

HONITON & VILLAGE NEWS



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What does this time of year mean to you?

Time to be spent with family?

Time to go away for a break?

Time to sit at home feeling alone, watching the weather?

If you fall into the first category, have a good look at our What's On pages - and don't forget to visit our advertisers for those special gifts and treats.

If you fall into the second category, then have a lovely time and we'll see you again when the next magazine (for February) comes out.

If however you fall into the third category, then aren't you fortunate to live in this caring, sharing community? There is no need to be alone and lonely - visit the Library with its warm spaces, contact Project Rudolph to see how they can help you enjoy a little Christmas cheer, contact TRIP to discover new friends and opportunities. There are many other organisations just waiting to help you as well as the ones featured in H&VN.

Whatever you're doing, we send you every good wish and look forward to seeing you all in 2023..



**Please note that copy date is
16th of the month preceding
publication**

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Honiton & Village News is a monthly magazine produced free of charge for the people of Honiton and surrounding villages by a team of volunteers:

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Cover photo of a Robin by Chris Grady

Where Can I Pick Up My Copy Of H&VN?

Awliscombe-The Honiton Inn

Broadhembury- Post Office and Store -
Drewe Arms

Buckerell- via Splatthayes -Telephone Box

Churchinford-The York Inn -The Community Shop

Combe Raleigh- Village Hall Telephone Box

Dalwood- Community Shop

Dunkeswell- Highfield Stores - Highfield
Garage - Connetts Farm

Feniton- Spar Shop - Envious Creative Hair -
Feniton Hair Stylists

Gittisham- Bus Stop - Combe Farm Shop -
Combe Garden Centre

Honiton New Street - House of Hair - The
Dental Surgery - Honiton Library - TRIP

Honiton Heathpark Industrial Estate- Army
Surplus Depot

Honiton Lace Walk- Co-op - Joe Gilson
Mobility Stall

Honiton High Street - Stitched-up! - Coffee #1
- Little Shop of Seasons - Alan Rowe - St
Paul's Church - Allhallows Museum - Wine
World - RKL - Pearl Nails - 4 You from Me -
Shades - Park Life - Bits & Bobs - Hybrid
Gallery

Honiton- Tesco Stores - The Beehive -
Thelma Hulbert Gallery - Hillside Garage (King
Street)

Offwell- Windmill Garage - The White Hart

Payhembury- Community Shop - Sawmill

Plymtree- Community Shop

Smeatharpe- Highlands

Stockland- King's Arms - Telephone Box

Talaton- Community Shop

Upton- Sidmouth Arms

Upton- delivered ex Payhembury

Weston- Heron Farm Shop

Yarcombe- Village Hall

Operation Rudolph Back To Help You At Christmas

by Sharon Thorne

It's hard not to see a news thread, watch the news or pick up a paper without hearing about the 'cost of living crisis'. This can seem overwhelming for many, especially as it is not even a year since the last COVID lockdown. With food and fuel costs rising, the thought of how you may cope at Christmas may increase this anxiety further.

Operation Rudolph is a community led project, set up to make sure no one feels alone or does not have support, either due to financial pressures or social well-being. This is its third year; it started during the pandemic to help people feel less isolated and alone during that time, offering practical support and help for all. There is no criteria to receive support and no judgment from the Operation Rudolph Team, and people can either be referred or refer themselves.

Although primarily in Honiton and the surrounding parishes, we are happy to take referrals from anywhere in East Devon. We will first try to find them similar services in their area, but if there is nothing suitable, we will do our very best to help them.



What we offer:

Christmas Day Lunch (3 courses) in the Mackarness Hall – Open to anyone who wants to join us. Transport can be provided to and from the hall if needed.

Christmas Day lunch delivered to people at home who cannot physically come to the Mackarness Hall.

Christmas Lunch Boxes – for those that have the capacity to cook but may not be able to purchase the items.

Christmas Gifts – So that no one wakes up on Christmas Day without something to open.

The Christmas lunch boxes and the gifts are both delivered discreetly, so that the person receiving them does not feel stigmatised in anyway.

It's all free of charge and there are no complex forms or processes to sign up for support.

We often hear that people sometimes do not like to ask for support, saying they feel there is someone who needs the support more. We understand that people will help when they are in a better position to, but for now the key message is you're not alone. This is community helping the community.; here we believe that by recognising, valuing and supporting people to connect we can be stronger, helping us all feel part of our community.

Please sign up for support or to volunteer (roles on the day or before):

Web address :

<https://inspiring-connections.org/operation-rudolph>

Phone : 0300 365 4540



Operation Rudolph

We're here for anyone who may find the Christmas Season hard, be it for financial or social reasons. The service we provide is open to anyone who feels they need it, all at no cost.

Here's how we can help...

Community Meal on Christmas Day

Come and celebrate Christmas with us at Mackarness Hall at 12:30, transport available if needed. Unable to come and join us? We are also able to bring a cooked meal out to you.

Gifts from Santa

No one should wake up on Christmas Day without a gift from Santa. We have hundreds of amazing donated gifts ready to bring joy.

Christmas Day Meal Box

We can supply a box of ingredients for you to cook yourself at home, supplied and sponsored by Combe Farm Shop & Estate.

This is a community lead project, please visit [www.inspiring-connections.org/operation-rudolph](https://inspiring-connections.org/operation-rudolph) where you can register or find out how to volunteer or call us on 0300 365 4540

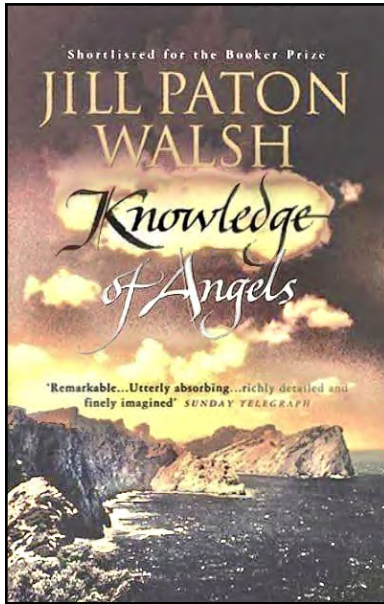
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INSPIRING CONNECTIONS
Growing South West Communities Together

Book Review - The Knowledge Of Angels by Jill Paton Walsh

by John Burgess



At the beginning of this intriguing novel, Jill Paton Walsh writes, "The position of a reader in a book is very like that occupied by angels in the world, when angels had any credibility. Yours is like theirs, a hovering, gravely attentive presence, observing everything and from whom nothing is concealed. Like them you are in a fabled world invisible."

Imagine an island called Grandinsula in the Mediterranean sometime

in the 15th century. The island is a theocracy where the uncompromising rule of the Catholic Church holds sway. A humble Cardinal Prince, Severo, watches over the citizens with a wise and benevolent eye. Jews and Saracens are tolerated in their enclaves and are allowed to practise their religion but must conform to strict rules. Into this peaceful, ordered, unchanging society come two strangers. They could not be more different. Their coming sends shock waves through the governing hierarchy and threatens the very foundations of the country.

Villagers collecting snow and ice from a high mountain capture a strange, savage creature. They are shocked to discover, under the dirt and long matted hair, a child - a girl who was raised by wolves.

On a seashore two fishermen spot a strange object out at sea and launch their boat. The object is a young man swimming slowly towards the island and very near the end of his strength.

A central question forms the core of the book: Is a child born with the knowledge of God embedded in its soul just as DNA is embedded in its cells, or is knowledge of God acquired like all other knowledge, from scholars and culture? The answer to the question could condemn the swimmer to death or save him.

The swimmer is Palinor, a man of high rank from a country called Aclar. Unlike the Grandinsula, Aclar is a liberal society where every man it's free to think as he wishes and belief in God is a private matter. Palinor is an atheist; for him there is no God. Having arrived in a country ruled by

the church and at the time of the inquisition, he is in grave danger. The authorities on the island are willing to accept Jews and Saracens (Muslims) because given time their false ideas may be converted to true belief. Unbelieving gentiles who are simply ignorant are also accepted, as their ignorance can be dispelled by good teaching, but atheists who absolutely deny the existence of God are children of Satan. They must be burned.

But suppose children are not born with the knowledge of God. Then Palinor did not have that knowledge buried within him at birth; Satan has not entered his soul and he can return home.

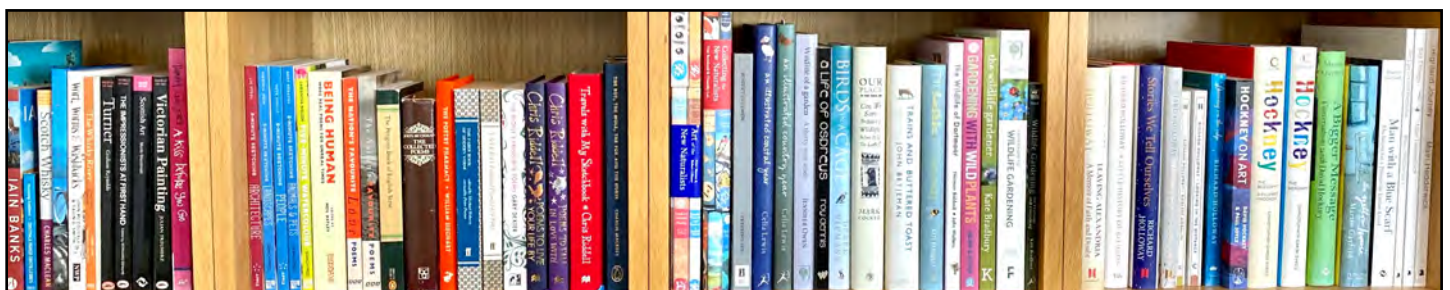
The wolf child provides a unique opportunity to answer this crucial question. Does she possess the knowledge of God within her? If she can be civilised and taught to speak without there being any mention of God and if, despite this, she has a sense of the divine then that would prove knowledge of God was innate.

Severo consults with his friend Benedix, a renowned theologian, and sets him the task of proving the existence of God to Palinor. If Palinor can be convinced, then he will be safe. If he cannot then only the wolf child's ignorance of God can save him.

This is a novel of ideas, about belief and unbelief, about certainty and doubt. But it is not dull and dry - far from it. Jill Paton Walsh writes a good story that carries you along yet also makes you pause and think. She draws the reader down from the lofty angel-view of a dispassionate observer on to the page and into the lives of her characters. You are invested in the life of Josifa, the young novice in a convent who is given charge of the wolf-girl, struggling with her day after day to shed the wolf and bring out the child. You share the intellectual dilemmas of Benedix as he argues the existence of God with Palinor, only to find the firm ground of his certainties giving way beneath him. You grieve for Severo, caught between his high regard for Palinor and the unyielding rule of the Inquisition.

Jill Paton Walsh says this is the book she was born to write. On a trip to the island of Mallorca at the time when the whole Islamic world was being encouraged to murder Salman Rushdie the story came to her and she wrote it very quickly.

If your mind enjoys wrestling with the age-old questions that have perplexed the human race for centuries, this is a book to make you wrestle further. Perhaps a book to make you think new thoughts.



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25th December to 3rd January closed
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Join us for our late night shopping event on Wednesday the 14th December, with mulled wine, Christmas raffle, special offers and more!

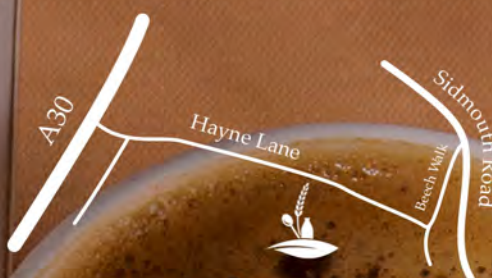
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Nature Notes

by Vernon Whitlock

It's Tradition!

I hope you like Chris Grady's fab photo of a robin on this month's cover. It's our fourth December edition and the second time we have featured a robin, but I make no apologies as it would not really be Christmas without the country's 'favourite bird'.

Looking back to my Nature Notes last year I note that I wrote about woodlice! In my defence it was not a very good year and I wasn't feeling particularly festive. So this year I felt I had to forget about creepy crawlies, which to be honest are my main interest, and get back to a subject that is expected in a December Nature Notes column - The Robin.

A couple of months ago during one of our dormouse nest box checks, a friend asked, "What bird is that singing?" Without even listening or looking at the bird I was able to reply, "it's a robin", the reason being that it is the only common bird that is fiercely territorial and sings throughout the year. We now have one regularly visiting our garden and I frequently wake to hear it singing in the beam of the streetlight outside the bedroom window.

When Christmas cards start to drop though the letterbox there will always be one featuring a robin, and occasionally a couple or more robins together against the background of a snowy scene. Whilst two or more robins make a great festive card it's something you will seldom see in the wild at this time of year, that is unless they are engaged in a fierce territorial fight.

The robin's red breast is effectively 'Red for Danger' for other robins and, if singing is not enough to keep trespassers out of their territory, plumping up the breast is usually enough to drive intruders away. I mentioned in a previous article that as a young teenager I placed some red cloth on a bamboo pole in the middle of the territory of our local garden robin. The result was that, after loud singing and breast plumping failed to drive the red coloured invader away, our local bird proceeded to attack the cloth, pulling it apart. That is until my parents intervened to stop my 'experiment'.

Robins are not only territorial, but also very inquisitive. The log cabin in Offwell Woods is right in the middle of a robin's territory. Usually within a few minutes of parking my car there the bird is down to investigate. After hopping around the vehicle, it ventures underneath, hops onto the front axle and into the engine compartment before eventually re-appearing. There are no doubt spiders for it to catch but, from reading other observers' comments, it seems as if this behaviour may be curiosity and it is 'checking out' something new in its territory. As this happens regularly, I've wondered whether I could train it to check the oil level while it's in there.

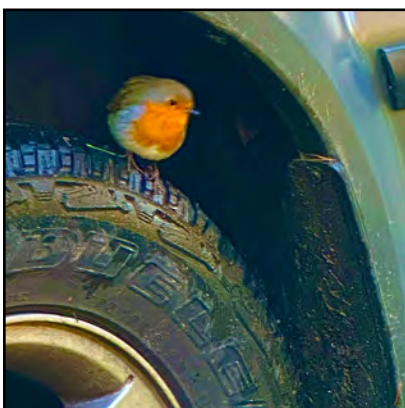
Robins can also become very tame and I have a friend who has persuaded his local robin to feed out of his hand. Although our Offwell robin has started to come into the log cabin to check out our work party having their tea break, we've so far been unable to persuade it to sample our Kit-Kats!

There is an anonymous sixteenth century poem that I'm sure many of you will know.

The North Wind doth blow

And we shall have snow

And what will the Robin do then, poor thing?

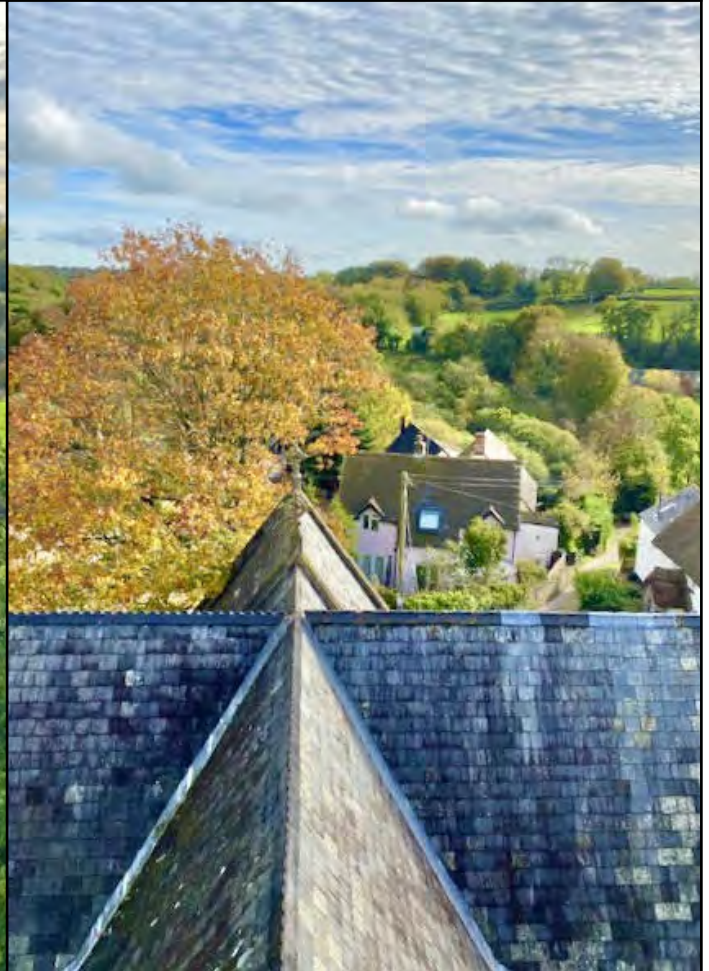
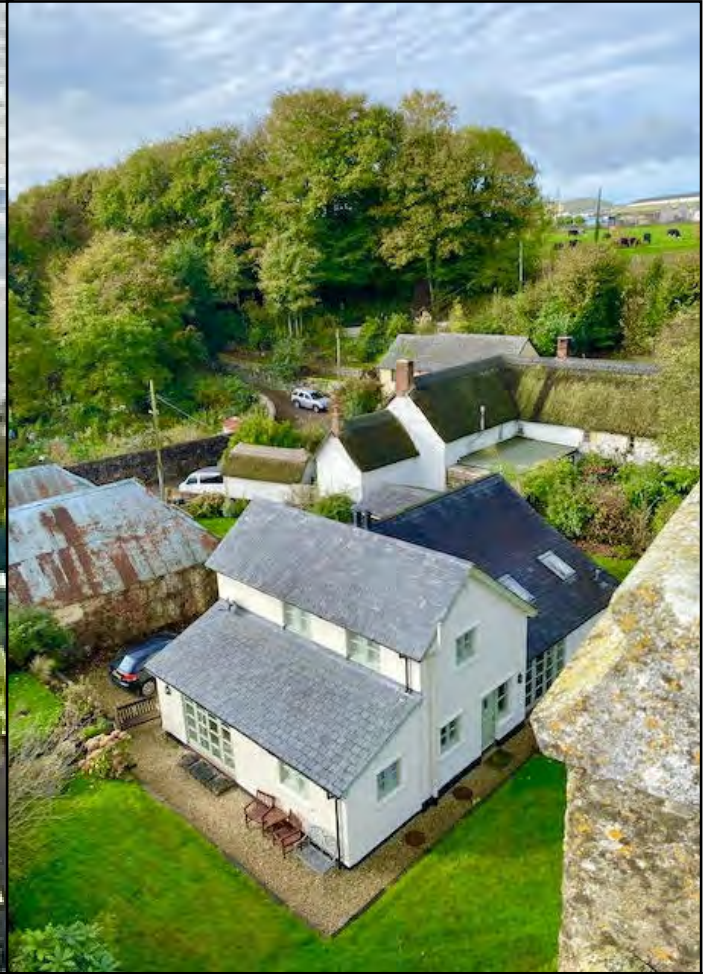


Another reason robins appear when we are working in our gardens or out for our country walks is that our digging, weeding, or merely walking in the woods, disturbs insects - providing the bird with a valuable meal. A good excuse for kicking leaves or snow when you are out on your winter walk, hopefully revealing a tasty snack for our Winter Robin, 'poor thing'.

Note:

In March of this year a pair of robins started to build a nest in a nest box hidden by ivy in the top corner of our garden. Unfortunately essential repairs to fencing following the late winter gales caused just too much disturbance and they abandoned their nest building. Now with a much more substantial garden fence we are hoping that a pair be attracted to the box again. I will keep you posted.

View From The Tower - St Nicholas Church, Dunkeswell



Photos courtesy of Peter Meredith

Bertie Snuggles in for the Winter

Hello! My name is Bertie and as a young Working Cocker Spaniel I am one very lucky pooch. I live in a beautiful valley near Honiton, and Hembury Fort is my castle.



How are you bearing up with these short cold days and long winter nights? I don't mind telling you that even a half glass full kind of pooch like me gets a bit down at times when there is only one decent walk a day and much more of life is spent trying to have fun indoors.

I was having a bit of a grumble about this recently to the other doggies up on HF (Hembury Fort). There were mutters of agreement from my chums the Spaniels and Labradors, but then comes along my new mate, Derek the Great Dane.

Derek is from a country where winters are much longer, darker and colder than ours so they have perfected the art of not only keeping warm and cosy but actually enjoying making the most of it. They even have a name for it, "Hygge" pronounced in English 'Hoo-gah'

As it turns out us pooches are natural "Hyggers", in fact we probably invented it. So, just in case you do not practise it already, here are my top tips for Canine Hygge.

The main aim is to be cosy and contented in your pack and with your friends and also on your own.

Create a cosy nook at home that you can snuggle up into, relax and just be there without any other demands on your time. I have several, the main one is my fleece bed with plenty of soft cushions. It has taken me a while to mature into this one as when I was a pup I used to shred the bed - but that is all in my past now. I can spend hours of an evening curled up in my bed, dreaming away and soaking up the warmth from the room.

Sometimes if I am really lucky I can share a sofa with one of the humans. This is "A" star Hygge as you get to snuggle up with someone you love and share each other's bodily warmth. You may have other pooch pals in your pack and sharing a basket with them is good, I would even allow cuddling up to a cat if the cat is up for it as they can be lovely and warm too. I would not advise attempting this with our bird, fish or reptile friends though as they are not very Hygge orientated.



Wearing cosy clothes indoors and out is very important; I even have a "onesie" that is popular with many humans this time of year.

Head out at least once a day if you can for a winter walk. Dress up warm, invite a friend along and enjoy all those seasonal sights, smells and sounds.

When we get home from our winter rambles the humans like to have a mug of hot chocolate or something warming and I tend to go for a very satisfying fishy chew.

So as we progress through the winter months I hope you get plenty of practice developing your Hygge lifestyle, enjoying the moment, keeping cosy and living a life full of peace and contentment - but if all else fails remember, spring is just around the corner and I will see you then for a fabulous romp up on HF!



Stocking Up On Stocking Fillers With Coastline Mobility

After opening our new Superstore for mobility aids in Colaton Raleigh, we are now stocking up on helpful aids for daily living. With stores in Exmouth, Sidmouth and now Colaton Raleigh, we have a huge range of products available for help in and around the home.

To celebrate the Christmas season we will have a variety of offers running throughout our branches, on items both big and little. While it may not fit in a stocking, in preparation for the Christmas period and cosy evenings in, we have just expanded our range of Riser Recliner chairs starting at just £750! Covering large to small and everything in between, we are able to offer chairs and sofas in a wide range of colours and styles. All with delivery and installation available anywhere in the country.

If you need to get out and about this winter, we are also giving away wet weather gear for FREE with every new scooter purchase to make sure you stay warm and dry. We also have a wide range of used products starting from just £450.

At our new 3,500 square foot unit in Colaton Raleigh, there is free designated parking and easy access to try many of our products inside and outside to find the one that is perfect for you. We are also able to demonstrate Wet Rooms, Stairlifts, Beds, Walking Aids and more, ensuring anything you may need is all under one roof! Our helpful and qualified staff will be more than happy to answer any questions you may have and give you as much information as possible prior to any purchase.

As a local family run business, we take pride in making sure that everyone that comes to us receives the best service possible in a no pressure environment.

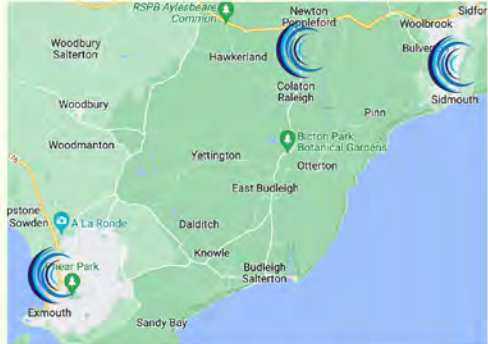
If you need your scooter looked at this winter, we are also offering a Christmas Health Check SALE on our servicing to give you peace of mind. Our servicing costs are being dropped by £20 for the whole of December. To book yourself in, please call 01395 487 171. We look forward to seeing and hearing from you this Christmas at:

- ★ 14 Rolle Street, Exmouth, Devon, EX8 1NJ - 01395 487 172
- ★ 75 High Street, Sidmouth, Devon, EX10 8LD - 01395 487 260
- ★ Unit 10, The Old Sawmills, Hawkerland Road, Colaton Raleigh, Devon, EX10 0HP - 01395 487 172

Merry Christmas from the Coastline Team!



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Plants That Make Our Drinks

by Andrea Rye, Combe Garden Centre



When we gardeners consider plants today it is mostly in terms of their ornamental value, but one of their oldest uses, since time immemorial, has been to make alcohol. There has been much speculation about how long humans have been fermenting plants to make alcohol. In China there is evidence that alcohol has been brewed there for roughly 8,000 years. Some scholars believe that there is evidence that humans moved away from a nomadic existence, not to farm crops for food, but to raise grains for brewing alcohol. At Gobekli Tepe, the world's oldest human structure, signs of permanent habitation are absent but there is evidence that the hunter gatherers who built it (and it is huge so probably many tribes, got together to make it) used the site for worship, feasting and the making and consumption of alcohol. Some even speculate that it was the process of making primitive alcohol, which requires time and stationary equipment, that contributed to the change to a settled farming way of life, perhaps more so that the desire for food crops!

What is undisputed is that alcohol and the plants it has been made from, have hugely affected mankind in many ways. A nice example is how rum helped the British maintain their supremacy of the seas. When we discovered that molasses, the by-product of our sugar production in the 1700's in the West Indies, could be made into rum, it replaced sailors' beer rations as it took up less space and did not go off. Due to the harsh taste, it was mixed with lime juice which added vitamin C. Scurvy and the role of fresh food containing vitamin C in preventing it seems to have been learnt and forgotten a few times, and as the French had outlawed rum (and how it was served as a basic mojito) on their ships, to protect their brandy industry, they missed out on the vitamin C and suffered more scurvy and ill health than their British counterparts.

We know that humans have probably been drinking alcohol since time immemorial; food left accidentally to ferment then the resulting frothy gruel consumed, would have been an easy discovery. We have clearly been drinking alcohol for a very long time judging by how well our bodies convert alcohol; in fact, only one other animal is better at it than us. Apparently, the Malaysian Tree Shrew is the only animal that could drink us under the table, as it has evolved to drink fermented palm nectar. As humans all over the globe have been making alcohol for a very long time, we have used a staggering range of plants to make our tipples. We all know the most popular sources of booze, such as grains and grapes, but other plants are more surprising, and definitely resorted to out of desperation. Alcoholic drinks have been made from, not just flavoured with, potatoes, rhubarb, dates, Agaves, bananas, corn and even bark of various species of tree, to name just a few plants. Below are a few examples of strange brews, but these are ones you can try making at home!



Monkey Puzzle Nut Beer

Araucaria araucana is an impressive tree with incredibly hostile scaly leaves from Chile and Argentina. Often planted in front gardens by people who don't realise how massive they can become (150 feet), these trees have large, grapefruit sized fruits (also covered with hostile scales) that contain the trees' nuts. The taste of the nuts is reminiscent of peanuts, and they are used by the Pehuenche people to make a drink called mudai. To make this boil the nuts, allow to ferment for a few days, once it has stopped bubbling it can be drunk. To speed up the process chew the nuts and spit them out back into the mixture. (Maybe miss the last step if anyone else is to drink it!) Bicton college has an avenue of monkey puzzle trees, and you may be able to find seed pods there in autumn; take gloves for handling!

Cassava Beer

Manihot esculenta, also called manioc, can be found in many supermarkets now. The root is a staple of Africa, Asia and Latin America; the taste is quite bland and looking at the roots you would not think it a candidate for a home brew. It is poisonous so must be prepared properly to leach out the cyanide! To make manioc beer boil the root, then peel and chop it into bit size pieces, chew it up and spit it back into the water, finally bring the mixture back to the boil and add sugar, honey or fruit for taste.

Prickly Pear Beer

Prickly pears, *Opuntia* fruits, of the Jungle Book song are very hostile but completely delicious. Unfortunately, not only do they have many seeds in the pulp but are also covered in tiny vicious spines that must be removed before handling them; luckily this will already have been done by someone before they get to the shops but check yourself anyway as last year, I ate some in Spain and got a spine splinter in my lip which was quite painful and took ages to work its way out! They can be found in independent food shops in Exeter high street for those of you brave enough to try this prickly pear beer recipe. Peel enough fruit to make 2 litres of fruit pulp, add this to 1 litre of water with some yeast, stir thoroughly and bring to the boil then reduce the heat and cook for an hour, allow the mixture to cool and strain, then cook for another hour, cool to 21 degrees Celsius / 70 degrees Fahrenheit and put in a fermenter.

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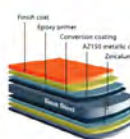
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A View From The Hills

by Miranda Gudenian

It's a lapwing winter. You may know these birds as pyewipes or peewits, so named for their plaintive call. In some winters I count them in dozens but this year I have spotted mega flocks, probably migrants to our temperate shores as the bitterest weather blows into northern Europe.

I was driving home, having spent a pleasant hour delivering village Christmas lunch invitations to the more remote parts of the parish. From the wide fields bordering the A303 a legion of lapwings rose like a billowing black and white cloud and flapped away into the misty grey of mid-afternoon, over the hedges towards my friend David's farm.

It was a pleasing coincidence. Just the day before David had been telling me that lapwings (the British residents, which are on the Red List of endangered species) returned to his pastures to breed this year after a long absence. Not only that, but these lovely ground-nesters successfully raised young, which is something of a triumph when ornithologists report that half of all lapwing chicks are picked off by predators.

It's a fieldfare winter, too. A flock passed me as I turned off the A303 down the lane towards the village, big thrushes from Scandinavia hurtling south. They didn't hurtle far. Back home a few minutes later, I heard their harsh chattering as I stepped out of the car and mentally crossed fingers in the hope that they'd give my garden holly a miss. The tree is tucked in by the stone steps that curve down the garden slope. It is shining with scarlet berries. I have already marked the branches I shall cut to twine into Christmas garlands for the front door and hang over the dining room's oak lintel.

Trouble is, fieldfares scoff berries in the way we knock back Maltesers and, frankly, the plan to make the garden holly the star of my Christmas decorations doesn't stand much of a chance.



Photo courtesy of Chris Grady



As I enter the house the telephone rings. It's my friend Diana with an invitation to her annual evening of carol singing. In the past we've congregated around a bonfire in her garden, but carol singing will be inside this year, Diana tells me, because husband James sensibly reasons that, at 95 and none too nimble, 'caroling in frosty air' might not be wise. Just a few friends, she says (reader, I suspect it will be nearer fifty), with soup, mince pies and Smoking Bishop to assist the belting out of those familiar words. And no, Smoking Bishop is not a pipe-puffing member of the clergy's upper echelons but a Dickensian-era tippie to keep out the chill. It's a tradition that Diana's guests are greeted with steaming mugs of Smoking Bishop from a recipe dating to 1843, about the time when the newly-reformed Ebenezer Scrooge was offering it to his astonished clerk Bob Cratchett at the end of *A Christmas Carol*. These days you can find the recipe on the internet: red wine, port, sugar, cloves and oranges, heated almost to boiling point.

Now it's 'dark at breakfast, dark at tea', as poet John Betjeman describes the days around Advent. The supermarkets seem to have been selling mince pies since September and *Jingle Bells* has been an accompanying refrain for weeks, but here in Yarcombe this is the moment when the festive season begins. Any day now the Young Farmers Club will transform the village hall into a Christmas wonderland of glittering decorations. First on the events' list are the Advent service and the annual Christmas Lunch, when the younger generations of the village cook and serve roast turkey and all the trimmings to those in our community who are, shall we say, more mature in years. As Advent bells peal from the church tower and the pews begin to fill up, all over the village the cooks are busy in steamy kitchens, mounds of potatoes peeled and roasting, pans of vegetables bubbling on hobs, pigs-in-blankets sizzling on trays.

A couple of weeks later and Yarcombe's flower ladies are decking the church in Christmas finery. Everyone has left by the time my friend Maggie and I arrive, late despite our best intentions, just as dusk is falling, the car boot stuffed with trails of ivy and branches of pungent bay, pine and rosemary. Usually there's a paucity of berried holly and I suspect it'll be the same this year. Along my lane is a fine 'holly in a windy hedge' as Betjeman puts it in his poem *Christmas*, but this is one more tree that won't be 'stripped to deck the ledge, the altar, font and arch and pew', because the Fieldfares have beaten the flower arrangers to it.

The church is fragrant with pine resin, the top of the Christmas tree soaring into the shadows of the medieval roof. Maggie and I bring in our armfuls of evergreens, enacting a custom that was ancient long before the church was built, celebrating the triumph of light at the darkest time of year.

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Walk of the Month - Around Salcombe Regis

by Chris Harwood

Map OS Explorer 115 – Exmouth & Sidmouth. 1:25000.

5.7 Miles

Not a long walk, BUT I must be honest and say it's a strenuous walk. Coastal footpath, wonderful tracks, short enjoyable stretch on a quiet lane and return through wonderful woods.

A great walk- ideal for a post-Christmas blow out. Just take it slowly and enjoy.



Drive to the National Trust Car Park opposite the Norman Lockyer Observatory, Sidmouth (EX10 0NY) (SY 139 883). Leave the Car Park by the exit beside the red dog bin(!) to meet a lane. Left here and stay in more or less a straight line to the coastal footpath. Left through a gate - interesting new design steel gate latches. Now, just follow that coastline. There are a number of welcome seats along the route so sit and enjoy the view.

After a while follow the line of the hedge left to find a gate signed to Weston Mouth. Now, the hill! Move up slowly bearing right towards the sea. Then, the steps - and there are a few. Luckily the path zigzags a lot easing the gradient. Eventually - whoopee! - at the top and a long flat, airy track alongside the fields.

The path curls around old workings and note the exposed white gravel bed which is thought once to have been a navigational aid. Don't

turn off until just above Weston Mouth, having dropped down through the woods. (Near the bottom look for the gate on the right allowing access to the famous Weston Platts. See the good information board here). Turn left at the sign for Dunscombe.

In a while, bear left at the sign and follow the long, somewhat steep, wide stony track uphill. Marvellous scenery to take your mind off the hill. At the top, move along the concrete road, through the caravan park to meet the road.

Left here and enjoy the flat deserted country lane for a while until you drop down into Salcombe Regis. The church is well worth a look with a wonderful glass screen in front of the window. The seats beside the church also provide a welcome place for a coffee.

Move left down the road signed Beach Road and near the bottom move up right on to the stony track. Now, this really is a beautiful track through the trees with intermittent views of the sea.

Look carefully for a sign directing you off right to Sidmouth. Just enjoy pottering more or less in a straight line along here for quite some way until eventually you will emerge at the lane on which you started out. Right here and back to the Car Park.



Chris, who lives in Talaton, has been a keen walker and mountaineer all his life, enjoying hikes throughout the UK and abroad. He has written 3 books describing the scenic wonders of East Devon, the Tale Valley and beyond. His informal and approachable style encourages all to get out and explore. "Great Walks in East Devon", "More Great Walks in East Devon" and "Great Walks around Ottery St Mary" are on sale at Talaton's Community Shop, Whimble Stores and the Curious Otter Bookshop in Ottery St Mary.

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The Ramblings Of Gertie From Gittisham



Peace, joy and health to you dear readers this Christmas.

My, how time flies and I simply cannot believe that already this year I am up to my elbows rubbing lard into plain flour for another batch of mince pies. I love making pastry; rolling, like sweeping is such a soothing motion and with the traditional seasonal smells wafting around my kitchen, I am transported back to the old hut at Buckereil and see, quite clearly, my mother, light of finger, rubbing the requisite 2oz marge, 2oz lard into the 8ozs of McDougall's plain flour. Atop the old formica lid of the twin tub washing machine stands the chipped buttermilk kitchen scales, their black weights flour-dusted, as the industrious housewife of yesteryear scoops a spoonful of her home-made mincemeat from the nearby jar. Her children hover, like fledgling sparrows; the kitchen, for now, being the only warm(ish) room in the draughty old hut. My sister Birdie will eat the off-cut of pastry, once it has been rolled and rolled until there is only a scrap left - a marble of indigestible fats. In it pops and goggle-eyed Birdie swallows such a delight, without chewing. I thoughtfully lick the mincemeat spoon, a foreshadowing taste of the Syrup of Figs, which will surely end the day on the 25th December.

Later, in the afternoon, my mother, listening to 'Women's Hour' on the wireless, will rest her bandaged, varicosed leg for fear of it 'breaking out', while her excitable children busy themselves cutting, looping and pasting brightly coloured paper chains to festoon the already cramped, yet cosy sitting room. A row of Maxwell House coffee jars stand on the larder shelf, filled with onions pickled by my father, his contribution to the Christmas fare. I love the tang and crunch of an underdone onion and I know that already each jar has at least two onions missing . . . Contrastingly, Birdie loves the big tin of vibrant orange peaches nestling in their thick sweetened syrup. I can see her now - with her little muddled hands slowly caressing the unwieldy container trying to find a secret way for the impenetrable to yield its exotic delights.

The anticipation of the big day mounts and very soon my father will dig from our garden the Christmas tree and somehow get it to stand upright in an old galvanised bucket, which my mother will cover with red crepe paper before decorating the tree with her precious, fragile, glass baubles glistening every shade and hue of the rainbow. We are not allowed to touch and are only later permitted to drench the branches with shiny strands of fine tinsel, which Birdie throws everywhere. The two old cats, one grey and one black, sleep oblivious in front of the fire, which is lighted every afternoon. My world seems colourful, bright, light, secure with warmth, cosiness and seasonal cheer. Oh! How I love being transported back to those somewhat primitive days with their absolute concrete certainties that all will be well . . .

Such a contrast to the present day and my winter reading as I consider the works of Ted Hughes and his sometimes bleak writings on nature. Through the rain running down the window, I note how the bare branches are becoming prominent - a sure reminder that the season of winter is upon us. My thoughts turn to Hughes' poem 'Snowdrop' as I brace myself for the those darker, shorter days:

*'Now is the globe shrunk tight
Round the mouse's dulled
wintering heart.
Weasel and crow, as if moulded
in brass,
Move through an outer darkness
Not in their right minds,
With the other deaths. She, too,
pursues her ends,
Brutal as the stars of this month,
Her pale head heavy as metal*

My mother thoroughly disliked the month of January and well can I sympathise knowing how harsh were her living conditions. Similarly, now I can recognise the plight of the mouse, as my energy levels are not what they once were and after a bout of Christmas preparations, I also like to retreat, to hibernate awhile, recognising a need for recuperation. My dulled wintering heart no longer shares quite the same enthusiasm for this festive season, as I grieve the many losses my mortal soul has sustained throughout the years, which become especially poignant at Christmas.

The wily weasel cannot dodge the hardships of winter, while the crow, a harbinger of death, reminds me of all those dear ones who, in my earlier years, created for me such lovely memories offering comfort and solace, especially now in these troubling times when the weight of the globe becomes too much to bear. Brass the stars of January, brutal linking so aptly with metal encapsulates those viciously cold days when the impenetrable, unforgiving iron wasteland seems to penetrate every fibre of your being; the freezing coldness, the hoar of the frost crippling one's extremities, yet at the same time creating strange, austere sensations frozen in time. With the personification of the snowdrop, she too rising forth from the grief, the darkness - her heavy bowed, white head so completely in sympathy with the severity of her surrounds, we are given the image of the snowdrop in her courageous fragility standing firmly as a beacon of hope for Christmas and for the New Year.





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by Martin Long



It is a word we bandy about rather too carelessly. In her book 'At Christmas We Feast: Festive Food Through the Ages', the food historian Annie Gray makes it very clear that our modern Christmas has taken a very long time to evolve.

On the menu might have been goose or swan, or even peacock if you were particularly rich. Turkey arrived in the sixteenth century, but

Before the Victorian period, you were as likely to see beef on the Christmas table as anything else. While a goose was still more common than turkey in the 1800s, serving it with potatoes and sprouts (ugh!), with a special Christmas pudding to follow, was now becoming the norm.

Looking forward to the following day, there continue to be great arguments about the origin of Boxing Day. December 26th was originally known as St. Stephen's Day, best remembered today for its place in the carol Good King Wenceslas. Stephen was one of the first Christian martyrs, stoned to death in AD 36. Not a particularly Christmassy story, I'm afraid.

Even in my lifetime it was still common to give a seasonal tip, or Christmas Box, to people like the refuse collectors, the paper boy/girl and other tradespeople who did those vital everyday tasks that we too often forget to say thank you for.

Today, for many of us Boxing Day is the day when we just try to recover from the previous day's feasting. For others, however, it is the chance to do something completely different, like take a swim in the sea dressed as a nun. Others take a long walk in the countryside or visit the Sales. And for many it is the day when blended families visit those they could not be with on the day itself.

In the Middle Ages, a further succession of Saint's Days and feast days went on for the full Twelve Days of Christmas, until Epiphany on January 6th. Today we remember that day principally as the date by which the decorations have to come down. But its origin was the final day of the religious festival of Christmastide, after which it was literally business as normal.

Finally, I would also like to give a special shout out today to the many people who will spend Christmas Day by themselves. It is one of the most upsetting things about the season, that everywhere you look all you see are images of large family parties and tables groaning with food, surrounded by beaming faces of people all obviously enjoying each other's company.

It must make it even harder for those who, for whatever reason, spend the day alone, that they are made to feel like they are the only one (which they most definitely are not), and that the whole world is enjoying one big party that doesn't include them.

Whatever your plans, I hope you have an enjoyable Christmas season. But remember, there are no right or wrong ways to spend the holiday. Whether it is one day, two days, or the full twelve days of old, many of what we call traditions are really just habits. Christmas, like any other holiday season, is no more or less than what you make of it.

Magnus

by Kate Baxter

Recently we had some old friends come to stay, and what a lovely time we all had. University friend Magnus, his partner Frances and their 16-month-old Ossian live in Stroud. They arrived to much excitement from little Nancy, whilst Emily decided to hide behind a door, suddenly becoming a little shy. They have never been to Gittisham before, and had only ever seen Honiton whilst waiting for their 'rail replacement bus', so both were excited to see the area.



After a quick catch-up at home (enjoying some ginger cakes made by Frances!) we set off on a walk around Gittisham to show them the village. Past the church, the beautiful thatched homes on the High Street and along the little stream (flowing heavily at the moment!).

We walked up the hill towards Cathays Farm listening to the birds and spotting lots of pheasants. Cathays Farm is one of my favourite places to take the children for a walk because it isn't far to go and there are always a few friendly animals to show the girls. Ossian had never seen pigs and so he was thrilled to give grass to the rather noisy piglets. I didn't like to mention that they supply the Christmas meat for The Pig Hotel and soon they'll be made into the hotel's admittedly delicious 'piggy bits' crispy bar snack.

There were also two extremely friendly brown woolly sheep, who allowed us to pat their heads and touch their thick fur. The kids loved it. Next we looked at the young cows who were in a barn. It was difficult to drag the children away!

It was a glorious autumn day and as we walked back through the driveway of The Pig we stopped to take photos of trees and pheasants and Frances and Emily collected autumn leaves for pressing.

The next morning we set off early (three toddlers in the house doesn't make for a lie in!) and went to Sidmouth. Big waves were crashing onto the beach and there was quite a wind - but it was a clear sunny day. The tide was very high so there was no sand at all, but the children made piles of rocks, filled up buckets of water and enjoyed a picnic. Despite a big lunch, Emily and Nancy are now conditioned to expect ice creams at the beach - so we joined the queue!

As we headed back home, we remembered it was Gittisham's monthly Pierre's Cafe - what luck! Magnus and Fran were extremely impressed by how friendly the people in the cafe were and what a sense of community there is. Oh, and the food! We tucked into hearty beef bourguignon and everyone was suitably full of admiration.

The cafe, which is in the Village Hall, is a lovely event and definitely worth going to if you can (it also sells locally made jam and bread). I bought some crab apple and blackcurrant jam, as well some absolutely delicious rosemary and seasalt focaccia (which lasted about 3 minutes in our kitchen!) and some cakes to take home!

After a post-lunch pot of tea at home it was sadly time for our friends to drive back to Stroud. The children had really enjoyed playing and had got on so well, so we will definitely see them again soon!



A Christmas Quiz For Fun

1. If you are born on Christmas Day, what is your star sign?
 2. What new tradition for the month of December was invented by American mother and daughter duo Carol Aebersold and Chanda Bell?
 3. In what film would you hear the greeting "Merry Christmas, ya filthy animal"?
 4. In which US state would you find the town Santa Claus?
 5. What festive item was eaten by single women in Tudor times in the hope it would help them find a husband?
 6. How tall, approximately, is the Christmas tree at London's Trafalgar Square?
 7. How many times does the number 1 appear on an advent calendar with 24 doors?
 8. How tall is the record holder for the tallest ever snowman?
 9. How many calories are in the average Christmas dinner?
 10. How many Christmas puddings are sold in the UK on average?
- Answers at the bottom of page 28 (Dog's Understanding of Language)*

What's On



Honiton Christmas Carnival

Saturday 3rd December

After such a successful evening last year, Honiton's Christmas Carnival returns this year. This will be the last carnival of the year before the floats return to their sheds ready to be stripped down and rebuilt ready for next year's circuit. This carnival is just for fun and there is no competition involved, everyone is there purely to have a good time.

The procession starts at Ottery Moor Lane at 5.30pm prompt led by Santa Claus on the Round Table's sleigh and takes the usual route up through the High Street. All the entries will be decked out with a festive feel and I'm sure there will be plenty of snow falling as well.



As usual there will be plenty of collecting buckets along the route so have your pennies (and pounds if you prefer) ready to put in the buckets. You may have noticed during the October carnival week that there was a QR code on display in various spots throughout the town. You can donate to help keep Honiton Carnival alive by scanning the QR code which will take you to our Just Giving page. The QR code will be on display again in the week leading up to this Christmas Carnival.



Please come along and join in the festive fun, have a great time and help us raise money for local good causes.

For more information find us on Facebook.

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Scan here to book tickets for
Saturday 17th December



Scan here to book tickets for
Thursday 22nd December

Registration For Popular Men's Walk Hospice Event Opens

Men's Walk, the popular fundraising event from local hospice Hospiscare, returns to Double Locks on 18 March 2023 and participants who sign up before the New Year could be in with the chance to win tickets to watch the Exeter Chiefs at home at Sandy Park.



Men's Walk returns for its 12th year with all the event's firm favourites in place: a walk, pint, pasty and of course the rugby! Anyone can take part and join the Hospiscare team at Double Locks to raise much-needed funds for local people and their families living with terminal illness. Also returning for this year is the chance to take part 'your way' with walkers setting their own route, distance and location.

Everyone who takes part will receive their own Men's Walk t-shirt plus a complimentary beer from Exeter Brewery and pasty from Chunk of Devon to enjoy after completing the walk.

Proudly sponsoring their tenth Men's Walk, leading independent property agents Wilkinson Grant are working closely with the Hospiscare to make 2023's event the best yet.

Martin Stokke, Senior Events Fundraiser, comments, "Last year, over 1,100 people across Devon stepped up in support of local end-of-life care. Those dedicated individuals collectively raised a phenomenal £103,000, helping to secure our vital care services for those most in need for the year to come. This year, we have something very special in store to thank our Men's Walkers and we can't wait to reveal more in the New Year.

"With Exeter Chiefs and Exeter City playing away on the day of the event, we're anticipating another sell-out year. To anyone considering taking part, sign up today to avoid missing out and help local people and their families affected by terminal illness. Visit www.hospiscare.co.uk/menswalk."



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What's On - December & January At The Beehive



Hello Folks, there's lots of great gigs, films and shows coming up at The Beehive so be sure to book well in advance!

We have a real variety of films beginning on Thursday 1st December with **Emily** (15). Emma Mackey is splendiferous in this frequently scintillating and teen-friendly biopic about Wuthering Heights author Emily Brontë... Evening Standard.

Then we have 2 screenings of **Living** (12) on Friday 9th December at 2pm (subtitled) and another at 7.30pm. Bill Nighy is hotly tipped to gain an Oscar for his remarkable performance in this film. 'A director rising into the highest ranks and an actor at the peak of his powers are the keys to this mesmerising melodrama set in London in the 1950s'. -Times

On Saturday 10th December we have a special 4pm screening of **The Nutcracker** (12A) performed by the Royal Ballet, something of a Christmas tradition here at the Beehive!

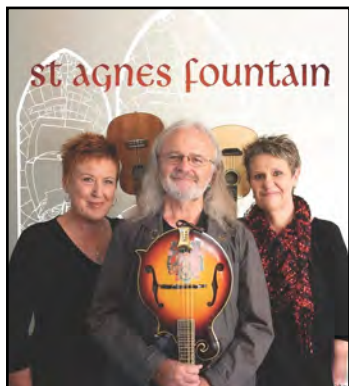
The Christmas classic, **Miracle on 34th Street** (U) is our December dementia friendly film on Thursday 22nd then we're really looking forward to **Matilda the Musical** (PG) on Friday 6th January at 5.30pm and then again at 7.30pm on Saturday 7th after our joyful afternoon screening of **Andre Rieu in Dublin** (U). On Friday 13th January we are showing the powerful investigative drama **She Said** (15) - inspired by true events - which depicts how two New York Times reporters uncovered the widespread sexual abuse of women by Hollywood producer Harvey Weinstein. Zoe Kazan and Carey Mulligan star in this 'tense, fraught, and absorbing movie, one that sticks intriguingly close to the nuts and bolts of what reporters do.' -Variety.

Christopher Wheeldon's delectable take on a magic-realist love story **Like Water for Chocolate** (12A) is our ROH Live screening on Thursday 19th January at 7.15pm performed in a co-production between The Royal Ballet - welcome back American Ballet Theatre.

Armageddon Time (15) is a US drama in which the friendship between two boys is tested by the prejudices of the society in which they live. Starring Anne Hathaway, Jeremy Strong and Anthony Hopkins. Saturday 21st January at 7.30pm. Then we have a great selection of other Oscar contenders to follow.

Live shows up to Xmas include **History of Soul** Friday 2nd December - a celebration of Soul music through the decades with a fabulous 9 piece band and singers, featuring the music of such artists as Aretha Franklin, Marvin Gaye, James Brown, Sam Cooke, Ray Charles and The Temptations and many more.

On Saturday 3rd December we welcome back **The Unravelling Wilburys**, a great combination of brilliant musicianship, tongue in cheek humour and rave reviews throughout the UK; the band play their songs in their familiar country-rock style whilst stealing a few choice numbers from those famous five icons, Messrs Orbison, Harrison, Dylan, Petty and Lynne!



Christmas, as they say, starts with **St. Agnes Fountain**. Carols with a curve! Come and enjoy a festive evening with this fabulous folk trio on Thursday 15th December.

On Friday 16th there is a special gig **Beejive** featuring music students from Richard Huish College showcasing their work. Come along and support the next generation of local musicians and singer songwriters as they perform for you as a part of their course work, there's a variety of styles and artists, some soloists, local Folk group called Mismatch! playing a range of folk covers with a wide array of harmonies they always warm up a room just right for a gorgeous night of music. Placeholder, is an indie band who spent the summer playing local festivals such as Yarty Party and Rock on The Green. With their first single in sights this energy filled band sure packs a punch.

Our special Xmas gig with **Mad Dog Mcrea** is on Saturday 17th and they need no intro! **The Dilly Boys** will be supporting them.

We are so delighted that **Paddleboat Theatre Company** are coming to perform for our family audiences on Wednesday 21st in their magical adaptation of **Hansel and Gretel** at 11am and 2pm. This inclusive version of Hansel & Gretel is a sensory story full of magic, gentle interaction and integrated signing. With an enchanting woodland set, playful characters and poetic storytelling, it is a perfect first time theatre experience for little ones. Suitable for ages 3 and above.

During January we have two very different folk singer/songwriters with **Reg Meurosson** January 14th with songs of history, protest, love, loss, and legend and **Steve Knightley** January 27th with his brand new one man show featuring insights, anecdotes and a bunch of new songs that will attempt to chronicle and draw a line under an extra episode in all our lives!!

We wish you all a very Merry Christmas and look forward to seeing you soon, many thanks for all of your support. Wendy & the Beehive team.



What's On



Honiton's Community & Arts Venue

DECEMBER 2022
EVENTS

EMILY (15)

Thu 1 Dec 7.30pm Adult £7.50, U16 £6.50

Emily tells the sensuous and loosely biographical life story of one of the world's - most famous authors, Emily Brontë.



THE HISTORY OF SOUL

Fri 2 Dec 7.30pm £24 (seated)

A celebration of Soul through the decades with an exceptional live band. Aretha Franklin, James Brown, Marvin Gaye and more.



THE UNRAVELLING WILBURYS

Sat 3 Dec 8pm £18 (seated)

Celebrating The Traveling Wilburys - Roy Orbison, George Harrison, Bob Dylan, Tom Petty and Jeff Lynne.



LIVING (12A)

Fri 9 Dec 2pm with subtitles, 7.30pm £7.50/£6.50

Bill Nighy stars as a bureaucrat in 1950s London who attempts to break out of the monotony of his life, before it is too late.



ROYAL BALLET: THE NUTCRACKER (12A)

Sat 10 Dec 4pm Adult £17, Student £11

Live on screen, discover the enchantment of ballet with this sparkling festive treat for the whole family.



ST. AGNES FOUNTAIN

Thu 15 Dec 7.30pm £20 (seated)

Carols with a curve from Chris Leslie (Fairport Convention) and BBC Folk Award winners Chris White and Julie Matthews.



*All details correct at time of print. Please check website for updates. Ticket prices include a £1 admin fee.

The Beehive • Dowell Street • Honiton • EX14 1LZ

Box Office: 01404 384050 www.beehivehoniton.co.uk Charity 1162412



Honiton's Community & Arts Venue

DEC 2022 & JAN 2023
EVENTS

BEEJIVE

Fri 16 Dec 7pm in advance £6.50, on the door £7.50

Hosted by Richard Huish college students, featuring solo acts & bands Ash, Lucille, Loren, Syncopation, Placeholder & Mismatch!



MAD DOG MCREA (SUPPORT THE DILLY BOYS)

Sat 17 Dec 8pm £21

Mad Dog Mcrea blend a unique mixture of folk rock, pop, gypsy jazz, bluegrass and 'shake your ass' music.



HANSEL AND GRETEL - PADDLEBOAT THEATRE

Wed 21 Dec 11am & 2pm £12/£8, Family of four £30

An interactive Christmas treat for families and anyone who would enjoy a relaxed, inclusive theatre experience.



BEEHIVE ACOUSTIC NIGHT Wed 21 Dec 7.30pm

NOSTALGIC CINEMA: MIRACLE ON 34th STREET

Thu 22 Dec 2pm £4.50 includes hot drink & biscuits

The 1947 comedy. A subtitled & dementia-friendly screening.



6 & 7 Jan

MATILDA (PG)

Sat 7 Jan

ANDRÉ RIEU IN DUBLIN (U)

Fri 13 Jan

SHE SAID (15)

Sat 14 Jan

AN EVENING WITH REG MEUROSS

Wed 18 Jan

THE BEEHIVE FOLK CAFÉ

Thu 19 Jan

ROYAL BALLET: LIKE WATER FOR CHOCOLATE (12A)

Sat 21 Jan

ARMAGEDDON TIME (15)

Thu 26 Jan

NOSTALGIC CINEMA: VIVA LAS VEGAS (U)

Thu 26 Jan

NATIONAL THEATRE LIVE: THE CRUCIBLE (12A)

Fri 27 Jan

STEVE KNIGHTLEY

Sat 28 Jan

I WANNA DANCE WITH SOMEBODY tbc

The Beehive • Dowell Street • Honiton • EX14 1LZ

Box Office: 01404 384050 www.beehivehoniton.co.uk Charity 1162412



The Arts Society Honiton

Interested in the arts?

Then join us at The Arts Society Honiton. We meet at The Beehive at 2pm on the second Tuesday of the month from October to June.

Our next meeting:

Tuesday 13 December 2022, 2-3:30pm

The History and Art of the Nativity Crib

Geri Parlbay

Nativity scenes or cribs started as display pieces for Italian churches in the 1300s. Often made out of terracotta, these early sets were displayed year round. Since then they have evolved into a wonderfully diverse variety of artistic scenes.

In this lecture we will be looking at the art form of the crib from the carved masterpieces of the medieval era to the extraordinary semi-pagan variations of South America. Christmas will never be the same again!

Geri is a former Fleet Street journalist and has degrees in history, theology and art. She is well known locally as a lecturer on the Art Society's history of art series.

£8 for guests or visitors payable on the door

www.theartssocietyhoniton.org.uk

Email: info@theartssocietyhoniton.org.uk

What's On

Honiton Garden Club

Our programme for 2023 has just been published so why not pick up a copy from St Paul's Church and come along to find out more.

During the year we have a variety of speakers on subjects as diverse as

- Rejuvenating a tired garden
- Year round colour in the garden
- A world under our feet
- East Devon and its garden history

Non-members are welcome at all meetings at a cost of £3 a session but why not become a member? We welcome gardeners of all abilities and skills and it only costs £6 per year plus £1 per meeting and gives you the opportunity to make new friends, learn new skills - and also go on our outings, which this year are to Minterne House in Dorset, Kilver Court Garden in Shepton Mallet and The Garden House near Tavist

For more information contact Julia on 01404 548709



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Can we help you?



TRIP, the East Devon Charity, now offers many services which could make your life easier.

Medical appointments – We offer door to door transport to your medical appointments (*and wheelchair transport if needed*) and will wait for up to 4 hours for you if needed. Our prices are considerably cheaper than a taxi fare too.

Outings to interesting places – (*door to door collection*)

02 December - Otter Nurseries
 03 December - Barnstaple Christmas shopping
 09 December - Bickton Gardens craft fair and late night shopping
 11 December - Sanders Garden Centre and restaurant
 16 December - Country drive and tea
 17 December - Bridport Christmas Market
 23 December - Sainsburys Ottery
 30 December - Combe Garden Centre

The rest of the year we also do pub lunches at the weekends but December is too busy a time for the pubs so these will resume in the New Year. The new timetable for trips in January, February and March comes out in late December with our newsletter. If you would like to receive these, please ring the office on **01404 46529**.

One-to-one Befriending – matched to suit you.

Befriending Hubs – TRIP now hold four a month at venues in Honiton, Dunkeswell, Rockbeare and Talaton (*again with door to door transport*), food and entertainment provided, so come and make new friends.

Shopping trips – we can personally shop for you or you can be collected by our minibus – *which runs twice weekly* – to visit Tesco, Aldi, Lidl or the High Street in Honiton.

Mobility equipment – we supply new and used mobility scooters, wheelchairs, and walkers plus a large range of living aids to make life easier (*in stock or to order*). You can also hire mobility scooters and wheelchairs.

Sitting Service for Carers – if you need time off from caring for loved ones, we can help.

Help to Home from Hospital Stays – designed to help those living alone come home from hospital. Ring us for more details.

Just give us a call, we love to help...
01404 46529

JOIN US FOR CHRISTMAS LUNCH

We are holding our annual Christmas lunch at the **Belmont Hotel**, Sidmouth, on **Tuesday 13 December**.

The price is £32 for 2 courses and £37 for 3 courses (*including door to door transport*).

We'd love you to join us.

To see the menu, book or for more information ring **01404 46529** or go online at tripcta.org/rudolph



We wish you all a very Merry Christmas and Happy New Year

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What A Dog's Understanding Is Of The Human Language

by Jude Davidson



Only a few years ago scientists thought that dogs could only understand the tone of what a human was saying along with certain associations like feeding time but an experiment in Budapest was carried out on dogs that voluntarily chose to enter and MRI scanner through reward based training that would revolutionise what we believed.

Parts of the brain that are typical of understanding language were lighting up when a human spoke praise words in a neutral tone whilst the part of the brain that determines good or bad tone of voice didn't light up at all. This concluded that dogs really did understand spoken language as well as how it was said. We now know that dogs can learn up to 200 words (that's the really intelligent dogs) with one dog learning up to a thousand words.

I stumbled across some amazing Instagram posts recently which really have opened my mind up to not only to what a dog can understand, but how they can now communicate with their humans. Honestly, I've been blown away! If you want to follow them have a look at @whataboutbunny and @puppyparkerposey.

You can now buy products from Fluent Pet which are word-activated buttons. You can teach your dog to associate the word with the button which is placed on a mat on the floor. The dogs I have been watching can not only

communicate what they need or want, like going to the toilet, going to bed, want a chewy - but they can talk about dreams, what has just happened, what might happen the next day. They have reminded their owners that they have forgotten the morning medication or that they have a sore ear and want help. Most importantly, I think, these dogs can talk about how they are feeling.

Totally incredible! I even watched one post where Bunny went up to Otter (both dogs!) and pressed the button "Hi". A dog was speaking to another dog in the human language.

So how can we use this information and this technology to improve dogs' lives? We can start by actually talking to dogs more. I have found since I've been speaking to my dog in a more human-like manner she has responded much better and can pick up more words than I originally thought. I always thought that speaking to my dogs simply and demanding that they would understand was better but I actually think that having more dialogue and in a happy tone that they will respond is much better.

It has also revolutionised the connections with the dogs I work with whilst on my walks - just by speaking to them more frequently and concentrating on the words I know they know, along with a gentle, fun and soothing tone. There seems to be a much better connection and they are more likely to listen if I'm not barking demands at them all the time. I don't care if I look mad to other people!

So, for Christmas this year, what better gift could you give your dog than the power of speech?



Jude Davidson is an award winning dog walker and cat sitter who also loves writing dog blogs. She lives in Honiton with her cat Lunar and her dog Elsa and is the owner of Park Life Honiton which she started 7 years ago.

Jude has honed her walks into activities-based wilderness trails, designed for gun dogs to improve their focus, socialisation, general health and happiness in the beautiful Blackdown Hills. She provides top tip videos, lovely photography, stories and information to her customers so they can be part of the fun too.

To join the Park Life Wilderness Club or for more information 07427500766 or parklifehoniton@gmail.com

QUIZ ANSWERS

- | | | |
|------------------------|--|---|
| 1. Capricorn | 5. Gingerbread man | 8. 113 feet - the snowman was built in Maine, America |
| 2. Elf on the Shelf | 6. 20 metres | 9. Average 957 calories |
| 3. The film Home Alone | 7. 13 times, on doors: 1, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 21 | 10. 25 million |
| 4. Indiana | | |

Royal Christmas Wishes

by Liz Chilcott



It has been a momentous year in the monarchy! Chilcotts are delighted to announce the sale of forty-four Christmas cards sent by the Queen and Prince Philip to one of the Queen's royal households.

The Christmas cards in particular provide an intriguing insight into changes over the years since the mid-1960s.

All include images of the Queen either with just Prince Philip or the wider family; some picture her with her beloved corgis.

These cards cover key events such as the Golden Jubilee and Charles and Diana's wedding year, 1981.

The final card is from Christmas 2021 and, due to the passing of her husband, poignantly only has Queen Elizabeth's signature.

This collection is being sold in our December 10 auction by Mrs Deborah Bean CVO who worked as the Queen's personal letter correspondent from 1965 to 2003.

She started her career typing speeches for Prince Philip before moving across to work for Queen Elizabeth. She wrote up to 300 letters a day - and she also had to be able to successfully adopt the Queen's phraseology and tone, another great skill.

Deborah Bean was also responsible for typing up the Queen's Christmas Day Speech!

Although Royal commemorative items are not usually collectable, this collection, due to its personal nature, is different.

The cards are being sold in different lots estimated from around £150 each.

Viewing is on December 7,8,9 and on sale day. The auction starts at 10 am



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Christmas Climate



Hey, my name's May and I'm a climate activist from Gittisham, Devon.

Over half term, the IPCC released a new headline saying that the planet is in a dire predicament, stating that the time for action is 'now or never'. Although studies highlight that to make a big enough difference we need systematic action, there are lots of things you can do to make an individual difference, particularly over the festive season.

The biggest thing the IPCC says you can do to make an individual impact is to fly less. Flying has a shockingly large carbon footprint and by stopping non-essential flights, or at least by significantly reducing them, you can massively reduce your carbon footprint.

The festive season is one of the busiest times for the aviation industry, and by exploring areas that are reachable by train or other methods of transport, you can both reduce your environmental impact and signify to larger industries that you are no longer interested in

their fuel-guzzling schemes. My family and I no longer fly, and we've got to know lots of lovely areas around the UK as opposed to jetting away for a winter break.

Another thing that has a devastating impact on the planet is the meat and dairy industry, which is one of the main attributes to environmental issues such as habitat loss, water overuse (as water is used to hydrate livestock) and the palm oil industry (as palm oil is used in nearly all cattle feed). By reducing the amount of meat you eat, particularly over Christmas, you can have a massive impact on the planet. Phasing out meat can reduce your carbon footprint by a third, and phasing out animal products completely can half your carbon footprint. Around 22 million turkeys are raised for Christmas each year, and although white meat and poultry are one of the more sustainable forms of meat, each turkey alone uses at least a bathtub of water to raise. This means that if families this year substitute their roast turkey with a nut roast, they will alone save around a bathtub of water. Red meat is even worse for the planet, particularly beef, so if you want to limit your emissions but don't feel ready to eradicate meat from your Christmas dinner completely, you could replace your traditional roast beef with a white meat alternative.

Consumerism also has a massive impact on the planet. The fast fashion industry, particularly, has an existential footprint because of its use of water, intensive manufacturing methods and the fact it is often made in countries such as China or Vietnam, and then globally transported. Also, it is one of the largest industries that breaches workers' rights, so boycotting fast fashion is a social issue as well as an environmental issue.

Consumerism is at its biggest over Christmas. You can make a difference by only buying meaningful gifts and supporting more sustainable, local shops, and also by buying pre-loved gifts. We have a wide range of lovely local businesses in the area and charity shops can accommodate a diverse array of styles whilst raising money for a good cause.

I hope I've provided some insight into easy ways you can have a more sustainable Christmas, whilst simultaneously saving money, particularly during this uncertain time. By not going abroad you obviously save money, and there are plenty of cheaper, tastier vegetarian options to eat over the festive holiday. Since I've started getting most of my clothes second hand, I too have saved money.

New Christmas Cards For 2022



Four new designs by Irene Jones, Richard Adams and Rachel Ross, which can be ordered and mailed to you. As well as these four cards we also have two designs available from earlier years - see the website - go to Cards and then Christmas Cards for the images. Our minimum mail order is 15 cards for £25 which includes p&p. You can order any mix of images - just tell us how many of each design you'd like.

Telephone us on 01404 43201 to make a payment by debit card and we'll despatch them straight away. We're here Tues - Sat 10am - 4pm. Or to order out of hours please use the 'enquire' button on the Christmas Card web page and use the message box to say how many of each design you'd like, leave your telephone number and we'll ring you back for payment.

The original paintings will all be shown in our Christmas exhibition **Cherish**, along with other works by these artists and works by other regular exhibitions at Hybrid. The exhibition opens 8th December.

Tim & Jacqueline

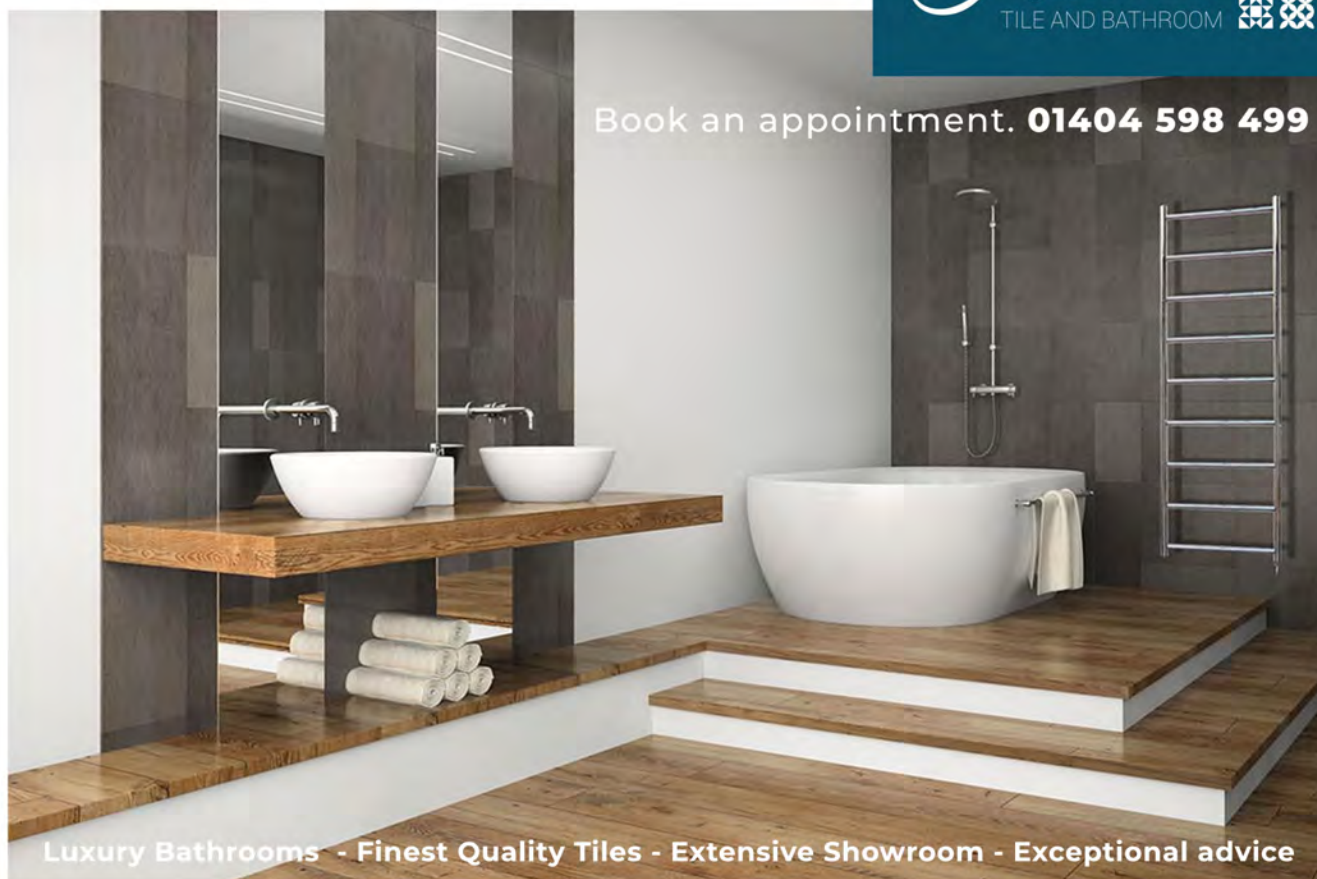
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Around & About In Our Community

Honiton Carers Support Group



We were thrilled to receive a cheque from the Co-op Community Grant in November to cover the Art & Craft sessions we have enjoyed during the past 12 months at Thelma Hulbert Gallery. We would like to say a huge thank you to the Co-Op and their customers for supporting our cause for the year 2021/22 and to Anna at Thelma Hulbert Gallery for

teaching us so many different crafts during the year. We have all had a fabulous time. #ItIsWhatWeDo

Honiton Carers are also extremely delighted to have been chosen again as one of the Co-op's three causes for the year 2022/23. This time the grant will pay for Pottering with Plants sessions which will take place at Creative Beings at Awliscombe. We can't wait to start this new activity.

If you would like to know more about Honiton Carers please contact Win on 07974 636926 or email winniekjaer@btinternet.com

Smeatharpe Womens Institute

On Thursday 3 November Smeatharpe WI met at Smeatharpe Village Hall.

Carole Long, our President, welcomed everyone to our meeting. Our guest speaker for the evening was the Rt Hon Ann Widemombe DSG who made us laugh about her various escapades in life.

Ann told us about flying with Anton Du Beke on Strictly Come Dancing. She told us about her own TV documentaries she did such as "Moses and The Law" (going up Mount Sinai) and living as a Victorian for 6 days. Ann has been writing various books since 2000 e.g. The Dancing Detective, as well as her own autobiography.

The next meeting of Smeatharpe WI is on Thursday 1 December at 7.30pm at Smeatharpe Village Hall. Lady visitors are welcome to join us at our meeting.

More information from:

Carole Long, President Tel: 01823 601382

Liz Tucker, Secretary: 01823 601269

theWI
INSPIRING WOMEN

Devon



Congratulations to Combe Farm Shop



We were delighted to learn that another of our advertisers has been successful in local food awards, with Combe Farm Shop winning Gold for their Curried Goat Sausages and Commended for their Oak Smoked Cheddar & Otter Ale Sausages at

the recent Taste of the West 2022 Awards.

Then, to top it all, they heard last month that they had also (for the second year running) won Gold for Best South West Farm Shop.

Taste of the West is the largest independent regional food group in the UK who promote and support fantastic local food and drink from our region (Cornwall, Devon, Dorset, Gloucestershire, Somerset and Wiltshire). They have been going since 1991, and their ethos today remains the same as it's always been - quality, integrity and provenance.

Joanna Marker, manager of Combe Farm Shop, commented, "I couldn't be happier or prouder of my team and the shop. To be recognized in this way is such an achievement. Especially the comments about our commitment to locally sourced products and the kind words about the butcher's counter."

The Secret Shopper comments pay great credit to this lovely local shop : "The shop is positively brimming with home produced and prepared food and has total commitment to local or South West products. Everything is presented well, and it was a very pleasant shopping experience. The farm shop has a rustic feel, including nice touches such as trug baskets for your shopping. Their meat counter has a real WOW factor! Worth a visit just for the meat counter, the cakes and sausage rolls.

"The vending machine outside with dairy products from cheese to milk and smoothies, was a brilliant idea for customers and local people. I found it easy to use. It was hard to find anything that wasn't produced in-house from the Estate, or from the wider South West."

Around & About In Our Community



I am pleased to say that our grand draw took place on November 6th at The Otter Inn Weston (thank you Mandy and Joe for your assistance). The winning ticket numbers were 1st prize of £100 went to 1240, 2nd 2449, 3rd 2956, 4th 1200, 5th 2036 6th 1940, 7th 0950, 8th 2440 and 9th (a box of logs) won by a man from Sheldon.

All the winners have now been contacted.

Thanks must go to our sponsors :

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With all the prizes sponsored and donations received back from some winners, over £3,000 has been raised for Community Care charities. Thank you all for buying the tickets.

I must just mention Lion David Rickard MJF who spent hours at different venues and his sales alone were £2,000 plus - Thank you so much Dave.

At our meeting In November, we were pleased to have a visitor from The Ukraine who gave us an insight to the hardships they are all having to cope with!

Also, we decided to help The Kings Centre Food Bank as well as Operation Rudolph (both receiving £200 each) and £500 to the local Scout group for their roof fund. A Honiton Community College student has been selected to go on a -week expedition to Yukon Canada with The British Exploring Society in summer 2023 - we have sent him a donation of £200.

Thank you to the anonymous person who donated £200 to help the people of Honiton in this difficult time.

We are hoping to have a collection at Tesco around Christmas time, but this is yet unconfirmed.

Next year we will be off again starting off with our Easter Egg draw and various fundraising events throughout 2023.

If you would like to become a Lion member and help your local community, please give me Brian the Lion a ring for more details on 01404 43738 or mobile 07966 173 828



Every day our team of SSFA Devon volunteers are making a lasting difference to the lives of serving personnel, veterans and their families.

MAKE YOUR TIME COUNT

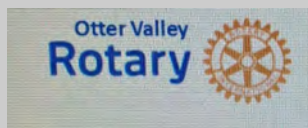
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 call: **07483 170 351** visit: ssafa.org.uk/volunteer

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Everyone at Honiton & Village News would like to thank all our contributors through 2022. Have a great Christmas and New Year and we look forward to working with you further in 2023

Around & About In Our Community



Rotary is made up of men and women from all walks of life. We have members from Ottery St Mary, Honiton, West Hill, Exmouth and Cranbrook.

We welcome individual and corporate members to our club.

The group meets weekly on a Tuesday evening at The Tumbling Weir in Ottery St Mary at 7.30pm. The meeting starts with a 2 course meal. We have a speaker, fellowship or a business meeting which starts around 8.30pm; you do not have to dine if you prefer not to.

Rotary raises money and donates it to local and International charities/organisations/schools/groups and individuals. To continue doing this we need to grow our membership. If you care about the community, come along to one of our meetings and see what we do, you will be very welcome. Contact the Secretary Carolinect1959@hotmail.co.uk.

Santa Fun Run -We propose to hold our annual Santa Fun Run on Sunday 11th December, starting and finishing at Land of Canaan in Ottery St Mary. This year we are happy to welcome those who prefer to walk. The run will set off at 11am with the walkers setting off after them.

This is a **free to enter** event. We appreciate the cost of living crisis is affecting everyone but still want to give families the opportunity to have a fun time. The course this year will be 3 miles.

Pre registration is essential. All enquiries to: santafunwalk22@gmail.com

Groups we have helped with a donation this month

Operation Rudolph - is a Honiton-based community charity; they want to ensure that nobody is struggling at Christmas. They help with Christmas gifts, food boxes, and meals on Christmas Day. There are no complicated forms or evidence needs, it's an open system that offers real support without labels, with dignity and respect.

Makaton Sing and Sign Choir - all inclusive, non-profit organisation who meet the first Friday of every month and provide a learning tool to the use of Makaton; it also facilitates friendships as there are very few places provided for these children/young adults to be themselves and enjoy being part of a group. Open to all ages, choir members thrive and enjoy the monthly sessions. This group also helps parents/carers by sharing their knowledge of looking after special needs children/adults as well as making friends themselves.

Bicton College - Study Support Officer Laura Alexander has set up a scheme at the College providing toiletries for students who may be struggling during this financial crisis. These are available to anyone who needs them. They are left in a discreet place so privacy and dignity can be maintained.

If you, your organisation, school or charity needs funds, please contact our Secretary Caroline: ct1959@hotmail.co.uk. We consider all applications.

The Retired Old Boys of Talaton

The ROBOTs recently squeezed in a short walk around Colaton Raleigh. With a huge programme of events including Haldon Races, Music in the Great Hall, Exeter City Football, AND the annual Christmas Meal coming up it was felt that a bit of outdoor exercise wouldn't go amiss. Well, a few of the thirty plus group felt that way - although possibly the attraction was the promise of a stupendous cream tea to follow the walk.

The walk was short – about four miles – but very enjoyable, leaving Colaton Raleigh and wandering down to the Otter Inn, following the narrow path beside the playground to meet Church Road. Right here and down to the Otter, crossing on the narrow footbridge. Across the pasture to meet the quiet and very scenic road. Passing a couple of farms, we took a stony lane to the river. Then a glorious path along the river, up into the woods near Yonder Hill and eventually down a wonderful green lane and back to Colaton Raleigh.

Word had it that the tea was not quite ready, so our intrepid leader led the group on a slight diversion to arrive at the finishing garden to find an incredible cream tea set out. It says something for the weather that we were able to sit out in sunshine. They say women talk - but the comfortable conversation flowed for nearly two hours, solving nearly all the world's problems, until it was suggested an enjoyable day should be drawn to a close.

The walk could well appear in this magazine in detail at a later date but don't expect a cream tea – ROBOTs only.



**Don't forget to send us your news
If it's happened in Honiton and the
surrounding villages then we're
interested!**

**Just contact
honitonvillagenews@gmail.com**

It's Beginning To Look A Lot Like

A good crowd was out in Honiton as the tree and lights were switched on - ably supported by Santa and Honiton Town Band. The shop windows are beginning to look festive. Christmas must be coming.

And many congratulations to Dawn Enticott who was awarded Citizen of the Year - a very popular choice



Welcome To The High Street - Blue Pencil Gallery



Blue Pencil Gallery is a newly opened, animation-inspired gallery on Honiton High Street (next to Wine world). The gallery is owned by Anna Saunders who has family in Honiton. "Both my mother and my aunt and partner have lived in Honiton for over 30 years so it seemed like the natural place to create the gallery and also be with family."

Anna has an animator career that spans nearly 40 years, both in the UK and USA. Her artistic career has taken her from the world of traditional hand-drawn animation on breakfast cereal commercials, in London's Soho, all the way to animating Looney Tunes characters at Warner Brothers in Los Angeles where she lived for nearly 20 years. Anna's fun and varied career has included: • Matt Groenings 'Futurama' for Fox TV. • Singing and dancing Regency mice for Beatrix Potter's Tailor of Gloucester • Fred and friends for the Homepride cook-in sauces • Sad chickens in an award-winning music video for Morrissey's world tour • Pooh Bear and Scrooge McDuck in Ducktails at Disney UK.

Anna commented, "Animation is a wonderful genre and one which appeals to all generations. At the Blue Pencil Gallery we will showcase artwork produced by animators from around the world, from classic animated films to art from vintage 'Rice Krispies' commercials. As well as being able to buy cartoon art, vintage cels and merchandise, you will see your favourite TV characters and discover how animators create their art."

Blue Pencil gallery will display explanations of the traditional animation process from the rough drawing stage through to video screenings of vintage cartoons and contemporary animation.

Anna's partner Will Caro has created the fantastic over-sized blue pencil in the window.



Blue Pencil Gallery 81 High Street, Honiton, EX14 1PG



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Honiton Running Club - The Ultimate Challenge

By Paula Ferris Chair & Running Coach Honiton Running Club

From Zero to 5K Success

The Couch to 5km running initiative is a fantastic graduated, step by step guide, helping people of all ages, abilities and backgrounds. A non-runner who would like to begin their running journey or returning post injury or illness - to those who would like to meet new friends and socialise in a safe, positive, motivating group.



Honiton Running Club (HRC) is very proud to coach, support, guide, and mentor any runner who wishes to improve their health and fitness together with their mental and physical wellbeing. "Making those first steps in any new challenge is the hardest part, but knowing you will not be the only one is comforting to know" says Helen.

The 8 week course started in January and on completion the group concluded with the 5km event at Parkrun in Seaton to celebrate.

The reward as a running coach is seeing each runner's achievement and self belief at the end of a session, followed by an immense, immediate sense of accomplishment. "The course was informative, fun and motivating. I gained so much self confidence each week as we ran further. I feel so much stronger now," says Sarah. This year, in particular, has been the club's best yet, with a 60% success rate of

beginners to now fully fledged club members. The month of May saw some of our now-new members completing 10km road events and in September the HRC Flagship Event "The Honiton Hippo" 7.2ish miles of mud, hills and water obstacles. "I am so proud of myself for stepping out of my comfort zone," says Vicky.

The Quantocks Hills Half Marathon Club Trip.



Specific training complete, 36 members took to the start line on Sunday 9th October. All members completed their event, crossing the line to rapturous applause from every club member, with amazing respect and appreciation of all the hard work and effort needed to tackle the course. A proud moment.

HRC invest in club leaders and coaches, allowing our Club Captains to provide structure when organising club evenings, which include a variety of distances, paces, routes and terrain to suit all levels. If you would like to come and join our friendly welcoming club or indeed be part of the next cohort of Couch to 5km in January 2023 contact www.honitonrc.com or Facebook Honiton Running Club.





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- Visits to theatre productions
- Day trips to the local coast
- Speakers and entertainment groups

If you would like more information or to come and visit please contact us at:

Abbeyfield Honiton Society Ltd Stanhope,
36 High Street, Honiton, EX14 1PJ

Telephone: 01404 43322

Email : Abbeyfield-honiton@abbeyfield.com
or manager@stanhope-honiton.co.uk



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A ten-week consultation seeking residents' views on specific sites for development was launched on Monday, 7 November by East Devon District Council.

The document sets out how EDDC intends to meet housing targets, to meet the needs of local residents and ensure new homes are net zero carbon, ensuring they are more efficient and cheaper to run. The draft plan also outlines how the district addresses the climate change emergency, how and where new jobs should be created, how town centres should be supported and how the district can protect build heritage and the natural environment.

A number of public exhibitions will be held across East Devon allowing residents to find out more and ask questions about the draft Local Plan.

**Wednesday
07/12/2022
Honiton
Beehive
15:00 - 19:00**

**Tuesday 13/12/2022
Feniton
Youth Centre
15:00 - 19:00**

The consultation can be viewed online at:
www.eastdevon.gov.uk/local-plan The feedback EDDC receives on this draft plan will be used to help inform and refine the council's thinking as the local plan is progressed.

Welcome to Revd. Jeremy Putnam

by Carol Hayes



St Mary the Virgin, Offwell

After five long years in Interregnum, the Benefice of Offwell, Farway and Widworthy has a new House for Duty Priest, the Revd. Jeremy Putnam.

Alongside his parish work Jeremy has been appointed a Giving Adviser for the Diocese of Exeter, in which he will be supporting churches throughout the Diocese with mission resources, such as the Parish Giving Scheme, contactless giving and church grants.

Jeremy has spent the past seven years as Priest in Charge at All Saints, Hightown, Truro - a large, diverse, urban parish. The prospect of looking after three rural churches, serving two primary schools, plus a three day commitment to the Diocese, seems to energise rather than curb Jeremy's enthusiasm as I have yet to see him without a smile on his face:

"I am so glad to be serving in East Devon. For me, the beautiful landscape, the Christian history and, most of all, the people were the things that drew me here. What excites me most is the prospect of sharing the message of hope that we see in the person of Christ, and the example of love he modelled so perfectly in his ministry. Hope and love, two aspects of the Christian faith that in these challenging times we need to see and hear more of."

And it's the message of hope and love that Jeremy will be sharing this Christmas with the Offwell Benefice.

Carol Services will take place at all three churches (St. Mary's, St. Cuthbert's and St. Michael & All Angels) on 18th December.

On Christmas Eve at 2pm there will be a Crib & Toy Service at St. Mary's. Everyone is welcome to bring a gift for children or their parents who will be spending this Christmas in a refuge.

The gifts (wrapped and labelled with whom the gift is suitable for) will be donated to NDADA (the North Devon charity who provide temporary refuge to women and children affected by domestic abuse).

For Jeremy The Gospel of Jesus Christ is the message of love: "It is seen best when we come together, support one another and care for one another."

We would like to send all our best wishes to Jeremy in his new role and welcome him to East Devon.



St Cuthberts, Widworthy



St Michael & All Angels, Farway

Did You Know?

A unique Christmas tradition found in pubs across the county is the Ashen Faggot - basically, a Devon version of a Yule log with strong pagan links to the past.

A bundle of green ash sticks with nine bands made of hazel, it is burnt on Christmas Eve. As each band breaks, it is traditional that a toast is celebrated with a glug of cider!

Happy Christmas.....

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UA 50TH ANNIVERSARY

On Saturday 29th October Deputy Mayor Helen Hurford and Councillor Tony McCollum attended the celebration of the 50th Anniversary of British Ugandan Asians' arrival at Heathfield resettlement camp in Honiton.

In October 1972 nearly 2500 British Ugandans arrived at resettlement camps, in Heathfield Honiton and Plaisterdown near Tavistock. The resettlement provided safety after Idi Aman's expulsion of British passport-holding Ugandan Asians.

This was a heartfelt occasion. Commencing with a tree planting ceremony and unveiling of a commemorative plaque at the Blackdown House, EDDC HQ. Celebrations continued at the Beehive with words of thanks, exhibition reminiscence through photos, presentations, poetry, Indian dance, singing, African drumming, and a delicious Indian buffet.

Many stories and memories were shared. A proud moment in Honiton's history.



Deputy Mayor Helen Hurford, Bina Pepper, Councillor Tony McCollum

PARLIAMENT WEEK



The Mayor Serena Sexton and Deputy Mayor Helen Hurford joined Honiton Brownies on Thursday 10th November to talk about their role within Honiton Town Council. This incorporated the celebration of 'Parliamentary' week. The Brownies asked many questions, tried on the Mayor's chain and shared their hopes and aspirations for their own futures.

Honiton 1064 Sqn Air Cadets

Gibraltar Presentation

Honiton 1064 Squadron Air Cadets welcomed Honiton Town Councillors and other generous members of the Honiton community to say thank you. A grant was provided by HTC to help towards costs for the Gibraltar trip earlier in the year.

The cadets gave an entertaining and informative presentation of the experiences, skills, and knowledge they learned throughout their trip. Cadets described their experience as 'life changing' and 'one we'll never forget.'





HONITON CARNIVAL



On Saturday 22nd October, The Mayor, Cllr Serena Sexton, was delighted to crown Honiton Carnival's Queen and Princesses prior to the Carnival procession in the evening. Despite the inclement weather the event was well attended and jubilant.



Honiton War Memorial



Honiton's War Memorial was recently steam cleaned, the names were then repainted, and a chain fence fitted. Thanks for this go to Cllrs Tony McCollum, Joseph Furneaux-Gotch, Anna Proszowska and Margaret Lewis, Suzanne Lewis, Helen Turner, Julian and Alex Rowe, and Dave Neale.

REMEMBRANCE SUNDAY

On Sunday 13th November the Mayor, Councillor Sexton, together with Councillor McCollum, several other Councillors and representatives of the armed forces, took part in the annual Remembrance Day parade organised by the Royal British Legion. The youth of Honiton were very well represented, including scouts, cubs, brownies, guides and cadets from the armed forces. The memorial service was conducted outside St Paul's Church, with various organisations laying wreaths around the war memorial. The hymns were played by Honiton Town Band with the large crowd joining in, ending with the Last Post and the national anthem. There was then a march past of all the organisations taking part.



CHRISTMAS 2022



See the next edition of the Honiton and Village News for a report on Honiton's Christmas Light switch on, late night shopping and celebrations.



They Dined On Mince And Slices Of Quince

by Chris Harwood



Well, that owl and that pussy cat must have had an incredible digestion! Have you ever tried to bite into a quince? I wouldn't recommend it, as beautiful as they are to look at sitting on a sunny windowsill.

Briefly, a tale surrounds my encounter with the quince, and it doesn't involve an owl nor a pussycat. I had always wanted a quince tree, or rather a bush, and some years ago I duly received my quince bush through the post as a present from a caring relative. Bush did I say? Well, obviously the Trades Description Act didn't apply and after a number of years I now have a glorious twenty feet high quince bush. More of a tree!

Quince is known to have a weakness for blight, but my tree even avoided that and grew and grew. Each year for the past five or six years it has adorned itself with the most incredible blossom - potential fruit, I thought - but no. The wind and rain took its toll, and I still had my fruitless, blight-less giant. But then 2022 dawned and out came the wonderful blossom AND eight beautiful fruits developed. They

grew and grew and, though lacking the symmetry demanded by the supermarket stores, they were beyond doubt quince.

Ripe when just capable of being twisted lightly from the tree, they were soon adorning my windowsill - things of beauty. It was quite a while before the words "Quince Jelly" were mentioned. Now this I'm sure the owl and the pussy cat would have eaten with ease and pleasure.

There are a number of wonderful recipes for the jelly and, if you pursue the Quince Pathway, you will no doubt hit upon one that sounds good.

A tip - added apple and lemon juice accelerate the setting of that mystical blob on a cold plate. Evidently, in Spain the filtered quince solid is used to make a paste, Membrillo, a delicacy taken with cheese.

Maybe that's a bridge too far - try growing the quince first !



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Light Up Your Winter Days in Honiton Library

**Libraries
Unlimited**

Libraries Unlimited are introducing natural sunlight lamps for a wellbeing boost. Natural sunlight lamps will give customers a welcome boost this winter; the new lamps being positioned near library seating. They emit UV-free natural sunlight which does

not damage eyes or skin but could boost mood and alleviate physical symptoms including tiredness.

Colin Bray, Service Development Manager with Libraries Unlimited, said: "As the days grow darker and colder, many of us experience the winter blues. Some of us experience a more severe form of the blues called seasonal affective disorder (SAD) with symptoms such as sluggishness, hopelessness, fatigue and loss of appetite. Research since the 1980s has shown how exposure to sunlight affects circadian rhythms and in turn regulates hormones or neurotransmitters in the brain such as melatonin and serotonin. In the UK winter, when we have less sunlight, it can adversely affect our physical and mental health. Some people really struggle."



Research has suggested exposure to light identical to sunlight from a light box can be helpful in addressing SAD. They may help people recalibrate their body clocks and relieve symptoms of SAD. In Sweden some bus stops are now lit with wellbeing lamps during the winter months. Colin Bray added: "The lights are just a small part of our much wider winter offering this year. We know as warm welcoming spaces with free WiFi, computers and numerous free groups and events, libraries are already an important home from home for many people. This year we're giving them a boost with the introduction of new community fridges, community coat rails, baby weighing facilities alongside our Bounce & Rhyme groups, and Work Clubs for those looking for a new job. We've got the home library service for those who can't get to our libraries, a selection of Reading Well titles to help with physical and mental health, and free drop-in IT sessions for those that need a hand getting online. Overall we really hope there's something for everyone."

Devon County Council supported the purchase of the lamps. Councillor Roger Croad, Cabinet Member for Public Health, Communities and Equality said: "I am pleased that we have been able to offer this service at no cost to residents. Libraries are the centre of our communities and as they played a vital role by bringing people together during the pandemic they are doing so once again during the cost of living crisis by providing a safe haven.."

More from the NHS on SAD and light therapy here:

nhs.uk/mental-health/conditions/seasonal-affective-disorder-sad/treatment

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World War Artists

by Gill Thomas, The Arts Society Honiton

In the week in which we all remembered the sacrifices made by so many in wartime, it was appropriate that the Arts Society Honiton's monthly lecture was entitled ***Laughter and Loss: British Artists in WWII***.

Sir Kenneth Clark, then Director of the National Gallery, thought that by employing artists as official war artists it would keep them safely out of the armed forces. Their drawings and paintings not only depicted the conflict but also recorded how the war was felt for civilians. They were given complete artistic freedom, and some said that they had to emotionally retrain as journalists to record the events that they were witnessing.

Many British artists were already anti-German as thousands of works of 'degenerate' art had already been confiscated by the Nazis. Hitler's hatred of Jewish and African art meant that many of the creatives had fled to Paris, London and New York. In 1937, Picasso's *Guernica* was exhibited in London. His shocking depiction of the destruction of the Basque city of Guernica during the Spanish Civil War by German planes had been exhibited in London; in response, thousands of pairs of boots were donated for the people and troops in Spain.



Eric Ravilious was offered the position of official war artist with the Admiralty; his *Dangerous Work at Low Tide* depicts bomb disposal operatives on a muddy shore defusing a magnetic bomb. Ravilious sailed with the fleet sent to retake Narvik, recording the ships at sea. In 1942, in Iceland, he died in action.

Edward Bawden was one of three artists with the British Expeditionary Force's retreat from Dunkirk in 1940; of necessity, their materials were limited to sketch books, pens and pencils.

Two artists, Charles Cundall and Richard Eurich, were commissioned to produce large oil paintings of the evacuation - *Withdrawal from Dunkirk* and *Dunkirk Beaches*; the detail in them inspired scenes in the 2017 film *Dunkirk*. Edward Bawden was on

board the RMS *Laconia* when it was torpedoed, spending five days in an open lifeboat before being rescued by a French ship; he was then held prisoner in a Vichy Internment Camp before being liberated by the Americans.

It is very difficult to effectively portray speed. Paul Nash, who established his reputation as a war artist during WWI, was attached to the RAF. To show the drama of battles overhead, he painted the contrails left behind after dog fights. He was very keen to show the destruction of German aircraft; paintings such as *Messerschmidt in Windsor Great Park* were used by the Ministry of Information (MOI) in the propaganda war.

Ronald Searle had already started publishing his *St. Trinian's* cartoons when he went to Singapore to record events; his drawings of sailors on board reflected his humour. He was captured and spent the rest of the war in a POW camp.

Edward Ardizzone drew life of Londoners who slept in the Underground away from the air raids. He also captured troops looting after liberating towns and villages. Several artists depicted the drama of the parachute landings during D-Day and the liberation as the allies moved through France.

Mary Kessell was one of only three female official war artists; she was commissioned to witness the tide of refugees moving through Germany.

Evelyn Dunbar worked recording the contribution made by civilians to the war effort; she drew the work of the land girls both in the fields and the milking parlour.

Dame Laura Knight also depicted life on the home front. *A Balloon Site, Coventry* shows women hoisting a barrage balloon into position with the factory chimneys and the spire of Coventry Cathedral in the background. To bolster female recruitment to the ordnance factories, she painted the largest single-figure portrait of the war: *Ruby Loftus Screwing a Breech-ring*. It shows Ruby leaning over an industrial lathe, cutting the screw for the breech-ring for an anti-aircraft gun; such paintings were used by the MOI to counter the level of disaffection and absenteeism in factories. In 1946, she spent 3 months observing the Nuremberg War Crimes trials. The defendants, their lawyers and military guards are clearly visible in rows but the walls of the court house are missing; instead, the city is burning and in ruins. A very powerful image.



IN LOVING MEMORY

Joe Gilson

1st September 1944 - December 22nd 2008

The world is softly glowing
With the warmth that Christmas brings
And everyone wishing
For nice gifts and favourite things
But all I'll ever wish for
Is to hug you really tight
To feel again your loving arms
That held me safe at night
To hear your voice again
And see the twinkle in your eyes
And share once more a Christmas
Full of magic and surprise

But sadly they're all wishes
That I know cannot come true
Yet there's a wish deep in my heart
That I'm still clinging to
And that's the hope that someday
We will once more be together
So I can hold you close dear husband
Always and forever.
For the life that should have been
And the life that never was to be
Love is like time never-ending
Your devoted wife Carol.

Joe Gilson

1st September 1944 -

December 22nd 2008

In our home is a picture of a face more precious than gold.

As long as we live we will always be
proud to say you were my dad.
We were so lucky that you came
into our lives-missing you always.

From your stepson
Jamie and family.

Wendy Woolcombe

7th August 1966 - 15th September 2018

Remembering my daughter Wendy
always in my thoughts
from

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