

January 2024 issue

Inspire & Create

Illuminating a creative life by Jackie



Contents

Page 3	Introduction
Page 4	Foyel's Philavery
Page 5	Positive Vibes
Page 6	Traditions
Page 7	Torbay
Page 9	Crafty Corner
Page 13	Celebration Colouring Page - Printable
Page 15	Digital v Paper
Page 16	Calendar Page - Printable
Page 17	Food and Cooking
Page 19	Florology
Page 21	In my garden
Page 22	Coffee, cake and campaigns
Page 23	A piece of art

Hello and Happy New Year

If you are new to my magazine let me introduce myself. My name is Jackie, and I live in the beautiful English Riviera town of Torquay, located in the wider area of Torbay in South Devon, England. I live here with my partner and my little dog, Tansy. All four of my children also live locally

So! We made it through to the New Year - hello 2024! - and I decided that I should really now give this little e-zine a proper name. I hope you like it. I chose the name because I love to find inspiration and to inspire others, which is something I strive to do. Also of course, you probably already know, I have been a crafter for many years and is something I hope I can continue to do.

So here we are in a new year, the Chinese year of the Dragon. For me, the new year is a time for hope, a new start, and a clean slate. But I don't really do resolutions. What about you? If I do try, I usually can't stick to them. I do however have some aspirations for the year. I want to develop my art with some more printing techniques. I will probably go to a place I know in Exeter called "Double Elephant". I already do some types of printing, such as lino cuts and screen printing (my favourite), but I would like to take it further. I also thought I might try to take more photographs to use as inspiration for painting. I do think that photographs get lost in the digital world; I take them on my phone and then rarely use them. I am going to go back to a camera, when I find it!

FOYLE'S PHILAVERY

Clinquant Adj - glittering especially with tinsel

klɪŋ - kuːnt noun - tinsel or imitation gold

The tree was beautifully clinquant with its decorations



Homebody noun - a person who prefers pleasures and activities that center around the home

She is a real homebody at this time of year

Cloop noun - the sound of a cork being pulled from the bottle



You could hear the cloop as the bottles were opened

Positive Vibes



Janus the Roman god - January
is the god of ending and new beginning

So say goodbye to the old and hello to
the new

Happy
New Year

Traditions



I remember when I was a child, my dad, who had dark hair, would always visit my aunt and uncle up the road from where we lived first thing on New Year's Day. He told me this was called First Footing - meaning that a dark-haired man should be the first to enter the house on New Year's Day and he should carry with him a coin or coal. In return, my uncle would be the first to visit our house. This tradition is meant to ensure that the house and all its occupants are prosperous in the New Year.

"I also remember my parents telling me of a visit they had made to Spain over the New Year. On that occasion, they, along with other people in a party, all popped 12 grapes into their mouths without swallowing. One grape for each month of the new year and on each chime of the countdown clock. My dad, uncle, and aunt are no longer with us, but these memories make me smile.



At our house, we usually stay at home and have a glass of bubbly, usually with other members of our family, and some nice supper and to reflect on the year gone. Once the extended family have gone home or on to other festivities John and I will watch the fireworks on TV as New Year enters all around the world. Of course a New Year's kiss is exchanged along with our thanks.



Torbay

The Bay of Lights festival has now finished, and it was a spectacular and dazzling sight. Torbay, including Torquay, Paignton, and Brixham, shone beautifully as they were transformed with lights and light shows of various colours and types. Paignton featured the Christmas Train of Lights, while Brixham hosted a Lantern, Lights, and Luminations event. Meanwhile, Torquay delighted visitors with its 1.5-mile Illumination Trail. All of these attractions are worth a visit and are truly enchanting. My partner, my little dog Tansy, my daughter and her family, and I all spent a wonderful evening immersed in the magical sights. It was definitely worth the visit.

The captivating picture of the bay displayed here was taken by a local man named Andrew Treadaway who graciously allowed me to share it with you.

He perfectly captured everything I wanted to convey about the stunning display in the Bay.



Torbay

Have you heard of a 'Pixel' tree? well all three towns had one. Each tree stood 12 meters high and consisted of sound and light shows - they work using individually controlled, computerised I guess, LED lights, which can change colours, make patterns and even pictures. The green one is in Torquay and the gold one we saw at Longleat on a recent visit.



Very modern but I think I still prefer a real tree with sparkling lights.

Crafty Corner

LET THERE BE LIGHT

These can be made to fit around any straight sided glass jar or drinking glass. They can also inside stand in lid that has a lip, or they can hang on a string of little lights. You will need to adjust the length and the height of the template to suit your choice.

MATERIALS

- A piece of vellum paper/tracing paper
- A black and white **ink jet** printer (*do not use vellum or tracing paper in a laser printer*)
- The template on page 11
- Double sided sticky tape
- A glass jar or drinking glass



Crafty Corner

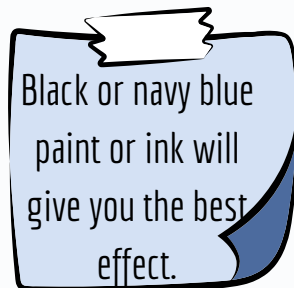
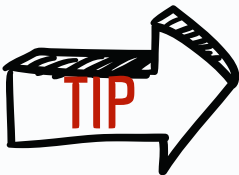
LET THERE BE LIGHT

METHOD

- Print the template onto your vellum paper
- Cut the vellum paper to go around the glass you are using and ensure there is at least a 1/2" or 2cm overlap
- Cut the vellum to the depth of the glass
- Wrap the vellum around the glass and secure with the tape

OR

- You could cut out the template and use as a stencil with ink or paint. If you do use this as a stencil you will need to cut out all the areas that are black.

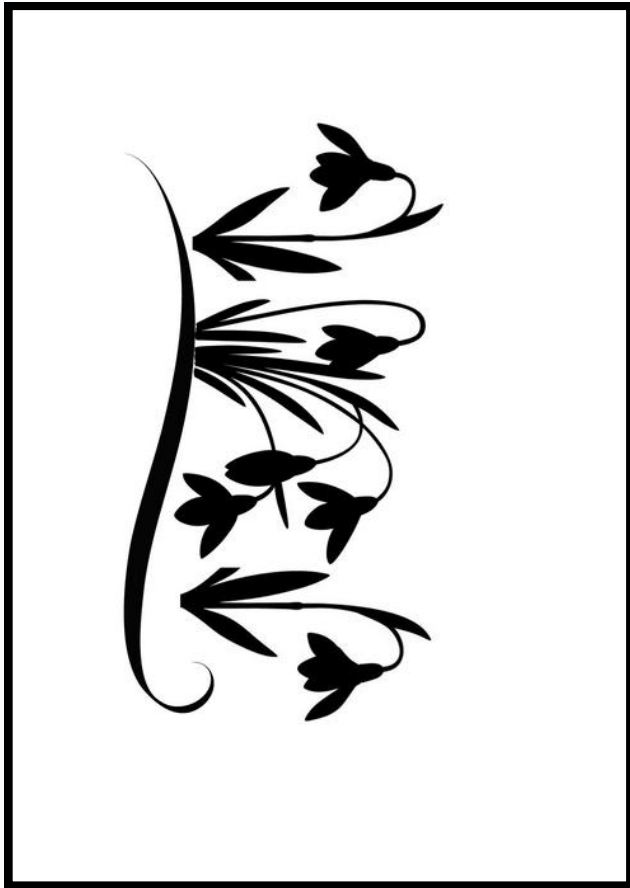


Crafty Corner

LET THERE BE LIGHT




Print out this template to the size you want.





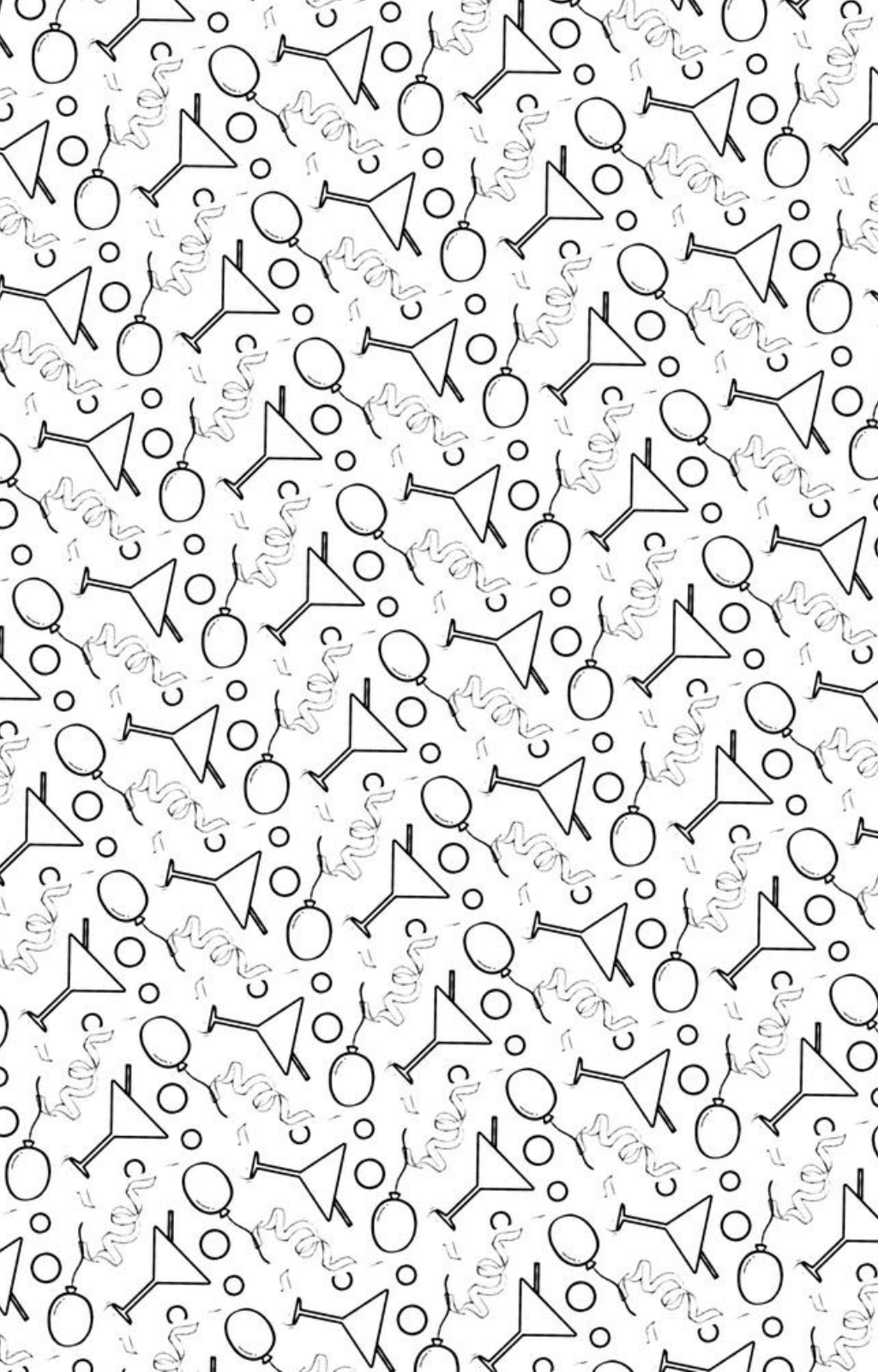
Crafty Corner

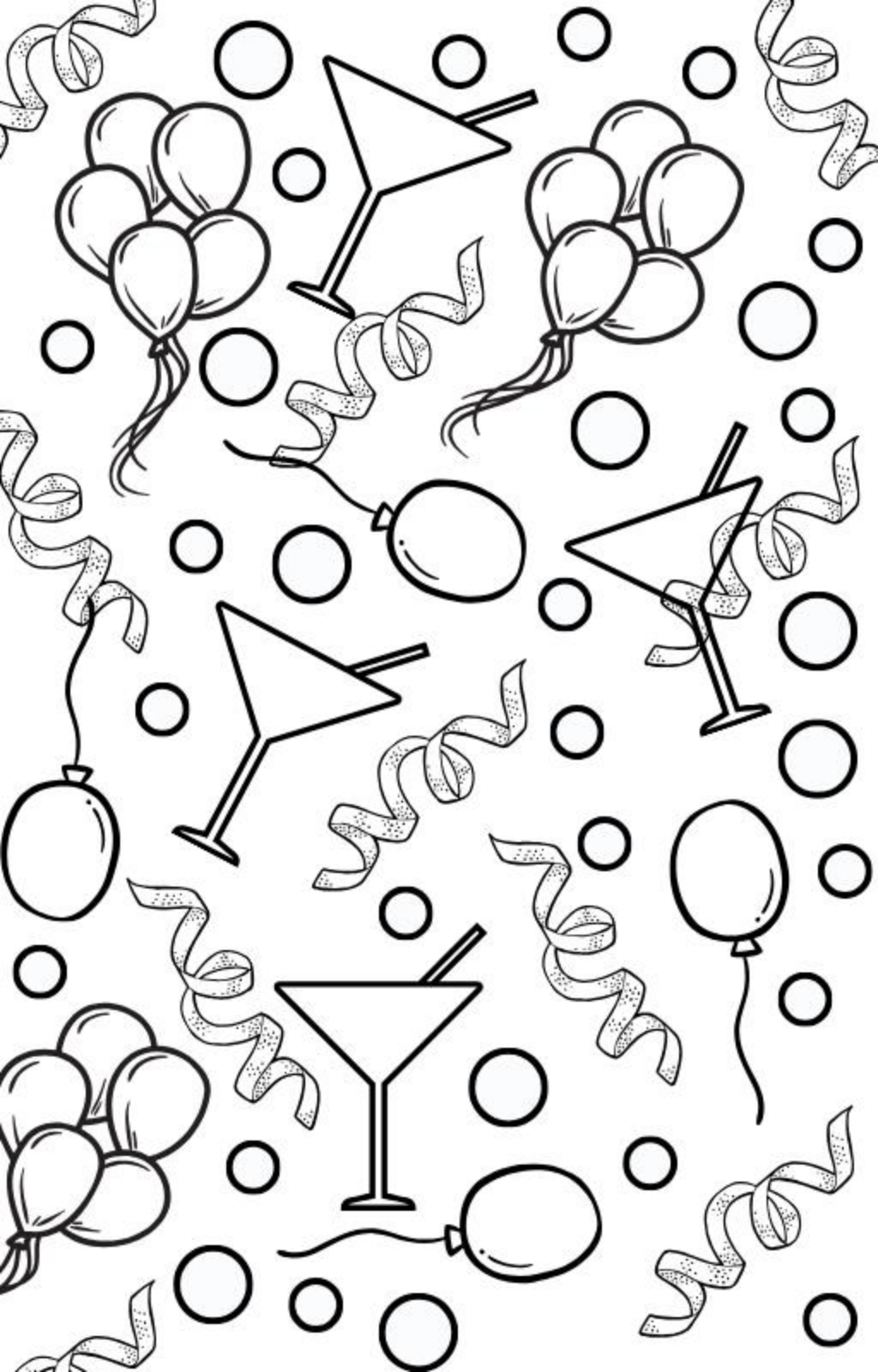
LET THERE BE LIGHT



After all the craziness take a minute to relax with some celebration colouring on the next two pages. Just print out, get your favourite drink some lovely colours, relax and create something beautiful. Go crazy with the colours as it doesn't have to make sense.

I have given you the choice of two - a nice big one if you only like doing a little bit of colouring or a much smaller print as a challenge.







Digital v Paper



I primarily use a digital calendar/diary on my phone for most of my scheduling. However, I still find a paper calendar sheet incredibly useful for quickly glancing at the upcoming week. I even colour-code it to make things visually clear. Sometimes, I just want a rapid overview of what's happening over the next few days, so I keep the paper calendar on my fridge in the kitchen.

At the beginning of each month, I update the paper version with the events already scheduled in my phone. Once the month is over, I simply discard the previous month's paper calendar. I wouldn't want to part with my digital diary—it's indispensable when I'm on the go or arranging meetings with others. Plus, it serves as a helpful reminder for upcoming events.

In my world, there's definitely room for both digital and paper calendars

On the next page I have added a printable diary page for you - I hope you like it and find it useful.

January 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2	3	4	5 12th Night	6	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25 Burns Night	26	27
28	29	30	31			

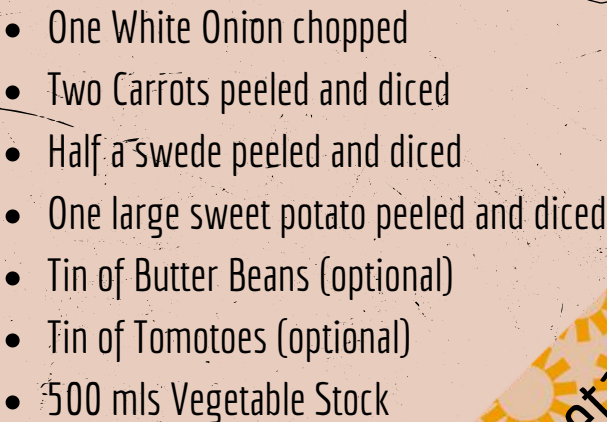
Notes

Food and cooking

The winter weather calls for comforting, warming food. And I like a hearty stew. Stews can be made from various combinations of vegetables and meats, all of which promise a satisfying lunch or dinner. I like to have mine with a chunk of thick bread, or sometimes a dumpling or even a cobbler! For an extra touch, I add a tin of butter beans or chickpeas.

To prepare, I gently fry the onion, then add everything else to a large pot and cook until the vegetables are soft. Finally, I add the beans at the very end to ensure they remain firm.

Feel free to adjust it further according to your preference!

- 
- A decorative rectangular box with a hand-drawn border. Inside the box is a list of ingredients. In the top right corner of the box, there is a simple line drawing of a whole onion and a bunch of carrots. The box is set against a background of a patterned paper corner.
- One White Onion chopped
 - Two Carrots peeled and diced
 - Half a swede peeled and diced
 - One large sweet potato peeled and diced
 - Tin of Butter Beans (optional)
 - Tin of Tomatoes (optional)
 - 500 mls Vegetable Stock

Vegetarian

Food and cooking

A cobbler is a lovely warming addition to a stew and can also be used sweet when combined with fruit. It is similar to a scone and can make a nice change to a crumble. Here is the basic recipe and to change it to a sweet version just add some sugar to the mix and use to top a fruit filling.

To make: stir together the dry ingredients, then add melted butter and yoghurt. Add water if required to get the consistency to roll out, approximately 1.5, 1/2in thick and then cut into rounds. Place the rounds on top of the filling and cook in the oven at 180 C gas 4 for about 20 mins until they are nicely risen and brown.

- 100 gm plain flour
- a pinch of salt
- 1/2 tsp baking powder
- 25 gm butter
- 4 tablespoon of yoghurt
- mixed herbs (optional)

Add sugar for a Sweet
version

Florology

With thousands of languages spoken around the world, and various other forms of communication that people employ, it's nice to recognise that flowers also convey a 'code'—a symbolic meaning. Numerous flower dictionaries exist, offering definitions based on factors such as colour, country, history, folklore, and more. I was intrigued to find that these hidden codes can often be discovered in antique paintings.

I tend to use the codes suggested in the Victorian era here in England, though sometimes I do stray. I also have found out that colour can change the code of a flower completely.

January, the new year is a time for HOPE. And the flower that depicts this is the small delicate snowdrop (*Galanthus nivalis*). She is the first to bare herself in the cold winter of some countries and she is the sign of hope to come, spring to come. This little beauty will appear in January in some countries and early February in others. She will even brave the frost and snow.

In Christianity the snowdrop is dedicated to the Virgin Mary and tradition has it that it will flower on Candlemas Day (2 February)



Florology

Hans Christian Anderson even wrote a story about the snowdrop
(On breaking through the ground the sun says)

“Welcome, welcome!” sang and sounded every ray, and the Flower lifted itself up over the snow into the brighter world. The Sunbeams caressed and kissed it, so that it opened altogether, white as snow, and ornamented with green stripes. It bent its head in joy and humility. „Beautiful Flower!“ said the Sunbeams, „how graceful and delicate you are! You are the first, you are the only one! You are our love! You are the bell that rings out for summer, beautiful summer, over country and town. All the snow will melt. The cold winds will be driven away. We shall rule; all will become green, and then you will have companions, syringas, laburnums, and roses; but you are the first, so graceful, so delicate!“

Source: <https://www.childstories.org/en/the-snowdrop-2000.html>



In my garden

or close by!



I don't have a large garden. I have a front garden and a small side garden, but no back garden. The side garden is significantly and negatively affected by the presence of a large house right next door and numerous tall trees at the back.

Consequently, sunlight on the side is quite scarce. In contrast, the front garden does receive sunlight. Being in Devon, we have an ancient stone wall at the front and the sides that harbor the dreaded slugs and snails, amongst other creatures. I also wonder about the quality of the soil; however, the weeds seem to thrive regardless. We do have a small pond with just a couple of resident fish. I must admit that I am not particularly skilled at gardening. Despite this, I occasionally daydream about having the most beautiful garden, but reality always brings me back down to earth.

Despite not being good in the garden I thought I would tell you what is in it at this time.



In my garden

or close by!



This month there is not much showing, but I do have snowdrops - and quite a large clump just in one place. I have been researching and I did not know there were so many varieties of this flower. I can tell you with some confidence that the variety I have is the Common Snowdrop, and fortunately, it is happy in partial shade. It is situated in a border at the bottom of one of the stone walls. It is a tall plant, this one at around 12"/30cm high. The clump has been there ever since I moved into this house over 30 years ago and comes back without fail every year.

Unexpectedly, and showing how our climate is changing, I also have a couple of common primroses with full beautiful lemon flowers showing. Although they are an early spring bloom, January is unusually early.





Coffee, Cake and Campaigns

Happy New Year to you all will be the first thing that we will hear from our WI meeting in January. And it will be sincere! All the parties and celebrations are over, and now it's back to business.

It is time to discuss the entries for the Resolutions to be voted on for 2024. It is an opportunity to discuss the main four suggestions and then take a vote. The votes are then sent to our County Federation, who will count them and forward the results to the National Federation.

But it's not all just business, as there are lots of things in the pipeline. There is the County Quiz - not for me as I am hopeless at quizzes, but this is a long-standing event that is very popular throughout Devon. There are beauty and pampering days organized throughout February and March, great lunches with three different Auctioneers speaking, and for the art and crafters, there are county-wide competitions with two cups to be won.

We will, of course, continue with our Water Monitoring Project on 11 rivers throughout the County and provide further data to help improve our rivers and to look for suitable river swimming places. I will keep you updated.

Lots to do!!"

My Art Work

I painted this little snowdrop in watercolour.

Which one do you like best?





If you like my efforts and feel you would like to buy me a coffee than please use the link here. Every coffee donated is much appreciated and I thank you in advance. To thank you further when you use this link you will have access to my online shop and there are lots of free items in there for you to download including a printable, journal or note, page with beautiful snowdrop decoration.