



The Parish Paper
 St Mary the Virgin, Payhembury
 Vol 56 No 7 - January 2024

Rectory Notes

Travel north with me to the dark winter days of Orkney. Italian prisoners of war are building barriers between the islands around the deep water of Scapa Flow, protection for naval ships. It's wartime, 1944. We are ushered through the barbed wire into the camp. The men have finished for the day. We see them file into a Nissen hut, so we follow them in - and our breath is taken away. For this unassuming hut is the most gloriously painted chapel we have ever seen.

In the midst of conflict and alongside enemies, we are drawn with them into quiet worship and prayers for peace. Inspired by a prisoner priest and prisoner artist, and supported by the camp commandant, the now-named Italian Chapel on the island of Lamb Holm is a remarkable place. Symbols of peace recur in the art. (See back cover for large image - Ed.)

A prisoner described the reason behind such creativity in adversity: *"It was the wish to show to oneself first, and to the world then, that in spite of being trapped in a barbed wire camp, down in spirit, physically and morally deprived of many things, one could still find something inside that could be set free... The statue of St George [outside] was built first. It shows the patron saint of soldiers ready to kill the dragon... It is the symbol of a will to 'kill' all misunderstandings among people of different cultures. As the St George was built to express the physical and psychological pain, so was the chapel conceived to meet a spiritual need."*

Eighty years on, and a new year clicks up. "Misunderstandings among people of different cultures" still proliferate. I weep for Gaza particularly as I write this. Yet this chapel testifies to the light of hope that shines into the darkest corners. (More photos at <http://tinyurl.com/49bwjr84>).

I have a surreal personal reminder of this chapel: I geekily photographed my car dashboard when I visited it, with the chapel in the background - the mileage had just clicked up to an aesthetically pleasing round number. My mileometer is now a recurring reminder of the chapel and so a reminder of hope. May this New Year, and each subsequent click through the year's calendar, shine the light of hope on us all.



Rev David Carrington

Team Vicar of Escot, Feniton and Payhembury

The Rectory, Station Road, Feniton. 01404 850905 - revdavidcarrington@gmail.com

Church Warden: Mrs Babs Leach, Slade View, Payhembury - 01404 841409

Sexton: Mr Jim Kimber, 1 Barrow Road, Payhembury - 01404 841320

Upcoming Church Services for Parishes of Feniton, Escot, Payhembury

SUNDAY 7TH JANUARY EPIPHANY

Church	Time	Service
Escot	11am	Joint Celebration & Parish Communion (DC)
Feniton	9.15am	Storytime+ (ST team)

SUNDAY 14TH JANUARY SECOND SUNDAY OF EPIPHANY

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

SUNDAY 21ST JANUARY THIRD SUNDAY OF EPIPHANY

Church	Time	Service
Escot	4pm	Evensong (LC)
Feniton	10am	Morning Worship (LL)
Payhembury	11am	Parish Communion (DC)

SUNDAY 28TH JANUARY FOURTH SUNDAY OF EPIPHANY

Church	Time	Service
Feniton	11am	Parish Communion (DC)
Payhembury	9.15am	Café (LL/DC)

SUNDAY 4TH FEBRUARY SECOND SUNDAY BEFORE LENT

Church	Time	Service
Escot	4pm	Evensong (LL)
Feniton	9.15am	Storytime+ (ST team)
Payhembury	11am	Parish Communion (DC)



Escot Church Warden: Judy Davis (812739)
Feniton Church Wardens: Cara Sanders (850262), Barbara Hemsley (07790 143193)

Calendar

3rd January	Broadhembury Gardening Club Talk (7.30pm, Broadhembury Village Hall)
8th January	Soup Lunch (12-2pm, Church)
16th January	Girls' Night Out with special guest Janet East (7.30pm, The Six Bells)
17th January	Coffee Morning (11am-12pm, Yeomans Cottage)
11th February	Playing Fields Tidy-Up (Playing fields)
12th February	Soup Lunch (12-2pm, Church)
21st February	Coffee Morning (11am-12pm, Tor View)



Regular Activities

Monday	9.30-11.30am - Apple Pips, Village Hall
Tuesday	7pm - Pilates, Village Hall 7.30pm Bridge*, The Six Bells
Wednesday	9.30am - Pilates, Village Hall 7.15pm - Short Mat Bowls, Village Hall
Thursday	9-11.30am - Cafe Connect, Church
Friday	2-4pm - Art & Crafts, The Six Bells

*Bridge info: 01404 841322

Payhembury Provisions

A new year a new resolve? We are all thinking about the planet and climate change and we worry for our children and grandchildren and what we can usefully do.

I think it starts locally, in our own house, in our own village. If we do a little thing, however small, it grows into a much bigger act and can be more effective than some swinging government directive to force us do something.

Using less fossil fuel in cars by driving less can easily be achieved by using the village shop to buy the things we run out of or suddenly need. A packet of pitta breads for instance is cheaper to buy from us than it is if you use the car to drive to a supermarket to get it for a few pence less.

Buying from us keeps the shop going; sales boomed during the pandemic however that has dropped away now and our footfall and spend is less than it was. So maybe a resolution to buy from us one or two items that you usually get in a bigger weekly supermarket shop will help our bottom line - a bottom line that is only there to benefit the village.

The only ones to profit from the shop are the community - that is our purpose it's in our rules:

Why the Society exists

- The Society exists in order to carry on business for the benefit of the community. This is the Society's Purpose.

Commitments

The Society is committed to:

- Trading for the benefit of the community, and not for anyone's private benefit;
- Retaining profits and applying them to achieve the Society's Purpose.

So do go to the gym, be nice to your in-laws and shop locally, very locally, for everyone's benefit.



Tim Woolgar

Dates for your Diary

January

Soup Lunch... Come along one and all to the next Soup Lunch at 12pm to 2pm on 8th January in the Church.

Girls' Night Out... 7.30pm on 16th January in The Six Bells. Join us for an entertaining talk by Janet East on running a B'n'B!

Coffee Morning... Sue, Ian and Neil will be welcoming us for tea and coffee at 11am to 12pm on 17th January at Yeomans Cottage.

February

Soup Lunch... Soup Lunch will be at 12pm to 2pm on 12th of February in the Church. Come along and have a taste!

Coffee Morning... We're invited to Leslie and Phillip Elford for hot drinks at 11am to 12pm on 21st February at Tor View.

(Look out for more February dates in the next Parish Paper)

Cafe Connect

Catch up with your fellow villagers over a brew and cake! every Thursday from 9 to 11.30am in the Church.
- The Cafe Connect crew

Welcome!

A warm welcome to Vivienne and David who have moved to Summers Barn, Higher Tale.
- Christine Thair

Rotary Quiz

Put your brain power to work on 3rd March 2024! Twice a year and great fun, we quiz in our pub against other pubs; no teams required, everyone is welcome! All in aid of Rotary charities. More details coming soon.

Would you like to share something in the Parish Paper?

The deadline for submissions is 4pm on the 18th of each month, except in December when it falls just after Christmas. Send us your content using the email address on the front cover. Remember to share images as attachments so we can maintain the resolution.

Payhembury Weather

Weather for December 2023

Rainfall Storm Ciarán resulted in 44mm of rain in the first few days of November leading to another very wet month well above the monthly average with most days having some rain. December has also started very wet with 41mm falling on 3/4 December resulting in local flooding and the river Otter close to overtopping in some places. The Devon reservoirs are now over 80% full.

Temperatures November is continuing the trend of warm months in 2023 both for average daytime maxima and nighttime minima. However there was one very cold night on 25 November with a sharp frost. Winter arrived on the 30 November with daytime temperatures struggling at 3 degC. December started with a very cold night frost at -6.8 degC but then warmed up to above average temperatures up to Christmas.

Weather elsewhere On 20 December stunning coloured nacreous clouds were seen over the UK. They form high in the stratosphere well above the flight levels of normal aircraft. Hurricane Otis, a category 5 storm, devastated Acapulco, Mexico on 25 October with 46 fatalities. What was interesting about this storm was that the intensity was not forecasted ahead of time by any of the major weather centres resulting in no advanced warnings. Further north in California's Death Valley, the hottest place on Earth and the driest place in North America, Hurricane Hilary resulted in epic rainfall in September. Parched ground turned to ponds, wildflowers were in bloom and a salt flat became a massive lake. As I write this it now looks fairly certain that 2023 will globally be the warmest year on record.

Payhembury Weather Nov 2023			
Monthly Rainfall	123 mm	+38 mm	from normal
Days of Rain	21 days		
Wettest Day	27.4 mm	3 Nov	
Mean Max Temp	11.7 degC	+1.3 degC	from normal
Mean Min Temp	4.6 degC	+0.6 degC	from normal
Warmest Day	15.6 degC	18 Nov	11:30
Coldest Day	-5.5 degC	25 Nov	07:18
Windiest Day	11.6 m/s	1 Nov	22:29

Visit the Payhembury Parish Facebook page to see the table above and take a look at the current weather on www.payhembury-weather.co.uk

Roger Saunders

Recent Events

We do hope that you got to see the amazing **Star Festival** held recently in the Church. From the Star Making workshop a couple of weeks before to the end of the Festival on the Sunday afternoon, it turned into a wonderful preparation for Christmas.

This was in no small part due to the brilliant support from so many people of the village and surroundings. We would like to thank everyone who contributed in any way and those who attended the various social gatherings and musical entertainments to make it all such a success.

It wasn't just about raising some money for the upkeep of our beautiful Church, but the coming together of friends old and new. For those of you interested, the total number of stars displayed in the Church was 534, and the prize of packets of flower and vegetable seeds was won by Mrs Babs Leach (not a fix, honestly!), who guessed 535.



The Church Fundraising Team

Children's Society Box Collection

A big thank you to all the box holders for what you have done to support the Children's Society through the Box Collection scheme.

With your help, and as part of the Church charity giving, we raised £920.51 and there is a likelihood that there are still a few boxes waiting to be brought in. If you don't have a box (in which to drop in those pennies, odd loose change and whatever you can spare) and feel that despite all the other calls on your money you would like to help, please phone me on 01404 850699 and I will deliver a box to your door.

It does not matter the amount in your individual boxes, what matters is that a lot of people take part in the collective giving. Thank you all for your generosity!



Christmas Shoe Boxes

And another thank you once again from the parishes of Escot, Feniton and Payhembury for their generosity in giving Christmas boxes to the children of Moldova and the Ukraine.

We delivered 70 boxes to the depot as well ten bags of clothes and other gift items. Our car was full to the brim, and it required a second vehicle, so our neighbour, Roger Morris kindly came to our rescue.

It was a very touching sight to see how the churches of East Devon had given so much. If you would wish to contribute to this next year, please contact me for details on the number above.

Sheila Lanning

Animals in Winter



All pictures from <https://canva.com>

Paul's Nature Notes

November and December 2023...

Andrew and Cherry at Mousehole were told recently of a sighting of a Harris Hawk near Spence's Cross, doubtless an escapee. It reminded me of a wonderful hawking experience day the family arranged for my 65th birthday at Leeds Castle in Kent, where I enjoyed hunting with one in the afternoon. What a great experience that was!

They also told me that their holly berries have now been almost stripped bare by flocks of blackbirds and fieldfares which have now turned their attention to the apples. Then they had the joy of watching a stoat frolicking in their veg patch (which is distinguished from a weasel by a longer, black-tipped tail).

Like us, they have also noticed the hordes of pigeons massing together in huge numbers ahead of the coming colder weather. In the meantime, Common Buzzard numbers feeding on earthworms in the field opposite where we live peaked at a grand total of ten. Mind you, they were still in competition with so many gulls, although it was noticeable how they did not get too close to one another.

The project to record the flora and fauna of the parish has continued albeit at a slower pace and I now have over 2,000 listed. This autumn having been so incredibly wet has been excellent for new fungi, the most recent of which were Stag's Horn fungi, which are also known as Candlestick, Candlesnuff or Carbon Antlers which are tiny finger-like tendrils. Other fungi spotted have been Turkeytail, Sulphur Fungus, Sulphur Tuft and before anyone asks, no I am most definitely not a fungi expert so would never even stop for a moment to wonder if they are edible.

No two years are ever the same in nature and this year has been no different. I mentioned earlier in the year the adverse impact our dreadful spring had on moth activity and how so many species just did not appear. Eggs did not hatch out into caterpillars and this led to nest failures when newly hatched birds starved to death, as we witnessed in one of our bird boxes.

This past autumn has been very different with incredibly mild night time temperatures which lasted well into November. Now I was witnessing freshly hatched moths appearing at least a month later than they ever should and it will be interesting to see if this trend continues. It has been noticed for quite some time now how many species, and I am not just writing about moths, are expanding their range ever northwards and I am recording ever increasing numbers of migrant moths which have come across from Europe or even in some cases much further afield.

Paul Lister

01404 841696 - paullister175@gmail.com

Coffee Morning

Happy New Year Villagers! We hope you all had a wonderful happy peaceful Christmas too. We already have two coffee mornings in the calendar!

On the **17th of January**, Sue, Ian and Nellie Derbyshire will be hosting us at their home, Yeomans Cottage, from 11-12pm. Lots of licks and cuddles guaranteed... and that's just from Sue and Ian! What a lovely start to the new year.

And on the **21st of February**, Leslie and Phillip Elford have kindly invited us to their home, Tor View in Higher Cheriton, at 11-12pm. I wonder if we will get any skating on our bottoms in the kitchen this year (courtesy of Naomi!) needless to say we will be assured of a very warm welcome.

If anyone needs directions or transport, please don't hesitate to phone us (01404 841842) and we will be more than happy to help out.

Sandra Ford

Art and Crafts Group

Hopefully everyone has had a lovely Christmas and New Year and will be turning up refreshed for craft and art! We look forward to seeing you soon at 2-4pm, Fridays in The Six Bells.

Sessions in January: 5th, 12th, 19th, 26th. Get in touch with Naomi (knitting/crafts) on 07799 380336 or Sue (art) on 01404 841103.

Naomi and Sue



Halina's Herb Corner

Oregon Grape (Berberis aquifolium)... Many of us will have this beautiful shrub in our gardens for the interest it gives throughout the year. First, there is the evergreen, interestingly holly-shaped leaves (which are slightly prickly, but I for one am happy to make an exception to my 'no prickly stuff' in the garden policy for this plant), or the yellow flowers which appear in the deep of winter and smell so sweet. After flowering it develops dark blue berries which the birds can feast on. It is disease resistant and tolerates cutting so is easy to maintain.

Oregon grape as the name implies originated in North America and is indeed the official state flower of Oregon. It was brought over to Europe by explorers many centuries ago. It was believed to be a protector, keeping enemies at bay when 3 branches were placed on one's threshold. Oregon grape was traditionally used as a blood tonic, an antimicrobial, a laxative and to ease stomach irritability.

Oregon grape (also known as mahonia) has many complex compounds, but the constituents which generate the most interest are the berberines. When the stems or roots are cut a yellow sap is secreted, which stains everything it touches due to the berberines. Berberines are alkaloids which have been shown to be pharmacologically active. They have a very bitter taste which is known to affect the digestive tract but particularly the liver. Mahonia acts as a liver tonic, improving the flow of bile, and aids the breakdown of lipids. It can help with indigestion, heartburn, diarrhoea or constipation and parasites.

Oregon grape is also strongly anti-inflammatory, antimicrobial, and antifungal. In combination with its action on the liver Oregon grape can aid skin conditions particularly psoriasis and eczema. It can also prevent and treat urinary tract infections in a similar way to cranberries by inhibiting the adhesion of bacteria to the walls of the bladder.

Oregon grape is bold and brazen. To some, the plant might seem harsh - its sharpness and bitter taste cutting through a sense of comfort. This is part of the medicine. Oregon grape has the ability to remove stagnation, cleanse, clarify. When we are clear of obstacles, we move toward our full potential with flexibility and ease (Botanist - David Douglas).

Herbalists today use either the roots or bark, which can be dried and powdered then added to boiling water for a bitter tea, or in a poultice for skin infections. Fresh bark would need to be boiled for 15 minutes. Oregon grape and other berberine containing plants should be avoided in pregnancy and when breastfeeding. And finally: please remember because we are all unique, we can have different responses.

Halina

Parish Council News

Playing Fields Tidy-Up - Sunday 11th February

The Parish Council are organising a tidy up in the playing fields on Sunday 11th February to remove brambles, clean play equipment, etc. If you would like to help, please can you let the Parish Council know.

Road Closures - January and February 2024

The following road closures are scheduled for January and February 2024, diversions will be in place if needed:

- 8th - 26th January 2024 - road from Tuckmill Cross to Payhembury Cross (aka Alans Garage Cross) for general utility repair and maintenance work by South West Water.
- 12th - 16th February 2024 - road from Colestocks Cross (by Shutes Barn) to Payhembury Road for DCC drainage work.
- 13th February 2024 - road from Blue Anchor Cross to Tuckmill Cross for BT pole replacements.
- 29th February 2024 - road from the telephone box/Waterloo Plot towards Upton for SWW sewer work.

Dawn Chamberlain, Parish Clerk

payhemburypc@payhemburyparishcouncil.org.uk



Do you need some help?

After the expense of Christmas and with the New Year approaching, finances can be tight. Please don't suffer unnecessarily if you are struggling. The Payhembury Relief in Need Fund exists for you. Contact Ian (in the strictest confidence) if you have need of some financial assistance and we'll do our very best to help.

Ian Derbyshire - 01404 841103

Reduce, Reuse and Recycle

Wondering how to clear out after Christmas? Get ready for a fresh start for 2024 with these helpful tips from East Devon District Council. Visit <https://eastdevon.gov.uk> for more information.

Cards and wrapping paper... If they're plain, you can put them in your recycling box. If they have glitter or foil on them they can't be recycled yet. Put these in your wheelie bin.

Cardboard... Separate boxes from any other types of packaging, flatten it, and place it in your green box.

Food leftovers... Put the following items in your food recycling caddy (you can line your caddy with any plastic bag or newspaper):

- Fruit and vegetable peelings
- Cooked and uncooked food
- Meat and fish (bones are ok)
- Cat and dog food
- Tea bags and coffee grounds

Food and drink containers and packaging... Glass bottles and jars go in the Green box while metal cans, foil, foil trays, cartons, and hard plastics (pots, tubs, trays, and bottles) go in the Green sack. Soft plastics (like bags) can be taken to some supermarkets to be recycled.

Unwanted gifts... Donate these to a charity shop or community group or you could regift them to someone else. Good quality textiles and shoes can be bagged and placed in your kerbside green recycling box to go to The Salvation Army for reuse or sale, supporting people in need.

Small electrical items... Like Christmas lights that don't work or flat batteries, put these in separate plastic bags in your green box.

Christmas trees... Hospiscare is collecting and recycling Christmas trees in return for a small donation (see www.hospiscare.co.uk/trees). If you have a real Christmas tree and you've signed up for green waste collections, provided it fits in your Green bin, it can be collected kerb side.



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Puzzle time

Can you find all the wintery words?

I	T	R	A	T	S	T	C	N	A	H	E	R	J
F	H	S	P	C	A	F	B	A	N	O	A	F	A
I	F	N	O	L	T	R	B	T	H	O	M	E	N
R	F	L	Y	E	E	E	R	U	E	O	N	U	U
E	D	H	A	P	E	S	N	R	A	R	I	S	A
S	D	Z	T	N	L	H	O	E	H	N	S	I	R
I	E	F	W	N	W	U	H	F	I	E	N	T	Y
D	I	R	C	H	I	L	L	Y	B	T	O	E	C
E	S	O	T	T	N	R	N	N	E	W	O	I	H
R	Y	S	S	A	T	H	N	I	R	O	Z	U	T
I	A	T	A	R	E	A	T	B	N	N	E	Q	W
R	J	I	I	I	R	S	B	O	A	E	S	O	W
N	F	L	N	I	P	I	N	R	T	I	N	A	E
E	O	R	F	H	A	P	P	Y	E	S	I	R	N



HOME - START - FRESH - ROBIN - NEW -
SNOW - RAIN - COLD - FROST -
HIBERNATE - CHILLY - QUIET - HAPPY -
FIRESIDE - JANUARY - WINTER - SNOOZE -
- NATURE

Made with <https://thewordsearch.com>

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Broadhembury Gardening Club

We had a very 'spirited' talk from Mark Diacono of Otter Farm providing cocktails with herbs and a very festive evening enjoyed by all.

Our speaker for our January meeting is Megan Gimber. Megan, who is originally from Devon, now works as the key habitats officer at People's Trust for Endangered Species. She has a lot of experience in biodiversity and conservation and was previously the orchard project officer for the same organisation.

Prior to this Megan worked at the Royal Botanic Gardens, Kew, in a variety of roles. These included working on their Global Plants Initiative and as a botanist curating the global fern collection in the herbarium.

Her talk will be about 'Life on the (H)edge' - how and why some man-made habitats (hedgerows, orchards, wood pastures and gardens) are accidental wildlife hot-spots. Her lively personality and wealth of knowledge will ensure we enjoy a fascinating evening.

There will be free entry for visitors for this meeting 7.30pm on 3rd January 2024 at the Memorial Hall with the usual refreshments available.

Val Stringer



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

Men's Walk for Hospiscare

If you're starting to think about making plans for 2024, why not get involved with Hospiscare's much-loved Men's Walk when it returns on Saturday 9 March...

The iconic annual fundraising event sees supporters come together to raise funds for local people living with terminal illness. All the event favourites are back for 2024, including a seven-mile walk, Exeter Brewery pint, Chunk of Devon pasty and England rugby on the big screen - promising a great day out in support of the local hospice charity.

Participants can take part at the Double Locks in Exeter or from afar with 'Men's Walk: Your Way', where walkers choose their own location, route and distance. Visit www.hospiscare.co.uk/menswalk to sign up and make a difference to local end-of-life care.



Christmas Tree Recycling

We also want to highlight the last chance to recycle any leftover Christmas trees with Hospiscare this January. Hospiscare is collecting and recycling Christmas trees in Crediton, Exeter, Exmouth, Honiton, Tiverton, Sidmouth and Ottery St Mary in return for a small donation.

Collections can be booked at www.hospiscare.co.uk/trees and deadline for registrations is Sunday, 7th January.

Eleni Greenwood, Hospiscare

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 second Wednesday of alternate months (from Jan)
7.30pm in the Village Hall. Email:
payhemburypc@payhemburyparishcouncil.org.uk
Dawn Chamberlain (Parish Clerk) - 01404 841773

Tim Cox (Chair) - 01404 850005
Phil Chamberlain - 01404 841773
Karen Edwards - 01404 849186
Paul Thomas - 01404 841516
Robert Leach (Vice-Chair) - 01404 841485
Louise Scott - 07752 158107
Matt Rance - 07809 306571

Useful numbers at the County Council

General Enquiries: 0345 1551015
Highways: 0345 1551004
Disability Information: 0345 1551005
Registrars: 0345 1551002
Libraries: 0345 1551001
Family Info Service: 0345 1551013
Bus passes: 01392 383688

Emergencies

Social Services: 0345 6000388
Highways: 0345 1551008
Animal Welfare, Petrol, Explosives: 01392 499499

Useful contacts at the District Council

There is free parking in the car park in front of the building during opening hours (Monday to Friday from 8.30am to 5pm).
Email: csc@eastdevon.gov.uk
Switchboard: 01404 515616 (Use during office hours)
Out of Hours: 01395 516854 (Use for emergencies)
Address: East Devon District Council, Blackdown House, Border Road, Heathpark Industrial Estate, Honiton, EX14 1EJ
Iain Chubb (County Councillor) - 01297 35468
Richard Jefferies (District Councillor) - richard.jefferies@eastdevon.gov.uk

Payhembury Village Hall Hire and Charges
Please email info@payhemburyvillagehall.org.uk for details about hiring the hall, charges and to make a booking.

Payhembury Provisions
Monday to Friday: 8am-7pm. Saturday: 8am-1pm. Sunday: 8am-12pm. Tel: 01404 841856



Editors: Christine and Ciara
01404 841322 - payhemburypaper@gmail.com
Advertising: Ceri - parishmagadvert@gmail.com