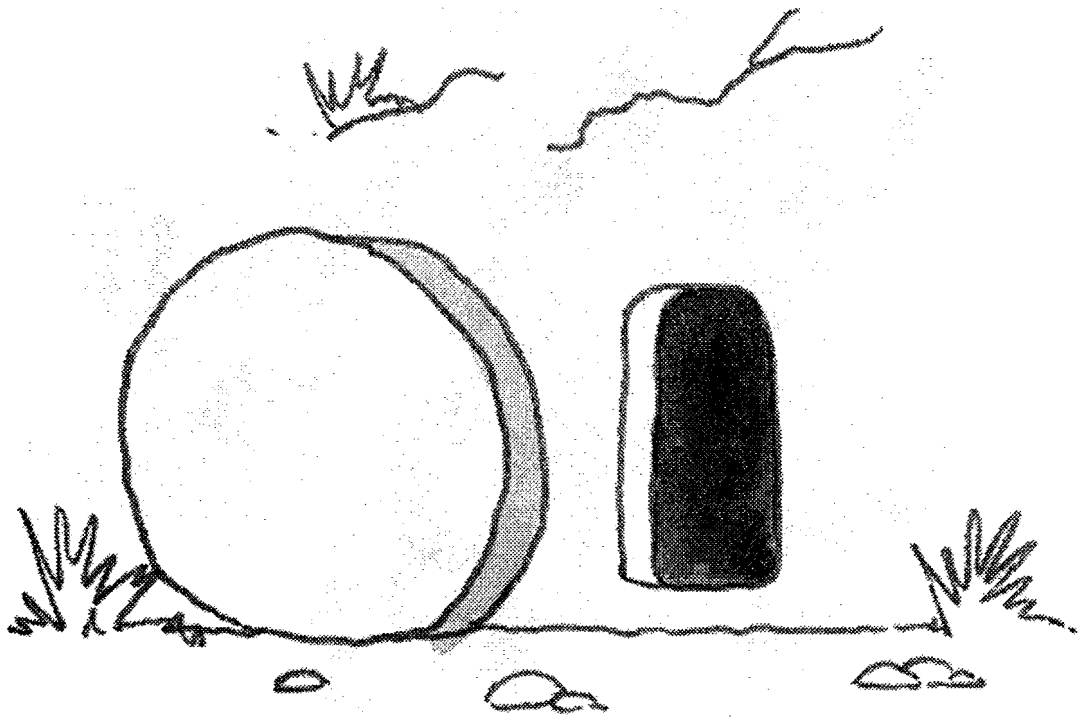
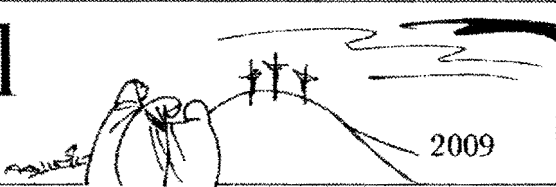


ST JAMES THE GREAT KILKHAMPTON

April



PARISH NEWS



Useful phone numbers

THE PARISH CHURCH OF ST JAMES THE GREAT KILKHAMPTON

RECTOR:	<i>The Revd. Peter John Abell The Rectory, East Road, Kilkhampton EX23 9QS.</i>	<i>TEL : 321314 rectorkilkstow@aol.com</i>
LAY READER:	<i>Mrs. Gloria Street Homewell End, Poughill Road, Bude.</i>	<i>TEL : 352683</i>
CHURCHWARDENS:	<i>Mr. Trevor Tamblin 41, Ivy Cottages, Kilkhampton.</i>	<i>TEL : 321214</i>
	<i>Mrs. Celia Bell, Woodside Woodford, Bude EX23 9HS</i>	<i>TEL : 321423</i>
SECRETARY TO THE PCC:	<i>Mrs. Ann Stevens Downswood, Woodford, Kilkhampton.</i>	<i>TEL : 321451</i>
TREASURER TO THE PCC:	<i>Mr. Rowly Pillman The Old Rectory, Kilkhampton</i>	<i>TEL : 321450</i>
ORGANIST AND CHOIRMASTER:	<i>Mr. Michael J. Richardson 1, Quarry Close, Bude.</i>	<i>TEL : 352439</i>
ELECTORAL ROLL OFFICER:	<i>Mr. Peter Collins 3, Park Court, Kilkhampton.</i>	<i>TEL : 321873</i>

SEE MONTHLY ORDER FOR COMMON WORSHIP PAGE FOR DETAILS OF SERVICES


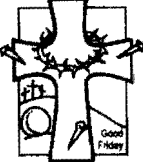
KILKHAMPTON METHODIST CHAPEL

MINISTER:	<i>The Revd. Joy Wilson Coast View House, Stratton Road, Bude</i>	<i>TEL : 352567</i>
CHURCH: STEWARDS	<i>Mr R. Dunstan, Strands, Stibb. Mr R. Hambley, The Hill Park Centre, Hillpark, Kilkhampton Mr. T. Sillifant, Brabourne Lodge Penstowe Rd., Kilkhampton.</i>	<i>TEL : 353514 TEL : 321340 TEL : 321697</i>
TREASURER:	<i>Mr. M. Metherell, Barn Farm</i>	<i>TEL : 321248</i>
ORGAN ROTA:		
FLOWER ROTA:	<i>Mrs. Beryl Harper, Winswood Park, Kilkhampton</i>	<i>TEL : 321944</i>
CARETAKER:	<i>Mrs. Strike, 2, New Buildings, Kilkhampton.</i>	<i>TEL : 321295</i>
HOUSE STUDY/ FELLOWSHIP:	<i>Thursdays at 9.30am and 7.30pm Everyone welcome. Please contact Doreen Jones</i>	<i>TEL : 321569</i>



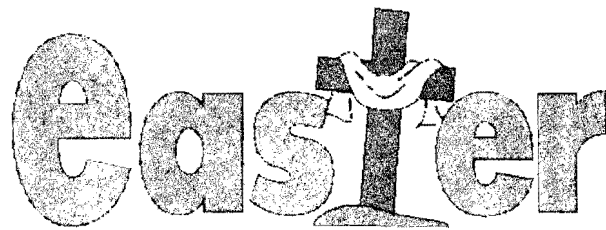
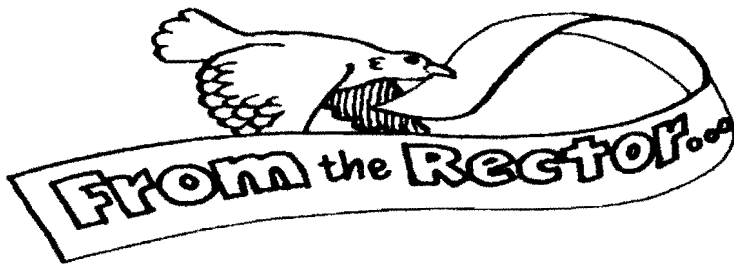
WORSHIP

AT ST JAMES THE GREAT HOLY WEEK - EASTER 2009

DATE	TIME	SERVICE	READING	SIDESMEN	FLOWERS /BRASS BRASS
5th April Palm Sunday Holy Week begins		11am Parish Eucharist and Distribution of Palms	Year B Isa.50: 4-9a Ray Shaddick	Joyce Davis and Mary Revill	No flowers in Lent
6th April - 8th Monday to Wednesday of Holy Week	10am	Holy Week Mass (Grenville Chapel)	Year B Celebrant	N/A	No flowers in Lent
9th April Maundy Thursday	7pm	Maundy Eucharist	Year B Ex. 12: 1-4 Clergy/Reader	Volunteers please	Altar flowers for the day
10th April Good Friday		11am The Liturgy of Good Friday 3pm Prayers and Proclamation of the Cross (Grenville Chapel)	Year B Isa 52: 13-53 Clergy/Reader N/A	Volunteers please	No flowers No flowers
12th April Easter Day	11am	Lighting of the Easter Candle and Parish Eucharist	Year B Acts 10: 34-43 Anne Stone	Ann Short and Anne Wells	All helpers please
19th April Second of Easter	11am	Short Eucharist ff by the Election of Churchwardens and Annual Church Meeting, Nibbles and Wine	Year B Acts 4: 32-35 Rowly Pillman	Rowly Pillman and Carolyn Porter	See rota at back of church
ALL CHURCH MEMBERS PLEASE					
26th April Third of Easter	11am	Parish Eucharist	Year B Acts 3: 12-19 Ed Shepherd	Val Shepherd and Celia Bell	See rota at back of church
3rd May Fourth of Easter	11am	Eucharist and Baptism	Year B TBN	Jeannette Norman and Margaret Collins	See rota at back of church
10th May Fifth of Easter	11am	All Age Morning Service	Year B TBN	Trevor Tamblin and Mike Cook	See rota at back of church

EUCARIST IN GRENVILLE CHAPEL ON WEDNESDAYS
AT 10am except 15th April, 6th and 13th May





...and they ran away terrified!

Happy Easter to you all

They ran to the tomb.....HE'S NOT HERE!.....and we ran away terrified!



Gautama Buddha, Guru Nanak, the prophet Mohammed - you can visit the tombs of the founders of all the great world religions except one. Or rather, you can visit his tomb, but it's conspicuously empty. Right at the heart of the Christian story is **nothing** - an empty space. And it's that empty space which Christians all over the world celebrate at Easter.

When a group of women disciples visited the tomb of Jesus on the third day after his death, they were surprised to find the huge stone at its entrance rolled back. They were even more surprised to discover a 'young man in white robes' sitting inside it. The third surprise - the greatest of them all - was what he told them. **'You are looking for Jesus of Nazareth, who was crucified'**, he said. **'He is not here; he is risen.'**

Inside this issue:

Church and Chapel Rotas .

News from the village..

Floodlighting Memorials

Garden Club news....

W. I. News

Parish Events

Gardening Club

Parish Council News

Football is back!!

The women had come to anoint a corpse, but instead they were to celebrate a new life. **'Go and tell his disciples'**. Nothing could more powerfully express the heart of the Easter message than those simple but mind-blowing words: 'Not here.'

Rather like those women, at Easter many of us go to the cemetery or the crematorium as an act of love, to leave some flowers and perhaps say a prayer at the grave of a loved one. But in our heart of hearts we know that they are not there. **They have 'gone' - but where?**

According to the apostle Paul, they have **'departed to be with Christ, which is far better'**. Perhaps the very best notice for the gates of a churchyard would be those simple words: **'They are not here. They are risen'** - seven words that speak the heart of the Easter faith, for what was true of Jesus is true for all those whose faith is in the risen Christ.

In many a village church up and down Britain the Easter hymns are sung and the message of the resurrection celebrated in a building literally surrounded by the churchyard.. What a wonderful paradox! **In the heart of the place of death we boldly assert that in the truest sense of the word those graves are as empty of life as was the grave of Jesus.**

That, and not hot cross buns, chocolate rabbits or fancy bonnets , is what Easter is all about. The Final Enemy has been defeated.

If you want to read the New Testament accounts of the resurrection of Jesus the best one to read is St Mark.....It is, some think, the earliest account of the life of Jesus, the simplest and easiest to read. Much has been discovered and written about it. Its real ending at chapter 16 verse 8 in the NIV version reads **"Trembling and bewildered, the women went out and fled from the tomb. They said nothing to anyone, because they were afraid."** A natural and realistic response if ever there was one!

The Christian life according to Mark involves **responding** to Jesus, **being** with him, **sharing** his mission, and **following** his example. **Accepting** the cup of suffering that being human brings, **looking forward to the resurrection and, although trembling with fear, we can look forward with hope for us and our world in these times in constant vigilance for the coming of God's Kingdom even though its precise time remains unknown. Happy Easter again!**

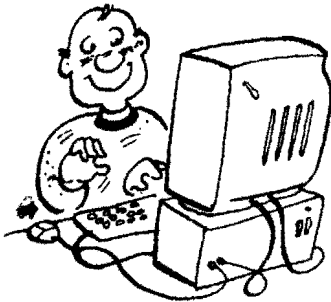


God bless you all . Peter.

In Brief

EXTRAS Thoughts... Opinions...

FROM THE PARISH



MARCH

**8th A Festival Service
for St Piran with the Old
Cornwall Society**

APRIL

**5th Palm Sunday
and Holy Week**

12th Easter Sunday

**Church Electoral Roll up-
date**

**22nd Election of Church-
wardens and the APCM**

MAY

21st Ascension Day

JUNE

JULY

**18th Village Fete and
Jimmy's Day**

**25th July St James's Day
and Gift Day**

**26th Bishop Tim comes
to Kilkhampton. Village
Patronal Festival Service
of Welcome.**

When you mix children and religion...

You get some unexpected gems. The following are extracts from religious exam papers...

In the first book of the Bible, Guinnesses, God got tired of creating the world so he took the Sabbath off.

Adam and Eve were created from an apple tree. Noah's wife was Joan of Ark because Noah built an ark. The animals came on in pears.

The Jews are a proud people and throughout history they've had trouble with unsympathetic genitals.

Moses led the Jews to the Red Sea where they made unleavened bread which is bread without any ingredients.

The Seventh Commandment is: Thou shalt not admit adultery.

Moses died before he ever reached Canada.

Solomon, one of David's sons, had 300 wives and 700 porcupines.

Jesus enunciated the golden rule, which says do unto others before they do one to you. He also explained a man doth not live by sweat alone.

It was a miracle when Jesus rose from the dead and managed to get the tombstone off the entrance.

The people who followed the Lord were called the twelve decibels.

St Paul cavorted to Christianity down the Damascus Road. There he preached holy acrimony, which is another name for marriage.

Sidesman

Sidesman to newcomer at church door: "Good morning. How far down do you wish to sit?"

Baffled newcomer: "Well, all the way, of course."

Oh dear

The middle-aged man shuffled along, bent over at the waist, as his wife helped him into the doctor's waiting room. He groaned at every step, and the receptionist eyed the scene with sympathy. "Arthritis in the back with complications?" she finally ventured.

The wife shook her head briskly. "Do-it-yourself in the garden," she replied, "with concrete blocks."

Editor: And finally, some miscellaneous observations on life this Spring...

In the money: a condition many hope for, but only a banker experiences.

Inflation: instead of not having the money you haven't got, you have twice as much, but it's worth only half of what you haven't got.

I owe it all to: an expression commonly used in connection with one's wife, landlord, or pawnbroker.

Middle age: that difficult period between juvenile delinquency and old age, when you have to take care of yourself.

Carpark: the place where you take your car to have little dents put into the sides.

Optimist: a cheerful person who is blissfully unaware of what is going on.

Rich man: a man who isn't afraid to ask the clerk to show him something cheaper.

Tax cut: the kindest cut of all.

Taxpayer: a person who has the whole government on his payroll.

Doom can make you ill

Be careful how much tv and radio news you listen to - now the economic crisis is having an effect on our health. Watching constant gloom and doom on the television can increase a person's stress to the point of causing mental and physical health problems. These can include stroke and suicide, according to a leading psychologist.

Dr Aric Sigmanof the British Psychological Society says: "Many of us are experiencing a state of 'learned helplessness', as the result of too much insurmountable news of changes affecting our job security." 'Learned helplessness' is when people behave as if they are helpless even when they have the power to change their circumstances.

The Gardeners' Hymn

All things bright and beautiful,
All creatures great and small,
All things wise and wonderful,
The Lord God made them all.

But what we never mention, though gardeners know it's true,
Is when He made the goodies, He made the baddies too.

All things spray and swatable,
Disasters great and small,
All things paraquatable,
The Lord God made them all.

The green fly on the roses, the maggots in the peas,
Manure that fills our noses, He also gave us these.

All things spray and swatable, etc.

The fungus on the goose-gogs, the club root on the greens,

St James the Great Parish News Kilkhampton

The slugs that eat the lettuce and chew the aubergines.

All things spray and swatable, etc.

The drought that kills the fuchsias, the frost that nips the buds,
The rain that drowns the seedlings, the blight that hits the spuds.

All things spray and swatable, etc.

The midges and mosquitoes, the nettles and the weeds,
The pigeons in the green stuff, the sparrows on the seeds.

All things spray and swatable, etc.

The fly that gets the carrots, the wasp that eats the plums,
How black the gardener's outlook, though green may be his thumbs.

All things spray and swatable, etc.

But still we gardeners labour midst vegetables and flowers,
And pray what hits our neighbours' will somehow bypass ours.

All things spray and swatable, etc.

© Barbara Robinson

CHURCHYARD VANDALISM

P.C. Luxton of the Bude police would like any information concerning individuals, information etc about recent damage in the churchyard especially to the memorial seat.

ARCHBISHOP'S COUNCIL CHURCHES CARBON FOOTPRINT INITIATIVE (ACCCFI FACILITY PERMISSION)

In view of recent events in the churchyard (Vandalism etc) and the farce at the Square with proposed Car Parking revision, the Rector would like to flag up a project that will be of great benefit to the whole community before he retires in the autumn.

The Archdeanery of Bude and Stratton has received Facility Permissions from the Glebe Division of the Church Commissioners (Green Churchyard Project Team) to hold an

experiment of 5 years duration to reduce the carbon footprint of your Parish Church and environs which at present produce 6787.6 tonnes of carbon per liturgical year - higher than any other church in the area. In short we have full permission to erect up to 2 Firth Realist (model) P 15 metre wind turbines on an open green area just north of the church.

With my past connection with the RAF permission has also been granted for a small Hercules Low Flight Monitor Training Beacon (APF- 940/010). As you know, we get quite a few low level Hercs. over the village, and such a monitor will generate an income for the parish church and enable the flights to get tighter, lower and more adventurous, with safety, as they 'overfly' the village on essential training missions out to the Scillies and back.

We are extremely lucky here in Kilk in that we will be the first church in the South West Diocese to have such a forward looking experiment and be able also to monitor low flying in the area as well as reduce carbon footprints!

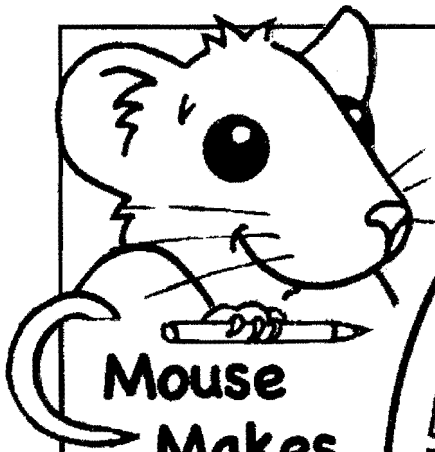
In order to put the plans and the experiment in place in the churchyard it will be necessary to restrict and possibly close the Glebe Church Car Park (administered by the Parish Councils and the NDCD) and also the public toilets. Such closure will only be until the end of September and will enable contractors vehicles and 6 domiciliary caravans to be housed in the car park with the full toilet facilities for workmen.

PARTICULARS OF TURBINE 2 FIRTH REALIST- P TO BE ERECTED

18 meter Monopole 20kw wind turbine towers with rectifiers and dump load and inductors together with one brightly illuminated descriptive digital notice array next to the St James Notice board south of the church showing kw hour output and the carbon saved. Assorted components including Offgen approved meters, isolators and conductors, earth vibration and "flicker" movement resolution monitors will be included for the benefit of the village.

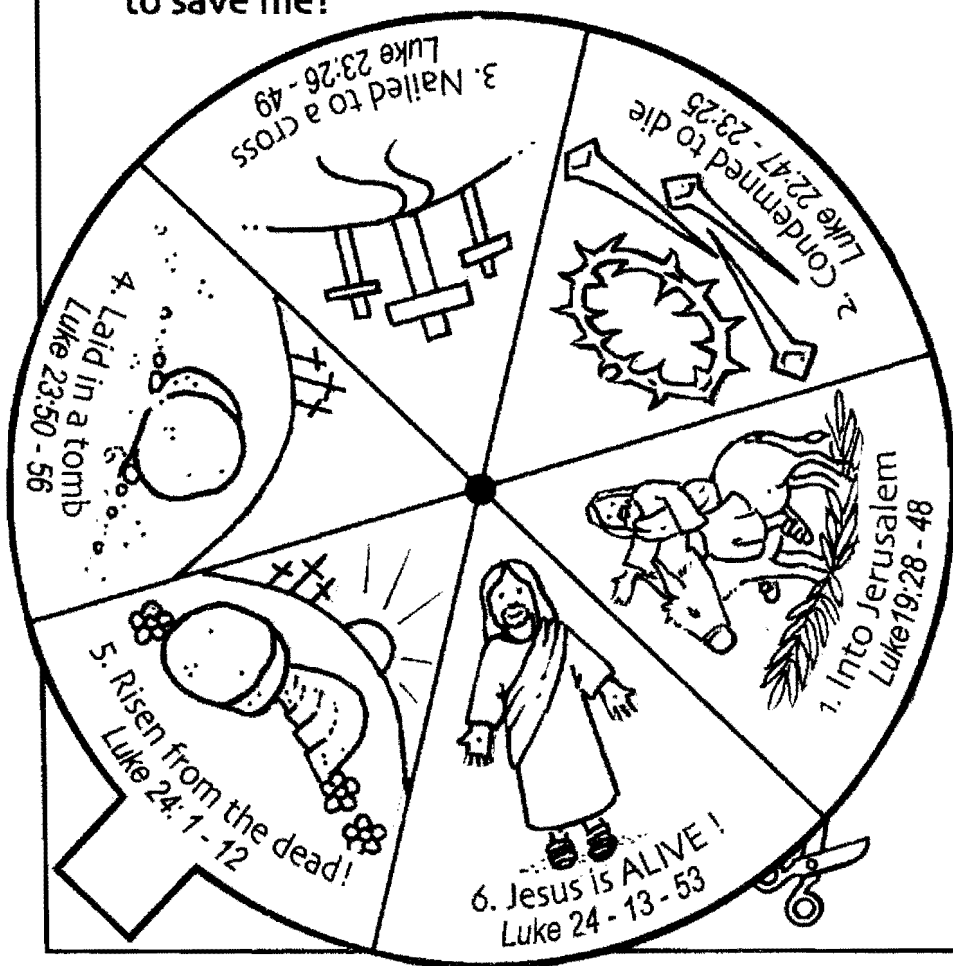
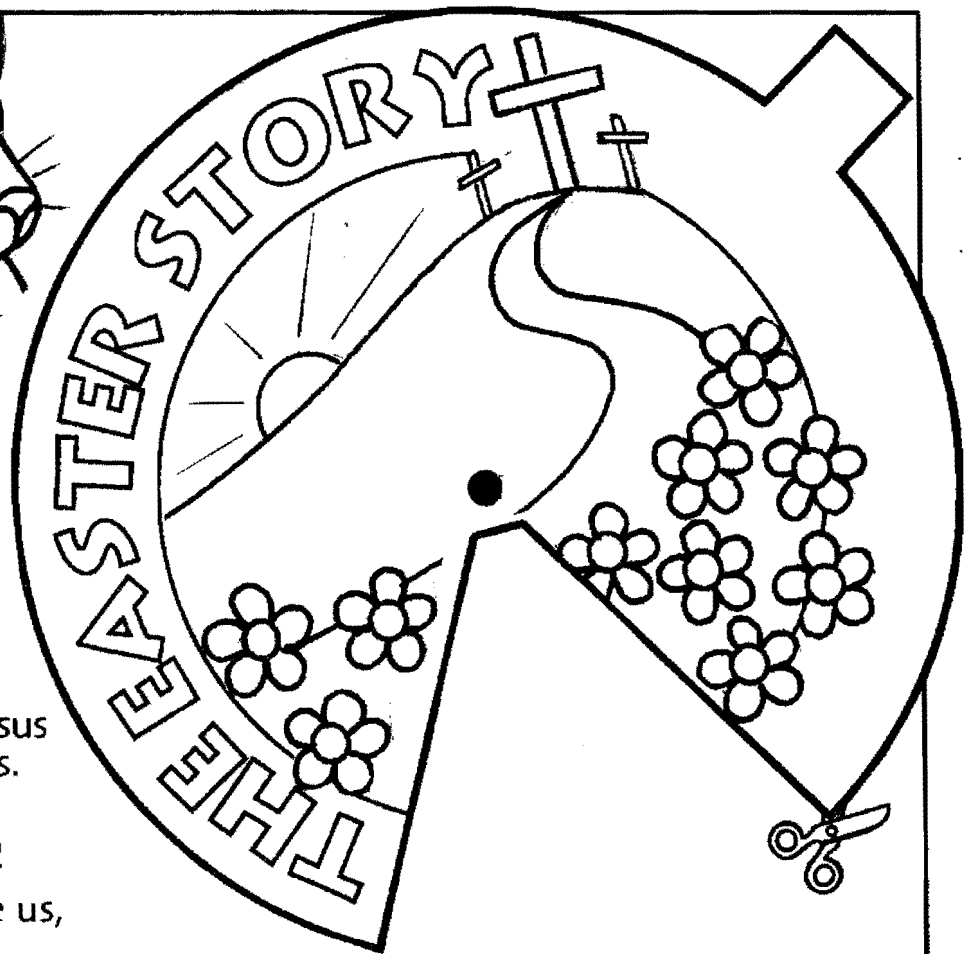
It is also estimated that some VK5+kw hours will be generated and fed into the national grids for the benefit of Kilkhampton.

Please keep a look out for notices giving the dates for the closure of the Glebe Car Park and its toilets. The site manager of the contracting team is Mr "Alf" Loopir of Gotchsiya Turbine consrt Poland. He will be available for consultation.

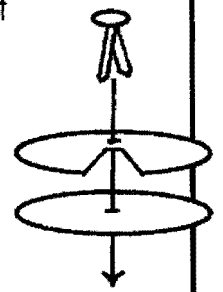


Mouse Makes

Nailed on a cross,
condemned to die,
They said that Jesus
was telling lies.
But he is risen
for all to see!
He came to save us,
**Jesus came
to save me!**



To make your Easter Story Teller glue the page onto thin card. Colour in then carefully cut around both circles. With the help of an adult, pierce a small hole through the black dot in the centre of both circles. Push a split pin through the top circle and again through the bottom circle to join together. Spin around to tell the Easter Story.





**AT ST JAMES THE GREAT
KILKHAMPTON**

MAUNDY THURSDAY 7pm

MAUNDY EUCHARIST WITH HYMNS

GOOD FRIDAY

11am THE GOOD FRIDAY LITURGY

Followed by Hot Cross buns

**3PM PROCLAMATION OF THE CROSS
AND PRAYERS (Grenville Chapel)**

EASTER DAY

**11am LIGHTING OF THE EASTER
CANDLE AND PARISH EUCHARIST**

Followed by Easter Eggs

**A warm and sincere welcome
awaits you all!**



MAY 2009 PARISH NEWSLETTER

**ALL CONTRIBUTORS PLEASE NOTE THERE WILL BE A
STRICT 17TH APRIL DEADLINE FOR ALL ARTICLES ETC
FOR THE MAY 2009 ISSUE. THANK YOU!! EDITOR**

KILKHAMPTON AFC

Hi everyone and a Happy New Year. I've been a bit lazy and not wrote for a few months, but after a holiday and now the sun is shining (at least it is now) I feel revitalised. The first team is revitalised as well and at long last have started to pick up some well deserved points. Second team is also doing alright and are in the top half of the Kingsley League.

Our Spring Ball is going ahead after a big discussion whether or not to do it again this year. It is on Saturday 25th April at Penstowe and we have got the same band as last year - the best local band in the south west - Cover'd. Tickets are on sale now at £15 each. This will include a complimentary drink on arrival. No food this year as quite a few said it wasn't needed at a Ball, so ticket prices are less this year. Please tell all your friends because it has been two excellent years so far. This is a Ball so suits and evening gowns please. Tickets available from Penstowe, Gilbert and Vanstone or from myself (01288 321648).

The end of season dinner is Saturday 23rd May at the Merry Harriers (Woolsery) Woolfardisworthy. Tickets will be on sale soon at £20 including coach. Many thanks to all who supported our wine and wisdom at the London Inn on 14th March. We had fourteen teams and a good night was had by all (unless you didn't know the answers). Thanks to the ladies team who organised the evening and to Stuart and Lorraine at the London Inn. Well, must go and start to manicure my nails and get a change of underwear in preparatio9n for the ball. See you soon, Chairman Arch

P.S. Car boots will start again in early May so get all your old rubbish out to sell. Please no unwanted husbands as they do not sell!

P.P.S. If you ever play golf with Danny Long PLEASE PLEASE do not ever get into a golf buggy with him driving. He is lethal, he can do whatever the dancing on ice competitors do but on four wheels and his golf wasn't much better.

KILKHAMPTON AFC

SPRING BALL 2009
AT
PENSTOWE MANOR

SATURDAY 25TH APRIL 2009 9PM - 1AM

DANCING TO COVER'D

COMPLIMENTARY DRINK ON ARRIVAL. SMART DRESS ONLY

TICKETS £15 PER PERSON
CASH RAFFLE

ALL PROCEEDS TO THE REBUILD FUND

WI NEWS

All organisations have to have one - an Annual Meeting or AGM - and we held ours in March. We don't have a speaker on these occasions, so it gives us time to discuss any issues that need talking about as well as the official business.

The existing Committee was re-elected en bloc and I, Pat Mitchell, have commenced my last year of my current term as President!

Members were reminded of the Group Meeting to be held on Wednesday 22nd April at 7.15 p.m. at Morwenstow Community Centre. We won the Cup last year, so come on ladies let's pull out all the stops again.

The business over we then settled down to a couple of quizzes, kindly provided by Angela Ball, and refreshments provided by the Committee. The winning team: Barbara Taylor, Barbara Williams, Celia Bell, Shirley Rowe and Frances Hill-Smith, won both quizzes but they did very generously share their Snicker bars with the runners-up, who were after all only ½ point behind!

On Saturday a party of us went to the Barnstaple Theatre to see 'Fiddler on the Roof'. It was an excellent performance - sometimes funny, sometimes sad, but enjoyed by everyone.....as was the retail therapy and lunch beforehand!

We would like your support on.....

SATURDAY 18TH APRIL - 12.00 noon to 2.00 p.m.

for STARTERS & SWEETS with tea or coffee

in THE METHODIST CHURCH HALL

£4.00

Raffle

Tickets available from any WI member or on the door. Why not come along for some lunch and a chat!

For more details about our WI please ring Pat on 321499 or Doreen on 321569.

PLEASE NOTE

ANNUAL COFFEE MORNING

In aid of Church Funds

will be held

at

PENSTOWE MANOR

on

Wednesday May 27th. 10am -12noon

Further details on posters around village nearer the date.

K.A.T.S.

Kilkhampston Amateur Theatrical Society.

Our Annual General Meeting will be held in the Grenville Rooms on Thursday 23rd. April 2009 at 7.30pm. KATS members, and anyone who is interested in joining us, please try to attend.

Church Floodlighting Sponsors April 2009

In loving memory of a wonderful husband and father
PETER MITCHELL
Who passed away on 20th April 2007
Also his birthday on the 29th April.
Living our lives without you is the hardest thing to do.
All our love, Ann and Ian xx

Remembering with love Mum and Nan **GLADYS MOORE**
On her birthday 1st April.
Val & Family

Our dear Mum, **BERTHA GRACE CORNISH**
7th April 1984.
With love from all the families.

In loving memory of **IVY KATHLEEN HILL** (nee Gilbert),
a dear wife, mum and grandma who passed away 25th April 1995.
Always in our thoughts.
From Ron and all the family.

Jeanette, Marion, Edgar and families in memory of
MARJORIE NORMAN
Who passed away on April 7th 1987.

Margaret **COLWILL** and family in memory of **LES**
On his birthday 5th April.

In loving memory of my husband, **GORDON FANSON** on his birthday.
And also my brother, **DERRICK FRANCIS**,
who passed away on 25th April 1991.
From Winnie.

JO BABB
Always thinking of you on the date of your birthday, April 3rd (37 years).
All our love, Ann, John and all the family xxx

Mary Mathews and families remember with love
EDWARD TURNER MATHEWS on his birthday, April 2nd.
also his mother **LOUISA MATHEWS** on April 11th, and a very special brother, **FREDERICK
CHARLES HOLDEN**, on his birthday April 18th.
May they rest in peace.

CONGRATULATIONS

To Mary (nee Trewin) and Paul Tilzey on their
Ruby Wedding Anniversary.
Married at St. James Church April 7th 1969
Love from Freda and Margaret

*Grateful thanks to all that sponsor the cost of Floodlighting our beautiful church.
The cost is £5.00 per entry. All enquires to Adam Spry, Church Lodge, West Street, Kilkhampton EX23 9QW
(01288) 321061 or email: adam@kilkhampton.net*

March 2009

Dear Friends,

As I write, the sun is streaming into the building, drenching us in warmth and creating a lovely atmosphere. Around the school grounds daffodils are in full bloom and primroses dot the hedgerow. At last the children are able to run on the field, make the first of the year's daisy chains and fall over without scuffed knees hurting.

All our Reception class are now in school full time. Such little dots, they are a source of fun and exuberance, keeping us well entertained with their take on good behaviour, walking (almost) and developing life skills like listening, not speaking when others are speaking and sharing (almost).

We have 85 children on role, with now only 3 places available. Four of our year groups are full or overfull and it's an interesting juggling act dividing 85 children in 3 classes but we do and parents are very supportive about the whole process.

As ever, we are fully involved in our own sports and arts programmes as well as taking part in local schools' tournaments and festivals, many of which are organised by Budehaven's Junior Leaders in Sport as part of their studies. They do an excellent job and provide a chance for all the children in the area to come together either to take part competitively or enjoy a fun session.

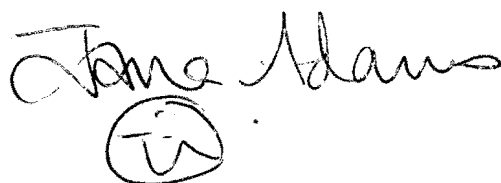
As part of the Bude Canal Regeneration Project we have worked with local storyteller Alan Woolard and artist Tom Hyde to create our own water based legend linking Kilkhampton to Bude. The legend has a terrifying sea serpent in it that the children have turned into a huge sculpture for display at the Canal opening weekend on 28/29th March.

We have been inspected by Ofsted this week and are very pleased with the judgements. A full report will be available in about a month and you can see this on the Ofsted website after that. You will be proud of us I'm sure.

Well, I'm off to deliver cheerleader pom-poms to a little team of my sports supporters and to grab a cuppa before a staff meeting.

Thank you for your support, see you around the village.

Jane Adams,
Headteacher



PS The Flex n Stretch Club on Friday morning are seeking to increase their membership. 9.30am Friday in the DASCH Hall. They're great!



KILKHAMPTON & DISTRICT GARDENERS' CLUB



Our March meeting saw a large number of members gathered to hear Mark Wash, from the Trecanna Nursery in the Tamar valley , talk on "Bulbs and perennials in harmony"

His speciality is South African plants, particularly bulbs, from the South-Eastern region where the climate is colder with high rainfall so plants from that area will thrive in North Cornwall ! Before the main topic he told us of his most recent visit to Lesotho, accompanied with colour slides including one of a very large elephant which suddenly appeared and proceeded to devour a large clump of flowers which Mark had been photographing !

The idea behind his "title" is to extend the attraction of perennials by underplanting with bulbs to give fresh interest when the perennials are out of their flowering period. He illustrated his point by showing a number of slides of his own garden where this idea had been used to great effect. There is a wide range of possibilities, with plants such as Ixias, Nerines, Crocosmias, Alliums, Knifopjias, Fritillerias, Agapanthus and Pineapple Lillies giving a very wide range of both colour and form to either harmonise or contrast with the appropriate perennial. All of these can be planted under existing perennials and will happily flourish and make their way up through the foliage to give the desired effect

The idea can also be successfully employed to give interest to plants which have to be cut back, or lose their leaves, producing otherwise bare patches. As well as the more exotic plants, tulips, grape hyacinths and crocuses can also be used in the same way with great effect.

Mark's talk certainly provided "food for thought" and the many suggestions and ideas will undoubtedly help extend the appeal and interest of our gardens. His final "tip" was not to consider replanting but to look at what we had and see how we could improve it by "harmonising".

Our next meeting, on Wednesday April 1st. Will start off with our annual SPRING SHOW and we expect to see the usual large number of entries, which will be judged by our speakers for the evening, Howard and Sally wills who will then talk to us about Sempervivums Details of our Club's activities can be obtained from Pat Mitchell (01288 321499) or Eric Latter (01288 321002). Our meetings take place on the 1st. Wed. Of each month at the Grenville Rooms. Kilkhampton.

Kilkhampton Parish Council

Keith W Taylor
Clerk to the Parish Council

Brooklea
Stibb
Bude
Cornwall
EX23 9HP
01288 354 636

Parish Council Meeting

The regular monthly meeting was held on Monday 2nd March 2009 with Rollo McGrath in the chair. He was accompanied by 8 members and also present was Ken Boundy our District member. The chairman noted that this was the last meeting that Ken Boundy would attend as our NCDC Councillor and he was thanked from the chair for all of his work for the benefit of this parish.

The condition of the roof on the Skittle Alley at the Grenville Rooms was now giving some concern as the leaks appeared to be getting worse. Accordingly, a quotation from a local builder has been accepted for the re roofing of that section of the building. Whilst the Parish Council have long term aims for the improvement of the Grenville Rooms, these repairs were considered to have some degree of urgency as the deterioration of the roof was swifter than was previously considered possible. **It is requested that any local residents who have been selected to represent the County, the West and especially our Country could speak to Clive Vanstone so that their names may be engraved on the 'Honours Board' which is placed in the Grenville Rooms.**

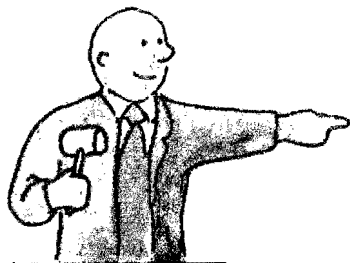
Complaints have been received about the speed limit signs on entering and driving through the main village. CCC Highways will be attending and the correct signage should be in place shortly. It was also noted that CCC Highways have informed the Parish Council that there will be traffic delays on the A39 for a period of 2 years for kerbing and other roadside improvements which have been commissioned by the Highways Agency. Discussion was held about the proposed severance by CCC of Ivyleaf Hill at the northern junction with the A39 and it was agreed to write to the Local Authority Ombudsman about the manner in which the consultation was conducted.

The Kilk AFC Committee and the Parish Council have provisionally agreed to enter into a 'Partnership' to either build new sports buildings in Lamb Park or to substantially improve those that already exist. This will be a massive commitment from both bodies and when completed will benefit the users of Lamb Park for many years to come. Also discussed at the meeting was the park maintenance and repairs to the park equipment. The Parish Council have also agreed to again assist Morwenstow Parish Council with the maintenance of the Duckpool Toilets, and it is hoped that they will re open for the Easter Holidays.

It was noted that the Unitary Authority will now be holding their elections on the 4th June, although at present we have not been informed of the name or area covered by our new Electoral Ward. Planning Applications discussed were for: Mr Craig Swain of Collery Farm, Stibb; Mr S Smith for land at Thorn Wood; and Chris and Yvonne Pearce of The New Inn. A Planning Approval was received for Richard Drew of New Halls Farm, Stibb.

The next Parish Council Meeting will be held on Monday 6th April at 7.30pm at The Grenville Rooms.

The Annual Parish Meeting will be held on Monday 18th May at 7.30pm. Guest Speakers will be on the subjects of 'Renewable Energy on a Domestic Level', and The Fire Brigade. All local Clubs and groups are requested to either send a representative or a report of their of their years activities to this meeting, for the information of all of our residents. Everyone is welcome to attend and have their say about our parish.



KILKHAMPTON METHODIST CHAPEL

AUCTION

IN THE GRENVILLE ROOMS

SATURDAY 25TH APRIL AT 2.45pm

VIEWING FROM 12 NOON

SALE OF OLD AND NEW ITEMS

ANYONE WISHING TO DONATE ANYTHING

PLEASE CONTACT 01288 321340



Kilkhampton CHRISTIAN FELLOWSHIP

I have just finished a course of penicillin for an infection in the skin of my chin. Never would I have believed that something that showed no physical signs could be so painful so, very relieved to be out of pain, I can reflect that in the dead of night, in pain, unable to sleep, I began to think of people for whom this was normal. Funny isn't it, that until something happens to us we go on in our usual way, dealing with our own pressures, credit crunches, getting the kids to school, paying the council tax (that came this morning). Not until something happens to us do we realise what some people cope with every day.

I don't like pain, but it was good that I was made to reflect and think outside of my box. Jesus was just great at identifying with ordinary people in dealing with life e.g. illness, bereavement, disabilities, those who had made wrong decisions in life, the wealthy, the poor; identifying with their pain in a way that always left people feeling better than before they had met him. Well, he is still doing the same. We have a bible full of answers to life's problems and churches ready to support you in your life, however difficult it may be today, because as church we must always try to identify with people-pain just like Jesus.

Hopefully one day soon we will be living next door or just up the road! Until then if you want to give me a call please do so. Until then, have a great month, a happy Easter and a reflective Good Friday; a pretty painful event for the Son of God which He endured for us.

Bless you,
Albert Sloman, Pastor
(Tel. 01566 781208)



Designers & Makers of Bespoke Kitchens and Furniture

Our furniture and gift showroom is packed with hundreds of inspiring items to make yours a more beautiful home.

The Showroom, Kilkhampton, Bude, Cornwall Tel. 01288 321772

www.simplywood.org.uk

E.J. Wade & Son

The Square, Bradworthy

Furnishing and Carpet Specialists
Family run business, Established over 80 years

Wide range of items available immediately from stock, including suites, recliners, beds, bedroom furniture, dining and occasional pieces.

Free Delivery

Tel. 01409 241228



MARTIN & CO

Bradworthy

"Everything for the Home"

Tel: 01409 241 216
Fax: 01409 241 039

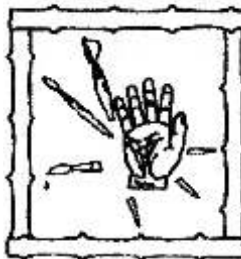
P.J & J. Moore Kilkhampton

HIGH CLASS BUTCHER

Local Beef, Pork & Lamb
Homemade Sausages
Also Hotels, Restaurants and
Deep Freeze Suppliers

Tel: 01288 321 240

HANDMADE



FRAMES
AND
PICTURES

PICTURE FRAMING

All Materials Framed
Special Frames to Order

GALLERY
Prints, Photographs
Watercolours, Oils
Local Artists

IAN & SALLY MADDOCK

Handmade, The Square
Kilkhampton EX23 9QQ
Tel: 01288 321221



Christopher Robinson, Master Thatcher

Member of the Devon & Cornwall Master Thatcher Association
Wheat Reed & Water Reed

Tel: 01288 321392

www.christopherrobinsonthatcher.co.uk

B.W. HOCKRIDGE 

Building Contractor

Meadowside Penstowe Road
Kilkhampton EX23 9QT

Building work of all types undertaken
New dwellings and conversions. Patios and paths.
Renovation & restoration sympathetically carried out.
Alterations, repair and maintenance.
Specialist stonework. Slate repairs.

Quality work carried out by quality tradesmen
For a free quotation and advice: 01288 321 404

Tel: Kilkhampton 01288 321495

TIM COTTLE

PLUMBING & HEATING ENGINEER
24 Hour Service



OFTEC
Registered



Daisythorne Bungalow
Kilkhampton

J.G. OKE

building contractor

N.H.B.C. Registered House-Builder
Specialist in making and
Erection of Timber-Framed Homes.

Combe Lodge
Ivyleaf Hill
Tel. 01288 321 244



CS & AJ COBBLEDICK

Carpenters and Joiners

Quality Softwood & Hardwood Joinery
to your requirements

WINDOWS • DOORS • STAIRS
FITTED KITCHENS • BEDROOM UNITS
ROOFS • SITE CARPENTRY

Whirlwind, Stratton Road, Bude
01288 356783 or 354187



Extensions & Conversions
New Homes & Maintenance
Roofing & Brick Paving
NHBC Registered

PAUL COTTLE

Quality Building & Maintenance

Laburnham House
Kilkhampton
EX23 9QL

Tel: 01288 321 750
Mob: 07966 239 128

email: office@paulcottle.plus.com

STUART J. BRYANT
BUILDING CONTRACTOR

DEMELIEAN • ALDERCOMBE LANE
KILHAMPTON • CORNWALL • EX23 9RP

Telephone 01288 321 546 (24 Hours)
Mobile: 07970 592 519

ALL SEASONS
LANDSCAPING SPECIALISTS



- Local Family Business
- Specialising in Landscape Design & Construction
- A Reliable Friendly Professional Service
- From Pond Design & Installation to Block Paving
- From Patios & Lighting Effects to Dry-Stone Walling

COMPETITIVE RATES & FREE NO-OBLIGATION QUOTES
Please Telephone John or Steve
01288 321588 or 321123 mobile: 07890 122184

Killock Farm Shop
Kilkhampton

Home Grown Fresh Seasonal Vegetables & Fruit
Freshly Baked Pasties, Flans, Bread & Cakes
All from our own bakery
Orders also taken for Floral Tributes,
Bouquets & Weddings



Tel: 01288
321739



Kilkhampton Glass and Flat Roofing

The Workshops, Unit 1
Wayside, Kilkhampton

Telephone
01288 321 844

R & N FUELS LTD

[Nicholls Bros]
COAL MERCHANTS

- **Local Deliveries** •
- **All Solid Fuels** •
- **Competitive Prices** •

01840 230111 (Colin)
01840 250568 (Roger)

IAN CORNISH

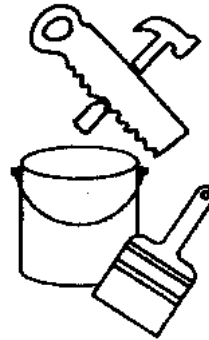
for
ALL YOUR DECORATING
REQUIREMENTS



Tel Kilk 321 627
Mobile 07795 820 261

Terry Sillifant

Carpenter & Decorator



Brabourne Lodge
Penstowe Road
Kilkhampton
Tel: 01288 321 697

SPAR

Adi, Michelle, Neil & Lyn
offer you at your local Spar Store
Daily deliveries of bread, milk, pasties,
fruit, veg and sandwiches.

Extensive Off-Licence
Videos and PlayStation Games
Credit Card and Cash Back Facilities
Cash Point Machine
Free Home Deliveries

OPEN 8 am to 9 pm
01288 321238

Londis

Proprietors Jackie & Dave

Fresh bakery, Milk, Fruit & Veg
Delivered Daily
Free Deliveries

DVDs & Playstation Games
OFF LICENCE

Credit Card Accepted with Cash Back Facility
Open 8am to 8pm

The Village Stores Kilkhampton 01288 321223

Septic Tanks

Emptied

Phone/Fax **01805 601 286**
Mobile **07831 241 531**

Please leave a message. We will return your call
and make arrangements to your convenience.

Peter Hearn Haulage Ltd

SIMON de ROSA



FORESTRY CONTRACTOR
Fully Insured and NVQ Qualified

TREE WORK
also **FIREWOOD**

01288 321 491

07811 350 887

Bude & Stratton Post

Established 1856

Your **LOCAL** weekly newspaper
available from the Post Office

Local Correspondent:
Margaret Gomez - Kilkhampton (01288) 321232

ADVERTISING: 01566 775500
NEWS DESK: 01566 774444

PENHILL QUARRY & HAULAGE LTD



Quality Suppliers
of all types of
Stone

Pigsdon Quarry,
Launcells,
Bude

View our products at:
www.penhillquarry.co.uk

Tel: (01288) 321538 or 321489 or 321326



ARTHUR LEY

WOODCHIPS - FOREST MULCH - LOGS
STUMP GRINDING

Woodchipping Service

Removal of All Stumps

with minimum mess and disturbance.

Turn your trees, leylandii etc. into useful mulch.

FREE QUOTATIONS

Telephone Arthur Ley on 01237 451249
Mobile 07769 703958

**KILKHAMPTON
POST OFFICE**
OPEN LUNCHTIMES
Telephone 01288 321 210

HOUSEHOLD
BILLS
SWEB
SWS
NCCDC
BT
MIND
TV LICENCE

CAMELOT
NATIONAL LOTTERY
THUNDERBALL
SCRATCHCARDS

VEHICLE
LICENCE

NEWSPAPERS
& MAGS

MAPS &
BOOKS

PERSONAL BANKING

STATIONERY

CARDS 4 ALL
OCCASIONS

CONFECTIONERY

TOYS & GIFTS

RAY PARNELL KILKHAMPTON

Tel: 01288 321637

Plumbing and
Heating Services
(More than 40 Years in the trade)
Ceramic Tiling



 Bude Skip Hire

01288 321822



**Domestic &
Commercial**



2-16 Cubic Yards
Drop ends & covered available
15-35 cubic yard hook loads
Dumpy bag service for small loads

01288 321822
www.budeskip.co.uk



The Barn Cattery

East Wonford - Milton Damerel

www.barncattery.com
01409 261105



Resident Proprietors
'Cats Only' Establishment
Special Rates for Long Stay
Collection/Delivery Service
Only Inoculated Cats Accepted
Heated Chalets for Individual or Families
Choice of Indoor or Outdoor Pens
Inspection Invited

Hanson - your local choice for ready-mixed concrete

- quality assured concrete for all applications
- personal, friendly service

For enquiries, prices and orders call Nigel at our Bude Plant on 01288 321362 or Russ on 07966 499154

Hanson

Ivyleaf Hill, Bush,
Bude, Cornwall



www.hanson.co.uk

Welcombe Conservatories And Windows



Renowned for Stylish, High Quality Products
Attention to detail, value for money
and very high standards of fitting.

For Friendly and Professional Service
Ring **DAVID WATKINS**
0845 3700 356 or 07967 204 711



www.welcombeconservatories.co.uk



Tel: 01840 213306
Mobile: 07814 359165
email: andy@yetiserve.co.uk
www.yetiserve.co.uk

Mobile PC Doctor Service - repairs and upgrades carried out at your home or business
at a time to suit YOU

Sales of new and used/refurbished computer hardware (Laptops & Desktops) and Peripherals

Small Business Maintenance Contracts from £59.99 per month

Specialist VPN (Virtual Private Network) software

Newtworking (including wireless)

Broadband Advice, Installation & Configuration for Home Users and Business Networks

Website & e-Commerce Design

Online Shop selling Components & Consumables



Gilbert & Vanstone

Hill Park Centre, Kilkhampton

01288 321 418

Rental - Sales - Repairs



LCD & Plasma TV Stockists
DVD & Home Entertainment
Digital Cameras & Camcorders
DAB & Personal Audio
Laundry Products & Dishwashers
Cookers & Microwaves
Built-In Appliances
Small Domestic Appliances



Sky Digital & Aerial Installations



AEG Panasonic JVC

dyson

Hotpoint



BOSCH



Canon



CORNISH MUTUAL ASSURANCE CO. LTD.

CMA House, Newham Road,
Newham, Truro TR1 2SU
Telephone: 01872 277 151
Fax: 01872 233 053

**SPECIALIST INSURANCE SERVICE
for the
RURAL COMMUNITY
in the counties of
Cornwall, Devon, Dorset & Somerset**

Authorised and regulated by the Financial Services Authority



GJT Hodgson
INSURANCE SERVICES

For All Your Insurance Needs

LOOKING FOR INSURANCE ??

We offer a whole range of insurance products through a panel of top insurance companies to find you the best value policy

Contact us today for a free quote

Belle Vue Lane, Bude

01288 353999

www.hodgsoninsurance.co.uk

Authorised and regulated by the Financial Services Authority



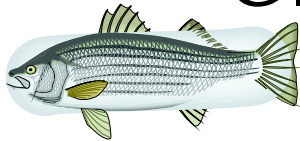
METHERELL GARD

CHARTERED ACCOUNTANTS · REGISTERED AUDITORS

**Self Assessment • Taxation • Accountancy • Audit
PAYE • VAT • Business Plans • Social Security**

• FREE INITIAL CONSULTATION •

Burn View : Bude : Cornwall EX23 8BX
Tel: 01288 352381 Fax: 01288 355962



GILLETTS CHIPPY

OPEN ALL YEAR ROUND
for FINE FISH & CHIPS

Props: Pippa & Paul Gillett
Kilkhampton 321 674

People wanting to visit but youve got no room!

Furnished two bedroom chalet in
Penstowe Park available for
short breaks and longer stays.

*Special Rates for
Family and Friends*

**Peter & Ann Reeves
Kilkhampton 321 604**

BudeHoliday.com



Service & Repair

Mount Pleasant
Poughill
Bude
EX23 9HL

Tel: 01288 359309
mpcustoms@hotmail.com
www.mp-customs.com



Wrasford Farmhouse

Bed & Breakfast

Wrasford Farm

Kilkhampton

Bude

Cornwall

EX23 9RL

01288 321551

www.wrasfordfarm.co.uk



A warm welcome awaits En Suite Facilities

Fabric & Frames

*Curtain and Upholstery
Fabrics at great prices*

***Curtain Making and Bespoke
Framing, Photoframes and Pictures***

Barnacott
Kilkhampton
Bude EX23 9PZ

Phone: 01288 321396
Fax: 01288 321715
Mobile: 07786 474747

NED ALISON

20 years experience in renovation on all types of property : new and old :
from total renovation to tap washers.



EXTERIOR

- Roofing Repairs
- Pressure Washing • Guttering
- Render Repairs • Outside Painting

CARPENTRY

- Shelves Made-to-Measure
- New Skirting / Dido Rails Fitted
- New Doors

INTERIOR

- Fitted Kitchens • En Suite Bathrooms
- New Bathrooms including Plumbing & Tiling
- All Painting & Decoration Work

Please phone for a free estimate / advice
01288 321 693 or 07970 017 288

dirty oven...?

don't worry... help is at hand

We remove grease, fat and burnt on carbon deposits in around three hours to an amazing standard - guaranteed.

Call today for a free quotation



01237 425093

www.oveni.co.uk



Grassroots Garden Services

Call Ben on
01237 441 788
or
07790 479 801

Call me for all aspects of garden maintenance
Weeding, Grass Cutting, Strimming and Hedge
Cutting... Or a General Tidy.

Also Bed & Borders Designed and Planted
All plants can be sourced by me.
Fully Insured.

email: grassrootsuk@btinternet.com

Atlantic Scaffolding (Bude)

Your Local Firm

Best Prices - Best Service

Commercial - Industrial - Domestic

Covering All Local and Surrounding Areas

Fast Efficient Service

Work to Highest Standards!

Tel: 01288 321396

Mobile: 07771 923583

Barnacott, Kilkhampton Road, Kilkhampton, Bude EX23 9PZ

HELEN HOARE

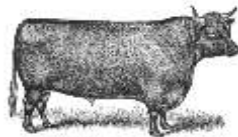
LADIES & GENTS
HAIRDRESSING SERVICE

Tel: 01288 354902 for appointment

(New Telephone Number)

Heatham Farmhouse Bed & Breakfast

For that traditional farmhouse feel
All bedrooms en suite



Ruth & Roland Nancekivell
Heatham Farm, Kilkhampton
Bude, Cornwall
01288 321325 / 07870 196902
heathamfarm@btconnect.com

KAREN GOODENOUGH ACCOUNTANCY



All aspects of accountancy
Appointments at your home or business
daytime, evenings and weekends
Reasonable Rates

Oakwood Cottage, West Street
Kilkhampton EX23 9QW

Tel: 01288 321343
Fax: 01288 321343
Mobile: 07976 528462
email: kmg.goodenough@virgin.net

BRIDGMANS



Incorporating

Herbert Heard

Market Fields
Aldercombe Lane
Kilkhampton EX23 9RP

01288 321 229

We stock & sell:

Clothing • Garden Furniture • Plants
Pet Foods • Pressure Washers • Seeds
Compost • Animal Feeds • Building Materials

D.J. Jennings

Aldercombe Lane Workshop
Kilkhampton, Bude EX23 9RF
Tel: 01288 321 386

M.O.T. PREPARATION
MOTOR REPAIRS



MICHAEL VANSTONE

PLANT HIRE • GROUND WORKS • TARMAC CONTRACTOR
MARWOOD • KILKHAMPTON • EX23 9RY



Telephone 01288 321 322 • Fax 01288 321320 • Mobile 0378 559 273

FULL RANGE OF EXCAVATORS & PLANT FOR HIRE

Tarmacings • Brickpaving • Concreting • Landscaping
Site Work • Earthmoving • Soakaways • Hedge Removal

Bed & Breakfast

Sally & Gerald Strong
Tregenver
Kilkhampton
EX23 9RF



Cottage available for summer and winter let
01288 321332
www.tregenver.co.uk

Registered Charity
no. 281518



COURSES & WORKSHOPS

in

ARTS & CRAFTS & SUSTAINABLE LIVING

offering a wide range of learning opportunities
from straw-bale house and yurt building,
weekly spinning group & natural dye workshops
plus much more.

Welcombe Barton, Welcombe, Bideford, N. Devon
telephone 01288 331692 for brochure

www.yarnertrust.org

Mother-in-Law Coming to Stay?
Or just Not Enough Room?
Send Them to Us!



Special Terms
for Your Visiting
Family & Friends out
of high season

Call Jim or Gillian Chibbett
01288 321 413

www.forda.co.uk

Four Seasons Florists

Fresh cut flowers, bouquets and arrangements
contemporary and traditional design
plants and planted arrangements
funeral tributes
Teleflorist and local deliveries
for wedding flowers, please phone for appointment

Arundel House, Belle Vue, Bude EX23 8JL
Tel: 01288 355352

Under New Ownership. Proprietor: Sarah Penny



Clotted Cream COMPUTERS

Do you use the internet?
Thinking of getting broadband?
Is your PC a little slower than it used to be?
Are you sure your PC security is up to date?
Buying a new PC? Can your PC be upgraded?

I'm here to help with your computer problems

01288 354006 07979 214954

ray.coles@tiscali.co.uk

Ray Coles, 2 Stibb Barns, Stibb



Local family run Business

01288 331685

Whatever your gardening needs
from specialist work...
(major landscaping, ponds, lawns, fencing, patios)
... to everyday garden maintenance

The New Inn

Kilkhampton • 15th Century Inn

Good selection of Hot & Cold Bar Meals
Large Car Park • Games Room
Families Welcome • Fine Ales

Resident Proprietors:
Yvonne & Chris Pearce
01288 321 488

The London Inn

KILKHAMPTON, CORNWALL

Beer Garden
Selection of Home-Made Meals
Children Welcome
Good Local Real Ales

Props: Stewart and Lorraine Davey
01288 321665

AdamSpry

Electrical Testing & Certification



- *Periodic Electrical Inspections*
- *Electrical Safety Certificates*
- *Portable Appliance Testing*
- *Electricity at Work Regulations Consultant*

**National Association of Professional
Inspectors and Testers**
Registered Part P Electrician

Telephone: 01288 321061 Fax: 01288 341440 Mobile: 0759 566 3996
Church Lodge Kilkhampton EX23 9QW
www.sprys.com



The
Arthur W. Bryant

Funeral Service

HOLDERS OF N.A.F.D AND B.I.F.D. DIPLOMAS

Day & Night Service

Private Chapel of Rest

Personal & caring attention assured
Pre-Payment funeral plans available
Memorials Supplied

Morwenna Court, Princess Street,
Bude. EX23 8AT

Tel: 01288 352282 Mobile 07836 200724

Willow Tree Cottage
Bed & Breakfast



4 Star Silver Award E.T.B.

Bob & Vanessa Phillips look forward to
Welcoming you to our beautiful B&B

Morwenstow, Bude, Cornwall. EX23 9SJ

Tel: 01288 331100



www.willowtreecottage.co.uk



Have a fun day out with us!
ACTIVITIES FOR EVERYONE...ANY AGE
"be taught by the best"

- Surfing • Kayaking • Boogie Boarding •
- Canadian Canoeing •



Full Day & Half Day Sessions Available

All Equipment Provided

Contact SAM ROBERTS

20 Priestacott Park, Kilkhampton
Bude, Cornwall EX23 9TH

Tel: 01288 321 765

www.atlanticpursuits.co.uk

FEET FIRST • FEET FIRST • FEET FIRST

CHIROPODIST

VISITING PRACTICE

JAN RAKHSHANI MBChA

FOR HOME VISIT

please call 01288 354503 or 07712 898188

FEET FIRST • FEET FIRST • FEET FIRST

DIAMOND

THE CUTTING EDGE IN

Professional Carpet, Curtain &
Upholstery Cleaners

Prices from just **£9**

Call Mike on Holsworthy
01409 254816



**Banish those winter blues with
our homemade curries, chilli
or new to the menu nachos**

Eat in or take-away

**Telephone Orders Welcome
on: 01288 321465**

**see our full list of pizzas online:
www.thepizzaape.co.uk**

Winter opening hours:

Sunday to Wednesday 5pm - 9pm

Thursday 11am - 9pm

Friday & Saturday 11am - 10pm

Peter Westlake

School of Motoring

FULLY QUALIFIED INSTRUCTOR

18 GRIMSCOTT ESTATE LAUNCELLS

Tel 01288 381263 • Mobile 07974 048013

FREE HOME PICK UP • FULL HOUR TUITION

Ministry of Transport Approved Driving Instructor number 111406

Are You Missing Out?

Headaches • Migraine • Stress
Neck Pain • Back Pain • Sciatica
Sports Injuries • Carpal Tunnel & Others...
Leading edge - gentle & effective treatment

Bideford Chiropractic

01237 477088

Jean Tallantire BSc (Chiro)DC ND
127 Bay View Road, Northam, Bideford EX39 1BJ
www.bidefordchiropractic.co.uk

Architectural Design

R.A. Rowe & Co. Ltd.

Architectural Plans
Planning Permission
Building Control

Domestic: New Build
Renovation, Subdivision, Barn
Conversions.

Commercial: Offices, Industrial
Building, Change of Use.

Agricultural: Farm Building,
Agricultural Workers Dwellings,
Farm Diversification.

Chapel Barn, Morwenstow, Bude. EX23 9SQ Tel. 01288 331418

Butterfly Quilters

MARVIC HOUSE • KILKHAMPTON • CORNWALL • EX23 9RF
Telephone 01288 321480 • www.butterflyquilters.co.uk

Stocking 100% cotton materials from Moda, Hoffman, Khuna Bay.
Classic Cotton, all at reasonable prices.

We have regular deliveries of new stock, hoping to cater for everyone's quilting needs.
In addition to this, we have a Gammill Quilting Machine.
All cottons now in stock!

We also have for sale, some local hand-crafted goods.
To cater for our village needs, we stock sewing cotton.
Please let us know if you have any specific requirements in the haberdashery line.

Please ring or email for more information.
We have drop-in afternoons and workshops for beginners and experienced.
Everybody welcome...an the kettle is always on.
Please come and introduce yourself.

We are open 10:00am to 4:00pm Monday, Wednesday, Thursday and Saturday
Look forward to hearing from you. Carole & Margaret

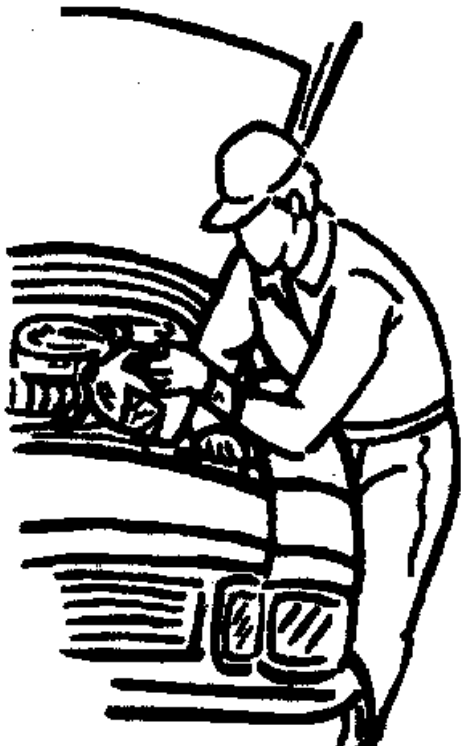


KILKHAMPTON MOT STATION



Engine Oil, Anti-Freeze
De-Icer, Screenwash,
Bulbs, Wipers.
Please ask and we can get.

10% Discount on MOTs
When you bring the
Kilk Parish News



M.O.T.
Testing Centre

•
Service

•
Repairs

01288 321 031
01288 321386

HLC HOLSWORTHY TRAVEL LIMITED

Fulfilling all of your travel requirements

- Package Holidays • Tailor-Made Itineraries •
 - Cruise Holidays • City Breaks •
- Escorted Coach Tours, British & Continental •
 - Foreign Exchange •
 - Flight Only • Ferry Travel •
- National Express / British Rail Tickets •
 - Travel Insurance •

**No request too big or too small, please call us
with you enquiries on
01409 253962 or 01409 253964**

sales@holsworthytravel.co.uk

General property repairs
Kitchens & Bathrooms
Painting & Decorating
Paths, Patios & Fencing
Plastering

I.P. & G.W. Kirby

Property Maintenance
Friendly Reliable
Service
• Free Quotes •

Broxwater Cottage
Kilkhampton
01288 321219

Ian: 07921 772 171
Gill: 07762 949 550
Terry: 07921 721 341

Back and Neck Pain
Sciatica and Shoulder Pain
Sports Injuries Rehabilitation
Acupuncture

INJURED? IN PAIN?
Physiotherapy can **HELP YOU!**

PHYSIOPLUS
conveniently based at two centres:

Bideford: Michele White Fitness Centre
Holsworthy: Holsworthy Medical Centre
Call Sarah Pomeroy on 07968 289640
Chartered Physiotherapist

