



# Contact

A magazine for our community



***Happy Easter!***

St James' Church, Exeter - Spring 2023





Rector  
*Fr Henry Pryse*



Assistant Priest  
*Fr Martin Poolton*



Churchwarden  
*Rachel Martindill*



Churchwarden  
*Andrew Mimmack*

## Parish Office

Mount Pleasant Road, Exeter. EX4 7AH.

01392 420407. [office@stjamesexeter.org](mailto:office@stjamesexeter.org)

[www.stjamesexeter.org](http://www.stjamesexeter.org)

*Please contact us here for baptisms, weddings, hall bookings and any other Church-related matters.*

## Weekly Pattern of Services

Sunday	8.00 am	Holy Communion (said)
	<b>10.00 am</b>	<b>Parish Eucharist</b>
	6.00 pm	Evening Prayer with Benediction (1 <sup>st</sup> Sunday)
	6.00 pm	Evening Worship (3 <sup>rd</sup> Sunday)
Wednesday	12.00 noon	Holy Communion
Daily	8.30 am	Morning Prayer
Online:	Monday and Wednesday	
	In the church:	Tuesday, Thursday and Friday

*The Parish Eucharist on Sundays is also available to watch live or later at [www.facebook.com/St-James-Church-Exeter-1554468778583171/videos](https://www.facebook.com/St-James-Church-Exeter-1554468778583171/videos).*



## From the Rectory

Kitchen sink dramas! I am treated to a daily dose of those as I wash up at my kitchen sink, with a good view of bird feeders and bird bath. I have a 'bird's eye view' of the various comings and goings of sparrows, robins, tits, blackbirds and the occasional wren, as well as the clever crow that gives the bird feeders a good shake, spilling seed on the path and reminding me of the parable of the sower. Of course, the ubiquitous pigeons are also there, hovering up any spare bird seed on the ground. The smaller birds love darting in and out of the cover of the bay tree, which provides them with sanctuary from other potential players in the drama: the neighbourhood cats. On one occasion there was a startling appearance from another visitor: a sparrowhawk, which did not leave empty-handed. A statue of St Francis stands in the midst of all this hustle and bustle, his bald head being a favourite perch for robins in particular. It is also the robins that most enjoy the bird bath, once the winter ice has thawed.

The physical 'busyness' of the bird life in my garden is all about survival, in contrast with the slow, almost imperceptible return of plant life and the gradual lengthening of the days. How precious are those first snowdrops and the popular snowdrop walks, as well as the beautiful colours and intricacy of the crocuses. Flowers, greenery and blooms are very much a part of our celebrations at Easter, encouraging us, as signs of new life, hope and greater light. Indeed, the timing of our Easter Vigil service on Holy Saturday is dependent on the natural world and the time when the sun is due to set. The moon too has its part to play in the timing of Easter: we are not in control. I find it strangely comforting that there is a greater power at work.

The natural world will continue to accompany our celebrations throughout the joyous fifty days of Eastertide, until Pentecost (Whitsun). This is when the Church remembers the pouring out of the Holy Spirit on the disciples, when Christians celebrate the birth of the Church and so we usually enjoy birthday cake after the service at St James'. A week later, on Trinity Sunday, the Church celebrates how God is experienced as Father, Son and Holy Spirit.

The year turns on, but it is not as predictable as it once was: reservoir levels remain low, temperatures can feel extreme, and our rivers and sea are not always as hospitable as they could be. The fragility of the natural world is mirrored in war, famine, earthquake and flood, as well as in severe financial challenge for many on a day-to-day basis. As I write, rain is forecast and the robin is enjoying a sunflower heart from the feeder. Helped by families and friends, by colleagues and neighbours and by faith, finding comfort, encouragement and hope may feel that bit more possible as we draw closer to God through our appreciation of God's gift to us: life in this beautiful yet fragile and precious world.

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## Puzzle Page

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

## Sudoku: Medium

Fill in the blanks, so that each row, each column, and each of the nine 3x3 grids contains the numbers 1 to 9.

R	E	I	P	P	I	R	T	N	A	K	H
T	R	I	P	P	I	L	A	D	A	L	E
D	I	A	L	M	E	A	D	N	E	H	N
R	U	N	S	A	T	H	G	I	R	B	D
A	G	A	D	H	E	N	N	L	D	E	E
S	A	K	A	G	F	S	I	A	A	L	R
H	M	E	A	N	O	O	L	W	L	L	S
F	E	A	R	I	R	Y	R	U	S	S	O
N	K	E	L	L	L	I	E	D	P	S	N
K	A	N	I	L	C	O	T	E	R	U	S
A	N	A	E	E	I	H	S	L	A	W	S
S	A	K	O	B	R	I	G	N	E	M	E

## Word Search

Find these England footballers in the grid.

<i>Bellingham</i>	<i>Kelly</i>	<i>Saka</i>
<i>Bright</i>	<i>Maguire</i>	<i>Sterling</i>
<i>Daly</i>	<i>Mead</i>	<i>Trippier</i>
<i>Earps</i>	<i>Rashford</i>	<i>Walsh</i>
<i>Henderson</i>	<i>Rice</i>	
<i>Kane</i>	<i>Russo</i>	

Solutions on page 15

*St James' Church does not specifically endorse the products and services advertised in Contact.*

## Friends of Mount Pleasant Health Centre

Our fundraising efforts in 2022 were helped by the cake sale in November and the Christmas raffle in December. In 2023 we hope to hold a fundraising event before Easter, as well as our usual plant sale in May.

The shortage of drivers is currently our main concern, as some of our previous drivers are no longer available. This means it is not always easy to transport patients to and from the health centre, hospital and various clinics. For those who are unable to use many other forms of transport, our drivers offer an essential service. We would therefore be very pleased to hear from anyone who could give a few hours to perform this important task.

In recent years, we have sadly lost many of the 'Friends' and our list of volunteers has shrunk. The main aim of the Friends of Mount Pleasant Health Centre is fundraising for the

provision of items to enhance and improve patients' experience and care. We are always open to new ideas and members, and we welcome all who can help in any way. For those who join us, volunteering also offers friendship and camaraderie.

To find out more or to offer your help, please speak to our coordinator, Debbie O'Dell, on 01392 499291, or leave a message with your contact details.

Nesta Scales





### 3<sup>rd</sup> Exeter Air Scouts

The Scout troop had many exciting events this term, including a formal supper for Burns Night, which was attended by Fr Henry. In addition, our Patrol Leaders and Assistant Patrol Leaders have been learning what it takes to plan and run the Scout troop, by running an evening of their own. This focused on team-building activities designed to help those who have just come up from Cubs to get involved and feel part of the troop.

With this in mind, attention has begun turning to the upcoming parades: St George's day, which is organised by the Scout district, and Armed Forces Day, which is organised by the city. For the latter, ours is the only Exeter Scout group to be invited, which means that it is a great honour to be involved. Over the next month or two, the Scouts will be practising their drill and marching – in small doses though.



At the beginning of March, the Scouts took part in the London Monopoly Run. This event has happened every year since 2007, and thousands of Scouts and Guides from around the country take part. It starts from the London Eye at 8.30 am on a Saturday and involves an all-day challenge to 'buy properties' and win the competition. A fancy mobile app is designed specifically for the event, so it is not just a simple trail around London; there is a competition to get to each property first and thus to avoid having to 'pay' for visiting. Just like the popular board game, this is a game of strategy and tactics. Unlike the original board game, however, one positive aspect is that it has a definitive end point. To make life easier, we got a day pass for the trains in London. After some nervous checking, we were relieved to find that there were no train strikes on the day; nobody

would have wanted to walk from Old Kent Road to Whitehall and then to Oxford Street!

Back in Exeter, we have pursued some more relaxing activities – depending on how you define relaxing. We have recently been focusing on the Quartermaster badge, which has involved sorting through all our equipment: tents, pots and pans, rope, and stuff we did not know we had. First and foremost this teaches the Scouts how to look after and operate the equipment. When they go camping, they will then be able to have as much fun as possible, as they will already know what they are doing and can be certain that the equipment works. Moreover, they will all get a good night's sleep, knowing that there will be no leaky or badly pitched tents. Along the way, the Scouts have learnt new skills such as knot tying, and all the equipment has been sorted and catalogued.

Thank goodness we are now prepared, as some of the Scouts are going camping abroad this summer at the Haarlem Jamborette in the Netherlands. There, they will camp for 12 days together with 3,000 Scouts from 25 countries. This is an amazing opportunity to experience international Scouting and to get to know what the worldwide family of Scouts really means. A whole range of Scouting activities will be on offer here, from traditional knots and campfires to hikes and aqua activities, as well as an excursion day. In addition, there will be a spectacular opening and closing ceremony.

Scouting certainly offers plenty of excitement: St James' church hall is the place to be!

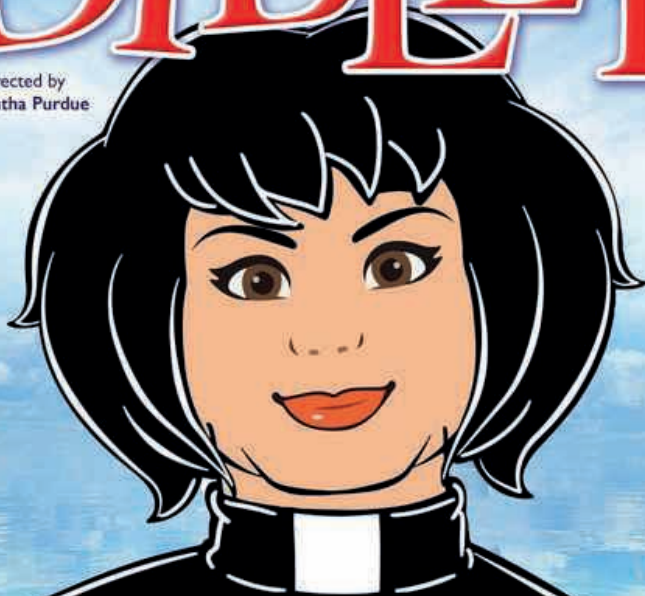
Matthew Denney



Exeter Little Theatre Company presents a stage play by Ian Gower and Paul Carpenter,  
adapted from the original TV series by Richard Curtis and Paul Mayhew-Archer.  
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Samantha Purdue



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## Parish Profile: The Tester Family

Marching bands are not associated with secondary schools in the UK, but they are with high schools in the USA. It was in one such band that Sarah and Kenneth Tester met in 2009. They were both in the brass section: Kenneth on trombone, Sarah on marching tuba. After high school, they pursued their studies at different universities. Kenneth then continued his studies as an academic economist, and Sarah, having finished her studies, entered the world of work in special educational needs at primary school level. Her first job was, by her own account, an awful experience, as she shuttled between two schools with a heavy case load. For a time it was really tough. Thankfully a mysterious phone call from a person unknown about work unspecified saved the day. Sarah said 'yes' to it, which is an indication of how bad that first job was. Fortunately the proffered job was in Sarah's field and she flourished. Kenneth continued at graduate school in what Thomas Carlyle called 'The Dismal Science.'



Kenneth and Sarah were married in 2018 on a beach in Florida. A couple of years later, they were blessed with the birth of their son, Laurence, a boy with a mass of blond hair and boundless energy. Kenneth finished his PhD and in 2021 was offered a postdoctoral position at the University of Exeter Business School. This came with the stipulation: 'let us know in five days.' Kenneth talked it over with Sarah and they decided to take up the offer. This meant that the family faced the huge upheaval of a move across the Atlantic in the midst of a pandemic. There was also the task of breaking the news to their families. By their own admission, Kenneth and Sarah left it to the last moment. Tears were shed, of course, but Sarah's mum felt it was a great opportunity for the young couple. So Kenneth, Sarah, and Laurence left the USA for the land of tea and inclement weather.

Once in Exeter, Kenneth and Sarah got down to the serious business of finding a church to attend. After trying a few that didn't cut the mustard, they found St James', which did. This was in no small part to do with the warm welcome that the Tester family received from the clergy and congregation. Church treasurer Nigel was singled out for especial praise in this regard.

There is now a new addition to the Tester family, Sylvia, a baby sister for Laurence and a blessing for Kenneth and Sarah. Many congratulations to them; we wish them all the best for this new chapter in their family life.

Simon Lygo

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## A Day Out in Newton St Cyres

If you fancy a day out away from the holiday crowds at the seaside towns, a trip to Newton St Cyres is well worth consideration. You can drive and park in the small car park beside the village hall or you can catch a Crediton bus and get off in the village centre. Some of the trains on the Tarka line stop here too, but you will need to check with the train manager that yours is one of them.

Assuming you have found your way to the car park, you will find that the parish council has thoughtfully left some guided walk brochures in a plastic dispenser with suggestions for exploring the parish. A good option is to explore the wooded hills to the southwest of the village, where you can be sure of enjoying some wonderful and barely known countryside with little – if any – company.



Leave the car park and head away from the village centre along West Town Road. This becomes Riscombe Hill, and after about 600 metres you will notice a footpath sign on the left. You are now following “Walk 2” in

the council brochure. Follow the directions through the fields until you emerge onto another metalled lane. You have two choices now. If you keep to the recommended route, you will head up through Whiptail Wood, pass Sherwood House and emerge on the Crediton to Whitstone Road near Bowlish. You will have to stay on this road for about 2.5 km. This takes you past Glebe Farm riding stables and the Waddles Down radio mast (visible from almost everywhere in Exeter). On the way, you can enjoy some magnificent views over the Exe Estuary to your right and

towards the Raddon Hills in the opposite direction. Shortly after passing Rowhorne Farm you will come to a sharp left turn onto a track, which takes you down through Newton Wood. If you are doing the walk in the winter, you should expect some very muddy conditions here. By Coombland Wood the track turns into a metalled road known as Tinpit Hill, which takes you back down into Newton St Cyres. You will now have completed a bracing 11.5 km and may wish to think about lunch at the Italian restaurant on the A377 or at the popular Beer Engine pub opposite the railway station.

An alternative and rather shorter walk follows the same route up Riscombe Hill and across the fields to the edge of Crooklake Wood. Instead of following the signposted footpath past Sherwood House, keep to the track heading downhill until you come to the headwaters of the Shuttern Brook. On your left you will see a “permissive footpath” sign nailed to a gate. This way takes you along the course of the brook and through some pleasantly wooded areas until you join Marsh Lane, which brings you back into the village and eventually rejoins West Town Lane. The route takes you past some traditional Devon orchards and pasture land farmed by the



Quicke family, who have been significant landowners in the area for several hundred years. By my reckoning you will now have covered about 4.5 km.

Before you leave Newton St Cyres, pay a visit to the parish church (closed on Fridays), which has the unique dedication of St Cyr and St Julitta and which contains some splendid





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monuments to members of the Northcote family. Next to the church is one of Devon's hidden treasures, the Newton Arboretum, which was established in the 1760s by the Quicke family, whose home was at Newton House – connected to the arboretum by

a footbridge over the main road. The Friends of the Arboretum is an organisation that was established in 2010, which now works to maintain the wide variety of magnificent trees including redwoods, cedars and Japanese maples with a peaceful network of footpaths and picnic areas.

Andrew Mimmack



## Dates Ahead

### March

Mon 20 <sup>th</sup>	6.00 pm	Stations of the Cross
Sun 26 <sup>th</sup>	12.00 pm	Annual Church meetings
Fri 31 <sup>st</sup>	10.30 am	Coffee Morning

### April

Sun 2 <sup>nd</sup>	10.00 am 4.00 pm	Palm Sunday Eucharist Celebrate Together
Mon 3 <sup>rd</sup>	12.00 pm	Eucharist
Tue 4 <sup>th</sup>	7.00 pm	Eucharist
Wed 5 <sup>th</sup>	12.00 pm 3.30 pm	Eucharist Messy Church
Thu 6 <sup>th</sup>	7.30 pm	Maundy Thursday Eucharist
Fri 7 <sup>th</sup>	9.30 am 1.00 pm 2.00 pm	Informal service and hot cross buns Stations of the Cross Good Friday Liturgy
Sat 8 <sup>th</sup>	8.00 pm	Easter Vigil and refreshments

Sun 9 <sup>th</sup>	10.00 am	Easter Sunday Eucharist
Wed 12 <sup>th</sup>	12.30 pm	Friends Who Lunch
Thu 13 <sup>th</sup>	7.30 pm	Fr Brian's house group
Fri 21 <sup>st</sup>	2.00 pm	Craft group
Fri 28 <sup>th</sup>	10.30 am	Coffee morning

### May

Wed 3 <sup>rd</sup>	3.30 pm	Messy Church
Thu 4 <sup>th</sup>	7.30 pm	Fr Brian's house group
Fri 5 <sup>th</sup>	2.00 pm	Craft group
Sun 7 <sup>th</sup>	3.30 pm	Organ concert: <i>Meet the King of Instruments</i>
Wed 10 <sup>th</sup>	12.30 pm	Friends Who Lunch
Thu 18 <sup>th</sup>	7.00 pm	Ascension Day Eucharist
Fri 19 <sup>th</sup>	2.00 pm	Craft group
Sun 21 <sup>st</sup>	2.00 pm	Big Cream Tea
Fri 26 <sup>th</sup>	10.30 am	Coffee morning

### June

Thu 1 <sup>st</sup>	7.30 pm	Fr Brian's house group
Fri 2 <sup>nd</sup>	2.00 pm	Craft group
Sun 4 <sup>th</sup>	4.00 pm	Celebrate Together
Wed 7 <sup>th</sup>	3.30 pm	Messy Church

# LEROY

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Thu 8 <sup>th</sup>	7.00 pm	Corpus Christi Eucharist
Wed 14 <sup>th</sup>	12.30 pm	Friends Who Lunch
Fri 16 <sup>th</sup>	2.00 pm	Craft group
Sun 18 <sup>th</sup>	6.00 pm	Choral Evensong
Sat 24 <sup>th</sup>	2.00 pm	Summer fête
Fri 30 <sup>th</sup>	10.30 am	Coffee morning
<b>July</b>		
Sun 2 <sup>nd</sup>	4.00 pm	Celebrate Together
Wed 5 <sup>th</sup>	3.30 pm	Messy Church
Thu 6 <sup>th</sup>	7.30 pm	Fr Brian's House Group
Fri 7 <sup>th</sup>	2.00 pm	Craft group
Wed 12 <sup>th</sup>	12.30 pm	Friends Who Lunch
Fri 21 <sup>st</sup>	2.00 pm	Craft Group
Tue 25 <sup>th</sup>	7.00 pm	St James' Day Eucharist
Fri 28 <sup>th</sup>	10.30 am	Coffee morning

**Next copy deadline: Sunday 6<sup>th</sup> August**

## Something for You!

In the next few months, life at St James' Church will be busy. Your parish church is open to all: if you see an event that appeals to you, don't hesitate to come along!

For youngsters and their parents/carers there is Messy Church from 3.30 pm on the first Wednesday of every month. Here, for the first hour, there is a range of craft and other activities in the hall. These are followed

by a celebration in the church, which focuses on a story from the Bible, and then a meal in the hall until around 5.30 pm.

Adults with time to spare will find a warm welcome, as well as hot drinks, biscuits and homemade cakes, at the free coffee morning on the last Friday of each month. This runs from 10.30 am to 12.00 noon and likewise takes place in the hall.

Easter, the main festival of the Church year, is coming up very soon. Our special activities here begin a week beforehand, on Palm Sunday (2<sup>nd</sup> April), when the whole congregation takes part in a procession around the church, as we remember Jesus' entry into Jerusalem. On Good Friday we enjoy hot cross buns after the informal family service at 9.30 am. More refreshments are enjoyed after the Easter Vigil, when we begin our celebration of Jesus' resurrection, and on



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Easter Sunday we continue the festivities at the Parish Eucharist from 10.00 am.

After its recent, major refurbishment, St James' Church organ is now sounding spectacular. There will be a chance to *Meet the King of Instruments* on Sunday 7<sup>th</sup> May from 3.30 pm. This free event will also feature a talk about the organ with an opportunity to see its inner workings from the comfort of your seat, as well as a demonstration of the instrument by our organists, Tom Salmon and Marco Bresolin, supported by a vocal quartet.

Another musical event to look forward to is one of the jewels of the Anglican liturgy: the traditional Choral Evensong. This year, St James' choir and friends invite you to join them on Sunday 18<sup>th</sup> June from 6.00 pm.

On Sunday 21<sup>st</sup> May you will find a warm welcome and delicious scones at the Big Cream Tea in the hall and garden, and our annual summer fête the following month will offer a wide range of stalls and attractions for all – including a bouncy castle. Both of these dates will also be an opportunity to see the flowering cherry tree recently planted as a part of the *Queen's Green Canopy* initiative.

Did you think Church might not be for you? There is something here for everyone!

Andrew Mimmack



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## Easter Garden in a Shell

### You will need

- 4 paper plates (diameter approx. 15 cm)
- PVA glue
- 2 small sticks
- 1 section of an egg box
- Pebbles
- Shells, beads or similar
- Materials to decorate your creation

### To Make the Easter Garden

Glue the bottom of one paper plate to the top of another, doubling the original thickness. Make an upward fold in a straight line 4 cm from the edge.



Without gluing them, place the remaining 2 plates together, one on top of the other. Once again, make an upward fold in a straight line 4 cm from the edge. Now glue together this second pair of plates, one on top of the other, but this time leave the folded flaps unglued.

Place the folded edge of the first pair of plates between the unglued flaps on the second pair, with all the top sides facing towards you. Next, stick the bottom, unglued flap to the back of the fully glued pair of plates.



Form a pocket by gluing together the corners of the visible flaps on the top side. You have now created a backdrop area joined to a base. Make an Easter cross with the 2 small sticks and place this in the pocket between backdrop and base.

Decorate the backdrop and base as desired. If you wish to use fresh flowers or foliage, first place kitchen foil on the base to make it watertight. Position a pebble by the opening of the egg box section to represent the empty tomb, and use pebbles, shells or beads to form a path.

Anne Killingback

## Book Review: Reimagining Capitalism

By Rebecca Henderson. Penguin, 2020. 384 pp. £9.99.

For many of us, the new era of high interest rates and high inflation is an unfamiliar area. The cost-of-living crisis is one of several major concerns faced by society, alongside climate change and inequality. *Reimagining Capitalism* by Rebecca Henderson proposes an interesting hypothesis: that businesses can lead the necessary changes to solve the most pressing ills of our time, if we change how we define what constitutes a successful business and make it easier for such businesses to flourish. She makes her case for five key elements to modify our view of capitalism and ensure a better future: creating shared value, building purpose-driven organisations, rewiring finance, building cooperation, and rebuilding our institutions and fixing our governments.

Henderson sells these ideas through a series of compelling case studies. These include a large, Norwegian waste company shifting its focus towards recycling raw materials while maintaining high levels of profitability, Unilever providing sustainably sourced tea and palm oil, Cadbury's history of treating employees well, and a slew of other examples.

While the case studies are both interesting and convincing, they leave the reader with the impression that these companies are performing these activities with primary focus on the prosocial. However, it is not entirely clear that this is the case. In almost all instances, she mentions that, while costly, the

activities seem to have improved either profitability for the companies or some other important margin of performance, which suggests that the companies are better off as a result. Perhaps this represents more of a 'reframing' of capitalism.

Nonetheless, Henderson does make many compelling and interesting points, highlighting problems with equity-based financing, as management often focuses exclusively on quarterly earnings reports and thus limits the ability of firms to engage in short-term, unprofitable investments for longer-term gains. This disconnect is even more puzzling when most holders of stock are institutional investors, such as pension funds or retirement accounts, which are likely to hold on to stocks for extended periods of time and are more interested in longer-term returns. These would be particularly important in climate-centred investments, of which the largest returns may be in the distant future.

Perhaps the most pressing question to ask of this book is how the central elements hold up to the economic conditions of today. Since it was published in April 2020 at the onset of the COVID-19 pandemic, the economy of today looks very different from that of only three years ago. With less financial capital available to firms and high inflation creating money-conscious consumers, it seems difficult for investors to reimagine shareholder value as 'shared value'. Instead, a focus on greater returns on investment appears likely. Yet investors are increasingly focusing on environmental, societal and corporate governance concerns, and many major financial companies have created investment products with these goals in mind. This suggests that Henderson's optimism is perhaps warranted after all; a new approach could improve social and economic equality at the same time as promoting growth and innovation.

 Kenneth Tester

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Mon – Fri: 8.00 am – 8.00 pm

**National Debtline** 0808 808 4000

## Charity Focus: Traidcraft Ends but Fairtrade Continues

If you read *Contact* magazine regularly, you will know that it often features an article about Fairtrade. Fairtrade focuses on supporting farmers in other countries, who grow our food to earn enough money. Many

of them are so poor that they cannot feed their own families, buy medicines and send their children to school. With our shopping choices, we can help those farmers to lead a better life; choosing items with the Fairtrade mark guarantees that the farmer and worker get a fair deal. Fairtrade items are mainly those which cannot easily be grown in our own country and they therefore do not conflict with choices about how to support our own local farmers.

St James' Church demonstrates its commitment to Fairtrade in a number of ways, including with Fairtrade stalls selling Traidcraft items after the Parish Eucharist on a Sunday morning. Traidcraft is a Fairtrade brand and a pioneer of the Fairtrade movement. Not only does it hold the Fairtrade mark and guarantee the premium to farmers; it also supports small-scale companies in developing countries. Sadly, Traidcraft has recently come to an end, owing to a combination of factors that include Covid-19, the war in Ukraine, rising energy prices and increased transport costs. The company went into administration in January 2023 in a timely manner to minimise the impact on suppliers and creditors. It operated for over forty years (since 1979) in the ethical retail sector and championed the cause of trade justice to the point where better standards and procedures are now in place to protect the dignity and rights of growers and producers worldwide.

However, the mission for trade justice and people-centred trade does not stop here, and Transform Trade (the charity branch of Traidcraft) will continue, ensuring that the good work achieved during the lifetime of Traidcraft will not disappear but rather form



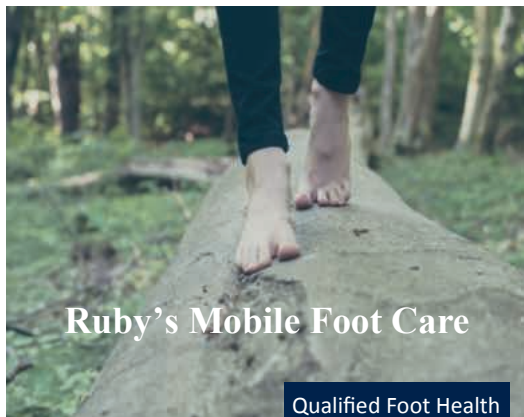
# TRAIDCRAFT

Fighting poverty through trade

the basis for further improvements. Trading ethically within an unjust system and during a cost-of-living crisis is difficult, but Transform Trade will continue to demand change in the trading system.

Here in Exeter, our local representative for Fairtrade will carry on the good work, supplying items for sale from companies such as Divine (chocolate bars), Tropical Wholefoods (usually dried fruits and nuts) and Namaste (craft items), who import and sell in this country. Please continue to support the Fairtrade aims wherever possible, by choosing products with the Fairtrade mark.

Charlotte Payne



### Ruby's Mobile Foot Care

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Email  
rubysmobilefootcare@gmail.com

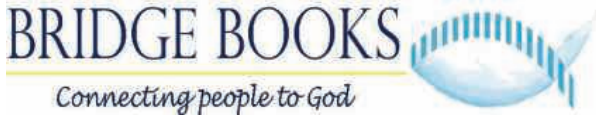
- Home visits
- Foot care & advice
- Nail cutting
- Corn and callus removal
- Thickened/fungal nail treatment



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### Puzzle Solutions

#### Sudoku

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

#### Word Search

R	E	I	P	P	I	R	T	N	A	K	H
T	R	I	P	P	I	L	A	D	A	L	E
D	I	A	L	M	E	A	D	N	E	H	N
R	U	N	S	A	T	H	G	I	R	B	D
A	G	A	D	H	E	N	N	L	D	E	E
S	A	K	A	G	F	S	I	A	A	L	R
H	M	E	A	N	O	O	L	W	L	L	S
F	E	A	R	I	R	Y	R	U	S	S	O
N	K	E	L	L	L	I	E	D	P	S	N
K	A	N	I	L	C	O	T	E	R	U	S
A	N	A	E	E	I	H	S	L	A	W	S
S	A	K	O	B	R	I	G	N	E	M	E



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