

NEWTON WONDER

THE MAGAZINE & WEBSITE FOR THE COMMUNITY OF NEWTON ST CYRES

£1.00

March 2025



www.newtonwonder.net

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Storm damage in the arboretum

Welcome to the March issue of the Newton Wonder. Our cover pictures this month are by Ann Quon Cordingley and show uprooted trees in the arboretum following the storms of this winter and spring. Ann looks again at the damage in the arboretum on page 18.

Volunteers

The village is well supported by an army of volunteers whose contribution to the well-being of the village is recognised by all. The current Parish Council feels that there are so many volunteers that the existing Volunteer of the Year award, which can only reward one person a year, should be discontinued and that everyone who volunteers within the village should be invited to a party to thank them.

Broadband

Broadband coverage in the village has been an issue for some time and I noted when looking through the March 2014 edition that we were promised fast broadband by the end of that month. Sweetham has not yet got a fibre connection to the cabinet, though the centre of the village was connected around ten years ago and a conduit to the cabinet by the Beer Engine was laid around the same time.

I wrote recently to the CEO of Openreach and was pleased and surprised to receive a telephone call from a very pleasant lady who told me that Openreach was currently connecting the UK to full fibre, fast broadband. Consequently there were no plans to install fibre connections to cabinets like ours. Really?

What has the Gaumont British Pictorial Corporation got to do with Newton St Cyres in World War Two?

Many London-based businesses evacuated some of their functions to rural areas during the war. Gaumont British evacuated their office staff (accounts etc) to Crediton. We've been told that a man whose surname was Collins was evacuated, as a schoolboy, to Newton St Cyres – and that after he left school, he started working with Gaumont in Crediton.

Can anyone in Newton shed further light on this? Crediton Museum's 2025 exhibition is on 'The Home Front : Crediton in World War Two', and we want to include something about Gaumont. We've got lots of background information, but no reminiscences from or about their employees.

Please contact Tony Gale at credmus1743@gmail.com if you can help.

Newton St Cyres Parish Council

The meeting held on Thursday 6 February 2025 was attended by 7 Councillors, C/Clr M Squires (part meeting), 3 member of public (part meeting) and J Hole Parish Clerk.

Mid Devon District Council

- MDCC had circulated a draft Community Risk Register and it was agreed to respond listing areas of community risk in Newton St Cyres to include, lack of school signs in Station Road, danger of crossing the road at Tytheing Close, Smallbrook and flooding around the parish including Station Road, Langford and West Town and Camps Bridge
- It was agreed to apply for a S106 grant application for replacement swing at NSC Rec Ground. Letter of support for the project were required – anyone who uses the play equipment is asked to email a letter of support to the Parish Clerk

Devon County Council

• Boniface Trail

C/Clr M Squires reported that the public consultation replies were still being considered.

Since the PC meeting a date to meet with DCC to discuss the consultation results has been agreed as Thursday 13 March 7pm – venue to be confirmed

• Locality Grant

C/Clr M Squires agreed to grant £500.00 towards work required at the allotments.

Crediton Cluster Meeting – held in January

Newcombe Meadow toilets are to be decommissioned as they are constantly vandalised. Crediton Town Council are looking at alternative uses of the space that will include toilets but in a more supervised setting.

Plans for QE School are still uncertain, and no planning applications have been made.

A Freedom of Information request has been made to Stagecoach about bus services.

DCC elections would take place this May. There are various proposals for a unitary authority, but it is unclear on how many there will be. A likely timescale seems to be 2-3 years. The next meeting will consider issues with flooding.

Other Parish Council Matters

- **Allotment** - following strong winds, several dead elm trees had fallen over causing damage to a poly tunnel. Several trees which were posing a danger had been cut up but there were still others which were a danger and could easily come down. In addition, there were lots of dead elms in the boundary borders and these needed to be removed to prevent future damage. It was agreed to meet with the landowner as soon as possible to discuss the dead elms and the action required.

- **Grass cutting** - it was agreed to put the parish grass cutting out to tender
- **Arboretum** - The finalised Code of Conduct for the Arboretum and an annual Risk assessment had been circulated and was noted.
- **Quarterly Report – Emergency and Resilience**

Cllr L Ouldrige provided a brief update from the recent Annual Community Resilience meeting: Four new volunteers had been recruited to the flood group to act as seers and responders. A responder for Half Moon was still required – anyone who may be able to help should contact the Parish Clerk. The Flood action plan cards had been updated and would be circulated to the flood group for final agreement before being issued more widely. Training on the use of radios would be given by the Road Warden co-ordinator. Cllr L Ouldrige was undertaking Snow Warden training.

- **Quarterly Report – Publicity and Community Engagement**

Cllr J Rimbon-Whittaker and Cllr J Browne reported as follows:

The Vodafone mast on the church tower was now operational

Our twinned town, Rots, were keen to organise an exchange visit and this might be possible in the Autumn.

Local businesses would be keen to have adverts on the Parish Council website

The “message in a bottle” scheme was proving very popular

The Community Engagement Policy required updating and the Clerk would consider this.

Neighbourhood Watch – now with Cllr M Herpoldt-Bright. Cllr M Herpoldt-Bright reported that she had met with the Police who would be willing to come to a NHW meeting with deputies once an up-to-date list of NHW wardens was finalised.

- **Bus shelter at Half Moon** – it was agreed to ask parishioners in Half Moon if they wished the bus shelter to remain and be repaired or if it should be taken down.
- **Housing Action Group** – It was noted that MDDC had issued a call for sites from 6 February to 14 March. Further discussion would take place at the next meeting
- **Recruitment of new Parish Councillors** – anyone interested should contact the Clerk for more information. Thanks were given to Cllr J Browne who was attending her last meeting as a Cllr.
- **Volunteers** – it was agreed to hold a summer “thank you” tea party for all parish volunteers. The current Volunteer of the year award would be discontinued
- **Community Larder** – it was agreed that the side of the Resilience shed by the Parish Hall could be used to build a framework to display goods
- A request to resurface the Half Moon lay-by would be reported online to DCC

Date of next Parish Council meeting: Thursday 6 March 2025 at 7pm in the Club Room



**Sustainable
CREDITON**

Banana and raisin pancakes

These American style pancakes are a way of using up ripe bananas, and are good when buttered, or served with vanilla ice cream.

You will need:

one medium size ripe banana
one tablespoonful castor sugar
two generous tablespoonfuls self-raising flour
one egg
one tablespoonful raisins
a few drops of vanilla extract.

Mash the peeled banana with a fork and add the rest of the ingredients mixing thoroughly to make a thick batter. Heat a little oil in a frying pan and fry each tablespoonful of the batter until a rich golden brown on both sides. This amount makes about eight pancakes.

Paul Cleave

CELEBRATING?

**CHRISTENING
BIRTHDAY
ENGAGEMENT
WEDDING RECEPTION
WEDDING ANNIVERSARY**

Why not consider the Parish
Hall for your venue?
It's local, not expensive, has
its own car park, two rooms and
a new kitchen.
Also has wi-fi and suitable for
club and business meetings
For further details, please contact
Peter Watts, 01392 851369
peterwatts361@btinternet.com



The hall has also been used for Coffee Mornings, Bands to Practice, New Years Eve, Community Kitchen, Folk Festivals, Children's events, Gigs, Silent Disco, Craft Fairs, Church events and more

VILLAGE LUNCH

Let's try again after the November disaster

Thursday 20th March 12:30pm

2 courses + tea/coffee £14

VINTAGE CHARABANC

to

BOW GARDEN CENTRE

The coach only takes 24 passengers
so it is a first-come, first-served situation.
(others will need to use their own transport)

This is a very generous special treat from

PAULINE BOOTHER

MAIN COURSES:

Chicken, Ham & Leek Pie, New Potatoes & Vegetables

Sausage, Mash & Onion Gravy, fresh Vegetables

Beef Lasagne, Salad, Garlic Bread & Coleslaw

Beer battered Cod, Chips & Peas

Vegetarian choice (please ask)

DESSERTS:

Apple Crumble with Custard or Clotted Cream

Marmalade bread & butter Pudding with Custard or Clotted Cream

Sherry Trifle

To book, please ring JOHN or CHRIS SALTER, 851 346
by Sunday 16th please, with Names & Menu Choices

**PLEASE NOTE... THE COACH WILL LEAVE
THE VILLAGE HALL AT 12 NOON**

Newton St Cyres 200 Club

The draw for February took place at the Coffee Morning on 8 February and the winners were:

No. 69	J & B Hunt	£50.00
No. 188	P Benford	£10.00
No. 63	P Ashmore	£10.00
No. 213	G Meldrum	£10.00
No. 8	M Baker	£10.00

PLEASE HELP!!

For those who are new to the Village, the 200 Club was formed many years ago, mainly to raise funds in aid of maintenance for the Church building. It is registered by Mid Devon Licencing Dept., under licence number MDV SL 0308.

It provides 63 draw prizes annually, ranging from £10 to £100 and totalling £1250. The monthly draw usually takes place at the Village Hall Coffee Morning.

The cost per ticket number is £10 for the year, which runs June to May each year.

We currently have 9 collectors, two of whom have recently moved away from the Village. One of these was Daphne Clague (a founder member) who was responsible for collecting 52 subscriptions. This has given us a big problem. We are therefore urgently looking for more volunteers to help (it is only once per year) to collect from Club members.

We also have a number of spare tickets available to purchase for the year 25/26 commencing in June.

If you feel you would like to help, please contact either Jane Hole, 01392 851148 or myself, 01392 851346, for details and we can give you more information as required.

Many thanks in anticipation.

John Salter

The Club is registered through Mid Devon District Council Licensing Department as a Small Society Lottery unt the Gambling Act 2005

John Salter 01392 851346 and Jane Hole 01392 851148



Water Colour Demonstration

Newton St. Cyres Art Group were delighted to start the New Year by welcoming Kari McGowan, a skilled water-colourist, to give a demonstration at the January

meeting. Although Kari paints a variety of subjects, her focus for the demonstration was using watercolour to paint some camellias. She talked the group through her colour choices and explained all the planning that goes on behind the stages of the painting in-order for the result to appear spontaneous. Kari also showed us techniques to give light and glow to a painting, the resultant artwork of the beautifully and loosely painted camellias looked effortless and just sparkled. Members agreed this knowledge will be enormously helpful when applied to their own artistic practice. Demonstrations by professional artists are included in the group's membership and are inspiring to watch, so if you would be interested in joining, please do contact Sue Trembath via whiterose2113@gmail.com or 01363 866439. We are a friendly group and new members are very welcome.

Nicola Hussey

NEWTON RAMBLERS

Sunday 16th March

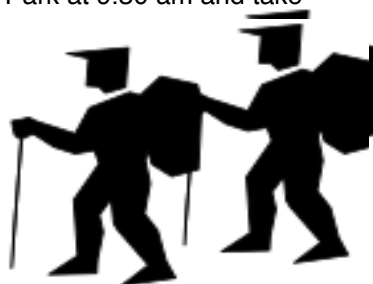
The walk this month starts from Steps Bridge, near Dunsford, and takes us along the River Teign to Clifford Bridge. As it is still not possible to return on the other side of the river we will go up and back along the same side although there are alternative paths for quite a bit of the way. We are hoping to see a good display of daffodils along the pathway.

This is an easy walk of around 4 miles along paths with no hills!

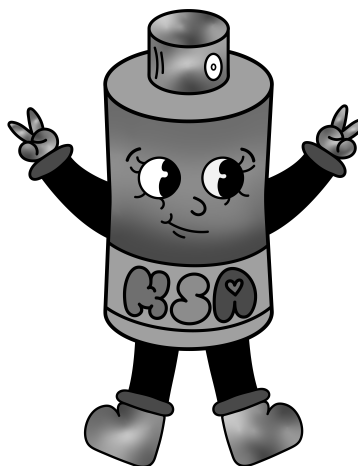
We will meet at the Newton St Cyres Parish Hall Car Park at 9.30 am and take the minimum number of cars.

All are welcome. For more information please ring Jean or Roger Wilkins on 01392 851337

Please note that anyone joining us on these walks obviously does so at their own risk.



Kick Start Art – a New Project for Children



Crediton Heart Project is proud to announce a new and exciting community art project. The project, Kick Start Art, is for all school-age children living in Crediton and its surrounding villages.

It is led by Linda Williamson, a recently retired teacher who worked in local schools for the past 30 years. Linda and the Crediton Heart Project started the project to inspire and enthuse children to create art, try some new techniques, learn about a range of artists and most, importantly, to have fun and enjoy the process!

For any of you who enjoyed the TV shows *Take Hart* or *Art Attack*, the idea is similar: each term, Linda will set an art challenge. She will share the challenge with Queen Elizabeth Academy and all of its feeder

primary schools, who will then share the information with the children and their parents. Schools, parents and children can access all the information, resources and ideas on the Heart Project's website: <https://www.creditoninandaround.co.uk/kick-start-art>

The website includes teaching videos, links to artists and resources to support the project. This term's project is Still Life. Children are encouraged to watch Linda's video to get ideas and hopefully they will be inspired to create their own still life. If they wish, the children can enter their artwork into the termly competition, which will be judged by Linda and a group of QE Key Stage 4 students. The winners will receive prizes and their work will be displayed around the town, on social media and on the Heart Project website.

Why don't you visit the website and learn more about the project, learn about the mascot, Dan and the project logo, discover how they were designed by QE students and, finally, try to encourage our young people to pick up a pencil or paintbrush and take part!



Crediton

A Sure Start Children's Centre



Do you have a child under the age of 5?
Or are you expecting your first baby?

Become a member of
Crediton Area Children's Centre

We offer free play and development
sessions for children

With support and information
for local families

Contact us by
Telephone: 01363 777219 or 776903
Email: crediton@actionforchildren.org.uk

Facebook: search for
Mid Devon Children's Centres

<http://www.actionforchildren.org.uk/crediton-childrens-centre>

Newton St Cyres Tennis Club

Spring must be around the corner! We will have our AGM late March and then the new membership year will start, ready for you to have a go at tennis. Do contact our membership secretary Laura Leigh on 01647 24259 or membership@newtonstcyrestennisclub.co.uk for details and you'll have an enjoyable year of tennis and banter and friendships.



The Rusty Racket Members' Group is thriving and playing a couple of times a week. Contact Sue Bloomfield at rustyrackets@newtonstcyrestennisclub.co.uk. The new membership year is starting in April.

Junior coaching is now run by our new junior coach James Temple and is well attended. It takes place on Wednesdays after school during term time. If you would like to enrol for the spring term, please email juniors@newtonstcyrestennisclub.co.uk for further information and to check if there is room in the right age and level group.

Jon Wills, our coach, offers private coaching both individually and for small groups, so if you feel you need to brush up your skills or learn more about the doubles game, just get in touch with Jon via our website, coach@newtonstcyrestennisclub.co.uk.

The Tennis Club now has a super-duper ball machine, which means you can practise all by yourself. A number of members are now trained in using the machine, so if you would like to have a go, please contact the Club at www.newtonstcyrestennisclub.co.uk.

Frederiek Maddock

Newton St Cyres toddler group

Come along and join us every Wednesday in term time, lots of great toys to play with. Stories to enjoy, craft session and activities to try.
It is great family fun.

Our family sessions are £2 a time and run from 9:15 - 11:15 am. The price includes a drink and a snack.

We would love you to join us at Newton St Cyres Primary School



see our facebook page
Newton Nappies
Contact the School on
01392 851267

From Postie to Pugilist



Photo: Ann Quon Cordingley

Harry in the day job...

However, there is a more important reason he is preparing to climb into the ring – he is doing it for a good cause, to raise money for charity, in this case, Cancer Research UK.

Harry's boxing match is being hosted by Ultra White Collar Boxing, an organisation that teaches novices such as him how to box in eight weeks and at the end of it, matches him with an opponent of similar weight and ability to duke it out in a safe and enjoyable environment. Most of the White Collar boxing events are in aid of charity, so Harry sees it as a great way to raise money for a good cause, as well as get fit.

You may know him as Harry the postie, but to some others he is Harry the pugilist. That's because our local postman, Harry Vicary, will be taking a bow at his first amateur boxing bout later this month.

For Harry, it's a wish come true as he has always wanted to give it a try. "Boxing is a sport that I've always loved watching but never given a go," he says. "I'm turning 30 this year and would like to do some of the things that I've been saying for a long time that I'll do."



Photo: Archie Vicary

.....and the other Harry

Keeping fit is probably not a problem for Harry, who has been a postal worker since October 2023. He became the village's temporary postie in December when the previous mailman, Thom Higgs, unexpectedly quit to return to his old job in lettings.

Harry's association with the village goes back a long way. "Growing up, I spent most weekends in Newton St Cyres as my dad played Sunday League Football for Cheque King, who played their home matches at the Rec," he says. He currently lives in Monkerton with his wife Emily, son Freddie, who turned one last month, and Darcie the cockapoo.

As Harry trains for his charity match, he has longer term aspirations for his job as village postie. "I'm hoping to get the round permanently as I love the village and have built up a good rapport with a lot of my customers."

If you would like to go and cheer Harry on, the boxing event will take place on Saturday, 22nd March at Matford Centre, Matford Park Road, Exeter, EX2 8FD. Doors open at 3.30pm. For tickets: <https://ultrawhitecollarboxing.co.uk/locations/exeter/>



ST CYRES COFFEE MORNING



March 8th
Newton Parish Hall
10.30-12
Stalls and Raffle
In aid of Church

Thoughts for April from Peter Cordingley

When was the last time you saw a police officer on the street in Exeter? Almost never? Me neither. In fact, I suspect you're more likely to see a shoplifter high-tailing it out of Tesco with a bottle of Bombay Sapphire stuffed up his jumper than you are to come across a patrolling bobby.

As for housebreaking or car theft, forget it. Police budget cuts, first introduced by some long-forgotten Conservative government, mean that a whole raft of offences are not looked into any more. All you'll get these days if your home is broken into is a "desktop investigation" by a central team that sits on computers somewhere and never shows up at your front door. Had your bike stolen? Learn to walk! Your garden ornaments nicked? Bernaville's got lots!

It's pretty well the same across the country. From Thurso up north to Truro down this way, policing is in paralysis, weakened by funding cuts, resignations tied to low morale, rural police stations shuttered, staff shortages, excessive paperwork, poor public appreciation and on and on.

As for Devon and Cornwall, we have just 3,600 or so police officers for a population of about 1.8 million. You do the maths – I can't be bothered, but the number of officers is nowhere near where it should be. Of course, as most of the police seem to spend their time roaring up and down the M5 in their souped-up BMWs, it's no wonder we don't see them collaring wrong 'uns on the corner of Fore Street and Market Street.

Now, though, things are about to change at last – or at least that's what the new government wants us to believe. Home Secretary Yvette Cooper says extraordinary funding has been doubled to £200 million to hire 13,000 more neighbourhood officers to make our streets safe.

Under the government's so-called Plan for Change, every neighbourhood will have a named, officer that we can contact, helping to restore the kind of local knowledge and presence that neighbourhood policing used to have but lost.

These extra officers will be part of a return to what the government calls the "principles of British policing" – where officers are part of the community they serve and where they are focused on tackling crimes such as antisocial behaviour, theft and knife attacks, plus the myriad nasty incidents that blight our communities. Call it a return to Dixon of Dock Green, if you like.

Can you imagine that? You phone the police, and they come around to see what the problem is! No more phones calls that don't get answered, or excuses about staffing shortages or they would if they could, but ...

I know what you're thinking. This Labour government has so far stumbled from blunder to blunder, so why are we expected to believe they'll get this right? I agree. Some of it has been embarrassing to watch, particularly for someone like me who harboured such high hopes (and still does).

My reply to that is that we should give the new government time to bed down. There have been some stupid mistakes, but there's also an energy about the new team that was absent under 14 years of Tory leaders who promised so much but delivered so little. And, so far, no lettuce jokes.

How well do you know your village?

Can you answer the following questions:-

1. WHEN was the picture taken?
2. WHERE was it taken?
3. WHO is in the Picture?

No 96



For a closer look see our website:-www.newtonwonder.net
On the Home Page you will find this picture and a link to all the quiz photos so far and an easy form to submit your answers.

‘THOMAS THE TANK ENGINE’

A BIRTHDAY CELEBRATION IN NEWTON ST CYRES

Eighty years ago the Rev Wilbert Awdry published his first Thomas the Tank Engine book, *The Three Railway Engines*. Millions of copies of the story have since been sold, with the stories also having been adapted into a popular children's television series. But did you know there is a connection with Newton St Cyres?



Rev Awdry meets Ringo Starr

And who was the man behind the engines – a man who soon became a well-known name across the country, meeting Beatles drummer Ringo Starr and appearing on TV and radio.

And now Veronica Chambers, the elder daughter of the author, the Rev Wilbert Awdry, will give an illustrated talk in our village church about his life, his work in Jerusalem, his ordination and his fascination with trains. The initial story of Thomas was told to her as a sick child, and then developed into the world-famous ‘Thomas and Friends’ which we all know, read to children, and indeed enjoy ourselves.

Veronica and her two siblings served as a ‘test audience’ for the Railway Series book. Their father would read them stories he had

written before submitting them for publication. If they did not like them, then their father would re-draft the stories. Indeed, Veronica appears as a cameo in *Troublesome Engines* as one of three children. So with 26 books in all, there is a fascinating story of the Rev Awdry behind them.

Newton St Cyres Church is the perfect venue for the ‘Thomas Birthday’ weekend. The village has its own railway station on the Tarka and Dartmoor Lines. And it is also home to Rev Awdry’s grandson, himself a railway ‘enthusiast’, of course!



THOMAS & FRIENDS

Moved to the Parish Hall

Join us in Newton St Cyres Church to celebrate

The 80th anniversary of The Rev W Awdry's Railway Series featuring Thomas the Tank Engine.

Saturday 15 March @4pm:

A FREE illustrated talk. Meet Veronica Chambers, daughter of The Rev Awdry, on what inspired her father to write 'Thomas & Friends' and how 80 years later the books still inspire a new generation.

Veronica and her son, Mark, who lives at Sherwood House, will be delighted to meet and talk about their memories – and have some 'Thomas' trains and track in the church to enjoy.

We look forward to seeing you.

Toot Toot!




SAVE THE DATE
The weekend of 15th and 16th March

EXETER RAILWAY BAND

Moved to the Parish Hall

Join us in Newton St Cyres Church to celebrate

The 80th anniversary of The Rev W Awdry's Railway Series featuring Thomas the Tank Engine.

Saturday 15 March @7pm:

The EXETER RAILWAY BAND will perform popular classics and marches to celebrate the 80th the anniversary of 'Thomas & Friends'. The band was formed in 1944 and has gone from success to success! (Tickets £8 in advance, £10 on the door – children free!). Interval refreshments.

For tickets scan the QR code or call Christine on 07773 038689



We look forward to seeing you. Toot Toot!



Join us in Newton St Cyres Church to celebrate

Moved to the Parish Hall

The 80th anniversary of The Rev W Awdry's Railway Series featuring Thomas the Tank Engine.

Sunday 16 March @2PM:

Veronica (Rev Awdry's Daughter) and Mark (his grandson) will join us, tell you about the books, sign your copies and hear your stories.

- Story-telling with Crediton Library'
- The interactive train track layouts
- Write your own story
- Colour/draw your own images




Admission FREE!

We look forward to seeing you.

Toot Toot!



HAPPY BIRTHDAY 'THOMAS THE TANK ENGINE!'



CELEBRATION CAKE COMPETITION

Have a go at making your own 'Thomas' cake for the 80th Birthday Celebrations!

Want some ideas?
Go to YouTube and search (thomas the tank engine cake) or scan the QR code. It can be:
• ANY SIZE • ANY FLAVOUR




And all cakes will be judged by children at 4pm on Sunday 16th March in the Church!

(For more details, call Christine 01392 851988 or Julie 01392 851601)

We look forward to seeing you.

Toot Toot!

Moved to the Parish Hall



THE WINDS OF CHANGE

In the aftermath of the recent storms that brought cyclonic winds and heavy rain to the South West, Ann Quon Cordingley looks at the damage to the village's sole natural sanctuary, the arboretum, and whether, amid the fallout, there is a silver lining.

When Storm Darragh powered through the village before Christmas with winds of up to 90mph, it left behind serious damage to the arboretum. Wind-resistant trees that were well used to storms off the Atlantic were no match for the likes of Darragh, which barrelled down from the north.

“A very large cherry tree and two leylandii trees were blown over, and there was damage to some of the holm oak trees, magnolia and Japanese snowball trees, so quite a few trees were damaged,” says Bruce Kerry, the tree surgeon brought in to assess the damage. “It was really sad that the cherry tree was blown over because it was a beautiful specimen with lovely blossoms.”

The two leylandii were part of a group of five mature specimens, commonly known as coniferous evergreens, that had stood like centurions on the edge of the arboretum above the A377, while the cherry tree was over 100 years old.

Roger Wilkins of the Friends of the Arboretum, the volunteer group that manages the woodland, says of the damage: “In view of the exceptionally strong winds and many old trees in the arboretum, it could have been much worse.”

Bruce Kerry grew up in Newton St Cyres and used to play in the arboretum in the days when it was completely overgrown and neglected. It wasn't until 2010 that the Parish Council decided to restore it under an agreement with John Quicke, whose family owns the land. Since then, the grounds have been managed by the Friends of the Arboretum.

Today, Bruce, is the one the Friends of the Arboretum calls whenever major tree work is needed. A fully qualified arborist who now lives in nearby East village, he was first contracted by the Friends a few years ago to do some work and now is not only regularly consulted, but has also become a member of the Friends' committee.

It took Bruce and his team of five professionals from Western Treeworks two days to assess and clear the fallen and damaged trees and to make safe what was left standing.

“It was a significant amount of work,” he says. “Fallen trees can be quite dangerous as I had to climb a lot of the trees that were left to bring them down safely in the limited space that we had,” he says.

While trees that lose limbs during storms can go on to live 100 years, the ones that blew over were not salvageable because they were uprooted and had their root plate lifted out of the ground. “Some trees can lie along the ground and live for ages, but that was not the case with the cherry tree, and it certainly doesn't happen with the leylandii, so they were finished,” says Bruce.

There were five leylandii growing high above the road and when two had blown over, it left the others in an unstable situation. “So we decided to take them all down,” he says.

While it is sad to lose big, beautiful trees, as someone who has worked with trees for years, Bruce says he sees such losses as a good opportunity to enhance the biodiversity of the arboretum.

“It’s all part of the life of the arboretum – when one tree falls over it offers the opportunity and space for another tree and is all part of the process,” he says. “The fact that some of the big trees along the perimeter of the arboretum are starting to come down means that some of the plants and the trees in the main part of the arboretum are going to benefit from the extra light and space that they are getting.”

Some visitors have already noticed how much more light and open space there is following the storms.

What happens next is still to be decided by the Friends of the Arboretum. Besides leaving some trees where they have fallen to decay and benefit the woodland, some of the wood will be cut for villagers to take away for firewood. As for the fallen cherry tree, Bruce thinks it would be nice to do something with the wood such as “build some rustic benches for the arboretum or find other uses”.



Piled logs tell the story

“I think a really important part of a woodland and arboretum is to have large piles of decaying wood,” he says. “It’s a fantastic habitat for all manner of insects and mammals and fungus.” In fact, decaying wood is very important to woodlands as up to a fifth of woodland species depend on dead or dying wood for all or part of their life cycle, according to the UK Forestry Standard.

There are definite plans for replanting, says Roger Wilkins of the Friends of the Arboretum. “We will be replanting in line with our policy of generally having native trees at the periphery and more

exotic trees in the more central area.”

Besides some replanting, Bruce says there are a number of options on what could be done. “It’s important not to panic and rush into replanting, but to leave a season or two to see what flourishes with the new conditions, rather than worrying about planting another tree that may be competing with everything that is there already.”

“Although it’s sad we’ve lost some trees, it’s part of the ongoing life of the arboretum and, rather than being seen as a negative thing, it offers an opportunity for other life and increases the biodiversity of the arboretum. It’s all part of the process.”

Do You Remember....March?

March 1974

A General Election had been called for 28th February but it would be too late for the results to be published in the Newton Wonder. There was a debate on postal votes

The fallen tree in the Churchyard was being cut up for logs and were ready for distribution.

The Young Vic Junk Sale was a success and made over £22.

In an accident in Pump Street a Mini hit the parapet and fell into Mrs Hampson's gardens at Old Beams. The occupants were unhurt.

Rowdy dances in the Parish Hall were blamed for the damage done to the shelter on the Green.

The proposed car park at the School was turned down by Devon County Council but the District were still pursuing this.

The Coffee Club were looking forward to a talk on Corn Dollies by Mrs Munday.

March 1984

The Newton St Cyres telephone numbers were being changed to Exeter numbers -being 01392 + 851....

Each month details of why the Church light is on are published and in February it was to honour the birthday of Mark Sedgwick and the birth of Daniel to Steve and Angie Parker

The Annual Parish Meeting was to be held on the 28th March.

It was reported that NSC Parish Council was formed in 1894. There had been few Parish Clerks in this time with only four recorded. Until 1949 Parish Councillors were elected for 3 years by a show of hands at an Annual Meeting. The Chairman usually served for 2 years but Fred Halse was Chairman for 15 years and John Quicke for 7 years.

The telephone kiosk at Half Moon had been removed but it was hoped it would be replaced.

March 1994

The Garden article listed the jobs to do in preparation for spring.

The School thanked everybody who had collected Boots and W H Smith tokens. They had received sets of hoops and quoits, playground equipment and books.

The Tennis Club AGM was advertised

In the Cooks Corner the recipe was for Easter Biscuits.

The Parish Council accounts had been accepted by the Auditor and showed the grass cutting to be more expensive due to the cost of disposing of the cuttings.

Road works were scheduled on the A377 between the School and Kneels Laundry on Cowley Road for 12 weeks.

The YFC members would be doing some work in the Churchyard as part of a project in the village..

March 2004

The Recreation Ground Club are looking for ideas for a major Village Fund raising event.

The School announced the start of the Walking Bus from the Car Park to the School and back.

Young Farmers reported on a very busy programme including a Drama competition.

March 2014

Around 70 people attended a public meeting to discuss the future of the church. The costs of running and maintaining the building had become such that the small number of worshippers could not meet the financial demands. It was agreed that a "friends" group, similar to that in

Upton Pyne would raise money which would be ring-fenced to maintain the building, none going to the diocese.

Wendy Lewis wrote "Who would have thought this dreadful weather could last so long? Its now mid February and no Youth Football has been played since mid December." Nor much different ten years on!

CDS promised high speed broadband for the village by the end of March.

The Community Support Group held an afternoon of board games and raised almost £40.

Caradoc Doy spoke to a combined meeting of the gardening club, history group and friends of the arboretum about Veitch nurseries and the Victorian plant collectors.

Peter Hawksley

Sandford Summer Show

After a hugely successful return last year, Sandford will again be holding a Summer Show. The date: Sunday 10th August in Sandford Village Hall.

Now is the time for all you keen gardeners to be thinking about sowing seeds and growing lots of flowers and vegetables ready for the competition.

For the crafters, artists and photographers among you, time to plan your creative project to show in the competition.

Entry forms will be available as hard copy in Sandford Stores or via email from sandfordsummershow@yahoo.com We will keep you updated on when these are ready but categories will be the same as last year.

More updates to come, but remember you are all the stars of the show and we look forward to seeing you produce your very best!

On behalf of the Sandford Summer Show Committee

Bert Jewell writes Rhymes and Ways about Gardens and Gardening

March

I've been thinking of the seasons and the things that make me smile,
Like time spent in the autumn raking leaves into a pile
or looking at the silhouette of trees against the sky,
A pigeon on a leafless branch, If only I could fly!

The time spent in the winter watching films we've seen before,
or sorting out the letters that have just come through the door,
A walk out in the countryside, somewhere sheltered from the cold,
A walker passing by in shorts, It makes me feel quite old!

Now it's spring time in the garden and the snowdrops look divine,
With the yellow flowered aconites showing from behind,
The pansies in containers now flowering by the gate,
and daffodils now opening, I just can't bear the wait.

Before too long it's summertime, the lawn a hint of brown,
The water I've collected is now slowly going down,
Until there's just a dribble, now the meters in a spin,
Do I lose my plants or spend the cash, we gardeners just can't win.

Now the fallen leaves are playful, like a puppy on a lead,
Then a good old-fashioned comedy is what I think we need
To take us through the winter till the snowdrops bloom again,
Then our water butts are empty and we're calling out for rain.

Things to do in the garden

What are your thoughts on the seasons?

I like spring, when everything seems to wake up. Early spring sees the snowdrops, primroses, Iris Reticulata, the long catkins of the shrub Garrya Eliptica and many more. As the season goes on, we see the daffodils, lily of the valley, aubretia, wallflowers and shrubs like forsythia, camellias, large shrubs or small trees like Amelanchier, Cornus Mas and a large shrub that you don't see very often, "Azara Microphylla". It does not like the cold, it will grow but will not flower. We grew one in our first garden and a mild winter and a warm spring gave us the chance to see it flower once. Each stem can be covered in masses of small, fluffy yellow flowers that have a scent of marzipan.

As the season moves on, we see flowering cherries, flowering currants, magnolia and the tulips. Then it's the Viburnums, Rhododendrons, early hybrid clematis like "Nelly Moser and the Wisteria. I also like autumn, when after a long hot summer, the trees and shrubs have one final act to perform before retiring for the winter, the "Autumn Colours". There's the Acers, Liquidamber, Spindle bush, Virginia creepers, there's berries on Pyracanthus, the Hawthorns and the Crab Apple. For me the Winter storms and the summer heat I can well do without.

Now back to the here and now! I am writing these notes in early February and the temperature outside is 3 degrees. Let's hope by the time you read this, the weather has warmed up and we can start preparing the veg patch, where we can sow the seeds of lettuce, radish, spring onions, leeks, onions, broad beans, parsnips and early varieties of pea. With regard to the onion, I find that I get good results from planting sets. These are immature bulbs specially grown for planting. Plant mid-March to mid-April. The only downside is they may bolt.

Plant early potatoes toward the end of the month or wait until April to be on the safe side. I know it may be early, but when deadheading spring-flowering bulbs, cast your mind forward to next spring. Over the years I've seen the foliage of daffodils tied up in knots, wound together with string or completely cut off as soon as the flowers have finished. For the bulb, to prepare for the next spring, cut off the dead flower at the top of the stem. This will stop it producing a seed pod. Try to leave the foliage as it is for about six weeks. After flowering is also the best time to feed them with a high potash fertiliser.

Plant of the month

"Aubretia"

A plant for the rockery, cascading over a low wall or trailing over the edges of containers. It is a bright cheerful plant flowering from March to May in shades of red, pink or blue. Grows best in well-drained soil in a sunny spot.

One final thing, last year we opened our garden for Hospiscare making over £500. Thank you to all who came. This year the garden will be open on 11th May and 15th June, 2-5pm

Enjoy your gardening.



Newton St Cyres Gardening Club

As always in March, I start with the reminder that the clocks 'Spring forward' by 1 hour on 30th March. The mornings and evenings have already been lighter, but not necessarily brighter as the grey weather seems to have settled here for longer than we would have liked!

30th March is also **Mothering Sunday**, and if you were thinking of a gift to buy that special someone, maybe an **Orchid**. There is always a wide selection on offer at garden centres and supermarkets and, with the right care, they will flower for months on end and continue to do so for many years. The majority of these are **Phalaenopsis or Moth Orchid** which come in a range of stunning colours and patterns. They are usually sold in clear plastic pots, as their roots are photosynthetic, absorbing light to help provide the plant with food.



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The requirements in caring for your orchid are:

Light Good bright light, but not direct sunlight, is crucial and an east- or west-facing windowsill is ideal. If an orchid is not flowering, it may be that it requires more light. However, direct sunlight can burn the leaves.

Temperature 18-23C is good for *Phalaenopsis*. Rooms where the temperature regularly dips below 10C at night are best avoided.

Humidity Regular spraying with rainwater 2 to 3 times a week, in the mornings, will increase the humidity. Spray the leaves, the aerial roots and the top of the bark. An alternative is to sit the orchid on a humidity tray, making sure that the bottoms of the pots are not sat in the water. This also works well when you are going away on holiday.

Feeding Orchid specific feeds contain all of the nutrients needed. You can feed and increase humidity at the same time, using an orchid mist foliar feed that you apply by spraying the leaves, exposed roots and bark. This can be done once or twice a week

Watering Ideally use tepid water, keeping the plant moist but not wet. They can be allowed to become drier in the winter. Check the roots first, plump green or silver roots are a sign of hydration, but shrivelled roots and leaves, together with a very light pot, are a sign of a lack of water.

Pests The most common are scaly insects and mealy bugs. Wiping the leaves regularly with a damp cloth is a good prevention and any insects can be removed by hand

Repotting Most advice says to re-pot every 18-24 months, going up by just one size of pot. Re-pot after flowering in the autumn, removing any dead roots. Re-pot in specialist graded bark, not soil, as this allows maximum airflow around their roots and provides moisture.

Stephen Powles gave us another fascinating illustrated talk on 5th February, this time about **Otters**. He talked about their decline due to the otter hunts of the 1950's, the use of DDT in agriculture and how their numbers recovered in the 1980s and 1990s and have increased since.

The best way to detect otters is by looking for their spraints, which are usually on the highest point at a chosen spot e.g. on a fallen tree or a small mound of earth. They will even build "sandcastles" on which to spraint and you may find these under a bridge or over a canal or stream. Of their senses, hearing and sight are reasonable, smell is ok but it is their whiskers that they use when catching food as they are able to pick up on turbulence in the water. Once they have caught a fish, they will swallow it whole – head first!

An otter needs about 1kg of food per day, which include fish, eels, crayfish, frogs and toads, so seeing signs of otters means that the river or stream is likely to be in a healthy state.

If you missed Stephen's talk, there is an opportunity to attend the **Boniface Centre in Crediton from 10am to 11am on 20th August**, when he will be presenting this talk again.

continued on next page

DAFFODILS

You may have heard on the news recently that the RHS are currently undertaking work to log daffodil locations and asking us all to look out for rare varieties such as

- *Narcissus* Mrs R. O. Backhouse, a large-cupped daffodil that grows to 40cm, flowering in mid- to late spring. The 10cm blooms have broad, white, slightly wavy petals and a long, cylindrical, pale orange-pink cup, darker at the rim
- *Narcissus* Mrs William Copeland, a white, double-flowered daffodil was named after the wife of flower breeder WFM Copeland. It's believed that an American grower gifted the flower to one of his descendants in the UK in the early 2000s, suggesting it could be growing in someone's garden!
- *Narcissus* Sussex Bonfire, a double-flowered yellow and orange daffodil, is the rarest species on the list. This flower was cultivated by Noel Burr, an amateur breeder from Sussex, who named it after the famous annual bonfire event in Lewes. The plant has never been found, so experts would be delighted to learn of any sightings.

Dr Kálmán Könyves, Principal Scientist in RHS Science's Cultivated Plant Diversity team and expert in classifying and recording daffodils, explains why they are asking you to log when and where you see daffodils in flower.

"Daffodils have come to mark the arrival of spring and are celebrated for their welcome burst of colour in gardens, parks and roadsides. "But there's more to this ubiquitous yellow flower than meets the eye, with 31,000 known varieties available in green, pink and red. Understanding where they can be found will help us in preserving this diversity for the future." Full details of this project, together with images of the rare varieties named above, can be found at <https://www.rhs.org.uk/science/daffodil-diaries> where you can log your sightings. Who knows, there may be something in this area that is very rare!



Daffodils at Simouth. Photo by Nicola Baker

A-Z of Rose Growing (cont.) from Peter Beales Roses

V: Versatility: Roses are some of the most versatile garden plants. You'll find the ideal rose for almost any garden situation. Whether you need a rose to grow in a container, climb up a trellis or arch, blanket the ground with blooms or scramble through trees and shrubs, there's a world of choice and an array of colours and fragrances to suit all gardening styles.

W – Waterlogging: While roses are as tough as old boots, they'll suffer if their roots are constantly sitting in ground that's prone to waterlogging. Dig plenty of well-rotted organic matter into heavy soil to improve structure and drainage.

X – Xylella fastidiosa: A mouthful to pronounce, this disease is new to the UK. It targets olives, rosemary, lavender and hebe, to name a few, but thankfully, roses, aren't on its list of host plants.

Some jobs for March (taken from the RHS guide) include

- Prune bush and climbing Roses
- Plant onion and shallot sets.
- Cut back ornamental grasses that have been left standing overwinter. It is a good idea to wear gloves and glasses, to avoid injuries.
- Plant First Early Potatoes
- Start off Dahlia tubers in pots or trays of damp peat-free compost
- Prune Buddleja to a low framework of stems, to encourage new growth

WHAT'S ON?

1st & 4th March National Trust Arlington Court EX31 4LP. Guided Wider Estate Walk. 11am-12.30pm Join one of their knowledgeable walk leaders for a walk across the estate (approx. 3 miles), learning about daffodils and other early spring flowers. What do they mean to our wildlife, who depends on them, and what symbolism did these early blooms hold for our ancestors? 18,000 bulbs planted in winter 2024 will start to bloom across the Estate, from lasagne-planted iris and hyacinths to lawns of crocus and daffodils. Advice is to wear sensible footwear and suitable clothing, as well as bringing water/refreshments. Look out for the walking guides in red at the meeting point, near the tearoom. The walks might be on stoned paths, or through fields. Dogs on leads welcome.

8th & 9th March RHS Rosemoor Spring Flower Showcase. Viewing times Saturday 11.30am–4pm & Sunday 10am–3pm. An opportunity to admire beautiful spring blooms grown by competitors from the South West and beyond, focusing on daffodils, camellias, early magnolias and rhododendrons. In addition to the RHS Early Camellia Competition, the show includes classes for ornamental shrubs and the RHS Daffodil Competition. Classes are free to enter and open to anyone who wishes to exhibit. Please contact RHS Competitions Manager Georgina Barter at georginabarter@rhs.org.uk for a schedule and entry form. There will be trade and advice stands, plus a superb range of early spring shrubs, bulbs and flowering plants available to buy in the garden centre.

continued on next page

8th March Kennaway House Sidmouth EX10 8NG. Plant Sale. 11am-4pm Also an opportunity to see the stunning daffodil displays around Sidmouth, which have been planted by Sidmouth Daffodil Society.

17th March Upton Pyne Garden Club in the village hall. 7.30pm. **Jeremy Wilson speaking on The Scented Garden.**

19th March Newton St Cyres Garden Club in the Parish Hall. 7.30pm. **Tom Hynes will give a talk on Devon Hedges.** Devon still has some 33,000 miles of hedge, more than any other county in England. The great majority are said to be species-rich because of the wide variety of different native shrubs and trees they contain. Devon has about 20% of all the species-rich hedges left in the UK!

22nd March RHS Rosemoor. Alpine Garden Society Show. – Opens 11am (after judging) until 4pm.

22nd 29th & 30th March 5th & 6th April. Haldon Grange EX6 7YE NGS Open Gardens. 1pm-5pm Adults £6, Children free. Peaceful well-established 19-acre garden, parts dating back to 1770s. One of the largest collections of magnolias, camellias, and rhododendrons. Interspersed with mature and rare trees and complemented by a lake and cascading ponds. 6-acre arboretum with views over Woodbury Common. Plant sales, teas and home bakes (cash only).

25th March Crediton Garden Club in Crediton Library. 7pm **Karl Ritz speaking on ‘Soil & Plants – Getting to the Root of the Matter’.**

30th March Chevithorne Barton EX16 7QB. NGS Open Garden. 1.30pm-4.30pm. Adults £6, children free. Walled garden, summer borders and Robinsonian-inspired woodland of rare trees and shrubs. In spring the garden features a large collection of magnolias, camellias, and rhododendrons with grass paths meandering through a sea of bluebells meadows. Home to National Collection of Quercus (Oaks). Teas available.

Happy Gardening!

Nicola Baker

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NEWTON ST CYRES GARDENING CLUB
Wednesday 19th March at 7.30pm
DEVON HEDGES
a talk by TOM HYNES



Devon still has some 33,000 miles of hedge, more than any other county in England. the great majority of these hedges are said to be species-rich because of the wide variety of different native shrubs and trees they contain: Devon has about 20% of all the species-rich hedges left in the UK!

VENUE Newton St Cyres Parish Hall EX5 5BW

Membership not required – all welcome

£3.00 to include a hot drink & biscuits

UPTON PYNE & DISTRICT GARDENING CLUB

Events are held in the village hall- Contact June Nicks 01392 841272

Annual membership £15 Non-members welcome at all events (£4 per talk)

MON 17th MARCH 7.30pm

a talk by JEREMY WILSON
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'THE SCENTED GARDEN'



SAT 12th APRIL 2.00pm

**ANNUAL SPRING FLOWER SHOW
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A variety of categories to display the best from your garden
Cookery & Photographic competition

Children's Artwork

Afternoon teas - Raffle

Everyone votes for their favourite in each class

We welcome new exhibitors, also, we would welcome gifts of
extra plants to add to our sale!

The schedule will be available at the March meeting
or contact Anne on 01392 851457

Free Admission

MON 19TH MAY 7.30pm a talk by BEN RUSCOMBE-KING

Head Gardener at Hotel Endsleigh Gardens

Overlooking the River Tamar

(part of the Polizzi Collection)



Upton Pyne and District Garden Club

Chairman Mrs June Nicks; Show secretary Mrs Anne Roberts tel: 851457

FLOWER SHOW

SATURDAY APRIL 12th 2025

Upton Pyne Village Hall 2.00 to 4.00 pm

Bring your entries in the morning between 10.00 and 12.00

Free entry to the classes and the Show, all welcome!

Tea and cakes - Raffle - Plant Sale!

SCHEDULE OF CLASSES

Anyone can enter, please read the schedule carefully and make sure that your entries match the description. Only one entry in each class.

1. Daffodils or narcissi, three cut blooms in a vase, can be mixed.
2. Three tulips in a vase
3. Collection of spring garden flowers in a bowl or vase
4. Wild spring flowers in a container
5. One stem each of three different foliage shrubs, maximum width 18" and height 24"
6. One flowering head of a rhododendron in a container
7. Single camellia in a container
8. Table centre decoration, may include non-plant material, 12" overall
9. One stem or branch of a flowering shrub or climber
10. Spray or small bunch of flowers to be judged for scent
11. Cactus or succulent
13. Miniature arrangement, maximum overall size 4.5"
14. An arrangement of fresh flowers in an unusual container
15. Any living plant, indoor or outdoor, not already in other classes
16. A crafted object linked in some way to plants or garden
17. **Children** - Miniature garden
18. **Children** - Easter bonnet

HEMOCRAFT CLASSES

19. Carrot cake (own recipe)
20. A preserve

PHOTOGRAPHY/PICTURE CLASSES Maximum size of entry for photographs A5 - approx. 6" x 8" including mount. No framed photos please.

21. "Your favourite garden photo" or "Wildlife in the countryside or your garden"
22. **Children** - Painting or drawing of a flower or plant

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Tractors roar through the countryside

March 2025

Hundreds of people gathered at Winscott on Sunday 2nd February when Harry Grigg, chairman of Newton St Cyres Young Farmers, Angie Way, Young Farmers' Mentor and farmer Richard Browne sent off 122 tractors on a run from Winscott through Upton Pyne, Brampford Speke, Thorverton, Cadbury, Cheriton Fitzpaine and Shobrooke.



Photo: Peter Hawksley

Angie Way and Richard Browne thank the organisers and the drivers

known and highly respected in the farming community.

The event was more than a memorial to Steve. The Young Farmers have so far raised over £10,000 for Pancreatic Cancer and the British Heart Foundation.

The tractor run was organised by the Newton St Cyres Young Farmers who wanted to celebrate the life of Steve Yeandle, who died in May last year, aged 65.

A character who was larger than life, Steve grew up and lived at Cheriton Fitzpaine. He built a highly successful contracting business, based in Smallbrook and was well



Photo: NSC YFC

Steve Yeandle



Photo: Peter Hawksley

Above: Dan Chanin leads the procession on Steve's first and favourite tractor.



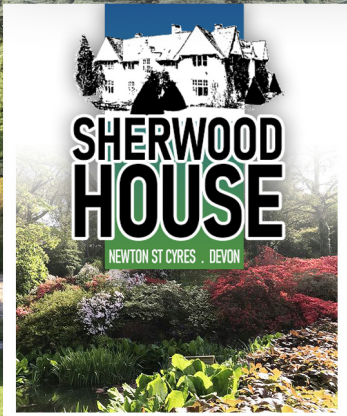
Photo: Peter Hawksley

Machines queueing to leave Winscott

Peter Hawksley

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Fundraiser for Newton St
Cyres Parish Hall

QUIZ NIGHT

Saturday 8th March

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Max 6 per team 7pm for 7:30pm start

£10 per person to include Pasty

Advanced Ticket Purchase Only
Contact Nicola on 01392 851985
(Deadline for ticket purchase is Tuesday 4th March 2025)

March on the Farm

Saturday 8th March is International Women's Day so we thought we would take this opportunity to interview three of the fabulous women that work at Quicke's.

Tracy – Head Of Butter



How long have you worked at Quicke's?

I joined Quicke's in 2020 just after the start of the pandemic.

Which one of our products is your favourite and what do you like to eat it with?

I like my lady Prue butter which makes a lovely tasty alternative in pastry for quiches and tarts, with its lovely creamy texture and slight tang. It goes well with most fillings

What's your favourite part of your job?

I enjoy every part of my job and the variety of butters that we make and I manage production to ensure stock for sales . I particularly enjoy the freedom that's available to look at creating

new lines, we added the lady Prue butter a few years ago and just recently we've started to make unsalted cows butter.

Do you have an interesting fact that you could share with us about butter making?

Butter making is interesting as many things can affect the time of the cream break including temperature which we control making the cream colder during summer months and warmer during winter also fat content of the cream can change the volume of butter curls we get . No two makes are the same which keeps life interesting .

If you were a type of cheese what would you be and why?

If I were a cheese I'd probably be an extra mature cheddar (I'm not getting any younger but not a vintage yet) definitely something that would go well with a nice glass of wine.

Megan - Shop, Events and Tours

How long have you worked at Quicke's?

I started working at Quicke's in August 2024, so almost 6 months now.

How did you end up working at Quicke's?

I had just moved nearby and noticed the signs for the shop and obviously had to visit. I went in as a customer and left my details in case anything came up. The next thing I know I'm making arrangements to work my first food festival!! I can't wait for the events to start up again this year and also the Quicke's Cheese Tours that I am leading.

What's parts of your job do you love?

The cheese. Anything cheese related in this job I love, whether that's talking about it to those who are interested or seeing the joy on someone's face when they try them and find one (or six) that they love. Especially children at festivals, watching them try something new and different always brings a smile.

Do you have an interesting fact about cheese?

According to a scientific study, eating cheese can help prevent hangovers. I don't know the exact details but I'll take any excuse for cheese.

If you were a type of cheese what would you be and why?

Ooo, that's a good question. I'd probably be like a Vintage or Extra Mature Cheddar. Strong flavour and profile, pairs well with other accompaniments but is also really good on it's own, known to be salty but in the best way.

What's your favourite Quicke's cheese?

I get this question at food festivals and in the shop all the time and it really depends on the day and what I'm feeling. They are all really moreish! But, today at least, it'll probably be the Devonshire Red. Our take on a Red Leicester, using the awesome Quicke's cheddar recipe you get a crumbly texture with nutty and caramel flavours, melts really well too (they all do really).



Emma – Farm Administrator and Retail Manager



How long have you worked at Quicke's?

I have worked at Quicke's for 10 years.

Which one of our products is your favourite and what do you like to eat it with?

My favourite Quicke's cheddar is Vintage and I grate it onto almost everything but the best is on a jacket potato grown on my family's farm in East Village (P and M Stoye Potatoes)

What's parts of your job do you love?

I have two roles, Farm Administrator and Retail Manager so my work is very varied, one minute I can be looking at milk litres and the next helping on a photoshoot for new hampers. I like

the fact that no two days are the same and that I get to work with a lot of other people across the business.

Do you have an interesting fact that you could share with us about the farm and maybe one about the shop too?

The farm has a number of historic features, such as ancient enclosures, and we farm those areas as part of a stewardship scheme, so that they can be preserved.

If you were a type of cheese what would you be and why?

Vintage cheddar - matured well and goes hand in hand with a Scotch whisky.

Mary Quicke

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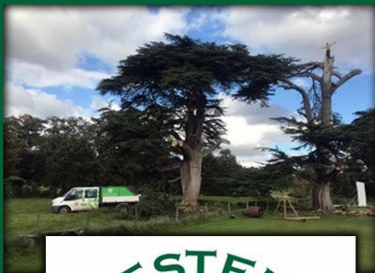
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RECONNECTING WITH THE POWER OF PLANTS

Tasha Humble is a medical herbalist and member of NIMH (The National Institute of Medical Herbalists.) She takes consultations at the Natural Health Practice in Spicer Road, Exeter. She is also an experienced professional gardener and an advocate of organic growing. You can contact her via her website www.humbleherbalmedicine.com



Photo: Tasha Humble

Snowdrops in Brampforde Speke Church Yard

Spring is truly springing! One of the first signs was in mid-January when snowdrops (*Galanthus nivalis* L.) started to appear. *Galanthus* is derived from two Greek words meaning ‘milk’ and ‘flower’, and *nivalis* the Latin word for ‘snow’. These beauties are not native to the UK and enjoy a damp habitat rich in organic matter. The alkaloid, galanthamine, was first extracted from the snowdrop bulb in the 1940s. Subsequently it was isolated and chemically replicated to make the drug Galantamine used in the symptomatic treatment of Alzheimers. **Note:** the snowdrop bulb is toxic to humans and should not be eaten.

Cleavers (*Galium aparine* L.), also known as goose-grass or sticky willy, has also started to appear in our hedgerows and gardens during the last month or so. This herb looks a bit like a bottle brush; it’s long and thin with whorls of leaves

Interest in natural medicine has received a surge in popularity in the last decade – and for good reason. Plants have powers!

Many different people are coming at this subject from a variety of different angles. Who do we trust? As a qualified and insured medical herbalist, allow me the opportunity to be a conduit between you and the plants in a quarterly, seasonal article [edited here].



Photo: Tasha Humble

Galium aparine

encircling the square stem. It roots itself in damp ditches and is specialist at transporting water over long distances, relying on other plants for its support.

Medicinally, herbalists use cleavers as a lymphatic, drawing and clearing out toxins from the lymph fluid, which aids in the proper functioning of the immune system. Foraging a small handful of the fresh young herb in early spring; chopping it and leaving it to infuse in cold water overnight, and then straining it and drinking it the morning after, makes a cleansing and clearing tonic.

Additionally, this herb is a member of the coffee (*rubiacae*) family. The ripe seeds collected in late summer and autumn may be roasted and used as a coffee substitute as they contain caffeine.

Nettle (*Urtica dioica* L.) is a common wild plant that is often chastised as being a nuisance and a weed. The name is derived from the Anglo-Saxon word 'noedl', which means needle, referring to its sting. Often growing in close proximity to human habitation, this plant has a particular affinity with nitrogen and favours muck heaps and other fertile ground. Cooked, the fresh young growth of March and April may be eaten like spinach, as cooking deactivates the sting. Do **not** eat them raw. Pick only the tips – the first 4-6 leaves of each plant. By late April, they start to become coarse and hoary, and they should not be eaten once they start to form flowers.

As tiresome as nettle control may be for a gardener, strimming a patch ensures continuous bursts of fresh growth that may be eaten **cooked** well into the autumn. If cooking them and eating them seems too farfetched, try infusing 4-6 leaves of fresh young growth in tea for a vitamin-rich and mineral-rich infusion. Vitamins include A, B2, C, and E; minerals include significant amounts of calcium and iron, as well as magnesium, potassium, selenium, zinc, manganese, and copper.

In my herbal practice, I add nettle to a medicine as a nutritive in patients who need extra nourishment, such as those with anaemia or during convalescence. The ripe seed is utilised in medicines for patients with reduced kidney function, and the root is considered a specific for the treatment of benign prostatic hyperplasia (BPH). Nettle root has been shown to reduce the capacity of 'sex hormone binding globulin' (SHBG) in the prostate gland.

When I formulate a medicine, I consider all aspects of the patient's health. Thereafter, I consider and select a variety of different plants based on what therapeutic effects they will have on target tissues within the body. This treats the body holistically and addresses the root cause of illness, as well as providing symptomatic relief.

Natasha Humble

Please see next page for Tasha's notes on foraging - ed.

A note on foraging...

*When foraging for any plants, there are a number of things to be aware of including:

- **Correct plant identification**
- **The Wildlife and Countryside act of 1981** states that: the four f's are fruit, foliage, flora and fungus and that foraging these from common land is acceptable so long as it is moderate amounts for personal use, or your family's consumption only; that respect is duly given for the surrounding environment (meaning the trees, plants, and fungi, and the wildlife that may be dependent on what you are taking, as well as other people and their property).
- It also states that you should **not uproot** any plant from common land.
- A further caveat is that you should **never harvest more than 10% of the total yield of anything from anywhere**. This ensures that there should always be enough left for wildlife and enough left to set seed for years to come.
- Additionally, **please don't forage from Sites of Special Scientific Interest**. These places protect rare environments and species' and foraging from these may inadvertently do some damage.
- **Farmland is private property** but there are often byways running close-by. As long as you stick to the paths, observe the Countryside Act, and don't touch anything that has clearly been planted, then you are ok to forage. Be aware of foraging around crops that may have been sprayed with chemicals and also select plants that are out of the line of fire regarding dogs urine!

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How much would you like to know about the past in Newton St Cyres?

Newton St Cyres History Group has a growing library of publications.

- **Newton St Cyres – A Village Story (£5)**

Compiled by residents of this village in 1999 (the green 'millennium book') containing a wealth of reproduced photographs.

- **Newton St Cyres Historical Village Walks (£1)**

Four brief walks around the Village, the Western Bluff, West Town and Station Road with maps and an explanation of the road cuttings, levelling and straightening.

- **Newton St Cyres Mining and Miners (£1)**

Our mining heritage, both manganese, claimed to be "*the first commercially successful manganese mines in the world!*", and lead & silver up on Tin Pit Hill that may go back to Roman times.

- **Newton St Cyres Church – Statement of Significance (£2)**

Describes the history and most important features of the church, dedicated to St Cyr and St Julitta.

- **Memories of Boyhood in a Devon Village (£3)**

Written by Alfred Abraham, born in Newton St Cyres in 1893. He shares his memories growing up in the village at the beginning of the 20th century.

- **Newton St Cyres in the 1940s & 1950s (£5)**

Written by Stella Cork, born in Newton St Cyres in 1934 and the daughter of the village postmaster. She gives a remarkable description of families in the village and an insight into village life.

- **Newton St Cyres and The Civil War 1642-46 (£5)**

Written by Jean Wilkins. The story of grief, hardship and a little excitement for those living in the village almost 400 years ago during the English Civil War supported by coloured photos and maps. Would you have been a Roundhead or a Cavalier?

- **Newton St Cyres in the WW2 Years (£5)**

Written by Roger Wilkins, The contributions of the village to the war effort are described, as are impacts on village activities and businesses.

- **Newton St Cyres & the A377 (£5)**

Written by Jean Wilkins, A window into the history of transport into and through the village and the development of the A 377.

Also visit **newtonwonder.net** where you will find data and analyses on:

Births, Deaths and Marriages in Newton St Cyres (16th–18th century)

UK Censuses on Newton St Cyres (1841-1911)

Newton St Cyres Tithe Map of 1843

Copies can be purchased by contacting

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Celebrating Student Volunteering Week!

People often think of volunteers as being retired professionals but at CA TNMWD we have a number of students volunteering with us. February 10th – 16th. is Student Volunteering Week when the charity as a whole celebrates the work of its student volunteers.

Students benefit from the training they receive from us and the interaction with clients, staff and fellow volunteers helps build confidence to stand them in good stead when they enter the workplace in their chosen field. To have volunteer experience with Citizens Advice looks impressive on their CV as employers recognise the benefits of volunteering with us and it reflects well on an individual who has taken steps to widen their own experience whilst helping people in their community.

Whilst learning about the problems people have with debt, energy, housing and all the other types of problems they bring to us and seeing how we advise people is quite an eye opener for young people who are often themselves, embarking on a more independent way of life.

As a student volunteer, there is the chance to witness at first hand potential career opportunities within our charity, not only in terms of advisory work, but in the areas of marketing, IT, finance and general administration. There are often opportunities within our specialist services which cover a wide range of issues and not forgetting our advocacy work with our research and campaigns as we strive to make society fairer by addressing inequalities and injustice.

It is also worth remembering that our clients are of all ages and walks of life and it may be that a younger client would relate better to a student volunteer. Our paid staff and volunteers have very varied backgrounds and experience and whilst we are dealing with serious problems in people's lives, being able to help them is very satisfying and ours is a very friendly and relaxed working atmosphere.

Have we piqued your interest? Would you like to find out more about us and the work we do? There is a wealth of information on our website www.citizensadvicetnmwd.org.uk or you can email recruitment@citizensadvicetnmwd.org.uk We would love to hear from you and it might just open up a whole new world for you!

If you are experiencing problems and could do with our help, you could also visit the website which has a lot of practical guidance and useful links or you could ring our free, local AdviceLine on **0808 27 87 999**.

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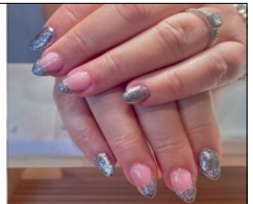


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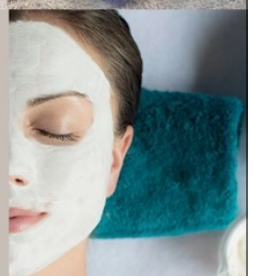





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NEWTON ST CYRES HISTORY GROUP



The Exeter Ship Canal

It was wonderful to see such a great turnout for a talk from Gill McLean, of Topsham Museum, on a very chilly evening when the urge to stay snug at home was most appealing. Thank you to all who joined us – and thank you to Gill.

Gill told us that the story of Exeter Canal spans some 700 years, and contains themes of power, money, commercial rivalry, changing technologies – and cloth. Today the canal runs between Exeter Quay and Turf Lock, and is 5 miles long and 5m deep. It was the first

pound lock canal built in the country since Roman times, and is 230 years older than the Midlands canals. But it runs parallel to a perfectly good river, so why was it constructed?

Back in the 1200s, Exeter was the largest town in the south-west and roads were mere tracks. Rivers were the main mode of transport. But in around 1284 Isabella de Fortibus, Countess of Devon (who lived on the Isle of Wight), built a weir across the River Exe at Countess Wear to divert more water through the mills that she owned. Her heir, Hugh de Courtenay, who held castles in Plympton, Tiverton, Colyton and Okehampton, constructed two more weirs, reputedly following an argument with the Bishop of Exeter and the Mayor over the purchase of fish from Exeter market.

The weirs prevented boats reaching Exeter from the sea, forcing them to load/unload at Topsham, and pay lucrative tolls to the Courtenays, who owned Topsham Manor. For Exeter, this was a disaster. But the Courtenays fell out of Royal favour and Henry VIII executed the cousin Henry Courtenay in 1538, suspecting his involvement in a Catholic plot. The weirs could be removed, but by then the river had silted up and become unnavigable.

With input from a Welshman called John Trew, it was decided that a cut, or canal should be constructed to by-pass the weirs. As a result the Exeter Canal was developed in four phases:

Phase 1 – 1564/66. From the city walls to swing bridge, incorporating three pound locks with vertical guillotine gates at each end. Exeter built a 50m waterfront and a warehouse (Quay House). However, only small tub boats were able to use the canal at all times, with larger vessels involved only on the spring tides. Siltation was a major problem. By 1663 Topsham was gaining trade at the expense of Exeter, and a Custom House (now the Lighter Inn) was built at Topsham.

At this time 80% of Exeter's citizens were employed in cloth manufacture, especially a lightweight woollen fabric called serge. In a counter-offensive 10 years later against Topsham, the Exeter Custom House was built and Exeter's waterfront extended.

Phase 2 – 1676-1682. The canal was extended from the swing bridge to M5, and a trans-shipment basin for 50 ships of up to 60 tons was constructed. But there were continual problems with silt, tides and the need for river pilotage. Topsham was still more convenient, especially with the trend for larger boats.

Phase 3 – 1698-1701. The canal was widened to 15m and deepened to 3m. Three small locks were replaced with one large 'double lock' – the largest hand-operated lock in the country. Financial difficulties arose when the overseer absconded with the funds and in an extraordinary move, local churches were asked to sell their silverware to pay the labourers. Despite all efforts, traders still preferred to transfer goods through the canal by lighter and load onto seagoing ships at Topsham.

From 1730, Exeter woollen cloth production was declining because of changing fashions (such as demand for cotton textiles) and technology (larger mechanised mills). Wars too had an impact, cutting trading links. Exeter's trading income plummeted and in 1754 Exeter Quay was mortgaged to meet the costs of canal upkeep. In 1794, Exeter Chamber finally purchased Topsham quay, giving it access to the income from port dues.

Despite declining waterborne trade and increasing competition from an improving road network, plans were drawn up for eight brand new canals in Devon between 1770 and 1800, including one from Topsham to Crediton via Newton St Cyres. None progressed very far, though work on the Crediton Canal reached Exwick.

Phase 4 – 1820-1830. M5 to Turf. By the early 1800s, the cloth trade had virtually ended, though Exeter was still importing coal, stone, timber, rags, bark, wine and groceries. The canal was dredged and made wider, deeper and longer, and its route by-passed Topsham (though an Act of Parliament later compelled Exeter Chamber to build a lock and lock-keeper's cottage -at Topsham, which opened in 1832). Exeter Canal Basin was constructed (opened 1830) along with associated warehouses. Some 80% of the final cost of phase 4 was funded through loans, and Exeter's citizens paid a high premium on their rates for many years.

Today, the canal is owned by Exeter City Council, which facilitates its management through the Quay and Canal Trust, an independent charity. The greatest threat faced by the canal these days is flooding associated with rising sea levels and other effects of climate change, especially if/when Dawlish Warren is breached, which would remove a level of protection against storm surges. Another vulnerability is the availability of funding for maintenance and repairs.

Today the canal, Canal Basin and associated buildings are a thriving hub for cultural and leisure activities, and there are plans to bring back even more business.

Midge Kelly

NEWTON ST CYRES HISTORY GROUP SPRING MEETINGS 2025

Wednesday March 12th

SOME HISTORY OF SWEETHAM Midge Kelly and Peter Hawksley

For the past 2-3 years Midge has been looking into various aspects of the history of Sweetham, an area hitherto missing from our written village history. Peter is, of course, an expert on the history of the Beer Engine having been the Publican for many years. That is a lot of history to cover and I wonder if they will need to book for Part 2 next year!

Wednesday April 9th

We are hoping for a talk about one of the very old houses in the village by an expert in such properties. However there is a slight problem at the moment which we are hoping will soon be sorted.

Wednesday October 8th

We shall restart our talks for the 25/26 winter season with one by John Allan on the Cathedral Cloisters.

There is no special membership to this group. Everyone is welcome to any meeting on payment of £3. Tea, coffee and biscuits (often chocolate digestives) are part of the deal.

Domestic help needed on family farmhouse near the Beer Engine:

Both my wife and myself work from home but would welcome help in tidying, light gardening and general assistance.

Flexible hours up to six hours per week, either in one go or two visits. £15 per hour. No ironing or hoovering!
Might suit student or similar.

If of interest please contact Rory and Kirsty on: 01392-851777

Nick Baker Local History Essay Competition 2025

Two Prizes of £100

This competition was established to commemorate the life of Nick Baker, an avid local historian, who was always keen to share his knowledge and expertise with others.

Entries are now warmly invited for 2025.

Summary of Rules

1. The competition is open to all residents of the parishes of Brampford Speke, Newton St Cyres, Thorverton, and Upton Pyne and Cowley
2. Entries should consist of an essay of 1,000 to 2,000 words on a topic clearly connected to one or more of the parishes — for example: a local person, event, place or building. Associated illustrations are welcomed.
3. There will be two prizes — one for entrants up to the age of 18, and one for those aged over 18, with age taken as at 1 December 2025. If you are 18 or younger, please state your age, as this will be taken into account by the judges.
4. Entry to the competition is confirmation that you consent to your work being published by the three parish magazines at the discretion of their respective editors in

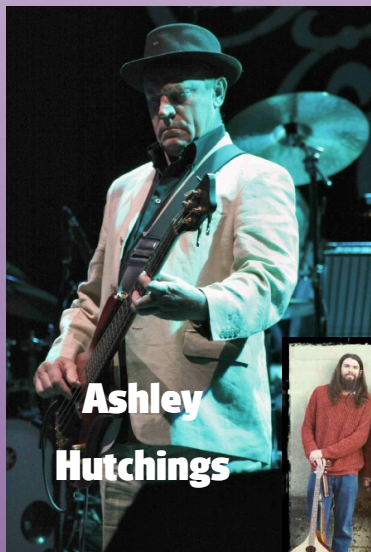
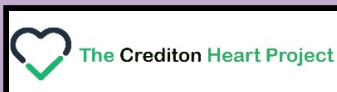
This competition is run by Newton Wonder in association with Focus on Thorverton

The prizes are wholly funded by Nick's family and friends.

Spring Awakening

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Friday 14 March – Sunday 6 April

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Spring Awakening Music Festival

A new venture for the Arts Centre and Heart Project, **Spring Awakening** celebrates the best in music in Crediton, alongside some stunning gigs by some of the best acts in the country. Three weeks of stunning music featuring rock, folk, jazz, choral, classical, opera, bluegrass and world music, utilising many of the beautiful venues we have available in the town.

Friday 14 March	Lady Maisery (Holy Cross Church)
Saturday 15 March	Blackheart Orchestra (Arts Centre)
Friday 21 March	Acoustic by Candlelight (St Lawrence Chapel)
Saturday 22 March	Youth Classical Concert (Congregational Church)
Thursday 27 March	Iryna Ilnytska – Orfeo ed Euridice (Crediton Arts Centre)
Friday 28 March	Four Choirs Concert (Methodist Church)
Saturday 29 March	Ashley Hutchings & Blair Dunlop (Holy Cross Church)
Sunday 30 March	Xogara / The Owl Light Trio (Arts Centre)
Friday 4 April	Eduardo Martin & Ahmed Dickinson Cardenas (Arts Centre)
Sunday 6 April	Revival: The Music of Gillian Welch (Arts Centre)

Plus workshops, scratch performances, busking, open-air performance and much more, at the Arts Centre and around the town. ***See the Spring Awakening brochure or CAC website for details.***

Saturday 12 April	7.30pm	
Lucy Mellors presents	It is I, Seagull	Suitable for age 13+
Tickets £13 / £11		
Sunday 13 April	4.30pm & 7.30pm	
Talking Faces Theatre present	Tongues and Savage/Love	
A dance of emotions, funny and beguiling.		
Tickets £10 / £8		

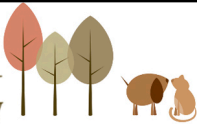
Friday 23rd May – Tuesday 27th May

10.00am – 4.00pm

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Sunday Pub: 16:00-21:00 Kitchen CLOSED

**Newton St Cyres, Devon, EX5 5AX
01392 851282**

Table Tennis

at

Newton St Cyres Parish Hall

every Thursday from 7 to 9 pm.

As well as seeing present members of our Group, we are keen to welcome new players – with or without experience adults and children from the age of 12.

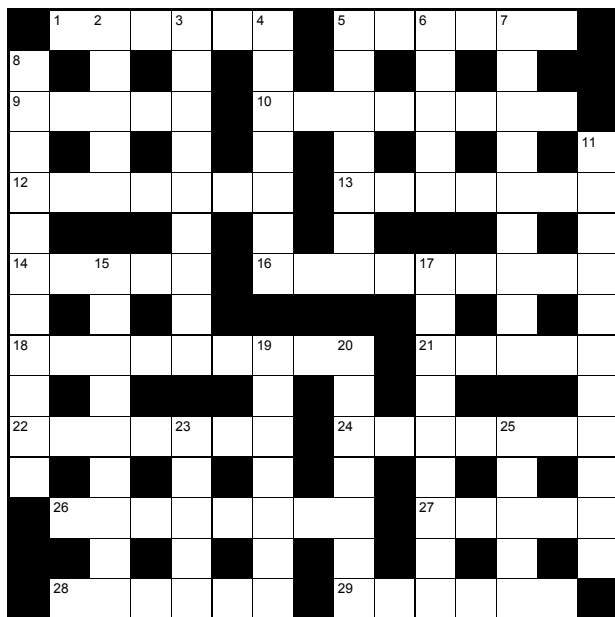
There are four tables, so we can fit in people from beginners and rusty former players to League players. Equipment is available.

You pay for the evenings you come - £3 for adults; £2 for schoolchildren.

Just come on the evening, but for any further information contact

Roger Wilkins – rogerwilkins1@btinternet.com

Cryptic Crossword



ACROSS

- 1 Mother takes girl back to a Spanish resort (6)
- 5 Goer is excited by wild parties (6)
- 9 Board needs agreement from two countries (5)
- 10 Give me erotic dancing fast! (8)
- 12 Waste food (7)
- 13 Go with lad on special boat (7)
- 14 Joint provides soothing effect to some extent (5)
- 16 Easy election victory but everything going downhill? (9)
- 18 Tart's mega upset by plan (9)
- 21 Permit everyone to be in debt endlessly (5)
- 22 Footwear for lazy people (7)
- 24 Italian scorer in libel wrangle (7)
- 26 One who's twice hitched illegally (8)
- 27 Student covered in a great deal of stuff used by gardeners (5)
- 28 Take ages to be a member (6)
- 29 Give another title to nobleman erroneously, some reflected (6)

DOWN

- 2 Bail out with independent proof of innocence (5)
- 3 Annoyed at parent taking 1000 for flat (9)
- 4 Most respect a trainee officer (7)
- 5 Rocky too can keep in grand shape (7)
- 6 Adult's heard making painful sound (5)
- 7 Real idiot somehow becomes leader (9)
- 8 Annoyed with fellow's coarse behaviour towards woman (4-7)
- 11 It stops leaves flying about (11)
- 15 Story of river rat with green clothing (9)
- 17 One working with horses for firm on island (9)
- 19 Perhaps oxygen fix good when breathing with difficulty (7)
- 20 Gangster is more active around summer time (7)
- 23 Time in history to muse (5)
- 25 I severely criticise religion (5)

Set by Alberich

Sudoku

All you have to do is fill in the squares so that each row, each column and each square contain all the numbers from 1 - 9.

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

© Web Sudoku 2025 - www.websudoku.com

Solution to February 2025 Cryptic Crossword

1	G	R	2	O	U	3	S	E		4	S	5	T	A	6	I	R	7	W	A	8	Y
	L			U			L					E		N				A			E	
9	A	T	T	R	A	C	10	T		11	A	N	N	E	X	E	S					
	U		L		G			U			R		S			W		M				
12	C	R	O	P		13	B	R	E	A	D		14	C	O	K	E					
	O		O		15	E		N		S		16	Q		R		N					
17	M	A	K	E	A	F	A	S	T	B	U	C	K									
	A					R		B		R		I					18	C				
			19	S	A	T	E	L	L	I	T	E	D	20	I	S	H					
21	P		T		H		I		P		T		M		O							
22	A	L	A	N		23	O	N	I	O	N		24	S	P	E	W					
	R		M		25	P		D			F		26	H		O	M					
27	R	U	M	M	A	G	E			28	F	A	I	L	U	R	E					
	O		E		I		Y					D		N		I						
29	T	H	R	I	L	L	E	R		30	H	E	N	D	O	N						

Midweek Holy Communion

1st Wednesday of the month

9.30am

upstairs at the

Exe Valley Farm Shop, Thorverton

Can't get to church on Sundays?

Maybe your children or grandchildren have commitments
which clash with existing services.

You were on holiday and missed your usual service.

You would like something a little more relaxed and
informal.

You need a midweek time of worship and reflection.

We are holding an

Informal Service

All are welcome

5th March

2nd April

7th May

for anyone who would like to come along.



If people wish to
stay a little longer, we can enjoy
breakfast together afterwards.



The Adonai COMMUNITY KITCHEN

**GOOD FOOD
SOCIAL
ATMOSPHERE
LOVING
ENVIRONMENT**



AT THE NEWTON ST CYRES, PARISH
HALL, EXETER, EX5 5BXA

RSVP TO **07508 871172**

email: theadonai-ckitchen@outlook.com

TUESDAYS & WEDNESDAYS

From 12.00 - 2.00PM

The Adonai Community Kitchen is open to all residents
of Newton St Cyres and the wider community

Last orders at 1.30pm

DONATIONS WELCOME

OUR FOOD IS SPONSORED BY LOCAL BUSINESSES. IT'S PREPARED
ON THE DAY. OUR MENU DEPENDS ON THE GOODS WE RECEIVE

JOIN US FOR LUNCH (12 TILL
2PM) EVERY TUESDAY AND
WEDNESDAY. FOR A MOMENT
AROUND THE TABLE MAKING
NEW FRIENDS



A DEDICATED TEAM IS
READY TO OFFER A
WARM WELCOME TO
ALL AND FACILITATE
YOUR TIME WITH US.
COME AND JOIN US

Our Vision and Goals

To provide hot freshly cooked healthy
meals to our community.

To empower those who wish to learn
how to prepare healthy meals



**DELIVERY WITHIN THE VILLAGE - IF YOU ARE UNABLE TO COME WHY NOT EMAIL US AND WE WILL TAKE
YOUR MEAL TO YOU (1.00 - 2.00) Or you can collect it from the Parish Hall from 12.30 - 2.00pm**

We are looking for volunteers/young people doing their DSV, Tutors or looking for community experience for their CV, before attending university. We also would appreciate anyone that is free on a
Tuesday or Wednesday from 11 to 3pm to help with our Community Kitchen in Newton St Cyres Parish Hall.

The Parish Church of St Cyr and St Julitta



Lent – a Journey of Discovery ... Part 1

March once again sees Christians around the world begin that annual journey through Lent to Holy Week, Good Friday and Easter. It's a time that flings out the somewhat familiar, and yet there's a hint of uncertainty, too. Shrove Tuesday, Ash Wednesday, Palm Sunday, Maundy Thursday, Good Friday ... days and names that have a great deal of familiarity, but ones that hide deep meaning, too.

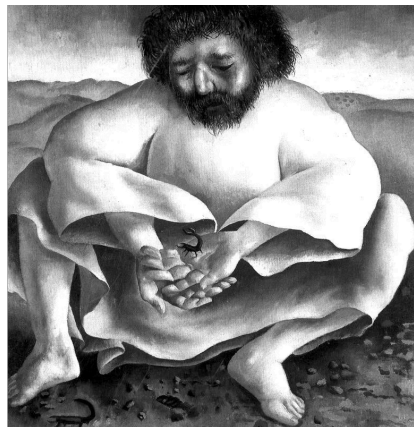
Let's take Shrove Tuesday – a day of indulgence before the traditional fasting of Lent; and a day that is usually accompanied by the joy and wonder of pancakes, merrily tossed through the air (and that will definitely be happening in a number of places across the parishes – keep an eye out for information on other pages in the magazine!). But what exactly is 'Shrove'? A word that is bandied around at this time of the year, but I'm guessing that it's a word that most people may not actually know its full meaning.

So, a very quick *olde English* lesson: 'Shrove' is the past tense of the verb 'to shrive' – which probably doesn't really take many of us any further forward in our understanding... Well, 'to shrive' in its purest sense, is 'to present oneself to a priest for confession, penance, and absolution'.

And certainly, in days gone by, while many churchgoers would regularly seek a priest for confession, on 'Shrove Tuesday' many, many more would do so – even non-regular attendees – in preparation for the Lenten fasting and sacrifices they would take on for the next 40 days. Traditionally, people would be questioned deeply about what they would be giving up for the period of Lent. Even now, it's not unusual for people to still ask, 'What are you giving up for Lent?' and before you ask, I will not only be giving up sweets, cakes and biscuits, but also will take on a time of study.

So, as often as I can, I will join Revd Kathy Roberts as she facilitates a group studying a book by Amy-Jill Levine: *Entering the Passion of Christ – a beginner's guide to Holy Week*. (Again, more information elsewhere in this magazine). So, Shrove Tuesday is really a day of preparation, and of getting rid of all those lovely goodies that are stashed around the house, so as to avoid temptation over the next 40 days.

And what about *Ash Wednesday*? Well, Ash Wednesday marks the actual beginning of Lent. The period that represents and recalls Jesus's 40 days in the wilderness before the start of his mission and ministry. In some Bible translations, Jesus is 'driven' (as in 'compelled, motivated, encouraged' not taken in a nice 4X4) into the wilderness by the Holy Spirit, where during that time he will face loneliness and temptation by Satan. For art lovers, Stanley Spencer produced a number of prints depicting Jesus's time in the wilderness. One of which is reproduced here.



Now, the very observant amongst you might have calculated that the period from Ash Wednesday to Easter is actually 46 days long! Well, this is because Sundays don't count in Lent as they remain in essence a day of remembrance and celebration of the risen Christ (so much to unpack there, but perhaps for another day), though whether you also give up on giving up as it were, I leave to your own consciences!

We will be holding two services on Ash Wednesday – 5th March, 9.30am upstairs at the Exe Valley Farm Shop, and 6.30pm at Thorverton Parish Church. Now a significant part of that service will be the marking of a cross in ash on people's foreheads. The ash is traditionally made from burning the previous year's palm crosses, and is a sign of repentance, of turning away from all those behaviours that get in the way of our relationship with God, and also a recognition of our mortality, because the signing of the cross will be accompanied by the words: "Remember that you are dust, and to dust you shall return." A deeply solemn, and deeply challenging moment.

You are very welcome to join us for all the activities, events and services throughout Lent across the mission community. Please look out for details of all of these, including Lent Lunches, Easter activities and more.

And as for an explanation and unpacking of Palm Sunday, Maundy Thursday, Good Friday, well look out for ***Lent – a Journey of Discover, Part 2*** in April's magazine!

All blessings

Tim

Revd Tim Collins
Priest-in-Charge, Netherexe Mission Community

SERVICES & INFORMATION MARCH 2025

The Netherexe Parishes - A community of Anglican churches in Devon

Sunday 2 March

10:00 am	Communion	Stoke Canon
11:30 am	Baptism Service	Cadbury

Wednesday 5 March

09:30 am	Mid-week Holy Communion	Thorverton [Exe Valley Farm Shop]
06:30 pm	Communion	Thorverton

Friday 7 March

11:00 am	World Prayer Day Service	Stoke Canon
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Sunday 9 March

09:30 am	Communion	Thorverton
10:30 am	Communion	Upton Pyne
11:15 am	Café Church	Rewe

Tuesday 11 March

09:00 am	Chattertots	Thorverton
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Wednesday 12 March

12:15 pm	Lent lunch	Upton Pyne [The School House]
12:30 pm	Lent lunch	Stoke Canon [Church]

Sunday 16 March

09:30 am	Communion	Brampford Speke
09:30 am	Bubble Church	Thorverton
10:00 am	Coffee & Chat	Stoke Canon
10:30 am	Coffee & Chat	Newton St Cyre
11:15 am	Communion	Cadbury

Sunday 23 March

09:30 am	Communion	Newton St Cyres
10:00 am	Messy Church	Stoke Canon
11:15 am	Communion	Rewe

Thursday 27 March

12:30 pm	Lent lunch	Stoke Canon [Church]
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Sunday 30 March

09:30 am	Family Communion	Thorverton
10:00 am	Mothering Service	Newton St Cyres
10:00 am	Mothering Service	Stoke Canon [Joint with Huxham]
10:30 am	Mothering Service [Bacon butties at 10am]	Upton Pyne
11:15 am	Mothering Service	Rewe
11:15 am	Mothering Service	Cadbury

Every Tuesday at 6:00pm we gather for prayer in Rewe Church

At **Communion** services we share bread and wine: you are welcome to join us for the service and to share communion if you wish. A lay minister occasionally leads this service.

At **Coffee and chat** we enjoy time together in conversation with coffee and cake to hand.

At **Services** we share together in song, prayer and the bible. Special services are noted in the description.

Bubble church is for young families and **Messy Church** for families who enjoy craft.

If you would like to know who is taking any service, please email administration@netherexe.org

Revd Tim Collins [Priest in charge] Tel: 01392 860767 tim.collins@netherexe.org

For more information about the Netherexe Parishes please see www.netherexe.org or contact:

Juliette Lea [Administrator]
Tuesday & Thursday [09:00 – 15:00]
Tel: 07594 714590
Email: administration@netherexe.org

Peter Shepherd [Administrator]
Monday & Wednesday [09:00 – 13:00]
Tel: 07551 844321
Email: administration@netherexe.org

COFFEE AND CHAT

Come and join us

In Newton Church -
in our newly spacious North Aisle

On March 16th at 10.30am

for refreshments and relaxed informal discussion
on whatever subject comes up

WHO'S WHO IN THE VILLAGE

Priest-in-Charge	Rev. Tim Collins	
Church Wardens	Sue Browne, 1 Glebelands, Sand Down Lane	01392 851460
PCC Hon Secretary	Pita Burt pitaburt@gmail.com	01392 851410
PCC Hon Treasurer	Jackie Enright	01392 851859
Electoral Roll Officer	Jen Holt, 21 Woodlands	01392 851521
Tower Captain	Mary Quicke - mary@quickes.co.uk	07729 844945
Doctors (Crediton)	Redlands Primary Care Joseph Locke Way, Crediton, EX17 3FD	01363 727111
Newton Wonder Magazine and Website	Editors:-Peter Hawksley - editor@newtonwonder.net Peter Cordingley. - cogscord@outlook.com	01392 851269 01392 851778
Parish Council	Chairman - Graeme Barnell graemebarnell@newtonstcyres-pc.gov.uk Clerk - Jane Hole	01392 851308 01392 851148
Parish Hall	Chairman – Nigel Chambers nchambers@ctc.uk.com Booking Sect - Peter Watts, peterwatts369@btinternet.com	01392 851400 01392 851369
Primary School	Head of Teaching - James Akhurst School Office	01392 851267 01392 851267
Newton Nippers Pre-School	Contact the school	01392 851267
Newton Nappies Toddler Group	Kelly Berry	07890313010
Recreation Club	Chair- Carrie-Ann Finning - email: finning-newtonstcyresrecreationalclub@outlook.com Bookings - Claire Digby - email: newtonrecbookings@outlook.com	07834764471
Art Group	Jenny Hallam:- jennyhallam6@gmail.com	7787383658
Neighbourhood Watch	Monika Herpoldt- Bright. monikaherpoldt-bright@newtonstcyres-pc.gov.uk	
Footpath Warden	Steve Parker, Lilly Farm.	01392 851505
Newton Environmental Wellbeing Group	Andrew Broadhead, newnewgroup@protonmail.com	07813 532544

Community Police	PCSO Nicola Payne, Police Station, Crediton Nicola.payne@devonandcornwall.pnn.police.uk	Dial 101
District Councillors	Sandy Chenore:- schenore@middevon.gov.uk Martin Binks:- mbinks@middevon.gov.uk	
County Councillor	Margaret Squires	01363 758142
Local M P	Mel Stride mel.stride.mp@parliament.uk	01392 823306
Football Club	Mark Smaldon	7733455177
Friends of NSC Station	Chris Southcott	01392 851569
Luncheon Club	John Salter, Hill Park	01392 851346
Mah Jong Club	Geoff Jackson _megalops@btinternet.com	01392 851551
Newton Ramblers	Rosemary Chambers	01392 851400
Tennis Club Secretary	Laura Leigh	01647 24259
Young Farmers	Harry Grigg harrygrigg456@gmail.com	7453034637
Archery	Alison Couling	01392 841282
Gardening Club	Nicola Baker	01392 851985
History Group	Jean Wilkins	01392 851337
Table Tennis	Roger Wilkins	01392 851337
Friends of the Arboretum	Roger Wilkins	01392 851337
Adonai Community Kitchen	Jocelyne Whittaker	07508 871172
Community Allotment	Gail Meldrum meldrumgail@gmail.com	07999 958799
Crediton Citizen's Advice	Adviceline (10.30 - 3.30)	03444 111444

The **NEWTON WONDER** is delivered within the Parish at a charge of only **£10.00** per year(in 2025. Subscriptions are due in January).

Please contact Gerry Radford on 01392 851504 or email paul.radford3@btinternet.com.

To pay online/by BACS please ensure that payment is made to
"Newton Wonder Community Magazine"
Sort Code: 30-93-14 Account Number: 05351394

Please add your address(abbreviated if necessary) as the reference
if you move away the magazine can be posted or

The Newton Wonder is also available online at an annual charge of £5
Please contact editor@newtonwonder.net

Neighbourhood Watch Deputies

Sue Gee	Church Area	Glebe House	851164	asgee@btinternet.com
Tom Dowle	Court Orchard	24	851704	tomdowle@live.co.uk
Chris Lee	Langford Road	Greenlands	851280	
Mike Kersey	Half Moon	12	851603	
Penny Pearkes	Newton House	9	851517	pearkes4@gmail.com
Wayne Meeton	Norton	Glenacre Sweetham	851954	wayne@wvmstudio.com
Derrick Rhydderch-Evans	Pump Street	Old Beams	851443	derrickrevans369@btinternet.com
Anna Mace-Leska	Sand Down Lane	Compass House	851441	leska@btinternet.com
Jacqui Ward	Smallbrook	2 Broadgate Cottage	851918	Jacquiward30@yahoo.co.uk
Jill Hawksley	Sweetham	Station Cottage	851269	peterbrew@aol.com
Clive Wootton	West Town	4 Meadowlands	851428	hollywallydoda@outlook.com
Alan Hancock	Woodlands		851744	
Damien Hodge	Tytheing Close	2	851111	
Geoffrey Jackson	"The Village"	Shaplands Cottage	851551	megalops@btinternet.com

For help, further information or to submit a report please go to the Parish Council website or contact the NSC Parish Council Co-ordinator, Monika Herpoldt-Bright
monikaherpoldt-bright@newtonstcyres-pc.gov.uk, 07834 76447

Newton St Cyres Parish Hall

Available to rent for children's parties, dances, classes, wedding receptions and meetings. It has kitchen facilities and disabled parking. Very competitive rates which have not been raised for nearly 5 years.

UP TO HOURS 3 6 9 12

VILLAGERS

Main hall	£24	£36	£47	£59
Club room	£13	£19	£25	£32
Both rooms	£37	£55	£72	£91

NON VILLAGERS

Main hall	£36	£54	£71	£88
Club room	£19	£28	£38	£48
Both rooms	£55	£82	£109	£136

Bookings Secretary, Peter Watts: peterwatts369@btinternet.com: 01392 851369

A WEEK IN THE PARISH HALL

If you wish to book the Hall or learn more about the facilities, please contact our Bookings Secretary, Peter Watts at peterwatts369@btinternet.com or by phone at 01392 851369

Nigel Chambers, Chairman, Hall Management Committee

Tuesday (weekly)	Line dancing	7.30 pm	Paula Benford	01392 210830	pbenford45@gmail.com
Tuesday (weekly)	Adonai Community Kitchen	12.00 - 2.00pm	Jocelyne Whittaker	07508 871172	TheAdonai-CKitchen@outlook.com
Tuesday (fortnightly)	Young Farmers Club	8.00 pm	Katie Davie	07706 760500	kmdavie@gmail.com
Wednesday (weekly)	Adonai Community Kitchen	12.00 - 2.00pm	Jocelyne Whittaker	07508 871172	TheAdonai-CKitchen@outlook.com
Wednesday (monthly)	History Group	7.30 pm	Jean Wilkins	01392 851337	jeanwilkins1@btinternet.com
Thursday (weekly)	Pilates (from 18th Jan)	11.00 am	Becky	07392 480974.	ivegotyourbackuk@gmail.com
Thursday (Twice per month)	Mah Jong	2.00 pm	Geoff Jackson	01392 851551	megalops@btinternet.com
Thursday (2 nd in month)	Exe Valley Bird Club	7.00 pm	Kevin Smaldon	07710 427817	kevin.smaldon@btinternet.com
Thursday (weekly)	Table tennis	7.00 pm	Roger Wilkins	01392 851337	rogerwilkins1@btinternet.com
Thursday (monthly)	Parish Council	7.00 pm	Jane Hole	01392 851148	parishclerk@newtonstcyres-pc.gov.uk
Friday (some weeks)	Art class	10.30 am	Sue Rose	01363 772284	suerose9@hotmail.com
Saturday (second in month)	Village Coffee morning sponsored by various organisations	10.30 am	Church Sue Browne	01392 851460	suecbrowne@gmail.com
			Others Roger Wilkins	01392 851337	rogerwilkins1@btinternet.com
Saturday (some months)	Model train group	2.00 pm	Ann Feetham	01392 215837	annfeetham@virginmedia.com

The **Newton Wonder** team consists of Peter Hawksley and Peter Cordingley (editors). Mark Phillips, Sue Phillips, Martin Taylor and Gerry Radford.

Articles for Publication: Please email to Peter Hawksley, editor@newtonwonder.net. Tel: 01392 851269

Notices of Local Events: Please email to Peter Hawksley as above.

Local voluntary Village events are included free of charge.

Advertisements: Please contact **Marketing and Advertising**, email thenewtonwonder@gmail.com in the first instance. Please include your business name, address, ad-size required and number of insertions. **Payment in advance:** cheques or online payments to **Newton Wonder Community Magazine** - Sort Code: 30-93-14, Account Number: 05351394 Please use your business name as the reference.

Advertising Rates for the Newton Wonder

	Black & White	Colour
Small	£40	£50
Quarter Page	£70	£80
Half Page	£110	£120
Full Page	£200	£240

All items for publication must arrive by the 15th of the month before publication. Please send by email wherever possible otherwise they should be sent to the Editor at Station Cottage, Newton St Cyres EX5 5AS

We aim to distribute the **Newton Wonder** at the beginning of the month but this cannot be guaranteed. It is recommended, therefore, that events taking place early in the month be advertised the previous month.

The **Newton Wonder** (Monthly except January) is delivered to local households and businesses at an annual charge of £10

The editorial team of the **Newton Wonder** does not necessarily agree with the views of contributors contained in their published articles. This is a **community magazine** and it is our policy to print reports, articles and submissions that might be of interest to the community - provided that we have sufficient space to do so and they are not libellous in content.

Printed by Parish Magazine Printing, Northmoor, Whitstone, Holsworthy, EX22 6TD.

Tel:-01288 341617 or 07784 008471.

Email:- printroom@parishmagazineprinting.co.uk

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