

Luppitt Packet

March 2025

Art by Julia Sparks



In Memory

Sadly, we have lost a number of residents and former residents of the parish in recent months, all of whom touched peoples' hearts in different ways – Marguerite Wall, Penny Nicholls, Chris Charlton and most recently Joan Beckett, who was a great contributor to the Packet amongst other things.

We hope to tell you more about their lives in next month's Packet. In the meantime, we extend our love and sympathy to all their families and friends.



Joan Beckett

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THE LUPPITT PACKET

March is the time we can climb out of our winter blues and welcome the beginning of Spring. Already our gardens and hedgerows are bursting with mood-lifting colour. Drifts of snowdrops, nodding daffodils, wonderful displays of multi coloured hellebores and early primroses are on display everywhere.

March, too, brings signs of wildlife preparing for the breeding season and as you might have guessed from the gorgeous cover illustration from Julia Sparks, Mad March Hares have inspired us this month.

National and International events in March kick off on March 1st with St. David's Day followed later in the month by St Patrick's Day. We have included articles on the history of both events, with some national dishes you might want to try. World Downs Syndrome Day - a major international charity and awareness event, falls on March 21st. There is an excellent website looking in depth at the Downs Syndrome condition and the March 21st event - all details inside.

Great news that the Luppitt Inn is reopening this month and will surely quickly become a favoured meeting place.

The third weekend in the month promises to be the social highlight, kicking off with the March 21st Springtime Concert at St. Marys Church – a sublime mixture of classical and modern music provided by The Orchard Café Quartet. The acoustics in St Mary's, combined with spectacular interior lighting and some delicious canapes with wine during the interval should make this an event not to be missed. There are still some tickets available – see the poster inside.

On Sunday 23rd, you can head to The Manor Rooms in Upottery where Upottery Pre-School will be holding a Big Breakfast event, raising money for Brain Tumour Research and new equipment for the school.

The Luppitt Flower Show may seem a long way away, but it is time to get planting if you want your veggies and blooms to be at their best for the Show! You will find details of the classes for 2025 in this issue.

Christine Ryder, Michele Turner and the Luppitt Packet team

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Luppitt Entertainments Committee Events

Coming up soon:

Friday 4th April: Easter Bingo

Time: 7:00 for 7:30pm

Events to look forward to in 2025:

Friday 25th April: Ladies Film Night

Sunday 4th May: Sunday Stroll

followed by Tea in the Village Hall

Sunday 1st June: Family Footpath Fun

An interactive walk for all, especially families, finishing with refreshments at the village hall.

REGULAR EVENTS IN THE VILLAGE HALL

Short Mat Bowls

7.30pm Thursdays

Friday Coffee / Market

11am until 1pm

SWALING OR BURNING OF THE LUPPITT COMMONS 2025

The Directors of Luppitt Commons Ltd hereby give notice of their intent (weather permitting) to burn parts of the Commons (Luppitt, Hartridge, Hense Moor) during the months of January, February and March 2025.

The Commons will be burnt in accordance with the code of practice laid down by DEFRA for the burning of heather, grass, gorse and vaccinium.

COPY DATE FOR THE LUPPITT PACKET MARCH 2025 ISSUE IS

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THE LUPPITT PACKET IS ALSO ONLINE

Additional information and photographs can be found at www.luppittpacket.co.uk All archive PDF copies of The Packet dating from 2010 to the current edition can be found on www.luppitt.net (hosted by Peter Sage) which also contains a wealth of information about Luppitt – its history, people, photos, family trees etc.

DIRECTORY

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Surgeries	Blackdown Dunkeswell	01823 681720
	Honiton Medical Centre	01404 548544
	Honiton Minor Injuries Unit	01404 540540
Devon Air Ambulance		01392 466666
East Devon District Council		01404 515616
TRIP (community transport)		01404 46529
Citizens Advice Bureau		0344 411 1444

Location of defibrillators

Village Hall EX14 4RT

Lowmans Farm, EX14 4TX (near Red Doors)

GARDEN JOTTINGS

The sun is rather higher now, so I can go round the garden and see what winter is leaving alive. Our apple trees look fine. We've three. Last year only one had any apples, pretty hard and small but quite edible. I am inclined to think it was self-sown seedling. The other two came from Slades. Last autumn neither had apples. Maybe they flowered in a cold snap when the bees stayed at home. Our pear trees had no pears either. It was the same with our two oak trees. Usually the ground is littered with fallen acorns in late autumn, but last year I saw none. Squirrels had to spend time searching for rare hazelnuts.

Soft fruit however was good despite the cold spring. The most successful was the blueberry. The blueberry's a cold growing shrub from North America. It needs acid soil conditions. Ours is in a large tub which can be watered with iron sulphate or something similar to keep the pH value low. The Pomona Fruit catalogue which they send to us regularly lists several blueberry varieties, even a pink blueberry. Blueberries are very suitable for freezing.



Boysenberries were another crop which did well last year. This is a loganberry hybrid, itself a hybrid, with long stems which cling to trellises. Boysenberries are another fruit which freezes well. Currants red, white and black all cropped successfully although rather below par.



Then there are strawberries, - popular fruit. The Pomona Fruit catalogue offers many varieties of this berry. Jacki grew some in the poly quite successfully. The main problem with them is slugs and snails. Once they ripen to red it is difficult to keep them away even with barriers.

David Street



St. Mary's March service schedule is listed below. For a full list of services across our Mission Community please visit www.dunkeswell.org.uk

SERVICES

Every Tuesday at 2pm: Prayer service led by Sara Bevan or Revd Nigel Candelent.

2nd	09:30am	Holy Communion	Revd Nigel Candelent
9th	11:00am	Holy Communion	Revd Jane Penn
16th	No Service at Luppitt, see alternatives below		
23rd	11:00am	Morning Worship	Lay Led
30th	11:00am	Mothering Sunday	Revd Peter Horder

DMC Ash Wednesday service at St. Nicholas, Dunkeswell

5th	7:00pm	Holy Communion	Revd Nigel Candelent
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Alternative services on Sunday 16th March

10:30am	Praise and worship, Throgmorton Hall, Dunkeswell
11:00am	Morning Worship, St. Mary's, Upottery



Church Cleaning and Flower Rota 2025

1 March	Sue Piechowiak
8 March	Jean Gardiner and Joy Tofts
15 March	Pat Bussey
22 March	Mary Joyce and Pearl Pulman
29 March	Mary Hill

5 April	Sue Piechowiak
12 April	Jean Gardiner and Joy Tofts
19 April	Pat Bussey

Easter Decorations - all

26 April	Mary Joyce, Pearl Pulman & Mary Hill
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St Patrick's Day

The 17th March is St Patrick's Day and marks the death of the patron saint of Ireland. It is a remarkable fact that St Patrick is regarded as a saint within the doctrines of the Roman Catholic, Anglican, Lutheran and Eastern Orthodox churches. The festival is celebrated with gusto by people of from many walks of life in Ireland.

St Patrick was born about 385 A.D. probably in Cumbria. At the age of sixteen he was captured by Irish pirates and taken to Ireland where he was enslaved and worked as a shepherd, and it was during this time that he converted to Christianity. After six years and a long and tortuous journey he escaped back to Britain where he continued his studies. Some years later he had a vision calling him back to Ireland, where he baptized poor and rich alike and is credited with bringing Christianity to the country. There is no doubt that this was a dangerous mission for a foreigner who had no allegiance to any king and he was often robbed and imprisoned.

Myths and legends surround St Patrick, but there are also samples of his writings.

So where does the shamrock come in? St Patrick used it's three leaves to illustrate The Holy Trinity. Many people sport a spray on their lapels and it can even be bought in Irish supermarkets. It is sometimes added to Irish whiskey on St Patrick's Day. The shamrock is either swallowed or thrown over the left shoulder - a method once used by St Patrick to banish the devil from an Inn!

Many Catholics attend mass, but it is a day of celebration, and even though it comes in Lent the national holiday starts with a good fried breakfast for the majority. There are parades in cities & towns, the most famous being in Dublin, but it is not the highly commercialised event it has become in the USA.

St Patrick used to take an ash walking stick with him when he was travelling around the country. On one occasion he thrust the cane in the ground at it took him so long to convert the locals that the stick had rooted by the time he wished to move on. The place is now known as Aspatría (ash of Patrick). He is credited with ridding Ireland of snakes, however, all evidence suggests that post glacial Ireland never had any snakes!

"St Patrick was a gentleman,
Who through strategy and stealth,
Drove all the snakes from Ireland,
Here's a toasting to his health,
But not too many toasts
Lest you forget yourself and then
Forget the good St Patrick
And see all those snakes again."



Sláinte

The Worm Moon: A March Phenomenon to Celebrate

As March rolls in, the skies will be graced by one of the most enchanting lunar events of the year—the Worm Moon. This full moon has been a source of fascination and inspiration for centuries, and its significance is deeply rooted in both natural cycles and cultural traditions.

The Worm Moon marks the final full moon of winter before the arrival of spring. It is known by many names across various cultures, but the most common is “Worm Moon.” This name originates from the time of year when the ground begins to thaw, and earthworms re-emerge, signalling the start of warmer, more fertile conditions for plants and animals alike.

It is a reminder that the earth is waking up from its winter slumber. As the temperatures rise and the frost recedes, earthworms and other creatures begin to stir, enriching the soil and kickstarting the growing season. It is a sign that the worst of the cold has passed and that it is time to start preparing for planting. Its timing is closely aligned with nature’s rhythm—the thawing ground allows for a burst of growth that will support crops and flowers in the months to come.

Historically, it also marks the return of migratory birds, and some tribes would begin planting crops after witnessing signs of nature’s shift.

In today’s world, the Worm Moon might not have the same practical significance it once did, but it still offers an opportunity for reflection and connection to the natural world. Whether you’re planning your spring garden or simply taking a quiet moment to admire the moon’s beauty, the Worm Moon provides a reminder of the cycles of nature that govern our lives.

If you’re looking to celebrate the Worm Moon, there are plenty of ways to engage with this beautiful event:

1. Stargazing: Enjoy the peaceful beauty of the sky by heading outdoors for a night of moon watching.
2. Gardening: Start preparing your garden for the growing season—planting seeds or tending to your plants.
3. Reflect and Reconnect: Use the Worm Moon as a time to reflect on personal growth and changes to embrace.

The Worm Moon is more than just a celestial event—it’s a celebration of renewal, growth, and connection to the earth. Whether you see it as a chance to plan your garden, make a fresh start, or simply admire its beauty, take a moment to step outside on 25th March this year (clouds permitting). And maybe—just maybe—you’ll spot an earthworm waving back.....



SHROVETIDE

Shrovetide is longer than I realised and comprises the four days before the start of Lent on Ash Wednesday. Four days in which all the eggs, meat, dairy products, and alcohol need to be used up for the forty days of fasting in Lent.

Shrove comes from the word shrive – to receive absolution following confession.

Christians focus on an examination of conscience and repentance before Lent and decide what sacrifices they will make during that period. In the meantime, it is the last chance for merrymaking before Easter. In Lutheran countries there are elaborate festivals – Fastelavn. In France there is a carnival on Shrove Tuesday known as Mardi Gras (Fat Tuesday). In Ashbourne, Derbyshire, Shrovetide Football is played in the streets with hundreds of players and spectators.

Shrove Sunday is also Quinquagesima (fifty days before Easter) a day for eating up meat. It is followed by Shrove Monday, also known as Rose Monday, Hall Monday, Merry Monday, or Collopy Monday – a chance to eat up collops of bacon and eggs. No wonder we Brits like a fry up, it's part of our religion!

The big event is of course Shrove Tuesday – Pancake Day. Pancakes are said to represent the four pillars of the Christian faith. Eggs for creation, milk for purity, flour for the staff of life and salt for wholesomeness.



A genuine pancake should be flipped, and in pancake races this should be done three times. The first pancake race is said to have started in 1445 at Olney when a woman heard the Shrivng Bell beckoning her to church whilst she was making pancakes; this would have been her last chance to make a confession before the start of Lent. She was forced to run to church with her frying pan, tossing a pancake on the way! I hope she had time to eat it before she confessed!

Clerk's report of a Meeting of Luppitt Parish Council held at Luppitt Village Hall on Tuesday, 4 February 2025 at 8 pm

Present: Cllrs Michele Turner (Chair), Martin Summers (Vice-Chair), Charles Murray, Paul Prettejohn, Brian Pulman, Andrew Tucker, Yehudi Levine (EDDC) and one member of the public

Receive apologies for absence

Apologies were received from Cllrs Lindsay Hill, Susan Tucker. Colin Brown (EDDC) and Iain Chubb (DCC)

Minutes of previous meeting

The Minutes of the meeting held on Tuesday, 7 January 2025, were unanimously agreed and signed as a correct record of that meeting (proposed by Cllr Pulman and seconded by Cllr Summers).

Declaration of Interest

There were no declarations of interest.

PLANNING

Applications (for comment, support or objection)

There were no applications.

Housing Need Survey

The clerk has forwarded the final report to Parish Councillors and will put it on the Parish Council website – www.luppittparish.gov.uk. The clerk will contact Angela King to arrange a meeting to discuss the next step .

Enforcement at Higher Wick

The clerk had written to Wendy Ormsby at East Devon District Council and had received a prompt reply recognising that mistakes had been made when issuing the enforcement notice which was regrettable. Lessons had been learnt to avoid a repeat in the future.

Decisions

24/2324/FUL – The Barn, Little Shelvin Farm, Luppitt, EX14 4UF –
approval with conditions.

REPORTS

Ward Councillor

- Cllr Levine spoke about the devolution plans of the Government. East Devon District Council will be dissolved in 2027 but there is no clarity yet on what format the Local Authority will take.
- EDDC have planned to build 850 houses this year but the Government have revised this figure to 1188.

County Councillor

There was no report.

HIGHWAYS AND TRAFFIC

Parish Highways programme - update on Items to Report as follows:

- Despite providing photographs of the damage to the road at Hillend, Devon Highways said that it did not meet their criteria for repair.
- The grit bin at Millrise has been filled. Despite receiving notification that the grit bin at Beacon had been filled, it is still empty and the clerk will report again.

Parish Maintenance

- The resident at The Mill had raised a couple of issues with the clerk. Cllr Pulman will investigate and the clerk will report back to the resident.
- Cllr Pulman and the clerk have arranged a time to go round the parish marking out potholes that need attention.

The meeting was then suspended to allow the member of the public to speak on the next item.

Water Leak at Millrise

The resident reported that the leak is not coming from the soakaway. The resident has established that Highways have responsibility for pathways and the resident will continue to press for action as the path becomes a safety hazard when it is slippery. Cllr Pulman confirmed that he has spoken to the landowner who cannot shed any light on the cause of the leak. On behalf of the Parish Council, Cllr Turner thanked the resident for their continued efforts on this matter.

The meeting then resumed.

Road Signs

The wording was agreed and the clerk will order two road signs.

FOOTPATHS AND BRIDLEWAYS

- Cllr Tucker was asked to replace a stile with a pedestrian gate on the footpath over the top of Hartridge. The work will be funded from the P3 grant.
- Cllr Tucker was asked to replace the bridle path post at Ringborough Cross.

ENVIRONMENT/COMMUNITY FACILITIES

Locality Funding

The clerk had submitted a successful application for Locality funding of £500 to be used to upgrade lighting in the Village Hall. Cllr Summers undertook to carry out the work and will invoice the Parish Council accordingly.

Play Area Inspection

The clerk advised Cllrs Pulman and Summers that both play areas will be inspected during March.

VE Day – 8 May 2025

It was agreed that VE Day should be celebrated with a barbecue and firework display on Hartridge.

Annual Parish Meeting

It was agreed that the Annual Parish Meeting will be held on Tuesday, 6 May 2025.

FINANCE AND ADMINISTRATION

Quarterly Check – internal financial controls

Cllr Murray has checked the cash book and reconciliation for the quarter ended 31 December 2024 and confirmed that all is correct.

Appointment of Internal Auditor

It was agreed to appoint the same auditor as last year.

Correspondence

- An email about the safety campaign of lithium batteries was noted.
- The clerk has forwarded the draft Management Plan of Blackdown Hills National Landscape to Parish Councillors.
- An email from Membury Parish Council on the intended changes to Inheritance Tax on farms was discussed. The Parish Council supports the initiative but would like to know what is planned.
- The clerk has received letters of thanks from British Heart Foundation, Devon Air Ambulance Trust and Devon Freewheelers for the S137 donations from the Parish Council.
- Alterations to the membership requirements for the Blackdown Hills Parish Network were noted. There will no longer be a membership fee although parishes are asked to consider giving an annual contribution of £25.00.

CHAIRMAN'S DISCRETION

- Cllr Turner had attended a webinar organised by EDDC on the Devolution White Paper. It was very well attended with 120 attendees. There is still a lack of clarity from the Government over the exact format devolution will take as far as Devon and the South West are concerned.. Attendees were asked to produce an A4 sheet outlining aspirations for the future and what is important to local councils going forward. Cllr Turner and the clerk will liaise.
- Cllr Turner updated the Parish Council on progress with a new community website.

QUESTIONS FROM THE PUBLIC

There were no questions and the meeting closed at 9.35 pm.

**Date for next meeting to be held in Luppitt Village Hall at 8 pm:
Tuesday, 4 March 2025**



EASTER BINGO

**FUN FOR ALL
THE FAMILY**

Fri 4th April

7:00 for 7:30pm.

Luppitt Village Hall

***** RAFFLE *****

***** BAR *****



BREAKING NEWS !!

HUB PUB CLOSED

After more than 3 years, the time has come to 'wind up' the Hub Pub at the Village Hall. Our last night will be Friday 28th February. Thanks to all those who have supported their community throughout this venture.

However, the good news is that Phil and Caroline are re-opening the famous Luppitt Inn on Friday 7th March and will be open 3 nights a week thereafter on Monday, Wednesday, and Friday.

Please give them lots of support.

A 'local' pub is reliant on its locals.

ANNUAL PARISH MEETING

The Annual Parish Meeting will be held in the Village Hall on **Tuesday, 6 May 2025, at 7 pm.**

There is often confusion between the Annual Parish Meeting and the Annual General Meeting of the Parish Council. All Town and Parish Councils throughout England are required by law to hold an Annual Parish Meeting, which must take place between 1 March and 1 June (inclusive).

The Annual Parish Meeting is for all electors of the Parish. Even though the meeting is convened and chaired by the Chair of the Parish Council, it is **not** a meeting of the Parish Council.

The purpose of the meeting is to give the Parish Council and other local organisations an opportunity to let local residents know what they have been doing over the past year. The meeting is also an opportunity for electors to have a say on anything they consider valuable to the people of the Parish.

An elector may also make a suggestion and comment on anything pertinent to the residents of the Parish. This will be welcomed and is the whole purpose of the meeting.

Attendance at Annual Parish Meetings generally has been dwindling over recent years. The Parish Council would like to reverse that trend this year so please do come along if you can.

Why are The Ides of March so significant?

In the Roman calendar the 15th March was Idus - midpoint of the month of Martius. The Romans did not number each day of the month. Instead, they counted back from three fixed points of the month. The 5th or 7th, eight days before the Ides, which was usually the 13th except for March, May, July and October, and the Kalends (1st of the following month).

Originally, the Ides was determined by the full moon. March was the first month of the Roman calendar until as late as the mid-second century BC. It was the day on which debt payments and rents were due.

Martius was named after Mars, whose birthday was celebrated on the first, but the Ides was sacred to the god Jupiter the Roman's supreme deity. The Flamen Dialis (high priest of Jupiter) led the 'Ides Sheep' in the procession along the Via Sacra to the arx where it was sacrificed.

The Ides of March was also the feast of 'Anna Perenna,' a goddess of the year which ordinary people celebrated with picnics, drinking and revelry. It also involved dressing an old man in animal skins and perhaps driving him from the city.

All in all, the Ides of March was an important day in the Roman calendar.

A group of senators believed that Caesar was becoming too dictatorial, and plotted to kill him, amongst them Cassius and Caesar's close friend Brutus. A seer predicted the death of Julius Caesar on the Ides of March, but Caesar took little notice of this prediction. He was on his way to the Temple of Pompey when he spied the seer and joked "Well the Ides of March are come" to which the seer replied "Aye, but they are not done." Moments later he was stabbed by the group of conspirators including Cassius and Brutus – hence Shakespeare's famous line "Et tu, Brute?"

LUPPITT FLOWER SHOW

Its that time of year again when you start thinking about the Luppitt Flower Show! To get you in the mood here are the vegetables and flowers for this years show:

Potatoes red and white
Runner beans
Leeks
Tomatoes
Herbs
Sweet peas
Pom Pom dahlias

Beetroot
Courgettes
Spring onions
French beans
Gladioli
Roses
Hanging basket



NEWS FROM THE LUPPITT LANDSCAPE PARTNERSHIP

New Oral History project launched

Alongside our work on surveying the landscape and working with landowners to explore how it might be farmed in the future, the Luppitt Landscape Partnership is now beginning something new: a one-year project that aims to capture and document the lived history and contemporary experience of people living in Luppitt parish.

To make sense of the options for the future of this landscape, we need to understand the past: how community life has changed, within living memory; what people value now, and valued then; and what heritage and wisdom previous generation offer us, to take forward into the future.

We plan to invite all residents to share their recollections, perceptions and aspirations through interviews and events, running alongside the wider work of the LLP.



Jess Huffman, who will be leading the project, is looking for volunteers to help with the interviews and activities, and the archiving of the results. **If you are interested in taking part, please contact Jess on jesshuffman@hotmail.co.uk** for more information.

Film about Beavers coming up

Meanwhile, we've a film screening this spring: Join us on the afternoon of **Saturday 12th April** (exact time to be confirmed) to see the newly-released film "Balancing the Scales", produced by the Beaver Trust. Bring your family and any questions you might have for an 'All things Beaver' Q&A session afterwards, addressing both the pros and the cons of having beavers in Luppitt.

Soil survey

On the landscape surveying front, we will be starting work on soil sampling soon. A specialist contractor will be taking thin soil cores from members' land, in order to measure the nutrients and carbon content of the widely-diverse soils that cover the parish. This will equip landowners with a better understanding of how soil function can be improved, both for farming and environmental benefits.

Luppitt Landscape Partnership team, The Granary, Overday Farm

Rev Nigel writes...

Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the wilderness, Luke 4:1



What do you hope for? That was a question that was recently asked at a course we ran in January called 'Hope explored'. It gave those who attended, the opportunity to explore what Hope looks like through the eyes of the world and from a Christian perspective. The different seasons of the Church year help us to unpack what the Christian hope looks like journeying with Jesus, beginning in December, celebrating the birth of Jesus at Christmas.

March, this year, marks the start of Lent. This leads us into Easter where we remember the life, death and resurrection of Jesus. Lent is traditionally a time for Christians to continue the journey with Jesus. It is also a time to refresh their faith by actively trying to spend more time in prayer, giving things up or taking things on.

From the Gospel accounts, the journey begins with Jesus entering the wilderness to be tempted for 40 days, preparing Him for the ministry that lies ahead. Lent begins in our Church calendar on Weds March 5th, Ash Wednesday. Do come along to our Joint service at Dunkeswell Church at 7pm, or our service at Broadhembury Church at 3pm, where we are joined by Broadhembury C of E school.

One thing you could consider taking on is to set some time aside to read our lent reflections booklet called 'Living hope'. An opportunity, each day to, read, reflect and respond. Although many will read it in their own time, if you would like to discuss what you are reading, do join us at one of the various venues for our Lent reflections. Dunkeswell are hosting a session after their soupa Tuesday Lent lunches. If you chose that one, do go to the lunch as well, which begins at 1pm if you are able to. Copies of the booklet will be available in each church.

Please do join us at one of our various service across our community of churches as we journey through lent towards Easter. For families we will have a special Lent themed gathering at our Friday@ 4.

We look forward to seeing you.

Every blessing

Rev Nigel Candelent
Dunkeswell Mission Community



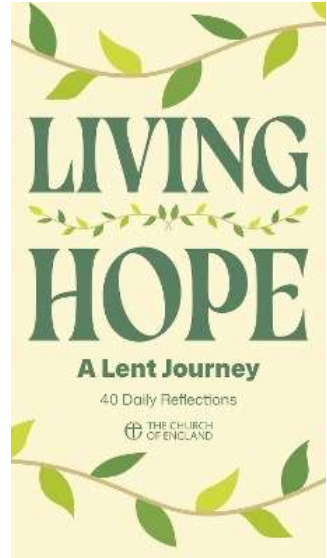
Dunkeswell Mission Community
Dunkeswell, Broadhembury, Luppitt, Sheldon
Upottery and Plymtree

Lent Reflections...

**Mon, 10th, 17th, 24th, 31st March;
7th April
7.00pm - 8.00pm,
Smeatharpe Village Hall EX14 9RF**

**Tues, 11th, 18th & 25th March;
1st, 8th April
2.00pm - 3.00pm,
Highfield sports & Social club
Dunkeswell . EX14 4JP (straight
after soupa Tuesday which begins
at 1pm)**

**Weds 12th, 19th & 26th March;
2nd, 9th April
1.30 pm to 2.30pm
Vestry rooms, Plymtree EX15 2JU**



For families we will be exploring Lent at...

**Friday@4...
Throgmorton Hall,
Friday 21st March @4pm**

**Come and join us for...
Family time - Food@4
Followed by craft/activities/fun
Followed by story time & song.**

**For families with primary/pre- school children
Children must be accompanied by an adult.**

Cook traditional Irish dishes on St Patrick's Day



On March 17th this year, thousands of people across the UK and the United States will celebrate St. Patrick's Day – honouring the patron saint of Ireland with religious services, parades, feasts and indulgence in all things Irish, including singing some of Ireland's most famous folk songs such as Oro Se do Bheatha Bhaile – a haunting Gaelic melody which translates as 'Horo – welcome home' and originally written to welcome back Irish soldiers from battle.

St Patrick was actually born in Roman Britain in the late 4th Century. At the age of 16, he was kidnapped and taken to Ireland where he was enslaved and worked as a shepherd. During the six years he was held there, he converted to Christianity, which he continued to study after he escaped back to Britain. Some years later, he felt 'a calling' to return to Ireland, which he did in 432 AD. From his return until he died in 461 AD he established Christianity in Ireland, creating monasteries, churches and schools. It was a dangerous life for a foreigner with no allegiance to any King and he was frequently imprisoned.

Many legends grew up around him, for example that he drove snakes out of Ireland and used the shamrock to explain the Trinity.

As the songs ring out amongst the St Patrick's Day revellers, traditional dishes like Irish Coddle and soda bread will be on lots of tables.

Irish Coddle

To serve 4

- 8 thick pork sausages
- 8 oz thick cut bacon rashers, chopped
- 1 large onion, halved and thinly sliced
- 1 large clove of garlic finely chopped
- 4 large potatoes, peeled and chopped into chunks
- 200 ml of rich chicken stock
- 1 can of Guinness
- 2 bay leaves broken into bits
- 1 heaped tbsp flour
- 2 tbsp chopped parsley.



Equipment – thick bottomed large saucepan or frying pan and a good sized casserole, preferably cast iron or earthenware

Method:

Heat some oil in a pan and cook the bacon until crisp. Remove the bacon and add the sausages to the fat. Cook until browned lightly on all sides then remove and cut into thick slices.

Lower the heat and sprinkle the flour into the pan, stirring vigorously so that it forms a paste. Gradually whisk in the Guinness and the stock until all is smooth and thickened. Keep it hot or re-heat before adding to the casserole.

In the casserole dish, layer half the potatoes, bacon, sausage slices, onion, garlic and broken bay leaves, season with salt and pepper and half the parsley. Repeat to create a second layer. Slowly pour over the stock and Guinness mixture.

Cover with a tight fitting lid and bake in a slow oven for at least 2 hours until all is cooked through and the stock has thickened.

Irish Soda Bread

A delicious easy to make bread, best served warm with casseroles or soups



12 oz of bread flour – 50/50 white and wholemeal

½ tsp salt and ½ tsp bicarbonate of soda
290ml of buttermilk

Pre-heat your oven to 200C/180 fan

Method:

Tip all the dry ingredients into a bowl, make a well in the centre, and tip in the buttermilk. Mix with a large fork to form a soft dough (if it is too sticky, add more flour. If too stiff, add a little milk).

Turn onto a board and knead lightly and quickly until it forms a good round, then flatten it slightly and cut a cross in the centre. Transfer it to a lightly floured baking sheet and bake for about 30 mins until it sounds hollow.

Et tu, Brute?

Ah, March. So, what shalt I write about this month? Writing for the Packet is a curious business; you sit there thinking (and sometimes you just do the sitting bit) and trying to get some ideas. Usually you do — but, as I've written previously, it's just a job. You have to start and actually do it..... so, where was I?

March - the name comes from the Roman month Martius. This was the first month of the earliest Roman calendar. It is named after Mars, god of war. This calendar was introduced by Julius Caesar in 46 BC, and is the basis of our present system of months and days. This, the Julian calendar, lasted until it was revised by Pope Gregory XIII, who amended comparatively minor inaccuracies for it to become the Gregorian calendar, which we use today.

This first month of the year is the time when Rome usually decided to go and conquer somebody, like Gaul (France), or Britain. The legions and auxiliaries would assemble, then set off, walking in a military way, with a regular and measured tread. This became known as the March, and since this was a significant event, it gave its name to the month. This is easy to believe, but some people think it is just not true.



This marching business gave rise to some linear measurements, which are still in use today. The Roman foot was slightly smaller than the English foot. Five feet were one pace. A thousand paces, mille passus, became a mile.

(5,000 Roman feet being 4,850 English feet). So when we say it's ten miles to Hembury Fort, home of the Dumnonii, we are really saying it's 10,000 paces.

I began to wonder what distances the legions could cover. Marching in step and in formation (and in their nailed sandals, which were more like boots — caligae) the legionaries expected to complete a march of 20 Roman miles in five hours at their ordinary pace, and 24 miles at their quick pace. This is in their full kit and often carrying packs and extra gear like leather tents. How they might fare in a competitive march across Woodbury with some Lymptone graduates is an interesting speculation.

The legions were remarkably successful in their campaigns, marching against all kinds of opponents. This is especially true under formidable generals like Julius Caesar, but things did not always go their way.

Occasionally they were caught out by treachery, and they marched into an ambush. In AD 9 legiones XVII, XIX and XIX, together with cavalry and six infantry cohorts of auxiliaries were destroyed at Kalkriese in the Teutoburg Forest in northern Germany. Only a handful survived, and this is probably the worst ever defeat of Roman forces. Also, nobody is quite sure what happened to the Ninth legion. This seems to have disappeared, possibly in northern Britain.

Mars, the god of war, spurs composers to write music which is strikingly, er, martial. I have in mind Mars, the orchestral piece from Holst's Planet Suite. Although it was probably intended to be so, I find it unpleasantly ominous and belligerent. I feel it is possibly even glorifying war.

I just do not like the crescendo and explosive parts. It is just too aggressive for my sensitive little soul. As background music in a surgery, it can have done nothing in reassuring or calming people who were possibly anxious about some health aspect. Never mind white-coat syndrome, this might have made for some startling high blood-pressure readings.

At the opposite end of the scale is music which also reflects war, but in a completely different way. For instance, like music from the film *Black Hawk Down*, about US helicopter crews on a peace-keeping mission in Mogadishu. It was not at all like what I was expecting. The theme *Leave No Man Behind* (Hans Zimmer) is an evocative, haunting piece. The version by Philleann with Celtic Uilleann pipes is stunningly plaintive, even mournful. [The title refers to bringing everyone home, alive or dead]. The song *Gortoz A Ran* (Breton — I am Waiting) is in similar vein. This is sung by Denez Prigent and Lisa Gerrard. The words include 'You will see me waiting forever'. I found these pieces of music wistful, very sad and definitely anti-war; there is no glorifying Mars.

Soon it will be the Ides of March — March 15th. This is probably the most famous Roman date, ever. This is all due to Shakespeare in his play about Julius Caesar, with the warning to him to be careful of that date. Caesar had become the undisputed first man of Rome — but was not popular with everyone. Even a group of his friends turned against him. He was assassinated by Cassius and Marcus Brutus in 44 BC.

'And you, Brutus?' Will S has Caesar saying, as he realises what is happening. Even his best friend Brutus is turning against him. There is no evidence that this is true; it's just something a writer made up.





Springtime!

Evening of Music

St Mary's Church, Luppitt

Friday 21st March

Doors Open 6.30pm

Concert 7.00pm – 9.00pm

The Orchard Café Quartet

Bach Handel Mozart Vivaldi
Lennon/McCartney and much more...

Tickets £15 to include wine and canapés
Call Mo Hicks – 07704 583077

Transport between village hall car park and Church
All Proceeds to the Church Repair Fund

Mad March Hares

There are three species of hare in the UK. The Mountain hare, found in the hills and mountains of Scotland and Northern Ireland, The Irish hare, and the Brown or European hare, which is the more common species.



The Mountain Hare is often brown in the summer but turns white in the winter except for the tips of its ears which remain black. The Irish hare is a subspecies of the Mountain hare, although it looks more like a Brown hare, but has a completely white tail. The Brown hare is the largest of the three and has a partially white tail; it is not native to the UK having been introduced by the Romans.

Hares have a poor digestive system and require oil rich plants. Mountain and Irish hares eat heather, herbs, and tree bark.

Brown hares feed on grasses, weeds, cereals and the bark of bushes and young trees. We are likely to find them on mixed farmland where they benefit from a mixture of arable and grass, so this is where we might be lucky enough to see them boxing, usually in March. However, a doe may produce two or three litters a year as the breeding season is from January to October,

An amorous buck can chase a doe for miles – bearing in mind that hares can achieve a top speed of forty-five miles an hour. Sometimes the female (often called a Jill) will turn and box the male (or Jack) when she has had enough of his attentions!



A hare's gestation period is between 42-44 days and two to four leverets may be born in a shallow area amongst grass known as a 'form'.



Unlike rabbits, they are born with fur and are active almost immediately as they are vulnerable to predators.

I was once told a true story about a gentleman whose wife was expecting twins, in the days when fathers had nothing to do with childbirth, so whilst the poor lady was

in labour, he went beagling! On his return home he discovered that she had given birth to a boy and a girl. When she asked him what they should be called, he replied, "Jack and Jill."

St David's Day – 1 March

Dydd Gŵyl Dewi Hapus! (Happy St David's Day!)



Unlike the other patron saints of Great Britain and Ireland, St David is thought to have been born in the nation which now celebrates him as its patron saint – in Caerfai in southwest Wales. His feast day is 1st March, which according to legend is the date of his death in 589 AD and his flag is a yellow cross on a black background.

We owe much of our knowledge to the writings of Rhygyfarch, who is thought to have been Bishop of St Davids in the late 11th Century. He claimed to have found his information in the archives of St Davids cathedral, but his writing was some 500 years after the death of the saint and Rhygyfarch is thought to have altered the details of St David's life as a means of preventing the Welsh church from being taken over by the English church and governed from Canterbury.

Rhygyfarch wrote that St David (*Dewi Sant* in Welsh) was the grandson of Ceredig ap Cunedda, king of Ceredigion, although his mother, Nonita or Non, was a nun. His birth, which took place in a storm, was said to have been foretold by an angel some 30 years before. He was educated in the area, but went on a pilgrimage throughout south Wales and the west of England, establishing religious centres along the way. Reputedly one of these was the abbey at Glastonbury, thereby contradicting the legend that there had already been a religious community there since the 8th Century, but Rhygyfarch knew the value of good PR!



It is accepted as historical fact that David became bishop of Mynyw, which later became known as St. Davids and that he was made a saint by Pope Callistus II in 1120, becoming the national saint soon after – a symbol of Welsh resistance to the Normans. There are many miracles associated with him, such as the occasion when he caused the ground beneath him to rise up as he was giving a sermon, thus allowing the crowd to see and hear him. It is said that a white dove landed on his shoulder as he spoke and he is often depicted with the bird.

The monastic communities established by St David were vegetarian and David was said to live on leeks and water, which gave rise to his nickname *Dewi Ddyfrwr* – David the Waterdrinker. This austere diet may have led to the vegetable becoming a national symbol of Wales. Another suggestion is that Welshmen wore leeks in their caps to recognise each other in battle when fighting the Saxons. The daffodil is a much later symbol and may have come about due to confusion with its name in Welsh – *Cennin Pedr* or Peter's Leek.

Despite calls for this to change, St David's Day is not a national holiday in Wales. However, the day is celebrated across Wales and amongst the Welsh diaspora (particularly in the USA). St David urged his followers to 'be joyful, keep the faith, and do the little things that you have heard and seen me do.'



The phrase '*Gwnewch y pethau bychain mewn bywyd*' or 'Do the little things in life' is still a well-known saying in Wales and St David's Day is seen as a good day for carrying out random acts of kindness.

Children in Wales participate in school concerts or eisteddfodau, where they recite poems and sing traditional songs. It is also common for them to dress in traditional costume. Parades are common and the largest takes place in Cardiff, where there is also a Welsh food festival. Members of The Royal Welsh regiment mark the day with an annual (raw) leek eating competition! If you

prefer your leeks cooked, a slightly more palatable dish for 1 March is Cawl and Welsh cakes or Bara Brith are also popular.

Cawl

Ingredients:

- 1kg middle neck or shoulder of lamb
- 1 onion, roughly chopped
- 6 medium potatoes, peeled and chopped
- 3 carrots, peeled and chopped
- 1 small swede or 2 parsnips, peeled and chopped
- 2 leeks, washed and sliced
- 1 small bunch fresh parsley
- Vegetable stock
- Salt and pepper to taste

Method:

Place the meat in a large saucepan, cover with water and bring to the boil. Simmer for 2-3 hours over a low heat. Leave overnight to cool and then skim off any fat that has risen to the surface.

Cut the meat off the bone and return to the stock with the potatoes, carrots, swede or parsnips and simmer until cooked. Add more vegetable stock if required. Season with salt and pepper.

Add the sliced leeks and add roughly chopped parsley just before serving.



Bara Brith

Ingredients:

- 400g mixed dried fruit
- 300ml strong hot tea
- 250g self-raising flour
- 1 teaspoon mixed spice
- 100g dark brown muscovado sugar
- 1 egg, beaten
- Honey to glaze

Method:

Put the dried fruit in a bowl and pour over the tea, mix in the sugar and stir well to dissolve. Leave to soak for at least 6 hours or overnight.

Sift the flour and spice into the soaked fruit (no need to drain the tea) and stir in the egg. Blend well together.

Preheat the oven to 180°C /Gas 4. Line a 900g loaf tin with baking parchment and pour in the mixture.

Bake for approximately 1 hour until the cake has risen and cooked through. Leave to cool on a rack and store for two days before eating. Glaze with a little warm honey and serve sliced with butter.



World Downs Syndrome Day – March 21st

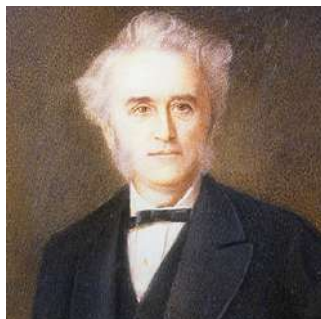
Also known as ‘Odd Socks Day’

Downs Syndrome is a form of learning disability caused by an extra chromosome by chance, usually due to a change in the sperm or egg before the person is born.

The effects of Downs Syndrome vary from person to person. Some are quite independent and able to work, others need a lot of support, but they will all have their own personalities and differing needs for stimuli and interaction. In adulthood, many function well in society, living independently, forming relationships and enjoying involvement in communities. But all Downs Syndrome sufferers need some form of special support throughout their lives.

Understanding of Downs Syndrome, and the integration of those affected into society, has improved enormously in the last 50 years, but there is still room for more involvement from communities, educational and corporate organisations. Hence, World Downs Syndrome Day aims to improve awareness and stimulate greater support.

The name ‘Downs Syndrome’ acknowledges John Langdon Down, a British physician working as Chief Medical Officer at Earlwood – an institution for people with learning disabilities. He was the first to classify Downs Syndrome and its cause in 1866 and also the first to make positive changes to the way those affected were treated. He was appalled at the conditions at Earlwood. The residents’ lives were devoid of anything that was pleasant or meaningful and corporal punishment was common. Dr Down made many changes which radically improved living conditions and understanding of the Syndrome.



In 1868 he opened Normansfield – a special home for people with learning disabilities where they were taught life skills such as cookery and gardening and participated in sports. Today it remains as the Langdon Down Centre.

World Downs Syndrome Day is largely about generating more support at all levels. Anyone wanting to take part in the event is encouraged to wear odd socks for the day and there are some brilliant colourful socks you can buy directly from the Downs Syndrome Association. Just go to www.worlddownssyndromeday.org for more information, event support material andthose fantastic socks!! You can also call the Exmouth-based organisers on 01395 904200.



A beautiful newborn baby
 A boy
 Lying there
 But all I see.....
 He has Downs Syndrome
 A tear runs down our faces
 He is our son
 But I brush that thought aside
 This isn't part of the plan

Now read this poem from the bottom to the top

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**JOIN US FOR A BIG BREAKFAST – SUPPORTING
 UPOTTERY PRESCHOOL & BRAIN TUMOUR RESEARCH!**

Start your Sunday the right way with a delicious **Big Breakfast** while making a real difference! Join us on **Sunday, 23rd March, from 9 AM to 12 PM** at the **Manor Rooms** for a hearty meal in support of **Upottery Preschool and Brain Tumour Research**.

This cause is especially close to our hearts, as one of our team members was diagnosed with a brain tumour last year. With **March being Brain Tumour Awareness Month**, we are committed to raising as much as possible to support vital research and also provide new resources for our wonderful preschool.

Enjoy a fantastic breakfast while contributing to two important causes. **Tickets are just £12 for adults and £6 for children.** Booking is advised to secure your spot, but we will accommodate walk-ins wherever possible.

To book, please contact **Sarah Clarke** on **07872 834814**.

Come hungry, leave happy, and make a difference! We look forward to seeing you there.



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Big Breakfast

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 AND FOR

Brain Tumour Research

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 MANOR ROOMS, UPOTTERY**

CONTACT SARAH ON 07872 834814 TO BOOK
 £12 ADULTS, £6 CHILDREN



Nan Brown



Nan died on 12 January at the age of 97. She made her home at Glebe Cottage from 1976-2016.

She was born in what was then the head gardener's house at Staplegrove Manor, on the outskirts of Taunton. Her father was the head gardener, and this was the start of her lifelong love of gardening.

She went to the village school in Staplegrove and then to the girls' grammar school in Taunton. By all accounts it was a happy childhood: wortleberrying on the Quantocks, occasional outings to Minehead on the train, and summer holidays with a favourite uncle and aunt near Templecombe – all in the company of her much-loved sister, Joan.

At 17, Nan went to the Diocesan Teacher Training College in Salisbury, to train as a primary-school teacher. She enjoyed her time in Salisbury, despite the deprivations of wartime. In the absence of a cathedral choir, she was one of a group of students who sang Evensong in the cathedral, and for an outing they would take a picnic to the deserted pile of stones that is now the World Heritage Site of Stonehenge.

Nan fully intended to return to Somerset to teach, but somehow her application papers got lost, and so she and a friend put a pin in a map, and ended up in Kent. Her first job was in Ashford, teaching a class of 40, one of whom became a life-long friend. Now 87, she writes: *Miss Grant had a big effect on me. I lived in a village where most men including my dad worked in the Ashford Railway Works and most women were typical housewives, none had a profession. I suppose Miss Grant, fresh from college and sometimes wearing pop socks, was my first real encounter with a young woman with 'a touch of class'. She taught me for two years - I was very lucky.*

From Ashford, Nan moved to a boarding-school for children with special needs in Margate. This was a providential move, because it was there that she met Alan. They holidayed together in Switzerland, apparently a cheap destination in those days, and married in 1954. Jonathan was born in 1960 and Sarah in 1968.

What happened next is hard to imagine, as Alan died of a newly diagnosed cancer just three weeks after Sarah was born. In the midst of her grief, Nan was determined to make family life as normal and happy as possible. This

must have come at a huge personal cost, but it gave her a deep well of empathy for anyone who was struggling with life.

In due course, Nan decided to move back to the West Country, from Essex, where the family had moved shortly before Sarah was born. Escaping to the country had yet to become fashionable, and she was the only bidder at the auction of the redundant vicarage in Luppitt, which she renamed Glebe Cottage.

With plummeting birth rates in the 1970s, moving to Devon was one thing but finding a teaching job was another, and so she took a job at St Catherine's School in Bramley, Surrey. Having always worked as a primary school teacher, becoming the housemistress of the sixth form boarding house seemed an unlikely move, but it clearly worked. She stayed in touch with a number of the girls and their families until the end of her life. The current Head writes: *Nan was a remarkable school mistress. She had a twinkle, high standards, but also a sense of proportion and encouraged both aspiration and pragmatism in equal measure. She applied the rules, but knew when they were increasingly ridiculous and out of touch, and when therefore either to turn a blind eye or give a gentle nudge, rather than a draconian response that would result in the wrong reaction for ever.* She was honoured to have been presented with the school's first Distinguished Service Award a few years ago.

Nan retired in 1992, which means she spent a third of her life in retirement. She volunteered with the National Youth Music Theatre; she raised funds for a new organ at St Paul's, Honiton and served on the Church Council there; and she created the wonderful garden at Glebe Cottage – a sea of daffodils in the spring, azaleas, rhododendrons and hydrangeas, and crops of plums and apples in the autumn. She was delighted when Sarah and her husband Nigel chose it as the venue for their wedding reception.

The greatest joy of Nan's retirement, though, was undoubtedly her grandchildren, Lottie and Solly. She was a hands-on grandmother in their younger years, and she delighted in their achievements.

Nan finally left Glebe Cottage a few weeks before her 90th birthday, to move closer to Sarah and Nigel, initially in Hertfordshire, and then when they relocated to Somerset, in a nice twist, back to Staplegrave, where she was born.

Despite her declining health, she truly enjoyed her final years, and corresponded with friends across the country. Her funeral was held at St John's, Staplegrave, where she was christened and married, on 30 January.

Jonathan Brown



Spring Flowers

cherry blossom
 morning glory
 forget me not
 babys breath
 snapdragon
 buttercup
 hollyhock
 amaryllis
 carnation
 sunflower
 sweet pea
 magnolia
 daffodil
 hibiscus
 lavender
 petunia
 freesia
 zinnia
 dahlia
 crocus
 azalea
 orchid
 violet
 peony
 pansy
 daisy
 lilac
 poppy
 tulip
 rose
 iris
 lily



N	P	P	E	O	W	A	X	Q	X	Z	P	E	P	A	I	S	E	E	R	F	J	N	I
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G	N	O	P	L	K	H	Q	W	J	R	U	M	Z	J	J	F	K	M	M	W	T	U	A
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P	S	T	Q	X	B	D	I	L	L	R	I	A	Y	A	X	I	I	K	Q	S	M	L	F
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J	M	E	G	S	U	C	O	R	C	R	H	N	A	M	Y	B	L	J	V	Q	T	L	G
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**LUPPITT COMMONS
ANNUAL GENERAL MEETINGS**

**8.00pm TUESDAY 18th MARCH 2025
LUPPITT VILLAGE HALL**

**Luppitt Commons Limited AGM to be followed
by Management Committee AGM**

ALL COMMONERS ARE WELCOME

2025 GRAZING OF LUPPITT COMMONS ROUGH SPOTS

The Directors of Luppitt Commons Ltd invite applications from those Commoners with the appropriate grazing rights to summer graze the Commons Rough Spots, including the reclaimed land on Hensemoor.

**It is expected that these will be available from:
March 2025 until 31 October 2025 for improved grassland
March 2025 until 1 December 2025 for unimproved grassland
These dates are subject to ground conditions being suitable**

**Grazing of rough spots on Hensemoor (to the standards required as part of our Higher Tier Stewardship agreement) will attract payments in the region of
£30 per head of cattle.**

Apply via email to Luppittcommons@gmail.com

CLOSING DATE FOR APPLICATIONS – 31st March 2025

Valentines Quiz - Answers



1. B52,s
2. Tomato
3. Fitzwilliam
4. Aquarius
5. Verona
6. Sleeve
7. Aphrodite
8. Hugs
9. Sealed with a loving kiss
10. Love in the mist
11. A clay tablet
12. Venus
13. 100,000
14. St Valentine



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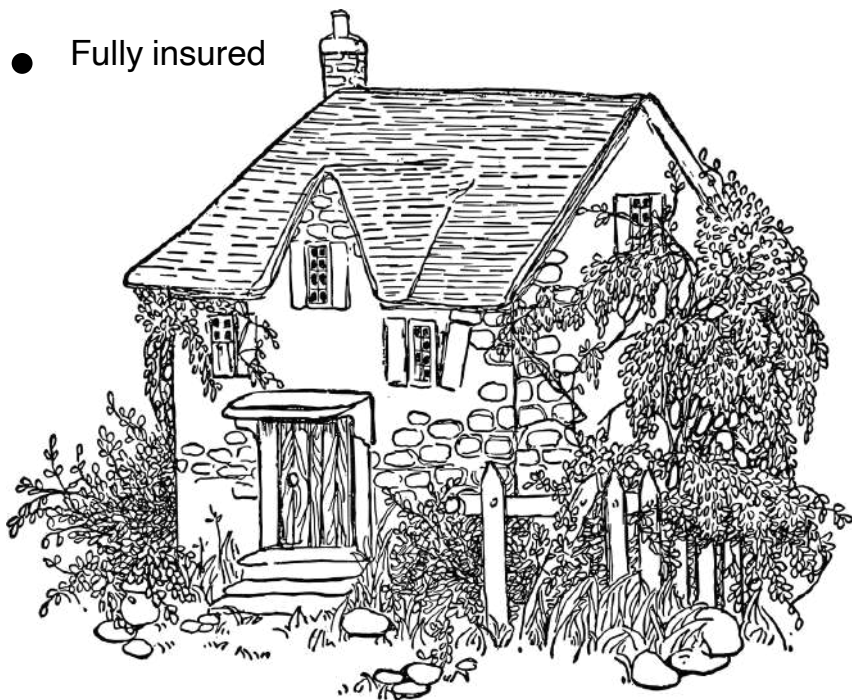
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Subsequent Blackdown Hills Repair Cafe Events for the whole of 2025 are all at Hemyock Parish Hall on the following Saturdays:

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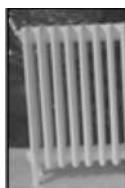
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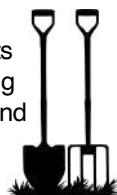
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