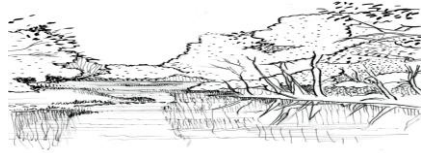


CLYST VALLEY NEWS

MARCH 2023



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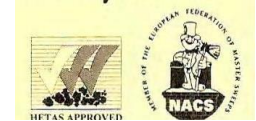
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MESSAGE FROM THE VICARAGE



The idea for this article comes from a most thought-provoking piece on *Thought for Today* on Tuesday 7th February at 7.50 am on Radio 4. (If it's still available, do listen to it. However, I am going to paraphrase it now for those who can't.) It was given by Rabbi Laura Naomi Janner-Klausner and was spoken only a couple of days after the terrible news of the earthquakes

in both Turkey and Syria. She said this:

'[following the] earthquake the death toll is still rising [then about 4,000 dead]. It has happened to lands still traumatised, one of them still shaking from years of war...[Our] world leaders have rightly pledged to send support.

'As I watched the news from the safety of my home, I alternated,' she writes, 'between imagining showing how horrendous it is, and turning away to retreat to the safety of my home.

'As I did I was reminded of a client of mine who is a coach working with those affected by natural disaster, who told me that humans can live with the facts of natural and other disasters because generally we just don't believe they "will happen to us". This can lead to two responses,' she said. 'On one hand – it can be a good thing to build a retreat like this – a coping mechanism to distance ourselves from natural disaster. On the other hand, it can allow us to be excused from sustaining a natural empathy to respond to such distant disasters or catastrophes such as these earthquakes.'

She then refers to the Jewish Bible: 'Elijah also retreats when he feels under threat (by hiding in a cave). God's response is to say "Why are you there? Ge[t] out!" (Spoken in a Cockney accent.) So Elijah stands outside of the cave and experiences the extremes of climate: earthquakes, avalanches, tornadoes and fire; cataclysmic sights and sounds.'

Significantly the Rabbi says: 'In the aftermath of an earthquake every so often rescuers stand in complete silence - just listening. They are trying to hear any sound of life obscured by noise of moving rubble.

'Elijah also experienced silence after the earthquake and having felt the presence of God. But that wasn't enough. Most important is what happened next: Elijah was commanded to act! Not just to listen or hide in a cave! So the quiet voice of God asked him: "So, Elijah, what are you going to do now?"'

This Bible reading is helpful when we are forced to deal with so much noise and pressure in our own life. Like Elijah, we need to move out of the safety of our own caves. So Rabbi Laura Naomi Janner-Klausner asked us to 'imagine ourselves along with the earthquake rescuers listening intently. Can we allow ourselves to hear even the slightest still small voice...?' She concludes by asking, 'So, what are *we* going to do now?'

In the Christian tradition, we can reply, 'Amen.' But this means (probably) 'So be it'. So be 'what'? In response I repeat her final question: 'What are *we* going to do now?'

Bill and Daff Lemmey, Woodbury Vicarage revbillwhitecross@gmail.com 01395 232161

WHITE CROSS MISSION COMMUNITY

Please see the schedule of services within the WCMC for March at the end of the magazine. Contact Jill Dupain at dupain@hotmail.co.uk or on 01395 232953 if you have any questions.

SUBSCRIBE TO THE CLYST VALLEY NEWS NOW! IT'S COMPLETELY FREE!

If you'd like to receive your own copy of the CVN (in full colour!) direct to your email address every month, completely free of charge, all you have to do is email the Editor, Peter Skelton, at clystvalleynews@gmail.com with the following message: **I am happy to receive the Clyst**

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If you'd like to advertise your business or organisation in the Clyst Valley News this year, you'll see that we have slots available NOW! Please get in touch - with no obligation - our rates are very competitive! Contact the Editor, Peter Skelton, at clystvalleynews@gmail.com without delay!

Contributions, photos and letters to the editor for the April 2023 issue of the Clyst Valley News should be sent by email, to the editor, Peter Skelton, at clystvalleynews@gmail.com by Wednesday 15th March 2023 at the latest, please. Please note that contributions may be edited.

If you experience any difficulty in receiving your copy of the CVN, please contact your local distributor, as follows:

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YOUR PHOTOS ALWAYS NEEDED FOR THE COVER OF THE CVN!



There must be a lot of photographers out there snapping away around our villages. After all, our neck of the woods is rather photogenic. Why not share your results with our readers? Most months we aim to put one nice pic on the magazine cover and we need yours! So please do send in your efforts to the editor, Peter Skelton, who'll choose one each month. Try to use relatively high-definition settings but that's not a must. Just email them to clystvalleynews@gmail.com and we'll do the rest. Simple!

EDITOR'S NOTE



Hello and welcome to this March edition of the Clyst Valley News. I must start this editorial with the wonderful news that we have a new sponsor for the Clyst Valley News! They are Courtyard by Marriott Exeter Hotel at Sandy Park and we are delighted to welcome them on board. This means that the future of our little magazine is now assured at least until early 2024, which is hugely gratifying. We pass on our grateful thanks to Courtyard for their generous support. Please do take a look at their advert on our back cover and show them your support.

I'd like to thank Julie Hodge for this month's atmospheric cover picture. She took it one morning recently while waiting for her train at Exton Station, looking up the Exe estuary towards Topsham. A moment of peace before the hurly-burly of the day gathers pace. Lovely! Last week my wife and I paid a short visit to 'The Smoke', primarily to see the amazing ABBA Voyage show at the purpose-built arena in the Stratford area of East London. We had read quite a lot about it so were pretty excited to have the chance to experience it ourselves and were not disappointed. All audience members are asked not to give too much away about the show so as not to spoil it for future visitors so I'll have to be fairly circumspect in my comments. However, it is common knowledge that this show breaks new ground in terms of a music spectacle.

You don't have to be diehard ABBA fans to enjoy the show but it helps to like their music, of course – which we do. However, an equal part of the enjoyment of the experience for the

audience is simply marvelling at the technology. It is not a secret that the band appear on stage as completely believable avatars (called 'abbatars', for obvious reasons). The effect is mesmerising; I'll say no more. We would thoroughly recommend the show but don't leave it too long to try for tickets. Apart from being a hugely popular event, in theory the arena closes down later this year. However, hopes are high that it will continue on to 2029 when the arena must vacate the plot to allow for the building of a housing development.

This experience has set me thinking about the whole issue of Artificial Intelligence (AI), which is very much in the news these days with debate on the pros and cons raging across the country – indeed, the world. The technology is moving so fast, it's both difficult to keep up and increasingly worrying how tricky it can be to recognise where reality ends and AI begins. To be honest, the ABBA show was a telling, if exciting, example of that dilemma. I suppose the real concern for many people is about the uses to which AI is put. If they're friendly and helpful and make a positive contribution to progress in our society, and make systems that benefit us more accessible, then I guess we can accept that as the normal process of human advancement. Where AI is developed with darker motives in mind, to undermine and deceive individuals, communities and even countries, we are clearly going to be more cautious in our welcome of the new technology. Given that we humans will always be less than perfect, it's inevitable that, alongside those who seek a more secure future for the rest of us, new technology will also be harnessed by those who seek personal advantage even if that means causing harm. Perhaps the jury's out on AI but it's not going to go away. That's 'The Name of the Game'.

Enjoy the magazine; and continuing good luck with Lent, if you're observing it. Oh, and Happy Mother's Day for the 19th to all you mums out there. Best wishes. Peter Skelton

CLYST ST MARY



Cyst St Mary Church

Hello everyone and hope you are looking forward to some warmer weather; snowdrops, daffodils and our wild area are gradually poking their heads up so it gives us hope that we can enjoy all that is good about winter turning into spring. Having just about recovered from a very successful Christmas at the church, we are now planning for the Easter celebrations and hope that you will be able to come along at some time. We haven't done this before but on Saturday 1st April from 2 to 4 pm (approx) we will be holding what we call an 'Easter Fest' in the church for all ages. We will be putting together the Easter Garden, the Easter Cross that is finally decorated with flowers for the Resurrection on Easter Sunday. We will also be having activities for you all that will include pictures for colouring, jewellery-making, Easter games, Easter flower decorations, chocolate and much more. Obviously, refreshments along the way and music, we hope, so if you would like to come along during the course of the afternoon please do; you will be very welcome and it will be warm!

To enable us to plan for approximate numbers, please could you email pat@cusa.org.uk (Pat Cusa) to let us know how many adults and children will coming along. We do hope this whets your appetite. Best wishes. Pat and all church members.

Church Services. The Family Service will be held on 5th March, starting at 9.30 am. This is a very informal gathering for parents and children. There will be a Family Communion Service on 19th March, at 9.30 am as usual. Tea and coffee are served after both services, and we encourage people to stay and enjoy some fellowship. We welcome new families who would like to bring their children to join us in these services.

New Look for the Monthly Coffee Mornings



The PCC has decided to replace the monthly coffee mornings, which are poorly attended, with one-off coffee mornings and other events through the year. Watch this space for more details. As a result, there will be no March coffee morning.

New Food Bank Donation Point at Clyst St Mary Church



Clyst St Mary is starting a donation point for the Exmouth Foodbank. There is a box for donations in the church porch.

The church is open every day between 10 am and 4 pm; or donations can be brought to church services on the first and third Sundays. Preferred items are cans, jars and packets. Thank you.

Village Hall Annual General Meeting



The Village Hall AGM will be held on 6th March at 7.30 pm in the Village Hall. All are welcome to attend and participate in discussion on the future plans for the Hall. The Hall committee is reconstituting as a Charitable Incorporated Organisation (CIO) which will limit the liability of voluntary Trustees. A separate notice relating to this appears below. If you would like to help with the running of the Hall as a Trustee, committee member or volunteer, or if you have ideas for activities or events which you would like to see put on at the Hall, come along to our AGM on 6th March.

Our website <https://www.clyststmaryvillagehall.co.uk/> gives details of hiring availability and prices but if there's anything else you'd like to know, please drop Ali West an email on: bookings@clyststmaryvillagehall.co.uk. We look forward to seeing you soon.

Clyst Saint Mary Village Hall

Notice pursuant to section 121 of Charities Act 2011

TAKE NOTICE that the trustees of the Clyst Saint Mary Village Hall (registered charity number 273938) propose to transfer the freehold land known as the Village Hall, Clyst St Mary, Exeter EX5 1AA to Clyst St Mary Village Hall CIO (registered charity number 1201460).

The trustees invite any representations to be made to them in connection with such proposed transfer on or before 30th April 2023.

The full postal address to which representations should be sent is:

The Village Hall, Clyst St. Mary, Exeter EX5 1AA

Alternatively representations may be sent by email to: bookings@clyststmaryvillagehall.co.uk.

The trustees will take into consideration any representations made to them in relation to the proposed transfer.

The reason for the proposed transfer is that the trustees consider that in the future it would be beneficial to manage the Village Hall using a Charitable Incorporated Organisation and an Order of the Charity Commission was obtained on 7th February 2023 permitting the transfer of assets and liabilities of charity number 273938 to charity number 1201460 including the said freehold land.

Dated 10 February 2023

Bishops Clyst Parish Council



Parish Council Elections 4th May 2023 – Your Opportunity to Make a Difference! Get to Know Your Parish Council. The role of the Parish Council is to represent the views and needs of its community. It is funded by you and works for you, with integrity and transparency at the heart of everything it does. The Parish Council website contains information on governance and transparency, finance, meetings, projects and news (www.bishopsclyst.org.uk). Parish Council meetings are open to the public so do come along and get to know how the Council operates. Agendas and minutes are posted on the website and parish noticeboards, and if you feel strongly about an issue there is an opportunity in the open session for members of the public to speak.

Your Councillors. Councillors get involved in community projects, they take part in debates and make informed decisions in the best interest of the community and, collectively, are responsible for ensuring the Council finances are managed appropriately and transparently. When carrying out Council activities, Councillors have a legal duty to adhere to the Council's Code of Conduct which is based on the 'seven principles of public life': Selflessness, integrity, objectivity, accountability, openness, honesty, leadership. Training and support are available for all councillors.

Diversity. The Council needs people from all backgrounds and experiences who reflect the community to put themselves forward for election.

Nominating Candidates. Did you know you can nominate someone you believe will represent your interests and that of your community? Or perhaps you are the best person for the job in which case find someone willing to nominate you! To be eligible you need to be at least 18 years of age; a British, Commonwealth or EU citizen; and you must also meet one of the following criteria: (i) on the parish electoral role; (ii) lived in the parish or within three miles for 12 months; (iii) occupied land or property as owner or tenant within the parish for 12 months; (iv) your main place of work has been within the parish for 12 months. A nominated candidate will need a proposer and seconder from the parish so whether you would like to stand for election or have someone else in mind you can get involved.

Detailed guidance for candidates is available on the Electoral Commission website: electoralcommission.org.uk.

Make Sure You Are Registered to Vote. If you are unsure about whether you are on the electoral roll, contact your Parish Council Clerk or East Devon District Council Electoral Registration Office (contact details below) for advice. There is also a wealth of information on the Electoral Commission website: electoralcommission.org.uk. You can vote in person, by proxy or post. (You will need to register in advance with East Devon District Council Electoral Registration Officer to vote by proxy or post.)

Recent Community Projects:

- Maintaining our car parks, including relining them and refurbishing the footpaths at the lower car park, replacing dying trees.
- Refurbishing the children's play area adjacent to the Village Hall.
- Opening up the football area on the Village Field for use by the Football Club for young teams.
- Refurbishing the allotments and currently seeking an increase in such provision.
- Planning a new footpath from Greenspire to give safe access to the village centre at Clyst St Mary.

- Addressing flood issues in Clyst St Mary and recruiting volunteers to prepare flood defences.
- Successfully campaigning to obtain a speed reduction on the A3052 road to address safety issues, especially for residents of the Cat and Fiddle.
- Providing community grants to qualifying organisations.

Being a Councillor is interesting, rewarding but not onerous; there is a wealth of opportunities to support your community in a very rewarding way. If you are at all interested, speak to one of the sitting Councillors or contact our Clerk (contact details below).

Useful contacts:

- Bishops Clyst Parish Council Clerk, Karan Bennett
email: bishopsclyst@gmail.com
tel: 01392 874405
- East Devon District Council Electoral Registration Officer
email: electoralservices@eastdevon.gov.uk
tel: 01395 571529
website: <https://eastdevon.gov.uk/elections-and-registering-to-vote/>
- Electoral Commission website: electoralcommission.org.uk

Community Grants. Community grants of up to £500 are available to groups, clubs and voluntary organisations based in the parish for non-commercial activities which benefit residents of the parish. Please see further details on our website (www.bishopsclyst.org.uk/community-grants/).

Parish Council Meetings. Parish Council meetings take place each month and dates, agendas and minutes are posted on our website (www.bishopsclyst.org.uk) and on noticeboards in Clyst St Mary, Cat and Fiddle Park and Sowton village.

Contact the Parish Council. Karan Bennett, PC Clerk, working from the PC office in Clyst St Mary Village Hall on Monday to Wednesday, 9 am to 1 pm. Call 01392 874405 or email bishopsclyst@gmail.com.

Clyst St Mary Primary School



Our KS2 children donned boots and sticks in mid-January to take part in a hockey game, organised by St Luke's. The initial training was followed by a game, with everyone getting into the competitive spirit and having a lot of fun!



Our School Council-organised Bake Sale at the end of January was a huge success. Our parents were incredibly generous in providing cakes and bakes - so much so that we held it twice! A big thank you to all the parents for their support.



A select group of Class 5 and 6 pupils visited the beautiful Dunsford Nature Reserve on the edge of Dartmoor. The children stopped at three 'stations' en route to take part in various team building activities, as well as climbing a large hill, to be rewarded with a glorious view for lunch! The children enjoyed their outing immensely.



The second week in February saw the return of the Bikeability team, teaching the all-important basic and Level 1 cycling skills to our Reception and Year 3 classes. Sessions for the younger children focussed on developing balance and handling, while the Level 1 children increased their bike control, gross motor skills and fitness levels. The course was both fun and of great

benefit to the children.

Next on our PTFA's calendar was the ever-popular Valentine's Disco! It was a great turnout and great fun for the whole school. Many thanks to our hard-working PTFA for making the event such a success. This led us nicely into half term - the week starting Monday 13th February - which was a well-deserved break for everyone.

Our annual Caring and Sharing event is at the end of February, organised by our Class 6 children who invite a close family member, or friend, to an afternoon tea at the Village Hall. They take great delight in preparing sandwiches and nibbles for this lovely event, which is eagerly anticipated by all involved.

Parents' evening takes place over two days for the whole school this term, on Monday 27th February and Wednesday 1st March.

Class 4 will embark on the ever-popular Forest School course at the beginning of March, which will run for five weeks. We will also mark World Book Day and hold a Scholastic Book Fair in March, both of which are important for promoting reading and engaging the children's imaginations. More on these events in next month's issue.

Walking Group



The village walk will take place on Tuesday 21st March. This normally comprises an approximately four-mile walk in the morning followed by usually a pub lunch and sometimes another short walk in the afternoon. We meet at the Village Hall car park at 10 am and all are welcome. Walkers do of course walk at their own risk.

Clyst Valley Preschool



We start 2023 after a very busy autumn term, with the children all enjoying their Christmas party, Nativity concert, making Christmas cards, decorations, and stickmen for our church Christmas Tree entry. Check out all our fun activities on our Instagram page!

Our Preschool has been inundated with enquiries and demand for spaces for this term, and the coming summer term and is now full...However, we will have plenty of spaces available in the autumn term, September 2023 and are now happy to receive applications via email, our website www.clystvalleypreschool.org or by calling us on 01392 876615.



Badminton Club

Clyst St Mary Village Hall



The club, which plays on Tuesday evenings in the Village Hall will re-start after the Christmas break on:

Tuesday 10th January 2023 at 8 pm.

ALL are welcome (young and not so young!!) so come and join us. It is good exercise and a sociable evening.

For more information please contact either:
Hilary 0139 2874722 or Anne (annecurryer@gmail.com)

Thank you.

Table Tennis Club



Please come and join us! New members always welcome. We play at the Village Hall every Thursday, 4 - 6 pm. The minimal fee of £20 for a 10-week session includes use of all equipment and refreshments. Alternatively, fees may be paid on a weekly basis if preferred. For further details please contact Pam Gardner on 07714 097220 or by email to pamelamgardner@gmail.com.

CLYST ST GEORGE AND EBFORD



Cards for Sale in the Church



Recycled cards are again available in the church. They can be used for any occasion, eg notelets, birthday, get well, sympathy, anniversary, new home, new baby, etc. You are welcome to visit the church at any time and spend time looking through the boxes of cards. The church is open every day between 9 am and dusk. I'd also welcome any cards you may wish to recycle, except for Christmas cards. These can be left in the church for collection. Many thanks. Linda Wilkerson (01392 873699)

Clyst St George Parish Council Chairman's Notes: March 2023

Important: The coffee morning for March will be on Wednesday 8th, 10.30 am – 12 noon in the Parish Hall. Do come along and socialise.

Local elections are taking place on Thursday 4th May. For us it's all the Parish Council and our District Councillor is also up for re-election. If you want to stand then EDDC will supply you with all the details. From this year you will need photo ID before you can vote. See <https://eastdevon.gov.uk/elections-and-registering-to-vote/voter-id-2023/>.

John Manser

john@jmanser.co.uk

01392 874861

Clyst St George Parish Hall



Coffee Morning. March's coffee morning will be on Wednesday 8th from 10.30 am until 12 noon. Feel free to pop in for tea/coffee and a chat.

Quiz Night. The Quiz Night on Saturday 4th February saw a packed Parish Hall as ten teams engaged in intellectual battle over an eclectic range of topics from logos, cricket and famous faces through to rappers, Star Wars and famous faces. The Model Citizens emerged victorious and dazzled with their encyclopaedic knowledge of cocktails, 20th century art and catchphrases. Many congratulations to Donna and her team! Thank you to everyone who supported the event which raised £302.60 for Parish Hall funds. Many thanks to the Parish Hall committee members, both front of house and behind the scenes, who worked hard to make this a wonderful community event.



Big Breakfast. By popular demand the Big Breakfast will be back at the Parish Hall on Sunday 2nd April from 9.30 until 11 am. Come and join us for bacon, eggs and butties galore!



Save the Date! We will be hosting a family event: barbecue, fancy dress competition, live music, bar and bouncy castle on 7th May to celebrate the coronation of Charles III. You may remember that in last month's magazine we asked which Clyst St George resident has met the King on several occasions. The answer is, of course, the lovely Carol Russell who delivers the Clyst Valley News to the residents of Seaward Park.

We are always looking for people to support our community events and if you would like to get involved, please contact Isobel Stubbs (Chair) on 07826 806919 or Paul Bragg (Vice Chair) on 01392 874599.

Nature Garden

Clyst St George has a delightful nature garden by the side of the parish church. The aim of the garden is to grow local Devon indigenous plants and trees and to encourage a Devon meadow with local wild flowers. Should you wish to help develop this 'green' facility, you can come along on the first Saturday of every month from 9.30 to 11 am.

Norman's Weather Report



The total amount of rain here at Ebford in January, including a very small snowfall, was 107 mm (4.2 inches); all arriving during the first 18 days, particularly during the 24-hour periods of the 7th, 14th and 16th. This was in fact the wettest January in the last seven years at Ebford and 29 per cent more than the recent 12-year average of 83 mm (3.3 inches).

As a gardener, I am now hoping for a mild and relatively dry February, as a prelude to a pleasant spring. Norman Cann

Little Dragons Pre-School

We are based in Lady Seaward's School and open four days a week, from Monday to Thursday, 8.45 am – 3.15 pm during school term times. For more information please telephone Elly on 07939 995486 (in school hours), email littledragons@live.com or visit our website www.littledragonsclyststgeorge.com.

WOODBURY SALTERTON



March Coffee Morning



It is encouraging that more people than usual attended the February coffee morning. The March event is on the 4th, as always the first Saturday in the month, in church from 9.30 till 10.30 and bacon butties will be served with the coffee.

Children's Film Night



Another of the popular film nights for children was held at the end of January. Children came into church with excitement wearing their pyjamas or onesies and clutching duvets and pillows and settled down to watch *Madagascar*. Debbie Jung and Jill Dupain sold popcorn, soft drinks, sweets and hot chocolate. £140 was raised for church funds.

Monthly Craft Afternoons

These take place in the Village Hall on the last Wednesday of each month, from 1 till 4 pm. These are proving a popular social event when anyone can bring their craft work and sit and chat to friends and enjoy tea, coffee and cake. If you would just like the company but don't do a craft you are still welcome to join us for a chat. The March event will be on Wednesday 29th.



Village Lunches at the Digger's



With the reopening of the Digger's under the new managers, Simon and Nikki, we have been able to resume our monthly village lunches. The date is always the second Wednesday in the month and we meet at 12 noon. The March meal will be on the 8th. A chance to meet up with friends in the village and have a good chat. Anyone interested in joining us please contact Nikki at the Digger's to book a place. All are welcome.

POETRY CORNER

Three Haikus

By John Smith (of Clyst St Mary)

The Haiku

Poetic form tests
Discipline of syllables
Five seven and five.

Global Warming

Climate disrupted,
Tree planting saves us? If not
Beauty compensates.

Escape

A tree a rooftop,
The sun giving warming light,
A book the journey.
©John Smith



AND FINALLY...

The Sky Tonight: March



Spring is fast approaching and to celebrate its beginning, let's look at the aspect of the night sky on 20th March at 9:42 pm. The viewing time is not really critical, just of interest as it is the moment of the Vernal Equinox when the length of day and night would be equal over the whole Earth. Now the tilt of the Earth's axis stops pointing away from the Sun and begins to point more and more towards the Sun.

Previously we have been concentrating on the southern sky but now let's revisit a star group we used as a guide last month to the comet (which I hope you caught a glimpse of, in spite of the frequent clouds) and discover two new constellations. *Turn to face north and look for the seven bright stars of the Plough.* You may be surprised to see it in a different position in the sky than it was previously - now it is almost overhead. It moves around the Pole Star - actually it is, of course, the Earth spinning the other way - rather like the hands of a clock, and, like a clock, its position can be used to tell the time. An instrument, the nocturnal, was built to do just that, probably by the Greek Hipparchus in the second century BC.

The Plough is part of the constellation of the Great Bear, Ursa Major. *Look closely at the star second along from the end of the 'handle' and if the night is clear you will see it has a faint companion.* These do not form a true double star, they are just in the same line of sight, although the brighter of the two, Mizar, is a true double star. There are two galaxies - distant star cities - near the Plough that can be seen with binoculars. *Look between the two stars forming the bottom of the 'plough shear' and near the one furthest away from the 'handle' is the spiral galaxy M81. This is what our Milky Way would look like from far away. Just a full-moon-width away from it is another galaxy, M82 which appears long and thin, probably because it is being seen more from the edge.*

Use the Pointers - the two stars furthest from the 'handle' - to again find your way to the Pole Star. From there a line of three stars leads to the right to another box of four stars, like the Plough, but smaller. This is the constellation of the Little Bear. Find the brightest star in the 'box'. 2000 years ago this would have marked the north pole of the sky, hence its Arabic name, Kochab, which translates as 'Guardian of the Pole'. This change of pole star is because the Earth wobbles on its axis, rather like a spinning top about to fall and in consequence the direction to which our North Pole points, slowly changes, describing a circle around the heavens once every 26,000 years.

Between the two Bears look for a semi-circle of faint stars which curve around the Little Bear then changing direction to the East to end in an irregular box of four stars. These form the constellation of the Dragon. Look for the reasonably bright orange star, Eltanin, in the irregular box that forms the Dragon's head. In 1.5 million years, it will be the brightest star in our sky as its movement will bring it close to our solar system. The second star along in the curve that make up the Dragon's tail is named Thuban. It is not a very impressive star now but when the pyramids were being built around 2800 BC it would have been an important marker as then, like Kochab 800 years later and the Pole Star now, it would have marked the north pole of the sky.

You will have noticed other star groups the other side of the Pole Star - a W perhaps? These form part of a Family Saga we will return to in the autumn.

Let's turn now to those wanderers, the planets. *At the beginning of the month look for Venus and Jupiter low in the west, less than a full moon's diameter apart. As the month progresses Venus will pass Jupiter and climb higher in the sky. Towards the end of the month a close look with binoculars should show the disc of Venus as only three-quarters illuminated. Because it orbits the Sun inside the orbit of the Earth it shows phases like our Moon. (We'll come back to this another time.)*

Here's a thought to end. For the last 22 years not all of the human race has been resident on the Earth at any one time. During that time the International Space Station (ISS) has been continuously inhabited by astronauts from many countries, including our own Tim Peake. The ISS can be spotted as a bright star-like object crossing the night sky and March is a good time to look for it. Here are three possible dates and times and where to start looking: 19th at 7.41 pm. *Look to the horizon south of Aldebaran. The ISS crosses the sky through Orion towards Procyon.*

20th at 8.29 pm. *The ISS comes above the horizon to the left of Venus, passes Aldebaran going overhead.*

23rd at 7.41 pm. *Again, the ISS crosses the horizon near Venus and traverses the North-Western sky.* Clyde Bish

The Exeter Forum Talks Programme: March 2023



The Exeter Forum weekly talks take place on Wednesdays at the Mint Methodist Church in Fore Street, Exeter, EX4 3AT. Members get together from 10.15 am. After time for coffee and socialising, the talk starts, usually at around 10.45 am. All are very welcome to attend these meetings. There is an admission charge of £3 if not a member of the Exeter Forum. More information at www.exeterforum.org/talks.

Date	Speaker	Title
1 March	Professor John Bryant	<i>Human Genetics – What's Ethics Got to Do with It?</i> Rapid developments in human genetics are raising very important questions about privacy, testing, confidentiality and genetic therapies. Professor John Bryant will make a welcome return to the Exeter Forum to look at the ethical issues associated with the developments in human genetics.
8 March	Salli Carr-Griffin	<i>A La Ronde, Exmouth</i> A La Ronde is a fascinating, unique house on the edge of Exmouth owned by the National Trust. This talk will focus on the transformational A la Ronde Project which includes the conservation of the internationally important Shell Gallery. The project also incorporates working with the local community and partnerships in a new way and will set the direction of how A La Ronde will continue to develop in future years.
15 March	Robin Thomas	<i>The Incorporation of Weavers, Fullers and Shearmen and Tuckers Hall</i> 400 years ago, a Royal Charter granted by King James 1 allowed the Weavers, Fullers and Shearmen of the City to become an Incorporation, based at Tuckers Hall. Robin's talk will look at the history and development of the Incorporation and its present role. He will also show the importance and historical significance of Tuckers Hall in Fore Street, Exeter.
22 March	Leigh Edwards	<i>Human Microbiome Part 2</i> Leigh makes a welcome return to the Forum to give his talk on the Human Microbiome Part 2. The Human Microbiome is the ecological community of microorganisms that literally share our body space. This talk focusses primarily on the gut microbes and the link between our immune systems, our brain, and our gut, and how it affects our general health.
29 March	Robert Hesketh	<i>Devon Castles</i> Devon has a fascinating array of castles and historic fortifications. Photographer and author Robert will explain how they were developed and altered over the centuries to meet the changing military, political and domestic needs of the people who used them. Examples from every major period from the Iron Age to England's newest castle, Castle Drogo will feature in the talk.

The Lights Are On But There's Plenty More to Come!



Welcome to March - and the first major event in Love Topsham's calendar for 2023.

On 26th March (the first day of spring) we have a special *Artisan Business Fair* in Matthews Hall, showcasing some of the best small businesses from Topsham and nearby areas. It will run from 10 am until 3 pm and will showcase over 20 local businesses - many of them operate 'behind closed doors' without shopfronts, so you'll be surprised at how fantastic many of our

'hidden businesses' are. Expect handmade gifts, artisan food, art, wellbeing specialists, garden landscaping services and much, much more! Please check out all the details for this on our website lovetopsham.co.uk and please reserve 26th March 10 am until 3 pm in your diaries and calendars!

The *Artisan Business Fair* is part of our campaign to urge everyone to shop local, support our fantastic traders in and around Topsham. We'll have more events in this vein during the course of 2023, so watch this retail-therapy-space!

Do you have some spare time this spring and summer - even just a couple of hours every two weeks? If so and you want to sprinkle a little magic for the town, why not become one of our team of volunteer waterers for the 90-plus *Love Topsham hanging baskets* we are putting up on our major shop fronts between May and September? We have a rota of friendly faces bearing watering cans, and that is co-ordinated by Lily at The Topsham Bookshop. If you can spare the time, please drop in and we would be delighted to have you on board!



Finally, please keep an eye on lovetopsham.co.uk and our posters around town for information on our 2023 events. We're talking business support, publicity for our town's wonderful Coronation celebrations, hanging baskets, entertainment on key Saturdays across the summer, a special foodie event in late spring, and of course events later in the year culminating in our traditional Christmas lights and market.

If you like what we do, remember that this is only possible through donations. We know times are difficult for everyone but residents can contribute and receive our annual Love Topsham card; businesses can contribute and get publicity through our website and opportunities like our *Artisan Business Fair* later this month. If you want to know more, check out our website or pop into the Topsham Bookshop for details. In the meantime, have a marvellous March - it's nearly spring! Best wishes from The Love Topsham Team.



www.healthwatchdevon.co.uk

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healthwatch
Devon

Healthwatch Devon is the independent champion for health and social care covering the largest local authority area in the South West of England with a population of 814,440 in 2021. We take your experiences of using health and care services - both good and bad, and share these with those who have the power to make change happen.

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Healthwatch Devon, c/o Colebrook (SW) Ltd, r/o Engage Plymouth, Milehouse, St Levan Road, Plymouth, PL2 3BG

Telephone: (Freephone) 0800 520 0640 (Staffed 10 am-4 pm, Mon-Fri)

Email: info@healthwatchdevon.co.uk

Carers Alert Card

Are you worried about what would happen to the person you look after if you find yourself in an emergency?

The Alert Card can give you some peace of mind.



It takes 10 minutes to fill in the form and then you can send it back in the Freepost envelope.

Devon Carers

Have you ever worried what might happen if you suddenly became ill or had an accident whilst you were out? How would you let people know that someone is dependent on you for care?

The Alert Card is designed to be carried in your purse, wallet or handbag. A handy credit-card size, it identifies you as a carer so that if you find yourself in an emergency situation where you are unable to inform people yourself, the card will be used to alert a 24-hour emergency call centre and they will ring your nominated contacts on your behalf.

[Learn more about the alert card here](#)

RD&E Wonford Emergency Department's New Entrance Is Now Open



The next major milestone of the Royal Devon and Exeter Hospital's Wonford Emergency Department (ED) redesign is now complete. As of 13 February, the entrance will no longer be through the main hospital site, and will instead be via the entrance on Church Hill, which is where it was before the works started. This milestone, alongside other key changes to the new department which will be completed over the coming months, will help to accommodate the increasing number of people accessing the Royal Devon University Healthcare NHS Foundation Trust's emergency and urgent care services.

Following the completion of this, work to further extend the Trust's emergency and urgent care services will begin, which includes a dedicated children's ED area and new children's admissions unit. This is in the final stages of design and work is likely to commence in the late summer. This will further increase the teams capacity to manage the increasing urgent care demands of younger people, within the comfort of children-friendly surroundings.

[Click here to find out more](#)

Play Bridge at Exeter Bridge Club



We meet at the Isca Centre (EX4 4NT) on Tuesday evenings (6.15pm for a 6.30 start) and on Thursday afternoons (1.15pm for a 1.30 start). We play duplicate bridge at just £2.50 per session.

Do come along and play. If you don't have a partner please contact Neville Lane (details below) to see whether we can provide a partner – we usually can.

There is ample free parking at the Isca Centre, which is close to the Exeter Arena. You can purchase drinks at the Isca Centre.



You can also join us online on Mondays at 7.15pm or on Fridays at 3pm.

Contact Neville Lane on 01392 861062 or 07496 392106 or by email nevillelane@gmail.com, or visit our website at www.bridgewebs.com/exeter for further information.



Exercise your mind



Monthly Giggle



The Three Bears returned one sunny Sunday morning from a stroll in the woods to find the door of their little house open. Cautiously, they went inside. After a while, big Daddy Bear's deep voice boomed out, 'Who's been eating MY porridge?' Mummy Bear gave a yelp. 'Who's been eating MY porridge?', she said. Little Baby Bear rushed in, 'Forget the porridge - someone's nicked the Nintendo!'

If a red house is made of red bricks, a blue house is made of blue bricks and a yellow house is made of yellow bricks, what is a green house made of?

Green bricks?

No, glass.



A man goes into a pet shop and walks up to the counter. 'Yes, sir, can I help you?' asks the assistant.

'I'd like a wasp, please,' says the man.

'You'd like a what, sir?' asks the assistant, looking puzzled.

'I'd like a wasp, please,' he repeats.

'I'm sorry sir. We don't sell wasps here.'

'Well, there's one in the window...'

Two men went into a pub, ordered two beers, took some sandwiches out of their packs and started to eat them.

'You can't eat your own sandwiches in here,' complained the pub-owner.

The two men stopped, looked at each other and then swapped their sandwiches.

A woman woke her husband one night and said, 'There's a burglar in the kitchen eating my home-made steak and kidney pie!'

'Oh dear,' said her husband. 'Who shall I call, police or ambulance?'

Two seagulls were flying over the beach at a seaside resort one boiling hot August Bank Holiday afternoon. Every way they looked, there were so many people there wasn't a speck of sand to be seen.

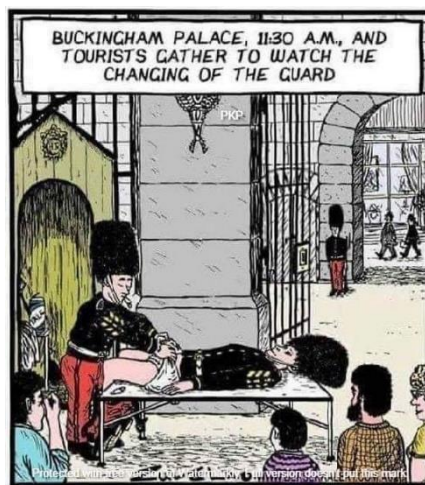
'Ah,' said one to the other contemptuously, 'takes all the skill out of it, doesn't it?'

Two pals are perusing books at a market stall in Barry

Guss is the shorter one, the taller one is Harry 'Oi Gus I jus foun a book an I don't means to fuss Just nuffin but a list uv words an titled Thesaurus!' 'Read it!' says Guss. 'As it may improve your diction'arry!'

[Thanks to John Flitney for this. Ed]

*In the mid-sixties, there was a hippy named Benny in San Francisco. Benny was real hip, but he just couldn't grow a beard like the rest of the flower child guys in Haight-Ashbury (Hashbury). One day Benny met up with a genie who liked him enough to grant him a wish, so, naturally, Benny wished for a beard. The genie granted the wish but warned Benny to always wear the beard, never to cut it off. Well, the years went by, the flower children aged, the hippy movement sort of died out, Benny went on to a career as a successful financial adviser. He decided the beard no longer fit his image so, ignoring the genie's warnings, he shaved it off. **POOF** Benny disintegrated into a pile of ashes and the caretaker swept him up and deposited him in a jar. Moral of the story: A Benny shaved is a Benny urned.*



There was this car that was driving very slowly down the highway. A State Trooper pulls it over. 'What have I done wrong, officer?' the driver asks.

'You are going at 26 mph on a major highway. There is a law against that,' the officer says to the driver. 'You must go at least 50 mph.'

'But when I turned on to the highway, the sign said 26!' the driver replies.

'HA HA HA!' the officer laughs out loud. 'That is because this is Interstate 26! The 26 isn't the speed limit!'

The driver leans back in his car seat and the cop sees a woman sitting beside him. She looks as pale as a ghost. 'What happened to her?' the officer asks.

'I don't know, but she has been that way ever since we got off of Interstate 160.'

A pianist and singer are rehearsing "Autumn Leaves" for a concert and the pianist says:

"OK. We will start in G minor and then on the third bar, modulate to B major and go into 5/4.

When you get to the bridge, modulate back down to F# minor and alternate a 4/4 bar with a 7/4 bar.

On the last A section go into double time and slowly modulate back to G minor."

The singer says:

"Wow, I don't think I can remember all of that."

The pianist says:

"Well, that's what you did last time."

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You too can advertise your business or organisation in this magazine! The CVN is delivered free to around 1300 households and businesses in the Clyst valley villages every month; and a full colour version is posted on Facebook village pages and parish council websites – as well as being sent out via a popular mailing list. If you want to find out more about our very reasonable rates, please contact the Editor, Peter Skelton, at clystvalleynews@gmail.com without delay! No obligation. Thanks.

WCMC SERVICES MARCH 2023

Sunday 5th March

09:30 WST Holy Communion
09:30 CSM Family Service
11:15 AYL Holy Communion
11:15 WBY Holy Communion
18:00 EXT Evening Worship

Week 1

Rev'd Bill
Rev'd Sid
Rev'd Margaret
Rev'd Jean Burrows
Rev'd Roz Harrison

Sunday 12th March

09:30 EXT Holy Communion
09:30 CSG Family Service
11:15 FAR Holy Communion and Baptism
11:15 WBY Holy Communion

Week 2

Rev'd Bill
Rev'd Margaret
Rev'd Sid
Rev'd Bill

Sunday 19th March

09:30 CSM Holy Communion
09:30 WST Breakfast Family Service
11:15 AYL Family Service
11:15 WBY Mothering Day Sunday Service
09:30 EXT Morning Worship

Week 3

Rev'd Margaret
Rev'd Bill
Carolyn Keep
Rev'd Bill
Lay led

Sunday 26th March

09:30 FAR Morning Worship
11:15 CSG Holy Communion
18:30 WBY Evening Worship

Week 4

Rev'd Bill
Rev'd Bill
Christine Grist

AYL Aylesbeare FAR Farringdon EXT Exton WST Woodbury Salterton WBY Woodbury
CSG Clyst St George CSM Clyst St Mary For all queries, please contact Admin
Officer, Jill at dupain@hotmail.co.uk or on 01395 232953. For any pastoral
needs please contact Rev'd Bill Lemmey on 01395 232161.



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