

THE MORCHARD MESSENGER

THE INDEPENDENT VILLAGE NEWSLETTER

www.morchardbishop-pc.gov.uk/news/latest-morchar-messenger

No.368 FEBRUARY 2026

SPONSORED THIS MONTH BY MORCHARD BISHOP WI



Morchard Bishop WI – always active...

We are **Wonderfully Inspiring!** The WI has been a movement for change throughout its long history – did you know that the original **Keep Britain Tidy campaign** was started in 1954 by the WI? We continue to campaign actively today, every year the National Federation of WIs passes a resolution to campaign eg Clean Rivers, Dental Matters, Access to Health and the campaign is vigorously promoted across the country. Morchard Bishop WI was founded in 1927 and so next year will be our **Centenary**. There will be an exhibition on the history of the WI in the village and plenty of events to join in with. The daffodils planted around the village were a WI initiative as were the wildflowers and bulbs by school.

We are a very jolly lot, not just about teas and cakes (although these do feature at every meeting!) and always have time for a chat. You do not have to be a member of the WI to come along to one of our meetings as a “taster”, we just ask for a small donation.



Our monthly afternoon meetings are in the Hall although we also have outside visits – this year we have a trip to a local vineyard in June and a boat excursion on the Exe – as well as meeting in the London Inn.

Our meetings are the second Wednesday of the month and published in the Morchard Messenger; there is a noticeboard opposite Church Street stores which has the yearly programme pinned up along with all our contact details. Please do come along, you would be very welcome!

Wendy Vere 877029
r.vere@btconnect.com

FEBRUARY 2026 DIARY

If you'd like details of your event or meeting to appear in the March 2026 Diary, please let Sue Eaglen know by February 12 at sue_eaglen@fastmail.co.uk or text Sue on 07854745791. You may also like to use the section below to publicise a future event.

St Mary's All welcome at our services.

Sunday Feb 1, 10.30 Morning Worship

Sunday, Feb 8, 10.30 Holy Communion

Sunday, Feb 15, 10.30 Family Service & 6 pm Joint Bible Study at Emmanuel

Wednesday, Feb 18, 7.30 Ash Wednesday Mission Community Eucharist

Sunday, Feb 22, 10.30 Morning Worship

Emmanuel All welcome at our services. Morning services start at 11. Coffee from 10.30. Visit www.emmanuel-morchard-bishop.org for detailed information about services, Sunday School for primary age children, youth clubs and other events. Third Sunday: Joint Bible Study with St. Mary's. The Prime club will meet on the 2nd Friday at 19.00. Edge club meets on the 3rd Friday at 19.30.

BOOK SWAP: Wed, Feb 4, 15.00 – 16.30 in the Memorial Hall.

PARISH WALK: Usually 3rd Sat of the month, 11.00 start at the Memorial Hall.

FUTURE EVENTS:

BOOK SWAP March 4 - no need to have a book to swap, come anyway, tea & cake!

Seed Share March 7.

MORFEST Sat May 23.

June 6 Save the date! Make, bake, grow and woof! Flower, Produce & Dog Show.

Mon	2, 9, 23	09.00 – 10.00	Mat Pilates, mixed ability	Memorial Hall
	2	19.00	Parish Council Meeting	Memorial Hall
Tues	3 & 10, 24	17.15 – 18.00	Dance Intermed. Modern	Memorial Hall
	3 & 10, 17, 24	19.30	Pool & Bridge	MBSSC
Wed	4 & 11, 25	10.30 – 11.15	Chair Pilates	Memorial Hall
	4	14.00 – 15.00	Intro Pickleball. Free tea & Cake afterwards	
	4	15.00 – 16.30	Book Swap	
	4 & 11, 25	17.30 – 19.00	Brownies	
	4, 11, 25	19.30 – 21.00	Pickleball	
	4 & 11, 18	19.30	Ladies' Darts/practice all dates not confirmed	MBSSC

Sponsored This Month by M orchard Bishop WI

Thurs	5 5 & 12, 26 5 & 12, 19	10.00 – 15.00 18.35 – 19.30 19.30 onwards	Can't sew, won't sew Mat Pilates mixed ability Men's Darts	Emmanuel Memorial Hall MBSSC
Fri	6 & 13, 20, 27	10.00 – 11.00	Pickleball	Memorial Hall
Sat	7 7 7 & 14, 21	9.30 – 11.30 9.30 – 11.00 19.30	Coffee Morning Togs & Toys Open + for home games	Memorial Hall Emmanuel MBSSC
Mon	9	20.00 onwards	Skittles	MBSSC
Thurs	12	12.00 – 15.00	Pennymoor Singaround	London Inn
Fri	13 13	11.30 19.00	Carers' Café Prime Youth Group	London Inn Emmanuel
Sat	14	9.30 – 11.30	Coffee Morning Table Top	Memorial Hall
Wed	18	12.30	Over 60s Lunch	London Inn
Thurs	19 19	19.30 20.00 – 21.30	Ladies' Skittles Pickleball	MBSSC Memorial Hall
Fri	20	19.30 onward	Edge Youth Group	Emmanuel
Sat	21	09.30 – 11.30	Coffee Morning WI	Memorial Hall
Sun	22	18.00	Joint Bible Study	Emmanuel
Fri	27	19.00 for 19.30	Bowling Club Quiz	MBSSC
Sat	28	09.30 – 11.30	Coffee Morning Sustainable M orchard	Memorial Hall

NOTICEBOARD

Copy for Publication in THE MORCHARD MESSENGER

The deadline for articles, adverts and notices for the next issue is:

15th February 2026

The Editors retain the right to reject, edit, alter or correct articles which are sent in for publication.

The opinions expressed in articles and letters are those of the authors and do not necessarily reflect the views of the Editors. We do not publish anonymous letters.

Copy should be sent *by email* to morchardmessenger@gmail.com

Hard copy may also be delivered to Colin Crewdson at the address below.

Postal Service.

This newsletter can be posted to you monthly at a cost of £12 per annum.

Please contact :

Colin Crewdson
Wayside Cottage
Frost
Morchard Bishop EX17 6SF
Phone: 07926 625120

ADVERTS

Open the door to new business by advertising in the Morchard Messenger

Adverts up to $\frac{1}{8}$ page are £5 a month

Adverts up to $\frac{1}{6}$ page are £7 a month

Adverts up to $\frac{1}{4}$ page are £10 a month

(Larger sizes negotiable)

Please email your copy or draft to the editor (address above)

Morchard Bishop Sports & Social Club

Bar open to all members
Annual membership £2 per adult, due 1st August 26

FEBRUARY 2026 OPENING TIMES

Mondays – 9th skittles 8pm onwards.

Tuesdays – all dates open for pool & Bridge 7.30m

Wednesdays – 4th, 11th 18th Ladies darts /practice all dates not confirmed.

Thursdays – 5th, 12th, 19th, Men's Darts 7.30pm. 19th ladies skittles.

Fridays – 27th, Bowling Club Quiz.

Saturdays – 7th 14th 21st open 7.30pm plus home games for football.

Rugby Six Nations

All dates are for Saturdays in February.

7th England v Wales bar open 1600hrs

14th Scotland v England bar open 1600hrs

21st England v Ireland bar open 13300hrs

This is a rough guide which may be subject to change please contact morchardsportsandsocialclub@gmail.com for more information if needed.

Bus Service 369 (Dartline)

Outward

Morchard Bishop (Greenaway):
07.12, 09.40, 11.50, 13.55, 16.07
Saturday variation 07.25

Crediton High St: 07.46, (0754), 10.14, 12.21, 14.24, 16.39

Crediton Train station /Redlands:
07.51, (0800), 10.19, 12.26, 14.28, 16.43

Exeter City Centre (Sidwell St):
08.17, (08.23), 10.39, 12.45, 14.48, 17.05

RD&E Hospital 08.26, (08.28), 17.14
Saturdays 0828 1714

Return

Exeter RD&E: 17.15/ 17.15

City Centre (Sidwell St Stop 40):
08.40, 10.50, 12.55, 15.00, 17.30

Crediton Train station/Redlands:
09.02, 11.11, 13.17, 15.23, 17.57, (17.55)

Morchard Bishop (Greenaway):
09.38, 11.48, 13.53, 16.05, 18.34
Saturdays 1828

Witheridge: 18.59 (*not Saturdays*)

Morchard Bishop Memorial Hall

Available for birthday and celebration parties, family meetings/get togethers/wakes/wedding receptions.

Bookings - Contact Debbie Ticehurst dticehurst@icloud.com
07875359563

General - Contact Anton Heal antonheal@yahoo.co.uk
07970 227753

Produce / Table Top booking –
contact Robert Moore
07455 896589
robert@lydcottnursery.co.uk

Church Street Stores

Opening Hours:

Sunday & Monday: 8.30am-12noon

Tuesday- Friday: 8.30am-5pm

Saturday: 8.30a- 2pm

01363 877826

www.facebook.com/churchstreetstores

Matthew & Clare

LETTERS – MESSAGES – ANNOUNCEMENTS

Morchard Bishop Carers' Café

We are delighted to report that the very first Carers' Café was held on Friday January 7th at the pub. It was open to any past or current carers and 12 of us enjoyed social chats with a biscuit and a hot drink by the fire. Useful and supportive conversations along with helpful information were shared.

This will now be a monthly event on the 2nd Friday of each month. 11.30am at the London Inn. If you are currently caring for someone or you have done in the past, you are most welcome to join us. Two handy pieces of information which were shared by the group were:

1. The Devon Carers Card. As a carer, you can register at www.devoncarers.org.uk to receive a welcome pack and carers ID card. This card, amongst other things, entitles you to free parking at the Exeter hospitals. Park as normal and show your card at reception giving your car registration number. This applies for any appointment or visit that you do.
2. Attendance Allowance can be applied for by anyone with a physical or mental disability or a health condition, providing they are over the state pension age. Receiving Attendance Allowance also makes you possibly eligible for other benefits eg Pension Credit, Council Tax reduction or Housing Benefit.

Carer's Allowance can be applied for by anyone caring for somebody (for at least 35 hours a week) who is in receipt of certain government benefits eg Attendance Allowance. It is currently £83.30 a week and you do not have to be related to or living with the person you care for. Both of these allowances can be applied for via www.gov.uk. We can assist you with these applications.

The next Carers' Café will be on Friday February 13th from 11.30am at the London Inn. Any questions please do not hesitate to ask. Sheila Sinclair 01363 877597 or Debbie Ticehurst 07875 359563

Debbie Ticehurst

Friday night Darts league 2025

Way back in early June we started playing after 17 people had registered to play. We played every other Friday evening until 12th December. After the first phase we split into two groups, with the top half in group A and the bottom half in group B.

The winners of both groups were decided on the final evening after a very close competition. The winner of group A was Graham Saffin, and the winner of group B was Margaret Westcott.

The presentation night was held on the 19th December to coincide with the Club's annual Christmas draw.

I would like to thank Angie & Julie for the massive effort they put in to organize and present the amazing draw prizes. I would also like to thank Mike & Megan for opening up and running the Bar on the Fridays we played. Thank you to Kenny for helping me with the presentation, and finally to everyone who played.

Details of this year's competition will be published nearer the start of play.

Finally the annual M.B.S.C. Knockout and plate trophy competition open to all Club members (£2 annual membership to anyone), will be held on Good Friday as usual, which is 3rd April 2026. No need to register in advance just turn up on the night.

If anyone needs to contact me about the Darts we play please email me on: ricejulian@icloud.com

Julian Rice

QUIZ NIGHT!

Quiz to be held at the Sports Club
on Friday 27th February 7pm for 7.30

Teams of 4 -Members and guests only----£6 per head.
First prize £50. Limited Spaces.

Entries by 21st February to 01363 877297
or annierobinsonmb@gmail.com
In aid of Morchard Bishop Bowling Club

Morchard Bishop Sports Club---EX17 6PE

LETTERS – MESSAGES - ANNOUNCEMENTS

This Is Love

In the run-up to Christmas, some of you may have noticed small pebbles appearing around the village with short messages written on them. These were placed by members of Emmanuel Methodist Church as simple reminders of hope, kindness, and God's love at a time of year that can be joyful for some, but difficult for others.

As we move from Christmas into February, with its focus on Valentine's Day and hearts, we're continuing that same theme – but pointing to the deepest love of all.

Over Valentine's weekend, the cross outside Emmanuel Methodist Church will be covered with hearts, carrying a simple message: "THIS is love." Not the fleeting, romantic love we often associate with cards and chocolates (lovely though those are!), but a stronger, lasting love – the love shown by Jesus.

The Bible puts it like this: "This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins." (1 John 4:10)

Christians believe that Jesus came into the world to show us what God is like – full of compassion, grace and truth – and ultimately to give his life on the cross. That act of love, freely given, is at the very heart of the Christian faith. Jesus loved us so much that he was willing to die for us, so that broken relationships could be restored and new life could begin.

The hearts on the cross are a visual reminder of that truth: this is love – love that sacrifices, love that forgives, love that does not give up.

This won't be the end of the story. As we journey on towards Easter, we'll be marking the events that followed the cross – Jesus' death and resurrection. Once again, there will be opportunities to reflect, ask questions, and engage with the story that has shaped lives for over two thousand years.

If you're curious to explore these ideas further, Emmanuel also runs Alpha, an informal and friendly course where people can ask questions about faith, life and meaning in a relaxed setting. No pressure, no prior knowledge needed – just space to talk and listen.

Whether you pause to look at the cross, remember the pebbles, or simply take a moment to reflect this Valentine's season, our hope is that you'll be reminded that you are known, valued and loved.

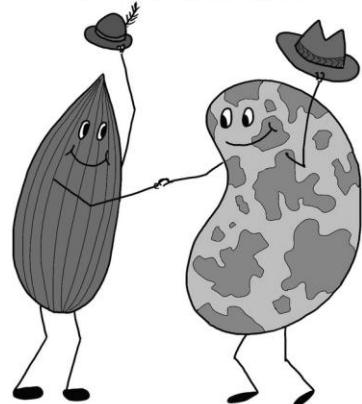
Because this is love.

With every blessing,

Revd Peter A. Brown

Superintendent Minister, Ringsash Methodist Circuit

Sustainable M orchard Seed Share

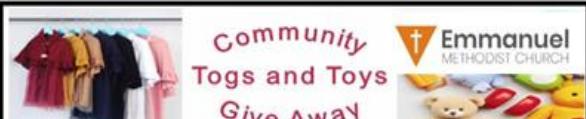


Bring seeds ~ Take seeds

**M orchard Bishop Memorial Hall
Saturday 7th March**

10.00-11.30

Alongside regular coffee morning



'Emmanuel Togs and Toys' collect good quality and giftable second hand children's clothing and toys donations. We then pass them on free of charge to any members of the community that can give them a good home.

Drop in sessions now available

Call in and see us at one of our monthly drop in sessions, in the Lower Room at Emmanuel Chapel, on the first Saturday of the month.

We currently have clothes and footwear for both girls and boys from birth to teen available, as well as a selection of toys.

Drop in sessions are as follows:

Saturday 7th February : 9.30 - 11am

Saturday 7th March: 9.30 - 11am

If you cannot make any of the above please email and we can arrange a convenient date and time with you.

For more information or to donate any items, please email:

emmanueltogsandtoys@gmail.com

Don't forget to follow us on Facebook :

Emmanuel Togs and Toys

or via the QR code



News from your Parish Council

The Parish Council met in the Memorial Hall on Monday 5 January 2026.

The Parish Council spent £396.23 from the main account, nothing from its Reserve account and nothing from the Footpaths account. The items of expenditure over £100 were £267.00 for grass cutting between September and November and £109.94 for the annual grass cutting charge for the green at Frost.

There were five planning applications for the Parish Council to consider – all of which the Parish Council supported.

25/01670/CLU	Certificate of lawfulness for the replacement of roof materials; replacement of double barn doors with garage door and replacement of 2 doors.	Land and Buildings at NGR 275295 104685 Noahs Ark, Morchard Road
25/01699/LBC	Listed building consent for internal and external works to restore property from 2 dwellings to 1; replacement of 5 windows and 1 external door.	The Forge, Morchard Bishop
25/01734/HOUSE	Erection of steel framed garage/store following demolition of existing wooden barn.	Sharland House, Morchard Bishop
25/01755/HOUSE	Create an opening to connect longhouse section to annex to return property to one dwelling; erection of carport with solar panels on south facing aspect of roof and space to provide energy storage batteries and external groundworks to improve access.	Wigham, Morchard Bishop
25/01756/LBC	Listed Building Consent for the replacement of windows; create an opening to connect longhouse section to annex to return property to one dwelling; erection of carport with solar panels on south facing aspect of roof and space to provide energy storage batteries and external groundworks to improve access.	Wigham, Morchard Bishop

Reports from our County and District Councillors included: (i) Local Government Reorganisation and Local Elections. (ii) Active Travel funding and the Boniface Cycle Trail from Crediton to Exeter. (iii) Public Libraries Consultation. (iv) An offer to Businesses in Mid Devon to access free tailored support. (v) Christmas Tree Collections. (vi) Pots and Pans recycling.

Correspondence received included a thank you from two Parishioners for the support of the Parish Council with their Planning Appeal. An enquiry as to whether Parish Councillors had signed documents for the Charity Commission confirming their status as Trustees of the Memorial Hall, an offer from a Planning Consultant to give training to Parish Councils and confirmation from the Developer of Belstone View that he would provide two grit bins for the new development which would then be filled out of Parish Council salt stocks. A letter had also been received from a group of concerned parents of children at the village Primary School. The Parish Council understood that a meeting was taking place on Friday 9 January and they looked forward to hearing the results of that meeting.

Ice on Canns Mill Lane was noted and Ice warning signs will be requested of Devon Highways. The Parish Council agreed to join the North Devon Railway Development Alliance. Concern was raised about the state of the grass around the Bus Shelter, the War Memorial and the Green opposite Polson Hill Garage: our contractor will be instructed to take remedial action.

Have you got your tickets for our Music Festival **MorFest** on Saturday 23rd May 2026? Earlybird tickets offering savings on the price of a ticket went on sale on 3rd January 2026.

If you want to read the full minutes of Parish Council meetings, they are available on the Parish Council noticeboard on the London Inn Skittle Alley. They can also be read on the Parish Council Website: <https://www.morchardbishop-pc.gov.uk/>. We hope that the new website is a useful tool for everyone in the village, please do let us have your comments and contributions including future dates of your organisations' activities in order that other groups can avoid double booking.

If you have any views or issues regarding life in Morchard Bishop, please do let me know.

David Parker
Parish Clerk

Contact Details for the Parish Council:

David Parker: 01363 877008 / 07794 362591 email: clerk@morchardbishop-pc.gov.uk



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February Programme

Thursday 5th 7.00 PM Jazz & Curry
Jazz on the Green £27 Bar

Thursday 12th 7.30 PM Film
This is Spinal Tap £5 Bar

Thursday 26 7.30 PM Film
God's Own Country £5 Bar

Friday 27th 7.30 PM Film
System Update £4 Bar

Saturday 28th 7.30 PM Opera
Carmen £13 / £11 Bar

March Events

Saturday 7th 7.30 PM Music
Holly Clarke £14 / £11 Bar

Friday 13th 7.30 PM Theatre
Giants £13 / £11 Bar

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Contact details : mobile – 07597 160558
: home – 01363 877803.
: email – jomcdphysio@gmail.com
: web site - jomcdougallphysio.com



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Plan a breakfast at a local venue



Donate your coffee spends for a month



forcecancercharity.co.uk/greatdevonbreakfast

Get in contact with our fundraising team to find out more...
forcefr@forcecancercharity.co.uk
01392 406153

Building Cancer Support Around You



Murchard Bishop Memorial Hall
Wednesday 4th February
3pm-4.30

BOOKSWAP



We have a large and varied selection of new books, jigsaws and lots of children's books.

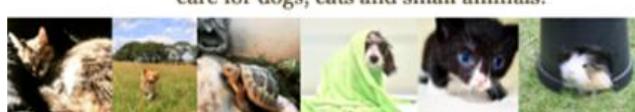
Teas\Coffee and Cakes

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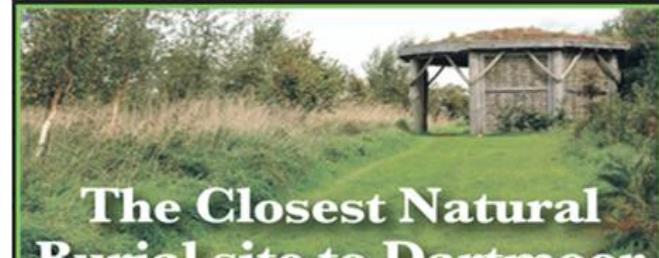
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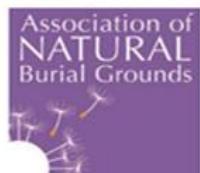
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World Wetland Day (& bogs)

*We have no prairies
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Everywhere the eye concedes to
Encroaching horizon,*

*Is wooed into the cyclops' eye
Of a tarn. Our unfenced country
Is bog that keeps crusting
Between the sights of the sun.*

Extract of Bogland by Seamus Heaney

February 2nd is World Wetland Day. Wetlands are incredibly significant habitat to the creatures and plants who are endemic to them, to people and to the wider environment. Wetlands are also more threatened by environmental degradation (primarily through various forms of pollution and modification) than any other habitat (Millennium Ecosystem Assessment 2005).

Wetlands in their various semi aquatic forms include not just swamps, marshes and bogs but estuaries, fens, mangroves, flood plains, and vernal ponds.

The definition of each is according primarily to the plant life found there (the land must be wet enough to support plants with aquatic or semi-aquatic adaptations to be called a wetland) and also the type or source of water. Estuary water is mixed salty sea water and river water, whereas fens have mineral rich water which causes them to be alkaline/base, or acidic like the bogs of Dartmoor.



Bogs especially are fascinating - invaluable to archaeology and anthropologists when they preserve bodies that have retained details such as skin, hair styles, clothing, and even tattoos. Sequestering carbon (in the UK 5.5B tonnes, globally approx. 200 billion tonnes). Bogs are formed when lakes or tarns (consistently water filled land) fill with plant matter, and over thousands of years the plant matter breaks down, not as it does in soil or compost heaps where there is oxygen and regular soil bacteria to help decomposition, but under water, a slow disintegration which leaves spongy acidic soil we know as the 'kind black butter' that is peat. Around the bogs are often wet heathland, a habitat historically much damaged, though in the case of Dartmoor much of the area is itself a blanket bog or raised bog.

The most significant aspect of bogs, as well as its carbon sequestration (which cannot be easily replicated or replaced as it takes thousands of years) is that bogs hold great biodiversity. There are many plants often found in bogs, such as deer grass, hare's tail cotton grass, cross-leaved heath, bog asphodel and of course the round leaved sundew. Mosses are also prevalent in boggy areas. Then there are flies, beetles and dragonflies, spiders who live on them, and lepidoptera such as the large heath butterfly. Frogs and newts breed and bogs are home to birds from curlew (endangered and still in drastic decline) to the melodic skylark.

There are projects in place to help the recovery of curlew populations on Dartmoor: WWT and Duchy have been working together since 2024, though don't expect to see any if you visit for World Wetland Day - they're happily sunning themselves in the Algarve at this time of year.

Jo Coffey



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Accessing Foodbanks



Heating or eating; it is a stark choice faced by increasing numbers of people as the costs of both continue to rise.

Citizens Advice Torridge, North, Mid & West Devon (CA TNMWD) is working with Trussell in North Devon and we have an adviser available at Foodbanks in Bideford, Ilfracombe, South Molton, Braunton and Holsworthy. We also have a presence in the Tavistock food bank on Friday mornings.

Foodbanks are community organisations that can help if you can't afford food or if you need emergency food, but a referral is usually needed before you can use one. You can get a referral for yourself and any family members you live with including your partner. You can be referred to a food bank by CA TNMWD or from your GP, local council, housing association or social worker. Whichever organisation refers you will give you a voucher – but be careful to check if it is only valid on a particular day.

CA TNMWD has advisers in attendance at food banks to make people aware of any benefit that they are eligible to claim, advise on other help that is available such as referring to our Energy Team for advice on energy savings or getting fuel vouchers if you qualify. Very often people have no idea what help is available to them and that is where we come in; if we cannot help you directly, we can usually signpost you to other organisations that can. The aim is to give people alternative solutions to relying on a food bank.

When you visit a food bank you will need to let them know about any allergies or dietary requirements. A food parcel usually contains enough food for three days and you may also be able to get essential toiletries like toothpaste or deodorant. Some food banks have a limit on the number of times you can visit but a chat with our Adviser will hopefully have opened up other avenues to help.

People are coming to CA TNMWD in greater numbers with problems that are increasingly complex. As ever, our plea is that if you could volunteer for maybe one day a week to please get in touch. There is information on our website www.citizensadvicetnmwd.org.uk or you can contact recruitment@citizensadvicetnmwd.org.uk

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Wintering

You may think yourself lazy, or flawed. Yet your body is made of almost exactly the same elements as the stars. Your bone composition matches the coral in the seas and you, my friend, are ruled by the moon and the sun. Whether you like it or not. So no, you are not lazy, Nature is simply pulling you to slow, like the life, floral and fauna around you. It is not your moment to rise. It is winter, you are wintering. And you are right on time.

by Donna Ashworth

Contrary to the popular idea that the beginning of the year is a good time for resolutions and plans, it goes against the energy of the seasons. In winter things don't grow, the seeds are deep in the soil waiting for the earth to warm and the sap to rise. Starting 2026 with a push to make changes is likely going to make you feel like you've failed before the month is out.

Don't start this year with resolutions!

Instead, use Winter to prepare your heart and mind for the active energy that will naturally return, as the days grow longer.

Use Winter to clarify your vision, to reflect and rest. It's not an easy time, it's still getting colder, the nights are still long and any sense of plenty and abundance can feel far away. Now is the time to gently prepare for changes or new intentions by trusting you're doing the groundwork, and by resisting the push for outward action. The heavy lifting can happen when you are ready, and you'll know when this comes if you've taken time to rest, replenish and reflect.

Hibernation is a natural state, and although complete retreat during winter is not feasible, we could all do with a bit more focus inward. Whether to prepare for changes and resolutions you're thinking about, or to take time to let your heart guide you to what you really want in this coming year.

Hypnotherapy can support you to get ready for the changes and resolutions you might be thinking about or provide you with support to encourage your dreams and hopes to emerge. Hypnotherapy is a body/mind experience that helps you to accept the natural energies of the season, and harness this continuing wintertime in preparation for early spring when growing things is so much easier.

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4 WINTER HAIKUS

snow crunches underfoot
north slopes patched with pale shadows
no birds sing today

evening bonfire
the flames flicker to pierced skies
shiver in the cold

orange sphere tangles
in the trees, moonlight slipping
off frosted rooftops

dragon twists of flame
licking thoughts up the chimney
calligraphed with smoke

Colin Crewdson

The Little Things

Folklorists make a great deal out of the collected tales being a window in to the everyday lives of ordinary folk of times gone by. This is true. To an extent. Yes, there are seasonal and daily tasks, food and relationships recorded in the tales... but... that is not what the stories are about. Who tells a story about a perfectly normal day where everyone just gets on with stuff then eats a meal and goes to bed? No, the substance of fairy tale is the exceptional, things that happen once in a lifetime, I mean it's right there in the introductions "Once upon a time there was a wolf". Once. Not every time you take some biscuits round to Granny's.



Great heroes who slay monsters, bring riches from far off lands, defeat tyrants and the like make up a disproportionate slab of the folk tale corpus. This lone champion yarn is very appealing, with a clear and tidy narrative told so often that we have come to believe that it is, in some way, how things happen. The tales themselves make it very clear that the eventual monster slayer is outside the norm. Hundreds of over confident warriors have attempted the deed and been rewarded with death, every maiden in the kingdom has been served up as a snack. Losing to the terror is by far the standard, even for professionals.

Truly wild humans, if you can imagine such a thing without resorting to the grunting savage stereotypes of the silver screen, would be eye opening to see. First one would have to do away with any conceits of us as 'apex predators' or having a place near the top of the food chain. On our own and without weapons we are pretty heavily outclassed by nearly all of nature in almost every measure: we are not fast or particularly agile; our eyesight is middling; our hearing not great; our sense of smell is pathetic; we have thin skin; utterly feeble claws; short, blunt teeth... without our pointy sticks and sharpened stones, a lone human is toast in a fight against everything bigger than a badger, and probably several things that are smaller.

No? You disagree? Let's give you three rounds with an angry squirrel and see which one of you is sitting in a tree laughing, and which one of you is bleeding, cursing, and working out how to avoid that part of the forest in future. No human is big and strong next to a silverback gorilla or a buffalo but, let's face it, most of us are backing up if a swan gets uppity near us, and who's hanging around to take on a weasel with opinions, a stabby faced seagull or a rat that's feeling arsey?

It's just not worth the risk.

Not on your own.

So far I haven't even mentioned anything that might consider us part of its weekly chomping list, predators who really are at the top of the food chain. Running away isn't going to work, the fastest human alive is eating dust in a race with a rabbit that's one eighth of their size; a jaguar makes them look like a sloth. There's a chance you might make it in to a tree before a wolf could take you down, but big cats and bears are all better at climbing than us.

And there's the other end of the predator scale: insects. There's a reason why 'feeling lousy' is the phrase it is, an infestation of tiny parasites will leave us slow, weak and befuddled. On our own, it would eventually lead to death by infection, accident, or one of the aforementioned carnivores. Thankfully humans are sociable apes. As part of a group you can get your micro pests picked off. It is also as part of a group that we stayed safe from the teeth, claws, strength and speed of those that would eat us. Working together is why we have language.

It's worth remembering, as powerful leaders push us closer to war and manosphere podcasters blather about "strong men", that the myth of the great hero is just that, a myth. Anthropologists have torn up the concept of the Alpha Male as a fantasy. Yes, there have been heroes but they were the exception, so rare that they were worth talking about. The real work of making us safe was done by us, the ordinary people, working together like nurses in a pandemic.

My favourite author and folklore aficionado, Tolkien, said it best with some words he put in the mouth of the grey wizard, Gandalf:

"Saruman believes it is only great power that can hold evil in check, but that is not what I have found. I've found it is the small things; everyday deeds of ordinary folk that keeps the darkness at bay. Simple acts of kindness and love."

...here's to living happily ever after, until the next adventure.

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It's All in the Air

Weather is defined as the state of the atmosphere at any one moment in time. It describes mainly temperature, wind and precipitation (rain, snow, sleet, hail, dew etc.).

Climate describes the average weather over a time period of at least 20 years. Whilst the two are closely related the weather can vary quite significantly from climate. Living in Plymouth in 1975 I remember having a snowball fight in June. The following June brought the record-breaking six week heatwave. It is this feature of weather bucking the expected trend that makes scientists hesitant to cite specific weather events as evidence of climate change.

The main heat source warming the atmosphere is the sun. Short-wave radiation from the sun passes through the atmosphere and heats the Earth's surface which gives off long-wave radiation which in turn is absorbed by greenhouse gases. In this way the Earth's atmosphere is warmed. So, during daylight hours, the Earth is heated while during night-time heat is lost. Clouds reduce the heat reaching the earth in daytime, but act as blankets keeping in the heat during the night. This is why in winter months weather forecasters will predict frost on a clear night.

The angle of the sun in the sky will determine how much energy or heat reaches the earth. When the sun is close to the horizon (dawn and dusk), or low in the sky (winter and high latitudes),

limited energy reaches the earth and temperatures are low. Over the course of 24 hours, and on a longer annual cycle, different places and different times will either be in heat surplus or in heat deficit. A good analogy is a bank account with deposits and withdrawals.

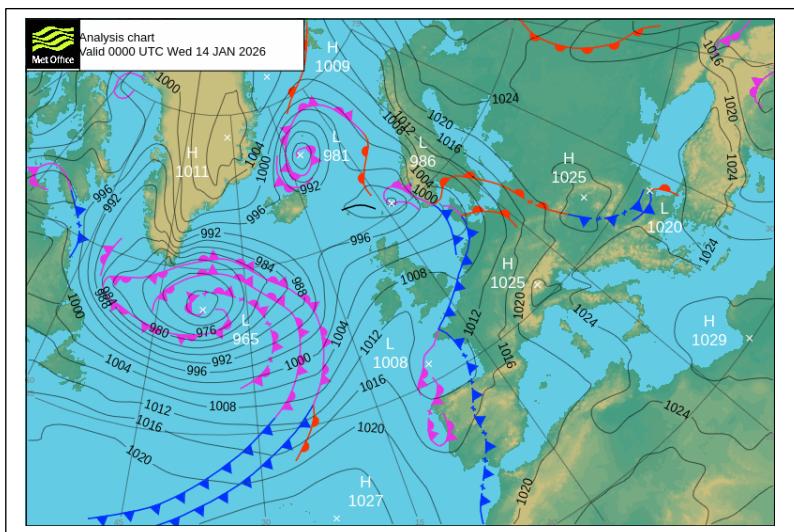
The Earth's surface comprises a range of different surfaces including water, rock, snow and vegetation. These surfaces may absorb or reflect the sun's energy. Ice surfaces reflect most of this energy; while dark rock will reflect very little, warming rapidly. Oceans warm and cool slowly, while the land warms and cools quickly. Consequently, places near the sea have low temperature ranges with cool summers and mild winters. Such areas e.g. the UK, have a maritime climate. Areas a long way from the sea e.g. Siberia, are said to have a continental climate with hot summers and cold winters.

Morchard's Weather

Storm Goretti came and went with not much more than a whimper here. We were lucky, being in the calmer central part. The Scilly Isles and Cornwall were harder hit. But why "Goretti"? Well, strangely, it was named by the French weather authorities and even stranger is that the name is Italian! Goretti is a diminutive form stemming from the word "gore" meaning to encircle, I suppose, like a storm. A little storm? I think the French weather service might need to revisit its naming conventions.

We were not blessed with a White Christmas either, although Goretti did bring some snow flurries to our gardens and slippery pavements. And now everything is wet again - mud everywhere. However, most weather institutions are predicting a calmer, drier period over the next few weeks. We shall see.

Stephen Leese



Other factors explain differences in temperatures on smaller scales, but in general terms, tropical regions are heat surplus areas and polar regions are heat deficit areas.

The warm areas of the earth heat the air above which causes it to rise creating low pressure areas. Cold areas result in high pressure as the cold air descends. Air moves as wind from areas of high pressure to areas of low pressure. Similar currents are created in the oceans. These global winds and currents redistribute the Earth's heat, stopping tropical areas from overheating and polar regions from becoming too cold.

The Earth's atmosphere has reached a stable state such that we can identify clear climatic zones around the world: hot, cold, wet and dry. The British Isles has a temperate maritime climate - not too hot, not too cold and wet. Our climate is changing, but it will be a while before a new equilibrium is reached and we will be able to compare any day's weather with the expected climate. For now, everything is up in the air.

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- **3rd Thursday of every month** - 18:00 - 19:30 - candlelit yin yoga & soundbath sessions

We have a variety of special wellbeing events on throughout the month, including other healing therapists, such as, Reiki. Please check our website for more details, or get in touch to be added to our WhatsApp group for updates.

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December/January Results

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Garden Tips for February



- Prepare vegetable seed beds, and sow some vegetables under cover
- Chit potato tubers
- Protect blossom on apricots, nectarines and peaches
- Net fruit and vegetable crops to keep the birds off
- Prune winter-flowering shrubs that have finished flowering
- Divide bulbs such as snowdrops, and plant those that need planting 'in the green'
- Prune wisteria
- Prune hardy evergreen hedges and renovate overgrown deciduous hedges
- Prune conservatory climbers such as bougainvillea
- Cut back deciduous grasses left uncut over the winter, remove dead grass from evergreen grasses

Jo Coffey

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~ Debbie's Diner ~

Take one ingredient-a loaf of bread (2)

Avocado Panzanella

800g mix of ripe tomatoes, 1 garlic clove crushed, 1 ripe avocado stoned, peeled and chopped, 1 small red onion very thinly sliced, 175g crusty loaf, 2tbsp extra virgin olive oil, 2 tbsp red wine vinegar, small handful basil leaves

Step 1. Halve or roughly chop the tomatoes (depending on size) and put them in a bowl. Season well and add the garlic, avocado and onion, and mix well. Set aside for 10 mins.

Step 2. Meanwhile, tear or slice the bread into 3cm chunks and place in a large serving bowl or on a platter. Drizzle with half the olive oil, half the vinegar and add some seasoning. When ready to serve, pour over the tomatoes and any juices. Scatter with the basil leaves and drizzle over the remaining oil and vinegar. Give it a final stir and serve immediately.



Bread and Butter Pudding

250ml/9 fl oz full-fat milk, 300ml/½ pint double cream, 1 vanilla pod halved and seeds scraped out, or 1 tsp vanilla extract, 3 whole large eggs, plus 1 egg yolk, 3 tbsp/40g golden caster sugar, 8 slices of day-old white crusty bread, 50g/2oz slightly salted butter softened plus extra for greasing, 75g/2½ oz mix sultanas and currants or other dried fruit, zest ½ lemon, 2 tbsp/25g demerara sugar

Step 1. To make the custard, heat the milk, cream and vanilla pod with its scraped out seeds (if using) together in a saucepan to just below boiling point. Meanwhile whisk the eggs and yolk with the caster sugar in a jug. Slowly pour the warm milk mixture, including the vanilla pod, over the eggs, stirring constantly until smooth. Stir in the vanilla extract now if using.

Step 2. Lightly butter an ovenproof dish approximately 20cm x 25cm x 5cm. Cut the crusts from the bread slices, then butter both sides of the bread and cut into triangles. Lay half of the bread slices in the bottom of the dish so that they are slightly overlapping. Mix the dried fruit with the lemon zest and sprinkle half of the mix over the bread. Layer the rest of the bread on top then sprinkle over the remaining fruit.



Step 3. Heat oven to 180C/160C/gas 4. Remove the vanilla pod from the custard then pour the custard over the pudding. Leave to soak for at least 30 mins, or longer in the fridge, if you like. Sprinkle over the demerara and bake for 35-40 mins until golden brown and puffed up.

Serve with custard, cream, ice cream [or all 3!]

WI Monthly meetings

Our meeting in January was a festive lunch at the London Inn, always a treat, we enjoyed the company and the delicious food.

Our February meeting is back in the Memorial Hall and will be a talk on Beekeeping, which is a subject close to our hearts.

Later on in February we are hosting the annual WI quiz for the Devon Federation of WI's. There will be several local teams competing and it is always great fun.



Sue Pluckwell



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Over 60's Luncheon & Get Together

The next Over 60's Luncheon at the London Inn will be on Wednesday 18th February at 12.30pm.

The menu for this lunch will be Chicken with Mushroom Sauce, with a selection of Vegetables & Roast Potatoes, followed by Strawberry Trifle and tea/ coffee.

The cost is £12.00 inclusive.

Regular and new members will be warmly welcomed in the London Inn.

If you would like to join in please fill in the slip below and return it to me by Tuesday 17th February or email me at mandytapp@talk21.com or phone me on 01363 877459 or just pop in to me at Harries.

Regular members please let me know if you are unable to attend, thank you.

Name: _____

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Next Meeting 18th February 10.00 -12 noon

Mining and Society

A Talk by Robin Kear

Venue: [Boniface Centre](#)

Cost: £2.00

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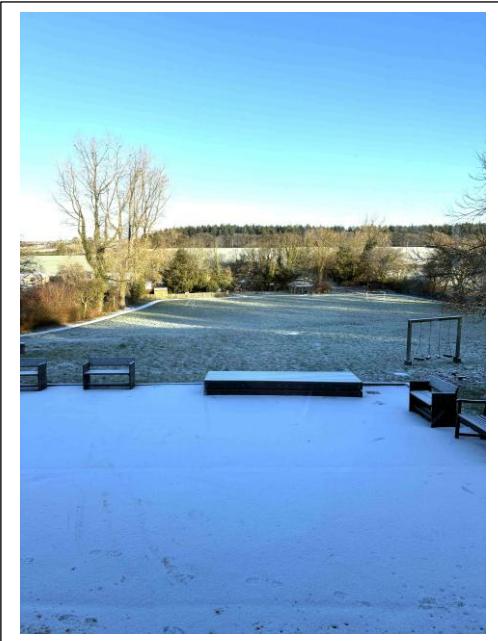
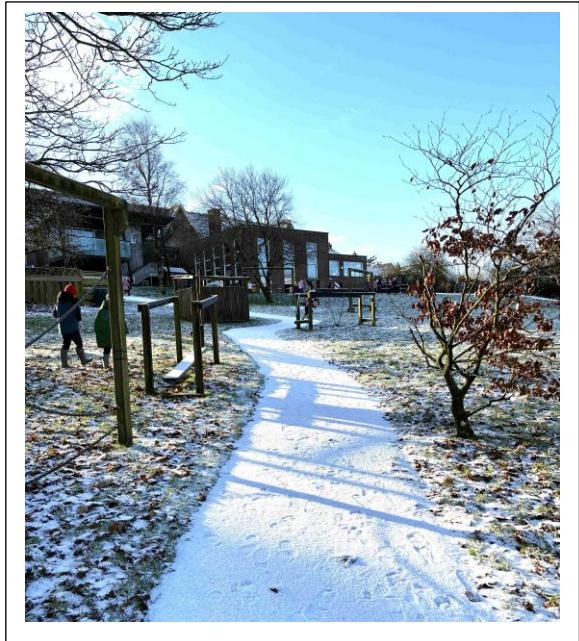
DRAWINGS

SURVEYS

ADVICE

School News

Happy New Year!



Morchard Bishop CofE Primary School and Pre-School would like to wish all of our community a very happy new year. We were excited to return to school for the new term, especially as it meant we started at a slightly later start time due to the snowy conditions! Although it can be a health and safety headache we enjoyed playing on the field and building many, many snowmen!

This term we look forward to our new learning topics across the school - What adventures can we go on? Would you like to live in a desert? What would happen if we didn't have rainforests? Plus many more! We also have some sporting fixtures planned and hopefully we'll be getting out for some educational visits. You may have seen our Pre-School out and about last term, visiting the park and having a walk through the woods. We will have much more of this!

We look forward to working with the Parish Council further to support community work at school - growing and forest school projects, working on our sustainability action plan and welcoming reading helpers! It is lovely to see friendly faces in school encouraging children with their reading and helping to look after our library.

Hannah Bancroft
Academy Head