

March 2024 issue

Inspire & Create

Illuminating a creative life by Jackie



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Hello and Welcome

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, situated in the wider area of Torbay in South Devon, England. The Bay, as locally known is made up of three towns - Torquay, Paignton, and the fishing town of Brixham. I share this lovely place with my partner and my little dog, Tansy. All four of my children also live locally.

As we move into March, signs of spring are everywhere. Along the route I take almost every morning for Tansy's walk, there are lovely trees lining some of the streets. These trees are breaking into delicate pink or white blossoms and are so lovely to see.

Easter arrives early this year, in March. Additionally, the clocks go forward here in England on the same weekend. We lose one hour in bed but it stays lighter longer in the afternoon - which for me is a bonus.

Did you know that daffodils usually start blooming in Cornwall first, and then here in Devon, they then slowly creep up the country. I feel lucky to have them so early in the season."



Spring forward 1 hour

FOYLE'S PHILAVERY

A collection of interesting and unusual words

Chocolatomaniak the irresistible and
noun passionate love for all
 things chocolatey

Aureate Something that is golden,
adjective shining, or brilliant.

Petrichor The pleasant earthy smell
noun that comes after rain

Challenge

Try getting any of these into a sentence?

A POEM FOR MARCH

Never mind, March, we know
When you blow
You're not really mad
Or angry or bad;
You're only blowing the winter away
To get the world ready for April and May

Annette Wynne



**HAPPINESS
IS A CHOICE**



CHOOSE IT.

Torbay

Just off the main sea front in Torquay you can find the historic buildings of a medieval monastery. Torre Abbey, founded in 1196. It has been beautifully restored over the years and is now a collective of interesting places to visit. It has an Art Gallery featuring historic art, a Museum, Gorgeous gardens with archeology finds, Cafe and Gift Shop. Along with all the amazing historical artefacts, the Abbey uses up-to-the-minute technological aids to make the exhibitions even more interesting and often interactive. There is also a creative space for all manner of events and workshops. I have been privileged to run several workshops, for adults, children and family groups, in this amazing space.

There are well kept organic gardens that boast a diverse and enviable display of dahlias and roses. These gardens also feature a tropical glasshouse, a medieval garden, a walled garden, and a potent plants garden—complete with the sinister plants favored by Agatha Christie for making poisons. A few years ago, they even established their own honeybee colony.

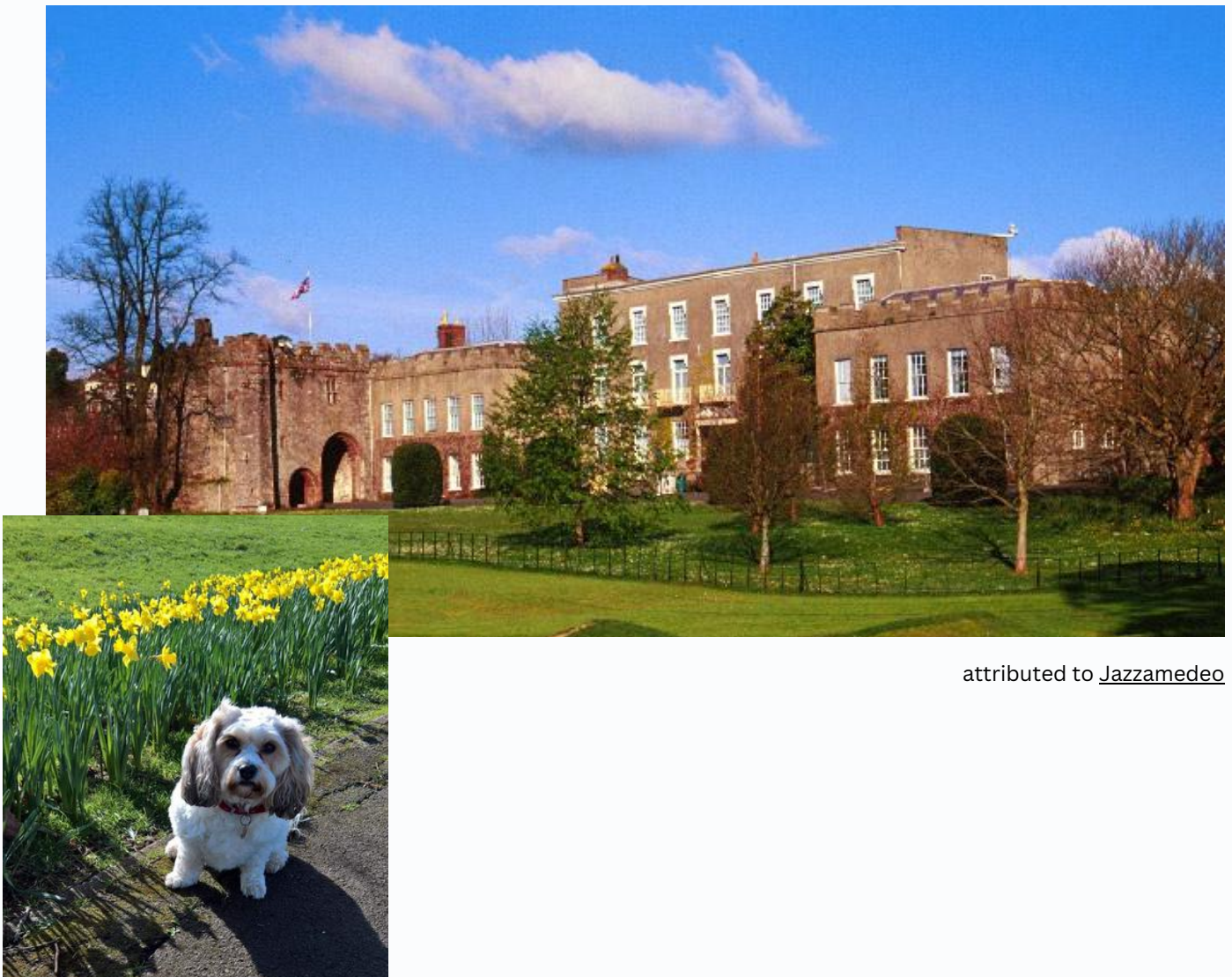
In the park just at the front of the Abbey you can find probably one of the oldest mulberry trees in England believed to have been planted in 1827. The berries, only when ripe, look similar to Loganberries and are edible.



Attribution:
Kolfor (Wikimedia)

Torbay

There are several ways to get to the Abbey but my favourite at this time of the year is to walk or drive along Kings Drive which leads down to the sea front. Why? because it is awash with spring flowers and particularly sunshine coloured daffodils and purple crocus. Tansy and I will take the walkway through to the Abbey grounds and stop for a coffee overlooking the sea. Tansy likes it here because she can roam freely and safely, oh and of course they do have doggie treats.



attributed to [Jazzamedeo](#)

Torbay

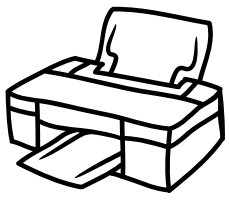


attributed to marieclaire.co.uk

The wonderful Potent Plant Garden in the Abbey is associated with the World renowned author Agatha Christie, born in Torquay in 1890. Many of the victims in the 66 novels written by Agatha died from poisoning and this garden is to acknowledge her vast knowledge of pharmacy. “Fans of the writer can also interpret the plants and clues in the four outside beds and solve the mystery of the missing story titles. Dangerous or not every plant in this feature appears in one or other of her stories or is connected in some way to her life.”*

*source <https://www.torre-abbey.org.uk/gardens/agatha-christie-potent-plants/>

Once a year the Abbey holds the Agatha Christie festival over a week in September with all manner of cultural talks, walks, films, workshops and performances. There is also a one mile mystery walk, in this her home town, with 10 landmarks to visit, and at 8 of them, visitors can find a clue to spell out the name of one of her victims. Visitors are encouraged to find the bronze bust of the dame in Cary Gardens near the harbour. Further into the town, at the museum, there is a permanent exhibition providing more information. Not too far from Torquay in Brixham is Greenway the house bought in 1938 that became her summer retreat until her death in 1976.



Crafty Corner

Bunny Gift Box Template



Bunny Box

Cut around the design. Fold between the bunny heads to form the box. Fold tab marked "a" inside, and tape or glue. Fold up the bottom of the box and the three bow ties making sure that they are on the outside of the box as shown. Tape or glue them. Fill the box with treats!



cut here

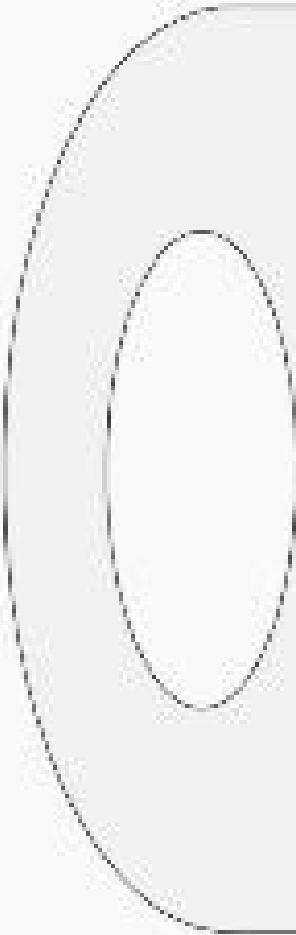
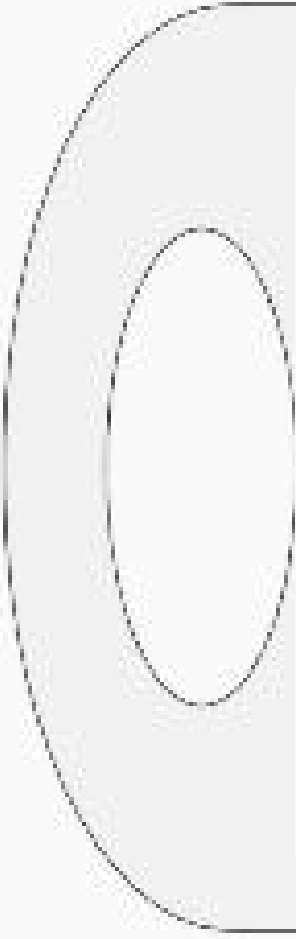


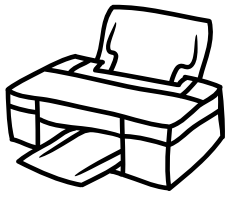
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Crafty Corner

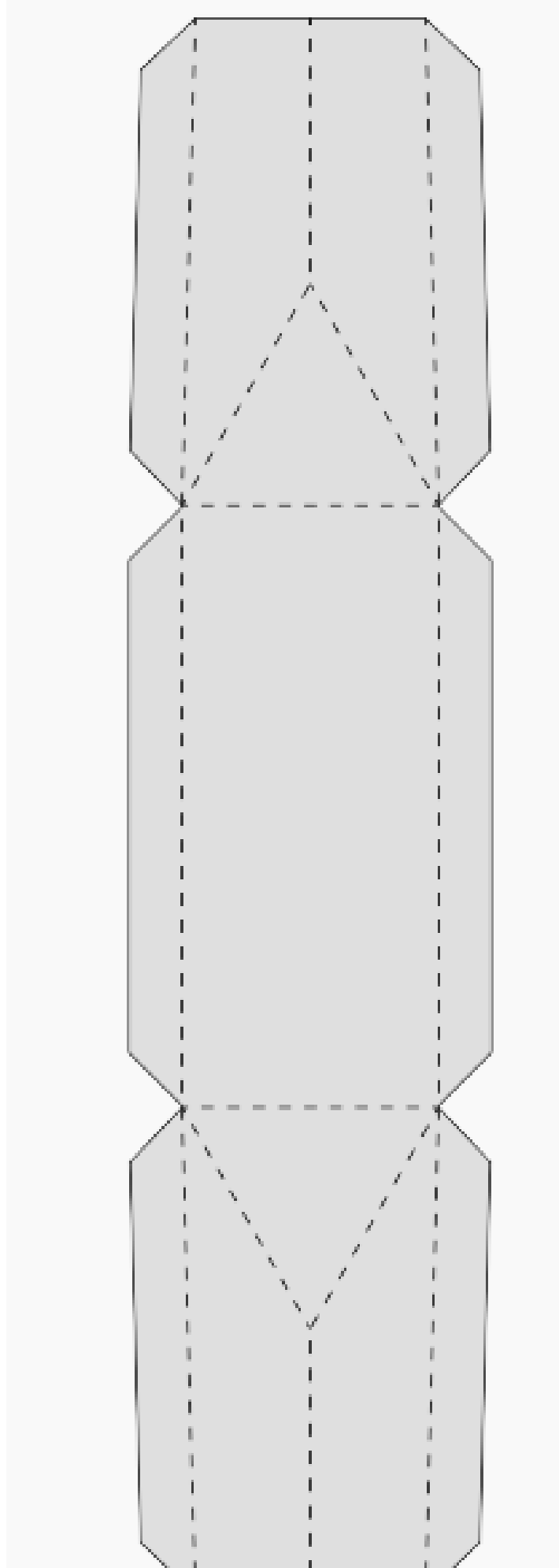
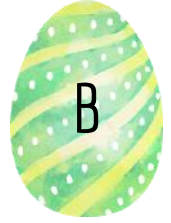
Gift Bag Template





Crafty Corner

Gift Bag Template



Crafty Corner

METHOD GIFT BAG MAKE UP

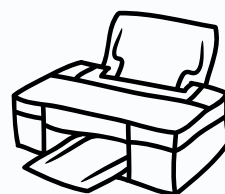
- Use a thicker paper than copier if possible for best results
- Print out both templates and cut them out around the solid lines only
- Fold all along the dotted lines of template B
- Add glue or double sided sticky tape to the top of the tabs and stick down the front and back of template A to them



Print and cut out spring bunting



Print out as many as you like, cut them out, add string and hang this pretty spring bunting





HAPPY
EASTER



HAPPY
EASTER!



EASTER - BACK AWHILE

When I was growing up my brother and I would look forward to Easter as we knew we would get some chocolate eggs. Back then the eggs would be filled with sweeties too. As well as chocolate eggs my mum would make sure we had a set of new clothes, usually new socks, new sandals, not shoes as we were going into spring, and a new knitted cardigan for me and a jumper, usually in the same colour, for my younger brother. We were all dressed smartly. We might have painted boiled eggs in a new eggcup for breakfast, a lovely cooked lunch, usually a lamb roast and then hot cross buns and maybe chocolate nest cakes at teatime. In those days you could only get hot cross buns and Easter eggs a few days before the event, and I think that made it more eggciting! I do not come from a religious background so I never attended church at Easter but many of my friends did. On Easter Monday we would visit relatives and there would be more chocolate.

The first molded hollow Easter eggs were first established in Bristol here in England by Frys in 1873 quickly followed by Cadbury's in 1875. Other countries such as France and Germany already had their own Easter eggs which were made from solid chocolate.





Digital v Paper



I have had a Kindle ever since they came out in 2007 and I have always liked it. And of course now I can use it in its original form, or access it on my phone or laptop. Being able to use Kindle on these different devices means I have always got a book with me, no matter where I am, providing I have one of the devices, and I like that. If nothing else I do usually have my phone on me. Does this mean I don't buy books anymore? Well no, I still buy some types of books, especially those I need to refer to for crafting techniques or art for example, although even some of these are now mine digitally. I don't usually buy fiction as a physical book any more. I like that I can ask Kindle to provide me with a sample of a book before I buy it. I have to admit to having a large digital library and am glad these are not physical as I would not know where to store them. What I don't like about Kindle books is, unlike physical books, you can not loan them to somebody else. There is an option with Kindle to get the books for free using Kindle Unlimited - which is paid for monthly and I have used in the past. However, the books do not belong to you, they are being loaned to you, like a library and once you have 20 in your library collection, to get another you have to give one back.

As far as magazines are concerned I am just trying one or two out. I quite like the idea as in the past I have bought magazines and then find I don't like throwing the better ones out, causing a pile to have gathered. With digital mags I get to see the same content without the clutter. The digital ones are usually cheaper too and again it's a better option for storage,


So for me the cheaper purchase, the saving on storage and the ease of access means I do have a preference for digital, but recognise that some physical books are still useful. And I still LOVE hanging out in a bookshop for an hour or so enjoying all the lovely covers on the books. You can't get the same feeling online!

03 MARCH



NOTE



	SUN	MON	TUE	WED	THU	FRI	SAT
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10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	
31							

SPRING ROOM SPRAY RECIPE



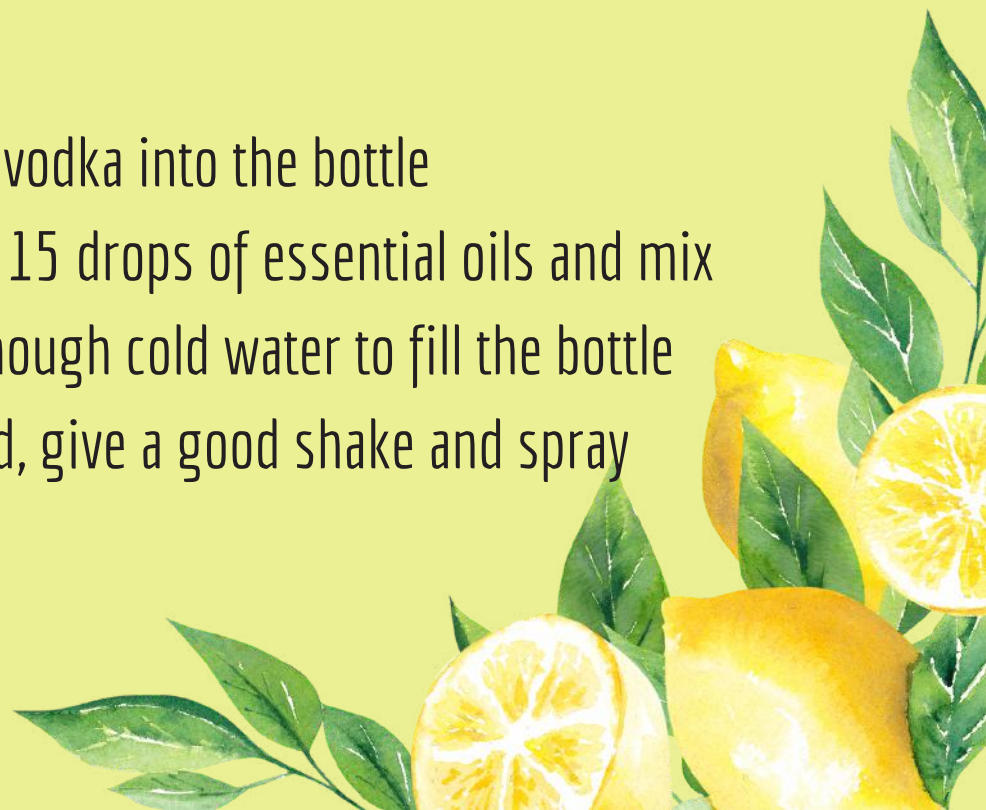
This month instead of a food recipe I am giving you a lovely fresh Spring, no chemicals, room spray.



You need:

- a 2oz small spray bottle
- 3 teaspoons of Vodka
- water
- lemon or grapefruit essential oil

Method

- pour the vodka into the bottle
 - add 10 - 15 drops of essential oils and mix
 - add in enough cold water to fill the bottle
 - secure lid, give a good shake and spray
- 

Florology

Like any other language, florology can be learned and practiced. However, with flower language, we refer to the code of each flower found in books. There are no verbs to learn; instead, we focus on names, colors, and combinations that speak to us through codes or symbols.

There are several books and flower dictionaries available, each with slightly different interpretations. As you know, I tend to adhere to the old English Victorian era for monthly flower meanings. And this month, in March, it is the lovely, bright, cheerful Daffodil. The botanical name for this flower is Narcissus, which also happens to be the national flower of Wales and a symbol for 10th wedding anniversaries.

What does this sunny flower symbolise? Well, first, there's the fairly well-known Greek story of a beautiful young man called Narcissus. He gazed at his own reflection in the water and is said to have fallen in love with his own beauty, thanks to the meddling of the gods. He remained there, looking at himself until he eventually passed away. Later, where his body had lain, a beautiful Narcissus flower sprang forth

The Victorian meaning of the daffodil is associated with chivalry and unrequited love. In more modern times, they symbolise new beginnings and fresh hope. Daffodils are among the first flowers to bloom after winter.

For me personally, I find them cheerful and sunny; they definitely say Spring is here, I like the traditional large yellow bloom, but also the tiny tete a tete.

In my garden

or close by!



Spring is truly starting to show herself now. I have a few purple crocuses, and, of course, daffodils. Did you know that the bloom of the daffodil usually lasts around 6 weeks although this can vary depending on location and, of course, the weather! What I love about this flower is how it stands up again after being battered by rain. According to Kew Gardens, there are actually 36 species of daffodil and thousands of cultivated varieties. I have recently seen a pink one advertised! However, I intend to stick with the classic yellow ones, both large and small.

My pink Camillia is flowering. We inherited this tree when we bought the house. It stands in our small front garden and originally grew to around 12 feet tall. However, we recently trimmed it back to about 8 feet because it tended to cast too much shade over the garden. Thankfully, this pruning did not hinder its blooming.



Devonian word for a Bee

In my garden

or close by!



In our back lawn, we have wild Lesser Celandine, part of the Buttercup family. These lovely little yellow flowers sprout throughout the lawn and are too beautiful to cut until they stop blooming. Lesser Celandine is a native spring flower in the UK and, although considered a weed by some due to its prolific spread, it adds to the springtime vibe and is loved by pollinators.

In my back garden, there are two clumps of Hellebore (Christmas Rose) that my parents donated to me many years ago. This evergreen plant belongs to the Buttercup family (Ranunculaceae), even though its common name seems to associate it with a rose. It thrives in the shade, and I have a pink and cream-colored variety. Unfortunately, I'm unsure of its specific name.

There is also a too large clump of wild garlic now in flower. It's pretty to look at, similar to a snowdrop, but is a real nuisance in my front garden. You can use this plant raw in food and it does make a really nice pesto. It does have a delicate garlic smell and taste, with the flowers being the strongest. However, it can be toxic to dogs if they eat it. Fortunately, Tansy goes nowhere near it but its not worth the risk. It needs to be pulled up!





Coffee, Cake and Campaigns

March 8th is International Women's Day, and the Women's Institute (WI) will focus on their "No More Violence against Women" campaign. This campaign has been ongoing since 2019, during which an estimated 1.6 million women across the UK have experienced violence, including domestic violence, rape, forced marriage, sexual exploitation, and other forms of abuse and harassment¹. In 2022, according to information from the BBC and the Office for National Statistics, over 175 women were murdered, often by someone they knew.

The WI started addressing this issue in 1975 and has played a crucial role in establishing Women's Refuge centers in many cities and towns. Today, members continue to be encouraged to contribute to the ongoing fight against violence towards women. The national group provides resources, including educational presentations and webinar recordings, that members can utilize in this endeavor.

Devon Water Watch Project Update: Winter monitoring is now complete. Devon's dedicated WI ladies have monitored 11 different rivers in the county, discovering a range of ecological states, from good to poor. To gain a comprehensive understanding, we need to collect data from all seasons. After initial training the ladies successfully utilized What3Words to pinpoint their exact positions along the rivers. This monitoring will continue for the rest of 2024.

*source NFWI website

My Art Work

This time I have painted using acrylic. I hope you like my offer.

Delightful Daffodils



Inspire and Create
is A digital ezine

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Inspire and Create is A digital ezine
Inspire and Create ezine
Buy Me a Coffee

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 all the past issues.

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