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THE QUARTERLY NEWSLETTER FOR SHOBROOKE



Autumn 2023



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Cover photos : Bee working on a Dahlia

Welcome to the Autumn issue.

As usual, at this time of year, there is a big focus on the upcoming Harvest celebration. It takes a lot of planning and organization and a lot of community involvement to make the celebration a resounding success, which can be enjoyed by everyone. Pages 9 and 10 of this issue give you more information about what is happening, and how you yourself can get involved.

The village is in danger of losing yet another one of its community activities. The Friendly Club disappeared and now there is a danger that the Open Mic sessions held at the Red Lion might go the same way.

Apart from the regular stalwart performers, there has been very little interest by people coming to watch and be entertained. If you think having a thriving community group, which also supports the pub is a good thing for the village to have, then please consider giving your support to the next open mic - as a performer or a member of the audience. More details on page 26.

In the meantime, enjoy any summer sun that lingers.

Malcolm

Big Church Clean 23rd September 9.30 -12:00

Anyone free on this day even for a short time to help the regular cleaning team, would be very welcome. Coffee and cake provided. Please let me know or just turn up.

Sally Foot **01363 775388**

The Village Hall

Enquiries, bookings and keys please contact

The Secretary: Alison Ayres

01363 775103

alisonjpayres@gmail.com



Shobrooke Village hall is available for booking throughout the year.

Good news about our hall is that it is now almost fully booked on weekdays up until December.

The not so good news is that building work (repair to end wall) has been further delayed due to unforeseen circumstances. This is very disappointing but the hall can still continue function normally.

Our AGM will be held in the Hall at 7 pm on Tuesday 3rd Oct.

All are welcome so please come along and support your Hall.

SHOBROOKE HARVEST CELEBRATION
ST SWITHUN'S CHURCH, SHOBROOKE
16TH SEPTEMBER 2023 (10AM – 5PM)
Refreshments, Local produce, Arts & Crafts and more!...

SHOBROOKE HARVEST SUPPER SHOBROOKE VILLAGE HALL
30TH SEPTEMBER 2023 (6PM ONWARDS)

A 'Bring & Share' supper for all to enjoy – please bring something (savoury or sweet) to enjoy with your neighbours. A quiz and entertainment to follow!...

Shobrooke Craft Group News

Jan

We meet on alternate Thursdays in the Village Hall and are building up our numbers. By popular demand we recently added an extra hour to the session. Everybody is encouraging and supportive and we all enjoy seeing the various projects our members are working on. We also try out new crafts; recently a few members made small stained glass panels which was quite a challenge. Two members, Sylvia and Colin are very proficient at stained glass work and were able to guide us through the process over several sessions. We are very proud of our results.

In the coming weeks we are planning to try rag rugging and iris paper folding. None of this is compulsory though, you are more than welcome to carry on with your current project; we generally see members working on



Our stained glass pieces.

knitting, crochet, patchwork, quilting, bag making, lampshade making, decoupage, mindful colouring, dressmaking and much more.

The dates for our autumn meetings are:-

Sep. 14th & 28th, Oct. 12th & 26th, Nov. 9th & 23rd, and Dec 7th & 21st.

If you would like to come along to any meeting you will receive a warm welcome. We charge £2 per session to cover the cost of the hall and light refreshments, but the first taster session is free. If you would like to ring me beforehand for a chat please contact me on details below.

CRAFT GROUP

Why don't you come and join our friendly craft group at Shobrooke Village hall...

It's a great opportunity to meet like-minded people and swap ideas.

We always look out for different crafts and enjoy trying to learn new skills.



We meet every fortnight, Thursday 10am to 1pm
Contact Jan on 01363 899215 or email jan.barnyard@gmail.com

Wanted

Volunteers to assist with looking after the Village Church:

Not everyone realises that the majority of the Churchyard maintenance is carried out by volunteers. We are few in number but our church tasks keep growing. Extra help is needed to do things like , empty the bins, clear paths or steps, make sure drains are kept clear or complete DIY tasks like painting or cleaning down benches. If you feel could take on any one of these jobs or even more than one – I would love to hear from you! The next request is for some strippers – ivy strippers that is! Ivy has wonderful benefits as a plant – but on a building or brick wall, or our lovely cob wall it can cause considerable damage. A team of willing strippers to assist with an ivy removal day one Saturday or at time when you are free is again needed.

Please contact me Lesley Browne

01363 772343 or lesleybrowne6@hotmail.com

The following are required to assist the stalwart few who keep the inside of village church in tip top condition:

- Cleaners
- Brass polishers (once a year)
- Grass-cutters
- Flower-arrangers

You do not have to be a church goer to want to help spruce up and protect this lovely building, an essential part of the village's history.

Contact me if you want to join us : Sally Foot 01363 775388

Delivery of The Brooke magazine.

The Brooke can only exist in its present form, delivered free throughout the parish, due to the team of volunteers (organised by Sally Foot) who each deliver a small number of copies to their 'patch'.

New volunteers are needed to replace those who can no longer do their delivery round.

If you would like to help and keep The Brooke flowing freely every quarter then please contact **Sally on 01363 775388**

Footpath News - Carole Maher (Shobrooke Footpath Warden)

Just to let everyone who enjoys walking our lovely footpaths know, I have reported the hole in the footbridge over the river near Shobrooke Mill. It has been assessed and I am awaiting repairs.

If anyone notices any other problems, please let me know by email **carolemaher@icloud.com** or you can go onto **devon.gov.uk - Roads and transport - Public rights of way - report a problem**

Thank you.



St Swithun's Church News



A most enjoyable organ recital took place in Shobrooke Church on the 25th July when Rev Peter Gilks not only played superbly a variety of organ pieces but also demonstrated with pieces of an organ how the music is actually produced!

Very generous donations were given to start our loo fund to replace the current broken green loo. Appropriately Peter's encore was from Handel's Water Music!

After the concert a glass of wine accompanied by lovely special light refreshments were served with thanks to Sandra and Sally.

On August 13th Antonia Tregenza and Sandra Collier organised a very enjoyable Lammas special morning service. A variety of special breads and rolls were blessed, and a loaf kindly donated to us by Stevie B's in Crediton was distributed to members of the congregation. After the service we all enjoyed a great Bring and Share lunch by courtesy of Kirsty and Derrick in the lovely marquee in the garden of Shobrooke Barton. We look forward to borrowing their marquee again in the churchyard for our Harvest Celebration Day!

Dates for your diary:

- Sunday 10th September at 6.15 pm (please note the slightly later time)
- Harvest Songs of Praise. Preacher: The Dean of Exeter Cathedral, the Very Revd Jonathan Greener.
- Sunday 24th September at 11.00am: Communion Service in the Church
- Saturday 30th September at 6.00pm. A Bring and Share Harvest Supper in the Village Hall.
- See page 9 for details of Harvest celebration

All welcome to everything!

Special services will continue to be held and advertised on other occasions.

Rosemary Barber, Churchwarden

Tel: 01363 773419.

Email: bryherrose15@gmail.com

Update from Sandra Collier

What a proud moment for me, on Saturday 1 st July at Exeter Cathedral, when I had the privilege of being admitted into holy Orders. Whilst I was not able to offer an open invitation to all, due to limited space in the Cathedral, I was delighted that John & Rosemary the Shobrooke Churchwardens and some of the PCC members were able to be present, sharing too in some hospitality along with family members and friends. Thank you for all the kind messages and cards wishing me well.

In the hustle and bustle of day to day living we are all in danger of running ourselves into the ground, never stopping, or if we do, feeling guilty. We live in such a beautiful area there is so much to observe and enjoy. It is good to stop, allow ourselves time, be kind to ourselves. I came across this poem, **Gift of Rest** by **Jennifer Minney**.

What have you done of worth today,
What thing accomplished? Tell me, pray.

I wandered down a country lane,
Enjoying warm the morning sun,
I lazed about, cast off the chain
Of mundane tasks and had some fun.
I met a friend, a favourite guest.
Today I gave my body rest.

What have you done of worth today,
What thing accomplished? Tell me, pray.

I sat and watched the flowers grow,
Took pleasure in their colours bright.

I smelled the breeze and felt it blow.
I gazed enthralled at dancing light
As soft the sun sank in the west.
Today my soul knew peace and rest.

What have you done of worth today,
What thing accomplished? Tell me, pray.

I let my thoughts go drifting free,
Indulged in dreams and, unconfined,
I soared to realms of fantasy
And left the world of work behind.
I used my Maker's last bequest.
Today my mind experienced rest.

I trust we can all enjoy the beauty of Autumn in Shobrooke.

On Monday 11 th September I will be starting a regular half hour weekly prayer meeting at 4pm in the church. Do come along, or contact me for more details.

It is a privilege to be able to serve you all in the Village.

My normal working days will be Mondays, Tuesdays & Wednesdays, so please get in touch if I can help in any way:

01363 777013, sandracollier57@gmail.com

I hope people will stop me and say hello when out and about around the Village. I very much look forward to seeing many of you at the Harvest Celebrations.

With love and prayers for you all, Sandra Collier

Shobrooke Harvest Celebration Day

Saturday 16th September - 10:00 am - 5:00 pm

Please come to our celebration day! Similar to last year's event, there will be marquees and gazebos in the churchyard so that most stalls, apart from food stalls will be able to take place outside. Light refreshments and the produce stall (bread, cakes, pickles, jams etc) will be available inside the church, but there will be seating outside or in one of the tents for eating and drinking. This seemed to work very well previously, and the weather is usually kind so hopefully things will work out well this year too!

Our usual stalls will be available including : Refreshments, Produce, Allotments, Grand Draw, Silent Auction, Tombola, Bottles and Tins, Bric a brac, Local History, Scarves etc. Donated items for the various stalls are always very welcome. Some books will be available in the Church, but we do not need extra books to be donated this year thank you.

This year there will also be a stall for second-hand Toys and Games and home-made sweets. There will also be a cake bake-off competition.

Many of you know the ropes only too well, but there are a number of new folk in the village and it would be great to meet you, so do come and make yourself known to your neighbours! Please don't be afraid to offer to help either. Extra hands are always welcome and it will help you to feel more

involved.

We will need people as usual to help put up tents on the Thursday evening before, and also on the Friday morning to help set up the stalls, and also to dismantle everything on the late Saturday afternoon.

The Friends of Shobrooke Church, a charity, was set up to raise funds to maintain our beautiful building, and the Harvest Celebration is our main annual fund raiser. We are hoping to be able to raise some money to replace the church loo this year so will be very grateful for your time and help and donations to make the day a really positive, enjoyable community event. The Green Loo has been available for 13 years but now sadly it has broken down and cannot be repaired, so our plan is to substitute it with a "proper job loo" with a water supply and hand basin, hence the theme for this year's Harvest is "Pennies from Heaven!"

NB If you also could begin to collect your rose petals we could receive some more blessings floating down from on high at 3.00pm on the Saturday, followed by the popular teddies etc zipping down from the tower!

The Harvest will be launched as usual with a Well Blessing Service at 10.15am on the Saturday.

NB On Sunday 10th September at 6.15pm (**please note the slightly later time**) there will be a Harvest Songs of

Praise Service in the Church.

Please note this is the Sunday a week before the Celebration Saturday, and not as usual the day after it.

Rosemary

Tel: 01363 773419

Email: bryherrose15@gmail.com

Our Shobrooke Harvest Festival is almost upon us and as usual we will have the pop up café offering refreshments and light lunches in the church run by the Hampson family and friends, and the fantastically popular cake stall run by Caroline and Jane. We would greatly appreciate any donations of cakes, muffins, flapjacks, cookies, biscuits and scones, jams and preserves. In particular we would be very grateful

for quiches as we hope to have quiche and salad on the lunchtime menu along with filled rolls.

If you're able to make something we'd be extremely grateful, donations can be delivered to Vivien and Caroline on the Friday, or to the church first thing on Saturday morning. Any queries please contact Vivien on 01363 775468.

Thank you very much for your help.

Café and Cake Stall Team

Join us at the Shobrooke Village Harvest Festival, a delightful celebration of community, food, and fun! As a proud villager, I'm excited to extend a warm invitation to all our friends and neighbours near and far. The festival promises an unforgettable day filled with laughter and mouthwatering delights.

One of the highlights of the event is our much-anticipated Bake Off Competition. This year, we've chosen the vegetable cake as the star of the show. We encourage all the bakers in the village and beyond to show off their culinary prowess and compete for the title of "**Shobrooke's Best Vegetable Cake Baker.**" Whether you're a seasoned baker or an aspiring one, this is your chance to shine and tantalise taste buds with your delicious creations. The aroma of freshly baked cakes is sure to

envelop the Church grounds, creating an irresistible atmosphere that embodies the spirit of autumn.

But that's not all – we're also thrilled to introduce a special addition to this year's festival: a Polish food stall! As part of the festivities, my mother and I will be sharing bite-sized pieces of traditional Slavic cuisine. With my mum Aneta, my daughter Nela and myself being Polish (and our little boy Nathaniel being half-Polish, too!) we're excited to bring a taste of our culture to the village. From sweet to savoury, our mini stall will offer a delightful sampling of flavours that will transport your taste buds to Central Europe. Join us in celebrating diversity through food and fostering a stronger sense of community. Don't miss out on the chance to make lasting memories at the Shobrooke Village Harvest Festival. See you there!

Sylvia Jacob and Family

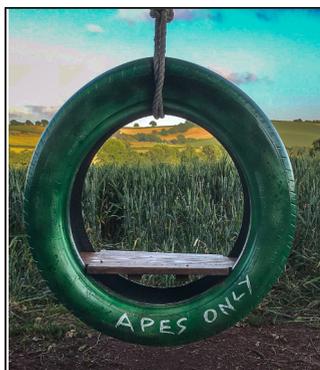
Shobrooke Photo Gallery



Sally Foot - Fingle Bridge



Anne Birts - Summer dining room.



*Alison Ayres -
Shobrooke's
entertainment hub.*



*Joy Moore - Ancient
Mariner rose*



*Alison Ayres
Shobrooke Plant sale - raised £1236 for Disaster
emergency Committee, and £280 for allotment
group (for insurance, water bills etc)*

News from Uppincott Farm *by Nick Lee*

For the past few months I have been “off games” following a knee operation, which has given me an unusual amount of time for things other than farming. Fortunately I like reading, particularly rural based novels, and especially ones about farming around the turn of the last century.

One of my favourites from that time is A.G. Street, who wrote titles such as *Farmers Glory* and *Gentleman of the Party*. Arthur Street was really a farming journalist, but also wrote several compelling agricultural novels. These were set in a time long before tractors and combines, when horses were the main power source. Cows would have been milked by hand, and only hay would have been made for winter animal feed, as silage making hadn't been developed.

All of this got me thinking about the time here at Uppincott Farm when wheat was cut with a binder for the last time.

I was still at school, but I clearly remember “stitching” the sheaves into stooks in Lower Beacon Down, the eight acre field up on the hill. All available helpers were drafted in to help with this, my brother Christopher, various cousins and all got involved! None of us liked the red rash, caused by the scratchy wheat sheaves, on the inside of our arms.

Although my father and uncle had a combine they decided that the product that was in demand at the time was thatching “reed,” as the combed wheat straw was known.

The only way to harvest this was the old fashioned way with a binder and then subsequently, some months afterwards, putting all the sheaves through a threshing machine, to separate the wheat grain from the straw. The rick of sheaves was built in the field called Bovey, as it is reasonably level at the bottom and nearer the road. The threshing machine was hired from Murch Bros. from Umberleigh and thankfully it was arranged to do this job when I was off school during half term. After a three mile cycle ride from Langford, where we grew up, I was given



*Typical wheat stooks
(Old photo from South Molton)*

the task of standing on the top of the thresher at the back, and cutting the sisal strings off the sheaves, ready for one of the Murch men to carefully feed them into what could only be described as a cylinder of spinning six inch nails! I was told to keep well away from that!

Again it was all hands on deck, my father and David pitched the sheaves from the rick to me on the threshing machine. At the far end of the threshing machine, Fred Rockey and Uncle Dick were in charge of the "reed comber" and placing the prepared bundles of thatching material on trailers, ready to be put in a barn in the dry, and Uncle Fred looked after the bags of wheat, of which there was a constant supply. I think the wheat variety was Maris Widgeon, but I could well be wrong, as I was only eleven at the time!

I feel so lucky to have experienced this; it's just a shame that as everyone was so busy with the task in hand, no photographs were taken.

But we do have some of the bundles of reed, still in good condition after all this time, stacked away in the dry in the corner of the tallet, just in case we need it!!

Foodbank News

Lorraine Bowsher

If you are new to the village and would like to be added to the email distribution list to receive regular updates concerning Crediton Foodbank shortages and other Foodbank news, please email me:

lorraine.bowsher@gmail.com **with 'Foodbank' in the subject box.**

The foodbank can also be contacted as follows:

Website : www.creditonfoodbank.org.uk

email : help@creditonfoodbank.org.uk

or phone the Co-ordinator, Fiona, on 07740 202741.

Please note this email distribution list is for information about foodbank items only (and does not relate to any other village news). This information is sent to Lorraine by the Foodbank via email and then forwarded on to those she has on her list.

In the last edition I wrote about the *dangers of untreated dog faeces to children, livestock and wildlife.*

A local farmer has informed me that some cheaper over the counter worming pills do not treat tapeworm, so please check this when treating your dog and please remember the dangers of untreated dog faeces and pick up your dog's poo.

Sally Foot

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FOOD FOR THOUGHT

“In seed time learn, in harvest teach, in winter enjoy.”

William Blake

THOUGHTS OF FOOD

Spicy pumpkin muffins:

Ingredients

- 225g plain flour
- 2 tsp baking powder
- 1 tbsp ground cinnamon
- 100g caster sugar
- 50g soft light brown sugar
- 200g pumpkin, puréed
- 2 large eggs
- 125g slightly salted butter, melted



Instructions

1. Peel and seed 200g of pumpkin, cut into evenly sized cubes. Place in a steamer or colander set over a pan of simmering water and cook for 10 - 15 mins until cooked through. Mash and leave to cool
2. Heat the oven to 200C/180C fan/gas 6. Line a 12-hole muffin tin with muffin cases. Mix the flour, baking powder, cinnamon and both sugars together in a large bowl.
3. Whisk the purée and eggs together then add to the dry ingredients with the melted butter. Whisk for 1-2 mins with an electric hand whisk until just combined.
4. Bake for 15 mins until golden and risen and golden and a skewer inserted comes out clean. Lift onto a wire rack to cool completely.

Will keep for three days in an airtight container.

Village People - Wendy and Richard Duff

by Joy Moore

Wendy and Richard have lived in Efford since 1987, when Richard was relocated to Exeter to work as a train driver for British Railways, western division.

Now in their eighties, they were neighbours of Pete and Diana Mason and have been regular supporters of Open Mic over the years. 'Pete's singing has been a huge part of our lives'.

Richard and Wendy have been married for 61 years and recently celebrated their Diamond Anniversary together with one of their married daughter's 40th Ruby anniversary.

They originally met in London in 1961 when both were students; Wendy at teacher training College and Richard completing a course in metallurgy at Imperial College.

Following their engagement Wendy obtained employment as a primary school teacher in Reading, and Richard for British Railways where the couple married and established a home. They have three daughters, four grandchildren and two great grand children.

Wendy grew up in Somerset and following graduation from High School at age 18 years completed a two year teacher training course for primary aged children in London. She continued to teach part time following the birth of their three daughters while based in Reading. After moving to Efford she was employed as a supply teacher and also involved in census taking.

Wendy has been active in the community and is treasurer of the Thoverton Women's Institute as well as organising Whist Drives.

Richard was born in Wiltshire and went to boarding school from the age of 11 years. He graduated with three A levels: maths, physics and chemistry and aged 18 years was called up for National Service. He joined the Air force and spent part of his training in Winnipeg, Canada.

On completion of National Service he enrolled in a Degree course at Imperial College, London.

Richard has been employed by British Rail throughout his working life and has found the work rewarding. He was a member of ASLEF union and experienced the privatisation of the railways under the Conservative



leadership of John Major leading to a major re-organisation of the national rail network. When working as a train driver for British Rail in Exeter from 1987, Richard recalled his enjoyment and pride in the work and being solely responsible for the safety of passengers and the mechanical challenges presented from driving a train. In particular he was fortunate to be at a Depot with two distinct routes namely departures from Exeter to Paddington and Exeter to Waterloo. In his memoir he described the 'privilege and joy involved and the solitude in witnessing the ever changing landscape, sounds and smell; the colours in the fields as crops flourished and then ripened was magical. The morning and evening sun light bringing a special edition to the symphony of colour and the changing cloud shadows over them.'

In 2015 the couple experienced a major health crisis when Wendy was diagnosed with a life threatening cancer, leukaemia. Due to the prompt action of their next door neighbours, Ann and Jerry Parkinson living in the adjacent semi detached house who were able to locate Wendy, as she and Richard were away at the time, she was hospitalised as an emergency at the R.D.E Hospital at Exeter General. Following weeks of intensive chemotherapy she fortunately made a full recovery.

It is pertinent to note that Jerry was also diagnosed in 2021 with the exact same cancer and the question arises as to possible environmental links. Jerry has also recovered after months of weekly treatment at the same specialist cancer unit as Wendy.

Richard and Wendy continue to enjoy their life in Efford, and being active with garden, family and community. They never miss the monthly Open Mic sessions at the Red Lion and have provided important support to our local musical community.

It should be noted that Efford and Shute are part of the Shobrooke parish.



Attention dog owners

I was reminded of this when a lost dog in Shobrooke had no collar on. It is a legal requirement for your dog, when you are out of your home, to have a collar and a tag stating owners name, address and postcode, and optionally a tel.number. This is in addition to being chipped.

An additional benefit is that this allows direct contact with the owner if a dog is found, instead of having to get the chip read by a vet or dog warden. Meaning that hopefully you will be quickly reunited, and there will be less stress for your dog.

Thank you

Sally Foot

SHOBROOKE PARISH COUNCIL 2023

Parish Councillors

- Cllr Chris Furse (Chair) 14 Silver Way, Shobrooke, Crediton, EX17 1HP
Tel: 01363 774495 - chrisfurse@live.co.uk
- Cllr Lynsay Balkwill 14 The Village, Shobrooke, Crediton, EX17 1AU
Tel: 01363775296 - lynsaybalkwill@gmail.com
- Cllr Graeme Barnell Hales, Newton St Cyres, EX5 5BS
01392 851308 – gbarnell@middevon.gov.uk
- Cllr Allan Jones 19 School Close, Shobrooke, Crediton, EX17 1AX
Tel: 01363 777444 - ellie.jim@sky.com
- Cllr Lilian Pilgrim 31 School Close, Shobrooke, Crediton, EX17 1AX
lilianpilgrim@outlook.com
- Cllr Margaret Squires Frostland Farm, Copplestone, Crediton, EX17 5NY
01363 84337 – margaret.squires@devon.gov.uk

Devon County Councillor

- Cllr Margaret Squires Frostland Farm, Copplestone, Crediton, EX17 5NY
01363 84337 – margaret.squires@devon.gov.uk

Mid Devon District Councillor

- Cllr Graeme Barnell Hales, Newton St Cyres, EX5 5BS
01392 851308 – gbarnell@middevon.gov.uk

Parish Clerk

- Anna Clark 2 Elmfield Meadow, Northlew, Okehampton EX20 3BN
07886 004 919 – shobrookepc@outlook.com

PARISH WEBSITE: <https://www.shobrookeparishcouncil.co.uk>

Shobrooke Parish Council

A full copy of the most recent agreed minutes is posted on the Parish Council noticeboard in the bus shelter each month, and the minutes for all recent meetings can be found on the parish council website:

<https://www.shobrookeparishcouncil.co.uk>

Please note that the website address and the contact email address for the parish council have both now changed.

Parish Council meetings take place on the second Tuesday every month – everyone is welcome to attend.

A public participation session is held at the start of each meeting.

Further to the local elections this year the parish council is pleased to report that all our councillors were unopposed and resumed their responsibilities at Shobrooke Parish Council. We are also pleased to announce that Sandra Collier has been co-opted onto the council and we welcome her to the parish council and look forward to her views and contributions towards the running of the council.

The subsequent meetings after the elections revolved around administration and procedural matters as per the district council requirements.

We have yet to meet our newly elected District councillors, but Cllr. Margaret Squires (Devon County Councillor) has come to our meetings and has supported our grant applications so far this year. We hope to submit a few applications this year, but we are aware that the economy is suffering with inflation and

other pressures and this will mean the availability of grants will also be diminished.

We welcome the views of our parishioners, these can be sent by email to the clerk at ***Shobrookepc@gmail.com***

Our Clerk would also appreciate a few photographs to go towards the new website. Although we have taken some new ones, it would be very interesting to see any photographs from by gone days.



What is there left to say about the last three months - completely topsy turvy weather.

A long heat wave followed by 6 weeks of weather that wouldn't be amiss in the middle of Autumn.

At the time of writing there is still 3 weeks of August remaining, one can only hope that some semblance of Summer returns.

After that we move into Autumn and we can only hope that for us gardeners the weather behaves as one might expect in Autumn.

As always with the weather, we can only accurately predict that it will be unpredictable, so keep an eye on local forecasts and adapt your gardening tasks accordingly!

September

Whether this month gives us periods of wind, rain and cold, or a balmy Indian Summer, the main priorities this month are about getting the garden ready for the months ahead – by collecting seeds, sowing hardy annuals and winter veg and keeping on top of the falling leaves. It is also the time to harvest the rewards of

all the hard work you've put into growing your fruit and vegetables

- Pick autumn raspberries and other fruit as it ripens
- Dig up remaining potatoes before slug damage spoils them
- Start to reduce the frequency of watering house plants
- Protect leafy vegetable crops from bird damage
- Sow sweet peas for an early crop next year
- Plant out spring flowering biennials such as wallflowers, forget-me-nots and violas
- Plant trees and shrubs and water well
- Plant up *Amaryllis* and *Hyacinth* for Christmas flowering
- Cut back perennials as they fade and die back
- Prune early-flowering shrubs such as *Philadelphus* (Mock Orange).

October

The days are noticeably getting shorter now and there is a chill in the air, and the possibility of early frosts and the garden is winding down.

Now is a good time to get prepared for next year, cutting back perennials, mulching borders and harvesting any remaining autumn vegetables.

- Cut back perennials and divide them for transplanting
- Move tender plants into a greenhouse or conservatory
- Plant out spring cabbages, and over wintering garlic
- Harvest apples, pears, grapes and nuts as they become ripe
- This is the last chance to mow lawns and trim hedges
- Renovate old lawns and lay turf to create new areas
- Plant new herbaceous perennials
- Continue to plant spring flowers including bulbs
- Keep looking after hanging baskets
- Check tree ties and stakes

- Create your own leaf mould from fallen leaves.
- Consider insulating your greenhouse with bubble wrap to protect any remaining plant from cold nights, and remember to keep it ventilated to avoid build up of humidity.

November

It's all about protecting plants this month, checking tree ties and tying in shoots on plants where needed to prevent any damage occurring from the harsh winter weather. Taking these steps in November will help prepare your garden for the colder months and set the stage for a successful spring.

- Dig over any ground that will be bare over winter, such as flowerbeds and vegetable plots. If you have some spare garden compost or well-rotted manure, spread it over the ground so it automatically gets turned in as you work.
- Plant tulip bulbs for a spring display next year
- Prune roses to prevent wind rock
- Plant out winter bedding
- This is the ideal month to plant roses
- Consider servicing machinery over the winter period
- Apply an autumn mulch to beds
- Order seed catalogues for next year
- Protect plants from frost
- Rake up and destroy disease-infected leaves.

Hopefully you will have had a successful gardening season, and as we start to move towards the winter equinox your thoughts will no doubt start turning towards next years growing adventures - reviewing your successes and failures and pouring over one or more seed catalogues. We all know that the next growing year will always be better....



Decorating Shobrooke's Christmas Tree

Lilian Pilgrim



I have been decorating the tree for the last couple of years, but I thought that this year more people from the village would like to get involved in both deciding a theme and also contributing decorations based on the selected theme.

You can send me your theme suggestions upto 5th October, I will then announce the chosen theme by 15th October on the Nextdoor network and also put a notice in the bus stop.

For those interested in making decorations, based on the theme chosen, you would have to get them to me by 30th November, at the latest. They can be dropped at the church. You can contact me on lilianpilgrim@gmail.com

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Wellness Page

By 'Dr Feelgood'



Keeping well and looking after ourselves can sometimes feel like a bit of a chore. Ironically though sometimes we are actually looking after ourselves without even realising it. If you want to exercise your body you might go for a walk, a swim, a run, but if you want to exercise your brain you can listen to music!

Whilst listening to music feels pleasurable, the act of listening to music is actually a very effective workout for your brain. Research has shown that listening to music can reduce anxiety, lower blood pressure, help manage pain and improve our mental awareness and our memory. When we play music the musical vibrations travel through the air to the ear canal where they 'tickle' the eardrum and are then transmitted into an electrical signal that travels through the auditory nerve to the brain stem, the brain then reassembles it into something we perceive as music. We know music is structural and mathematical and whatever kind of music you're listening to, music is based on the relationship between one note and the next. Given all this, your brain has to do a lot of work to make sense of it.

You can boost your brain by listening to music you may be unfamiliar with too. We all fall into patterns where only we listen to the music we know we will like, often the music we all liked in our teens and our 20s. That's completely understandable of course, but challenging your brain to hear something new, even if it's not very pleasant, makes your brain work harder. If you're feeling brave, try a few minutes of listening to what your children, grand children or the children of your friends listen to – or just tune into Radio 1 for 10 minutes. Your brain will have a good workout if you don't usually listen to this kind of music. Alternatively, if that's the kind of music you often listen to, try tuning into Radio 3 for a few minutes, you'll be exercising your brain in new ways if you do.

Of course music is an amazing way of recapturing memories and emotions, we all have those songs that instantly take us back to those key moments in our life. The power of music to do this is quite extraordinary. Our body responds to music in a very personal way too, the music that relaxes one person may not soothe someone else, some music will suddenly make you want to start singing or

dancing round the room, it's like a kind of wonderful magic. Life without music would be very poor indeed, as the great Louis Armstrong said '*Music is life itself*'

So when you next sit back and enjoy some music you can rest in the knowledge that you are giving your brain a good workout too. And if you sing or dance round the room as you do so, all the better!

Wishing you well :)

Dr Feelgood

Open Mic News



The Open Mic had a break in August, but it will be back in a new format next month.

There's been discussion about not continuing Open Mic in the Red Lion, as attendance has been so poor lately (and with uncertainty over the pubs future), but those there in July said they'd really like it to carry on. So we've decided to keep the space open for those who want to meet for an informal chat and sing/play. More of a song sharing than a performance. This means no one has to run it or bring microphones and sound equipment. Those who have run it in the past are happy to come along when they can. New people are always welcome - bring friends along to listen or even better contribute.

If you want to keep the Open Mic going as an event in the Red Lion then please consider coming along to support.

**See some of you on Wed 13th Sept
Now starting a bit later at 8pm.**

Hazel Underwood

Codeword
Answers

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

Hedgehog News

Vivien & Sally



The support for hedgehogs in Shobrooke is now well known and as a village we are very much doing our bit to support them. It's been a busy time for hedgehog sightings this spring and summer too, and several people in Shobrooke have reported hedgehogs moving into their gardens for the first time in some years which is fantastic news.

Of course interest in hedgehogs is not unique to our culture and this period in time and there's plenty of evidence of hedgehogs being significant throughout history too. The ancient Egyptians very much liked the hedgehog and hedgehog amulets were common at this time, these amulets signified that hedgehogs were a positive animal to be respected and valued. The suggestion is the ancient Egyptians saw the hedgehog as a symbol of rebirth, largely due to the fact that they hibernate when food is scarce and reappear when food sources are plentiful again. Here in Britain in medieval times there was a myth that hedgehogs could carry fruit on their spines (quite how this theory came about is a mystery considering hedgehogs walk with their spines flattened down!) and a couple of hundred years later hedgehogs were vilified as there was a belief that they stole eggs and cows' milk. During this time in history there was also a widespread fear of witches and sadly a popular myth was that witches would shapeshift into hedgehogs. Inevitably this did great harm to the reputation of hedgehogs at the time, not helped by the fact that in 1566 a 3p bounty was put on hedgehogs, dead or alive, by the Parliament of the day!

Fortunately in modern times we have moved on and rediscovered the wonders of the hedgehog again and we are committed to supporting them, especially here in Shobrooke. With this in mind don't forget to keep putting food and fresh water out every day to keep our hedgehogs happy and well cared for as we move into the Autumn.

A reminder that hedgehogs hide out in the day in long grass and undergrowth and many are maimed or killed if you don't check the area before mowing and strimming. It is a good idea to politely remind council workers of this too when they are working on the footpaths and grass areas. Keep shed doors closed at night as they may hide in them and then get shut in.

As the nights are starting to draw in please supervise your dogs when letting them out in the garden in the evening as the hedgehogs will be around earlier and dogs can kill and injure them.

And as Autumn approaches they will be looking for hibernating places too and we may well be busy making garden waste piles and bonfires, ideal shelters for them, so please check before sticking forks in or lighting them.

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Unfamiliar space and peer beyond my comfort zone
How many are the people I'll never meet
Though chances are I've come across a likeness
In the people and places I read about.

The early morning ritual of reading in the eyrie of my bedroom
The companionable silence of a long established friendship
Before the noisy thrusting daytime world presses in
up the stairs and in from the garden through the double glazing
demanding my attention... the phone, the doorbell or just
the accusing eye of my watch

At the city bookshop I buy an Espresso and a scone
before the sight test I need to keep me reading.
The girl with whom I share my table is reading,
her phone nowhere in sight
While all around, books on display jostle for our attention.

My once monthly Book Group meets at the library
Where there is stimulating, sometimes prejudice challenging chat
Seasoned with anecdotes from participants' own back stories.
This month's book should pass muster: Hilary Mantel on Saudi Arabia.
But you never know.

Since 2015, there is no limit to the number of books prisoners can receive, subject to certain rules that must be strictly adhered to. Gov.UK



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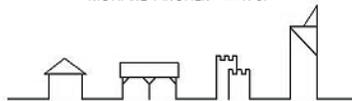


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Tuesdays only, departing Shobrooke Red Lion at 09:30 arriving Tiverton Bus Station 10:50.

Returning to Shobrooke from Tiverton Bus Station 13:50, *(We haven't been able to confirm the stand number in Tiverton - it used to be stand 6)*

Bus arrives back in Shobrooke at 15:00.

(In the morning this service starts at Crediton Green at 09:10 and arrives back there in the afternoon at 15:20, so can also be used by people coming to Shobrooke or going into Crediton on Tuesday afternoon: if returning from Shobrooke in the afternoon it would be best to tell the driver on the morning journey!)

Phone numbers: Dartline : 01392 872900 Country Bus : 01626 833664

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Thank You from all The Red Lion Team

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