

Local News

Budleigh Salterton's Brook Gallery is gearing up for an exhibition of Brit art by Bruce McLean.

- Otterton resident and top political journalist Andrew Marr will open a green art exhibition over Easter. The Habit Art exhibition, in Otterton Mill's orchard and nature reserve, provides an opportunity for several local artists to highlight environmental issues.
- Archeologists have this week begun a detailed survey of Woodbury Castle in an attempt to find out more about the condition of the ancient defences and the original layout of the site.

Sports News

Football – Well done to Budleigh Salterton Football Club who did a fantastic job at beating Seaton 4-3 in the Seaton Cup Quarter Final on 25th March.

Motor Racing – Lewis Hamilton has said that he feels McLaren may have an uphill task to keep up with their rivals ahead of this year's Grand Prix.

Rugby - Budleigh Salterton Reserves fielded one of their most youthful sides for some time when they hosted Devon & Exeter League Premier Division promotion seeking Bickleigh at Greenway Lane for a midweek match.

Weather – The initial outlook for April appears to be a mainly sunny forecast, with temperatures reaching highs of 17°C during the day and reaching lows of 3°C on one or two occasions.

Carrot Trivia

Here's some carrot trivia to tickle your brains with.

- The Longest Carrot recorded in 1996 was 5.14 metres (16 feet 10 ½ inches).
- Carrots were first grown as a medicine, not a food.
- Carrots produce more distilled spirit than potatoes.
- In Suffolk, carrots were formerly given as a specific for preserving and restoring the wind of horses.
- The Roman invaders fed carrot broth to their female captives in the hope of loosening their straight-laced demeanour.



April 2009 Newsletter

Luc the harpist proves he's still a hit!



Residents were once again deeply enamoured with the arrival of Luc the harpist on Wednesday 18th March. He was able to entertain everyone with some beautifully serene music. The following week, Music for Health were in as part of their monthly contribution towards the Home's musical entertainment.

A date for your diary!

On Saturday 16th May, we are having a Spring Fête. Sharandy's Birds Of Prey will be coming over to feature as one of the main attractions, along with a BBQ combined with a cake stall, cream tea with scones and jam, a bring and buy sale and let's not to forget the obligatory raffle! All proceeds raised during the day will go towards the Budleigh Salterton Lions Club who distribute the money to various charities within the local area. Please speak with Ruth if there's anything you might have to donate.

The month that's past

Everyone has been enjoying Joe's Tai Chi classes. Judy and Marjorie especially seem to have brought this into a class of their own!

With her sing-a-longs, poems and quizzes Helen Strevens' *Tranquil Moments* proved to be highly enjoyable when she visited on 27th February and she will be returning on 3rd April and 1st



Besides all that, it's never been a dull day at Pinewood with our weekly activities agenda:

Monday: Tai Chi with Joe

Tuesday: Hairdressing with Jamie

Wednesday: Mini bus outing

Thursday: Stretch and Movement with a quiz afterwards

Friday: Bingo and then some sing-a-long afterwards

Saturday: Free time to do what you wish

Sunday: Hymn singing

Activities agenda for the month ahead

Sabrina will be on hand to do your nails etc on 7th April.

Easter: there will be hymns, an Easter garden, hot cross buns, and chocolate eggs on the morning of Easter Day, 12th April.

Luc will be returning to play his harp for you on 15th April.

Music for Health will return on 20th April.

Clothes Direct will be paying us a visit on 27th April to make sure you're all stocked up with some nice clothes to help you look extra good.