

THE PARISH PAPER
St. Mary the Virgin, Payhembury

Payhembury's

**PARTY in
the PARK**

*Live music,
bar & food*



@ Payhembury's school field
£5 | Under 16s go for free

All proceeds to Shallowford Farm Trust & Tale Valley Trust

THIS MONTH'S EDITOR: Kate Duggan 07968 369159

NEXT MONTH'S EDITOR: Kate Duggan 07968 369159

ADVERTISING: Ceri Deane 01884 277321

EDITORIAL EMAIL ADDRESS payhemburypaper@gmail.com

ADVERTISING EMAIL ADDRESS parishmagadverts@gmail.com



Rectory notes – Sliced or unsliced?

The man wondered why he was there. His wife had dragged him along – “A family day out,” she’d enthused, “with the kids.” He wondered, and he worried. How was he to feed that family today? He should be working. Not perched on a craggy hillside listening to a preacher. His ears pricked up. “Give us this day our daily bread,” the man was saying. “Yes please,” he thought, “but easier prayed than done.” His mind wandered again. “At least this man seems to know what real life’s about, living hand-to-mouth,” he thought, “not like those religious rich men in their comfy houses and posh robes.” He shuffled to get more comfortable on the stony ground, and was drawn in again by the speaker. “Do not worry,” he was saying, “look at the birds... look at the flowers... your heavenly Father knows what you need too.” “He’s speaking straight at me,” the man thought. “I always worry, but we do always seem to have enough... Maybe his ‘daily bread’ prayer would help calm my mind.” Later, as they strolled home, his wife thought she detected in her husband a lighter step.

Not many of us will have started today not knowing where today’s food will come from. For many this is reality, however, across the world and tragically in this country too increasingly. The English, wrote a foreign visitor in 1833, were ‘still convinced that extreme inequality of wealth is the natural order of things.’ Sometimes it seems little has changed since then, and this country is hardly alone.

Current escalating food costs are sharpening our attention to such things. It may sharpen our attention too to that long-baked prayer, ‘give us this day our daily bread.’ Most of us probably tot up the cost of our shopping basket more carefully these days.

We sit with the man on the stony hillside. We’ve added bountifully more layers of what we ‘need’ on top of basic bread. But we haven’t changed that much really over 2,000 years. We still worry. We still wonder how everything’s going to work out. May we find that our daily bread is provided. May we play our part in nudging the world closer to bread justice. May we, like the man, walk with a lighter step.

Rev David Carrington

Team Vicar of Escot, Feniton and Payhembury

Church Wardens: Mrs Babs Leach, Slade View, Payhembury (841409)

Sexton: Mr Jim Kimber, 1 Barrow Road, Payhembury (841320)

Contact details for church wardens in Escot or Feniton

Feniton: Cara Sanders (850262)

Escot: Judy Davis (812739)

Parishes of Feniton, Escot and Payhembury Church Services in June 2023

SUNDAY 4TH JUNE

TRINITY SUNDAY

Church	Time	Service
Ottery St Mary	10.30am	OVMC Communion followed by picnic (LC)

SUNDAY 11TH JUNE

FIRST SUNDAY AFTER TRINITY

Church	Time	Service
Feniton	11am	Parish Communion (DC)
Payhembury	9.15am	All ages service (LL/DC)

SUNDAY 18TH JUNE

SECOND SUNDAY AFTER TRINITY

Church	Time	Service
Escot	11am	Parish Communion (DC)
Feniton	10am	Morning Worship (LL)
Payhembury	6pm	Reflection with music (LL)

SUNDAY 25TH JUNE

THIRD SUNDAY AFTER TRINITY

Church	Time	Service
Feniton	11am	Parish Communion (Jo Rees)
Payhembury	9.15am	Café (LL)

SUNDAY 2ND JULY

FOURTH SUNDAY AFTER TRINITY

Church	Time	Service
Escot	6pm	Evensong (LC)
Feniton	9.15am	Storytime+ (ST team)
Payhembury	11am	Parish Communion (STU)

Payhembury churchyard Clean-up: Saturday 24th June, 10 to noon

**Do you have an event to publicise, or some news to share?
Email: payhemburypaper@gmail.com by the 18th June.**

Dates for your diary!

Church Soup Lunch

Monday 12th June, 12 to 2



Mobile Library

June 14th

11.00–11.20am

Village Hall Car Park

Ladies' Night Out

**Tuesday 20th from 8pm
The Six Bells**



Christine
Thair

Coffee Morning

21st June, 11am, Rose Cottage



Hello villagers and many thanks to Pat for hosting last month's coffee morning. Unfortunately I couldn't be there but was reliably informed that it was very well attended and the new kitchen was given the thumbs up by our own village experts.

Our next coffee morning will be hosted by Roy at his home, Rose Cottage, on Wednesday June 21st. Hoping the weather is kind to us all so we can enjoy his very pretty garden.

Sandra Ford

Monthly Lunch at the Six Bells

Friday 2nd June, from 12 – 2pm

The monthly lunch continues to be hugely popular, with plenty of people enjoying a lovely lunch and chat. The next lunch will be on Friday 2nd June, from 12 – 2pm There will be a choice of: cottage pie, ham, egg and chips, and fish and chips.

See you there!

Party in the Park!

Saturday June 24th, from 4pm, Village Hall & Playing Field

Payhembury's own mini festival is back! We've had a few years without Party in the Park, so it's very exciting to see it return. The event was originally conceived by Robert Deane, who sadly passed away in February. It seems fitting to bring it back this year.

The afternoon starts at 4pm with kids' games and a bouncy castle. Live music kicks off at 5pm, with Alphaspin, Glorious Rascals, Slack Ma Girdle, Tale Valley Choir and Adomania all performing. If you're feeling brave, there'll be open mic sessions for anyone who wants to give the professional acts a run for their money.

Don't bother making a picnic as plenty of food will be on offer, including burgers, pizzas by Flame Cave Pizza Co, and puddings. There'll also be a licensed bar.

**Entrance is just £5, and under 16s go free.
Please note that no dogs are allowed.**

All proceeds are going to Ceri Deane's chosen charities: the Shallowford Farm Trust (a children's charity on Dartmoor) and Tale Valley Trust.

Robert Deane

There are a small number of people who can inspire through their words, enthusiasm, and actions. Robert Deane, known to most in the locality, was one of these people and as a result he had a positive impact on the lives of so many residents in Payhembury and the surrounding area.

To lose such a thoughtful, kind, and generous person far too early, was not just a great sadness, it was at the same time a reminder of how important it is to see every day as one of opportunity to do good things and have fun in so doing.

A small group of people, all of whom have had the joy of making cider with Robert and Ceri, thought something should be done to celebrate his life, passions, and beliefs. Party in the Park was, in part, the brainchild of Robert and for several years it gave the village the opportunity to have a great time listening to wonderful local music in the middle of our beautiful village at the same time as eating, drinking, laughing, having fun, and raising money for charity.

What better way to say thank you to a man who gave so much than to resurrect Party in the Park. So on behalf of Ceri, Georgia and Hettie Deane, we would like to invite you all to come to the school playing fields from 4pm onwards on Saturday June 24th. Please be there with all your family and friends and let's have a great time, count our blessings, and raise a glass to Robert.



Pete Morris

Broadhembury Gardening Club

7th June, Broadhembury Memorial Hall

What a fun evening we had at our last meeting, when we had a talk by Katherine Crouch, who was a winner of the BBC Gardener of the Decade and Chelsea Gold Medalist. There was great hilarity throughout, an exceptional speaker, and for those who missed her, we hope that she will be back again soon.

On **Wednesday 7th June** in the Memorial Hall, we welcome back Alan French, who will be talking on seasonal plants and, as always, he will bring plenty to buy on the evening.

Our Annual Show is on **2nd August** and if you wish to enter, then please look at the schedule to plan ahead. It's only for fun and costs nothing to enter (other than a membership to the Club.)

New members are always most welcome to come and enjoy the excellent talks, tea and cakes and the company of other gardeners. Membership remains at £10 and visitors usually cost £2.

Art and Crafts Group

We have a good number in the group now, so even allowing for holidays etc there are always some there ready to exchange news, knitting patterns, paintings etc.

Do come along and join us, or just to see what we all do!

Sessions in June – all Fridays
2nd, 9th, 16th, 23rd & 30th
in the Six Bells: 2.00-4.00pm

Knitting/Crafts: Naomi (07799 380336)
Art: Sue (841103)

Wanted – Pianist

Quite a few "Payhembury-ites" now live in Hembury Fort House and love it when people from the village go to visit.

Apparently, they have a piano ... but no-one to play it and they would love a good sing song now and then! If anyone thinks they could play the piano for them occasionally, it would be most welcome.

Give me a ring if you can help and hopefully we can get it going:

Sue Derbyshire
841103 or 07801 454804

Foodies Festival

16th to 18th June, Escot Park

Foodies Festival – the UK's biggest touring celebrity food and music festival series – returns to Exeter with a star-studded line-up of celebrity chefs and chart-topping music stars, including Sophie Ellis-Bextor and Toploader. Day tickets are priced from £3 (child) and £18 (adult). Weekend tickets cost from £38 (3-day).

Use code foodies30 for 30% off all tickets bought at www.foodiesfestival.com

Horse Racing Evening

On Friday, 21st April the first ever Payhembury Horse Racing evening with live jockeys was held in the Parish Hall. Punters arrived in good time for the event and were able to view the four horses and their jockeys before placing their 'bets', using some of the 25 plastic tokens given to them at the beginning.



After the odds were displayed, the first race began, using dice to determine the number of moves each horse was to make. As the first horse passed the post the bookies paid out using yet more plastic tokens. The evening continued in a similar vein, with varying and more frenetic races and a break for supper and raffle. Sadly, during the evening there was questionable behaviour by some of the jockeys, and one tested positive for alcohol during the interval and a substitute had to ride for the second half!! There was much fun, laughter and shouts of encouragement as the horses raced around the track as well as rather reckless bidding with a few people 'losing their shirts'!

The winner was the punter with the most tokens at the end of the evening, and the prize was a bottle of champagne and highly desirable horseshoe trophy.

We took £328 towards church funds. Thanks to all who attended.

Naomi Osborne

Congratulations to Kiril

Congratulations to Kiril, seen here proudly showing off his cups and medals won in Honiton pool swimming competitions. Kiril and his mum, Anna, are from Kyiv and have been living with Margaret at Tuck Mill Cottage since October last year. They settled in well and have now moved to accommodation in Aylesbeare. We wish them well in their new home.



Christine Thair

Help us to keep the parish paper running!

You should receive a brown envelope with your copy of the parish paper this month. We want to keep the paper free for all homes, but our expenses are not fully covered by advertisers. Printing and paper costs have increased considerably over the last few years.

So, if you enjoy receiving the parish paper, please do consider making a small donation. Place your donation in the envelope and drop it off at Payhembury Provisions.

Thank you

THANK
YOU

A **Very Big Thank You to Dawn Chamberlain** for organising the Coronation Big BYO Picnic at Payhembury Parish Hall on Sunday 7th May.

It was a wonderful village event which everyone really enjoyed, especially the children on the bouncy castle and entrants to the Best Dressed Royal Fancy Dress. Plus the superb BBQ by Rob Leach.

THANK YOU

Gina Cox

Coronation Big Picnic

The weather was kind for the Coronation Big Picnic and a good time was had by all. Thank you to Applepips for the raffle, FoPS for the teas, coffees and ice-creams, the Parish Hall Committee for the bar and Rob & Matt for manning the BBQ. The bouncy castle proved a big hit and the event was also graced by the presence of a number of 'Best Dressed Royals'. It was a lovely afternoon.

Coronation Big Help Out & Cream Tea

Unfortunately, the weather turned wet and windy for the Big Help Out on Monday 8th May and the planned events had to be postponed. A new date of Sunday 21st May has been arranged, so, by the time you read this, the Big Help Out events will have happened. A lot of people have volunteered to help, so hopefully a lot of good work will have been completed on the 21st.

The Cream Tea went ahead on the afternoon of Monday 8th May – a very big thank you to the ladies from Church who provided a delicious cream tea.

Dawn Chamberlain, Parish Clerk

A Royal Celebration

This well attended celebration (below) was generously hosted by Pat and Brian Salter.



Time Together

Time Together is an initiative set up to organise events for people, primarily over the age of 65, who would like the opportunity to meet other people in the local area. We are able to arrange transport to collect and take you home if you do not have a car or if you have mobility difficulties. If you would like more information about Time Together, then we would love to hear from you.

Please contact Anita Elsom on 01404 850 852 / 07777 617 415

Village Annual Show Saturday 23rd September

Just a short notice for those who might like to join in the fun of the Village Annual Show, here are a few classes to be preparing for:



Cookery and preserves category:

- jar of mixed fruit jam
- jar of lemon curd
- bottle of homemade soft drink e.g elderflower cordial/lemonade
- fruit infused spirit e.g sloe gin, blackberry vodka

Flowers and plants category

- flowers grown to be dried in a vase

Enjoy growing and creating!

Look out for copies of the annual schedule in the village shop. Please take one away and study at your leisure!

Village Annual Show committee

Mental Health Support Devon

Here are some 24/7 helplines and support numbers you can call if you feel like you need mental health support:

- Mental Health Matters: 0800 470 0317
- First Response: 0808 196 8708
- Young People (CAMHS): 03300 245 321 or 0808 196 8708
- Urgent Help (Samaritans): 116 123

Cricket Update

Due to editorial deadlines, we are still mid month as I write and so far our ground staff have done a great job of getting home games against the University of Exeter and Perranporth on days when the weather gods have been very much against us.

We kicked off with the Uni game, and batting first were quietly pleased with our 98 all out; ever reliable Jon Pengelly (15) and Jason Wood (21) leading the way before a clatter of wickets. The skipper, who is a pretty impressive chap at the best of times, then did a "Mystic Meg" on us and after watching his brother Oli clout a huge Six, announced that Oli would be out next ball, and miraculously that is exactly what happened, stumps flying everywhere! In response, the Uni boys always seemed to be slightly behind the run rate thanks to Dan Rugg with a career best 3-3 and strong wicket taking spells from Oli Kittow and Steve Clegg. Also worth noting, two outstanding catches from Jason Wood and Neil Chambers. As we reached the final over, just 8 were needed for an unlikely victory for the visitors, but up stepped the skipper to remove the final batter and secure a three run victory. Chef Eduardo served up a tip top Lasagne Al Forno to round off a cracking evening; it was great to catch up with all the boys after the winter months.

We then moved on to a far more serious affair on Coronation Sunday, as Perranporth Cricket Club ran out winners by 102 runs in our first ever attempt at a 40

over cup game, the Voneus Broadband Village Knock Out Cup. Yes that's right, it's sponsored by the local broadband providers that many of us can't help cursing from time to time!

The boys from West Cornwall clearly had quality in their ranks, but importantly their approach ensured that the game was played in a friendly atmosphere with plenty of banter, all very good natured.

Batting first, the visitors were tested at times by the damp slow wicket, but Josh Anderson made an excellent 79 to lead his team to 188-9; Neil Chambers taking 3-38 and Jason Wood 2-13.

Following an excellent tea (thanks to Katie, Penny and Jane) when no one could figure out who ate the 36 sausage rolls that mother in law had made, the Millers dared to dream of a day out at Lords, for about 5.4 overs. At this point, our regular saviour Jon Pengelly was dismissed for 9 and after that, despite a trio of sixes from Oli Kittow, we couldn't quite get going again, albeit Jason Wood's patient 22 deserves special mention. The last wicket fell on 86 leaving the Pirans (or Pirates??) victors by 102 runs. After some after match refreshment, the minibus was eventually got out of the field!

Both visiting teams had some very useful cricketers, the skill of friendly village cricket for me lies in the ability to recognise that it is friendly and winning is nice when it happens but it's not an essential part of our enjoyment. Clearly not everyone shares my theory as I've bought a helmet in preparation for meeting the next teenager who wants to remove my head from my body in the coming weeks as pitches hopefully dry out.

Let's hope the sun is shining and we all have a bit of a tan by the time you read this!

Jon



The Church of St Mary The Virgin, Payhembury

Replacement of roof lead

A church was on this site in Payhembury from the 12th century. The current church building dates from early 16th century and is Grade I listed. In 1897, major renovation involved complete renewal of what is said to have been the thatched roof to the tops of the walls and replaced it with the current structure and clay tiles. The condition of the leadwork (thought to be original) and in particular the valley gutter has been a cause for concern for some time.

The photos show the valley gutter. Some roof work, tile replacement, gutters and masonry work was carried out in 2015, for which generous donations were received from parishioners. However, over the last few years the condition of the lead has deteriorated considerably and further repairs have been necessary.

The church sexton regularly goes onto the roof to ensure the valley is clear of debris, but during heavy storms rain pours into the church, where internal plaster of the supporting colonnade is damaged and furnishings and electrical installations are vulnerable. Our architect and contractors now agree that current problems stem from faults in the original leadwork. The only solution is to re-profile the gully and install new lead. The vestry roof will also be renewed.

The cost of this project is in excess of £40,000. Due to urgency, work is scheduled to start in June and will take three months. We are therefore launching an appeal for donations towards the cost. This historic building in the centre of the village is important to all. The building is increasingly used as a community space. The church welcomes the school, soup lunch, café

connect, messy church, concerts, festivals as well as weddings, baptisms and funerals. We are privileged to have this beautiful building so prominent in our village. We, as a church council, are custodians of this historic place for future generations.

We have received a generous legacy and are applying for grants. However, any additional donations, no matter how small, are very welcome. We have placed a collecting box in the shop. There is a wall safe inside the church. Monies can also be paid directly into the bank (PAYHEMBURY PAROCHIAL CHURCH COUNCIL, sort code: 20-30-47, account no. 50603864) or given to Babs Leach (841409), Pat Fowler (841646), Christine Thair (841322)

With grateful thanks on behalf of the Parochial Church Council.



Payhembury Weather

www.payhembury-weather.co.uk

Weather for April 2023

Rainfall: April like March was another very wet month with over 15mm on 27th April. More recently on 9th May, the area south of Payhembury experienced intense rainfall resulting in flooding in Tipton St. John and Venn Ottery. A weather station in Newton Poppleford recorded 60mm, the monthly rainfall, in just a couple of hours. Payhembury only experienced about 15mm but had 18mm the day before, so May has already had 70% of the normal rain half way through the month.

Temperatures: April temperatures were close to normal with only two air frost nights early in the month. No real warm periods though.

Weather elsewhere: Cyclone Mocha hit the coastlines of Bangladesh and Myanmar after intensifying into the equivalent of a cat-4 storm on 14th May resulting in floods and landslides destroying homes. Luckily, good forecasts allowed the population to prepare. Elsewhere, Canada is struggling to control wildfires with about 30,000 people ordered to leave their homes as almost 100 fires flared across Alberta. Extreme cold in Australia has broken records, with Oakey in Queensland experiencing -5.7 degC on 11th May.

Monthly Rainfall	80.4 mm	+24 mm	from normal
Days of Rain	15 days		
Wettest Day	15.2 mm	27 Apr	
Mean Max Temp	13.6 degC	+1.5 degC	from normal
Mean Min Temp	3.9 degC	-0.2 degC	from normal
Warmest Day	17.3 degC	28 Apr	15:52
Coldest Night	-1.0 degC	7 Apr	02:37
Windiest Day	10.7 m/s	11 Apr	16:59

Current weather in Payhembury can be viewed at www.payhembury-weather.co.uk

If you want to see the table above a few days after the end of the month, it is posted on the Payhembury Parish Facebook page.

Roger Saunders

Paul's Nature Notes April-May 2023

My comments last month that I have not seen otters in the wild here in Devon triggered responses from two sources, both of which were extremely kind enough to send me video footage not only of otters, but also of beavers, both right here in our own parish. For me, this really was heart-warming and simply brilliant news and it has been a privilege to watch these video clips. Thank you both so much!

On the other hand there is sad news about our house martins, which have yet to appear this year. Mind you, our local house sparrows have again done their best to deter them. Every year the dominant male takes up residence at the entrance of the nest to chirp out loud and clear his territorial song. The only trouble is he is far too heavy and the nest has again given way. In previous years, the martins have simply rebuilt it, but it is beginning to look as though this may not happen this year. They are yet another species that has been added to the red endangered list and little wonder when you think about their incredibly long migration from sub-Saharan Africa.

We have two nest boxes occupied by blue tits, one of which has a camera installed in it. Last year, there were five hatchlings that successfully fledged; this year the female has gone one better and there are six babies being constantly fed.

Did anyone see those bees which covered two walls of the Six Bells in May? They were missing a queen as they had not formed a tight cluster. The next day another swarm appeared just along the lane outside our house. Alerted by a kind person, it really was quite daunting to walk past what was a very large swarm indeed. I managed to rehouse them in an empty hive where they seem to have settled down really well, which augers well for the honey harvest later in the year.



Someone asked me who owned the swarm. Essentially bees, being wild animals, do not belong to anyone. It can be argued that if you actually witness the departure of a swarm from a hive then you will know, but most of the time the swarm may well travel a long way to find somewhere new to live. When bees are left alone, it is a natural process and will occur when the hive is too full or a new queen replaces the old one. The swarm may have come from one of the many local wild bee colonies and whilst we know that it did not come from our apiary, we are happy to give the bees a good home.

**William Garvey, furniture designers & makers, of Upton,
are delighted to sponsor Payhembury Parish Paper**

The Local Buzz...



Beekeeping, the raising and caring for honeybees, is a captivating and rewarding pastime that stretches back to the roots of civilisation. Commercial care of bees can be seen in Egyptian art from around 4,500 years ago and again in the records of ancient China, Greece, and Maya. My own history with bees, is of course, rather briefer, but I have been a part of the fascinating world for many years, four of them within the parish, and I hope to share some notes of interest with you in this occasional series.

As spring unfolds and the weather warms up, April and early May bring forth a flurry of activity in the apiary, as the work really begins in earnest. The beehives are abuzz with bustling workers carrying out various tasks. One of the most essential activities during this time is foraging for nectar and pollen; nectar to produce the glorious honey and pollen to produce "bee bread", a mixture of pollen and honey that feeds the hive.

Next to come – an early harvest?

The queen bee, the heart of the hive, can lay up to 3,000 each day, one in the base of each empty honeycomb cell. Workers feed the growing larvae "royal jelly" before capping the cell when it is time for them to metamorphose into a bee. Contrary to common misconception, all bees are fed royal jelly at the larval stage.

The size of the hexagonal cells within the hive's comb (and a few other things for a future time) dictates the bee to emerge. Be it worker, drone or even queen, the adult bee chews free in a matter of days.

As May is a time of abundant growth, we're keen to monitor the colonies with weekly checks to make sure the queen is present and laying and also take steps to prevent the swarms that come with overcrowding. Swarms are not dangerous, but can be a nuisance and are the loss of a valuable asset. If a hive is doing well with stores, and becoming crowded, the bees will raise a new queen (or many!) and a portion of the colony, including this new queen, leaves the hive in search of a new home.

A few colonies fail to make it over winter every year and we have replaced two colonies with captured swarms already. Though swarming is often later in the season, around the parish this year is a large quantity of Oilseed rape; this is early to flower and produces a prodigious amount of nectar under the right conditions. As a result it's no surprise to see a few swarms as the little hives in trees and walls fill up fast!

Joe Rowing



**OTTERY ST MARY
HANDBELL RINGERS
ARE NOW RECRUITING!**

If you enjoy music and would like to make some new friends then why not come along to one of our fun and friendly sessions?

Don't worry if you can't read music – we use a colour coded number system which is quick and easy to learn! We will have you playing in no time!

Your first 3 sessions will be absolutely FREE!
After that subscriptions are only £22 per Quarter!

Please come and give it a go!

**We meet at the
Institute, Yonder Street, Ottery St Mary
on
Mondays
1.30pm – 4.00pm**

For more information please contact Kate Tel. 01395 516941
or email nicholson.kej@gmail.com

Payhembury Provisions

Summer is around the corner. Temperatures are rising and days are drawing out with blue skies and sunshine encouraging us outside into the garden and the surrounding countryside – where the wild flowers are just stunning at this time of year – and of course to the seaside. How lucky we are to live in such a beautiful area.



Payhembury Provisions is gearing up for the summer with everything you need to enjoy the outdoors. Our new ice-cream freezer is crammed full of delicious treats for everyone and there's more in the main freezer with yummy Babboo ice creams (a real treat).

The shelves are topped with a wide range of garden and seaside toys – buckets and spades, rainbow balls, frisbees, skipping ropes, crab lines and fishing nets – all available in your local shop.

If you fancy an impromptu picnic, we have a variety of cold meats, cheeses and drinks in the chiller, salads and fruit in our newly refurbished outdoor area, fresh bread every day, a wide selection of snacks and crisps and locally produced cakes and biscuits – just perfect for a picnic feast.

We are always on the lookout for new local products to sell in the shop and are really pleased to be able to offer a new range of jams, jellies, marmalade and chutney from Bakeshed, which is based in Plymtree. The selection is quite different, with flavours such as Apple and Rosemary and Strawberry and Rhubarb, as well as old favourites such as Damson, Blackcurrant and Loganberry. Definitely worth a taste.

A few weeks ago, we heard that our very own meat suppliers, Veyseys Butchers from Cullompton, were voted 'Best of the West' – the best butchers of the South West – by the Countryside Alliance, and will go forward to compete in the National finals at the House of Lords later this month. At the time of writing, we are waiting to hear how they fared. What an honour for them and so well deserved. We send our congratulations to them all.

Finally, we would like to thank you all for your cooperation and patience over the last few weeks while Dan was busy replacing the roof on the outdoor area. We are really thrilled with how the work is progressing. David has made some super display boxes for the fresh fruit and vegetables and we will soon be painting the walls and fitting the new doors. All very exciting. The observant ones amongst you may have noticed the scaffolding that appeared last week!! Well this is for the solar panels which will be installed over the next few weeks and will provide the shop with a greener source of energy while helping to reduce our enormous electricity bills at the same time! While the scaffolding is there, David intends to get a working party together to paint the outside of the building – so if you fancy joining in please let David know.

Pat Fowler

St John's Wort (*Hypericum perforatum*)

It's June again. Half way through the year. When did that happen?

Although I wrote about St John's wort back in 2021, I thought it might be useful to write about how to make preparations of this marvellous plant. The most medicinal species is the small leafed variety and can be harvested from mid-June onwards.

One of the easiest preparations is to make St John's wort infusion (ie a tea) Simply add 1 litre of just off the boil water to 30g of fresh (15g dried) flowering tops, leaves and seeds. Cover and infuse for 10 -15 minutes. Strain and drink 3 cups a day.

This tea can be taken for mood disorders, it is strongly antiviral so can be helpful in hepatitis and respiratory viruses such as influenza. St John's wort has a relaxing but toning property, which with its diuretic action makes it useful for nervous bladder conditions such as children's bedwetting, some forms of stress incontinence and interstitial cystitis.

Another simple preparation is St John's wort infused oil:

Place 500g of the top 6-8 inches of flowering tops, preferably containing some seed (but this can be added later once the plant has set more seed), into a sterilised glass jar and cover with 1 litre of olive oil.

Place in sunlight for 6-8 weeks, shaking occasionally (during this time the oil will turn a beautiful red colour as the red naphthodianthrone pigments dissolve.)

Strain the infused oil through a muslin cloth and store in a sterile, preferably brown glass container

The infused oil must be prepared in sunlight as this photo-activates the hypericins giving a more potent product. This oil also contains hyperforin, essential oils, resins and flavonoids.

Traditionally this anti-inflammatory and astringent oil would have been used in digestive problems such as gastritis, peptic ulcers and diverticulitis. Its astringency was also useful to check diarrhoea. It is a great aid for burns and wounds.

This infused oil can be used as a compress on swellings of various causes, or liniment for the nerve pain caused by shingles or sciatica.

An ointment can be made by adding the infused oil to melted beeswax and used for nerve pain, gout and arthritis.

Caution – always check with a health professional before taking St John's wort, as it can alter the breakdown of certain medications such as warfarin, oral contraceptive pill and immunotherapy. It also may cause photosensitivity in fair-skinned individuals – so avoid strong sunlight after use.

Please remember because we are all unique, we can have different responses – always ask a qualified health professional

Halina Przydatek

(Please note that St John's wort should not be taken in place of prescribed medication.)

Parish Council Updates

Payhembury Parish Council

Following the local elections on the 4th May, Susie Durant stood down as a parish councillor. The Parish Council would like to thank her for everything she has done during her time on the Parish Council and wish her well going forward. The Parish Council would also like to extend a very warm welcome to their new councillor, Louise Scott. The remaining six members of the Parish Council have all returned for another 4-year term: Tim Cox (Chair), Rob Leach (Vice-Chair), Phil Chamberlain, Karen Edwards, Matt Rance and Paul Thomas.

The Parish Council have a number of projects planned for the coming year – new football goalposts, new noticeboards, a nature trail and phase 2 of the playing fields improvements (aerial runway). The Parish Council would welcome your input and ideas for these, and any other projects. If you are interested in anything the Parish Council are doing, want to get involved or want information, please contact the Parish Council – payhemburypc@payhemburyparishcouncil.org.uk – or to find out more, visit the Parish Council website at www.payhemburyparishcouncil.org.uk

Telephone Box Librarian

The Parish Council would like to thank Tina Humby for the fantastic job she has been doing looking after the telephone box library over the last few years. Unfortunately, Tina is moving away from the village and won't be able to carry on looking after the library. If you are interested in taking over the role as the Telephone Box Librarian from Tina, please contact the Parish Council – payhemburypc@payhemburyparishcouncil.org.uk. The role involves regularly sorting out the books, keeping the number of books at a manageable level and removing unsuitable books, as well keeping the telephone box tidy and organised.

More Dog Poo Problems!

I know that this is a common subject for articles in the Parish Paper, but it apparently needs saying again! I have received more reports of dog poo not being cleared up and causing problems for unsuspecting people. Not just along the Colestocks to Payhembury footpath, or other pavements in the village, but also on the Village Green. There is a picnic bench on the green which walkers, cyclists and pub users make very good use of. It is really unpleasant for them to end up with dog poo on their shoes when they've just sat down for a rest, a drink or something to eat. Likewise, when cutting the grass on the green, Adrian is having to be so careful not to get dog mess on himself or his equipment. No-one should be expected to put up with this.

Thank you to all the responsible dog-owners who do clear up after their pets, but if anyone sees a dog fouling and it not be cleared up, please report it to EDDC via their website - <https://eastdevon.gov.uk/environmental-health-and-wellbeing/dogs/dog-fouling-and-dog-bins/dog-fouling/report-dog-fouling/>

Dawn Chamberlain, Parish Clerk

Community Resilience

The National Emergency alert system testing on 23rd April just proved that things can go wrong, and now hopefully they have established the cause and fixed it. This was just part of a nationwide initiative around Community Resilience. What happens when such an alert lands and how will you individually, and at the next level the Parish, respond to incidents?

Globally, climate change (including heat, cold, storms and flooding) is one area of concern. Locally, it could be a large fire, a traffic accident leading to a pollution incident, or an outbreak of animal or human disease e.g. another Covid-type impact.

What you can do to prepare

- Household – go to the Parish Council website and you'll find a detailed document to help guide you and your family
- Neighbours – do you know your nearest ½ dozen neighbours and if any have specific needs or are vulnerable?
- Parish – a plan is being developed (with your help) to assist First and Second Responders as well as any volunteer input, which is often vital during the incident recovery phase.

We need some information on any 'specialities' locally – First Responders (fire, police, ambulance, military), Secondary Responders (utilities, traffic management, Environment Agency, volunteers, medical staff, first aiders, St Johns etc). If you would be willing to be listed in the above categories or have other relevant experience, please drop an e-mail to the Parish Clerk.

We also need information on resources within the parish – guidance suggests listing 4x4s in case of flood (we think we can skip that for now as we probably have better cover than most places). We would like information on JCBs, telehandlers, other large equipment, tree surgeons and builders who might all have equipment suitable e.g. after a flood or storm. Again, information via the Parish Clerk please.

The Community Emergency Response Team is looking for volunteers – this can be anything from helping organise flood clean up to helping collect food/supplies for those stranded due to flood ice or other factors, helping the recovery process including running a volunteer centre, etc. Details via the Parish Clerk.

Don't Panic – that was a common message relating to the alert test and applies to any and all situations. However, a rapid coordinated response is what we would all hope would happen if we were in trouble.

Steve Jones
Community Emergency Plan Team

INFORMATION PAGE

Non urgent police contact 101

Honiton Hospital 01404 540540 (Minor Injury Unit 8am-8pm)
RD&E Hospital Exeter 01392 411611
V.E.T.S. (Village Emergency Telephone System) 01404 565605

Your Parish Council

Meetings held 2nd Wed of alternate months (starting January) 7.30pm in the Village Hall

Tim Cox (Chair)	01404 850005	Robert Leach (Vice-Chair)	01404 841408
Phil Chamberlain	01404 841773	Karen Edwards	01404 849186
Matt Rance	07809 306571	Paul Thomas	01404 841516
Louise Scott	07752 158107		

Parish Clerk: Dawn Chamberlain, 01404 841 773

Parish Council email address: payhemburypc@payhemburyparishcouncil.org.uk

Useful numbers at the County Council (all 0345 or 0845)

General Enquiries	155 1015	Registrars	155 1002
Roads and Transport	155 1004	Libraries	155 1001
Disability Information	155 1005	Children/Families	155 1013
Bus passes	01392 383 688		

Emergencies

Social Care 0345 600 0388
Highways 0345 155 1008
Animal Welfare, Petrol, Explosives 01392 499499

Useful numbers at the District Council

Switchboard: 01404 515616 (Use for all enquiries during office hours)

Address: East Devon District Council, Blackdown House, Border Road,
Heathpark Industrial Estate, Honiton, EX14 1EJ

Email: csc@eastdevon.gov.uk

In an emergency outside opening hours phone on 01395 516854

Opening hours: Monday to Friday from 8.30am to 5pm

County Councillor: Iain Chubb 01297 35468

District Councillor: Richard Jefferies richard.jefferies@eastdevon.gov.uk

PAYHEMBURY VILLAGE HALL HIRE AND CHARGES

Please email info@payhemburyvillagehall.org.uk about hiring the hall

PAYHEMBURY PROVISIONS

Opening hours and contact details

Monday to Friday 8am to 7pm

Saturday 8am to 1pm

Sunday 8am to 12pm

Tel: 01404 841856

Calendar for June 2023

- Fri 2nd Monthly lunch, Six Bells, 12-2pm
Art and Crafts, Six Bells, 2-4pm
- Wed 7th Broadhembury Gardening Club, Memorial Hall
- Fri 9th Art and Crafts, Six Bells, 2-4pm
- Sun 11th All ages service, 9.15am
- Mon 12th Soup lunch, Church, 12-2
- Wed 14th Mobile Library, Village Hall Car Park, 11.00-11.20am
- Fri 16th Art and Crafts, Six Bells, 2-4pm
- Sun 18th Parish Paper deadline, 4pm
Reflection with music, Church, 6pm
- Tues 20th Ladies' Night Out, Six Bells, 8pm
- Wed 21st Parish Coffee morning, Rose Cottage, 11am
- Fri 23rd Art and Crafts, Six Bells, 2-4pm
- Sat 24th Churchyard cleanup, 10am
Party in the Park, Village Hall and School Playing Field, from 4pm
- Sun 25th Café Service, 9.15am
- Fri 30th Art and Crafts, Six Bells, 2-4pm
- Sun 2nd July Parish Communion, 11am

Church Flowers: June 3rd: Yo Smallwood
June 10th & 17th: Mo Curran
June 21st & July 1st: Mrs Pat Fowler

REGULAR WEEKLY ACTIVITIES HELD IN THE VILLAGE HALL

MONDAY	Apple Pips	9.30-11.30am
TUESDAY	Pilates	7pm
WEDNESDAY	Pilates	9.15am
	Short mat bowls	7.15pm

Editorial Team: Christine Thair (841322), Kate Duggan (01404 841039),

Payhembury Village Website: www.payhembury.org.uk