

# THE PARISH PAPER

## St. Mary the Virgin, Payhembury

Vol 55 No 6

December 2022

# Merry Christmas!



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Thank you to Sue Derbyshire for the cover image



## Rectory notes – A tough tinsel time

Covid Christmases were tough. For many, though, this year will be tougher – a lack not of intimacy this time but income. Budgets squeezed, rent and mortgages up, public service provision down, foodbank use escalating even before the current crisis, inflation carving into everything. Even the supermarkets have sensitively toned down their dream-inflating Christmas TV ads.

And yet, are tougher times closer to where Christmas began? “He has brought down the powerful from their thrones, and lifted up the lowly; he has filled the hungry with good things, and sent the rich away empty.” Not the words of a political revolutionary, or a newspaper headlining a tycoon’s downfall, but the song of Jesus’ mother Mary after the angel’s visit. The start of the Christmas story.

For Palestine, 2,000 years ago was the toughest of times. Roman subjugation meant insufferable tax burdens. It meant daily fear of abuse for women by the occupying soldiers, fear of death for any man deemed to rebel. “In those days a decree went out from Emperor Augustus that all the world should be registered,” begins the familiar Bethlehem tale. This was no innocent civic exercise but a tax-turbo-charging tool. “To you is born a Saviour,” the shepherds heard, and from the bottom of the social pile heard it as heralding simple economic freedom more than we imagine. The Christmas story was birthed not in a romantic manger but in raw physical struggle.

The Romans have moved on. But global financial systems and immense corporate power now shape our lives. We may be a Mary feeling under the cosh – and Mary must have been tough and resilient more than meek and mild. We may be a shepherd – hard-working yet weighed-down. To both, God came. For both, God cut across their lives and met them in their plight. Solutions weren’t instant, but hope for a new order was born.

Wherever this Christmas sits on the toughness scale for you, may it embrace you with the joy that ambushed Mary and the shepherds. And may we know the hope brought by the one born in Bethlehem whose self-proclaimed mission became to “bring good news to the poor, release to the captives, and let the oppressed go free.”

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 December 2022

### SUNDAY 4<sup>TH</sup> DECEMBER

### *SECOND SUNDAY OF ADVENT*

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

### SUNDAY 11<sup>TH</sup> DECEMBER

### *THIRD SUNDAY OF ADVENT*

Church	Time	Service
Feniton	11am 3pm	Parish Communion (DC) Service of remembering & thanksgiving (STU)
Payhembury	9.15am	Messy Christingle (LL/DC)

### SUNDAY 18<sup>TH</sup> DECEMBER

### *FOURTH SUNDAY OF ADVENT*

Church	Time	Service
Escot	11am	Carol service (STU)
Feniton	11am	Carol service (DC)
Payhembury	6pm	Carol service (DC)

### SATURDAY 24<sup>TH</sup> DECEMBER

### *CHRISTMAS EVE*

Church	Time	Service
Feniton	4pm 11.30pm	Christingle (DC) Midnight Eucharist (DC)
Payhembury	11.30pm	Midnight Eucharist (MAC)

### SUNDAY 25<sup>TH</sup> DECEMBER

### *CHRISTMAS DAY*

Church	Time	Service
Escot	9am	Family Communion (DC)
Payhembury	11am	Family service (DC)

### SUNDAY 1<sup>ST</sup> JANUARY

### *SECOND SUNDAY OF CHRISTMAS*

Church	Time	Service
Feniton	11am	Parish Communion (STU)

Dates for your diary!

## Ladies' Night Out Dinner

Tuesday December 6th, 7pm,  
The Six Bells.

There is still time to get yourself along to the annual dinner. Ladies of all ages welcome. Call Babs on 01404 841409 for a menu.



MESSY  
CHRISTINGLE

STARRING HANZ AND JOSEPH

JOIN US FOR OUR ALL  
AGE WORSHIP AS WE  
MAKE CHRISTINGLES  
TOGETHER. COME  
DRESSED AS ANY  
CHARACTER FROM  
THE NATIVITY STORY  
TOO!!

FESTIVE  
REFRESHMENTS  
TOO!

SUNDAY 11TH DECEMBER AT  
9.15AM  
ST MARY'S CHURCH

ALL ARE WELCOME!

A collection of Christmas ornaments, including a large silver one with a star, and several smaller ones in various colors. There are also three white stars of different sizes scattered around the text.

## Parish Coffee Morning

Hello Villagers,

A very big thank you to Babs and Roger for inviting us to their lovely home at such short notice, we had a lovely morning and a very good turn out considering we had to change the date at such short notice. It's just so nice being able to catch up with everyone.

Our next Coffee morning will welcome in the New Year by kind invitation of Caroline and Angus Forbes at their home, '**Cokesput**', on **Wednesday 25th January 2023, between 11 - 12 a.m.**. Let's hope that the weather will be kind so we can go and have a peep into their beautiful garden.

As you probably noticed, there will not be a Coffee morning in December as we think most people will be just a little busy with Christmas preparations. We wish you all a very **Happy, Healthy Christmas** with lots of fun. Hope to see you all in 2023, and thank you so much for all your support. Needless to say, if anyone needs directions or a lift please phone Sandra or Steve on 841842.



## Broadhembury Gardening Club December 7th, 7.30pm, Broadhembury Memorial hall

At the November meeting, we had a talk by Kevin Croucher who owns the Arboretum at Dulford and spoke on Changes in Horticulture over the last 40 years. He gave an excellent talk that was thought provoking and enjoyed by all.



The **December** meeting is on **7th at 7.30 pm** and our speaker will be John Wright on the subject *The Spotter's Guide to Countryside Mysteries*.

John must be one of the most well-known foragers in the UK thanks to his appearance on the River Cottage TV series, in which he often takes the viewer foraging.

Based in West Dorset, John has also authored several of the extremely popular River Cottage books, including the *Edible Seashore* and the *Mushrooms* book. He will be bringing books for sale on the night, so please remember to bring along some cash.

There will be festive refreshments available for the December meeting and cost to visitors will be £5. New members and visitors are always most welcome and membership remains at £10 so it's well worth joining !

Valerie Stringer

## Tea and Bingo Friday 9th Dec, 2pm, Six Bells

Happily there were six of us at Tea and Bingo in November – with another two regulars who weren't able to come this time. We are still looking for new faces, so let us know if anyone is interested.



## Wishing everyone a very Happy Christmas!

The next meeting will be on Friday 9th Dec, 2pm in the Six Bells

Give one of us a ring if you need to know anything:

Marjorie (841110) and Sue (841103)

## **Short Mat Bowls Open Evening 11th January, 7.30pm, Village Hall**

Payhembury short mat Bowls was started in November 1999 by myself and several other bowlers who had been playing at Clyst Hydon. We were fortunate to be given a grant of £1500, with which we purchased a mat rollup machine, score board block and fenders.

It very quickly became popular and we then purchased a second mat, score board, some club bowls, fenders and block, so that we now had two mats to play on.

Payhembury bowls is a fun evening. We do not belong to the Devon association of short mat bowls and no special uniform is required. Due to the fact that some of our former members have either moved away or are unable to play because of ill health, we would like to recruit some new members. It would be a great shame if the club folded because of lack of support. We are having an open evening at 7.30pm in the hall on Wednesday 11th January 2023. We would love to see some possible new members. No special equipment needed, and at half time we will give you tea or coffee and a biscuit. Look forward to seeing you..

Louise Granger

## **Art and Crafts Group**

**2nd, 16th and possibly 23rd December, 2pm, Six Bells**



We had a cosy session in the pub recently and much chatter with the painting/knitting & crocheting. We are always happy to have visitors or new people wanting to join us.



**Wishing everyone a very Happy Christmas!**

Sessions in Dec – all Fridays, 2nd, 16th, possibly the 23rd,  
In the Six Bells, 2.00-4.00pm

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

## **Mobile Library**

**Wednesday 14th December, 11.00–11.20am, Village Hall Car Park**

## **Village Carol Singing Monday 19th at 6pm, on the Village Green**

I am thrilled to say carol singing will be on the above date. This will be our second year on the green after it was a huge success last time. Having a Christmas tree there made it all the more special.

Everyone is welcome, bring friends along, the more the merrier.

We are planning to sing for just over an hour, before going to visit some people in their own homes, so if you know of anyone who can't join us but would like us to visit them please let me know.

The Six Bells will be open and I have been told they will have mulled wine on offer if you need to lubricate those vocal cords. (Thank you Don & Carol.)

Any money collected will go towards the Payhembury in Need Relief Fund; this is used to support people during times of unexpected financial issues / events.

In the event it is raining, we can all pile into the church and enjoy caroling in the dry.

Please wrap up warm and bring a torch. If possible, wear a high-vis jacket, and maybe bring a fold up chair and a blanket if needed.

If you have any questions, feel free to give me a ring.

Lesley Elford, 850 356 or 07443 519 003

## **Christmas Tree on the Village Green Switch on of Lights Saturday 3<sup>rd</sup> December, 5pm**



The Christmas Tree for the village green is being delivered on Friday 2<sup>nd</sup> December and the grand switching on of the lights is planned for 5pm on Saturday, 3<sup>rd</sup> December (fingers crossed for dry weather). Thank you so much to all those who have donated, helped with getting everything together and those who are helping put the tree up and decorate it on 2<sup>nd</sup>/3<sup>rd</sup> December. Look forward to seeing you there.

The tree is being supplied by 'Higher Willand Farm Christmas Trees & Gift Shop', Higher Willand Farm, Churchstanton, Taunton TA3 7RL.

Dawn Chamberlain, Parish Clerk

## **A very Happy Christmas to you all from Payhembury Parish Church**

Get into the real meaning of Christmas and join us for one or more of the services in Church over Christmas. Be assured of a very warm welcome.

**Carol Service on  
Sunday 18th December at 6pm  
with mulled wine & mince pies.**

**Christmas Eve at 11.30  
with communion**

**Christmas Day at 11.00 am  
for a short, fun, family service**

Look forward to seeing you all, love  
and best wishes, Babs Leach

## **Choir**

There will be a choir singing at the Church Carol Service. Anyone who enjoys singing is welcome to join us. Rehearsals are on:

**Sunday 4th December** (time TBC), Babs' house  
**Sunday 11th December**, 7pm in church

## **January 2023 issue**

Due to the Christmas and New Year closedown, the parish paper for January will not be printed until the week beginning Tuesday 3rd and it will probably not appear until a week later. We can therefore delay the deadline for receiving copy until **Wednesday 28 December**.

Please send us in your festive photos/  
memories to brighten the start of 2023.

Please email articles, news and event details to  
**[payhemburypaper@gmail.com](mailto:payhemburypaper@gmail.com)**

For anything regarding adverts, please email:  
**[parishmagadverts@gmail.com](mailto:parishmagadverts@gmail.com)**

## **Payhembury Parish Council meeting Wednesday 11th January at 7.30pm & Parish Council Grants**

The next Payhembury Parish Council meeting will be held on Wednesday 11th January 2023 at 7.30pm. The meeting will be a hybrid meeting with members of the public able to attend either in-person in the Village Hall or via Zoom (Meeting ID = 825 7252 5908; passcode = 387769; webpage = [www.zoom.us/join](http://www.zoom.us/join)) or via telephone (contact the Clerk for details). The agenda for the meeting will be available as normal on the noticeboard and the Parish Council website ([www.payhemburyparishcouncil.org.uk/Agendas\\_and\\_Minutes\\_28525.aspx](http://www.payhemburyparishcouncil.org.uk/Agendas_and_Minutes_28525.aspx)).

Each year, the Parish Council award a number of small grants to voluntary organisations and groups that support the residents of the parish in various ways. If you would like to be considered for a grant this year, please send an email to [payhemburypc@payhemburyparishcouncil.org.uk](mailto:payhemburypc@payhemburyparishcouncil.org.uk), or a letter to Payhembury Parish Council, c/o Rose Cottage, Payhembury, Honiton, Devon EX14 3HR by 4th January 2023. The Parish Council will consider these requests at the Parish Council meeting mentioned above.

Dawn Chamberlain, Parish Clerk



# JIM CAUSLEY & TALE VALLEY CHOIR



SINGER OF  
THE YEAR  
PERFORMER

*the finest  
singer of his  
generation*

MOJO MAGAZINE

**A CHRISTMAS CONCERT**  
**SATURDAY 10 DEC ❄️ 7.30PM**  
**ST MARY'S CHURCH, WHIMPLE**

Tickets £10 including mulled wine  
Available from Whimble Stores or [jimcausley.co.uk](http://jimcausley.co.uk)

[JIMCAUSLEY.CO.UK](http://JIMCAUSLEY.CO.UK)   [T](#) / [F](#) JIMCAUSLEY

**A Service of Remembrance of Thanksgiving for those who have died  
Sunday 11th December at 3pm at St Andrew's, Feniton**

The approaching season can be overwhelming when someone special in our lives has died – no matter how many years have passed. At the service, there will be an opportunity to come forward and light a candle and hear the names of loved ones read out.

A retiring collection for Hospiscare will be taken.  
If you have any queries, contact Revd David Carrington  
revdavidcarrington@gmail.com, 0104 850905  
The Churches of Escot, Feniton and Payhembury



*Merry Christmas and a Happy New Year to all my friends and neighbours in the parish. Please be aware that I'll be donating to charity rather than sending cards this year.  
From Louise Granger*



Wishing all of our clients a very  
happy Christmas  
and a prosperous new year

Ruth & Jane  
the Studio Hair & Beauty

*Happy Christmas from  
everyone on the Parish Paper  
team!*



I would like to thank everyone who signed my 80th birthday cards in our local shop, it was greatly appreciated.

Glenda

**Churchyard**

Thank you to everyone who has helped over the summer season, to keep the churchyard in good order. A small team work very hard to keep it in such a condition, for all to enjoy. More helpers are welcome next spring. A special thanks to Jim Kimber, who heads up the team, opens and closes the church daily and sorts out the heating. It is hugely appreciated.

Thank you to all the ladies who provide soup lunches every month, organise various fundraising events and have been spring cleaning the church recently. Well done all helpers.

Love Babs

# Avian Influenza (Bird Flu)

It's currently a legal requirement for all bird keepers to keep their birds housed and to follow stringent biosecurity measures to protect their flocks. This applies whether keepers have commercial flocks, or just a few birds in a backyard. The decision was made by the UK's Chief Veterinary Officer, as the UK continues to face its largest ever outbreak of avian influenza – with over 70 cases since the start of October.

You should be vigilant for any signs of disease in your birds and seek prompt advice from your vet if you have any concerns. You can help protect your birds and prevent avian flu by maintaining good biosecurity on your premises, including:

- Housing or netting all poultry and captive birds;
- Minimising direct and indirect contact between poultry and captive birds and wild birds – including making sure that their feed and water is not accessible to wild birds;
- Preventing access by poultry and captive birds to ponds and watercourses;
- Cleansing and disinfecting footwear and equipment before and after contact with poultry and captive birds (or changing into clean footwear before

tending to your birds);

- Regularly cleaning and disinfecting hard surfaces in areas where birds are kept;
- Reducing the movement of people, vehicles or equipment to and from areas where poultry and captive birds are kept, to minimise contamination, and using effective vermin control;
- Keeping fresh approved disinfectant at the right concentration for use at farm entrances and before entering poultry and captive bird housing or enclosures.

**Full details of what is required can be found on the government website – [www.gov.uk/bird-flu](http://www.gov.uk/bird-flu)**

You can also find a self-assessment checklist at the above link to help you put the measures in place, as well as more information about the virus. You can keep up to date with any future changes by regularly visiting the avian influenza section on the government website, and by registering for email or text alerts – [www.gov.uk/guidance/apha-alert-subscription-service](http://www.gov.uk/guidance/apha-alert-subscription-service)

The risk to public health from the virus is very low, however it is important that people don't pick up sick or dead birds. You should call the Defra helpline on 03459 33 55 77 if you find:

- One or more dead birds of prey or owl;
- Three or more dead gulls or wild waterfowl (swans, geese and ducks);
- Five or more dead birds of any species.

The Food Standards Agency advice remains unchanged, that avian influenza poses a very low food safety risk for UK consumers. Properly cooked poultry and poultry products, including eggs, are safe to eat.



# Winter Plans for Snow and Ice Conditions on Payhembury Parish Roads

For the third year in a row, we have had no snow in the parish of Payhembury. Nevertheless, we cannot afford to be complacent and must, like the fire brigade, remain ready for action if necessary. We can take precautions such as preparing a snow plan for the parish, ensuring that our grit bins are full and that we have residents willing to help where possible. Although there may be no snow, the insidious nature of frost, causing icy roads, is a much more likely danger.

Devon County Council (DCC) is responsible for clearing and gritting major highways such as the A373, the A30 and from there to the level crossing in Feniton. With more miles of roads than any other single county, DCC has a huge task to undertake. Here are some statistics from last winter:

- Over 220,000km of road salted by 1,761 (significantly down on last year's 3,023) individual grit runs;
- Over 8,000 tonnes (the previous year was 18,000 tonnes) of salt were used;
- Lowest road temperature 6.4°C on Dartmoor on 20<sup>th</sup> January;
- A light covering of snow fell only on high ground such as Dartmoor.

DCC expects parish councils to be responsible for the roads within their parish boundaries and they expect each parish to appoint a snow warden, snow warden assistants and to produce a Snow Plan. The Parish Council has therefore produced a plan and appointed a snow warden. We have some volunteer snow warden assistants in several areas and new volunteers are always welcome.

DCC help with the provision of salt / grit as necessary. Currently there are six yellow/green salt / grit bins located in the

parish. Clearly it would be neither practical nor cost-effective to treat all 15 miles of our parish roads in icy conditions. It is, therefore, planned to concentrate on a few significant places such as around the centre of Payhembury or on steep sections of road. In prioritising our actions, particular attention should be paid to access and safety for emergency services, key workers, vulnerable persons and for livestock.

As we have neither a snowplough nor a grit spreader, we have to rely on volunteers, wheelbarrows, shovels and, importantly, the cooperation of residents. Drivers should consider:

- Deciding if your journey is essential. Could you walk instead?
- Choosing a route that is likely to be clear without steep hills;
- Driving with caution, ensuring increased distance between vehicles, as well as using gentle braking;
- Being prepared with warm clothes, strong footwear and a spade;
- Never assuming that a road has been salted.

Parishioners should be aware that, in icy conditions, main roads such as the A373 may not be gritted and they should therefore proceed with caution.



## Parking

I am writing in reply to the letter in the November magazine, regarding parking in the village. It is obvious that a carpark is needed for the safety of the parishioners. I, Roger Leach, expressed a wish over this to happen over 30 years ago. It was refused. I readdressed this problem recently and asked Robert to bring up the suggestion of a carpark on our land below the school in the meadows, it was refused again. If this had been agreed, the village would have had a perfect entrance to the school and village hall. Also a public footpath could have been incorporated in order to get to the shop. All the children from Hillside could have walked through into the school safely.

I have farmed this land all my life and know it to be suitable for this project. It was a generous offer and was foolish to have been rejected.

Yours Truly,  
Roger Leach

## Poppies

Unfortunately, we were only able to get one Poppy Box this year and at quite a late date. However, as usual, Payhembury rose to the challenge and donated a very healthy £140.20!

Many thanks for you kind donations, which will be welcomed by the Royal British Legion.



Ian Derbyshire

## Payhembury Provisions Data Entry Help Required

We have a fortnightly delivery of groceries for our shop. When it arrives, we have volunteers to take it all up to the stock room, and we also need a couple of teams of two people to input the goods onto the computer. We currently have one team but need another. The task would be once a month on a Wednesday morning usually starting at 8am, for approximately three hours. Training will be given. This would be ideal for someone who would like to help the shop but is reluctant to be behind the counter on the till.

Please get in touch with Anne Baxter on 841345 if you're interested.

# Payhembury Weather

[www.payhembury-weather.co.uk](http://www.payhembury-weather.co.uk)

## Weather for October 2022

**Rainfall:** October had several very wet days with the last day of the month being the wettest resulting in 31mm more than average. November has continued being wet with already the month's rain falling during the first 15 days. As a result, the fields are now saturated, but at least the Devon reservoirs should start to be filled, although as of 13<sup>th</sup> November they were only 39% full.

**Temperatures:** Daytime temperatures once again were exceptionally warm for October, being +3.2 degC above the norm and as a result the gardens have continued to bloom and the grass continues to grow. No air frosts yet this autumn. The start of November has also been exceptionally warm both day and night with some records broken elsewhere in the U.K.

**Weather elsewhere:** There seem to be many 'fatal' floods around the world over the past few weeks. In Australia, New South Wales has endured weeks of severe weather with very heavy rainfall and widespread flooding. California has also experienced heavy rain and snow on 8<sup>th</sup> November with floods. Colombian president Gustavo Petro declared a disaster on 1<sup>st</sup> November after rainfall levels across the country exceeded levels not seen in the past 40 years. The resulting flooding claimed the lives of at least 266 people. In contrast, the drought in Somalia is a humanitarian disaster unfolding.

Payhembury Weather Oct 2022			
Monthly Rainfall	115 mm	+31 mm	from normal
Days of Rain	22 days		
Wettest Day	24.6 mm	31 Oct	
Mean Max Temp	17.7 degC	+3.2 degC	from normal
Mean Min Temp	9.0 degC	+1.4 degC	from normal
Warmest Day	20.1 degC	19 Oct	12:30
Coldest Day	0.5 degC	11 Oct	06:59
Windiest Day	10.3 m/s	21 Oct	04:36

Current weather in Payhembury can be viewed at [www.payhembury-weather.co.uk](http://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 October-November 2022

The local population of pigeons seems to have reached almost plague proportions and this does not auger well for our local farmers or for our winter vegetables. These birds can be so destructive of crops in the winter months. Mind you, they don't have it all their own way. A young sparrowhawk has set up its territory in the area and has been feasting on pigeons. It is an amazing spectacle to see such a bird on one of its "bombing" raids, flying in very low, hedge-hopping, and then conducting a tight braking turn before pouncing on some unsuspecting prey. To watch it feed though can be somewhat gruesome.

Very occasionally, we are witness to another of this bird's feeding modes. Over breakfast, I was suddenly aware out of the corner of my eye of a bulky bird smashing into a large bush adjacent to the bird feeders. It emerged moments later with a hapless goldfinch clutched in its talons. Our local sparrowhawk had struck again – so much effort for such a small morsel.

The project to record the flora and fauna of the parish has now been running for almost a year and a considerable amount of progress has been made. The precise locations of over 200 species of wildflowers have been recorded. Thanks to Di Somers, we now have an excellent understanding of the wild flora in Tale on the far western reaches of the parish, which includes three-cornered leek and creeping comfrey and to Tim Cox for discovering orchids on the far eastern slopes. On the northern reaches we have our glorious banks of snowdrops in late winter and on the southern fringes most of the last remaining Payhembury daffodils, not forgetting the banks of native bluebells in the spring. It has truly been a voyage of discovery and one that is not yet over.



Our local moth count has now reached 619 species and thanks to a great group of birdwatchers, we now know that we have 88 species in the area, although it has to be said that many are in serious decline and some may not have been seen for a few years.

A recent visit to Bowling Green Marsh in beautiful sunshine produced some wonderful birds – avocet, black-tailed godwits, curlews and ducks including countless teal plus a flash of electric blue as a kingfisher flew past.

In early November, there were reports of a large white owl in the Barrow Road area. Did anyone else see this bird?

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

# Payhembury Provisions December 2022

It's Beginning to Look a Lot Like Christmas ....

It certainly is in our local village shop ..... lots of lovely things to eat and drink, stocking fillers and gifts to say a special 'thank you' as well as everything you could possibly need to wrap them up beautifully ..... all available at Payhembury Provisions. In fact, the shop is so full of goodies we are running out of space to display it all!!

On our packed Christmas table, you can find a vast array of yummy treats and gifts:

- ◆ A variety of delicious biscuits, sweet and savoury: Moores and Teoni cookies – Xmas pudding and cranberry (mmmm), in an array of attractive tins and boxes – great for presents, and a selection of savoury biscuits from The Fine Cheese Company – perfect for gifts or even to treat yourself!!
- ◆ A wide selection of gift chocolates – the Christmas pudding truffles and hot chocolate spoons are particularly attractive and perfect for stocking fillers.
- ◆ An array of Miles festive teas and coffees, mulled tea kits, and my favourite... the hot chocolate and marshmallow gift packs, which are disappearing very quickly.
- ◆ A wonderful selection of wines, spirits and mixers together with Christmas specials – ginger wine, mulled wine, and gin liqueurs.
- ◆ Christmas stickers, stencils, pens and glitter – children will love these!
- ◆ A great selection of Christmas cards, wrapping paper, Christmas tags, stickers and napkins.
- ◆ Christmas Puddings – yes BUT not what you might expect ..... if you're looking for an alternative to the traditional Christmas pud, why not try our sticky chocolate, sticky toffee or apple strudel puddings instead – delicious with some Baboo Ice cream from the freezer!

If you ordered a turkey from us last year, you will know just how delicious they are. Local barn-reared bronze and white turkeys from Rosamondford Farm near Aylesbeare are available to order again this year. The form is in the shop – place your order by Monday 12<sup>th</sup> December and your turkey will be ready to collect on Thursday 22<sup>nd</sup> December – it's as simple as that. However, if you fancy a change this year, we have a large selection of local Tuck Mill Beef joints and steaks and Veyseys venison in the freezer. We have everything covered!

Don't miss the opportunity to purchase a Christmas raffle ticket when you are in the shop in December. It is well worth it, with prizes of £50 and £25 to spend in the shop.

Also, we are offering free hot drinks again from 1<sup>st</sup> December until 14<sup>th</sup> January – you don't get spoilt like this in the supermarkets!!

And finally ..... a big thank you to everyone who responded to our query about the screen in the shop. As a result of all your helpful comments we have decided it will stay put for the foreseeable future.



### **Frankincense (*Boswellia serrata*)**

Last December, I wrote about one of the gifts offered by the Magi to the baby Jesus – myrrh. This December is about the other valuable offering – frankincense.

It was and still is a very sought after valuable aromatic tree resin grown primarily in India, Somalia and Oman. Over many centuries, frankincense was said to be worth more than its weight in gold.

Historically it was burnt to create a permeating scent during rites of passage such as weddings, childbirth, and funerals. It even accompanied Egyptian pharaohs on their journey into the hereafter, used both to embalm their bodies and perfume the chambers in which they were laid to rest.

It was used to oil hair, sweeten the breath and smoke from it, as eye makeup and in tattoos, as well as to mend cracked pots and the bark from its tree was used as a dye.

In the early years of Christianity, incense was expressly forbidden because of its associations with pagan worship; later, the Catholic Church would incorporate the burning of frankincense, myrrh and other aromatic items into specific rites. When you think about it – the burning of frankincense is infinitely sensible where the chances of infection and odour from the 'great unwashed' gathered masses would be countered by the antiseptic and sweet smelling smoke.

Dioscorides and others mentioned the therapeutic use of the resin in the treatment of skin disorders, in ophthalmology, haemorrhages and pneumonia. Pliny the Elder (1<sup>st</sup> century) mentions it as antidote to hemlock. The Iranian physician Avicenna "Ibn Sina" (10th century) in his book "El-Kanon Fi El-Tibb" thought that frankincense

was useful in many disorders and disease for helping fever, gastric disorders and tumours. In China, it is used for "almost everything".

Today, vast amounts of research are underway, many of which are confirming the traditional uses but identifying novel uses also. Frankincense is strongly anti-inflammatory, analgesic, antiseptic, anti-fungal and toning for the skin, bladder, lungs, and digestive tract.

Its use for pain management in inflammatory conditions such as joint issues, inflammatory bowel disease and skin conditions is comparable to several conventional treatments. Joint conditions benefit greatly, particularly when frankincense is used with turmeric. Another traditional application for respiratory conditions such as bronchitis, asthma, and fevers is also showing interesting results. Taken with liquorice, frankincense has been found to be protective and healing of the liver. Much interest circles around the way in which frankincense affects certain parts of the immune system, affecting both tumour growth and leukaemia development.

Caution – As with most herbs with high oil content frankincense should not be used during pregnancy.

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

*Wishing A happy &  
healthy Christmas to  
one and all!*

*Please note that herbal medicine should not be taken in place  
of prescribed medication*

# Parish Council News

## Payhembury Playing Fields – Queen Elizabeth Playpark

In remembrance of Her Majesty, Queen Elizabeth II, Payhembury Parish Council have decided to name the playpark the 'Queen Elizabeth Playpark'.

Back in the summer, just after Her Majesty's Platinum Jubilee celebrations, the new toddler area was opened and more new equipment is planned, including an aerial runway. Later phases may include a nest swing and a replacement for the climbing cube. The Parish Council are still looking at ways to raise funds for the next phases of improvements to the newly named Queen Elizabeth Playpark and are happy to receive any suggestions (or donations).

## New EDDC Local Plan – Public Consultation (closing date 15<sup>th</sup> January 2023) Have your say about the development of East Devon

East Devon District Council are currently preparing a new Local Plan to run from 2020-2040. They have been working on this for the past year and held an initial public consultation back in the spring. The plan has now developed a lot further and they are holding a second public consultation, running from 8<sup>th</sup> November 2022 to 15<sup>th</sup> January 2023.

The EDDC Local Plan affects all of us as it will define how EDDC expect East Devon to develop in the future and will provide policies which will guide decisions on whether or not planning applications are granted. More information about the Local Plan proposals can be found on their website [www.eastdevon.gov.uk/planning/planning-policy/emerging-local-plan/](http://www.eastdevon.gov.uk/planning/planning-policy/emerging-local-plan/) or by attending one of their face-to-face exhibitions:

Ottery St Mary	The Institute	Wed 30th Nov, 3pm to 7pm
Axminster	Guildhall	Thu 1st Dec, 3pm to 7pm
Clyst St Mary	Village Hall	Fri 2nd Dec, 2pm to 6pm
Sidmouth	Kennaway	Tue 6th Dec, 3pm to 7pm
Honiton	Beehive	Wed 7th Dec, 3pm to 7pm
Exmouth	Ocean	Thu 8th Dec, 3pm to 7pm
<b>Feniton</b>	<b>Youth Centre</b>	<b>Tue 13th Dec, 3pm to 7pm</b>
Seaton	Gateway	Thu 15th Dec, 3pm to 7pm

Alternatively, if you don't have internet access, then the Local Plan and accompanying maps can be viewed at local libraries or at East Devon District Council offices by appointment. Phone 01395 571533.

Dawn Chamberlain, Parish Clerk

## Free Holiday Activities for Children During the Christmas 2022 Holidays

Devon County Council is offering a range of free children's clubs during the Christmas holidays. There's a wide range of activities to choose from, including cooking, crafts, sports, music and dance. All clubs will be operating for a minimum of four hours and will include a hot meal. All children are eligible to register, although priority will be given to children who are eligible for and receiving benefit-related free school meals and their families. To find out more, visit:

[www.devon.gov.uk/educationandfamilies/document/haf-providers-christmas-2022](http://www.devon.gov.uk/educationandfamilies/document/haf-providers-christmas-2022)

## 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

Parish Clerk: Dawn Chamberlain, 01404 841 773

Parish Council email address: [payhemburypc@payhemburyparishcouncil.org.uk](mailto: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](mailto:csc@eastdevon.gov.uk)

*In an emergency outside opening hours phone on 01395 516854*

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

There is free parking in the car park in front of the building during opening hours.

County Councillor: Ian Chubb 01297 35468 District Councillor: Philip Skinner 01404 822855

## PAYHEMBURY VILLAGE HALL HIRE AND CHARGES

Please email [info@payhemburyvillagehall.org.uk](mailto:info@payhemburyvillagehall.org.uk) for details about hiring the hall and to book.

## 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 December 2022

- Fri 2nd Arts & Crafts, Six Bells, 2pm
- Sat 3rd Christmas Tree Light Switch On, Village Green, 5pm
- Sun 4th Parish Communion, 11am  
Choir Rehearsals, Slade View (time to be confirmed)
- Tues 6th Ladies' Night Out, Six Bells, 7pm
- Wed 7th Broadhembury Gardening Club, Broadhembury Memorial Hall, 7.30pm
- Fri 9th Tea and Bingo, Six Bells, 2pm
- Sat 10th Jim Causley & Tale Valley Choir (see page 9 for details)
- Sun 11th Messy Christingle, Church, 9.15am  
Service of Remembrance, St. Andrew's Church, Feniton, 3pm  
Choir Rehearsals, Church, 7pm
- Wed 14th Mobile Library, Village Hall Car Park, 11.00-11.20am
- Fri 16th Arts & Crafts, Six Bells, 2pm
- Sat 17th Church Flowers: Decorating Windows for Christmas
- Sun 18th Carol Service, Church, 6pm
- Mon 19th Village Carol Singing, Village Green, 6pm
- Fri 23rd Arts & Crafts, Six Bells, 2pm (to be confirmed nearer the time)
- Sun 24th Midnight Eucharist, Church, 11.30pm
- Sunday 25th Family Service, Church, 11am
- Wed 28th Parish Paper Deadline, 4pm
- Wed Jan 11th Parish Council Meeting, Village Hall (Small Meeting Room) & Zoom, 7.30pm  
Short Mat Bowls Open Evening, Village Hall (Main Hall), 7.30pm

### **REGULAR WEEKLY ACTIVITIES HELD IN THE VILLAGE HALL**

<b>MONDAY</b>	Apple Pips	9.30-11.15am
<b>TUESDAY</b>	Pilates	6.30pm
<b>WEDNESDAY</b>	Pilates	9.15am (Ladies only), 10.30am (Men's only)
	Short mat bowls	7.15pm

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

**Payhembury Village Website:** [www.payhembury.org.uk](http://www.payhembury.org.uk)