	07866 686021
Thatcher	Ian Rose	01769 560031
ThatchIt Thatcher	Toby Rose	07935 066041 info@thatchit.com www.thatchit.com
Village Shoppe & Post Office	Chris & Jo Hart	01769 560248

Contact Jo Hart if you would like to add your Village Business or Group to the list

Other Contacts

Atherington Pavilion Project, Jenny Boyce 01769 560404
Safer Atherington Streets Group – www.saferatheringtonstreets.org.uk
Atherington Conservation Area – www.athconv.wordpress.com

Hire of one of Atherington's Halls

For availability and rates contact: -

St Mary's Parish Church Hall – Mrs Margaret Maidlow 01769 560498
The Pavilion – in the Playing Field – Mrs Alison Montague 01769 560529

News Gatherer and Co-ordinator, Jo Hart 01769 560248:

Editor, Becca Miller 07702 792598

Email: atheringtonargus@outlook.com Collated in house at Atherington

Facebook Group: Atherington Community page

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voluntary contributions

Articles about News and Events in Atherington are accepted for publication in person
at the Village Shoppe or in digital format (Word or pdf) to our email address above.

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