

HONITON & VILLAGE NEWS

AUGUST 2023
FREE

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FREE**

The MKM logo is located in the top right corner of the advertisement. It consists of the letters 'MKM' in a bold, sans-serif font. The 'M' and 'K' are blue, and the 'M' is yellow. The background of the advertisement is a photograph of a modern kitchen with dark blue cabinets, a white countertop, and a wooden island. A young girl with curly hair is standing in the foreground, wearing a white long-sleeved shirt. The kitchen features a patterned backsplash, a hanging lantern light, and various kitchen items like plates, cups, and a sink.

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We all know that this is the time of year when our beautiful area is visited by many people from many places but on a recent walk over Beer Head I came across a couple that I feel deserve a little of our time.

I stopped to talk with Craig and Karen Mosley who were resting (as we all do at times) on one of the welcome benches on the way down the hill to Branscombe and, noting their MS teeshirts, asked where they were walking and why. "From Margate to Lands End," they replied. Starting out on 1 May they were (surprisingly) quite sanguine about walking over our cliffs considering the fact that Craig was diagnosed a few years ago with Multiple Sclerosis.



On returning home, I looked up some more details on this friendly couple, whom I met up with again as they enjoyed a cream tea at the Sea Shanty at Branscombe, and was overwhelmed to find out that not only were they struggling with the effects of MS but had lost their daughter aged 19 through another incurable disease, Myositis, for which they are also fundraising. And yet of

all the people I said hello to on that walk, they were the most cheerful. I am sure that with such an attitude they will make it all the way to Lands End and wish them well.

If you would like to support Craig and Karen please donate at

<https://www.justgiving.com/craig-mosley-167706129055> for MS donations

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**Please note that copy date is
16th of the month preceding
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Honiton- Tesco Stores - The Beehive - Thelma Hulbert Gallery - Hillside Garage (King Street)

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Talaton- Community Shop

Upton- Sidmouth Arms

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Weston- Heron Farm Shop

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A Perspective From The Youth Of Honiton

Speech given by Zac Lancaster of Honiton Community College at Honiton Mayor Making in June



I am Zac Lancaster and I'm delighted to be a part of this opportunity, joined by Ellie Kent, to speak on behalf of Honiton Community College Post-16 as the voices of the youth in our area, to welcome our new Mayor, Helen Hurford, within our small but thriving community.

As an A level history student, I am interested in the history of our unique town and have taken it upon myself to delve deeper into the story of our previous mayors and mayoral making. It is interesting that this tradition has continued for decades, despite new modern influence, continuing from Juanita Phillips in 1920. Although our town is small, it has a rich history I was drawn into, and I am looking forward to our new Mayor continuing to build on this legacy.

With the knowledge of the history of Honiton, I know that our mayor recognises the importance of events that engage our local community and strengthen our relationships. Collaboration with the local schools as well as local businesses and townsfolk would ensure a sense of togetherness. In addition to this, reinforcing locally owned stores is vital for sustaining the communal sense of Honiton at a time when local stores are documented to

be disappearing from high streets.

I believe that young people are a vital factor in stimulating the local economy, and promoting young entrepreneurship. Job opportunities within the local area will assist in preventing the outflow of young skills and abilities and further will be beneficial in developing our town for the better and for future young generations.

Students in Honiton Community College have contributed thoroughly to the local community through our yearly charity events and fundraisers, and we are eager to see this continue in the future. Recent examples of our college events include our "Moving On Up" fundraiser in partnership with Honiton Community Foodbank, where we raised over £1,000 in donations of money and relevant food products in response to the cost of living crisis. But this is not our only charity event. We have also been working with Honiton's local community since 2015 and with well-known organisations such as Devon Air Ambulance, Young Minds, Samaritans, Honiton's Memory Cafe and the Wave Project. We hope our new mayor is as enthusiastic about working with Honiton's charities and businesses as we are, and are looking forward to more engagement with her in future events.

Our wish is for young people to remain in the Honiton community, as we have experienced first hand classmates be deterred from attending HCC's Post-16 facilities in favour of larger colleges due to the lack of opportunities presented for them in our town and villages.

Moreover, we would like to see more recreational activities introduced to Honiton for young people to feel welcome here, as well as enriching their mental well-being. Young people have a lack of engagement in the local community and few amenities. Currently the town provides a few multi-purpose fields, parks directed towards younger children, and a skatepark that has potential to be a great community space but needs renovation as it is currently ignored by many youths in Honiton. Ideally, greater quality and quantity of recreational places will help in capturing the existing youth as well as attracting young people from around the local area. I believe that they will feel more included and cared for, which will encourage them to contribute in a beneficial way through working with the local council.

Finally, Ellie and I would like to welcome the Mayor into this position of great responsibility and opportunity and wish you the best of luck in your endeavours. We and the young people of Honiton look forward to your actions bettering the town and hope you and council consider our ideas towards a progressive future.



Clyst Hydon Circuit Via The Incredible College Lane

by Chris Harwood

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

5 miles. Easy walking, level, open pasture, incredible views, and the gem – College Lane, a wonderful old green lane. Finish along quiet lanes and a wild-flower meadow. No mud – just a bit of long grass! Wear stout shoes in wet weather.



Drive to the small village of Clyst Hydon (Grid Ref ST 0356 0158) and park in the Clyst Hydon Village Hall car park, just a wee bit out of the village. Then walk slowly back into the village, passing the Three Firs Cross on the way. Just before the church entrance and opposite the Old Manor take the Public Footpath off left. Keep the hedge on your right and pass the church also on your right to emerge via a wooden kissing gate on to a good lane. Move left up the road towards the Twynhayes Farm. Pass by the farm and finally the house - The Elms - to go through a wooden gate into open pasture.

Keep the hedge on your left and at the end of the field climb over a wooden stile. Keep straight on, still with the hedge on your left. Pass through the open gateway, skirting the pond on your right. Using the railway sleeper bridges, cross the ditch to find a Public Footpath signpost. Left here and continue on the clear grassy track ahead to meet another footpath sign and farm track opposite wonderful landscaped farmhouse gardens. Worth a moment to peek over the fence if the undergrowth allows. Move right down the track for a very few yards and then turn left on to a concrete track that leads around the enclosed gardens and ponds. At the time of writing three very small, very noisy, and very annoying little dogs were running wild in and around the gardens. A good shout seems to do the trick. Through a metal gate and follow the concrete track. At the metal gate emerge on to lane and move right to meet the road at a grassy triangle.

Bear left out on to the Cullompton road then move right along the road for about 500 yards. Take the Langford road left passing through the village - well, the group of very attractive cottages - to climb uphill to a road junction at Langford Cross. Now - the gem of the walk ... College Lane. This is a magical lane - wildflowers, trees, birds, views and probably a lot of history. No idea as to the basis for the name but remnants of a long-gone tarmac surface would suggest it was once a beautiful old Devon by-way. Near the top, at a fork, bear left, passing under trees, to eventually meet the road. Left down the road for about 200 yds and then take the Clyst St Lawrence road to the right. (Signpost not always intact!) Again, a wonderful quiet lane bedecked with wild flowers and with wonderful views. Pass straight over the junction at Hoop Cross to drop downhill to a sharp right-hand bend in the road - just after an attractive thatched cottage.

Leave the road via the metal gate directly in front of you - not slightly to the left! and follow the hedge on your left. Don't forget to soak up the views - just incredible and not to be seen from a car. Now, keeping the hedge on your left, pass through numerous metal gates, usually open. Stay in a straight line to reach a junction at a thin track and a water trough. Now, move sharp left and, staying more or less in the middle of the pasture, climb very gently up then drop down fairly steeply to a narrow-gated bridge. At the right time of year this downhill drop is through wonderful wildflower meadow. Over the bridge, straight up the slope and then down to a small metal gate. Follow the hedge on your right for a few yards and then over a small wooden bridge on your right. Over here and follow the hedge on your left for a way, leaving it at a curve to move over right to a metal gate and the road. Right here and passing the Five Bells Inn - alas, not in business at the time of writing - follow the road safely 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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This Month ... It's All About Trains

by Martin Long

There is clearly something about classic trains that stirs something inside large numbers of us. Why else would Honiton Station regularly be filled with families young and old, enthusiasts, photographers and the just plain curious when anything of interest is due to pass by? Is it the noise they make, the distinctive smell, or just the sight of something out of the ordinary that attracts us so unfailingly?

May saw the visit of the Atlantic Coast Express (ACE), a service from the pre-Beeching days I have written about here before. This run saw those prepared to pay hundreds of pounds for the privilege, travel along the West of England Line from Waterloo to Exeter, giving its passengers a few hours to enjoy our beautiful county town before returning to London by the Great Western line, in order to avoid the steep climb out of Exeter which has caught out many a train in recent times – of which more in a moment.

On this visit, the ACE was hauled not by one of its regular locomotives, preserved steam engines from the days of the Southern Railway, but by a very odd choice, an ex-London, Midland and Scottish loco, called Bahamas, which, so far as I can tell, had never seen action in this part of the country during its working life. Indeed, you were more likely to see this particular loco plying its trade around Stockport than anywhere further south.

Not to be outdone, June was the turn of classic diesel locos to strut their stuff. If in days gone by people have tended to ooh and aah about their favourite steam locomotives, increasing numbers of those in the know are beginning to nod sagely and discuss in hushed tones rarer examples of early diesels.

For us, that meant a visit from two rather unusual specimens, called Electro-diesels. Their party trick is to be able to switch seamlessly between running under diesel power or using the third-rail electric system. As the photo shows, they may not exactly be a pair of oil paintings, but they are certainly collectors' items to enthusiasts.

It was refreshing to see several children waving with gusto as the train swept through Honiton on the return journey in the afternoon. They should have had a chance to stare at these unusual locos at their leisure, as the train was due to wait at the station for at a while. That wasn't to be, however as, you guessed it, the locos did not make it up the bank between Exeter St. David's and Central which I mentioned earlier, and stalled on the climb, leaving the train stuck half way for 20 minutes.

Before anyone tut tuts and says, that is why we have modern technology, and we all know better these days don't we, well it is only a few weeks since one of South Western Railway's present-day trains stalled on exactly the same climb, and had to limp up the hill, metaphorically hanging its head in shame.

These excursion train visits may not have had the glamour of something like the Flying Scotsman, which attracts a cheering crowd wherever it goes. Such is the impact of this particular visitor that some people get too over-excited and start to jump over fences and trespass on the line to get a better view, frequently putting themselves and everyone else in danger.

But there is certainly something about even the most ordinary of classic trains that speaks to us, maybe about our childhoods, perhaps about a desire to go back to a time when things seemed rather simpler, or when we didn't have to worry quite so urgently about things like the climate emergency.

Whatever it is, it certainly seems that deep down there is real affection for, and nostalgia about, a time when public transport played a much bigger part in everyone's lives, from travelling to school or work, going on holiday or moving home.

If only those now responsible for our railways could harness this unconscious affection, and at the same time convince us that an increasingly de-carbonised railway could play a vital part in getting to net zero, then we might be able to see that the railways are not just something with a beautiful and nostalgic past, but a way of travel that has an important and sustainable future.





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Thank you ♥

Nature Notes

by Vernon Whitock

There be Dragons

The first week in August is National Dragonfly Week. There seems to be a week for everything these days and you need to be extremely alert to catch them all. The idea is a good one as it raises the profile of various groups of wildlife and provides useful information as to their distribution and the health of communities.

This growth of 'Citizen Science' as it's called is gaining popularity and for those of you who have smart phones the 'iRecord App' is a good way to take part. All records are valuable and add to the database kept by the Local Biodiversity Records Office. Now back to the subject of dragonflies.



Recently someone asked me what was the difference between damselflies and dragonflies, so here goes. Damselflies are typically small dainty insects. Their flight is usually weak and fluttering and they fly for short periods. When perched on a plant their wings are held together over their back, and if you get close you can see that their front and hind wings are the same size and that their eyes are separated.

By contrast dragonflies are powerful fliers and patrol areas often hovering looking for prey. When at rest their wings are held at right angles to their body. Again if you get close you will note that their front and rear wings have different shapes and that their eyes touch. Dragonflies are robust insects with strong rigid wings which, if you are close, you can hear clattering as they fly past, often hovering in front of you to take a look before flying off.



Both damselflies and dragonflies have a larvae stage and spend most of their lives under water. This time varies from 3-4 months for some damselflies to 5 years for our larger dragonflies. They prey on anything from water fleas to small fish. They have strong jaws and great eyesight which helps catch prey species, and also have a neat trick that helps them pursuing prey and evading danger. They expel water out of their anus so vigorously that they can swim by jet propulsion to chase after their prey. If you ever manage to see one or catch one in a pond net you will see how these insects got their name. The larvae resemble small dragons and are indeed an ancient species as dragonflies were flying around the swamps and wetlands when dinosaurs roamed the planet.

Recently whilst I was working near the ponds at Offwell Woods I met a very young girl out for a walk with her father. She said she was looking for deer and I told her that they were very shy and were probably hiding. As she appeared disappointed I got out a pond net and tray and asked her if she wanted to see what we could find in the pond. After a couple of trawls through the still water we pulled out the net and deposited the contents into a large white plastic tray to examine what we she had caught. We first removed the water plants and deposited them back into the pond, enabling us to examine the remains of our catch.

As the swirling mud settled, it revealed a multitude of small aquatic insects from water fleas to water boatmen, and there in the corner of the tray was the prize catch, a large dragonfly larvae.

I told her that although it seemed to move very slowly, it could blow water out of its bottom like a jet plane. No sooner had I said it than our miniature dragon did just that and accelerated across the tray leaving a swirl of muddy water in its wake. She was captivated and spent some time with the net exploring the contents of the pond before her father persuaded her that it was time to go. It is small moments like this that can often lead to a lifelong interest and as she left I hoped that maybe we had recruited another dragonfly enthusiast.



If you have anything "wildlife related" you would like to show me or tell me about please get in touch at honitonvillagenews@gmail.com

Celebrating Honiton's Wildlife

**Wild
East
Devon**

This year East Devon District Council's Countryside Team are coordinating a series of events and initiatives aimed at celebrating and promoting the wildlife of Honiton.

Following on from its Wild Exmouth project, Wild Honiton got off the ground at a launch event on May 1st in the Community Nature Reserve at Honiton Bottom with more than 200 people dropping in through the day to take part in an activity. Partner organisations hosted stands, with The Thelma Hulbert Gallery staff on hand through the day with their Creative Cabin providing a host of nature-themed arts and craft activities for attendees.

Devon Wildlife Trust's Beaver Officer Daniel Brown was on site to talk to people about how these amazing mammals are doing on the River Otter. The Gissage, which runs through the town, is a tributary of the Otter and few people realise that it has, at times over recent years, been home to beavers right in the heart of the town! The territory is currently thought to be empty, but Daniel was keen to hear from residents who would be willing to act as beaver monitoring volunteers and keep an informed eye out for their return and proceeding activity. Julie Owen was there with the Devon Loves Dogs campaign, aimed at inviting dog owners into a club to promote and develop responsible dog ownership with guidance on how to enjoy the countryside and its wildlife with your dog in a way that doesn't impact on the landscape or nature. Well-behaved dogs are a fantastic companion on a walk in the countryside, but some owners don't realise what a heavy impact certain behaviours can have. Simple tips and guided walks were led through the day by Julie and new members signed up. Stream dipping, bird and bat box making, guided walks and craft activities were hosted by Countryside Team members and many families enjoyed the day and stayed for hours.

Further events and initiatives are planned with Bat Walks taking place this summer in the town centre; bug hunts and craft activities all in the pipeline. A Discovery Trail is in production which will be installed across six green spaces later this summer with a smartphone link to help you explore more about these sites in your own time. New environmental education sessions have been held at Knapp Copse Local Nature Reserve for local school children to teach them about the ecology of this special reserve, and Rangers will be contacting the town's schools in the new term with an offer to bring a beaver roadshow into school and give the town's children a better understanding of these new Honiton residents!



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White Glove Collection

by Liz Chilcott

In previous articles I have mentioned that we never know what is coming in from auction to auction. An important coin collection, consigned for our June auction, turned out to be the star of the show!

The 'Jeffery William John Dodman Collection' was the result of around 60 years of amassing an impressive selection of top grade coins from antiques fairs and auctions. Dodman wasn't interested in dealing but was very much a discerning collector.

Prior to the auction, our saleroom was visited by plenty of coin specialists who spent time looking through the coins in the collection. On the day, all 170 lots in the collection were sold, fetching £59,140.

Victorian coins did especially well; the top performer was a Victorian gold five pound coin dated 1887 which sold for £2,700, and a Victorian gold two pounds double sovereign from the same year, pictured, went under the hammer at £1,400. A James I gold Unite coin from 1603 made £1,450, whilst a George III gold Guinea, dated 1787, fetched £950.

A further 78 lots of coins, from other vendors, also sold, making this a 'white glove' section in the auction. 'White Glove' is a term, rarely used, when every lot successfully sells.

This was just our second stand alone jewellery, watches and silver sale, and the decision to run specialist auctions is certainly paying off - this was our best performing single sale to date!

We are now accepting items for the next auction of silver, jewellery, watches and gold coins – if you are considering selling, please make an appointment to see one of our specialists.



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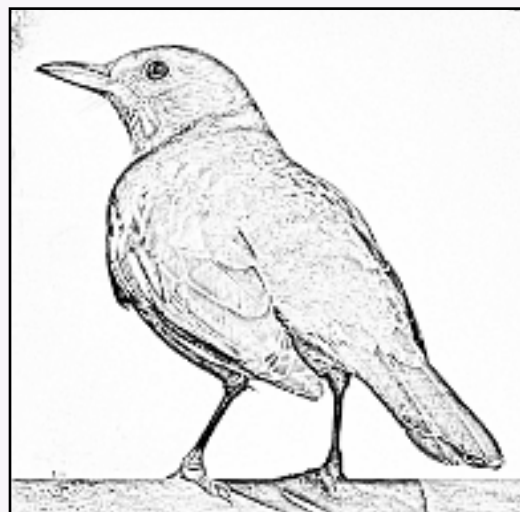
by Miranda Gudenian

It's a case of which of us is going to eat the most. Alright, I admit that it will probably be me. But the blackbirds, thrushes and dormice are cramming their mouths too, though altogether more delicately than I am. What is it that is so scrumptiously attractive? Raspberries. I wander the garden gobbling handfuls of them. Tiny wild ones like scarlet jewels, tasting part sweet, part sharp as wine. Clumps have flourished in two sunny corners of the garden for as long as we've lived here and no doubt for tens of years before our arrival on this hillside. But the luscious golden raspberries are newcomers.

Late last year a cluster of soft fruit canes sprang skyward from the centre of a hardy fuchsia thicket that I had taken the pruning saw to the previous spring. I left them alone, interested to see what might transpire. The fuchsia was tough enough to cope with an intruder in its midst. A few weeks ago, in that blazing hot spell of weather, I trudged past with a couple of watering cans and happened to glance up. To my delight the canes were dripping with raspberries, but these were big hybrid berries the colour of late evening sunshine, the gold that deepens to amber. I plonked the watering cans on the lawn and tasted one, and then couldn't pick fast enough. The glorious flavour out-rasberried every raspberry I've ever eaten.

By the following day others had discovered the golden raspberries. I disturbed two happily munching squirrel kittens, rufous of fur, that scarpered at my approach like naughty boys caught scrumping apples. Blackbirds and song thrushes fluttered day-long among the canes. Then one warm night I nipped down the garden steps to pick a handful of raspberries before bedtime and found that I was not alone. Moonbeams lingered upon two tiny creatures nibbling the berries, two tiny creatures with bright black eyes and long furry tails. I stood watching for a few minutes, hardly daring to breathe. Help yourselves, dormice, I whispered as I backed away. There's plenty for all.

I'm only too happy to share whatever bounty Nature might bring. And Nature certainly brought this golden raspberry. It's reasonable to assume that the seed was carried to the garden from fruit canes somewhere in the neighbourhood and deposited via blackbird droppings perhaps or even badger spraint.



Golden raspberries are a relatively modern variety unlike my garden's wild red raspberries which seem to be embedded in the ancient land. The canes are irrepressible, as if they are proclaiming a right to be here, and years ago I gave up trying to dig out the roots. The Romans took native wild raspberries and planted them in their gardens and settlements across the Empire, cultivating and cropping them much as we do today. I have a fanciful theory that the 2nd Augustan Legion, when they finally overcame the Celtic tribes in the Blackdowns, planted canes on this hillside and the wild raspberries in my garden are an echo of Roman occupation. After all, you don't need to scratch very far in these parts to find Roman remains: weighty lumps of tap slag from iron smelting, slivers of blue glass, shards of pottery, fragments of painted tile. Down the years my predecessors and I have found all of these in the garden. Oh, and there's plenty of ground elder too, but no, it doesn't lighten my heart as I endlessly winkle out the white roots to know that the Romans introduced the plant to these shores and that it was their equivalent of spinach.

The sun has passed the midsummer meridian. Shadows are that little bit longer. The raspberry canes are almost stripped of fruit and the bees that foraged on their flowers six weeks ago have moved on to the buddleias, to catmint and sage. This morning a whitethroat was singing from its perch in the golden raspberry canes, swaying in the southerly wind. It reminded me of the countryman poet John Clare's line about "The happy whitethroat on the sweeing bough...singeth right joyously". Whitethroats – this was the common not lesser of the species, tawny of wing – relish a bit of fruit when they can get it. Spotted flycatchers don't, their grub is solely insectivorous, but the pair in my garden often use the tallest raspberry cane as a watch-post, from it making a lunge to catch a passing wasp or damselfly.

This pair of flycatchers have young to feed in the nest hidden in the coils of ivy behind the garage, a late brood that will need to hustle along and learn the skills of survival before they head off on that 4,000-mile odyssey to Africa. It's in these few weeks, as I watch the flycatchers' aerial acrobatics which to me are the essence of late summer, that the ticking of the year's clock seems extra-loud. Then, as the Michaelmas daisies begin to bloom, the flycatchers are gone.

A Buddleia for Every Garden

by Andrea Rye, Combe Garden Centre

Over the past year I have slowly been collecting Buddleia shrubs, partly for their incredible colour but also to attract as many butterflies to my garden as possible. Buddleias are not massively popular shrubs but they really should be! They are one of the longest flowering shrubs and come in an increasing range of colours. Buddleias are not fussy about soil and when they are established, they are very drought tolerant. They also attract butterflies, bees and moths aplenty.

What is not to like? But they get massive, I hear you say. Well, thanks to efforts in plant breeding there is now a wide range of dwarf types to fit even a small pot. And even the tallest types can be kept tidy by proper pruning in winter (they flower on the current year's growth so can be cut down to knee high every year) and light, formative pruning in summer. Here is guide to some of the best types.

Buddleia "Black Knight"

One of the most well-known varieties, this is possibly the darkest purple Buddleia. The flowers are fragrant and the richest colour, and this plant is very tough, growing well in even the poorest soils. "Black Knight" is tall and can reach 2.5m in a year. If you have a long garden, want a screen or a far-off focal point you can let this variety grow unchecked and it will reach 5m! The leaves will turn a butter yellow before falling in Autumn and regular deadheading will increase its flowering. This one does best in full sun but will still be impressive in part shade.

Buddleia "Flower Power"

This variety has truly unique and absolutely stunning flower colours. The flowers are lilac, changing to pink and orange as they age. It really looks tricolour and there is no other Buddleia like it. This is a tall plant that will reach 2m and spread a lot if you let it, but can also be kept neat and upright but judiciously trimming off side branches. Grow this one in a prominent place against a hedge or wall so you can enjoy the unique flowers; it will be happy in full sun or part shade and reward you with flowers into September. Try growing any coral or orange phlox with this plant to enhance the colour of both; mine is also growing next to a *Gypsophila paniculate* "Flamingo" and the fluffy pink flowers compliment the Buddleia very well.

Buddleia "Prince Charming" Monarch Collection

This plant has a well branched habit and plenty of flowers borne in long panicles in the brightest cerise, raspberry. It practically glows and I haven't seen another Buddleia with flower colour quite like it. The Monarch Buddleias are slightly taller than the Buzz collection, growing to around 1.5m. Flowering from late summer into Autumn this is a great plant for late season colour. I have planted this one next to a classic orange Echinacea and an Aster "Little Carlow" for a late season colour clash and it looks wonderful!

Buddleia "Dark Dynasty" Monarch Collection

As I have a small garden, I do not have room for a "Black Knight" but wanted to add that rich, dark purple to my planting scheme so I opted for the smaller "Dark Dynasty" and I am not disappointed! It is practically as dark as its larger cousin and just as attractive to pollinators; it is constantly covered in bees and butterflies. Like the "Prince Charming" this plant is compact, does not spread sideways too much and has an impressive number of flower panicles. This variety if growing in my garden next to the repeat rambling rose "Super Fairy" and the contrast between the baby pink of the rose and the dark purple is fabulous.

Buddleia "Candy Pink" Buzz Series

The Buzz series was the first properly dwarf collection of Buddleias and consists of the "Magenta", "Ivory", "Sky Blue", "Indigo" and "Candy Pink". These plants were developed specifically for pots and small gardens. The "Candy Pink" is a true, light pink, almost a chalk pink and it has a good, branching habit. This would look lovely underplanted with white, blue or lilac geraniums, or *Erigeron* if it is in a dry area. An excellent addition to any pastel planting scheme.

Buddleia "Lavender Cupcake" Humdinger Collection

This is a lovely, weeping, dwarf variety that has the most incredible colour flowers. As soon as I saw these come into the nursery, I knew I had to have one, just for the flower colour. The very large flower panicles are the most beautiful, palest lavender that looks fantastic next to anything pink or orange. I think they are the largest panicles I have seen yet on any Buddleia and they are fragrant. The weeping habit makes this one perfect for pots or borders and it really is floriferous, bearing masses of flowers. "Lavender Cupcake" starts flowering in mid-summer until mid-autumn, reaches 3 to 4 ft, prefers full sun and is deer resistant. This series has some lovely varieties, including the white flowering "Little Angel" and the gold leaved and dark purple flowering "Gold Drop" but I think the superstar of this hybridising programme is the "Lavender Cupcake" by far.



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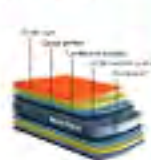
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The Ramblings Of Gertie From Gittisham



What a wearisome time I have been having. I was expecting to be refreshed and invigorated by my carefree holidaying in Gittisham, a place of unparalleled charm and sophistication – the rich verdant greens clothed in their summer's best and the gently rolling hills that surround us, supposedly providing solace. The fragrant smells of honeysuckle perfuming the balmy air at dusk, as I delicately sip a refreshing glass of elderflower cordial and contemplate the open page with its promised gems of wisdom, seeming to suggest a tranquillity of mind and spirit that is well within my grasp.

But no! These halcyon days are not to be, for amidst the delicate tapestry of our idyllic community lies a thread of darkness that I can no longer ignore. As all regular readers know, my sister Birdie leads a starkly contrasting life to my own, one of distinguished taste and unfathomable refinement. Hers is one that is marred by unfortunate circumstances and her own unruly, animal nature.

While the majority of the inhabitants of Gittisham frequent our local artisan cafe – found at Combe Garden Centre, where the aromas of freshly brewed coffee intertwine with stimulating conversation, Birdie's reality revolves around her ever-present companions, Buckfast tonic wine and her ere-do-well, occasional vagrant 'husband'. These indulgences have led her down a treacherous path and have obviously perpetuated her struggles and exacerbated her spiralling into despair. Recently, I noted her wizened old head clad in that ridiculous fleece hat resting wearily under the bridge that spans the aptly named River Git.

(Incidentally, there has been much speculation on a piece of apparatus, known as the Gittisham Village What's App as to why the Git is so called. Well, it is believed that Squire Thomas Putt (1757 – 1787) who resided at Combe House, was a keen gardener. Indeed, he created the very famous Beech Walk, the very beautiful Bellevue and the impressive terraced gardens. He also won many a prize at Honiton Horticulture Show for his fruit trees, one of which produces the delicious Tom Putt apple. However, because of the Squire's unrestrained ways and terrible temper the villagers named him 'Black Tom' and when the three bells rang out from St. Michael's church his erstwhile tenants would chant, "Hang Black Tom!" Now 'Black Tom' had an appetite for all things sensual, not unlike Birdie's, and many a country maid was deflowered through his insatiable thirsts as he patrolled his lands, especially those close to his home where the river meandered through the grassy meadows. Those wily villagers, in ways peculiar to country lore adopted the Scottish word, 'get' dating back to the early 1700s, meaning an illegitimate child or brat, and applied this term to the waters flowing freely through Gittisham. Consequently, the phrase, "E've got 'nother Gyt

down by river." was wildly used and those plentiful baby Putts, never acknowledged by their father, were simply known as River Gyts. So, that is how the river vicariously gained its name, which remains so to this day.)

However, that afternoon Birdie was not merely sleeping off her indulgences of Bucky wine and carnal activity. Earlier, she had been scavenging in the hedgerows for wild succulent strawberries and had inadvertently, through failing eyesight, consumed a number of poisonous berries, which led to a harrowing experience by the picturesque Old Bakery. Fortunately, the lower part of her body was submerged in the River Git, so my pursuit of refinement and exclusivity was not greatly compromised. She required some medical assistance - and also a referral was made for her to have a cataract operation. So much for my holiday! With impressive speed an appointment came for Birdie to attend Spa Medica, a lovely, modern building close to Exeter Airport. Readers, I feel compelled to inform you that once again Birdie was filthy dirty; somehow she had slipped on slurry when weaving along across the back fields to nowhere. How to get her clean?

Fortunately, my neighbour Doris was on her holidays in Great Yarmouth with her daughter, Cynthia. How I wished I was with them. Never mind; Doris had asked me to look after her cats and keep her colourful garden border watered. Sitting Birdie on Doris' patio I set about the watering, using her garden hose and blowmedownwithafeather, did I not slip and aiming the pipe right at Birdie managed to give her a thorough drenching. My near neighbours, Len and Sarah, wondering what all the hullabaloo was about, righted the screeching Birdie still in her chair and there she was, roughly ready for her afternoon appointment.



Yet, still the harrowing events continue - Birdie's illiteracy poses a significant challenge when attempting to navigate the bureaucratic labyrinth of form-filling, which seems to be an absolute necessity in this day and age. The lovely receptionist provided us with tea and biscuits which Birdie relished, dunking and slurping unabashed much to the alarm of the other patients. When she arrived at the section of the form requesting her 'Sexual Preference' Birdie wet herself and so we came home. I know compassion and understanding should not be exclusive to the pages of a poetry book, but be manifest in our daily lives.

So, as the sun sets over Gittisham, casting a warm golden hue upon the rolling hills, I know I must strive to ensure that Birdie can partake fully in the symphony of life . . . perhaps next month?

Tales From The Museum

by Margaret Lewis

Believe it or not - there are at least seventeen friendly spirits in Allhallows museum. We know they're friendly because paranormal investigators, mediums and psychics have reassured us. However, it's still unnerving to hear footsteps on the staircase go to the landing and find that no-one is there or to see steam rising from the floor. And it's started to happen again! The door on one of the grandfather clocks opens by itself overnight.

Over the past decade we have had many groups of 'ghost busters' come from all over the country to spend the night. They set up their equipment including night vision cameras, digital thermometers, EVP recorders, EMF meters, REM pods and laser grids all around the building.

We've been told that all our visitors are welcomed by a tall elegant well-spoken lady, wearing rose scented perfume and carrying a silver topped cane. We have the spirit of an English Army officer with an injured eye who had served for a long time in India, and a WW2 Polish pilot, and a tabby cat with a black spot on the end of its nose. We have names for some of the spirits - the WW1 soldier in uniform is called George Ellis. There is a little girl named Lucinda who skips up and down the Murch gallery, a little boy called Tom who sits in the corner and five year old Kate,



On the ground floor of the Yallop wing there is a shoemaker who does not like to be disturbed and three WW1 nurses. A long time ago, the kitchen corridor was an outdoor footpath, and we are told it was a busy thoroughfare which monks regularly used as a short cut.

Our most famous spirit is Mary Doidge. One night Mary made it known to everyone that she did not approve of her embroidery sampler being removed from display because she liked people to admire her work. She finished the sampler on Allhallows Eve 1844 when she was just eight years old. Later Lisa, a Halloween enthusiast from Ohio, asked if she could reproduce the sampler to sell as a kit and raise funds for the museum. Just imagine how difficult it would be to explain to a Victorian child how her sampler was scanned at high resolution, emailed to America, and reproduced so that people anywhere in the world could make it. The exquisite original sampler is of course displayed in the museum for everyone to see.

Allhallows Museum can be found next to St Paul's church on Honiton High Street. It is open Monday - Friday 9.30-4.30 and Saturday 9.30-1pm during the summer. In October the opening times are Monday - Friday 9.30-3.30 and Saturday 9.30-12.30. Free entry for everyone.



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Which Dog Poo Bags Are Best For The Environment?

by Jude Davidson

There are loads of dog poo bags on the market claiming they are best for the environment, whether they are starch based, biodegradable, plant based, the list is endless so this article is going to solve any confusion... I hope!



I must admit, I have definitely changed the way I think about dog poo recently (yes, sadly I think about dog poo in my downtime) and after listening to the *Sliced Bread* podcast on BBC Sounds, which delved deep into the terminology and issues around dog poo in a very enlightening way, I thought it was an important topic to share with you. If you want to find out more, definitely listen to the podcast too.

The main ways that people solve their dog poo waste can vary but the vast majority will rightly pick up in a dog poo bag, take it home and put it in the outdoor bin which either goes to landfill or incineration. So, if your dog poo bags are going to be incinerated or go to landfill why do they need to be environmentally friendly or biodegradable?

Landfill and dog poo bins If your dog poo bag goes to landfill then it will be buried deep into the ground where it normally fills with water and will be broken down by anaerobic decomposition. This produces a lot of methane and all non-recyclable plastics end up here. Dog poo bin contents are usually incinerated so there is absolutely no need for your dog poo bags to be better for the environment.

Biodegradable and degradable Biodegradable means that biological organisms will eat those plastics and turn them into carbon dioxide and water leaving no trace given enough time. But here is the issue, marketing is not telling us how long the process takes - sometimes it takes many years, still leaving rubbish. Biodegradable bags aren't appropriate for use in landfill either as they need oxygen to break down. You are better off using degradable or recycled bags.

Degradable means a product that can be broken down biologically or chemically. Being non-recyclable doesn't mean they aren't degradable. EVERYTHING is degradable which is why experts want to stop the terms biodegradable and degradable and ban them from marketing as they are misleading the general public into believing these products are better. A standard carrier bag is degradable given enough time. That's why micro plastics are a threat because it takes a long time for most products to break down to nothing. So ignore these terms! They are marketing BS!

Plant based or starch based If it looks like plastic then it is plastic! There is no evidence that fossil fuel based plastics are worse than plant based plastics - actually they may do a lot more harm than good to the environment if you consider natural habitat clearance for the use of farming for the mass production of plant based plastics. It's still a controversial topic among the experts.

Compostable There are likely two types of compostable bags you can buy. One is industrial compostable bags which means you would have to send your dog poo to a specialised centre to be composted in a controlled way. At present there are NO centres in England offering that service to the general public, which is pretty useless isn't it? Then there is home compostable dog poo bags BUT! You kind of need a PhD (actually just some expert knowledge) to get conditions right for your dog poo to be broken down properly. There are lots of factors to be taken into account and if conditions aren't right then not only pathogens and parasites could survive and thrive in your compost but those compostable bags won't break down either. If you're keen though and think you can do it, whatever you do, don't use it on any consumable plants or vegetables, poo and veg don't mix!

Flushing it down the loo Massive no no I'm afraid. The water treatment plants will not be able to filter out roundworm and toxocara worms which leaves a health risk to humans.

So what's the answer to the dog poo bag dilemma?

The professor of materials and society at London University states that using used plastic bags and bags that have a high level of recycled plastics are the best for the environment because you are taking something that is going to go into landfill anyway and giving it a second life. This dramatically lessens what's going in to landfill when you consider that there are 9 millions dogs in the UK producing 3000 tonnes of dog waste A DAY! That is a massive step in the right direction.



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

Don't Let Arthritis Hold You Back!

How Strength Training And A Healthy Diet Can Help - Whatever Your Age

by Alanah Bray, Master Personal Trainer, Fitagain

Do you suffer from Arthritis? It's estimated around 10 million people in the UK have the condition. It affects all ages, including children, and more commonly women and people with a family history of the condition.

It's caused by the cartilage lining roughening and thinning out, making the tendons and ligaments work harder, resulting in pain and stiffness. Joints most commonly affected are hands, spine, knees and hips.

Living with the condition can be debilitating, affecting your lifestyle and ability to carry out certain activities. But strength training can be a game-changer for arthritis management through:

- **Reduced Joint Pain:** Strengthening your muscles can provide added support to your joints, alleviating pain and discomfort caused by arthritis.
- **Increased Flexibility:** Regular strength training exercises help improve flexibility, making it easier to perform daily activities and reducing stiffness in your joints.
- **Enhanced Joint Stability:** Building strong muscles around your joints enhances their stability, reducing the risk of injury and potentially slowing down the progression of arthritis.
- **Improved Bone Health:** Strength training is not only beneficial for muscles but also for bone health. It can help prevent osteoporosis and reduce the risk of fractures.
- **Better Overall Functioning:** Stronger muscles mean improved overall physical functioning, making it easier to carry out daily tasks and maintain independence.

A qualified trainer can develop an exercise program that suits

your specific needs and abilities. Resistance training includes body weight, bands, weights.

Recent research suggests that certain foods can either worsen or alleviate arthritic symptoms.

- ❑ **Inflammatory Foods:** Some foods are known to trigger inflammation in the body, potentially exacerbating arthritis symptoms. These include processed foods, sugary snacks, fried foods, and foods high in saturated fats. Cutting down on these can help reduce inflammation and alleviate discomfort.
- ❑ **Anti-Inflammatory Foods:** On the flip side, certain foods have anti-inflammatory properties and may help manage arthritis symptoms. Incorporating more fruits and vegetables, whole grains, fatty fish (rich in omega-3 fatty acids), nuts, and olive oil into your diet might have a positive impact.
- ❑ **Weight Management:** Maintaining a healthy weight is crucial for managing arthritis. Excess weight puts extra stress on our joints, leading to increased pain and discomfort. By adopting a balanced diet, rich in nutrients and low in calorie-dense foods, we can aim for a healthy weight and reduce the burden on our joints.

Alanah Bray is Master Personal Trainer and Gym Manager at Fitagain, a PT gym in Colyton for people who don't like the gym! Fitagain is a supportive and inclusive environment where the youngest member is just 7 and the oldest is 88; they can adapt their training to cater for most health complaints, confidently dealing with arthritis, which over a quarter of their clients have to some degree. www.fitagain.co.uk 01297816170

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What's On - At The Beehive - Mega 80's Week And More!

During the summer holidays we are putting on some fantastic films and entertainment for the whole family to enjoy.

On Tuesday 8 August, 3pm, we are screening **Mummies** (U). It follows three mummies as they end up in present-day London and embark on a journey in search of an old ring belonging to the Royal Family, stolen by the ambitious archaeologist Lord Carnaby. Adults £7.50, U16 £6.50, Family of 4 Ticket £25.

A comedy drama performance is coming to town, **Amendments: A Play On Words**. On Friday 11 August, be prepared and ready to be led on a journey of dazzling word play and (sometimes) controversial debate - over what is and what is not acceptable to say. From the first second, audiences are exposed to unrelenting bombardment of dialogue and comedy - delivered with sniper-like precision that is guaranteed to split opinion. 8pm. Tickets £12.

Tea with Mr Toad. We have an extraordinary interactive experience for all the family to enjoy! On Saturday 12 August there will be a performance for little ones and guardians. The performance is an interactive adventure that takes elements from the classic story Wind in the Willows. It features Toad, Ratty, Badger and Mole who will lead the performance. Includes a drink, snack and an activity. Adult £14, Under 12's £10 & Family of 4 £35

Have you heard about our **Mega 80's Week**? Get ready for a mega week in August where we will be screening six classic 80's movies, hosting an 80's quiz night and a performance from **THE ZOOTS!** the best of the best 80's tribute band.

We shall be screening **Top Gun, Ghostbusters, The Breakfast Club, The Goonies, Back to the Future and Dirty Dancing!** Our 80's quiz night is on Wednesday 16 August, 7pm. Booking is recommended. Tickets £8pp which includes a cheese board. The Zoots shall be performing on stage on Saturday 19 August, 7.30pm. Dust off your neon and put on your shoulder pads, come dressed in your best 80's outfit! Tickets £22.

The Beehive has got the kids' entertainment sorted with **My Fairy Troublemaker** (U) screening Tuesday 22 August, 2pm. **Babe** (U)(1995) screening Thursday 24 August, 2pm and **The Little Mermaid** (PG) (2023) screening Friday 25 August, 2pm. Come along to our café for some lunch before the film starts. Adults £7.50, U16 £6.50, Family of 4 Ticket £25.

And for the last film of the month, we have Tom Hanks starring in **Asteroid City** (12A). The itinerary of a Junior Stargazer convention is spectacularly disrupted by world-changing events. Screening Friday 25 August, 7.30pm.

And finally, we have **André Rieu's 2023 Concert: Love is All Around**. This one is going to be popular so get your tickets quick! The King of the Waltz invites you to his all-new cinema concert "Love is All Around", from his beautiful hometown of Maastricht! The concert will be a musical feast with heart-warming pieces lovingly chosen by André, covering classics, popular sing-alongs, and delightful waltzes that make you want to dance.

Be sure to keep up to date with all our upcoming events by signing up to our newsletter via our website www.beehivehoniton.co.uk. We look forward to seeing you at The Beehive.
Rachael and The Beehive Team.

the beehive Honiton's Community & Arts August 2023	
Honiton Community Theatre company presents HIGH SCHOOL MUSICAL - Wed 2 Aug - Sat 5 Aug. Adults £15, U16 £12. Get ready for singing, dancing and cheerleaders! A popular high school athlete and an academically gifted girl get roles in the school musical and develop a friendship that threatens East High's social order. MUMMIES (PG) Tue 8 Aug - 3pm - Adults £7.50, U16 £6.50 & Family x4 - £25 It follows three mummies as they end up in present-day London and embark on a journey in search of an old ring belonging to the Royal Family, stolen by the ambitious archaeologist Lord Carnaby. AMENDMENTS: A PLAY ON WORDS (15) Fri 11 Aug - 8pm - £12 Has "political correctness" gone mad? Is censorship overshadowing common sense? Or are they vital components to protect our vulnerable from prejudice? Be prepared to be led on a journey of dazzling word play and controversial debate. TEA WITH MR TOAD Sat 12 Aug - 2pm - Adult £14, U12's £10 & Family x4 - £35 An interactive experience for all of the family! The performance takes elements from the classic story Wind in the Willows. Featuring Toad, Ratty, Badger & Mole. Ticket includes a drink, snack and an activity. MEGA 80'S WEEK at The Beehive 14th - 19th Aug During the summer holidays we are screening six classic 80's movies all week! Top Gun - Ghostbusters - The Breakfast Club - The Goonies - Back to the Future & Dirty Dancing. Adult £5, U16 £4 Family Ticket £16 (2x Adult, 2x U16) 80'S QUIZ NIGHT - Includes cheese boards Wed 16 Aug - 7pm - £8pp As part of our Mega 80's Week, we are hosting a quiz night in the Beehive bar. Booking is advised. Call the box office to book. Ticket includes cheese boards.	THE ZOOTS - MEGA 80'S WEEK FINALE! Sat 19 Aug - 7.30pm - £22 Pull on your neon and dust off your shoulder pads - The Zoots are coming! Come dressed in your 80's outfit. The 80's tribute band will be playing the classic floor fillers and party anthems. THE BEEHIVE ACOUSTIC NIGHT - Free Entry Wed 23 Aug - 7.30pm (Doors open at 7.15pm) Open Mic Night in the café. Everyone is welcome, whether it is to come along, have a beer and listen or to play and sing. All styles of music. Scores are limited for this special event. THE LITTLE MERMAID (PG) Fri 25 Aug - 2pm - Adults £7.50, U16 £6.50, Family x4 - £25 A young mermaid makes a deal with a sea witch to trade her beautiful voice for human legs so she can discover the world above water and impress a prince. ASTEROID CITY (12A) Fri 25 Aug - 7.30pm - Adults £7.50, U16 £6.50 The itinerary of a Junior Space Cadet convention (organized to bring together students & parents from across the country for fellowship & scholarly competition) is spectacularly disrupted by world-changing events. ANDRÉ RIEU: LOVE IS ALL AROUND CONCERT Sat 26 Aug - 4pm - £14 The King of the Waltz invites you to his cinema concert "Love is All Around", from his beautiful hometown of Maastricht! Share a concert experience filled with music, dance, love and happiness. THE BEEHIVE CAFE IS OPEN MONDAY - SATURDAY We provide a range of teas, coffees and home-made lunches including soups, sandwiches, cakes and daily specials. With the new piano and the lending library book corner, we have created a café with a warm and inviting atmosphere. You'll hopefully hear a tune being played on the keys too! The Beehive • Dowell Street • Honiton • EX14 1LZ Box Office: 01404 384050 www.beehivehoniton.co.uk Charity 1162412



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HONITON 19 AUGUST

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- Trade stalls
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- Flower show in the Church
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What's On



DALWOOD MUSIC DAY

WEDNESDAY 9th AUGUST
11.30am - 10pm

PEAK DISTRICT YOUTH ORCHESTRA

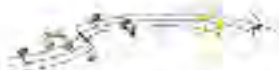
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Honiton Garden Club



Thursday 17th August 6.30-8pm, St Paul's Church

Brugmansia (Angel's Trumpet) & Other Subtropical Species

Lee Betts (Exotic Earth Plants Chudleigh)

Beginning as a home grown collection of subtropical half-hardy plants in 2012, Lee's garden hobby has led him on a journey to establish Exotic Earth Plants in 2018. Influenced primarily from several visits to the Isles of Scilly and many gardens in the south-west of the UK, his collection reflects the subtropical plants which can be grown in the UK with minimal winter protection. He is an active member of Brugmansia Growers International and a member of Plant Heritage Devon Group and has protected several plants under the Plant Heritage Plant Guardian scheme. He has ambitions to establish a National Plant Collection of Brugmansia, through Plant Heritage, and would eventually like to set up a larger dedicated specialist nursery open to the public.

In February 2021 Lee had a feature article 'How to start a Micro Nursery' in Gardens Illustrated magazine. In September 2021 he was asked by RHS to display an old market cart in the Italianate market style area in the Great Pavilion at Chelsea Flower Show. This display was non judged, as were all of the other carts which were showcasing plants from other specialist nurseries, but he feels it was a privilege to showcase and display his plants at the Show. Lee is also a Plant Records Manager for the National Trust. He will bring a selection of plants with him.

Honiton Garden Club aims to offer a range of speakers, activities and visits to interest gardeners of all abilities and skills. Regular meetings are on the third Thursday of the month. For more information please contact Julia on 01404 548709

MEGA 80's WEEK

THE BEEHIVE PRESENTS...

CLASSIC 80'S MOVIES ALL WEEK

QUIZ NIGHT AND... THE ZOOTS

14 - 19 AUGUST



MOVIES ALL WEEK

ADULT £5, U16 £4
FAMILY TICKET £15 (2X ADULT, 2X U16)

QUIZ NIGHT + CHEESE BOARD

WED 16 AUG - 7PM - £8PP
GROUPS OF 4 - BAR OPEN AT 6PM

THE ZOOTS - SOUNDS OF THE 80'S

SAT 19 AUG - 7:30PM - £22
BAR OPENS AT 6:30PM

SCREENING THE CLASSICS

TOP GUN - MON 14TH - 7PM
GHOSTBUSTERS - TUE 15TH - 2PM
THE BREAKFAST CLUB - TUE 15TH - 7PM
THE GOONIES - WED 16TH - 2PM
BACK TO THE FUTURE - THU 17TH - 7PM
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Sidmouth Junction Ploughing Match

will take place on

Sun 10th Sept 2023

Starting 10:00 am

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What's On



Dalwood Country Fair
Saturday, 19 August 2023
 1:00pm – 5:00pm
 Entry £3.00 (Under 14's Free)

Raffle - Cow Splottery - Hoopla - Cream Teas
Bouncy Castles - Craft Stalls - Ice Cream
Tombola - Plants - Craft & Produce Tent - BBQ
Rural Craft Demonstrations - Live Music
Cakes - Coconut Shy - Bar - Food stalls
And much more...

Fair opened by Marcus Wyatt, Great Britain's Long Time Number One Mens' Skeleton Athlete
 New for 2023 - Fun Dog Show and Have-A-Go Dog Agility
 Craft and Produce Tent Competitions
CASH ONLY - No card machines available

Visit our Facebook page for more information @DalwoodCountryFair



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August Activities at the Thelma Hulbert Gallery

Summer Art Week (15 - 18 August)

Enjoy a new art activity every day!

THG invites 11 - 17 year olds to try a new art activity every day including photography, jewellery/metal work and printmaking, as part of THG's new Create our Space youth project.

11am - 3pm. Free. All materials provided, please bring a packed lunch.

Only 8 spaces available per activity. Booking essential, visit thelmahulbert.com/whats-on/workshops

August Exhibitions

Don't miss..

Corinna Wagner: TerraOceanus

Exhibition of new work by photographer Corinna Wagner

Until 12 August

Liz Nicol: Tough & Tender - a labour of love

16 - 18 August

Exhibition of a series of black & white prints selected from over 800 photographic negatives, still lives, a portrait of an amaryllis.

Photographer Liz Nicol will be present in the gallery. Observe a work in progress and contribute to an experimental dialogue.



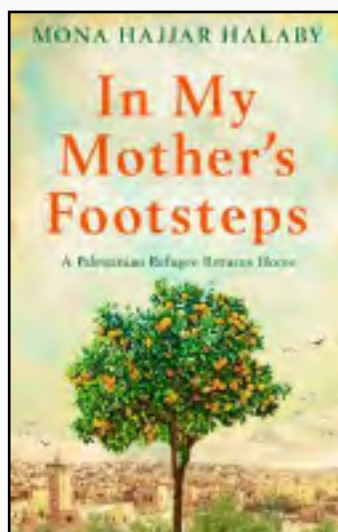
Thelma Hulbert Gallery, Dowell Street, Honiton EX14 1LX.T: 01404 45006

Tuesday – Saturday, 10am – 5pm.

thelmahulbert.com

Book Review - 'In My Mother's Footsteps' by Mona Hajjar Halaby (2021)

by Jenny Sleeman



'A dazzling assault on my senses – brightly coloured clothing, rich, pungent aromas, various spices, desserts with wonderful names such as iswar as-sitt (the lady's bracelet), Arabic music - a cacophony, but alive and vibrant'. It was like 'walking in a medieval labyrinth'.

Ramallah, East Jerusalem, the West Bank, Gaza, Beirut – familiar names that conjure up images of BBC reporters in hard hats and bullet-proof vests, against a background of explosions and burning buildings.

Which impression is the truth?

It is difficult for me, having lived all my life in the UK, to understand what it is like to be ejected at gunpoint from my comfortable home, to be displaced, a refugee in another country, penniless and stateless, unable to reclaim my family's home and possessions.

This is what Californian citizen Mona Hajjar Halaby attempts to explore in her account about her year's sabbatical in a primary school in Ramallah in 2007 and guiding her 84-year-old mother, a Palestinian Catholic, back to her former home in Jerusalem for the first time since she was forced to leave in 1948. Halaby wants to understand what it felt like when her mother's brother was kidnapped at gunpoint and taken to a labour camp, whilst all the family's possessions were stolen and three other families given the house.

Halaby discovers first-hand how Americans and West Bank residents are treated by Israeli soldiers. On an approved school visit to the zoo, the coach of excited children was stopped, as expected, at the Kalandia checkpoint. Young Israeli soldiers climbed onto the bus, aiming their M-16 weapons directly at the terrified children. Although Halaby, with an American passport, and children under 16 did not need to apply for the one-day permit to enter Jerusalem, the teachers did. Despite having all the necessary paperwork, the group were kept waiting for over an hour: the excited children became frightened, hungry children.

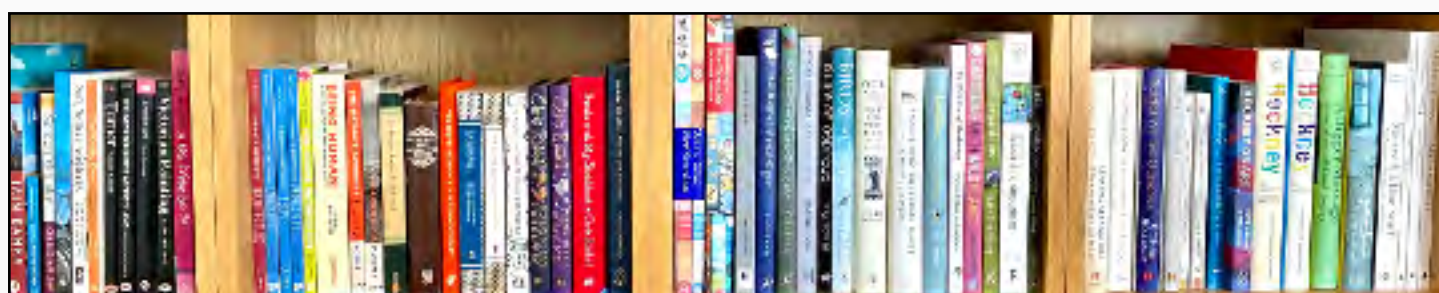
As I write this review, 'History repeats itself': Israeli attack turns Jenin into war zone once again 'as Thousands of Palestinians flee Jenin refugee camp after major Israeli raid in West Bank.' (The Guardian 4th July 2023).

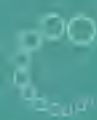
For us to understand the situation Halaby and her mother, Zakia faced in Palestine, it is helpful to look at the history of the region. Halaby intersperses the narrative with factual, historical details. In 1917, in order to win Jewish support for Britain's First World War effort, the British Balfour Declaration promised the establishment of a Jewish national home in Ottoman-controlled Palestine. The Declaration stated that 'nothing should be done which may prejudice the civil and religious rights of non-Jewish people communities living in Palestine.' At that time, Christians, Jews and Muslims lived side-by-side, just as in many other countries with cultural and religious diversity. Palestine was placed under UK administration by the League of Nations in 1922. The State of Israel was established on 15 May 1948 and admitted to the United Nations; a Palestinian State was not established. The remaining territories of pre-1948 Palestine, the West Bank - including East Jerusalem - and Gaza Strip, were administered from 1948 till 1967 by Jordan and Egypt, respectively. The British Mandate under the League of Nations ended on May 14 1948.

This is where Halaby's story begins. It is intensely personal and includes a great deal of information about the names, occupations and relationships of people of her mother's family and friendship groups, yet much of the personal details and information, including her husband's subsequent illness, becomes sentimentality to an outsider. The account is not sure if it is her journey to 'figure out where is home' and to face the anger and frustrations felt by Palestinians today, or a historical family record, exploring the 'intense love and sense of belonging' she experienced during her year in Ramallah.

What I take away from the book is the sense of what Halaby called her 'invisibility, as though (she) hadn't been invited to the table' when visiting Israeli families. Her mother, who escaped to Egypt and then lived in Geneva, felt a similar response, 'Losing Palestine made me feel like an orphan. I didn't belong anywhere in the world.' Perhaps, most of all, the image of Palestine of burning buildings, young men throwing petrol bombs, BBC reporters shouting above gunfire has been replaced with immense detail of Palestinian life before the Nakba in May 1948: the perfumes, the aromas, the sounds, the intricate art and textiles, the food, the companionship.

There is always more to understand, but this book club choice has echoes of a podcast by David Suchet (May 2018) in which he invites listeners to 'meet the Abrahamic family. Three religions and generations of strife. Jews, Christians and Muslims make up half of the world's population. What unites them, and what divides them? The clues are in Jerusalem, the city they have fought over for centuries. Sibling rivalry, land and power all feature in this family saga.'





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A Summer Saturday At Coryhill

by Val Moran



Just in time for the Concert at Coryhill, and after a month of hot, dry weather, the Met Office announced a short period of cloudy weather, with showers. And indeed, periods of heavy rain. Most of us with tickets said, "Can't be right. Lightning (nor yet torrential rain) does not strike twice in the same place, and we had our fill two years ago! Won't happen again!", and happily, we were right. Cloudy, yes, but warm enough, and dry.

So with picnics, rugs and chairs we arrived at Chris and Caroline's beautiful garden, chose our favourite spots, and settled down, drinking our wine, eating our food, waving at friends, all to the accompaniment of a varied selection of music from Honiton Town Band, directed by Elizabeth Carter. The concert was formally declared open in a very informal manner by the Dean of Exeter, the Very Reverend Richard Greener, who welcomed not only the audience, and the performers, but also our local MP, Richard Foord, who happily took part in an impromptu Q & A session.



The concert was in aid of the Exeter Cathedral Music Foundation Trust, which provides critical financial support to sustain the Cathedral's musical tradition, and, in addition, assists with the provision of an outreach project, helping children in primary schools all over the County experience the joy of singing.

And so to the music, beginning with four songs from the Tudor period.

The young people of the University of Exeter Chapel Choir, directed by Michael Graham, sang these pieces unaccompanied, and expertly, before moving on to more recent works, including The Blackbird (John Lennon). This last song suited their voices well. It was followed by three solo items, all from the 20th century. Matthew Cole was first, singing a song that epitomises the popular music of the 1940's- "A Nightingale Sang in Berkeley Square". Matthew's diction was perfect – we could hear every word, no mean feat when singing outdoors, and such a lilting melody – I could see people swaying in their seats in time to the music! Maya Carter-Oakley gave us "Wishing You Were Somehow Here Again" from Phantom of the Opera. Not the easiest of soprano songs, sung with confidence. Then a change of mood and style – Jason Cobb sang "Silent Noon" by Vaughan Williams. A challenging piece, which Jason sang with style and professionalism.

The another change of style – a Jazz Mass, by Bob Chilcott. A new experience, for me at least, but very interesting, and sung with spirit by the choir, who were accompanied on keyboard and electric double bass by two of their members. And what would a choral concert be without "I got Rhythm"? Beautifully sung, and so to the interval, with more eating, drinking and socialising.

The second half started with "You are the New Day", obviously sung from the heart, followed by that old favourite, "Danny Boy". If ever there was a song to be sung on a summer's evening by a lake...! And it was timed to accompany the mallards flying home and landing smoothly on the water. I feel sure that their flight was choreographed by Chris Padget – everything else in the garden was perfection, so I'm sure he had had the mallards practising until they got it right. Who needs the Red Arrows, when we can have the Coryhill Ducks flying in formation? And they were rewarded by "Good Night Dear Heart" from the choir! Simply beautiful.

This was followed by a great arrangement of the Billy Joel song "And So It Goes", sung by the whole choir, with a delightful solo from Ed Marshall.

Time now for more solos – and a complete change of mood. Millie Hughes sang "Popular Like Me" from Wicked. She obviously enjoys performing this song, and we enjoyed it with her – a great act and hard to follow, but followed she was, by Max Langdale, with "Stars", from Les Miserables. He sang with great confidence, and to our surprise was followed by the choir's Director of Music, and our conductor for the evening, Michael Graham. His song was "Anthem" from Chess, delivered with great feeling.

What a wonderful wealth of songs has come from stage musicals – celebrated on a summer's night at Coryhill by a medley of the very best from Les Miserables. This demonstrated that many more of the young people in this choir could have performed solo – very talented singing.

The performers had been moving around the lawn during the evening, and now they went down alongside the lake to sing the old traditional song "Shenandoah". Not many songs actually lend themselves to open-air performance, but I think this one really does – it approached perfection, and the young singers should be very proud of themselves. You could have heard a pin drop as the last note died away.

Nearly over – just time for a bit of audience participation in singing "Summer Holiday" – then pack up the picnic, roll up the rug, fold up the chairs, and steal away into the dusk. Will there be another Summer Concert at Coryhill? I think we all hope so - it would be lovely to hear these young singers again towards the end of their time at the university!



Offwell School Pupils Learn About Stained Glass

by Susan Holohan, Oak Class Teaching Team



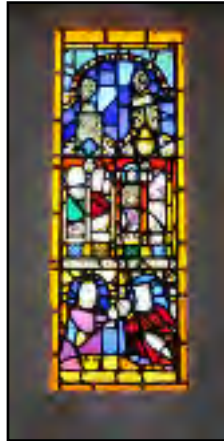
Following their success with King Charles III Coronation Display, Oak Class at Offwell School turned their attention this summer to learning about the history of medieval church-stained glass windows by producing their own facsimiles.

The children were inspired by the medieval window in the south wall of the Chancel at St. Mary's which contains

fragments of ancient stained glass. The church of the medieval world was full of colour and reflective light and the medieval glass in the south window is likely to date from the 14th century.



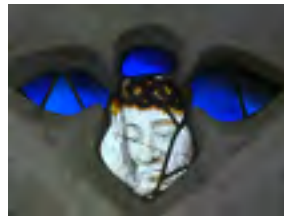
An even more exciting example of medieval artistry can be found high up at the apex of the East window of the North Aisle at St Mary's, which contains a fragment of glass representing the head of Christ crowned with thorns. Offwell School recently acquired a powerful new



camera which revealed this stunning glass, and the emotional talent of medieval glass painters, for the first time since its installation.

Between the 12th and early 16th centuries a vast amount of stained glass was produced for churches. The bright, jewel like colours depicted images relating to Christian doctrine for both the clergy and laity to 'read' and make their own spiritual connection. In our modern society we are so used to reading words. In the medieval world, where only the privileged few were literate, as we

understand it, the majority were educated in the literacy of images. The figures, colours, designs, scenes, symbols, and spiritual truths contained within stained glass were meaningful in a way that is remote to current society.



Oak Class used glass paint on acrylic panels to replicate their stained-glass images. They drew their designs then used self-adhesive lead strips to detail all the lines.

The children's facsimiles, together with a history of stained glass, can be viewed in St. Mary's Church, Offwell over the summer period.

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MKM - Quiet Supporters Of The Community

by Chris Doran



Since the day we started the Honiton & Village News four years ago I have delivered magazines to MKM on Heath Trade Park, who were our first ever advertiser.

Last week as I wandered through to the trade counter, I noticed that the team in MKM were providing free coffee and snacks, so I asked Gavin and his team what they were doing..

"Almost every family in town is trying to get by, make ends meet and they are struggling with mortgages and bills. Our own team is no different. So we decided we would see if we can do a bit to help because, apart from anything else, we enjoy it."

Our Team have been working with some wonderful charities in the town over the last year, particularly providing food. Working with Operation Rudolph was a highlight for us last year; the Team really loved it"

I like to think I know most people that are working to support communities in Honiton, but Gavin and the MKM Team have gone under my radar. I think they are genuinely excited about how they might be able to add a little support to those helping Honiton.

But don't expect to see their name in the headlines, they are just quietly doing their bit behind the scenes.

I'm not even sure they were keen on me doing this article, but I wanted to publicly thank them for four years of faithful advertising support.



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Check In For Check-Up Before You Fly

By Jonathan Boxall, Registered Osteopath Osteo and Physio in Honiton

Are you planning a late summer break, or thinking of jetting off for some winter sun?

A bad back can cast a shadow over your well-deserved holiday and we have many patients who check in for a 'check-up' treatment ahead of a trip to help get things right. Here are some of our best tips on how to handle a fragile back.

Jonathan Boxall, registered Osteopath at Osteo and Physio, says: 'Planning and thinking ahead is key when travelling with back pain. Give yourself plenty of time to pack and get to the airport well in advance, you really do not want to be rushing and having to lift potentially heavy suitcases around with low back pain, especially if you are travelling by yourself.

'Handling your own luggage is one of the most dangerous activities, especially if the bags are too heavy so get help if you can.'

Here are Jonathan's top tips for managing back pain when travelling:

Luggage tips:

- Use smaller suitcases and handle them one at a time
- If you are going with someone else get them to lift your cases or ask for assistance at the airport – this can be booked in advance
- When lifting luggage make sure you keep your back straight and bend from your knees
- Use trolleys as much as possible and avoid carrying suitcases while walking
- If in acute pain it may be necessary to wear a lumbar support for this part of the journey.

On the plane:

- Reserving an aisle seat on the plane is important so you can get up easily
- Get up and move frequently when on the flight. The simple act of walking helps to keep the joints and discs mobile and maintains a healthy circulation to the muscles.
- Adjust the backrest of your seat to a comfortable angle as soon as you can after take-off.
- A small travel cushion can be placed behind your low back to provide support
- Avoid alcohol on the plane, the dehydrating effects of air conditioning and alcohol can make back pain worse, so drink plenty of water
- Depending on the length of your flight it is advisable to try to stay awake, falling asleep means you are less likely to get up and walk around and increases the chance of waking up stiff and in an awkward position
- Use an inflatable neck support cushion - especially if you intend to sleep.

Depending on how much time you have before you embark on your trip, try to see a back care expert such as an osteopath or physiotherapist before you travel. The treatment and the advice they give can really help with the pain and facilitate your recovery.



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Hair Today Gone Tomorrow To Help Children With Cancer



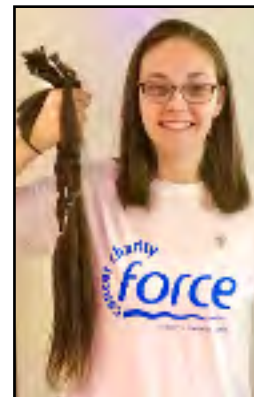
In 2017, Victoria Bell unfortunately lost her aunt to cancer; she then decided that she would like to embark on a project to help cancer charities. She elected to grow her hair and donate it to be made into wigs for children and young people. Victoria was born in Honiton and has lived here all her life - fast forward six and a half years and her hair was an incredible 80cms (32inches) long. After careful thought and a lot of persuasion from family and friends, she agreed to have 60 cms (24 inches) cut off to donate to the Little Princess Trust charity to be made into wigs.

Linda at House of Hair had agreed to undertake the task and with some trepidation Victoria, accompanied by friends and family, duly arrived at the salon in New Street. Dave, her uncle, accepted the scissors and made the first cut, leaving Linda to determine the exact new length and style required. An hour later the deed was done and Victoria emerged from the chair with a brilliant new look

approved by all.

Victoria would like to thank : Linda for accepting donations and undertaking the cut, The Star, Di and Kev family friends for encouragement, and everyone who has so kindly donated to the charity

The "Angel" badge on Victoria's T shirt was given to her by her auntie just before she died and wearing it is a comfort to her as she feels her aunt is with her at all times.



The Little Princess Trust (LPT) is a charity that provides real hair wigs free of charge to children and young people who have lost their own hair through cancer treatment and other conditions. Since 2016 they have given funding to 115 research projects focused on finding kinder and more effective treatments for all childhood cancers. It costs on average £700 to provide one wig to a child or young person. This cost covers the making, fitting, and styling of the wig. The LPT covers all costs to ensure their service is completely free of charge for all their wig recipients. They have just completed their 15,000th wig since 2005 when the charity was started in memory of Hannah Taplee.



LPT can accept hair of any natural colour as long as it is in good condition; they ideally need hair measuring 30cm (12inches) or more, they can be contacted on 01432 352359 or email hello@littleprincesstrust.org.uk

Donations may also be made via Victoria's crowd funding page details at House of Hair or via House of Hair, New Street

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New Station Planter Highlights Work Of Dementia Friendly Honiton

June 29th saw the unveiling of a new planter at Honiton Station, created by Dementia Friendly Honiton. The planter was designed by local artist Phil Creek. The project was financially supported by South Western Railway's Small Grants Fund and is part of a wider project in which a

number of local community groups and charities have created planters, each decorated with unique artworks. The project is co-ordinated by The Friends of Honiton Station, and is led by Councillor Jenny Brown, the project lead for planting and artwork at the Station.



The project was financially supported by South Western

Railway's Small Grants Fund and is part of a wider project in which a number of local community groups and charities have created planters, each decorated with unique artworks. The project is co-ordinated by The Friends of Honiton Station, the station adoption group for the station.

Paula Aldridge, South Western Railway's Community Rail Manager, said, "Planters are one of the ways in which our station adopters make their stations brighter and more welcoming for customers. They are also a project that groups can work on together, allowing them an opportunity to meet and socialise with friends. South Western Railway is delighted to have supported this project and looks

forward to seeing the planter and flowers brightening up Honiton station for a long time to come."

Heather Penwarden, Chair of Dementia Friendly Honiton, said, "Our planter was designed with love by our Honiton Memory Cafe Friends and we are most grateful to local artist Phil Creek for bringing our creations to life on the trough. Our plants have been chosen to stimulate each of the five senses. We are all very pleased with the end result and hope the display will be enjoyed by all rail travellers passing through Honiton."

Martin Long, Chairman of The Friends of Honiton Station said, "We are delighted to welcome Dementia Friendly Honiton to the station. Their group does incredibly important work in our town, and we are pleased to showcase their activities in this creative and interesting way."

The new planter joins others at the station created by groups including Honiton Carers, Honiton Health Matters, Open Arms East Devon, Parental Minds CIC, #BroCheck, Honiton Scouts, The Beehive and Honiton Carnival Club.

Heather Penwarden went on to say, "Gardening is a hobby enjoyed by many people with dementia and it has been a pleasure for us all to come together on this project. Honiton Memory Cafe Friends and volunteers have also enjoyed taking part in the Chatty Train initiative with an afternoon out for a cream tea up the line in Axminster. We all love our train station and enjoy sharing many happy memories of train journeys taken over the years."

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How Well Do You Know Hospiscare?

Hospiscare.... The facts!

- We are not part of the NHS and not affiliated to any other well known charity.
- Hospiscare is a specialist service supporting end of life care, a local charity covering Exeter, Mid and East Devon, it was formed 41 years ago, only 18% of our funding comes from the NHS, the rest comes from the support of our local community.
- Our specialist 12 bedded ward in Exeter is open to all those in the area we serve.
- We not only look after Cancer patients, we look after those referred with a terminal illness that has complex needs such as Heart Failure, Multiple sclerosis, Motor Neurone Disease and Organ Failure to name a few.
- Our specialist team is made up of four Specialist Palliative Dr's, Advanced Nurse practitioners, Clinical Nurse Specialists on the ward and in the community, 2 Admiral nurses, Specialist Palliative Care Paramedic, Spiritual Lead, Supportive Care Team including Physio and Occupational Therapists.
- We also offer a range of bereavement support.
- The service is free 24 hrs a day, 7 days a week 365 days a year and we support adults over the age of 18
- Hospiscare is also there to support and advise the local GP's, Royal Devon University Hospital community nursing and Hospice at Home teams across the area.



The year ahead holds many challenges for our hospice, with the new pressures of the economic crisis. Your dedication and generosity has ensured that Hospiscare has been by the side of patients and their families when they needed it most over the past four decades.

Hospiscare Warehouse - Dowell St, Honiton EX14 1LX (Telephone 01404 549880) - Whether you want to make some room in your overcrowded wardrobe or discover a favourite new author, you'll be helping to raise vital funds for people with a life-limiting illness. We sell everything from vintage clothing and antique homeware to quality furniture, toys, books, electricals and more. Why not pop in and say hello to your friendly team - you might even grab yourself a bargain! **Please note: Donated items can be accepted in-store. Due to limited storage space, if you have a large quantity or are making a specific journey, please call ahead to the shop you are visiting.**

Hospiscare Fundraising News..

Abseil for Hospiscare? - The fundraising team have something new and exciting for those wanting a dose of adrenaline. The Dartmoor Drop is happening on 16th and 17th September at Meldon Viaduct near Okehampton. Those taking part will be briefed, kitted up and taken through the foundations of the historic bridge, before summoning the courage to make the 110ft descent. Spaces are limited so visit the website <https://www.hospiscare.co.uk/events/abseil/or> telephone 01392 688020

Fancy a Challenge? - Take on a challenge this year to support Hospiscare, your local hospice charity. Whether you're looking to test your own limits, compete as part of a team or take on some friendly competition with friends or co-workers, there are a wide range of challenge events to suit all ages and interests. From taking to the skies for a wing walk or skydive to signing up to a running or cycling event, you'll find a challenge perfect for you by visiting www.hospiscare.co.uk/challenges. If you're feeling creative, why not set your own challenge! We'll be there to support you every stroke, step and toggle of the way. Simply email events@hospiscare.co.uk to find out more about how your challenge can support end-of-life care in the heart of Devon.

Hospiscare's Coffee Morning Campaign – Put the kettle on for Hospiscare this September - Whether you're a budding Bake Off star or more of a cake-eating enthusiast, host a Coffee Morning for your local hospice this September, sign up and receive a fundraising pack - everything to get you started! Here at Hospiscare, we know the difference that a cuppa can make. Thousands of cups of tea and coffee are made each year in our hospice, providing comfort for our patients and their families. Here are some ideas to get you started planning your event... Get together with friends and family over a cuppa, bring along a homemade bake and make a donation to Hospiscare; Set up a stall for friends, neighbours or colleagues to pop by and donate; Create your own games, how about guess the number of coffee beans in the jar?; Host a coffee and cake themed quiz; Hold a raffle, auction your favourite bake or host a cupcake decorating competition!; Delight friends and neighbours with doorstep deliveries; Brighten up the office, get together with colleagues and hold a workplace Coffee Morning or Bake Off; Are you a cake making business? Could you round up the price of a cake for sale throughout September and donate the proceeds?; Share your fundraising page for people to donate online. You may find guests that can't make the day, would like to donate too. Sign up here <https://www.hospiscare.co.uk/support-our-work/fundraise/hospiscare-coffee-morning/or> telephone 01392 688020.

Saturday 5 August-Cream Tea on the Lawn at Coldharbour Farmhouse–Ottery Ex11 1QL (Seated event, Accessible to wheelchairs, Limited parking, No Dogs, Event open to ages 16+. £10 per ticket includes a cream tea, tickets must be purchased in advance (cash only) – from Coldharbour Farm Shop 01404 814220

Cadhay Summer Fete (Ex11 1QT) Beautiful Gardens and House Tour available. Sat 26 Aug 12-4pm, Live Music, BBQ, refreshments in the tea-room, bouncy castle, balloon modelling, stalls, raffle and so much more, a guaranteed fun day out for all the family. Entry – donation to Hospiscare. Kind permission to Mr R Thistlewayte of Cadhay

Classic Tractor Working weekend ..with additional steam engines. Kings Down Farm, Salcombe Regis, Sidmouth EX10 0PD. Refreshments on site. Saturday 24 – Sunday 25 Sept 10:30 onwards. Entry by donation to Hospiscare. Kind permission of the Knight Family. For more information please call Richard Start – 07866 003493

Hospiscare need your help

Raffle Donations wanted -Do you have any new & unwanted Christmas gifts Hospiscare could recycle and use at the fundraising events raffle such as Perfume, Gift Sets, Candles, Games and Alcohol such as wine or spirits, if so contact Toni on the number below.

Save your Stamps for Hospiscare! - If you can donate your used postage stamps to Hospiscare, please take them to your local Hospiscare shop marked for the "Area Fundraiser", alternatively call Toni Hiscocks on the number below to arrange collection.

If you are interested in the work of Hospiscare or would like to join in our fundraising activities or have an idea of your own, please contact Area Fundraiser Toni Hiscocks 01392 688067/07921 845615, email t.hiscocks@hospiscare.co.uk or find Toni on Facebook <https://www.facebook.com/profile.php?id=100078307831484>

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Advice From Devon & Cornwall Police



Protecting Your Smart Device

For many of us, today's home is a very convenient and smart place to live, with there being more and more devices responding to a tap in an app, or the sound of your voice.

However, every device that is connected to your Wi-Fi is also transmitting data which could be of interest to criminals; not least your speakers, voice assistants, cameras, intruder alarms, door locks, and security lighting.

If you haven't set up or are not maintaining the appropriate security measures, you are putting yourself at risk for your information being stolen, or potentially having your every movement observed. It is also worth considering that the data provided by the smart devices, or the information you supply when you set them up, could be used by manufacturers for unwanted purposes, including being sold on to third parties.

For more information and expert, easy-to-follow, impartial advice on safeguarding yourself, your family, finances, devices and workplace, please visit www.getsafeonline.org

If you think you have been a victim of fraud, report it to Action Fraud on actionfraud.police.uk or call them on 0300 123 2040, or call the Police on 101

Top tips:

- ▶ Consider that buying products from well-known, reputable brands means that more care has probably been taken in securing the products, for your and your family's security.
- ▶ For smart devices for which you need to log in to connect, replace any factory-set passwords with secure ones you have created yourself. This is because default administrator passwords may be common to every device shipped, and potentially insecure. If in doubt, check manufacturers' instructions on how to change passwords.
- ▶ Do not use the same password for more than one connected device, nor share passwords with those you already use for other online accounts.
- ▶ Make sure your Wi-Fi network is secure.
- ▶ Make sure that all your computers and mobile devices are protected with updated internet security software/apps, and that access to these devices are safeguarded with a PIN or passcode.
- ▶ Check the apps associated with your connected devices and install updates as soon as prompted. Also, regularly check manufacturers' websites for updates, as they can be slow to push these out via the app.
- ▶ Limit the amount of information you provide when setting up an app to what is absolutely necessary.
- ▶ Be aware that devices such as voice assistants, smart speakers and cameras are always active and potentially recording unless you switch off or disable them.

Scams And Fraud

Now the weather is improving, it's that perfect time to get out and sort out those "odd jobs" that keep moving further and further down our to do lists. Things like sorting out the garden, trimming hedges or sorting out roof tiles can be jobs that you often want to put off. So, when someone arrives at your door offering to tidy your garden or fix up your roof, you might be inclined to let them...

Remember, if it looks or sounds too good to be true - it probably is! Earlier this year, we held the Crime & Safety Roadshow at our first location in Seaton in a bid to educate some of our less tech-savvy residents about doorstep crime and rogue traders. If you've got loved ones who live alone or who might possibly need work completing on their home, please consult a local approved tradesperson and remind them not to take business from any passing tradespeople. We would advise them to decline any such offers and to lock the door and call the police.

We've recently received information from some diligent members of the public regarding a vehicle touting for business in one of our housing estates, and this is common during the summer months. This information is really helpful and we use this to plan our patrols and detect this sort of offending. Our research has revealed that the driver of the vehicle has similar previous convictions in other areas, and as such this information will be shared with policing colleagues and Trading Standards.

For more information and to report rogue traders, please visit the local Trading Standards website at <https://devonsomersettradingstandards.gov.uk>

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, West Hill, Exmouth and Honiton. 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, starting 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 for 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 our Secretary Caroline Thornton -c t1959@hotmail.co.uk.

Devon County Girls under 15 cricket tour - We received a request for funds from Sophie Brandom who has been selected for the cricket tour in Sri Lanka in October 2023. This is an incredible opportunity for Sophie to take part in 5 days of cricket but also to visit an elephant orphanage, and climb Sigiriya Rock Fortress to watch the sun rise. We contributed £250 to Sophie's sponsorship fundraising effort.

We wish the girls all the very best and welcome a talk about their experience later in the year.

New Rotary year - The new Rotary year starts on July 1st each year. This year we celebrated our President's handover at River Cottage in Axminster.

This started with a tour of the Kitchen garden, followed by canapes. We enjoyed a delicious 2 course meal. Chef talked about their philosophy, where the food came from and how it was prepared. After the meal we had our President handover. Current President David Incoll presented President's regalia to incoming President Andrew Thomas.

We celebrated David's President's year at Honiton Golf Club on the 16th June 2023, where we had a lovely 3 course meal. We welcomed guests from a number of Rotary clubs including 3 members from Dun Laoghaire Rotary whom we were twinned with over 20 years ago. We had an enjoyable weekend with them going to Dunster, enjoying a walking quiz around Exmouth and bingo at West Hill British Legion. Highlight of the evening was presenting Rotarian Richard Thomas a 40 year service certificate and a Sapphire Paul Harris award (Paul Harris founded Rotary in 1905).

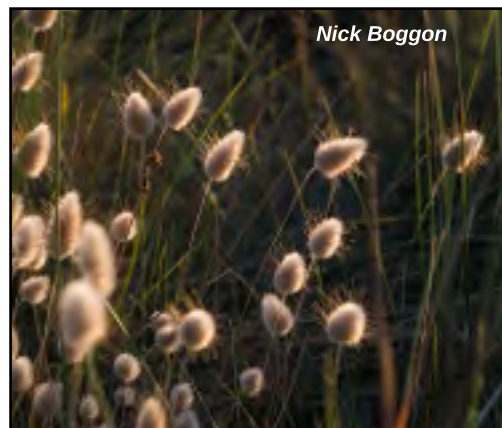
For more information about Rotary please visit our web page Otter Valley Rotary

Honiton Camera Club

We traditionally end the season in late June with a photography trip out, usually to one of the local coastal towns. This year we ventured further afield to Dawlish Warren to take advantage of the beach, nature walk, amusements and a friendly bar.



Nine members took the trip, and it's interesting to see the different styles we got from similar locations. Some chose a long duration shot of the incoming tide, some the colourful beach huts, whilst others went inland to capture the glorious flowers and grasses. As the evening drew to a close a couple ignored the picturesque scenes for the draw of the bright lights of the arcade!



The group finished up outside the bar for a well earned drink and a discussion as to where we had been and what we'd photographed. Overall, a fantastic end to a great season

of photography and we are all looking forward to starting over from scratch in September.

Visitors and new members and visitors are welcome to meetings. Our first meeting of the 2023-2024 season is Friday September 8th.

The Club meets at the Methodist Church, Chapel Street fortnightly, on Friday evenings from 7.30pm to 9.30pm from mid-September to the end of May.

We are a small club with members having a wide range of abilities and interests. We try to cater for all tastes, with speakers on various aspects of photography, together with sessions giving informal tuition and advice. Besides holding our own internal photographic competitions we also participate in inter-club competitions. New members of all ages are always welcome.

Subscriptions: Member £45; Joint membership £80; Student (16-18) £15; Remote member: £25

<https://www.facebook.com/HonitonCameraClub/>

<https://honitoncamera.club>

Around & About In Our Community

The Kraken Wakes!

Well, not quite the Kraken but Talaton Annual Village BBQ. Sorely missed, it arose post Covid to live again. And what a return. On July 8th the music played, the sun shone, and the village turned out.

The BBQ, all in aid of the church funds, has become an annual event and upon its return it was a roaring success. Not that there were not a few worries. Yes, the weather. Rain, rain and more rain was the order of the day but in spite of the tidings of doom the village ROBOTs (Retired Old Boys of Talaton) were there to put up the gazebos, carry the tables and chairs AND set up their own sideshows. BBQs arrived with the incredible Hawkins BBQ team, as did Rob with the pen for the calves whose weight and names were later to be the basis of a very popular guessing game. And hey presto come 5pm the sun shone, the music played (wonderful performance by Phil Deacon and accompanist) and the sweet aroma of burgers and onions wafted over the grounds. The bar was open but, more importantly, the people arrived in flocks and the evening flowed. All the stalls – Pimms, bottle stall, plant stall, a rather exciting mystery book stall.... more, more - oh yes, the Guess the weight and name of the calves (would you believe, Mist and 66.6 Kg). The Skittles! Fierce competition here, leading to a climatic play off.

Attempts by the ROBOT team to shut shop and clear away were futile. The sun continued to shine, the bar was still open, and the music played. Eventually folk decided it was time to move and the site was cleared but what a successful return of a major village event.

Talaton – great village, great people, great events. Not sure that chief organiser Sue would agree but roll on next year.

It's Never Too Early To Think Carnival!



It's the time of year when we are starting to think about the coming carnival season and work is taking place throughout the area on the floats and walking entries which will light up the streets of East Devon starting on Saturday 2nd September in Seaton.

This year's Honiton carnival will take place on Saturday 28th October

and will be the last in the East Devon Circuit as Ottery St Mary are no longer part of the circuit. The carnival will assemble at Ottery Moor Lane and will start at 7.30pm

Leading the procession this year will be The Barnstaple Youth Marching Band who will entertain the crowd as they make their way up through the High Street followed by the Mayoral party, Honiton Twirlstars and the Honiton 'Royalty' float.

The Honiton 'Royal Party' who will be representing Honiton throughout the East Devon Circuit this year is made up of 5 young people from Honiton and they are Maddelin Golding aged 9, Amelia Tratt aged 9, Amber Paver aged 7, Esme Pawley aged 7 and Finley Holmes aged 5. Maddelin, Amber, Esme and Finley attend Littleton School and Amelia goes to Honiton Primary School. The crowning of the 'Royals' will take place on Saturday 21st October at The Mackarness Hall during an indoor fair.

Other events leading up to the carnival include a quiz night and bingo. Details of all carnival events will be published at a later date. Follow us on our Facebook page.

Honiton Welcomes You To Its Museum

Long term dedicated volunteers Howard and Val Foss welcoming visitors to Honiton Museum



Keep Calm And Yarn



Members of Honiton's knitting and crochet group Keep Calm and Yarn. The group, who are responsible for the wonderful creation featured on the front of this magazine, meet every Friday from 3.30 to 5.30 at Honiton Library. New members are assured of a warm welcome

Around & About In Our Community



Honiton Town Council Mayor & Deputy Mayor 2023-4

The Town Council is delighted to have appointed at its meeting held on 15th May 2023, Councillor Helen Hurford as the Council Chairman and Honiton Mayor 2023/24. The Council also appointed Councillor Tony McCollum as the Deputy Mayor 2023/24.



Both Helen and Tony will be busy throughout the year attending various events as lead representatives of the Town Council.

Councillor Hurford said, "I am delighted to be voted as Honiton Town Mayor. It is a great privilege to not only be the Town Mayor but the 9th female Mayor in the town's history, following in the footsteps of Councillor J Phillips OBE in 1920. I'm fortunate to be the Chairman of 18 elected Councillors elected by the people of Honiton, who are motivated and determined to fulfil the ambitious plans and projects for the community. I intend to continue the example of Mayorship set by Councillor Sexton, to lead this council in a respectful and transparent manor, inclusive to all."

Councillor McCollum said, "As newly elected Deputy Mayor, I am very happy to be able to offer my full support and work alongside Cllr Hurford in her role as Chair of Honiton Town Council and also as our newly elected Mayor. I look forward to our joint achievements in the coming year."



Photos courtesy of Honiton Town Council

Hello Readers

Owing to holidays I am writing this earlier than usual at the beginning of July so please forgive me with shortage of news.



At our meeting in July, we were pleased to welcome Andy Jordan who gave us a very interesting talk about the work of the Exeter Leukaemia Fund (ELF) who serve our area, a service provided to us which we all hope our families will never need. We were pleased to donate £500 for their fund.

Message in a Bottle is no longer available at Honiton Surgery so if you would like one, send me a message and I will sort it out for you. Honiton Surgery is still however collecting used glasses in a bin in the waiting room area.

Goren Farm Festival has now been and gone and despite, at times, the bad weather, we were pleased to carry out the parking for them.

At the end of July our Classic Car event took place at the Market Charter Day at Allhallows field with around seventy vehicles taking part along with our Ladies plant stall, alongside various other stalls to raise money for local charities.

**THANK YOU, THE PUBLIC, FOR YOUR SUPPORT
from all of us at Honiton Lions Club.**

**If you would like to know more about the work of
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07966173828 or you can email
brian.richards@honitonlions.org.uk or visit our web
site www.honitonlions.org.uk.**

High School Musical Coming To Town

Members of the cast of Honiton Community
Theatre Company's production of High
School Musical at The Beehive promoting
the event on Honiton High Street



**Don't forget to send news from your community to
honitonvillagenews@gmail.com**

Copy date 16th of month preceding month of publication

Around & About In Our Community

Talaton ROBOTs' Museum Visit

Back in June 14 Talaton ROBOTs (Retired Old Boys of Talaton – retired but still managing to include a bit of culture in their busy retirement lives) were treated to a guided tour of the famous Exeter Royal Albert Memorial Museum (voted the nation's "museum of the year" in 2012). Alison was our superb volunteer guide on a tour that was the brainchild of a fellow ROBOT, Neil Bollen, who is a fine metal specialist, and undertakes some of the museum's specialist conservation work. Briefly, when it opened in the 1860s the ornate building on Queen Street housed not only a museum space but a library, a college (later to become the University of Exeter) and an art gallery (later giving rise to the Plymouth College of Art).



Many of us had previously visited with our children or grandchildren but the guided tour revealed so much more. For instance, we learned more of Joanna Southcott, a deeply religious local girl who never married but eventually built up a large and devoted following of people who believed that she could foresee the future and also, at the age of 64, that she was carrying the child of God. She was widely believed and left a sealed wooden box of further prophecies upon her death - childless in the end! Even up to a few years ago some remaining devotees of hers used to publish adverts about her in the press. How local was she? Born in 1750 in Taleford!

We also marvelled at the elaborate and very large 3D model of Exeter which shows in extraordinary detail what the city looked like in the past. So many churches within the tightly packed housing. The tour was advertised as lasting an hour but after two hours we had to end it but realised just how much we had learned and how much more there was to see.

As with all ROBOT excursions we adjourned to a suitable place of refreshment, on this occasion the cool airy interior of the upstairs lounge at the Turk's Head. Here over a relaxed pint and lunch we settled all the problems of the world and agreed that there cannot be many clubs with such a varied programme of activities - football, tanks, classical music concerts, horse-racing, walks and history.

The next event? Could be boat building on Dartmoor! Now there's a thought.

A Warm Welcome To Members' Gardens

Members of Honiton Garden Club spent a very enjoyable Saturday early in July when seven of the members opened their gardens.

Enjoying the variety from small town gardens to larger areas, but all with a variety of planting, a number of members took the opportunity to chat through ideas and learn from each other.

At the end of a lovely and interesting day, all retired to Val's for a cream tea in her garden.

With many thanks to all those who opened their gardens and to Beth and Deborah for organising the day.



New Coronation Bench Shows Skills Of Gittisham Forge

Craftsmen Alex and Julian Rowe from Gittisham Forge with the Coronation memorial bench they created.

The bench which was funded by Honiton Town Council has been placed outside St Pauls Church in Honiton High Street.



Around & About In Our Community

Honiton Carers Enjoy Another Fabulous Day At Creative Beings



In this session we had the same theme of "Culinary Herbs & Spices" in both the Pottering with Plants and the Art & Craft session, which was really great.

Fiona our tutor divided us in to pairs where one was blindfolded to raise our senses and had to feel, smell and crunch various herbs and spices to see if we could recognise what we were handling, and say what we could smell and what it reminded of us. The outcome from all of us was actually quite similar although there were also many different responses as to memories from a specific smell.

Our afternoon tutors were Katie Green & Sue Holland. Katie initially talked us through the most common herbs we not only use for cooking but also for medicinal purposes. She had a lot of plants we could touch and smell and she even had several different species of each herb like mint and sage.

Sue showed us how to make herbal balm and we got to make our own blend of herbal teas with a lot of different dried herbs and spices to choose from. Katie talked us through lots of different oils, showed us diffusers and little dishes for mixing and how to use them with a carrier oil for massaging. The room was full of the most gorgeous aroma. We finished off with massaging each others' hands or our own depending on our personal preference.

It was a wonderful afternoon, much enjoyed by everyone.

Our next Art & Craft session at Creative Beings is on Wednesday 26th July when we will be making Clay Pinch Pots for seed keeping

Our next meeting is at The Kitchen at Combe Garden Centre on Wednesday 5th July 3.00 - 4.30pm



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

The Arts Society Honiton

The Market for Antiques... Or Why No One Wants To Buy Your Wardrobe Anymore...

Not so long ago bringing his gavel down on a mahogany table or a walnut wardrobe was an auctioneer's bread and butter. Not any more. Why? Matthew Denney from Lawrences Auctioneers in Crewkerne answered the question by asking it of us, the members of the Society, what we thought. To each of our answers, Matthew embellished with a little bit of social history "Modern houses are too small' (after the war all houses came with rooms of a standard size but not any more so there is no room for free-standing furniture); IKEA arrived with the slogan 'Chuck out the Chintz'; furniture used to be expensive and high status (today's high status goods are expensive cars); it is illegal to sell some item (Ivory, new or ancient, cannot be sold. Nor can tiger skins or bits of tigers; once it was common for military personnel stationed in India to bring back a tiger claw as a brooch; these may be old but they are unsellable. Legislation to reduce illegal logging of tropical rainforests means that auctioneers cannot sell rosewood furniture without a licence).

So what is selling? On an auction house's website the one object that will be viewed more than anything else is ... a Rolex Watch. For most men, it is the one item of jewellery that they wear, a status symbol. Paul Newman's sold recently for \$17.8m!!! Military medals are very saleable as they tell the history of the man who won them. On ebay there are 13 million postcards available. The most expensive cards of a Honiton scene are those of a lady sitting outside her house making lace; the rarity from Tiverton that collectors search for is not of the church or castle but a postcard showing the railway collecting yard at Willand - they sell for £75. To buy Chinese antiques, a rather deeper pocket is required. A blue and white vase with a crack, probably looted during the Boxer Revolution, sold for £750,000. Throughout his talk Matthew involved the audience so when asked to guess the auction price of a small porcelain bowl decorated with a floral pattern we found out just how strong the Chinese market is. The hammer went down at £16.6m.

And the antiques of the future? Objects that invoke nostalgia. Such as the earliest Nokia mobile phone that looked like a brick. Matthew predicted that Playstation 2 will become collectable. And every museum wants the first Apple computer.



The Arts Society Honiton meets at the Beehive in Dowell Street on the second Tuesday of the month, from October to June, at 2pm. Visitors are always welcome and can pay on the door. Their full programme can be seen on their website:

theartsocietyhoniton.org.uk. The next lecture is on October 10th on Dame Laura Knight RA. Catherine Wallace is coming back following an earlier lecture she gave on Cornish artists.

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