

# *focus*

on thorverton



NOVEMBER 2023

£1.00

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At the present time **Focus** is produced each month **except January**.

The Editor welcomes interesting news items, reports etc. for publication. Items for inclusion in *Focus* should be accompanied by the name of the originator, which may be withheld from print if requested. The aims of *Focus* are:

- To produce a non-political monthly magazine serving the people of the parish of Thorverton, providing them with information on activities in the parish;
- For the magazine to be one that villagers are proud of;
- To provide a window for those outside Thorverton to see what the village has to offer;
- To promote local businesses through advertising; and
- To run at a small annual profit, but with surplus funds put to support village organisations for the benefit of Thorverton residents.

Items for publication, adverts, changes to adverts, Diary entries, changes to Thorverton Information lists should be sent to the Editor at [thorvertonfocus@gmail.com](mailto:thorvertonfocus@gmail.com)

**PLEASE SEND COPY BY THE 20<sup>th</sup> OF THE MONTH DEADLINE.**

**TEXT** should be as plain text in an email, or as unformatted TEXT in a Word doc file.

**PHOTOS** should be sent separately and preferably in JPEG or otherwise PDF FORMAT.

**ADVERTISEMENTS AND POSTER TYPE NOTICES** should be prepared as near as possible to how it is intended to appear, with pictures supplied as required. Please consider A5 LANDSCAPE format for posters to ensure inclusion and readability. **NB: We cannot guarantee a full page for your poster.**

All items received are acknowledged, so if you don't receive an acknowledgment within a few days, please assume not received. Check your item thoroughly before sending, especially dates and contact details.

**Focus reserves the right to refuse any advertisement or notice at its sole discretion for any reason whatsoever. Check with editor if you wish to discuss the design of an advert. (Quarter & Eighth page minimum 3 months).**

**COMMERCIAL ADVERTISEMENTS**

11 ENTRIES PER YEAR PRICES From 1 <sup>st</sup> January 2023	B&W		COLOUR	
	PER ENTRY	FULL YEAR	PER ENTRY	FULL YEAR
Full page (18.2 cm x 24.4 cm)	£30.00	£330.00	£44.00	£484.00
Half page (18.2 cm x 12.2 cm)	£15.00	£165.00	£22.00	£242.00
Quarter page (8.5 cm x 12.2 cm)	£7.50	£82.50	£11.00	£121.00
One-eighth page (8.5 cm x 5.8 cm)	£4.00	£44.00	N/A	N/A

LOCAL ORGANISATION and CHARITIES, ADVERTISEMENTS FREE OF CHARGE (for up to 3 months)

The opinions and views expressed by contributors within the magazine are not necessarily those of *Focus* producers or of the *Focus* Committee.

Front Cover Photo: Russ Clarke

Welcome to this month's FOCUS.

The news, earlier in the month, that someone had been selfish and foolish enough to cut down the Sycamore Gap tree in Northumberland was very saddening. This tree had stood next to Hadrian's Wall near Crag Lough for around 150 years and as well as being an iconic sight on the landscape was a special place for many individuals. It had proudly stood alone, defying everything the winds and weather could throw at it and in such a position that was naturally extremely photogenic. As a tree, it was a celebrity tree and certainly did not deserve being treated in that way.

Like many villages, we have our own village celebrity tree here in Thorverton.

It's not quite as symmetrical as the Gap tree but still holds its own on Raddon Top being visible for miles in several directions on a clear day. The 'Parrot' tree continues to be a place to visit and a source of conversation when it is in view. On close inspection it may be a bit straggly but for many members of this village it does, I'm sure, hold some lasting memories.

In this issue of Focus you will find a range of events happening which you can get involved in or attend in the run up to Christmas including Quizzes, Bingo, Craft Events and Carol Singing. The details of these and more events can be found throughout your FOCUS.



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## DIARY OF EVENTS

Please notify the Editor of additions or changes. Email: [thorvertonfocus@gmail.com](mailto:thorvertonfocus@gmail.com)

Details of most events are in the Notices Section of *Focus*.

### NOVEMBER

- Mon: 6<sup>th</sup> Welcome Café, WI Hut, 2:30pm, tea, coffee and cake. Open to everyone  
 Tues: 7<sup>th</sup> WI Meeting Games afternoon 2:30pm WI Hut  
 Tues: 7<sup>th</sup> Grave Talk discussion, Thorverton Arms, 3pm  
 Sat: 11<sup>th</sup> Craft Fair and Big Breakfast, Thorverton Memorial Hall, 9:30am-1pm  
 Sun: 12<sup>th</sup> Remembrance Sunday Service, Thorverton Church, 10am  
 Mon: 13<sup>th</sup> Welcome Café, WI Hut, 2:30pm, tea, coffee and cake. Open to everyone  
 Thurs: 16<sup>th</sup> Thorverton Ladies Group, Moss Bank, 7.30pm  
 Fri: 17<sup>th</sup> Film Night, Thorverton Memorial Hall, 7:30pm  
 Mon: 20<sup>th</sup> Welcome Café, WI Hut, 2:30pm, tea, coffee and cake. Open to everyone  
 Sat: 25<sup>th</sup> Advent Coffee and Craft Morning Memorial Hall 10-12 am  
 Sat: 25<sup>th</sup> Upton Pyne Garden Club Annual Christmas Dinner (see notices)  
 Mon: 27<sup>th</sup> Welcome Café, WI Hut, 2:30pm, tea, coffee and cake. Open to everyone

### DECEMBER

- Mon 4<sup>th</sup>: Welcome Café, WI Hut, 2:30pm, tea, coffee and cake. Open to everyone  
 Mon: 4<sup>th</sup> Upton Pyne Garden Club Coffee Morning 10:00am Make your own Christmas Wreath  
 Sun: 3<sup>rd</sup> Tree lighting Ceremony, Thorverton Memorial Hall, 6:30pm  
 Fri: 8<sup>th</sup> Christmas Bingo, Thorverton Memorial Hall, 7:30pm  
 Mon 11<sup>th</sup> Welcome Café, WI Hut, 2:30pm, tea, coffee and cake. Open to everyone  
 Fri: 15<sup>th</sup> Film Night, Thorverton Memorial Hall, 7:30pm  
 Mon: 18<sup>th</sup> Welcome Café, WI Hut, 2:30pm, tea, coffee and cake. Open to everyone  
 Thurs: 21<sup>st</sup> Carol Service, Thorverton Church, 6.30pm  
 Fri: 22<sup>nd</sup> The Twelve Days of Christmas, a TADS production Thorverton Church, 7pm



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## Thorverton Parish Council Update Nov 2023

We had a particularly productive month in October when we made progress on a number of items. Chief amongst these was on **Affordable Housing** and included an important meeting with MDCC on Monday 16<sup>th</sup> Oct; Arron Beecham (Principal Housing Enabling and Forward Planning Officer) and his colleague from the Conservation Office met in Thorverton to discuss this project. MDCC has already supported us in this matter, for example sponsoring the Housing Needs Survey you all saw earlier this year.

We had a brief look at some potential sites – note that this was very much a very preliminary viewing with no commitments being made – followed by a productive meeting. Arron Beecham has pledged further support and we want to discuss this with the village at an **Affordable Housing Meeting at 7.00pm on Thursday 9<sup>th</sup> Nov in the Memorial Hall.**

At the moment the Thorverton Affordable Housing Group (TAHG) is quite small and if we are going to make big decisions then the Group needs to be expanded. We held the first public meeting about six months ago when a number of parishioners said they would like to be involved in the project as it developed. We are going to invite all of those that left their names at the last meeting, but this is an open invitation for you all to attend. We are looking for enthusiastic volunteers to join TAHG and will use the meeting to explain what we have been doing, the hurdles we face and how we can take the next steps along the way.

Our aim is to provide affordable housing for Thorverton's local people in perpetuity. If you think you can help, please come along and be part of the expanded group.

As any of you who have been looking for builders in the past year or so will know, getting quotes and firm commitments isn't easy at present, but TPC agreed on the next stages for the **development of the Barliabins area** at the last meeting and you will soon see progress on this; our thanks to the villagers who have joined the TPC group to lend their support.

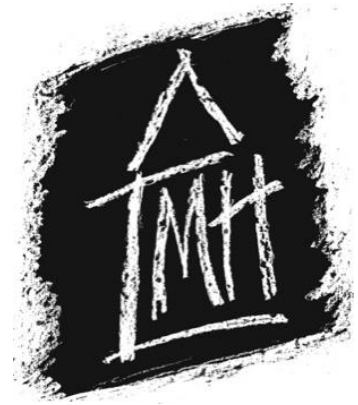
Last month I wrote that we were looking for new volunteers to tend to the flower beds in **Leigh Gardens**. I'm delighted to say that we received an immediate response from Ann Parkinson who will be leading a new group. Please look out for more info on this later.

Last year we were given very generous support by both of our village pubs in promoting **Winter Warmth afternoons**, when a free cup of tea or coffee (add a couple of biscuits!) were available every Wednesday, alternating between The Thorverton Arms and The Exeter Inn. This will happen again this winter and the pubs will soon provide details of the start date, so look out for this soon.

Finally, Sunday Dec 3<sup>rd</sup> is the day when the **Christmas lights** will be switched on this year.

ANDREW FOSTER  
Thorverton Parish Council

## THORVERTON MEMORIAL HALL



It was good so many people came to October's Big Breakfast. The three winners of the draw were Sue Batty, Donna Hodge and Bev Lewers.

The Craft Fair will be held alongside **Big Breakfast**

**Saturday 11<sup>th</sup> November**, with craft stalls 9.30am – 1pm. There will be the normal breakfast fare, with homemade soup and scones available 11.00am - 1pm.

The next film to be shown '**And then come the nightjars**' is on **Friday 17<sup>th</sup> November**. Adapted for the screen from Bea Roberts' multi-award-winning stage play, this is a heart-warming story of an unlikely friendship between a Devon farmer and a local vet, set against the backdrop of the 2001 Foot and Mouth outbreak.

**Christmas Tree lighting ceremony** – please note this will now take place on **Sunday 3<sup>rd</sup> December, 6.00pm** at Jubilee Green, to be followed by tree lighting, carols, mince pies and mulled wine at the Memorial Hall. With a not-so-surprising special guest.

Looking slightly ahead -

**Christmas Bingo**, with top cash prizes, will take place on **Friday 8<sup>th</sup> December at 7.00 pm, eyes down 7.30pm**. This is being generously sponsored by Noel Tancock's company Pallex Southwest Ltd.



Looking even further ahead –

Disco time in the hall! Coming up on **Saturday 20<sup>th</sup> January** with Thorverton's very own DJ Jim Roberts. The plan is to have a children's disco in the late afternoon/ early evening and then an adult's disco from 8pm. Further information will be available nearer the time.

For enquiries about booking the hall, just drop us an email [thorvertonmemorialhallbookings@gmail.com](mailto:thorvertonmemorialhallbookings@gmail.com)

## LUCY'S LARDER

For those in the local community  
with difficulty accessing food and other items.

As well as food/other items freely available from the boxes  
in the church porch, request slips may also be used to  
indicate what you most need. Limited supplies can then be  
directed more effectively.

Pick up a slip from the porch or from the Rev'd Tim Collins 07449 111663.

## DONATIONS WELCOMED

The Larder's existence depends on the generosity of  
individuals and organisations which is much appreciated.  
Donations of food/other items/money are always needed  
as demand exceeds supply.

Please pass to Peter Colebrook tel: 0751 4561406  
though food/other items may be left in the boxes.  
Payments including regular donations may also be made  
through the Parish Church Treasurer using the following  
account details:

**PCC Thorverton**  
**Sort Code: 30-93-14 - A/c no: 00436138**  
**Ref: Lucy's Larder**

## CHRISTMAS CAROL SERVICE

THURSDAY DECEMBER 21st

6.30pm at Thorverton Church

There will be lots of carols for everyone to sing at the service and we'll be looking for readers too.

As previously, extra choir members are most welcome. There will be four choir rehearsals on

Thursday evenings beginning on November 23rd.

**REQUESTS FOR CAROLS** to be sung by **ALL** in the service are **WELCOMED**.

Please let me have your choices ASAP.

**CONTACT:** Choir Director and Accompanist Heather Kershaw 01392 860419



### Programme of Talks for November 2023

The weekly programme of Exeter Forum talks for November 2023 is shown below. Meetings take place in the Mint Methodist Church, Fore Street, Exeter, EX4 3AT on Wednesday mornings. The talks start at 10:45am, while coffee is available from 10:15am. Full descriptions of talks and speakers appear on the Exeter Forum website [www.exeterforum.org](http://www.exeterforum.org) and in the weekly newsletter sent to Forum members and to visitors who wish to be so notified. Visitors are welcome subject to a small charge for each talk. Any programme changes will be shown on the Exeter Forum website.

<b>Wednesday 1 November 2023</b>	<b>Brian Fernley</b>	<p><b>"Destination Utah" (The USAAF in a Typical English Village)</b></p> <p>In February 1944, RAF Upottery opened and was occupied by four squadrons of the US Air Force in March 1944 to prepare for D-Day. This talk illustrates the impact of around 1500 American servicemen taking up residence in a quiet English village. It focusses on the impact on the local population, the role of the airfield in the conflict and the transportation of 1300+ paratroopers to Normandy to support the D-Day landings.</p>
<b>Wednesday 8 November 2023</b>	<b>Ian Aspinall</b>	<p><b>Exeter WW1 Hospitals</b></p> <p>To coincide with Remembrance week, Exeter City Redcoat Guide Ian Aspinall will show the vital role of Exeter's eight World War One War hospitals which treated over 35,000 wounded, under the direction of their redoubtable administrator, Georgiana Buller.</p>
<b>Wednesday 15 November 2023</b>	<b>Mike Richards</b>	<p><b>Royalty in Exeter</b></p> <p>Exeter Forum member and Redcoat Guide Mike Richards will tell the story of the many Royal visitors to Exeter, from the time of Alfred the Great to Queen Elizabeth II showing how some visits were more gracious and regal than others.</p>
<b>Wednesday 22 November 2023</b>	<b>Roy and Lesley Atkins</b>	<p><b>Everyday Life in Jane Austen's England</b></p> <p>Roy and Lesley make a welcome return visit to the Exeter Forum to set the world of Jane Austen's fiction alongside the real lives of ordinary people at the time. They will cover forced marriages, selling wives in marketplaces, children toiling down mines, convivial dinners, strange medical remedies, dentures, bodysnatching, shoplifting, punishments, reading, writing, and the fear of revolution. Roy and Lesley are husband-and-wife historians and writers, whose books include <i>Eavesdropping on Jane Austen's England</i>, <i>Jack Tar</i> and <i>When There Were Birds</i>. They talked about Jack Tar during the Heritage Harbour Festival.</p>
<b>Wednesday 29 November 2023</b>	<b>Jon Bell</b>	<p><b>The Golden Age of Cinema in Exeter</b></p> <p>Exeter Redcoat Jon Bell will tell the stories of the different cinemas and picture houses that existed in Exeter from the 1900s onwards, the films they showed, and their characteristics and peculiarities.</p>



## THORVERTON LADIES GROUP

Due to holiday commitment our November get together will be held a week later than usual on the 3rd Thursday of the month (16th November) at 7:30 pm, by kind invitation of Beryl Grace, Moss Bank.

Also, following our meeting in October it was decided to have our Christmas Meal at the Thorverton Arms on Thursday the 14th of December. Please could those who would like to attend check out the menu and bring your choices to our meeting in November along with a £5 deposit. If you are unable to attend you can always call me with your choices on 860140.

Thank you  
Sue Batty



## UPTON PYNE & DISTRICT GARDEN CLUB

All events are held in the Upton Pyne Village Hall and everyone & anyone is welcome to join us.

**Saturday 25<sup>th</sup> November ANNUAL CHRISTMAS DINNER**

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Fun Quiz  
Raffle

Join us at 7pm for welcome drink

Mystery  
Object  
Quiz

Seating at 7.30pm to enjoy a buffet of excellent cold meats, salads & hot crunchy potatoes.

£15 pp

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**Monday 4<sup>th</sup> Dec 10am at the VILLAGE COFFEE MORNING**



Make your own Xmas Wreath or Table Centre guided by Katrina, from our very own Upton Pyne professional wedding florist company Bloom Bloom

A ready mossed 12 inch ring & wire for fixing foliage, plus ribbon for bows will be provided. These rings can be made into either a wreath or a table centre, and you will be asked to bring your own foliage or decorations. I feel sure that some of us with larger gardens will be happy to help out with fir or holly if needed.

The tutorial will last for an hour & half at a cost of £10 pp. We would ask for you to reserve and pay for your place by Saturday 25th November

You are welcome to join us for any of these events, further details and bookings to be made with June on 01392 841272.



**Mon 15<sup>th</sup> Jan 2024 @ 3pm A G M**  
and a talk by TIM ELLIS on CRETE

## Financial assistance for Thorvertonians

Can the Leonard Trust assist you or your organisation with a small grant?

Since it was set up F.C. (Chip) Leonard in 1972, the Trust has helped local people with a wide range of needs, including buying computing, sporting, musical, medical and many other useful items. Money has been given for educational travel, Lucy's Larder and to Clubs and the Primary School for various purposes.

If you could benefit in this way, please contact the Trust Secretary, Elspeth Holmes, Drill House, Lynch Road, Thorverton.

Email: [Elspeth.holmes@btinternet.com](mailto:Elspeth.holmes@btinternet.com) Tel: 01392 860535

## MILLENNIUM GREEN

We have several jobs in the Green which require some active help. Our present Trustees, although willing are short of the required strength.

Are you able to help with lifting concrete slabs onto our trolley to relocate them on the Green?

Please contact John Spivey 861324 if you can help.



Thorverton Parish Church invites you to an

## Advent Coffee and Craft Morning

Saturday 25<sup>th</sup> November  
Thorverton Memorial Hall 10-12 noon

*A sociable morning for everyone, young and not-so-young,  
to come and prepare for Christmas over delicious coffee,  
tea, homemade cakes/biscuits, and crafting.*

Choose to make:

*an Advent wreath, lanterns, Advent elves and elf houses, stars, angels,  
wooden decorations, Advent Countdowns, a Lego scene and lots more...*

By popular request, passports for another **Village Advent Window Trail** will be available. If you have a suitable window in the centre of the village you would like to decorate for the trail, please contact Allison Toogood (07936 978779) for more details.

## HARVEST SUPPER

A well-attended Harvest Supper was held in the WI hut on Sat 14th Oct. We were extremely well fed with beef Casserole, Veggy curry and all rounded off by apple crumble and custard. There was also a quiz which kept our brains ticking over during the evening. Of course, there was the inevitable raffle and some great prizes. It was a very enjoyable community evening and everyone left having enjoyed themselves.

Thanks must go to all who provided the meals and anyone who helped to make such a great atmosphere.

*Nick Bright*



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Mon - Fri 9.00 - 5.30

(closed 1.00 - 2.00)

Sat 9.00 - 12.00

Sun & Bank Hols closed

## Recipe for November

Apple and beetroot salad - this is good with Devon cheese.

To 8oz (200g) raw beetroot, peeled and finely grated (Cooked beetroot can be used in place of raw if preferred), add 3oz (75g) grated cooking or eating apple. Season with salt and pepper, and add 1 teaspoon finely grated fresh horseradish, or a spoonful of prepared horseradish sauce, and mix to a creamy consistency with mayonnaise, and Greek yogurt or soured cream.

*Paul Cleave*

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**THORVERTON CO-OPERATIVE TRUST LTD**  
supporting  
**THORVERTON COMMUNITY POST OFFICE**

**November 2023**

I know how much so many of you (of all ages), value our post office and its shop. And as the Christmas season approaches, no doubt you will use it even more.

We will soon have in stock some charity card packs, lots of wrapping paper, gift bags, labels etc. plus more posting and packaging materials.

Our business relies on your custom throughout the year though. We sell newspapers and magazines every day and lots of other useful things. Please support us whenever you can.

Our TCT shop is run and managed by volunteers and is supported by annual subscriptions from local residents, so if you haven't signed up and paid your £10 per person per annum yet, then please contact me or ask in the post office for a form or more info.

If you'd like to become one of our helpers, either regularly or occasionally, you would be most welcome.

**Heather Kershaw** Chair and Membership Secretary TCT Ltd 01392 860419

[heather@kershaw25.eclipse.co.uk](mailto:heather@kershaw25.eclipse.co.uk) or [heatherpkershaw@gmail.com](mailto:heatherpkershaw@gmail.com)

**Thorverton PO 01392 860455**

## THORVERTON CHURCH: MUSIC



The choir usually sings at services twice a month. We have weekly Thursday evening practices in Thorverton Church from 7.45 – 9.00pm. We sing a wide range of music.

We have instrumentalists accompanying some services and often need a few more. The music is usually hymns and worship songs, not too challenging!

The full list of upcoming services is elsewhere in this Focus edition, but those at Thorverton Church with the choir singing, are listed here:

**Nov 5th** Communion service: **9.30am**

**Nov 12th** Remembrance Day service: **10.00am** jointly with Cadbury Church

**Dec 3rd** Communion service: **9.30am**

Heather Kershaw 01392 860419 Music Director and Organist Thorverton Parish Church

[heather@kershaw25.eclipse.co.uk](mailto:heather@kershaw25.eclipse.co.uk) or [heatherpkershaw@gmail.com](mailto:heatherpkershaw@gmail.com)

## SERVICES & INFORMATION NOVEMBER 2023

The Netherexe Parishes - A Mission Community in the Diocese of Exeter

Please see our website at [www.netherexe.org](http://www.netherexe.org) under "Services" section.

We also have a calendar for services & latest events are under "news".

### Sunday 5 November All Saints Day

09:30 am	Holy Communion	Thorverton	TC
10:00 am	Informal Gathering	Stoke Canon	Lay Led/LF
11:15 am	Informal Service	Cadbury	Lay Led
11:15 am	Café Church	Rewe	Lay Led
06:30 pm	Prayer Service	Brampford Speke	LF

### Wednesday 8 November

09:00 am	Chattertots	Thorverton	Lay Led
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### Saturday 11 November Armistice Day

10:50 am	Armistice Day Service*	Rewe War Memorial, Green Lane, Rewe TC	
10:50 am	Armistice Day Service*	Thorverton War Memorial, Thorverton Churchyard	LF

*\*Please note these are Open Air Services, please dress accordingly*

### Sunday 12 November Remembrance Sunday

10:00 am	Remembrance Service	Thorverton <i>[Joint with Cadbury]</i>	LF
10:00 am	Remembrance Service	Stoke Canon	Lay Led
10:50 am	Remembrance Service	Newton St Cyres	JD
10:50 am	Remembrance Service with Holy Communion [Meet at War memorial]	Upton Pyne <i>[Joint with Brampford Speke]</i>	TC
10:50 am	Remembrance Service	Rewe	Lay Led

### Sunday 19 November Second Sunday before Advent

09:30 am	Holy Communion	Brampford Speke	GC
11:15 am	Communion by Extension	Rewe	LF
11:15 am	Holy Communion	Cadbury	TC
05:00 pm	Holy Communion	Stoke Canon	MSS

### Sunday 26 November Sunday next before Advent

09:30 am	Holy Communion	Newton St Cyres	TC
10:00 am	Messy Church	Stoke Canon	Lay Led
11:30 am	Baptism Service	Brampford Speke	TC
04:00 pm	Prayer Service	Upton Pyne	TC

**Evening Prayer:** Every Tuesday 6:00 pm in Rewe Church

TC	Revd Tim Collins	JD	Revd Julia Dallen	LF	Laura Ford [Licensed Lay Minister]
TL	Revd Tony Lane	KR	Revd Preb Kathy Roberts	GC	Revd Preb Graham Cotter
MSS	Revd's Michael & Sharon Simpson.	SN	Sheila Newton [Licensed Lay Minister]	TBC	To be confirmed.
Revd Tim Collins [Priest in charge] Tel: 01392 860767 <a href="mailto:tim.collins@netherexe.org">tim.collins@netherexe.org</a>					

For more information about the Netherexe Parishes please see [www.netherexe.org](http://www.netherexe.org) or contact:

Mrs Juliette Lea [Administrator]	Mr Peter Shepherd [Administrator]
Tuesday & Thursday [09:00 – 15:00]	Monday & Wednesday [09:00 – 13:00]
Tel: 07594 714590	Tel: 07551 844321
Email: <a href="mailto:administration@netherexe.org">administration@netherexe.org</a>	Email: <a href="mailto:administration@netherexe.org">administration@netherexe.org</a>

Correspondence: The Netherexe Parishes, Church Office, St Mary Magdalene Church, Stoke Canon, Exeter, EX5 4AS.

## Remembrance

As the daylight hours grow ever shorter, as the temperature outside drops a little more; as the smell of coal and wood smoke emanate from chimneys, as the plentiful produce of harvest is stored away, and the incessant planning and shopping for Christmas can still be put to one side (well for a while, anyway), November is definitely a month that lends itself to moments of reminiscing, of nestling in front of the fire and allowing thoughts of 'things that were' to settle. November is very much that time of year when we slow down just a little, and reflect on life – and, I guess, death.

By the time that you read this, Halloween will have come and gone – with all its focus on ghosts and ghoulies and things that go bump in the night, a time of 'trick or treat', of children gorging on sweets. But for Christians, Halloween is the lead-up to a more reflective time – the celebration of All Saints or All Hallows (1st November) and All Souls (2nd November) days, when we acclaim our deep belief in life after death, remembering the lives of the saints and all those who have gone before us – believing that there will be a time of coming together again. Of hope and joy.

And, of course, November provides more time to reflect on life and death, with that ever-important focus on Remembrance Day and Remembrance Sunday - when we offer time and prayers to those who gave their lives in the service of their country; when we consciously stop for those deeply symbolic two-minutes to absorb the enormity of lives given, of loves lost. When we say, 'Thank you.' Remembrance Weekend focuses our hearts and minds on the sacrifice made by so many, honours their memory and helps us all to acknowledge that we are able to live lives free because others gave theirs.

And this November will also see the Archbishop of Canterbury, the Most Rev'd Justin Welby, visiting Devon, over the Remembrance Weekend. The whole occasion has been titled ***Come and See***. And while he will be attending a number of events and services across the diocese, he is encouraging the church in Devon to explore ways in which we might inspire people to ***Come and See***; to come and see what lies at the heart of our faith; to come and see and talk about our approach to life. Perhaps paradoxically, though, much of the archbishop's focus for the weekend will be on the themes of loss, bereavement, and hope, drawing on his own experience of losing his baby daughter some years ago, and more recently his mother. And in light of that focus, the churches across the Netherexe Mission Community will be putting on a number of events called '***GraveTalk***!' Now, while this may sound a little morbid, it is really an opportunity for people of all faiths or none, for those who think they know what life and death is all about, or for those who really, really have more questions than answers, to spend time supporting one another in exploring our understanding and attitude to life and death and grief; in considering society's approach to funerals. I promise that there are likely to be as many laughs as there may be tears. Do look out for more details in the magazine, and please do join us for what I promise will be a deeply interesting, if challenging time. If you would like to know more, please do get in touch.

All blessings,  
Tim

*Revd Tim Collins*  
*Priest-in-Charge, Netherexe Mission Community*  
01392 860767  
[tim.collins@netherexe.org](mailto:tim.collins@netherexe.org)





You are invited to an afternoon exploring the questions around that most inevitable of events – death!

**3pm Tuesday 7<sup>th</sup> November – The Thorverton Arms**

or

**3pm Wednesday 8<sup>th</sup> November – Stoke Canon Inn**

An afternoon of laughter & tears deeply interesting & deeply challenging

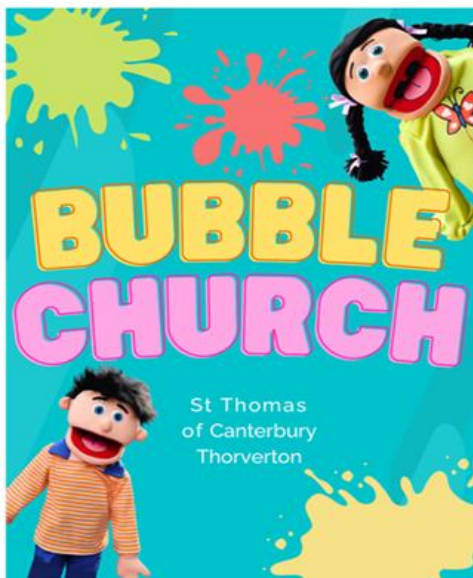
For more information, please contact:

Rev'd Tim Collins  
01392 860767

[tim.collins@nether](mailto:tim.collins@nether)

*What do you value most in life?*

*If you knew this was your last day on earth, what would you do?*



**Bubble Church is coming to Thorverton**

Bubble Church is a free, puppet-packed, Jesus-centred, coffee-and-croissant-fuelled 30-minute family adventure.

Bubble Church will take place on Sunday morning at 9.30 once a month starting on

**December 17th**

More information next month



## Community Speed-watch Thorverton

A group of us have been volunteering in this capacity for some years now and over the past couple of years, the Devon and Cornwall Police authority have put additional resources into supporting this role as an important support function for road safety.

Our team have had input from some local residents and feel it is important to clarify our role and operating practices. As volunteers, we work in partnership with Devon and Cornwall Police and Vision Zero South West to monitor the speed of vehicles travelling in our community with the aim of reducing the number of drivers who choose to exceed the legal speed limit. We have no powers to enforce, details of vehicles travelling at excess speed are passed to Devon and Cornwall Police, who undertake all enforcement, initially by a letter to the registered keeper of the vehicle.



The sites we operate from have to be officially approved and meet certain standards and how we operate is controlled. For example, when we first started we were instructed to display a sign a certain number of metres from our operating site, indicating our presence. This instruction was subsequently withdrawn and we were instructed not to display any sign. Changes will happen according to the current Police policy in place ( which we understand can vary between Police authorities).

We are very pleased to have the support of our Parish Council and members of our community, especial thanks to the Cricket Club for enabling an operating site at their ground.

Our last session at this location was attended by a Police Speed Detection Officer, who will be recommending that some of our sites be used for official Police roadside speed checks. We were gratified and pleased when our MP, Mel Stride, made a detour on his way to a meeting in the village, to meet us at the end of this session and thank us for our efforts.

Our monitoring of vehicles entering and leaving the village, on average, results in 10% of cars passing exceeding the speed limit and we have recorded speeds in excess of 50mph. There is a fair amount of foot traffic in the village, including children attending our primary school and footpaths are not available on all the routes.

Our aim is to make our village a safer place and we are looking for others who would like to join us in this interesting community work. Please contact the group at: [kandwham@gmail.com](mailto:kandwham@gmail.com).

If anyone has any issues about how we operate comments should be directed to the Police at [speedwatch@dc.police.uk](mailto:speedwatch@dc.police.uk) and we are very happy to act according to their instruction.

*Ann Riozzi*

## A Letter from our Village Shop

Dear Customers,

As you know we put Berry Dairy up for sale earlier this year, as both Malcolm and I work full time for the NHS and despite the support from family, it has been hard work, especially with the unexpected arrival of Covid! So, we felt the time was ready to move on.

Despite lots of interest in the shop and some offers, nothing has come to fruition in the sale, so we have now taken it off the market.

We have been so lucky buying Berry Dairy in the support and welcome we have had from the village and we have been truly grateful.

Over the past 12 months or so our outgoing costs have increased dramatically – for example our salary costs have increased by £2.00 an hour and our utility bill has doubled. Plus, there have been cost of living increases in other areas.

The wholesale costs of products have also massively increased, which obviously everyone is aware of when they go shopping. We have tried to reduce the increase in prices as much as possible to keep our prices competitive and have absorbed a lot of the increases ourselves. Obviously, we can't always compete with the supermarkets as we just don't have their buying power but many of our products are the same price, or even cheaper, than Tesco's!

What we have is a fabulous village amenity that sells lots of lovely local and good quality stock, quality wines, beautiful cards and gifts and delicious bakery bread etc.

Unfortunately, Berry Dairy is at risk. It is becoming more difficult to make a profitable business and, without more support, unfortunately, Berry Dairy is at risk of closing over the next few months.

We do understand that money is tight for many, but are asking if the village can try and support us as much as possible over the coming months to keep their village shop open. If everyone who comes to the shop spends another £1 or £2, it could make all the difference to ensure that Berry Dairy continues to be the much loved shop it has always been.

Thank you

Malcolm and Sharn



## WI Report for October 2023

Maggie Roberts, ex-Mayor of Dartmouth joined us for our October meeting. Maggie informed and amused us by explaining some of the highs and lows of being a Mayor. Before becoming Mayor, Maggie had taken a keen interest in the public affairs of Dartmouth and had frequently expressed her opinions to others. A close friend, one day suggested she either 'put up or shut up'.



This for Maggie was good advice and she decided to apply for election in 1984. In order to do this, one needs a proposer, a seconder and ten supporting signatures. Maggie had no problem with this, however due to numbers she joined the Council unelected in the first year, but was elected in her second year. In 1985 she became Mayor, the youngest person in Dartmouth to have held that position. Maggie told us that as Mayor she attended over three hundred functions a year, including Christmas Day.

Many of the functions Maggie attended were at the Naval Base at Dartmouth. She brought along interesting photographs showing some of her duties, and she explained the significance of items incorporated on her chain of office, which she said weighed 7lbs and was of great value. Although a position of importance, Maggie convinced us that being Mayor required enormous strength, energy, patience, confidence, understanding of people and most of all, calmness!

### WI Dates to Note:

**Tuesday, 7<sup>th</sup> November, 2.30pm** – Games afternoon

**Saturday, 25<sup>th</sup> November** – WI Christmas Coffee Morning and Market, 10 o'clock to about 11 o'clock in the WI Hut.

**Tuesday, 5<sup>th</sup> December** – Christmas Tea Party with Magician Jude Coram

**Every Monday**, except Bank Holidays, Welcome Café from 2.30pm until about 4pm in the hut. Tea, coffee and cake. Open to everyone.

All monthly meetings are in Thorverton WI Hut starting at 2.30pm. New members are always welcome, visitors can also join meetings.



## Nature Notes

On 20<sup>th</sup> September I had a phone call from a resident in The Glebe who had briefly seen a bird of prey on his bird feeder. We had a discussion on the description of the bird and came to the same conclusion that it was more than likely a Peregrine Falcon. It doesn't happen often but is not unusual to see a Peregrine around here as a few years ago I watched one harassing a pair of crows for their lunch they had found in the field next door to us. We know Peregrines breed in Exeter and are the fastest birds in the world so as the crow flies (eg Peregrine) Thorverton is not very far, although they won't use top speed to get here. Perhaps this recent sighting may have been one of this year's youngsters.

I took advantage of sunshine on 22<sup>nd</sup> September and walked my normal route, the aim today to find caterpillars but as often as not got a surprise with something else. I photographed a Comma butterfly settled on oak beside the 'gateway with a view' but no lizards here today. I walked on down the hill towards Rixaford Cross and here was my surprise, high atop a hedge were two female Brown Hairstreak butterflies no doubt 'feeling' tapping the foreleg for suitable stems of blackthorn on which to lay their eggs. These butterflies were backlit by the sun so I could clearly see the bright orange patches on their brown wings. Unfortunately, they were too high to obtain a photograph. I then walked a little way along Rixaford Lane and found a Common Lizard basking in the sun on a dried brown patch of vegetation and so well camouflaged. I noticed the hedges were looking stunning with fruit, haws, sloes, hips and acorns. It is best to leave hedge cutting until late autumn or winter so wildlife has a chance to eat this supply of nutritious food to help them survive the winter. I have found summer Dormice nests at waist level along the lane (only visible after a winter hedge cut) but by the time you read this Dormice will be in slumber in nests they have made in vegetation on or near the ground. See also my note below relating to 9<sup>th</sup> October.

25<sup>th</sup> September another walk along my usual route to see if I could spot Brown Hairstreaks again but sadly only a sluggish moving bunny who I reckon has myxomatosis. It still had the sense to move away from me and hide behind vegetation in the ditch. The following day I did the same route and saw one of this year's young lizards resting on the 'gate with a view'. My next walk was 3<sup>rd</sup> October and a young lizard was on the gate with a view but for the first time I saw two lizards close to Fordy Bridge. They were both on dried vegetation beneath the first tree on the left as you climb the hill away from the houses.

The passing of Storm Agnes and the high tide of the full moon on 29<sup>th</sup> September was a perfect combination for beach combing. Lin Balkwill and I drove to Lynmouth and scoured the beach but found nothing of consequence and there wasn't much debris on the beach. We were treated to watching a Coastguard helicopter hovering for quite a while just before Foreland Point. We could not see any other emergency services so assume it was a training exercise. At one point the helicopter was quite close to the cliff face. We travelled on to Combe Martin and the beach was strewn with so much seaweed it was quite a surprise. Nevertheless, we still didn't find a single mermaid's purse or anything else of interest apart from all the different seaweed species.

On 9<sup>th</sup> October I found four lizards in a new spot and one lizard in another on top of a gatepost. On approaching the four lizards one youngster slipped away leaving two youngsters and a parent still clinging to the side of the gatepost. In this same gateway I spotted a Dormouse nest low down partly concealed by oak leaves.

Lin and I drove to Crackington Haven to join Bude Marine Group on a beach survey on 15<sup>th</sup> October. This was an informal forage among rocks and rock pools rather than a tetrad survey. The first hurdle for us was wading through almost to the tops of wellie height water then scrambling over jagged rocks. There were some interesting finds that we had never seen before such as a chiton, a marine mollusc and possibly some isopods. A cushion starfish and shore crab were also found. Sadly, on the beach was the headless body of a seal.

If you treasure your box plants (*Buxus*) then beware of the Box-tree moth caterpillar active from April to October. There has been an influx of this migrant species this year, particularly this autumn. I trapped my first one of four on 8<sup>th</sup> September. Some moth recorders have trapped numbers in the thirties.

So, what have you seen this past October? I mentioned to look out for Small Copper, Speckled Wood and Small Tortoiseshell butterflies. I've seen Speckled Wood but must say my garden record for Small Tortoiseshell this year has amounted to just one sighting. With regards to the birds I've seen Jay and first sightings in Devon of Redwing was 4<sup>th</sup> October followed by Fieldfares on 9<sup>th</sup> October.

In November it's going to be easier to see small birds as the leaves fall from the trees. Look out for Coal Tits, Nuthatch and Bullfinch. You will observe mobile mixed flocks of small birds with Long-tailed Tit the main component. Although butterflies may be seen in every month of the year your last sighting will probably be in the early days of the month. Queen Hornets will be looking for places to overwinter. Our native hornet seems to have had another good year and we saw a splendid and very active nest on the wall of a building at Norton, Newton St Cyres on the weekday Tarts walk on 10<sup>th</sup> October.

If you make a Christmas pudding, don't forget to get the family to stir the mixture on 'Stir-up Sunday 26<sup>th</sup> November.

Jenny Garne 01392 860875

[jenny.garne2@tiscali.co.uk](mailto:jenny.garne2@tiscali.co.uk)

## Thorverton Cricket Club

### November 2023 Update

#### Notice of Annual General Meeting (AGM)

The club's annual general meeting is to take place on Monday 27th November at 7:30pm.

The venue is Rewe Social Club, Rewe, EX5 4DU.

All members are encouraged to attend. If you have anything that you would like to be discussed please get in touch.

There will be updates from each department of the club & the election of officers. The current vacancies are as follows:- **2nd XI Captain - 3rd XI Captain - Treasurer - Junior Fixture Secretary**

If you are interested in any of the positions, please make contact in the first instance either with Mr Andy Pitt ([andy-91-pitt@outlook.com](mailto:andy-91-pitt@outlook.com)) or Charles Kislingbury ([Charles.kislingbury@outlook.com](mailto:Charles.kislingbury@outlook.com)), no later than 17:00 on the 17th of November



## Season Celebrated at Village Memorial Hall

Around 50 revellers met at Thorverton Memorial Hall to celebrate another successful adult season for the club. A fantastic 3 course meal was served up by Dan Wagner and Cal Griffin provided musical entertainment.

The chairman got proceedings underway with a mention to those lost over the last year including legendary groundsman John Hill. Food was interspersed by entertaining speeches and the annual awards:

**Women's Players Player(s)** - Sureka Kahn and Lisa May

**Women's Coaches Player** - Vanessa Wilson

**2nd XI Player** - Andy Daldorph

**1st XI Player** - George Daldorph

**Special Award** - Dan Robbins

**Volunteer of the Year** - Ben Keenan

**Champagne Moment** - Ben Slaviero

**Young Player** - Bobby Heard

## Farewell to John 'Hilly' Hill

"The 4th October was the final farewell to our legendary groundsman John Hill.

At a packed Shobrooke Church we heard wonderful stories of the "country man" that John was born to be and how he touched so many people.

Fittingly the sun shone and the privilege to bear John on his final journey was extended to TCC with Paul Jordan; Charles Kislingbury; Jock Spry; Roger Gratton; Bob Rice and George Greed having the honour to bear Hilly to and from the Church.

The club was very well represented with attendance from all sections, players and supporters alike reflecting the affection and respect held for John. He will be sorely missed but long remembered."

**Charlie Andrews, President**

## We need your help! – Volunteer and be part of TCC

We are on the lookout for more volunteers at the club in a range of roles, including

**Grounds Maintenance** – jobs around the club such as painting and strimming – be part of the grounds team that make the Station Ground look so good!

**Junior Coaching** – support our thriving junior section, we can put you through an accredited coaching course over the winter

**Bar/Catering** – we are always in need of more volunteers to be behind the bar or helping with food on busy match days and junior nights

If you can help with any of the above please do not hesitate to get in touch by emailing [seniors@thorvertoncricketclub.com](mailto:seniors@thorvertoncricketclub.com)

You can find out more information about everything going on at the club, including all fixtures, on our website – [www.thorvertoncc.co.uk](http://www.thorvertoncc.co.uk). We also have a monthly newsletter you can subscribe to and a very active Facebook page!

## The Sky at Night

### Betting on Bennu

In 2017, the latest of three missions to return samples from asteroids began. A large array of photos of possible sampling sites was collected and at the start of 2019 a sampling protocol was designed and executed, with the stereo grammatic help of Brian May (Queen). By 2023 the sample was getting close to home and, last month, Utah-bound. Why the OSIRIS-REx mission?

Bennu contains many of the building blocks of our early Solar System and is also close to Earth's orbit, making it a suitable, if unusual target. It originally arose from a cloudy stellar frisbee of a nursery of hydrogen, helium and dust, even the Sun hadn't formed at that point! The shockwave from a nearby explosion destabilised the cloud into an ever-shrinking, faster-spinning, flattening disc (think of an ice skater drawing in their arms to spin even more quickly). The dust coalesced into small melting-then-solidifying grains called chondrules, which ultimately formed larger chondrites which came together into asteroids and planets.

Rock, metal, ice and organics are the unlikely but actual primordial components of asteroids. After some time, maybe 500million years, the Sun had formed, matured, then lit up like a magnificent light bulb, and the early Jupiter, migrating towards the Sun, had shaken up many early asteroids which fell into the smaller, rocky planets. This 'Early Bombardment' was responsible for much of the water and organic molecules necessary to kickstart life's origins on Earth. Flung by Saturn's huge gravity from its original birthplace Bennu journeyed inwards into its near-Earth orbit.



#### Fun facts:

a. It's very old - around 4,500 million give or take 100 million years - so old that it formed at the same time as our Earth and all the other planets; it closely, very closely, resembles our Earth's surface at its very outset. They were, are, made of the same stuff; in other words, Bennu looks very similar to how our Earth used to look (once it had cooled down from its original molten state).

b. It's a 'Rubble Pile' - the technical term for a pile of rubble! This one is 500 metres

across (see figure 1, all figures courtesy of NASA). Some form of planetary apocalypse took place where Bennu's constituent boulders ignored the pull of Saturn but instead formed together, albeit somewhat loosely; there are plenty of holes within the whole.

c. It is likely to harbour reserves of platinum and gold (not available with current technology), but more significantly, water. If used as a service-station for Solar astronauts on their way to Jupiter, say, the water could be split into Hydrogen fuel and Oxygen gas.

d. It's dark from having excess carbon-based chemicals, pitch-like polymers created from carbon and oxygen as well as rocky silicates. On Earth, life is based on organic compounds. These molecules found

on Bennu are composed of carbon and often include other elements such as hydrogen, oxygen, nitrogen, phosphorus and sulphur. Remarkably these simple elements create nearly all the molecules needed for building ever-more complex structures - DNA for coding , fats for cell membranes, proteins for enzymes for digesting food sources, elastic tissues and associated muscle fibres, carbohydrates for storing energy. Apart from the extensive calcium for rigid bones, other metals are also necessary for the general health of growing organisms.

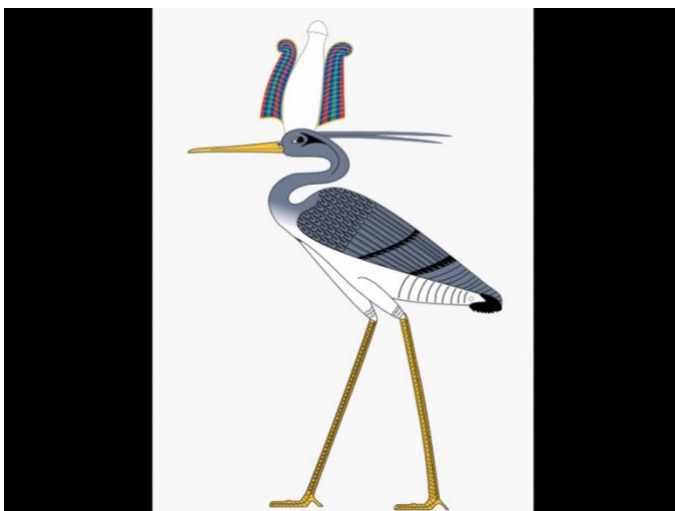
e. Every year Bennu comes closer to Earth and the Sun by 300m. This is because it spins once every four days and the heated surface, radiating heat back out (during its night) when it faces away from the Sun, gives it a small push inwards.

f. From 2175, the time when our great grandchildren's great grandchildren will be around, there's a chance Bennu will hit Earth's atmosphere. I guess it will rain a shower of shooting stars (meteors and meteorites) as its boulders separate from each other at unimaginable velocities...

g. Sampling the surface became unexpectedly challenging, there being an assortment of variously sized gravel, pebbles, stones, rocks and boulders. The device is a sort of cross between a vacuum cleaner and a food blender (see figure 2). It disturbed the loose surface enough to produce a ton of shrapnel!

h. Named after the Egyptian deity - Bennu is the living symbol of the Egyptian god Osiris. The myth of Bennu suits the asteroid itself, given that it is a primitive object that dates back to Creation. Themes of origins and rebirth are part of this asteroid's story. Birds like Bennu are central to many creation myths (see figure 3) and in this case as a self-creating element.

Whether the naming team were correct or not, Bennu certainly directs us to thoughts of the earliest



moments of our Solar system and the possibility of life. The Sun and planets formed over similarly long timescales, but who'd have guessed the significance of the remnants from the formation of an ordinary star and its coterie of planets would still be actors in this cosmic drama. Creation and re-creation are the themes behind the wonder of the origins of life and our ongoing existence.

*Peter Hargood*



## Thorverton History Society 'Beavers in Britain's Past'

A talk by Professor Bryony Coles

On Friday the 22nd September we had an excellent turnout to listen to our local celebrity, Bryony Coles, explain and illustrate the significance of the beaver in our archaeological landscape as well as a valuable opportunity to be informed on contemporary facts from Devon Wildlife representatives in our audience.



Bryony is a prehistoric archaeologist and academic who is best known for her work studying Doggerland, an area of land now submerged beneath the North Sea. However, Bryony has also studied in detail, the European Beaver after realising that a series of distinctive marks on preserved wood found in excavations in the Somerset Levels were made by beavers and not humans (as first assumed). Experimental archaeology was unable to replicate the specific marks found as evidence of stone axe marks and collaboration with Russian and Canadian sources threw up the possibility and coincidence of beaver teeth marks which would match.

In search of supporting evidence, Bryony subsequently mapped out the activities of beavers in Brittany for around 5 years in the 1970s, so that she could learn how to recognise signs of beavers in the environment and to help differentiate between beaver and human activity in any future archaeological sites. This led to her recognition of the features that beavers leave in modification of the landscape, such as willow coppicing, leats and canals, dams in low water level areas and characteristic platforms which threw up the possibility of the archaeological constructs being collapsed beaver lodges subsequently adopted and used by man.

Climatological and environmental change has altered the distribution of the freshwater, Eurasian species of beaver (*Castor Fiber*) as well as being hunted to near-extinction for its fur, bones, flesh and castoreum since Roman times. There is archaeological evidence of their mandibles as scrapers, decorative bone working and as a food source (being equivalent to the meat sourced from a Roe deer). As scaly flesh, their tails were viewed as 'fish' and a valued protein source in medieval Lent!

Their significance is reflected in over 350 place names in Devon (source: Margaret Gelling, an English toponymist, known for her extensive studies of English place-names) and entries have been found in sixteenth century church accounts (Bolton Percy, Yorkshire) indicating bounty paid for them.

In 2022 the beaver became a European protected species and the biodiversity they promote and well as eco-land management they construct has meant that our local population now have free range and are sanctioned by DEFRA. We were so lucky to have contributions from our Devon Wildlife representatives to contribute to our understanding. This was an illuminating evening about a favourite and resurgent native! *Recorded by Ann Marshall*

For more information go to:

<https://www.devonwildlifetrust.org/where-see-beavers>

**LIGHT COLOUR AND SPACE,  
AN EXHIBITION OF RECENT PAINTINGS  
BY NICK SCOTT AT THE GARDEN HOUSE THORVERTON:**

This is an exhibition of paintings which I have made between Autumn 2019 and now.

In 2019 I joined Patrick Jones 'Abstract Expressionist' group and since then we have been meeting to show each other our work and critique it, often weekly both in real spaces and on Zoom; an encouragement for me to produce all this work. This period has seen Covid which helped with focus, my heart op, war and loss of my mum which have added darkness.

**ADVENTURE WITH CHANGE**

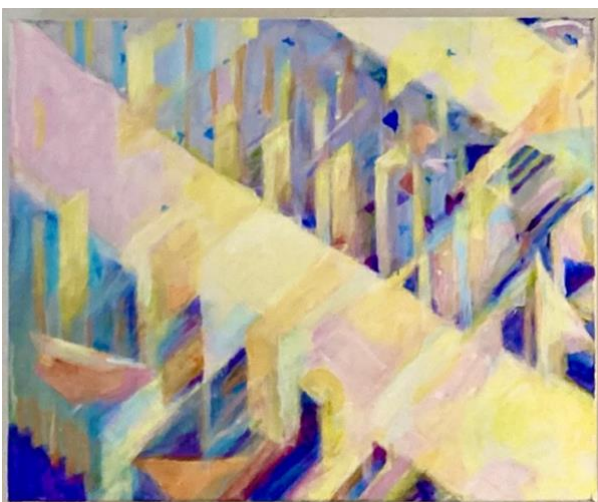
This recent journey has represented some change of direction for me as, in times past, I have played with real enthusiasm in the imaginary world of perspective space. Also, as an architect it has been essential for my practice to be able to communicate my designs, both to myself and others, through drawing and creating in this virtual world.



Prior to 2019, my paintings had been evolving into more simplified images which still suggested imaginary space but were more simplified and flattened, and experimented with complex colour mixing and depth

**FOR ME THIS RECENT WORK HAS BEEN PRIMARILY CONCERNED WITH COLOUR:**

Individual strong colours, when placed alongside other contrasting ones may become unexpectedly vibrant - maybe optically disturbing or unexpectedly harmonious...like musical sounds which when brought together can produce sensations of harmony or discord...This can feel very beautiful to produce. Some combinations of colour may also feel as if they are brilliances of light ...



I love looking into bright LIGHT, reflections of light on water, the sea, a brilliantly reflecting puddle on a tarmac road, this is not so much a recognition of what I am seeing (say the clouds, branches and sky) but more an overriding delight at the beauty of this array of light, colour and pattern all transcending the recognition of what it is.

**DE-FAMILIARISING THE FAMILIAR**

Nigel Moores, the painter, said: We invigorate our perception by de-familiarizing the familiar...it becomes

more interesting. His example, travelling abroad...the normal is unfamiliar to us and therefore arouses our curiosity

#### GETTING USED TO IT

Over the period of this work I have found it an uphill effort getting used to new ways of working predominantly COLOUR when I am so used to working with space SPATIAL REPRESENTATION.



In her book THE BIOLOGY OF SEEING, VISION AND ART by MARGARET LIVINGSTONE, she says that within the visual system, the pathway from eyes to our mid brain there are two anatomically distinct, and parallel, subdivisions that carry different kinds of information to different layers of the visual cortex.

- 1) The WHERE SYSTEM, which we share with other mammals is responsible for the perception of motion, space, position and depth, figure ground & the organisation of the visual field. (but not colour)
- 2) The WHAT SYSTEM, only in primates, is responsible for our ability to recognise objects and faces in colour and in complex detail. To me, it is interesting, maybe helpful to realise that there has been a change of emphasis in the way I have using my brain... it accounts for the difficulty I have experienced

Have I given up on drawing and painting?  
illusory or virtual scenes?... Well, No!





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# EXE VALLEY FARM SHOP & RUBY RED CAFÉ



Set in the heart of the Exe Valley,  
Supplying fresh, local, traditional and natural products.

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The shop has a butchery selling  
home reared Red Ruby Devon Beef, Lamb & Pork,  
alongside a deli counter  
selling a range of wonderful meats, cheeses,  
homemade pies and scotch eggs.

Everyday necessities and  
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The shop also has a variety of country store,  
pet and garden essentials.

The Ruby Red Cafe offers a large, seasonally changing menu,  
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## The Joy of Warm Feet in a Cold Climate

In August 2023 I was joined by four friends for a trip to a part of the planet I have long wished to visit: Greenland. This involved a flight from Gatwick to Keflavik in Iceland followed by a further 2.5 hour flight in a turboprop Bombardier aircraft to Ursursuaq, a former US base in South Greenland. In preparation for the trip I was fortunate to be able to borrow (thank you Ann) a sleeping bag with extra goose down around the foot area suitable for sub-zero temperatures. As we were to spend a few nights in small tents I also packed an inflatable camping mattress. This was to be my first night in a tent since my trip to Patagonia in 2010.

From the airport a half-mile road north led to a huge winter storage depot for US military vehicles and a 1 mile of tarmac south to the small jetty in the fjord. Here we boarded a RIB (rigid inflatable boat) for the 20 minute trip across the fjord to the Leif Eriksson hostel, a basic wooden hut with bunk beds. Gabriel, our Argentinian guide, organised an excellent evening meal, and breakfast the following morning. Our group consisted of the 5 us from UK joined by a further 7 adventurers from USA (2), France (3), Germany (1), and Luxembourg (1). Fortunately, everyone could speak English.

Our first full day involved a RIB trip through a collection of icebergs ranging size from a cricket ball to bigger than the Memorial Hall and even as large as Exeter Cathedral. Care was taken to avoid going too close as some occasionally invert, causing large tsunami waves which could upend the boat. (Remember that the berg above water is only 10% of its total volume). We spent the afternoon walking 7 km over a high strip of land to the next fjord to visit Igaliku, a charming village of around 30 scattered houses, a Lutheran church, and a shop, well-stocked with high quality food and household items imported from Denmark. Although Greenland is to an extent, self-governing, it is owned by Denmark and uses the Danish crown as its currency. It is estimated that each adult in Greenland is supported by a financial input of around £1000 per month, which represents a significant burden on Denmark. Igaliku is visited by tourists, including the occasional cruise ship, and also has a small hotel and bar serving food. We were shown the remains of the original Viking settlement set up in 982 by Eric the Red (he had been expelled for three years from Iceland for transgressions). He named the island Greenland to attract more settlers.



We then travelled 40 miles or so further north in the RIB, pushed at 25 knots by a pair of 115 hp Yamaha outboard engines. We were all provided with thick, bright red jackets to protect us from the 30mph cold wind hitting us in open boat. We all sat on the bouncy rubber edge of the boat facing inwards. We camped near the edge of the huge (1.7 million sq km, and up to 3km thick) ice-sheet for 3 nights on camp-beds in dome tents. Night-time temperature was just below zero C. We donned crampons for a trek high onto the glacier where we could see streams of water disappearing down blue holes to the rock base below the ice. Unfortunately this lubricates the motion of the ice increasing the production of icebergs into the fjord. The views down the glacier and to the fjord beyond were spectacular, not unlike parts of West Scotland or Norway. Although later in the trip, the Tasermiut Fjord gave us even more impressive mountain scenery.

Weather in Greenland is very changeable and the trip itinerary is continually updated to avoid strong winds and rain. We missed out a visit to one of the larger towns, and being chased by storm, we spent 5 uncomfortable, cold, wet hours travelling south between the islands to reach Tasermiut, a very long, narrow fjord in the high mountain area. We were pleased to be able to warm ourselves in another basic wooden hut with double-glazed windows and a stove running on bottled gas. I think as many of us were almost hyperthermic and with teeth chattering, we warmed up with mugs of hot soup.

The following day; **disaster**...while following a rough track on the way to the lake between hills on the east of the fjord, I stumbled and fell forward, hitting my forehead on a rock. I missed the hard place next to the rock. Somewhat shaken, and with an egg-size lump above my right eye we returned to the hut and I nursed my wound with a metal bottle containing ice-cold water to control the bruising. (*Forward several weeks; I still have a small lump on my forehead and very colourful bruised cheeks from bleeding under the skin. Fortunately I didn't have concussion or other symptoms*).

Two days later we travelled to the tented camp underneath the most spectacular cliff face in Greenland; Ulamertorsuaq is actually higher than El Capitan in Yosemite, California and is a favoured destination for world-class climbers. The climbing season was over in early September so we had the campsite to ourselves. The mountain summit is 1848 metres above the fjord and cliff-face is a sheer near vertical granite cliff of more than 1000 metres. We spent 3 nights here and before leaving took the RIB between more steep cliff faces on both sides of the water, to the head of the fjord, where the ice sheet glacier falls very steeply more than 300 metres into the sea. This icefall has retreated 50m during the last 10 years due to increased temperatures.

We stopped briefly on our return journey north to sample the delight of a 38C geothermally heated pool a short walk from the jetty. We had this to ourselves, although I gather when 300 from a cruise ship go there it does get very crowded. Two nights in Qaqortoq allowed us to explore this small town of 3000 people, with a large hotel, museum, a couple of supermarkets and an excellent Thai restaurant down on the waterfront. The brightly painted wooden houses were scattered up the hill looking down on the harbour. We completed our exploration of South Greenland with a night spent in wooden hut on the edge of the fjord 7 km to the west of the Leif Eriksson hostel. The following morning we had excellent tuition in navigating 2-person kayaks along the fjord for an iconic 2-hour paddle in glass-calm water among the scattered icebergs.



The brightly painted wooden houses were scattered up the hill looking down on the harbour. We completed our exploration of South Greenland with a night spent in wooden hut on the edge of the fjord 7 km to the west of the Leif Eriksson hostel. The following morning we had excellent tuition in navigating 2-person kayaks along the fjord for an iconic 2-hour paddle in glass-calm water among the scattered icebergs.

On the way home two of us enjoyed a trip round Iceland's Golden Circle route in a hired hybrid Mitsubishi visiting the huge Gullfoss waterfall and treated to several steam-powered eruptions near the original Geysir. After negotiating the long queue for security at Keflavik we eventually returned to Gatwick and the A303 back home. An exhausting but very interesting and impressive trip, but it may be a while before I sleep under canvas again, even with very warm goose-down encased feet.

*John Spivey*

## Fancy a cuppa?

Tea or coffee? We all have our personal preferences depending on a multitude of factors including when, where and who with. Should we base our choice according to how it affects our health? Should anyone dare to suggest we change from black with two sugars to weak with a splash of milk?

Tea has a multitude of good components within it. The most valuable of these is a group of compounds called polyphenols. These are antioxidants that help protect the cells of the body from damage. They are protective against cancer, they slow the absorption of carbohydrates, promote insulin release and are linked to a reduction in diabetes. Tea also contains nitric oxide that relaxes the inner muscles in the walls of our blood vessels, lowering blood pressure and so reducing cardiovascular risks. Improved bone density has also been linked to increased exposure to polyphenols. Green tea has the highest concentration and peppermint tea has a specific effect on our bowels; it is as effective as some of the medications used to help irritable bowel symptoms. Tea also contains an amino-acid, L-theanine, which has a relaxing effect. Studies show that it alters brain neurotransmitters, helping us modulate the release of stress hormones when we are anxious. Subjects given anxiety provoking tasks perform better if they have had some L-theanine and caffeine in the previous hour. Tea contains both.

In the past coffee has had some bad press but this is thought to be because early studies did not always take into account that heavy coffee drinkers also tended to use tobacco and be sedentary. When newer studies adjusted for such factors, they found a possible association between coffee and decreased mortality. Coffee

may offer some protection against Parkinson's disease, Type 2 diabetes, heart attack and stroke.

However, caffeine is a stimulant and everyone reacts differently to it. It makes us more alert and boosts energy levels but drinking high amounts, for example in excess of six cups, may cause agitation and anxiety in some people. Those who are sensitive to caffeine or who drink a lot of caffeinated drinks may report dizziness, tremors and an inability to sleep well. Anyone who experiences palpitations should stop drinking any coffee as it is the most likely cause.

Back on the positive side, studies show that caffeine taken before exercise significantly increases the metabolic benefits. This means a cup of coffee before going out on a strenuous walk will increase the amount of fat you burn. However, coffee first thing in the morning (i.e. before breakfast) is not a good metabolic start to the day; blood sugar levels rise and gut motility falls.

Overall, consuming a moderate amount of coffee or tea or a combination of both is beneficial. Tea brewed longer will have more concentrated beneficial polyphenols, the weaker the coffee the lower the possible problematic stimulant effects. Personal preference for the amount of milk or sugar has little effect on your health.

Probably the most important factor about tea and coffee is not what you drink but how you drink it – the positive mental health effects of sharing it with someone else, or using the time to have a quiet reflective moment, outweigh any of the physiological positive or negatives contained in the cup.

*Dr Anthony O'Brian, Wyndham House Surgery.*



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## **BONJOUR LA FRANCE (Episode 8)**

### **Pounds, shillings and francs**

*(Looking back over this series, I realise that I have said very little about a subject that in fact preoccupied us greatly at the time - the cost of living. So in this article I shall concentrate on the price of various articles, products and services and the impression these made on an impecunious married couple aged 24 at the time. It was before decimalisation so I may have to remind younger readers (if such there be) among you that in the old system there were 12 pence (pennies) to a shilling and 20 shillings to a pound. Of course, in a sense, this is a pointless exercise in that it was so long ago that although I can give the English equivalents of what we were paying out in French francs at the time (which Fiona noted meticulously in her letters to her Mum) I cannot remember how they compared with prices back home, except that practically everything was more expensive. Perhaps some of the more mathematically minded among you might like to amuse yourselves by working out equivalents.)*

On a day between Christmas and New Year 1967 a friend dropped us off at Victoria Station, London, and we caught the boat train to Paris, where we spent the night and the next day before heading south. The price of the modest hotel was less than £1 each per night and the taxi to the railway station cost 14 shillings (70p). We needed a taxi again when we arrived at Orange and this time the cost was the equivalent of nine shillings for about three quarters of a mile, which seemed a lot to us at the time, bearing in mind I was only earning about £25 a week.

Fiona reports in one of her letters home that, "the larder of our flat now contains Nesquick, Smith's crisps and Heinz soup, while in the cupboard there is Persil, Lux liquid and Vim." She does not say how much these items cost, only that they were dearer than at home. She also records that she came across a half-pound packet of Huntley & Palmers chocolate biscuits (which I understand to be a rather superior brand) but as the price was an outrageous seven shillings and sixpence she declined to purchase. Same shock and horror over butter at three shillings and eight pence for half a pound! "And to think that the French cook with it!" Incidentally, as these paragraphs are about how much things cost, and we are told that the best things in life are free, in that same letter Fiona gave her opinion that the water in our new home was delicious, the best she'd ever tasted.

Our landlady introduced Fiona to an English lady who had lived in Orange for over 20 years with her French husband and bilingual children. Fiona learned from this lady and another English resident how they had watched prices soar since the war, with France becoming the most expensive country in Europe. Which all goes to explain, I suppose, why Fiona reckons, "we are spending 50% more on shopping than when we lived in Birmingham."

I mentioned in a previous article that I came down with a very nasty bout of flu during our time in Orange. The doctor who came to see me handed out his prescription more or less automatically since nine out of ten of his cases at the time were flu-related. The cost of this treatment almost gave the patient a serious relapse! - one pound and twelve shillings for the visit and two pound and twelve shillings for a packet of tablets, a cough mixture and a tonic. It certainly made us revise upwards our view of our health system back home.

So far we have talked about money going out but there were times when some came in, notably when I was able to find some private pupils. This began when a lad who had broken his leg was going to be

laid up for several weeks and needed home tuition. He was quite good at English so it was no hardship to teach him, and the fee for an hour was very useful - £2 a time.

We also discovered a way of saving money, when Fiona cut my hair for the first time, thereby launching a practice which has lasted to the present day and enabled us to make huge economies over the years. These hair cutting skills were also practised on each of the children as they came along. The cost of a local man's haircut then was at least six shillings.

A final couple of financial anecdotes before we left Provence on 5th April 1968. Knowing how expensive tea was, we had brought a whole pound of Typhoo tea leaves with us from England (tea bags were practically unknown then). By eking it out day after day, we made it last the three months of our time in France. And yet we used to use a pound a month back in Birmingham. Amazing what you can do if you try hard enough. And now after a miserly practice an example of extravagance - we flew back home! Yes, in the end we couldn't face the thought of lugging our suitcases around by boat and train so we opted for the plane. I have no record of how much that departure from our normal frugal way of life cost us, but it was worth it.

And to finish with, here's an English price comparison. As we were preparing to come back home, Fiona's parents were planning to move house. Their detached, four-bedroom house and large garden in a pleasant part of Chingford, London, sold for some £7,000. Today it would go for well over a million.

Next time I'll tell you a little about how we kept in touch with home during our time abroad.

*Maurice Harrison*



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There is a body of case law, **Bolam -v- Friern Hospital Management Committee [1957]**; **Bolitho -v- City and Hackney Health Authority [1997]** which establishes that a professional person e.g., a doctor, will not be in breach of the standard expected of them, if they can show that they acted as other reasonably competent professionals would have acted in the same situation, provided that the prevailing standard of professional skill can be logically supported.

In **Montgomery -v- Lanarkshire Health Board [2015]**, there were medical reasons why giving birth by elective caesarean was preferable to a normal delivery. However, both entailed a risk. The doctor had withheld information about the possibility of the claimant's baby being unable to proceed beyond its shoulders during birth. The claimant stated that, had she been offered a caesarean delivery, she would have accepted it. The baby did indeed become stuck, and was deprived of oxygen, leading to cerebral palsy. The Supreme Court held that the default position must now be to give patients self-determination, that is the opportunity to give informed consent. The court said that patients should always (with few exceptions) be informed of material risks, and that "material" meant those risks that would be important to the patient. The failure by the doctor to so advise the patient meant that the doctor was in breach of her duty of care to the patient.

In **Montgomery**, it was decided that the professional practice test, from **Bolam and Bolitho**, did not apply to a doctor's advisory role in discussing with the patient any recommended treatment and possible alternatives, and the risk of injury that might be involved. The courts were therefore imposing a standard of reasonable care in respect of a doctor's advisory role that might go

beyond what would be considered proper by a responsible body of medical opinion. So, in **Montgomery**, the court drew a distinction between the standard of care expected of a doctor when engaged in diagnosis or treatment and the standard to be expected when the doctor was acting in an advisory capacity.

In **McCulloch and others -v- Forth Valley Health Board [2023]** (Judgment July 12, 2023), the allegation was that the deceased's death was caused by the negligence of Dr Labinjon, a consultant cardiologist, for whose acts and omissions the health board was vicariously liable. In essence the allegation of negligence claimed that Dr Labinjon should have advised the deceased regarding the option of alternative treatment, had the deceased been so advised he would have opted for the alternative treatment, and would not have died.

The main issue before the court was what legal test should be applied to the assessment as to whether an alternative treatment was reasonable and required to be discussed with the patient.

Dr Labinjon had taken the view that the alternative treatment was not a reasonable alternative, and that view was supported by a responsible body of medical opinion (as established by the evidence).

The First Division of the Inner House of Session and the Lord Ordinary, Lord Tyre, had dismissed the claim brought by the widow and other family members of the deceased. The matter came to the Supreme Court. The Court held that no error of law had been made by the lower courts and there was no basis for going behind their decision based on the evidence that Dr Labinjon had not been negligent. The correct legal test to be applied to the assessment, as to whether an alternative treatment was reasonable and required to be discussed with the patient, was the professional practice test of whether the doctor had acted in accordance with a practice accepted as proper by a responsible body of medical opinion. The doctor's duty of care was to inform the patient of all reasonable treatment options applying the professional practice test.

*Clive Hamblin*



# Puzzles

My Rugby World Cup Wordsearch proved to be an impossible challenge as I omitted Portugal. This was unintended, although it would have made an even better competition had I asked you which team I had deliberately omitted. Thank you to Ken Holmes and to the Ayres for pointed the omission (and for having found Spain in the grid instead!). Sorry about the omission.

Last month I asked you what were the times of the buses that you could catch each day (apart from Sundays) in order to get from Thorverton into Exeter. I was inspired to pose this question having waited for a timetabled bus one day which failed to come to Thorverton.

Just looking at the timetable for the Stagecoach 355 bus, there are 7 buses each day – at 0800, 0906, 1026, 1242, 1457, 1717 and 1810. However, we could add to that one bus, the 675/678, at 1009 on Tuesdays, Wednesdays and Fridays. But it doesn't need to end there because you could also catch a Tiverton bus out of Thorverton, get off at the Ruffwell, cross the road and intercept the 55 bus from Tiverton to Exeter. There is an element of risk to this in that the buses may not be quite running to time, but at worst, if you just missed a connection at the Ruffwell you would have to wait half an hour for the next one. I think that it would be feasible to catch a 355 bus out of Thorverton at 0755, 0915, 1131, 1346, 1606, 1731 and 1821.

So, I think that you could say that there are buses at 14 different times during the day that could get you to Exeter, either direct or with a change at the Ruffwell, plus one extra on Tuesdays, Wednesdays and Fridays. Please don't blame me if the connection doesn't work though – and check the timetable first!

On to this month's problems:

### a) Connections

Can you pair the following words with the appropriate numbers?

THE	SIN	FOE	FIT	FIN	TWO	SIT
48	59	69	21	38	53	62

### b) Colouring maps

My granddaughter will soon be at the stage of colouring (*well, maybe a little while off yet, but bear with me for the sake of the problem*); I love maps. I intend to give her some crayons. What is the least number of colours needed in order to colour the

counties of a map showing county divisions so that no adjoining counties have the same colour?

### c) Su Doku

Each horizontal and vertical line and each 3x3 square must contain each of the numbers from one to nine:

5	9	6		4		2		
					3			9
			7		2	5		
	3	8						6
			8		6			
4						8	2	
		2	6		5			
1			4					
		3		8		4	7	2

### d) Futoshiki

Fill in the blank boxes so that each row and column contains the numbers 1, 2, 3, 4 and 5. The symbols tell you whether the number is larger (>) or smaller (<) than the number in the box next to it.

			<		<	4	>	
		^						
		v						
		>		>		>		
		^		^				
		<		>		<		
		^					v	
	3							

Happy puzzling.

Neville Lane



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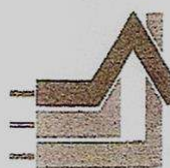
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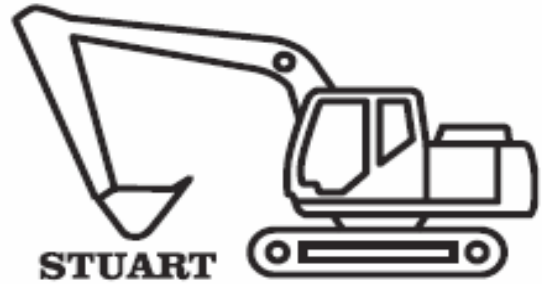


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## THORVERTON PARISH INFORMATION

**AIR AMBULANCE EMERGENCY: QUOTE NATIONAL GRID REFERENCE**

**RECREATION GROUND: Sheet 192 SS 923019 MEMORIAL HALL FIELD: Sheet 192 SS 926019**

<b>Carers' Support Group</b>	Anne Higman, Wyndham House Surgery, Silverton, 01392 860034 <i>Carers Support Group Lunch, Exe Valley Farm Café, 4th Tuesday of the month, 12:30</i> <i>Contact Trish Jones for details 07484 377298</i>
<b>Church (C of E)</b>	Administrators: Juliette Lea, Peter Shepherd Netherexe Parishes Administration, <a href="mailto:administration@netherexe.org">administration@netherexe.org</a>
<b>Church Wardens</b>	Edwin Greed, Fortescue, Netherexe, 01392 841231 Royston Kershaw, 25 The Glebe, Thorverton, 01392 860419
<b>Church Choir</b>	Heather Kershaw, 25 The Glebe, Thorverton, 01392 860419
<b>PCC Treasurer</b>	Jean Brown, Rydal Cottage, Bullen Street, Thorverton, 01392 861176
<b>Friends of Thorverton Parish Church Trust</b>	Royston Kershaw, 25 The Glebe, Thorverton, 01392 860419
<b>County Councillor</b>	Margaret Squires, 01363 84337, <a href="mailto:margaret.squires@devon.gov.uk">margaret.squires@devon.gov.uk</a>
<b>District Councillor</b>	Cllr Rhys Roberts, 07515 437373, <a href="mailto:Rroberts@middevon.gov.uk">Rroberts@middevon.gov.uk</a>
<b>Doctors</b>	Redlands Primary Care 01363 727111, Wyndham House Surgery 01392 860034
<b>Electricity</b>	Report a loss of power 0800 6783 105 (replaces 0800 365 900)
<b>(Western Power)</b>	EDF bill enquiries 0800 365 000, street lights 0800 197 6763
<b>Gas Emergency</b>	0800 111999
<b>Leonard Trust</b>	<i>Supporting local people's needs with small grants, <a href="mailto:elspeth.holmes@btinternet.com">elspeth.holmes@btinternet.com</a></i> Secretary: Elspeth Holmes, Drill House, Lynch Road, Thorverton, 01392 860535
<b>Library (Exeter Mobile)</b>	<i>Every 4 weeks 3:45–4:20pm Thursdays, Quarry Car Park (See page 52 for dates.)</i>
<b>Member of Parliament</b>	Mel Stride MP, House of Commons, London, SW1A 0AA, 02072 197037 <a href="mailto:mel.stride.mp@parliament.uk">mel.stride.mp@parliament.uk</a>
<b>Parish Council Chairman</b>	Cllr Andrew Foster 01392 759560
<b>Parish Clerk</b>	Jim Roberts 01392 202692 or 07768457590, <a href="mailto:thorvertonpc@gmail.com">thorvertonpc@gmail.com</a>
<b>Parish Council Meetings</b>	2nd Tuesday of the month (except August), at 7pm in the Memorial Hall <i>(See Notice of Agenda on the Parish Council Notice Board in School Lane.)</i>
<b>Parish Allotments</b>	<i>Contact the Parish Clerk, 01392 202692</i>
<b>Pension Service</b>	PO Box 93, Plymouth, PL6 5WJ, 0845 60 60 265
<b>Police</b>	Non-emergency number 101
<b>Post Office Portacabin (TCT Ltd)</b>	Quarry Car Park, Thorverton, EX5 5NG, 01392 860455 <i>Mon–Fri 9:00–1:00, 2:00–5:30; Sat 8:00–12:00 (PO opens 9:00);</i> <i>Sun 9:00–10:30(for newspapers only) Business Management Team 01392 860419</i> Royston Kershaw, Heather Kershaw, Helen Ratcliffe Chair and Company Secretary: Heather Kershaw, 25 The Glebe, Thorverton, 01392 860419
<b>Public Telephone Kiosk</b>	<i>Opposite the Church, outside the former Bell Inn, Dinneford Street, Thorverton</i>
<b>Thorverton C of E Primary School (Part of the Exe Valley Federation)</b>	Executive Headteacher (Exe Valley Federation): Mr John Jolliffe Head of School (Thorverton): Mr Chris Holding 01392 860374 School Office (Thorverton) 01392 860374 Chair of Governors (Exe Valley Federation): Jackie Enright 01392 851859 Clerk to the Governors: Mrs Heidi Last <a href="mailto:hlast@exevalleyfederation.org.uk">hlast@exevalleyfederation.org.uk</a>
<b>School PTFA</b>	Chair: Wendy Coles Vice chair: Elaine Green Secretary: Amy Crebo Treasurer: Peter Stevens <a href="mailto:thorvertonptfa@exevalleyfederation.org.uk">thorvertonptfa@exevalleyfederation.org.uk</a> <i>Please contact any members of the PTFA via the school office 01392 860374</i>
<b>South West Water</b>	24 hour emergency 0800 169 1144, helpline 0800 169 1133
<b>Thorverton Community Defibrillator Trust</b>	Chair: Di Foxford Secretary: Maggie Dunlop 01392 861185
<b>Thorverton Millennium Green Trust</b>	Chair: John Spivey 01392 861324 Secretary: Peter Hargood

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## THORVERTON ORGANISATIONS

### Amateur Dramatic Society (TADS)

Chair: Sheena Hunter-Hedges 01392 860843

Treasurer: Simon Hedges

Minutes Secretary: Mary Ette

*For details of meetings please contact [sheena@marhaus.co.uk](mailto:sheena@marhaus.co.uk) or by phone.*

### Association Football Club

Chairman: Jorga Wilson 07801 984 462

Secretary and Treasurer: Paul Webb 07944 533372 [grecianwebb@blueyonder.co.uk](mailto:grecianwebb@blueyonder.co.uk)

### Bridge Club

Graeme Culshaw 01392 860203 *New members always welcome, no partner needed. Contact Graeme for more information.*

### Cricket Club

Chair: Charles Kislingbury 07971 880421

Andy Pitt 07980 789813, [andy-91-pitt@outlook.com](mailto:andy-91-pitt@outlook.com)

Fixture Secretary: James Meredith, 07972 547609, [j.meredith51@hotmail.com](mailto:j.meredith51@hotmail.com)

### Focus Magazine

Chair: Michael Ayre, Ratcliffe Farm, Raddon, Thorverton, 01392 860434

Editor: Russ Clarke, Wagon Works, Jericho Street, Thorverton, 01392 860279

Secretary: Geoff Bulley, 17 Broadlands, Thorverton

Treasurer: Lynda Crossley, 8 Silver Street, Thorverton, 01392 860690

### History Society

Chair: Richard Pocock 01884 855450

Secretary: Karen Marshall 01392 860831

### Ladies' Group

*Meets 2nd Thursday of month (See Focus Notices for venue and time.)*

### Saturday Market

*2nd Saturday of the month at the Memorial Hall, 09:30–11:00am*

### Thorverton Pre-School 01392 861707, [thorvertonpreschool@gmail.com](mailto:thorvertonpreschool@gmail.com)

*Mondays to Fridays during term-time at Thorverton Primary School site  
8:45–11:45am, 12:45–3:30pm, Lunch Club 11:45–12:45pm*

### Thorverton Ambling, Rambling and Tramping Society (TARTS)

Caroline Prince 07749 775304 or Graeme Culshaw 01392 860203

*See notices of walks in Old Post Office Window, Bullen Street.*

### TMH Committee

Chair: Penny Wiles, 07884 312627, [penny@apwiles.co.uk](mailto:penny@apwiles.co.uk)

Secretary: Mike Baldwin, 01392 860853, [sjml@hotmail.com](mailto:sjml@hotmail.com)

Bookings: [thorvertonmemorialhallbookings@gmail.com](mailto:thorvertonmemorialhallbookings@gmail.com)

Website: [thorvertonmemorialhall.co.uk](http://thorvertonmemorialhall.co.uk)

### Toddler Group

Liz Armstrong [emcarmstrong@outlook.com](mailto:emcarmstrong@outlook.com)

*Thursdays during term time at the Memorial Hall, 9:30–11.30am, £2 per family, healthy snacks for children and tea/coffee for adults included*

### Royal British Legion

Chairman/Honorary Secretary: Alex Fice, Lynch Cottage, Thorverton, 01392 861136, [srbf@hotmail.co.uk](mailto:srbf@hotmail.co.uk)

Honorary Treasurer: Mrs Felicity Cashmore

### Women's Institute

Bookings: Sue Maguire 860631

*WI Meeting: 1st Tuesday of the month, WI Hut, 2:30pm*

*WI Market & Coffee: 4th Saturday of the month, WI Hut, 10:00–11:00am*



(formerly New Valley Practice)

Drs. Saunders, Griffiths, Harris, Kirwan and Cook.

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**Main telephone: 01363 727111 Press 2 for direct line to Thorverton Surgery**

<https://www.redlandsprimarycare.nhs.uk/>

	Crediton	GPs available	Thorverton	GPs available	Nurses at Thorverton
<b>Monday</b>	08.30 – 18.00	Drs. Harris & Saunders.	08.30 - 13:00	A doctor will be available.	
<b>Tuesday</b>	08.30 – 18.00 (closed 1-2pm)	Drs. Cook, Saunders & Harris.	08.30 - 13:00	A doctor will be available.	
<b>Wednesday</b>	08.30 – 18.00 (closed 1-2pm)	Drs. Griffiths & Kirwan.	08.30 - 17:00 (closed 1-2pm)	Dr Lesley Weiss	Nurse 08.30 – 13.00
<b>Thursday</b>	08.30 – 18.00 (closed 1-2pm)	Drs. Harris, Saunders & Kirwan.	08.30 - 13:00	A doctor will be available	Nurse 08.30 – 17.15
<b>Friday</b>	08.30 – 18.00	Drs. Griffiths, Kirwan & Cook.	08.30 - 13:00	A doctor will be available	

**Thorverton surgery dispensary is open at the following times:**

Monday, Tuesday, Thursday & Friday 08.30 – 18.00 (closed 13.00 – 14.00)

Wednesdays 08.30 – 17.00 (closed 13.00 – 14.00)

Extended surgeries are offered on weekday evenings, Saturdays and Sundays  
in Crediton (pre-bookable appointments only).

GP and nurse (blood tests only) can be booked through SystmOnline.

Please ask at reception for details.

Our doctors can also be consulted online through **eConsult**.

This service lets patients request advice and treatment from our practice online and get self-help advice for hundreds of common conditions.

Please see our website for information and the **eConsult** link.

Please note we do NOT take prescription requests over the telephone or by email.

Repeat prescriptions (Monday-Friday) – You can request your repeat prescriptions by using our online repeat prescription request at [www.redlandsprimarycare.nhs.uk](http://www.redlandsprimarycare.nhs.uk)

Please note that 48 hours' notice is required for all repeat prescriptions.

## Wyndham House Surgery

Wyndham Road, Silverton, EX5 4HZ

Telephone: 01392 860034

[www.wyndhamhousesurgery.co.uk](http://www.wyndhamhousesurgery.co.uk)

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Day/Dr	Dr Anthony O'Brien	Dr Catherine Burkill	Dr Jeff Solman	Dr Griff Thomas
<b>Monday</b>	09:00 – 11:30 15:00 – 17:30		09:00 – 11:30 15:00 – 17:30	
<b>Tuesday</b>		09:00 – 11:30 14:00 – 17:30	09:00 – 11:30 15:00 – 17:30	
<b>Wednesday</b>	09:00 – 11:30 15:00 – 17:30	09:00 – 11:30 15:00 – 17:30		
<b>Thursday</b>	09:00 – 11:30 14:00 – 16:00		09:00 – 11:30	09:00 – 11:30 15:00 – 17:30
<b>Friday</b>		09:00 – 11:30	09:00 – 11:30 14:30 – 16:00	

**Please note:** Consultations are all currently initially by phone. It is frequently more convenient to use e-Consult to let the surgery know your medical issue – this is available on the front page of our website.

**Surgery hours:** Monday - Thurs. 08:30 - 18:00  
Friday 08:30 - 17:00

**Dispensary hours:** Monday - Thurs. 08.30 - 18:00 There is no closure for lunch and prescriptions  
Friday 08.30 - 17:00 may be collected all through the day.

Repeat prescriptions can be ordered online via our website.  
We also operate a home delivery service for housebound registered patients.  
Please contact our reception or dispensary for more information.

**Flexible appointments at beginning and end of day if required - just ask**

## Bus Services

### Dartline 675 and Country Bus 678

**Tuesday - Dartline 675** (from Cheriton Fitzpaine)

**To Exeter**

**10:09** at the Berry only, Thorverton.

Scheduled to arrive Exeter (via Latchmoor Green and Poltimore) at **10.48** in Sidwell Street, stop 40 outside Cancer Research.

**To Thorverton**

**13.35pm** from the same stop.

**Wednesday and Friday – Country Bus 678**

(from Witheridge)

**To Exeter**

**10:09** at The Berry and Broadlands.

Scheduled to arrive (via Brampford Speke and Upton Pyne) at **10:48** in Sidwell St. stop 40 outside Cancer Research.

**To Thorverton**

**13:35** from the same stop.

(Neither of these bus routes use the Exeter Bus Station.)

### Stagecoach (and some Dartline) service 355

**Monday-Saturday (except Bank Holidays)**

**To Tiverton and Silverton** (from Exeter)

**at Thorverton, The Berry and Broadlands:**

07:55, 09:15, 11:31, 13:46, 16:06, 17:31, 18:21

**To Thorverton from Tiverton Bus Station:**

06:34, 07:30, 08:35, 09:55, 12:10, 14:25, 16:45,  
17:45 (Dartline)

**To Exeter Bus Station (via St David's Railway Station)**

**from Thorverton, The Berry & Broadlands:**

08:00, 09:06, 10:27, 12:42, 14:57, 17:17, 18:10

**To Thorverton from Exeter Bus Station (via St David's Railway Station):** 07:30 (Dartline from

Sidwell St.), 08:45, 11:05, 13:20, 15:40, 17:05, 17:55

**Stagecoach 55** service runs about every half hour in each direction along the Exeter–Tiverton road, from 05:45 to 22:15 and stopping at the Ruffwell (Thorverton turn). Please consult Stagecoach 55 timetable for details of this service.

**Sunday and Bank Holidays (except Christmas, Boxing & New Year's Days):**

09:30–20:00 at 1h30m intervals

**Stagecoach** offers a variety of concessions for regular commuters, shoppers, children, students and jobseekers as well as one-day unlimited-use Explorer tickets. Further details from Stagecoach: 01392 427711 or 01803 664500 or <http://stagecoachbus.com>

or <http://devon.gov.uk/devonbus>

**Devonbus** Timetable information: 0871 200 2233  
Timetables are available at the Post Office.

## Waste Collection Dates

Collections are on Mondays, unless stated otherwise. <https://www.middevon.gov.uk/collectiondaylookup>  
(These collection dates apply to most of the village, but outlying parts may have different collection days.)

**Food caddies** every Monday except after Bank Holidays

**General refuse** in black wheelie bins every three weeks on Mondays: Oct 9<sup>th</sup>.

**Recycling boxes** fortnightly on Mondays: Oct 9<sup>th</sup>

**Chargeable garden waste** fortnightly on Mondays: Oct 2<sup>nd</sup> & 16<sup>th</sup>

## Mobile Library

Thursdays 3:45–4:30pm in Quarry/Post Office Car Park every 4 weeks

2023 Oct 26, Nov 23

## Road works

If you want to see up-to-date information on road works, visit: <http://roadworks.org/>

## Exploring Our Local History

A small group of local friendly metal detectorists are looking for Mid Exe Valley farmers or land owners who are happy to discover the rich heritage hidden beneath their land. Ideally in the areas of Thorverton, Silverton, Nether Exe, Up Exe and Raddon.

Insured and code of conduct through the National Council for Metal Detecting (NCMD)



**TMH  
CINEMA**

Doors open 6.45pm  
Programme Starts 7.30pm

BAR - ICE CREAMS - DRINKS  
Adult £5.00 U18 £4.00  
Thorverton Memorial Hall

FRIDAY  
17th November

BOOK TICKETS @ [thorvertonmemorialhall.co.uk](http://thorvertonmemorialhall.co.uk)

The poster features two men in a rural landscape. One man is older with a white beard and a flat cap, holding a long wooden staff. The other man is younger and seen in profile. The background shows rolling green hills and a cow in a field. Text on the poster includes 'AND THEN COME THE NIGHTJARS', 'DIRECTED BY PAUL ROBINSON', and 'INSPIRED BY REAL EVENTS'.



### Rewe and District Gardening Club

at Rewe Village Hall opposite the Church  
Free car park by the Church

On Monday 20th November at 2.30 pm a gardening expert is coming to talk and demonstrate the techniques of propagation of seeds, cuttings and layering. Interested gardeners will be most welcome to join us.

Visitors fee £1

Information: [mandsgriffin4@gmail.com](mailto:mandsgriffin4@gmail.com)

— PLEASE —

# SPONSOR US

**We're raising £1,000 for both Thorverton Church of England Primary School and Snack Pack by paddleboarding the whole of the Grand Western Canal in Mid Devon.**

We are stand up paddle-boarding the entire length of the Grand Western Canal in Mid Devon - hopefully twice, a total of 36km or as far as our aged bodies and the light allows us!

A small team, Simeon and Matthew Paskell, Adam Fisher, Kristin and myself (Matt Regan) are doing this challenge, and hopefully not sinking on Saturday 11th November 2023.

We are doing this to raise money and awareness for two causes very close to our hearts. The first is Snack Pack who a small local Diabetes charity. Sim's 5 year old daughter Ada was recently diagnosed with Type 1 diabetes. A life changing diagnosis which has been a huge challenge for Ada, her parents and family to adapt to, as it is for all individuals and families affected by Diabetes.

The other is to raise money for Thorverton Church of England Primary School, our local school which both Ada and also my little boy Lochann attend. Like most small UK village schools Thorverton struggles with limited resources, provisions and budget, and relies on the hard work of the PTFA and generosity of the local and wider community to help the fantastic teachers and staff provide the best education for the local community's children.

Any and all donations would be much appreciated by us and the cause and all monies raised will be split evenly between the two causes.

**Wish us luck, hopefully we won't sink and will make it light, weather and bodies dependent!**

**[www.justgiving.com/crowdfunding/Paddlingnotsinking](http://www.justgiving.com/crowdfunding/Paddlingnotsinking)**

SCAN HERE WITH CAMERA TO GO TO JUSTGIVING PAGE



Thorverton C of E Primary School  
[www.thorverton-ce-primary.devon.sch.uk/Thorverton-C-of-E/](http://www.thorverton-ce-primary.devon.sch.uk/Thorverton-C-of-E/)

Exeter Snack Pack  
<https://exeter-children-s-snack-pack.diabetesukgroup.org/>

