

*Awliscombe
&
Weston Times*



Winter 2022

Merry Christmas!



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Contact Page.

If anyone would like to contribute to our printing costs, then you may do so on line, our bank details are: **AWLISCOMBE AND WESTON TIMES**

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Emergency Contact Numbers.

Ambulance, Fire, Police	999
Police non-emergency	101
NHS non-emergency	111
Flood line	0345 9881188
Fire Non – emergency	0800 0502999

St. Michael's Church, Awliscombe school, Parish Council , Village Hall, and club contacts.

Incumbent	Revd. Sue Roberts	Email: sue41260@gmail.com
Honiton Team Office	01404 44035	office@honitoncofe.org
The Honiton Mission Community website, on honiton.org , has information about services in Awliscombe.		
Church Wardens	Nick Thwaites	01404 548467 / 07900 041174
PCC Secretary	Sharon Thwaites	01404 548467
Bell Captain	Roger Sprigg	01404 43814
Awliscombe School	Penny Hammett	01404 42031 – Executive headteacher, Fort Federation.
Awliscombe School	Vicky Morris - Head of School	
Awliscombe Parish Council	Sally Maynard	07810 442355 - Clerk
Awliscombe Village Hall	Liz Gillingham	07811 675800 - Booking Secretary
		01404 43551
	Kevin Coxon	07796 132238 - Chairman
Young Wives	Sally Lawrence	01404 42825
Garden Club	Pat Hughes	01404 841170
Short Mat Bowls	Kelvin Briscoe	01404 549047
Awliscombe Ladies	Rosemary Sprigg	01404 43814

Defibrillator Unit

As most people know, we have a defibrillator in Awliscombe. It is situated on the wall of the village hall, to the right of the entrance.

This comes as a gentle reminder of what to do in an emergency situation.

If someone collapses with a cardiac arrest near you, then **speed of response is paramount.**

So ring 999 without delay.

If someone was able to fetch the defib unit, instructions will be very clearly heard once the unit is opened.

Next Issue

The deadline for the next issue will be **25th February.**

Send your article to awliscombeandwestontimes@gmail.com

What's On.

To help everyone keep their diaries up to date, from December, you will be able to go onto the Awliscombe Parish Council website, click on What's On and see all of the public events for the village. If anyone has an event which they would like advertised on this calendar, then please let Sally know on lawrencesally@hotmail.com

For any people who are new to the area, they should know that new members are always welcome to any of the various clubs and events mentioned in the magazine and on the What's On site.

There is no age restriction in The Young Wives group and indeed they are not all wives! Their AGM is in The Honiton Inn on the 5th January. The Garden Club AGM and social is in the village hall on the 9th January. The Awliscombe Ladies, formerly the W.I. meet up on the second Thursday every month.

The Friends of St. Michael's have their AGM on January 30th in the village hall, with drinks and nibbles. Do come along to any of these and see what is planned for the year ahead,

Monthly

regular dates in the Village Hall

Mon:	Garden Club	7.30pm	2 nd Mon in month
Tues:			
Wed:	Short mat bowls	2 pm - 7pm	& 7pm - 9pm
Thurs:	Honiton U3A Hist.	8 am – 1pm	last Thurs in month
	Awliscombe Ladies	7.30	2 nd Thurs in the month
Fri:	Slot car racing	7 pm - 10pm	
	Honiton WI Art	1 pm – 4pm	2nd & 4th Fri in month

SAVE THE DATE.

Thursday 1 st December	Whist Drive in Village Hall at 7.30
Saturday 3 rd December	Christmas Market in Village Hall
Thursday 8 th December	YW visit to Hestercombe
Thursday 5 th January	Young Wives AGM in Honiton Inn, 7.30
Wednesday 25 th January	Harry Baker at The Old Rectory Studio.
Monday 9 th January	Garden Club AGM & social in Village Hall at 7.30
Monday 30 th January	Friends of St, Michael's AGM in hall, 7.00
Saturday 11 th February	Soup 'n Puds in Village Hall 11.00 – 2.00
Saturday 11 th March	Concert by Jim Causley in church 6.30
Sunday April 9 th	Easter Sunday.
First Thursday of the month:	Classic Car chatter at The Honiton Inn.
Last Friday of the month:	Open Mic Night at The Honiton Inn.
Alternate Wednesdays:	Anything Wool at The Honiton Inn. (below)

Editors:

Allison [07507949412](tel:07507949412) Caroline [07775931735](tel:07775931735)

awliscombeandwestontimes@gmail.com



Hi, we are catching you early this month as there are events to promote and it would be a shame to miss them. Our diaries are filling up fast, a contrast to that of a couple years ago! Whilst we remain ever mindful of the folk who are still affected by Covid19, the continuing warfare and unfolding famines, we cannot help but take a comfort from knowing that we live within a peaceful community, how fortunate we are, being able to enjoy the small things and continue to support and look out for each other, giving wider when we can.

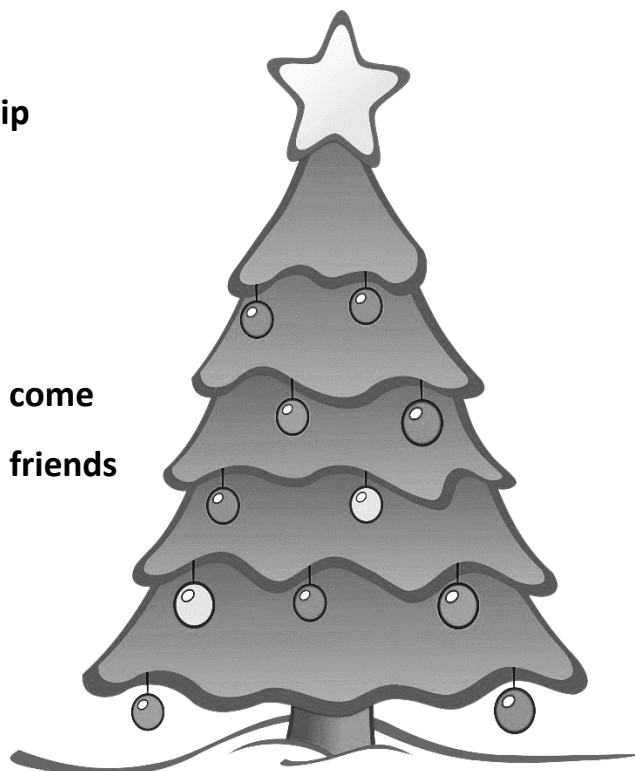
We are saying a big thank you for all the lovely contributions to this edition and over the past year. Remember any articles or events you'd like to see included for April, May or June, please send by mid- March. We really would appreciate a photo or two.

We'd also like to thank our loyal band of distributors; we would struggle without you! So that just leaves us to say take care and to wish you a very ... **MERRY CHRISTMAS!**

Children's Lucky Dip

Raffle

**Most importantly, come
and catch up with friends
over a cup of tea
and a mince pie.**



Local Honey

Local Apple Juice

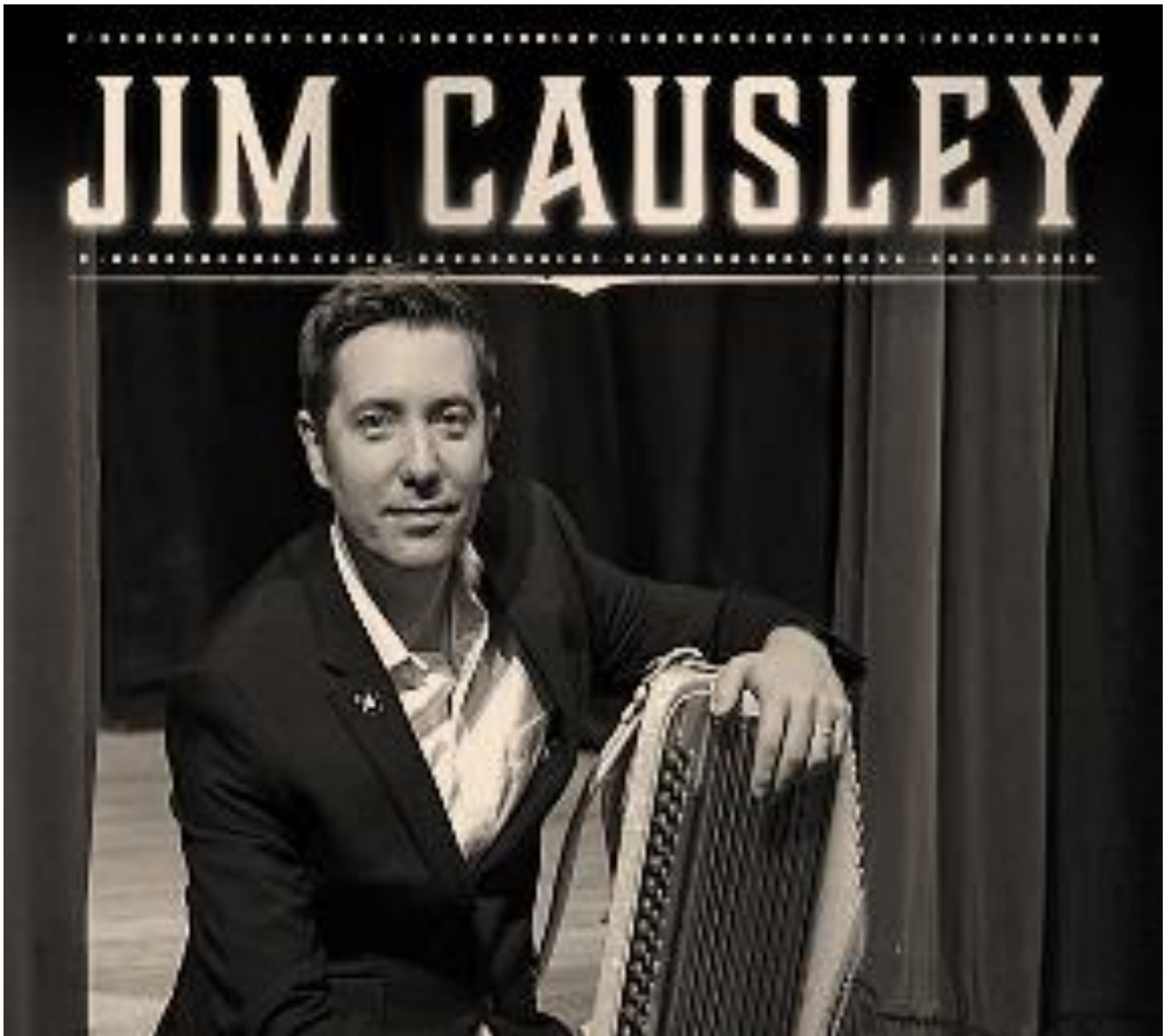
Cake Stall

See you there!

at the village hall

Awliscombe Christmas Market

Saturday - 3rd December



A Date For Your Diary! - MARCH 13TH SATURDAY 6.30pm

We are so lucky to have Jim visiting Awliscombe. It will be a **fab** evening with wine and nibbles.

Please bring family and friends to listen to this **incredibly talented folk singer**, with his beautifully haunting and sometimes very humorous songs of Devon, including Honiton Lace and the Gabbro Bowl (of Hembury Fort fame).

As you may all know by now!, we are trying to raise funds for much needed improvements to Awliscombe Church, so by coming along on this date it will really help. Thank you, Friends of St. Michaels.

You can buy your ticket for £10 by paying direct to:

Friends of St. Michaels a/c. 8414836 s/c. 30-98-97 please text 07507949412 to confirm.

Or Pay £10 **Cash** on the door.

A sneak preview

... The Gabbro Bowl

*When first that we were farmers
And went to work the land
We changed the course of history
With a sythal in our hand.
And then the wheat turned mason
And filled with heart and soul
The chisel guys, the potters hand
Behold the gabbro bowl.*



One of the songs which local musician, Jim Causley, will be singing during his concert on the 11th March, is called The Gabbro Bowl.

Many of the children at Awliscombe School have learnt about this famous artifact so it is high time that the rest of us follow suit.

The Gabbro Bowl was reconstructed from fragments found at Hembury Fort. At 5,500 years old, it is one of the earliest pottery containers made in Britain. As you can see, there are small handles on the sides. It is made from clay which contains gabbro – a sparkly rock from the Lizard Peninsula.

Isn't it amazing to think that five and half thousand years ago people were trading across the 100 miles of ancient woodland between here and the Lizard.

The Yellow Bird Sings

Author: *Jennifer Rosner*

This was my holiday read. A holiday read with two small children however, is a little optimistic. Saying that, I grabbed every little chance I could during our week away and spent most nights struggling to put it down. I loved it.

The story is about an unbreakable bond between a Mother and her daughter and the extreme lengths the Mother goes to for her child in unthinkable circumstances and conditions. It's beautifully written. Harrowing and difficult to read at times, however, full of hope and love.

Set during the Holocaust, in 1941 Poland, Roza runs away to the countryside to seek safety with her five year old daughter Shira. After witnessing the death of her own parents and the loss of her husband, Roza is prepared to do all she can to protect Shira. They hide in a farmer's barn. With German's soldiers never too far away, days and nights are filled with Roza doing all she can to keep Shira safe, but most importantly silent. With Shira's love for music, together they whisper stories, play silent violin and compose silent music. Then the yellow bird is created. An imaginary pet for the young girl to take care of, to keep in her hand and pocket. A focus for Shira to help calm her when needed.

Months of hunger and discomfort pass before an unimaginable decision comes for Roza. Shira is no longer safe with her. The opportunity arises for Shira to be sent away to a Catholic convent. The idea of Shira being safe, and with her music again, makes the decision bearable.

The story continues with Roza and Shira's separate journeys for survival and ended with me feeling so invested in them as individuals and as Mother and daughter.

Based on true stories from Jewish children hidden for safety during the World War II, this book is heart-breaking and heart-warming at the same time and I didn't want it to end.



reviewed by **Lucy Coombe**

Fungal Forays.

One of the many events organised by the Young Wives this year was a 'Fungal foray' – an autumnal walk in Hembury woods with an expert on fungi; David Allen on hand to tell us all about what we found there. It was a really interesting day organised by Carole.

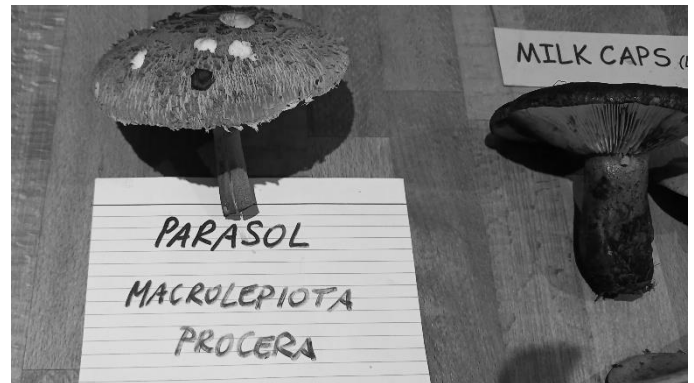


We were astonished by the number and variety of fungi which we came across in just a couple of hours. From tiny pale threads right up to large semi-circular plates there was an extraordinary array. The prettiest was definitely the Amethyst Deceiver. A pale purple slender mushroom which is not good to eat apparently. It is worth looking up as well, porcelain fungus shines bright white as

it grows along the branches of beech trees. It can be eaten, but remove the stems and wash off the slime. Some were more familiar, such as honey fungus and puffballs. Once we started looking all over the trees and ground, we started to see fungi everywhere.

Having gathered a trug full of specimens, we gathered back at The Drewe Arms in Broadhembury. There the chef had prepared three types of edible mushrooms for us all to taste. Fried simply in butter, they all tasted good but the parasols were the nicest.

David had also laid out a display of many types of fungi all neatly labelled. Fascinating.



Would I now head out to pick edible fungi with confidence? No.

When we asked David if various ones were edible, he tended to say "well it wouldn't kill you but it does not taste good". One really has to know what's what to find good edible fungi.

15/16th September — Her Majesty The Queen — Lying in State

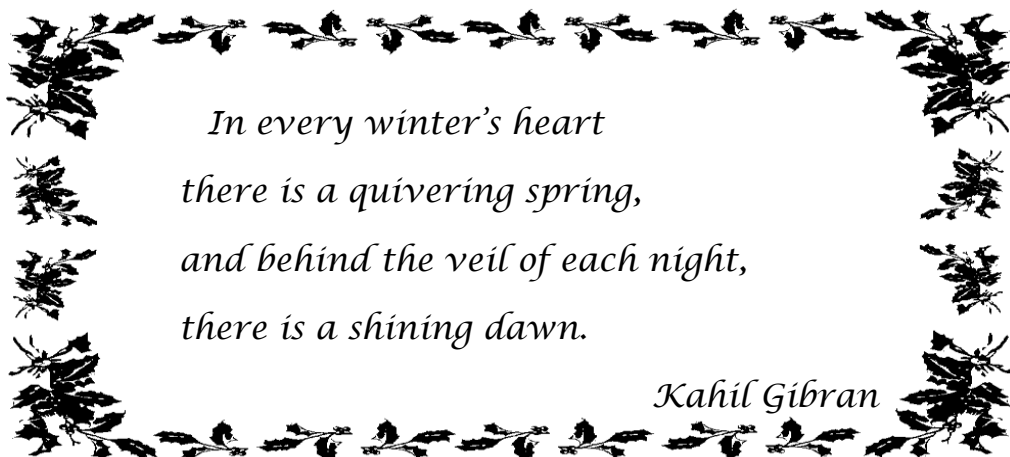
We caught the train from Honiton on Thursday night at 8pm arriving into Waterloo at Midnight. There were people getting on the train at different stations, all doing the same as us. We headed for the tube with a lady from Sherborne who we had got talking to, headed straight to Bermondsey Station, then walked to join the end of the queue in Southwark Park at 12.30am. We finally left the park after walking up and down the zig zags for 1½ hours heading towards the Thames and Tower Bridge which was a lovely sight all lit up in purple and blue. It was a slow progress for a few hours and was much colder being next to the river, but everyone was in good spirits, we didn't move far between 3 - 6am. (The lady in front of us fell asleep stood up!!!) We passed the London Eye at 9am and then onto Westminster Bridge taking in the sights of London on our way.

With the Palace of Westminster in sight we thought it wouldn't be long – we zig zagged up and down for the next 3 hours before going through security checks and finally standing at the entrance to the Palace, we looked at each other and around at others beside us and the whole mood changed. As we walked up the steps to the area, everyone had stopped, they were changing the guards over so we got a glimpse, before slowly going down the steps into the Hall. It was a feeling that's hard to explain but we are both so pleased we did it, worth the 7¼ hours of queuing!!

We then decided to walk to Green Park to see some of the floral tributes, before heading to Trafalgar Square tube station, then Waterloo to catch the 4.20pm train home and finally sit down after 16 hours and nearly 12 miles of walking.



Thank you Sandra and Jayne for writing this, so we could read and share your special 'moment in history'





LEST WE
FORGET



A larger crowd than last year gathered in the sun to pay their respects at 11.00 on Remembrance Sunday. Maybe the war in Ukraine has brought those sacrifices home to us all.

Thank you to those who organised and took part in this special event.

Thank you also to the children of Awliscombe school who decorated the church so beautifully with poppies.



Just to make you smile, a few of the answers to random questions given to our Awliscombe school children



If you could talk to an animal, which one would you choose?

I'd choose a parrot because it would definitely talk back to me. - *Barnaby*

A red panda because I could ask it to juggle. - *Teddy*

I would pick Maggie my dog or ... a dormouse but they actually hibernate a lot. - *Percy*

A kitten, because they are soooooo cute. - *Bonnie*

If you could talk to world leaders, what would you say to them about war?

They just need to 'STOP FIGHTING!' - *Esmae*

I would tell them, 'you just need to walk away' - *Mabel*

War never got anyone anywhere - *Alex*

That's a silly question. The leaders are boring, Can't I do the animal question instead? - *Samuel*

Awliscombe Baptisms – St. Michaels



September 4th – Was a very happy Sunday morning, when little Samson was welcomed into our church family, baptised by Rev. John. Here Samson is, held by his mother Claire and father, Tony Wang - not forgetting of course Samson's big brother Robin.

We send our love to all the family, especially to Adrian and Amanda, Godparents on the left.



October 16th saw another happy afternoon when Abbie and Howard Furnival took their girls to be baptised by Rev. Steven, where they were welcomed into our church family.

The girls, pictured here with mother Abbie - Francesca, Ruth, Winifred, aged 3 ... and Esther, Marie, Evelyn aged 10 months.

We send our love to all the family, especially to the Godparents, Anna, Ella and George for Francesca

and to Sophie, Karissa and Ben for little Esther.



Come and join us

Carols by Candlelight

Awliscombe Church - 7pm

Sunday 18th December

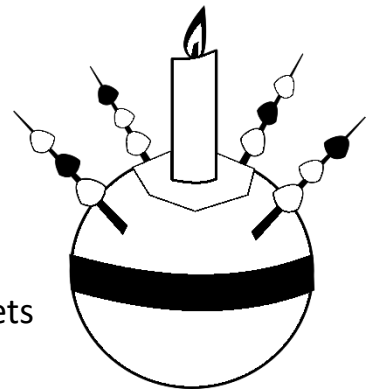
(no obligation to wear masks this year, but do if
you wish to)

Everyone welcome to our

CHRISTINGLE SERVICE

children especially

Come and see the Christmas stable and crib,
carry your lit 'candle of the world' with fruits and sweets
... representing hope in darkness.



Christmas Eve – 3.30pm

Celebrate with us
A Eucharist Service



Awliscombe Church

9.30am

Christmas Morning

After previously chatting to Dick, Ray and Betty, I was left wondering who else had lived in the village all their lives. So one afternoon, I popped along to chat with:

Rosemary Sprigg who told me a little of her life here in the village.

Rosemary's father, Sid, lived at Kings Cottage in Gittisham, working on a farm at Coombe, with heavy horses – Annie, Rosemary's mother was working for the Hare and Hounds, they met by chance and on marrying, it wasn't long before Rosemary was born. Annie was living at Doctors Field in Awliscombe but together they moved from Gittisham to Awliscombe when Rosemary was 6 months old. Their new little family arrived at Titford Cottage, which was a tide cottage. Being a hard working farm labourer, there followed quite a few moves. The next one being to Cott Green Cottage, then to No. 1 Chapel Cottage, all three addresses being in the same road!

Some of Rosemary's earliest memories were that of playing under Titford Bridge, all the children in the village would congregate, they had such fun. She remembers the days being so wonderfully carefree. At Easter, she would, along with other children, gather primroses along Grange Lane, together they would walk to Awliscombe Chapel and decorate every window sill and shelf possible, it would look so pretty. Then she remembers feeling proud when presented with a book for good attendance.

The main road running through the village bears no resemblance to present day, can you imagine now, our village children playing and running from one end of the village to the other! all knowing each other's houses and families. Mary Harvey and Margaret Stamp, would stop on the way and collect 5 year old Rosemary, both being only a fraction older themselves, then walk together through the village roads to school, regardless of weather.

After leaving school at 15, Rosemary became the main painter for 6 years at Honiton Pottery, really enjoying her time there. Later she was to be housekeeper and clean at George Park and the Awliscombe Inn. When Mrs Spark of George Park sadly died in a car crash, Rosemary kindly and selflessly became involved with the twins that had been left motherless, Rosemary gave them supper every evening after school, helping in every way she could during their growing up years.

Awliscombe village was a very social place, Rosemary remembers. Mr. Bishop was president of the club and was so successful, it had every child in the village attending.

As children got older, it seems there were always rehearsals for a play or concert! There were, without fail, 4 or 5 in the year, so time really flew. Rosemary laughs as she recalls the fun they had, with family names such as Ray Willmington, Michael Joslin, Colin Hart, some of whom joined them in the Dunkeswell carnival one year, re-enacting the song 'seven little girls, sitting in the back seat'!

Then there were the dances! At this point I am envious, and think to myself, we need to organise a dance or two! Anyway, this is where Rosemary met Roger! who was, at the time stationed on the camp at Heathfield, being in the Duke of Edinburgh Royal Regiment.

On that particular Saturday night, as they made their way to the village hall, their lives changed as they met, fell in love and married in St. Michaels Church, Awliscombe in 1966, when Rosemary was 22.

Once married they moved into Rosary Cottage, would you believe again at the end of the same road, there they lived together for 23 years. When Rosemary's mother sadly died, leaving 1 Bishops Court Cottage empty, ... Rosemary and Roger then, yes you've guessed ... moved a few doors up to live there, which is where they so happily live now. Roger had given these flowers to Rosemary on their 50th wedding anniversary. Now they celebrate 56 years of marriage this coming December, Congratulations!

Rosemary has always been involved in different organisations within the village, she was Chairman of the village hall committee. She also has happy memories of flower shows, held not only in Awliscombe but also Weston and Buckerell.

To this day Rosemary is still organising village Bingo, and has been actively involved since the age of 15 in the Awliscombe W.I. group, (now changed to Awliscombe Ladies). I remind her that she is currently on the PCC also!



Just recently Rosemary has found herself being asked, for the second time, to talk to the children of Awliscombe school, their little faces as Rosemary told them stories of dunce hats, frozen outside toilets, teachers who set work - then knitted for the rest of the afternoon!, were something to behold. When told that all girls had little pockets sewn into their knickers, where hankies were kept, there was much giggling.

As our chat came to a close, Rosemary recognises how different life is now, stating that the busy road does for sure, chop the village up a little, with no particular central meeting point. The days of safely wandering in the same carefree way have gone, but she acknowledges how lucky she was to have experienced such a childhood and who knows this may change one day again.

As I thanked Rosemary for my tea, leaving her lifting a Christmas cake from the oven, the air full of cinnamon and cloves, I lastly asked if she had a family motto, or if there was a phrase she thought important. It was simply - 'never put off 'till tomorrow, what you can do today.'

Many thanks Rosemary for letting us peep into your past.

A year at Creative Beings.

What a busy year! It seems that everyone participating here has been making up for lockdown lost time. So, what have some of the Creative Beings highlights been?

A space for intimate performances:

- Matt Woosey swelled up to a trio for an evening of blues and light rock
- Alison with her harp entertained the Memory Café volunteers
- Flautist Ruth and poet Chris delighted for a summer soir  e
- Floaty-tuned Flute Cake trio played for Hospiscare Open Gardens.



A space for creative expression:

- 'Find & Explore Your Creative Flow' with 5 tutors sharing 5 techniques in 5 days
- Sculpture and life drawing
- Cyanotypes (printing using sunlight)
- Casting plant fragments in porcelain paper clay
- Making natural dyes
- Foraging & Preserving including an option to camp out by a firepit



Social outreach:

- Pottering With Plants sessions
- Headway 'what's behind the portrait?' workshops.



- Awliscombe Primary School 'seeds of creativity' workshops (exploring mark-making, poetry and movement)



- Tree hub with Devon Wildlife Trust, giving away 200 young trees

Meanwhile, along the goyle, the agroforest has been flourishing...

An agroforest has **trees and edible plants on the same piece of land. The design provides food and, at the same time, protects, diversifies and sustains the soil and ecosystem.**

So far, we've planted 150 species in an acre, including:

- an Italian alder canopy layer - within 3 seasons they have grown from 60cm to over 4 metres
- quince, almond, crab apple and maple
- perennial shrubs like allspice, honeyberry, loganberry and Szechuan pepper
- **squash, rosa rugosa (for jam) and blackcurrants (for vitamin C-rich winter tonics)**
- a herbaceous layer including edibles and Medicinals

In the extended drought of summer 2022, almost all our trees and shrubs survived. And that was without any supplementary watering. Why? The mottled shade and ground cover kept the moisture in the soil. Additionally, a 15cm layer of woodchip acted as a protective mulch. The result? The agroforest was noticeably more humid and greener than the grass pasture next to it.

What's in store?

All sorts of events, building on the experiments of this year. Specifically, we have been given a micro tree nursery by Devon Wildlife Trust. We're growing hundreds of trees from seeds, local Devon seeds, to plant and give away in early 2024.

If you'd like to experience a nature-based event with us before then, please check out www.creativebeings.uk For instance, you might like to join for a very special evening when Harry Baker, the world's youngest slam poetry champion, comes to perform in the studio as part of his national tour.

Martin Staniforth and Sue Holland.

World Poetry Slam Champion - Harry Baker in 'Unashamed'



From reviewing toilet seats online to writing falafel-based diss tracks for Chris Evans, Harry brings his most heartfelt and playful show yet. Harry is a poet and a maths graduate. He writes about important stuff like hope, and dinosaurs. His work has been shared on TED.com, viewed millions of times worldwide, and been translated into over 20 languages.

Wed 25th Jan, 7:30 -9:30 pm. Burns night!

Old Rectory Studio, Awliscombe, EX14 3PJ

Cash bar opens at 7:00.

"Spectacularly Witty" ***** (Whatsonstage)

"Not one syllable out of place" ***** (The Wee Review)

"Simply put ... the greatest performer on earth" ***** (BBC Radio 1)

£12 -book at www.creativebeings.uk/courses

The Donkey Diaries 2022

Tettenhall: Well it's been a hectic old year here at Titford Bridge Cottage, for us donkeys. We have been busy training the new pup up for his role as Secret Agent Percy. A task that would have been easier if he showed any talent for stealth, theft and general sleuthing unlike our good selves - we even have masks for the more nefarious activities...Instead Percy has managed to star in a pop video for Donkey Handler Twos new single which is due for release in the new year, "Feeling Like We're Free", (personally we feel it isn't really Sabbath or Slade, however it does sound like an ageing Ed Sheering...). Instead of focusing on the specially designed training course based on the very best of MI5 and SAS material, he spends time going to work with M and is also now appearing as their poster-dog on social media.



Percy: I like going to work with our mum, there are lots of other doggies there and we run around the Gyg-Hall playing games and providing a greeting team for any visitors. On the way down we stop at the coffee shop on the Tamar, and I slide over to say hello to the drive-through team who make me my morning "poochachino".

Anyway, the donkeys have been too busy investing in the manufacture of their own Gin, "Buckaroo" after Tettenhall managed to snitch Ms G&T when she was relaxing in the garden and realised what had been missing in their lives. Between that activity and their latest attempts to qualify for "Strictly (Donkey)", (apparently, they know it's what dear Anton has been missing since the "Anne Widdecombe" incident), they haven't had much time for my training.

Chesil: However, we have introduced basic standards for physical training, retrieval skills and communication, with the latest arrivals at Titford Bridge Cottage, M accidentally procured three ducks for the "Lock Down One Project (also referred to as, oh dear I didn't mean to make it that big, I



got over excited with the digger)" pond. Percy, up to the avian flu regulations, undertook daily round ups and swimming lessons - he is very good and may yet make it as a sub-mariner as well as a spook-pup.

Percy: Anyway what we all want to say is have a wonderful Christmas, we are sending you a sprinkling of magic donkey dust full of blessings and best wishes to you all.

Tettenhall: And if you are at a loose end during the festive period, you are always welcome to join our donkey disco in our stable - just follow the star...

With thanks to Helen and Stephen, to Tettenhall and Chesil for our Christmas wishes and donkey disco invite! then of course to the intrepid Percy - a star in the making!



We would like to say CONGRATULATIONS to a couple of local businesses which have won recognition and an award.

Heron Farm in Weston has been awarded a Gold Award by Taste of the West in the Café/Tea Room category. The Taste of the West judging panel said "Heron Farm is a real success story and a very lovely and welcoming café. I will definitely be returning."

And just over the A30, in Heathpark....

B! Health & Fitness, Honiton

Congratulations!

Shortlisted to the top 7 for

- Customer Service
- Member Achievement
- **South Gym of the Year**



The Other Great Wall of Awliscombe



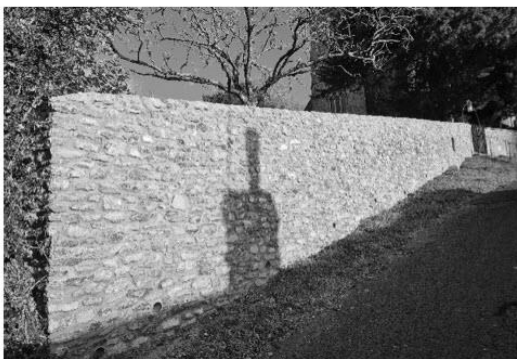
The Grade 2 listed Awliscombe churchyard wall – before and after.

The churchyard wall was built in the **18th century**. It began leaning out towards the road long ago, and the church council worried about the risk of collapse on and off for years. Attempts from time to time at repairs didn't deal with the basic problem. By 2020, with a lean of 29 degrees out of true at the lower end, it clearly needed more than a patch-up job.

As it is listed, the wall had to be rebuilt and restored to look exactly as it had always done – except upright. The old wall lacked foundations or drainage. Arron Spence's team constructed these and then refaced the concrete block retaining wall with the original stone using traditional methods. The burials behind the wall are now safe from any possibility of a collapse of the bank.

The cost of reconstruction – over £28,000 – was met through grants of £14,500, generous donations from parishioners, and a contribution from the church council's small building reserve.

The result – if you haven't noticed the difference, we've succeeded.



Thank you Janet, for your research of dates and details also for playing a major part in acquiring the grants needed and to all the very generous contributions, and of course to Arron and his team, for their fabulous building skills!

Warming winter drinks.

1. Winter Pimm's.

This is made with Pimm's no. 3 which is brandy based. You add warm apple juice and slices of apple and orange to some Pimm's.

2. Hot Buttered Rum.

This is made using spiced rum, warm water, melted butter and brown sugar. Mix all these and then garnish with nutmeg and a cinnamon stick.

3. British Christmas Punch.

This warm cocktail is made from dark rum, red wine, tea and lemon juice. Mix it up and pop in a few cloves for a festive aroma.



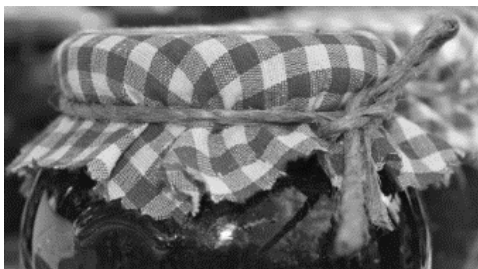


Fig and Port Chutney

This most delicious chutney is quick and easy to make. A perfect accompaniment for the festive cheese board, especially with soft cheeses like brie, jarlsberg and blues.

100g of brown sugar

1 finely diced red onion

5tbsp ruby port

3tbsp red wine vinegar

½ cup of raisins

½ tsp salt

1 diced cooking apple

4 chopped figs, fresh or dried

½ tsp ground ginger

¼tsp ground cloves

¼ tsp ground nutmeg

1 tbsp olive oil

1 cinnamon stick

: soak raisins in a bowl of hot water for 10 mins. Soften onions in pan until translucent, in olive oil.

: melt sugar, vinegar in same pan, add all ingredients (except figs)

: bring to a boil, reduce to low heat and simmer uncovered for 15mins, add figs, continue to simmer for approx. 20mins or until reduced to a syrup consistency, stirring frequently. Remove cinnamon stick.

: ladle into warm sterilised airtight jar, with waxed paper disc. Store in cool place, once opened will keep in fridge for 4 weeks. Makes one large jar. Flavour improves if left a couple weeks before using.



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Are you looking to improve your health and wellbeing, without having to join a big gym environment?

Then there is a new fitness studio on your door step.

Nicki Perry runs nPROVE Fitness which is located at Hembury Fort (Awliscombe), with it's own dedicated Fitness studio to host small group classes and personal training.

With 10 years of experience of working with people that are total beginners to exercise, Nicki is very aware that the environment and atmosphere of a class is one of the biggest factors as to whether customers will want to continue on their fitness journey. That is why she has created a small fitness studio, that has maximum group sizes of 8 customers, so that you can build a lovely bond with each other and she has the time and attention to give to every single person to ensure you understand the correct technique and can be encouraged week after week to continue to progress.

With many of Nicki's clients facing or living with the menopause, all classes involve some aspect of strength training to help reverse the negative side effects of hormone changes such as weight gain, muscle/bone health loss and low mood. As a Pre and Post Natal expert she also works closely with new and expectant mums through dedicated MUMFIT classes to help clients strengthen their bodies ready for life as an active parent, all with the benefit of meeting other fellow mums and babies local to the area, creating a great social and support network.

Exercise class activities are all structured so that you can work at your own pace and level without the worry of being left behind. Sessions will feel supportive and encouraging, not competitive and intimidating, so no matter how much of a beginner you are, you should feel a sense of achievement and success at the end of the class.

For those of you wanting a more personalised, or private environment then Nicki offers Personal Training to help clients reach a wide range of goals, including; fat loss, injury prevention/rehab, mobility and functional fitness, sport specific training and muscle strength and toning.



Classes and Services available:

Personal Training

Group Personal Training (book a private session for you and your friends/family)

STRONGFIT (weights based class for improving strength, muscle toning and fat loss)

MUMFIT (mum and baby class focussing on healing the body post labour and preparing it for life as an active mum)

PARKFIT (larger outdoor fitness class in Honiton parks, mixture of cardio, weights and boxing)

BOXSTRONG (A mixture of boxing and pad work alongside strength and conditioning work)

OPEN Studio Gym (Access to the studio to complete your own workout under the supervision of Nicki. Exercise plans available)

Full class descriptions available on the website

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Royal Mail last posting dates.



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2nd Class Royal Mail 2nd Class, Signed For 2nd Class	Mon 19 Dec
1st Class Royal Mail 1st Class, Signed For 1st Class, plus Parcelforce Worldwide express48*	Wed 21 Dec
Royal Mail Special Delivery Guaranteed by 1pm*, Parcelforce Worldwide expressAM and express24*	Thu 22 Dec
Royal Mail Special Delivery by 1pm with Saturday Guarantee*	Fri 23 Dec

Thursday, December 1 Australia and New Zealand
Friday, December 2 China
Monday, December 5 All remaining Caribbean destinations (not British Virgin Islands, Dominica and Anguilla)
Wednesday, December 7 Africa, Asia (except China), Central and South America, Far and Middle East
Thursday, December 8 Cyprus and Malta
Friday, December 9 Greece, Turkey, Eastern Europe (except Czech Republic, Poland and Slovakia)
Saturday, December 10 Canada, Czech Republic, Finland, Italy, Poland, Sweden, USA
Monday, December 12 Austria, Denmark, Germany, Iceland, Ireland, Netherlands, Norway, Portugal, Slovakia, Spain, Switzerland
Wednesday, December 14 Belgium, France, Luxembourg

Exeter Cathedral Christmas Market.

Friday 18th November 5pm until Sunday 18th December 5pm

On the green - a hub of festive activities - carol services, concerts events and tours.

Walk the lanes of Bavarian style chalets with their global cuisine and pop up bars. See local traders and crafts people selling unique gifts for the Christmas season and more.

.....

Young Wives - November Talk

We often hear of people that overcome the most difficult of times, only to carry on and achieve wonderful things. Hearing first hand of David Follett's story, when we met him in the village hall, was truly inspirational.

In 2007 David suffered a road traffic accident, leaving him with a serious spinal cord injury (chest down). After spending 7 months undergoing intense rehab in Salisbury Spinal Unit, David returned home and bravely completed his education, gaining a university degree.



He told us of his journey since that time, when he began to play badminton, and how now he represents England at Para Badminton and is ranked number **14 in the world!** and **number 1 in England!** Through this time, he met his lovely wife and they have two beautiful children. He has overcome so many problems and acknowledges the difficulty that disabled people are up against.

A highlight for us was also meeting his 'canine partner' Tessie, who helps him overcome daily tasks that he finds tricky and has remained his faithful friend. A very generous sum was collected at the end of the evening for this worthwhile 'canine partner' charity.

Thank you, Karen, for organising a very special evening.

Quiz Night

The quiz was a great evening enjoyed by all. Thank you to the organisers, the cooks, Paddy for reading the questions, Sarah for creating a great range of questions and both Sarah and Sharon for marking and adding up the totals. Thank you to the patient runners who collected the answers from the teams. Finally a huge WELL DONE to the winning team - Peince Windrush. They beat Comfortably Dumb by a half a point!! Exciting!

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Winter Concert

Saturday 3rd December 7.30pm

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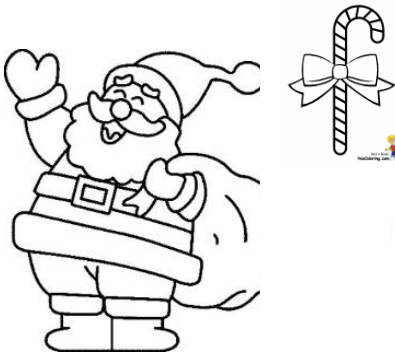
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