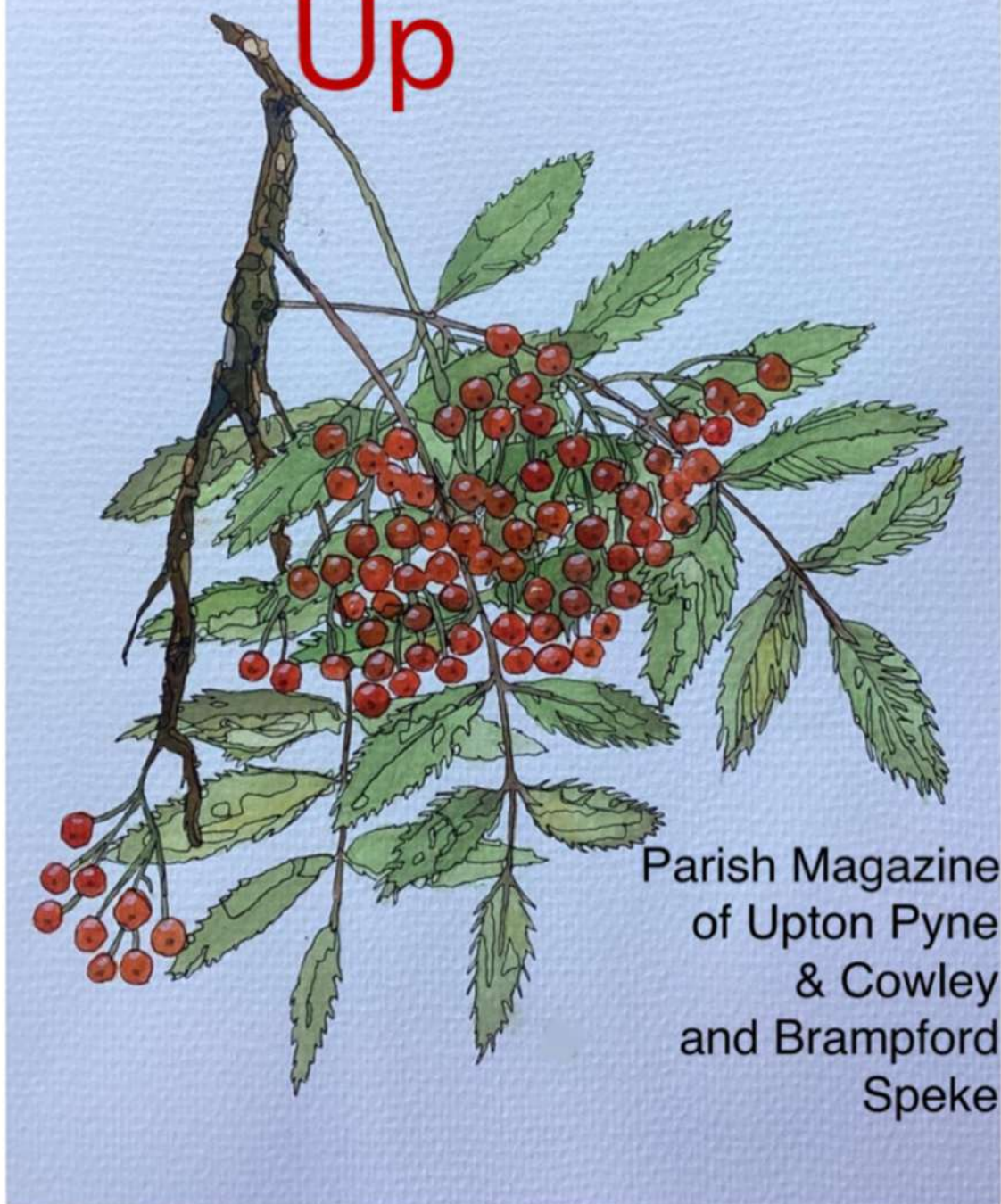


Speke Up



Parish Magazine
of Upton Pyne
& Cowley
and Brampford
Speke

July 2026

Issue 392

Photo:
Steve Davidson



*In support of Upton Pyne Parish Church
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The Old Rectory, Upton Pyne*

for
Tea and Cakes
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Please bring a picnic blanket / garden chair

Speke Up Matters

Welcome to the July/August issue of *Speke Up*!

This is a time for gardeners to relax and enjoy the fruits of all their hard work earlier in the year – but there are still jobs to be done, and Nicola Baker lists some on page 31. It is time for barbeques too, and you will find delicious recipes for burgers in Sarah's Kitchen starting on page 11. The Summer Quiz on page 10 and the Music Quiz on page 13 will tease your brain and there are plenty of suggestions for beach or garden reads in Book Club, which starts on page 6. There are photos on page 23 of the very successful Twinning Weekend, when our French friends were welcomed to our villages, and there is a short report on page 22.

We'll be back in September – until then, have a marvellous summer.

cover design: **Sally Tuckey**

...from the Speke Up team

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Cover Notes

ROWAN - Sorbus aucuparia

This stunning tree has many varieties, coming from areas in northern India across to North America.

In May, you will notice the creamy white cluster of small flowers, which in turn develop into the berries; each variety may have a different colour.

Along its way, it has gathered several names. It's often called 'mountain ash' because the leaves are a similar shape, but it's not actually related to a true ash.

The gorgeous tree has many folk stories attached to it. The flame-red berries in autumn are supposedly good for warding off evil. We've got ours by the front of our house, just in case! There are other mystical benefits too: the juice from boiled, vitamin C-rich berries is said to be soothing for a sore throat.

If you want to try a different jelly, try boiling the berries and Bramley apples or crab apples with sugar. The jelly is perfect with cheese, lamb or game.

S.T.

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Saturday and Sunday
29/30th August 2026

10 am to 4 pm

Upton Pyne Village Hall

FREE ENTRY

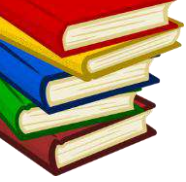
A display of the paintings and
embroideries done by the students
of Sable and Adrienne Howells.

Also on show will be photos, art and cards
by Sable. Some pieces will be for sale.
Live demonstrations will be throughout
the weekend.

Tea, Coffee, Cakes and Savouries
will be available.

Raffle in aid of FORCE.

For more information please contact Sable at
Johnahowells@hotmail.com 07816846562



BOOK CLUB

A Wild Herb Soup by *Emilie Carles*

This could be described as the French version of Flora Thompson's *Lark Rise to Candleford*, being the story of Emilie's life in a valley in the rural Hautes Alpes region of France in the early 20th century.

Emilie, born in 1900, was brought up by her father, her mother having died when Emilie was young. He was a small subsistence farmer, with a few sheep and cattle, who grew sufficient crops to keep him and his family. Their farm appears to have been one of the bigger ones in the village, often referred to as *le chateau*.

Her father spoke Occitan, the language of the area, but Emilie and her siblings spoke French at school. Emilie was bright and intelligent, and was allowed to stay on after most pupils of her age had left, but she still had to work on the farm as well. In that part of France, the winters were cold and long and the work done in the other six months was what kept people alive. The descriptions of life sound dreadful to our 21st century ears.

Emilie went on to the Sorbonne in Paris and eventually became a teacher in the area where she grew up.

Her brother's experiences in World War I gave her pacifist, communist views, only consolidated when she met her future husband on a train journey. Jean Carles was eleven years older than Emilie, a painter and decorator who had left school at the age of eleven and had educated himself to a remarkable degree.

When they decided to marry there was argument from both his and her families. They settled with Emilie's father on the farm and realising that the land could no longer support them all, even with Emilie's teaching wage, they transformed it into a hotel. WW2 didn't have much effect on their lives, apart from rationing, until Jean was put on a hostage list in early 1945, and had to disappear for several months. He lived rough, joined a group of maquisards as a non-combatant cook, and eventually returned home after France was liberated.

Towards the end of her life, Emilie became a dedicated environmentalist, and when the valley where she lived was under threat from a proposed motorway, she devoted her attention to organising meetings and demonstrations. It was 13 years after her death that the motorway idea was finally given up and the valley was designated an area of outstanding natural beauty.

There are parts of her story that sound like political broadcasts – vehemently anti-war and anti-property.

She told her pupils to live for the day and not to save money for the future, perhaps because of her distrust of the French banking system. There is an undercurrent of corruption of the political system, which found its way down to the administrators of the small farming communes, and perhaps gives an insight into the emergence and popularity of the communist party.

The English translation of the book was by an American, and while I'd say she did a pretty good job, there are a few American terms that seem out of place. At the beginning of Emilie's story, there is a passage about collecting leaves for wild herb soup, adding potatoes and garlic for substance and extra flavouring. She comments that the balance has to be right or the soup will be bitter – her reflection on life. An entertaining and educational read. **SG**

The Brain by *David Eagleman*

This was a birthday present from a friend. I have been shying away from weighty science tomes since leaving teaching and what I love about this book is it is pitched at the right level, *i.e.* the lay-person. I have learnt a bit more about how the brain works since my MS diagnosis and this book filled in a lot of the gaps in my knowledge. The three images showing the number of neural connections in a baby's brain compared to that of a toddler and an adult, was a revelation. The description of the 'blue eyes/brown eyes, psychological experiment was fascinating and I will watch the documentary *A Class Divided* to flesh this out.

The tone of the book will be engaging to most people. Any jargon is minimal and well explained and the writing style enables a quick read, introducing the reader to a large number of concepts without overwhelming them.

It was published 10 years ago, so some of the ideas have already been superseded, but I was intrigued and enlightened by the sections imagining a future where technology and brain-biology ('wetware' - what a great term!) merge to help people with disabilities.

SP

Dungeoncrawler Carl by *Matt Dinneman*

This was a departure for me, recommended by someone I recently met on a writing course. I have never read anything in the LitRPG genre (stories set in the world of fantasy role-playing games). I found the experience both inane and enjoyable.

The world is taken over by aliens who collapse all above-ground buildings. Any human survivors may descend into a dungeon where they must learn skills and do all the things people do in fantasy games/novels: fighting, crafting, fighting, solving problems, fighting, using magic. One of the

companions is a talking cat, for goodness sake! *War and Peace* this ain't.

Utter drivel, very funny, rude and imaginative. I am on book three now and think I have a problem... **SP**

The Water Cure by Sophie Mackintosh

Grace, Lia and Sky live on an isolated island in an old hotel with their mother and father, beyond the sea and the horizon there is a 'toxin-filled' world from which their parents are sheltering them. The toxins are not explained but definitely involve men. Other women used to come to be looked after but they don't come any more. Various fairly barbaric rituals - the water cure - are used to protect the girls. One day King, their father goes on his periodic trip for supplies and doesn't return. Each chapter is told by one of the daughters and we only hear their voices.

It is a haunting, atmospheric and allegorical tale, full of danger, violence and sisterhood. **CL**

The Shock of the Light by Lori Inglis Hall

This is the story of Tessa and Theo, twins who grow up in Cambridge between the wars, their father a don, their mother French.

They do everything together until Tessa decides to study at the Sorbonne, and Theo stays to study law at Cambridge. By 1942, Tessa is working as a typist for the War Office and Theo is practising as a barrister, until he is called up to join the RAF.

The first half of the book tells Tessa's story. Bored with her War Office work, she is given details of someone to contact secretly. A fluent French speaker, she is ideal for the newly-formed Special Operations Executive (SOE), which sends agents to France to help the Resistance. The story of her time as an agent follows.

The second half of the book follows Theo, his career in the RAF and his breakdown after the war. He and his family have no idea of what has happened to Tessa and, being a twin, he feels that part of him has been torn away. He's homosexual and eventually finds a partner who cares for him, but the loss of Tessa is always in his mind.

We then fast forward to 2003, when Edie, a PhD student, decides that her thesis is going to be on SOE agents, and specifically on Tessa.

What she finds, helps Theo with his questions about Tessa's fate and uncovers an old wrong. The book is historically accurate and the last section is explanatory, but to me seemed unnecessary.

Further reading:

A Life in Secrets by Sarah Helm, the biography of Vera Atkins who was in charge of the women sent off to France.

Between Silk and Cyanide by Leo Marks, about his time as a cryptologist and cipher-maker for SOE.

The Last Secret Agent, an autobiography by Pippa Latour of her life before the war, her time working for SOE and what happened after. There are similarities between Pippa's childhood and the fictional Tessa. **SG**

Blood Donation

I am sure that many of you already give blood.

However, if you do not, here are a few reasons why you might sign up (taken from the NHS Blood & Transplant website www.blood.co.uk).

Giving blood saves lives. The blood you give is a lifeline in an emergency and for people who need long-term treatments.

New blood donors are needed from all backgrounds to ensure there is the right blood available for patients who need it.

- 4,300 blood donations are required every day, on average, to meet the needs of our hospitals
- over 140,000 people are needed to donate blood for the first time this year
- 12,000 new Black-heritage donors are required to meet the growing demand for ethnically matched blood for sickle cell patients, who need regular transfusions to stay alive
- more young people aged 17-35 are needed to donate, to ensure there is enough blood for the future

To donate blood, you need to:

- be generally fit and well
- be aged 17 to 65 if it's your first donation, or up to 72 if you've donated before (or older if you donate regularly)
- weigh between 7 stone 12 lbs (50kg) and 25 stone (158kg)
- have suitable veins (we'll check this on the day)

The team will go through a full health and lifestyle check with you at every appointment to make sure your donation is safe for you and patients.

Men can give blood every 12 weeks and women can give blood every 16 weeks. This is because men generally have higher iron levels than women.

So, if you have never donated and fit the requirements, visit the website above to find out more and sign up. Three lives can be saved every hour and you get a drink and snack after you have donated! Just to confirm, it's not "nearly an armful" (Tony Hancock – The Blood Donor sketch first transmitted by the BBC on 23rd June 1961).

Nicola Baker



Brampford C of E Primary School

Here we are at the start of the final term of the school year. The children returned refreshed from their half term break, and we have gone straight into learning our new topics for the summer term.

Our younger pupils in Finch Class, have been busy exploring vehicles through their English work linked to *The Book of Cars and Trucks* that they have been sharing in class.



The children were excited to head out to the playground and find different vehicles parked there. They quickly got to it comparing the different vehicles in detail. The children used vocabulary from text in the book to describe their observations. The activity sparked plenty of lively discussion and showed the children's enthusiasm for learning.

(Photographed left and right)



For their Science Topic ...

Finch class children explored outdoors, where they searched the school grounds for plant life.

Through careful observation and sketching, the children identified an impressive 18 different types of leaves, developing their scientific knowledge and their recording skills.



As we make improvements to our school playground, particularly for wildlife ...

We were very grateful to welcome local ecologist, Hayden Torr to join us during our weekly Forest School session. Hayden very kindly donated, then later installed, a bird nesting box, a bat roosting box and a nest box suitable for a dormouse. The children had the chance to be wildlife detectives and helped to identify the best locations for our new wildlife homes to be installed. The session helped deepen the children's understanding of how we can protect and support wildlife in our local environment. We are all excited to see if we have any new residents over the coming months.



Photographed above: Our brand-new Bat & Bird Boxes installed in the mighty oak trees in our playground.

As we are nearing the end of our school year, we would like to say a huge thank you to our wonderful community of families, friends, St. Peter's Church and the wider village for the encouragement, support and opportunities that you have provided to our school throughout the year.

We will be holding our annual School Summer Fayre in the playground on the 2nd July 2pm – 5pm. All welcome, so please do come along for refreshments and to see all the wonderful stalls the children will be creating.

We are also excited to be taking part in **Brampford Speke Village Hall's 100th Birthday Celebrations** and the children have been helping to create commemorative bunting during a special workshop held at school with Sophie Torr & Val Wright from the village. Sophie and Val kindly gave their time and creativity to inspire the children to produce beautiful, colourful bunting to contribute to this important community milestone. We look forward to sharing in the celebrations and extending our thanks once again to the community that supports our school so generously throughout the year.

Best wishes to you all for a wonderful summer, the Brampford Team.

Summer Quiz

- 1 Which two Roman emperors had July and August named in their honour?
- 2 Which famous London street festival is held over the August Bank Holiday weekend?
- 3 Which famous meteor shower peaks every year in mid-August?
- 4 What term is used for the hot, sultry days that can occur between July 3rd and August 11th?
- 5 What famous music festival took place in Bethel, USA between August 15th - 18th 1969?
- 6 What is the name of the coastal town which is the fictional setting of the Australian soap opera *Home and Away*?
- 7 What does SPF stand for on sun screen bottles?
- 8 What word describes an animal that hibernates during the summer to escape the heat?
- 9 In the musical *Grease*, what is the opening line of the song *Summer Nights*?
- 10 Where was the world's highest temperature officially recorded?
- 11 What was the first name of Clegg in *Last of the Summer Wine*?
- 12 Castel Gondolfo is the summer residence of whom?
- 13 Where will the 2028 Summer Olympics be held?
- 14 Whose feast day falls on July 15th?
- 15 Which singer was known as the Queen of Disco?
- 16 Which British seaside attraction is 158 metres tall?
- 17 Who was credited with saving 77 lives over seven years starting in 1926, at Lowell Park, Illinois?
- 18 By what other name is Puck from *A Midsummer Night's Dream* also known?
- 19 How long does it take sunlight to reach Earth?
- 20 The 1967 so called 'Summer of Love' was centred on which American city?
- 21 Where in Britain is the longest pleasure pier, stretching 1.34 miles out to sea?
- 22 What was the name of the British holiday TV show, fronted by Judith Chalmers, that ran from 1994 to 2003?
- 23 According to British law, for how many seconds are ice cream vans allowed to play their chimes?
- 24 Which Somerset beach resort has been given the title 'Sand Sculpting Capital' of the UK?
- 25 In the summer heatwave of 1976, the UK government created a new official role. What was this person's title?
- 26 Laurel and Hardy judged a Butlin's Holiday Camp contest in 1947. What sort of contest?
- 27 Which global landmark increases upwards by about 6 inches every summer?
- 28 Which European country gives students the longest break over summer?
- 29 Who sang the 1970s rock anthem *School's Out*?
- 30 In history, when was 'The year without a summer'?

SG

Answers on page 37



This is a wonderful time of the year to enjoy a variety of local and home-grown ingredients. I've been spending most of my time in the garden as everything is growing with such speed and enthusiasm. The runner beans are racing up the canes, courgettes twisting across the veg bed and broad beans looking ready to produce a good yield. My tiny lettuce seedlings are now producing tasty leaves that I pick as and when I need them. We've enjoyed a few strawberries before the blackbirds got there and the raspberries are generous and juicy. Lots of lovely herbs too and those feature in the recipes below.

So I have gone for a burger theme since many will be enjoying a barbecue at this time of the year. I think a burger with a crisp, mixed salad is a tasty summer meal. I wanted to include these two recipes to show a burger can be healthy and delicious; and I encourage you to take the time to try these. The black bean burgers are vegan and every time I have made them the response has been enthusiastic, even from the most hearty carnivores. The pork burgers have an Asian twist and show that a few herbs and spices can make a burger much more inspiring than a blob of mince!

Bon Appetit and have a wonderful summer.

Black Bean Burgers

Like most of my recipes, you can swap ingredients to suit your tastes. There's quite a list of spices and herbs here but I think it's well worth using them for the flavour. The mixture seems wet, but when you put the burgers in the oven they will come out deliciously crisp.

It helps to have a food processor or blender; otherwise there is a lot of mixing and mashing.

Makes 8 small burgers.

Red onion	½ large, chopped
Garlic cloves	2, coarsely grated
Whole almonds	50g
Sunflower seeds	40g
Fennel seeds	1 tsp
Smoked sweet paprika	1 tsp
Ground cumin	1 tsp
Turmeric	1 tsp
Black olives*	8, pitted
Tomato ketchup	1 round tbsp
Olive or coconut oil	1 dsp
Cooked black beans	400g can (drained / cooked = 260g-ish)
Water	2tbsp
Oats	45g
Fresh coriander	3 tbsp, finely chopped
Fresh parsley	3 tbsp, finely chopped
Salt & pepper	to season

* if you are using shrivelled black olives, then adjust the salt as these olives are often more salty.

1. Set the oven to 180°C / Gas mark 4.



2. Pulse (rather than blend) the onion, garlic, almonds, seeds, spices, olives and tomato ketchup in a food processor or blender until the mixture is chunky (a bit like a pesto). Spoon into a large mixing bowl.
3. Place the olive oil, drained beans, water and oats in the food processor with the seasoning, process until smooth. Add the mixture to the other ingredients in the bowl along with the coriander and parsley. Mix well and check the seasoning.
4. Divide the mixture into 8 balls and shape into burgers. The mixture will be quite wet and sticky. I used a dessert spoon to help shape the burgers. Place on a lined baking tray and bake the burgers for 15 minutes on each side until cooked.

Pork Burgers

Proof that burgers can be delicious with many layers of flavours; these with an Asian twist. The flour is essential for helping to bind the ingredients so use a gluten-free plain flour if you are gluten-sensitive. I like the deep flavour of tamari soy sauce, but ordinary soy sauce can be used too.

Makes 4 medium burgers.

For larger burgers use 400g minced pork.

Pork mince (lean)	300g, room temperature
Onion	½ large, very finely chopped
Chilli flakes heat)	1 tsp (more if you like some
Garlic clove	1, crushed or grated
Fresh ginger	1 round tsp, finely grated
Lime	½ - juice only
Sweet chilli sauce	2 round tbsp
Tamari soy sauce	2 tbsp
Spelt flour	1 round tbsp

1. Mix the ingredients in a large bowl. Cover and set aside for 20 minutes so the flavours mingle and develop. Set the oven to 190°C / Gas mark 5.
2. Divide the mixture into four and shape into burgers. Place on a lined baking tray and bake for 12-15 minutes on each side until cooked.

Rather than baking in the oven these can be made on a barbecue. Turn regularly and cook until nicely browned.



In season for July and August

Beetroot, broad beans, broccoli, carrots, cauliflower, chicory, chillies, courgettes, cucumber, fennel, French beans, kohlrabi, lettuce, marrow, onions, peas, peppers, potatoes, radishes, rocket, runner beans, sweetcorn, Swiss chard, tomatoes, turnips

Blackberries, blackcurrants, blueberries, cherries, damsons, gooseberries, greengages, loganberries, raspberries, redcurrants, rhubarb, strawberries, tayberries

Sarah Lumley

Speke Up About Music

Song: *What a wonderful world* by Louis Armstrong

Suggested by: Bev Horton

Bev says: I can't remember exactly when I first heard this song.

I was very young and it was probably being played on the old family record player. It summed up what a wonderful world we lived in at the time... luckily we still have trees of green and red roses too ...at the moment! 🤔

Stu and Debbie say: The most memorable time Stu heard this was on the final episode of 1980s TV series *The Hitch Hiker's Guide to the Galaxy* where the song was played just as the main characters realise that all of humanity is basically doomed! Putting pathos aside for a moment, this song is another classic that everyone knows. Debbie loves Louis Armstrong's husky, damaged voice which really makes this song distinctive and lends it a grounded and earthy feel while he details all of the good things about the planet. The lyrics are uplifting enough to make the most cynical spirit soar.

We love the gentle strings at the start, reminiscent of a Christmas tune for some reason. The sentiment is so uplifting, especially at this point in history. No matter how bad things seem on the planet, there is more good than bad in the world and we need to be reminded of this.

Please email suggestions for favourite songs you would like reviewed in the next issue to:

noordinaryfish@hotmail.com

Song title:

Artist:

Where were you or what were you doing when you first heard it?

What is it about the song that makes it your favourite?

See also the Spotify playlist which we will add to each month with your suggestions

🔗 <http://tinyurl.com/y8ytdeyr>



Cosmic questions this time!

Q1 "Mars ain't the kind of place to raise your kids. In fact, it's cold as hell" is a line from which 1972 top ten record? (You should also be able to name the artist too!)

Q2 What planet is the name of one of the bonus tracks featured on Stevie Wonder's 1972 album *Songs in the Key of Life*?

Q3 *Cosmic Girl* is a song by which 90s funk band?

Q4 Who had a number one hit in both the UK and the US in 1987 with *Heaven is a Place on Earth*?

Q5 Venus has been a UK chart hit for two bands, one in 1969 and one in 1986. Can you name them both?

Q6 Their most well-known hit was *September* released in 1978 by which 70s funk band?

Q7 *Champagne Supernova* was one of Oasis' hits but in what year was it released? 1995, 1996 or 1997?

Q8 Name the planet-related song track on David Bowie's 1971 album *Hunky Dory*.

Q9 The American band Train had a 2001 hit with a song called *Drops of ...* what?

Q10 Who came second in the Eurovision Song Contest for the UK in 2022 with the song *Space Man*?

Answers on page 22

Walks Beyond the Parish

with Amanda Ryles

Most spare time at the moment is spent in the garden so there was no opportunity for a long walk this month. We looked instead for somewhere close to home for an after-work stroll.

On a previous visit to the Arboretum, we had seen people walking across the fields in the distance and vowed to try it ourselves one day. We started at the Parish Hall in Newton St Cyres.



Frothy Mexican fleabane covered the strip in front of the cottages opposite with its dainty pink and white flowers. Turning right onto The Green, the gardens alongside the path were noisy with bees enjoying the wildflowers, ornamental poppies, lavender, hebes and a huge patch of wild strawberries sitting under the edge of a neatly clipped hedge.

We turned right into Pump Street, Kevin taking the footbridge over Shuttern Brook as Hector and I walked through the ford. On the left is one of Newton St Cyres' 57 listed buildings, with parts dating back to the 15th Century. Much of the front wall is covered by plants including an absolutely stunning scarlet and cerise rambling rose and a deep purple clematis. Beyond, was what we have since learned are the remains of an 1800's Grade 2 listed cob house that collapsed earlier this year.

Reduced to a pile of rubble and thatch, it was a sad sight to see.

Pinks and reds of campion and Stinky Bob

Leaving the village, the street sits deep within high banks of young birch, holly and nettles, and the pinks and reds of campion and Stinky Bob (herb robert), the latter with spider-like stems criss-crossing the bottom of the bank. Opening up slightly, the field ahead and to our left seemed to be moving like waves, a pink haze atop silver green stems rippling in the wind.

The only birds we had seen or heard at this point had been blackbirds and sparrows, but as we continued uphill corvids added to the noise. At the junction of Pump Street and Sand Down Lane we turned right onto Tinpit Hill, then opposite Richmond House took the path to our right.

The public footpath sign stated that dogs had to be under close control, but the sign on the gate asked for dogs to remain on leads as "the grass and crops grow to feed cows that produce the milk to make award winning Quicke's traditional cheese".

Tall thistles and taller nettles in the hedge

We were happy to oblige and, with Hector on a lead, we made our way down the hill, initially staying close to the hedge which boasted 6' tall thistles and even taller nettles, then following the well-worn route as it veered diagonally towards the stile.

The stile is somewhat redundant as there is currently no fence between the two fields but, beyond where the fence should have been, the longer grass gave fewer clues as to the direction we should walk.

A quick scan around identified a dark red scar of soil in front of a metal pedestrian gate to our left. As we got closer, we could see the green and yellow fingerpost sign. Not too far into the little enclosure we chose to stop at a fallen tree trunk with a delicate pink dog rose growing through it.

From here, we could sit and take in the view to the back of the Arboretum, the hills beyond and a bright blue sky with just a few wispy clouds. Well away from any road noise now, we were aware of so much more birdsong. Wood pigeons, a wren and some great tits were expected, but the 'chiff chaff' of the perfectly named chiff chaff and the short jerky flight pattern of three black caps were a treat. Once just a migratory visitor these little beauties

are now an all-year round bird in much of the South West.

Grasses and buttercups

The path continues downhill, through long grasses with purple seed heads and the occasional leggy buttercup, away from the fence line and to the left of a couple of oak trees. The second tree's trunk was partially hollowed out with light shining right through it and Hector didn't need much encouragement to pose for the photo below!



The route down and out of the field was clear as it headed towards a metal gate. Rising high above the gate and to the left was the most incredible field rose covered in hundreds of white flowers with bright yellow centres.

The small puddles around the gate were the only wet patches we encountered as we headed right, over the brook in the shade of overhanging trees, pausing to take in the noise of the water babbling over the rocky bed.

Young sparrows sat along the line of a sandy yellow cob wall as we continued bending right. On either bank of the brook were ferns, elder, bindweed and brambles and a pair of blackbirds chased each other, low to the ground, along the water's edge.

A garden designed for pollinators

We disturbed a wren on the track where plantain was forcing its way through cracks in the tarmac. Returning to civilisation, the first garden we came to was full of ox-eye daisies and a solitary harebell peeking above the wall.

The left-hand hedge followed the edge of a field and we heard siskins and a linnet. A garden on the right, designed especially for pollinators, looked exceptional but the owner assured me that the best was yet to come. That seems like a good reason to come back in a month or so!

We turned into The Close and walked through to the bottom of the carpark and back to the car. This is definitely a walk we will be re-visiting and encourage you to try it.

A talk for Thorverton and District History Society by Stan Dolan

The Escape of King Charles II

featuring personal enmity, treachery and lust

The story goes that, after his defeat at the Battle of Worcester, the future King Charles II stayed at the home of Colonel Francis Wyndham at Trent, near Sherborne, accompanied by Lord Wilmot.

Wyndham arranges for a boat to take Charles to France and on a Monday in September 1651, Charles and his party set out from Trent to meet a merchant who directs them to Charmouth.

Bridport – full of Cromwell's soldiers

They wait at an inn for a boat to arrive. When it doesn't come, it is decided that Lord Wilmot and a companion should go to Lyme Regis to discover what has happened, while the others go on to Bridport to wait for news. The party, Francis Wyndham, Juliana Coningsby and Charles, arrive in Bridport only to find the town full of Cromwell's soldiers.

Charles fearlessly pushes through and after dining at an inn, the future king leaves Bridport in the direction of London. Lord Wilmot follows and the party diverts, down Lee Lane to Broadwindsor where they stay the night before returning to Trent.

So goes the account based on the facts as attributed to a number of sources. Not all stories are true and certainly, rather like the number of pubs named 'The Royal Oak', not all sources can be believed.

The History of the Rebellion by Edward Hyde, 1st Earl of Clarendon and former advisor to Charles I and Charles II, for example, is influenced by Clarendon's politics and his personal views of the Royalist strategy. While his descriptions of the participants in political events are often insightful, they can also be heavily biased.

The king's escape

A source more highly rated by modern historians is *Boscobel, or The History of His Sacred Majesties most miraculous preservation*. A 1660 book by Thomas Blount, it chronicles King Charles II's escape from parliamentary forces following the 1651 Battle of Worcester, and was published to mark his restoration to the throne.

Boscobel is historically significant as a crucial piece of royal propaganda, celebrating the King's survival against Oliver Cromwell's forces.

More plausible are the actual eye witness accounts recorded by William Ellesdon, a merchant and later Mayor of Lyme Regis, Anne Wyndham, the wife of Francis from Trent Manor, a loyal merchant Gregory Alford and the future king himself, recorded by Samuel Pepys.

Stan Dolan is the Chair of Charmouth History Society.

A Seven-Parish Pilgrimage

Walking with the unnamed women of the Bible

This took place on Sunday 21st June. At each church there was a Bible reading and short reflection. With a walking time of approximately 10 hours, the pilgrimage started at 7.30am, with breakfast rolls at Cadbury church.

The pilgrims set off from Cadbury to walk the two miles to Thorverton church. Then came the longest part of the journey, about five miles, to the church in Newton St. Cyres, where there was a short communion service at 11.30am in the Arboretum.

This was followed by four miles, mostly on designated footpaths, ending in the churchyard in Upton Pyne. After the Bible reading and reflection in the church, the pilgrims walked the short distance uphill to the village hall for lunch and a restful break.

Then the route went back down the hill and along a footpath to Brampford Speke, arriving ahead of time. Perhaps it was the thought of the desserts that awaited them in the church there that spurred them on!

On leaving Brampford Speke, the route crossed the bridge over the river Exe and went along the old dismantled railway line to the level crossing at Stoke Canon. St Mary Magdelene Church in Stoke Canon was the next stop and then it was a short walk of less than a mile to the church at Huxham.

The route then took the pilgrims over fields to a small bridge on the river Culm and then uphill to emerge in Rewe village near the church.

The next, and final, stop, taking in a bit of the Exe Valley Way *en route*, was the church at Netherexe, set in fields and approached through a gate in a small stone wall. There the pilgrims were greeted with a well-earned barbeque.



A seven-parish
pilgrimage across the
Netherexe Mission
Community.

Photos taken in Upton Pyne and Brampford Speke





UPTON PYNE CHURCH NEWS

Greetings from the Church of Our Lady in Upton Pyne as we move into July with further events to support and enjoy.

On Sunday, 5 July, there is an open invitation to the community to enjoy tea and cake in the garden of the Old Rectory, a perfect way to spend a summer. On Monday, 6 July, the Coffee Morning will take place as usual in the village hall, where the cake and bring & buy stall supports the Friends of Upton Pyne. On this occasion there will also be a collage session, starting at 10am, with materials and guidance given, as part of the Wondrous Women Year: anyone warmly welcome to join in (details elsewhere in *Speke Up*).
afternoon and support your local church (see details on page 2).

The service of Holy Communion this month will be on Sunday, 12 July at 10.30am led by Rev. Graham Cotter, and followed by refreshments. The service in August will be on Sunday, 9 August at 10.30am, led by Rev. Deborah Leighton-Plom.

And there are other summer events taking place in the Netherexe parishes around us, where a warm welcome awaits at this lovely time of year.

VC

The results of the June draw of the 100 Club are:

16 Janet Lee £30

2 Lisa Clapp £15

59 Jacqui Edwards £8

25 Bev Horton bonus bottle of wine

In memory of Major Clive Gordon Rendle 1937 – 2026

Clive was a wonderful man – though I am biased.

He made people laugh, he was interested in people and during his life he did many things. We would have been married for 62 years this May.

Clive joined the Wiltshire Regiment, followed by three years with the Paras in places like Oman. He went to the Glosters in Cyprus, where we met, and were married in 1964.

After a while in Chester, we went to the Far East Training Centre in Singapore and then to Minden in Germany.



Clive in Cyprus with his dog Jack

After postings in England, Clive went back to the Duke of Edinburgh's Royal Regiment in Berlin, or as Prince Charles said at the time: "I've come to visit Dad's Army." A move to Northern Ireland followed and then we went first to Shoeburyness and then to Warminster where Clive was Families Officer in both places. In Warminster we acquired Jane, the last of our five children.

He was a very good curry cook and walking stick maker, and was very knowledgeable about trees – though we have a tree that he bought as a white mulberry and it's doing very well as an Indian bean tree!

He was a dear husband and father.

Clare Rendle

Clive was my big brother. He was the ground breaker at kindergarten. We played in air raid shelters with a Webley revolver that a friend's father had retained from 1918.

He was in Cubs and Scouts before me and at school I had a reputation to keep up to. Clive was *Victor Ludorum* at prep school. He won a scholarship to senior school where he became a prefect and company sergeant major for the Army Cadet Corps. He liked boxing and running which helped in his early career in the Army.

He always gave me great presents: a Parker 51 pen which I still use, lots of books by authors like John Buchan and Rider Haggard, who wrote the adventure stories of their time, and my first razor.

Clive spent some months seconded to the Chasseurs Alpins, an elite force of the French Army primarily dedicated to mountain and cold-weather warfare, improving both his skiing and his French. He and I once went to a ski resort. On the first night we changed into suits for dinner. Everyone else was in *après-ski* wear. We set the tone for the English every evening of our stay. Clive skied up-hill, the rest of the world down-hill!

The Army took Clive all over the world – to Cyprus; Berlin, demonstrating a light machine gun to a young Prince Charles; Singapore and other places. He met and married Clare in Cyprus and they went on to have five children.

In retirement, he was involved in a number of charities and the local Masonic lodge. Although in his last years his physical health declined, he was still intellectually sharp.

We miss him, but with so many happy memories. He is my brother.

Graham Barton Rendle

Friends of Upton Pyne

2026 is proving to be a busy year for fundraising and maintenance work for the Friends. July starts with two events: **Teas at the Old Rectory** on Sunday 5 July (see advert on page 2) and a **Collage Workshop** starting at 10am on Monday 6 July at the village hall coffee morning. The event is free and no artistic talent is necessary, so just come along and enjoy the fun. Please bring old magazines, cards, wrappers, etc. Glue and scissors will be provided. As part of the *Wondrous Women* programme, each parish in the Netherexe Community will contribute a collage to a large art piece which will be part of a travelling exhibition within the parishes.

A **Churchyard Tidy Up and Church Cleaning Day** takes place on Saturday 5 September from 10am. Look out for notices nearer the time.

We also have an exciting **Evening of Poetry and Songs** in the church on Saturday 12 September at 6pm, featuring professional singer Tim Murfin with the Sing Up choir and readings from Stewart and Helen Clapp. See advert below.

Our ever-popular **Curry and Quiz** evening will be on Friday 16 October so save the date!

By the time you read this, we hope to have had the church wall repaired where it is letting water through on to the interior plaster. The drains have been

checked and cleared professionally. We are negotiating the renovation of some of the monuments within the church. Work on the tower statues is on hold until such time as we can sort out how to undertake the work in a way that is affordable. And, just as we were running through the list of our works and congratulating ourselves on having managed many of the necessary repairs, a split in the Judas tree opened up and we had to act fast to make it safe! You could hear the tree creaking in the wind, and Bill Crumby of Greentrees responded immediately, prescribing significant lopping to save it. We hope that his work will preserve this beautiful tree which flowered profusely this spring with its gorgeous purple flowers on bare branches.

VILLAGE HALL NEWS

TEA, CAKE & CHAT ON THURSDAY

The Thursday afternoon tea is held once a month, taking place in Upton Pyne Village Hall on the first Thursday of the month, 2pm - 4pm. Anyone who turns up is assured of a warm welcome, tea and a chance to catch up with neighbours and friends. The next tea is on **Thursday 2 July**.

COFFEE MORNING

The village hall committee continues to open Upton Pyne Village Hall on the first Monday of the month and offers a warm welcome, tea, cafetiere coffee, biscuits - and a chance to buy homemade cakes in aid of the Friends of Upton Pyne. The next is on **Monday 6 July** when there will be a collage workshop 10am – 12noon (*see the Friends of Upton Pyne article for details*).

THE LUNCH BUNCH

The Lunch Bunch meets at 12 noon on the second Tuesday of each month; we welcome anyone who would like to join us for a convivial lunch together. We meet at the Exe Valley Farm Shop which has ample parking. Next meeting of Lunch Bunch Tuesday 14 July.

Tel. Pat on 841 599 or Veronica on 841 530 to book.

Wondrous Women

An evening of poetry and songs

In aid of Upton Pyne Church

Saturday 12th September at 6pm Upton Pyne Church

Tickets £10 (£5 children) Refreshments (cash donations)

Join us to celebrate the year of 'wondrous women' with poetry, prose, music and songs.

A wondrous evening with talented performers!

Featuring professional readers Stewart and Helen Clapp,

professional singer Tim Mirfin and Sing-Up Choir.

Bookings: Sue Glanville 07753 605726

Brampford Speke Parish Council

Affordable housing at Stonilands: members of the Community Land Trust attended our meeting on 5th May and updated us on their proposal, which has been slightly modified to reach agreement with the landowner. A notice about this appeared in the June issue of *Speke Up* and the revised proposal will be discussed at our July meeting.

Phone box: we heard in April that British Telecom have decided that this will remain in service at present. We think it's likely that this decision will be reviewed in due course, when we will reopen discussion about possible alternative uses.

Antisocial behaviour: there has been a further episode of this recently. The householder contacted the police who attended promptly and took details to investigate further. The police officer requested that any further episodes are reported to them, either by phoning 101 or reporting online at <https://www.devon-cornwall.police.uk/ro/report/>

Pothole repairs: several potholes have been repaired over the winter, usually within a week of being reported. You can report holes yourself easily and quickly on the DCC website at: <https://www.devon.gov.uk/roads-and-transport/report-a-problem/report-a-pothole>
To qualify for repair, a pothole has to be 300mm/1 foot across, 40mm/ 2 inches deep, with steep/ vertical edges.

Next PC meeting: these now take place on the first Tuesday of every alternate month.

The next meeting will be on **Tuesday 7th July 2026, at 7.30pm in the village hall.**

If you have any issue that you want to raise with the PC, please feel free to contact any of the councillors, or the clerk: names and contact details in *Speke Up* or on the website: <https://www.middevonparish.co.uk/brampfordspeke>.

Hope

48 nations. 5 continents. 1 ball. 1 World Cup.

Love it or loathe it, one of the biggest sporting occasions is – for the first time - taking place across three countries – Mexico, USA and Canada - and sixteen cities, even as I type this article. And it will be very difficult to escape it!

The hopes and dreams of 48 nations rest on the shoulders of 23 players and 1 manager from each of those countries. Players will become international stars over the next month or so. Reputations will be made or broken. Billions of people will be watching and praying that their team will be holding that famous trophy aloft on July 19th. Millions in Britain will be waving their flags, screaming at the TV, cheering on ‘their’ players from England or Scotland; with so many in England hoping and praying that Harry Kane will be the second England captain to lift the cup.

There is little doubt that football and the World Cup seem to unite the whole world like no other sport or event. Nations that might be seen as political enemies take the field together – at this time, we just need to think of USA and Iran. And yet, despite the ongoing conflict, the teams can still compete on equal terms. Despite political differences, despite differences in language and culture, despite differences in financial clout, despite this huge breadth of diversity there is equality – when 11 men face 11 men across the centre circle.

For each of those 48 nations, before the first kick of a ball, there is a deep sense of hope. There is the hope, the belief even, that they will be the ones holding the trophy up high at the final kick!

And it is hope that lies at the heart of our lives as Christians. Not the hope that is an expression of longing – I hope England win the World Cup; I hope I win the Lottery. Not the hope that has the undertones of desperation; of uncertainty, of vague optimism. But the hope of promises given and fulfilled.

Christian hope gives us something to look forward to – the promise of eternal life.

Christian hope helps people to carry on; to endure, and at times to suffer in this world, but always knowing that things will be better

Christian hope means that God walks with us all the way

Christian hope is not some anodyne, watery, uncertain wishful thinking; some expression of luck, some reliance on influences beyond one’s control.

It is a certainty, an absolute.

It is an anchor in turbulent lives.

It is a sure foundation – grounding people in God.

It is God’s fulfilled promise.

It is not static; it is active, expressing itself in hearts and minds and lives.

I started this article with the World Cup, so let me end it focused on the same thing, with some prayers:

Lord of all the nations, who played the Cosmos into being, guide, guard and protect all who work or play in the World Cup. May all find in this competition a source of celebration, an experience of common humanity and a growing attitude of generous sportsmanship to others. Amen

God of the nations, who has always called his people to be a blessing for the world, bless all who take part in the World Cup. Smile on Mexico, the USA and Canada in their hosting, on the nations represented in competition and on those who travel to join in the party. Amen

Lord, as all around are gripped with World Cup fever, bless us with understanding, strengthen us with patience and grant us the gift of sympathy if needed. Amen

May you always walk in hope!

All blessings,

Tim

*Revd Tim Collins, Rector
Netherexe Mission Community
tim@netherexe.org*



Entente Cordiale

The sun shone brilliantly in the sky and in the faces of us all during our fabulous twinning weekend in May (pictured right).

Our friends from Commes, Normandy were greeted with a smile and very enjoyable reception supper at the home of one of our host couples.

The following day was a free day and various outings were made around the county, from the fascinating Coldharbour Mill at Uffculme to a boat ride at Dartmouth. We all enjoyed a group dinner together that evening.

On Sunday we met at Bicton Botanical Gardens, where we enjoyed wandering in the woods and gardens, and took a short train ride to catch extra beautiful hidden glimpses of these perfect grounds. Afterwards, trips were made independently to Otterton Mill and Budleigh Salterton before coming together again in the evening where we were kindly welcomed by one of our hosts for a lovely BBQ.

The farewell on Monday morning saw most returning to France but some taking the opportunity to visit London, and one couple going on to visit their daughter in Leeds.

Promises were made to see one another again next year, before the waving hands disappeared from view. Such a good time was enjoyed by us all. It was a very special weekend.

Brampford Speke Baptist Chapel

It is anyone's guess what the weather will be doing by the time you read this! But regardless of that, summer is now surely upon us.

For those whose lives are linked to the school year, the end of the summer term at Brampford Speke comes with all sorts of celebrations including the Summer Fayre and Sports Day – for both of those we wish for sunshine without being too hot.

At the chapel, Sue's Café continues whatever the weather for the first couple of weeks of July and then takes a break until school starts again in September. Anyone is welcome to drop in on Thursday afternoons – you don't need to have a

schoolchild with you! There are always lovely cakes and a cuppa to provide a welcome: we hope that this reflects the welcome that you will also receive if you drop in on a Sunday afternoon when we are worshipping together.

Sunday July 5: 3pm service led by the Humphreys

Sunday July 12: 3pm service led by Revd Simon Taylor

Sunday August 2: 3pm service led by Stephen Lea

Sunday August 16: 3pm service led by Revd Ross Maynard

Sunday August 30: 3pm service led by Revd Peter Woolway

Answers to Music Quiz

A1 "Mars ain't the kind of place to raise your kids. In fact it's cold as hell" is a line from the song '**Rocket Man**' by Elton John

A2 The planet that is the name of one of the bonus tracks on Stevie Wonder's 1972 album 'Songs in the Key of Life' is **Saturn**

A3 'Cosmic Girl' is a song by the 90s funk band **Jamiroquai**

A4 **Belinda Carlisle** had a number one hit in both the UK and the US in 1987 with 'Heaven is a Place on Earth'

A5 'Venus' has been a UK chart hit for **Shocking Blue** in 1969 and **Bananarama** 1986

A6 'September' was released in 1978 by the 70s funk band, **Earth, Wind and Fire**

A7 Champagne Supernova, one of Oasis' hits, was released in **1996**.

A8 The planet-related song track on David Bowie's 1971 album Hunky Dory is '**Life on Mars?**'

A9 The American band Train had a 2001 hit with a song called 'Drops of **Jupiter**'

A10 **Sam Ryder** came second in the Eurovision Song Contest for the UK in 2022 with the song 'Space Man'



A very special weekend

AGRICULTURAL

— I N N —

What's on at the Agi



Quiz Night



Next Dates: 12th July & 2nd Aug

4pm in the Secret Garden

The brilliant Adam in the Hat will be at the helm, bringing his sharp wit, musical flair, and plenty of laughs!

Win glory and a £50 drinks tab for the team!

Max team size of 6, £2pp entry, eyes down 7.30pm



Cider Fest



Sat 18th & Sun 19th July

18th: Our adult-focused day for cider lovers, with 20+ ciders to try, live music all day, Secret Garden street food, the "Bonkers Olympics", giant foot darts and more.

£8 early bird ticket includes your first cider or soft drink.

Tickets available on our website

19th: A relaxed family day in the Secret Garden with great cider, street food, bouncy castle, Cinderella meet & greet, face painting and plenty of fun for the kids.

Free to attend.



Saturday Sessions



Every Sat 11th July to 29th Aug

Join us for a relaxed afternoon of live music every week at 2.30pm (18th July is ticket only for cider fest)



Caribbean Day



Sat 22nd August

Get ready for a taste of the Caribbean right here in our beer garden! Immerse yourself in island vibes with reggae music, exotic cocktails, and delicious Caribbean food. For the little ones there's a bouncy castle, facepainting & meet 'n greet with Disney's Moana! Grab your friends and come enjoy a day of fun, flavour, and fantastic music! Free to attend.

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www.markleveridge.co.uk/strolling-magic/

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The Gardening Year

by Nicola Baker

July should provide some of the hottest and driest days. This means that we all need to undertake jobs that will keep our gardens looking good and to use water wisely:

- Deadhead bedding plants and repeat-flowering perennials, to ensure continuous flowering.
- Water tubs and new plants if dry. Watering is one of the most important jobs when growing plants in containers. Roots need a balance of air and water to grow well which is easy to provide if you have a good quality compost or soil.
- Water & feed agapanthus – using a high potash/ tomato feed - this will strengthen the bulbs for future flowering.
- Divide irises. Irises with thick surface rhizomes can be lifted and divided after flowering if they have formed clumps too large for the space in which they are growing. Cut out the old flower stems and trim the foliage to around 2 inches. Using a sharp, clean knife cut the rhizomes into healthy pieces with buds or a reduced leaf fan and roots. Allow the cut surfaces to dry for a few hours before potting up, or planting into a new area of soil. As the roots grow from below the rhizomes, they should always be planted with the rhizomes on the surface of the soil.
- If you grow courgettes, pick some now as they quickly can become 'marrows'. Two or three plants can easily produce plenty of courgettes, which can be harvested throughout the summer. Courgettes are hungry and thirsty plants and will spread, so allow around a square metre per plant. Provide them with home-made compost or well-rotted manure, and water regularly to encourage growth of the fruits. When watering care should be taken to avoid getting the leaves and stems wet, as this can lead to rotting. A good way is to sink a pot into the ground adjacent to the root ball and water direct into this. This allows the water to go down to the roots. The first flowers to appear will be male, followed by female flowers which go on to produce the

fruits. The plants should then be fed every 10-14 days with a potassium rich liquid fertiliser, such as a tomato feed. The courgettes can then be harvested when they are 4 – 5 inches in length and this will encourage further flowers and fruits. The flowers can be used in salads and have a mild courgette flavour, alternatively they can be battered and fried. Powdery mildew can be a common problem, especially in dry weather. Affected leaves should be removed straight away to prevent the spread.

- Pond plants will have been growing at a fast rate with the heat warming the water. Before they fall into the water, deadhead flowering pond plants to encourage them to continue to flower. Clear algae and blanket weed from ponds, & remove any damaged or dying leaves before they start to rot, as this can cause the oxygen levels in the water to drop at a time when there will be lots of creatures living in the pond. Remember to leave anything you remove at the edge of the water for at least 24 hours for any aquatic life to return to the water. As water will be lost due to evaporation in the summer months, keep ponds topped up - preferably with rainwater, if you are able.
- Start planning your purchases of next year's spring-flowering bulbs!

What's On?

Friday 3rd & Saturday 4th July - NGS Idestone Barton Dunchideock EX2 9UE. A romantic 6-acre country garden in unspoilt countryside only 3 miles from Exeter. There is much uneven ground and the garden is very steep in parts making wheelchair access difficult. Admission Adult £5 Child Free. Open 12.00 – 5.30pm. Refreshments Tea, Coffee & Cakes

Saturday 4th & Sunday 5th July – NGS Backwood Farm, Bickeigh, EX16 8RA. Created with the natural environment at its heart, this evolving 2-acre nature garden provides uniquely-designed homes for wildlife. Admission Adult £6 Child Free, Open 2.00pm – 5.00pm. Refreshments Tea, coffee, cake in aid of Hospiscare.

Until 12th July – Festival of Roses RHS Rosemoor

17th July – 9th August Big Butterfly Count – Once again the Butterfly Conservation will be hoping people join this important UK wide survey which helps assess the health of our environment by counting butterflies. Further details will be available on their web site <https://campaigns.butterfly-conservation.org/>

UPTON PYNE & DISTRICT GARDEN CLUB 2026



Monday 21st September @ 7.30pm

VEGETABLE GARDENING - MY WAY!

Our Speaker for this evening is
Local enthusiast **ALAN NICKS**



Monday 19th October @ 7.30pm

Our Speaker for this evening is
Local RSPB Volunteer



MAUREEN MITCHELL with 2 short talks

**AN INTRO INTO WATCHING BIRDS
& DRAGONS & DAMSELS**



Saturday 28th November 7.00-7.30pm

ANNUAL GARDEN CLUB XMAS DINNER



Monday 7th December 10am at Coffee Morning
CHRISTMAS WREATH MAKING



All events are held in Upton Pyne Village Hall unless stated. Any queries
please contact our Chair June Nicks 01392 841272 or Jilly 0776 674 9310



THORVERTON MEMORIAL HALL

Saturday Market and Big Breakfast

Start your weekend off with a hearty breakfast and a browse of stalls from local sellers. Come along to Thorverton Memorial Hall on Saturday **11th July** from 9:30 – 11:00am. We hope to see you there! Same time on Saturday **8th August!**

Film Night

On Friday 17th July we'll be showing '**Song Sung Blue**':

Two down on their luck musicians (Hugh Jackman & Kate Hudson) form a joyous Neil Diamond tribute band, proving it's never too late to find love and follow your dreams. But what is apparently a fairly standard rage-to-riches story is ruptured by a tragic twist of fate.

The film starts at 7:30pm (doors open from 7pm) - drinks and snacks available. Adults £5 / Under 18s £4

There is no need to buy tickets in advance – just turn up on the night.

Film Night is taking a break in August but we will be back with our Autumn Programme in September



Sandford Summer Show

Monday 31 August 2026, Parish Hall at 2pm

Entry £1.00 (cash preferred)

Children under 16 free

Whatever your age, join in the competition to show off your gardening, cooking and artistic talents – entry details below.

Bring all the family and friends and enjoy the exhibits, plant stall, grand draw and lots of lovely refreshments!

Have your say and vote in the People's Choice prize and find out the winners of Sandford Parish Council's Gardens and Hanging Baskets awards.

Competition entry forms available at Sandford

Stores or via email

sandfordsummershow@gmail.com

Return entry forms to Sandford Stores by midday

Friday 28 August

NEWTON RAMBLERS

Sunday 12th July

Dartmoor Walk - Sourton Tors

Our walk this month is based on Walk 1 in the *15 Short Walks – Dartmoor North* booklet. As this is one of our summer walks, we are travelling a little further from the village to enjoy the Dartmoor landscape and history.

This circular walk is approximately 3.5 miles, on the western edge of Dartmoor, visiting a Saxon cross, a church, a tor with a view and a viaduct. The walk will start at Sourton village green (What3words dilute.calculate.never), and goes past the church, then crosses over the Granite Way. Once on the open moor, we will make a steady climb up past the disused ice works to the trig point on Sourton Tors (440m). Here we can stop for an early picnic and admire the spectacular views. We will then continue over the open moor, descending Lake Down towards Lake Viaduct. The final part of the walk will follow the Granite Way back to Sourton.

We will meet at 9.30am at Newton St Cyres Parish Hall Car Park, to arrange car sharing, and drive to Sourton via A377 and A3072 (26.5 miles). We suggest that we take a picnic lunch which we will carry with us from the start of the walk.

For anyone wishing to meet us at Sourton, parking is available opposite the village hall EX20 4HN. We will aim to start the walk at 10.45am. Please let Michael or Nicola know in advance if you will meet the group at Sourton.

Dogs and their owners are very welcome on this walk. If you need a lift, or have any questions, please contact Nicola or Michael on 01392 851985.

Please note that anyone joining us on these walks, obviously does so at their own risk, and that there are no public toilets en route.

Roadworks affecting Redlands Primary Care – June to October 2026

Major roadworks will be taking place on the A377 and Joseph Locke Way from 29 June to 23

October 2026. These works may affect your journey to the practice.

What patients need to know:

The works will happen in three phases, with changing traffic controls.

At times, there will be convoy systems, temporary traffic lights, and road closures nearby.

Wellparks Hill will be closed during the first phase (29 June – 24 July). This will include a diversion from Cowley Bridge to Bickleigh to Crediton.

Delays are likely, so please allow extra travel time for appointments.

Access to Local Businesses:

The project team has confirmed that access to businesses along the A377 will be maintained throughout the works.

More Information:

Further details will be available at: Crediton Library & Notice board at Tesco Superstore

Thorverton Update:

Thank you to all our patients for the continued patience and good humour you've shown while renovation work takes place at our Thorverton branch practice. We know the disruption isn't ideal, but the improvements are progressing well and will help us provide a better, more comfortable service for everyone. We're pleased to share that the project remains on schedule and is expected to be completed by the beginning of July, and we truly appreciate your support as we work towards a refreshed and improved practice for the whole community.



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Summer Quiz Answers

- 1 Julius Caesar and Augustus gave their names to July and August.
- 2 Notting Hill Carnival is held over the August bank holiday weekend.
- 3 The Perseid meteor showers peak in mid-August.
- 4 The hot sultry period is called Dog Days.
- 5 Woodstock is the name of the 1969 music festival.
- 6 Summer Bay is the setting for *Home & Away*.
- 7 SPF stands for Sun Protection Factor.
- 8 Aestivation is the term given to the hibernation of animals in summer.
- 9 "Summer lovin', had me a blast" is the first line of *Summer Nights*.
- 10 The world's highest temperature was recorded in Death Valley, California – 56.7C / 134.1F
- 11 Clegg's first name was Norman.
- 12 Castel Gondolfo is the Pope's summer residence.
- 13 The 2028 Summer Olympics will be in Los Angeles.
- 14 St Swithin's feast day falls on July 15th.
- 15 Donna Summer was known as the Queen of Disco.
- 16 Blackpool Tower is 158 metres / 518 ft tall.
- 17 Ronald Reagan saved 77 people during the years 1926 – 1932 while working as a summer lifeguard.
- 18 Puck is also known as Robin Goodfellow.

19 Sunlight takes between 8 minutes 10 secs, and 8 minutes 27 secs to reach Earth.

20 The 1967 Summer of Love was centred on San Francisco.

21 Britain's longest pleasure pier is at Southend-on-Sea.

22 *Wish You Were Here* was the TV show presented by Judith Chalmers.

23 Ice cream vans are allowed to ring their chimes for 12 seconds at a time, with further restrictions as to place and frequency.

24 The Sand Sculpting Capital title has been given to Weston-Super-Mare beach.

25 The dry summer of 1976 caused Parliament to appoint a Minister for Drought (Dennis Howell).

26 In 1947 Laurel & Hardy judged the Knobbly Knees and the Holiday Lovelies contests at Butlin's, Skegness.

27 The Eiffel Tower increases upwards by approximately 6 ins every summer as its metal expands in the heat.

28 Italy and Greece generally give the longest summer student break at 13 – 14 weeks.

29 Alice Cooper sang *School's Out*.

30 1816 was 'the year without a summer,' mainly due to a massive eruption of Mount Tambora in Indonesia in 1815.

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Cook with curd!

This month, we're bringing you two delicious recipes featuring our cheese curd*. Fresh, creamy and lightly salty, it's a delightful addition to dishes and salads, whether melted into a comforting potato gratin or added to a summer salad.

Freshly made on the farm, it really is a fantastic product. However, we've realised that many people aren't always sure how best to use it in everyday cooking, so we've called in an expert to help – Matt (pictured below).



Matt works across the business, from packing and the cheese store to sales and design. He is also part of the Quicke family, as the husband of Jane and son-in-law to Mary. Originally from Canada, Matt grew up with cheese curd as a staple ingredient. One of Canada's most

famous dishes is poutine, made with cheese curd, chips and gravy. His love of cheese curd and inventive approach to cooking have inspired these recipes, showcasing just how versatile curd can be and offering a helpful guide on how to use and enjoy this delicious product.

He is also a fantastic cook and, on the last Wednesday of each month, we are very lucky as he prepares lunch for the whole Quicke's team.

**Cheese curd is available from our Cheese Shop.*

Quicke's Cheese Curd Potato Gratin

Serves 4–6

This rich and indulgent potato gratin combines layers of thinly sliced potatoes, fresh greens and creamy cheese curd, with anchovies adding a subtle savoury depth. Perfect as a hearty main course or served alongside grilled meats and salads.

Ingredients

- 1 tin anchovy fillets
- 2 garlic cloves, crushed
- Hot pepper flakes, to taste (optional)
- 2 tbsp butter, plus extra for greasing
- 800g potatoes, thinly sliced
- 200g kale or spinach, roughly chopped
- 600g Quicke's Cheese Curd
- 300ml double cream

Method

1. Preheat the oven to 180°C (160°C fan) and grease a baking dish.

2. Gently heat the butter, anchovies and garlic together for around 2 minutes until the anchovies melt into the butter. Add hot pepper flakes if using, then set aside.
3. Arrange a layer of potatoes in the dish, followed by a layer of kale or spinach, half the anchovy butter and half the cheese curd. Repeat the layers with the remaining ingredients.
4. Pour over the cream, then gently tap the dish on the worktop to help the cream seep through the layers.
5. Finish with a final layer of cheese curd.
6. Bake for 45 minutes, or until the potatoes are tender and the top is golden brown.
7. Serve hot and enjoy.

Peach & Tomato Summer Salad with Quicke's Cheese Curd and Balsamic Vinaigrette

Serves 4

A celebration of summer flavours, this vibrant salad combines sweet peaches, juicy tomatoes, fragrant herbs and golden pan-fried cheese curd for a dish that's as beautiful as it is delicious.

Ingredients

- 3 peaches, cut into wedges
- 1 large heirloom tomato, cut into wedges
- 300g Quicke's Cheese Curd
- 1 tbsp honey (or hot honey)
- 3 tbsp balsamic vinegar
- 2 tbsp olive oil
- 2 tbsp fresh mint, chopped
- 2 tbsp fresh basil, chopped

Method

1. Brush the peach wedges lightly with olive oil.
2. Heat a non-stick or stainless-steel frying pan over a medium heat and cook the peaches for 5–7 minutes until softened and lightly caramelised. Remove and allow to cool.
3. In the same pan, add the cheese curd and cook over a medium heat until it melts together. Fold it onto itself to create a single piece that can be turned. Once golden underneath, flip and cook until lightly browned on the other side.
4. Drizzle over the honey or hot honey and cook briefly before removing from the pan. Allow to cool slightly, then cut into bite-sized pieces.
5. In a large bowl, whisk together the olive oil and balsamic vinegar.
6. Add the tomatoes, peaches, cheese curd, mint and basil, then gently toss together.
7. Serve immediately as a light lunch or alongside barbecued dishes.

Mary Quicke

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Wednesday	09:00 – 11:30 15:00 – 17:30	09:00 – 11:30 15:00 – 17:30		
Thursday	09:00 – 11:30 14:00 – 16:00		09:00 – 11:30	09:00 – 11:30 15:00 – 17:30
Friday		09:00 – 11:30	09:00 – 11:30 14:30 – 16:00	

Please note: Consultations are all currently initially by phone. It is frequently more convenient to use e-Consult to let the surgery know your medical issue – this is available on the front page of our website.

Surgery hours: Monday - Thurs. 08:30 - 18:00
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Dispensary hours: Monday - Thurs. 08.30 - 18:00 There is no closure for lunch and prescriptions may be
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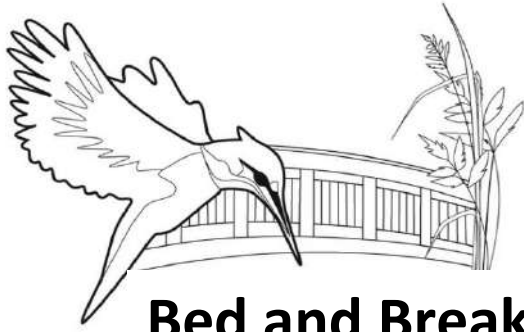
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I'm always asked....

1. **What is Feng Shui?**
2. **What do you do?**

Learning to understand how Feng Shui may help you is the most important thing.

Learning to recognise how you feel in your home and whether this is how you want to feel is the answer. It's about creating a home that supports your best life. A place where your nervous system can relax, your mind can focus and natural energy can flow more freely.

So, what is Feng Shui?

It's an ancient Chinese practice that looks at how our surroundings affect us. The idea is simple; your environment affects how you feel and how you feel affects what you do. What you do then shapes your life.

People have been studying this for thousands of years. Much of what was observed then, now overlaps with ideas found in environmental psychology and design today. We know that natural light, nature, clutter, colour and room layout can all affect how a space feels.

What do I do?

I help people look at their homes differently. I give guidelines, not strict laws. Feng Shui isn't about mystical objects or buying lots of new things. Most of the time it's about working with what you have already.

Whether you believe in energy or not, you've probably already experienced good Feng Shui. We've all walked into a space that felt calm, welcoming and easy to be in. Feng Shui simply helps us understand why.

Do you have a question about Feng Shui? Email me below and I'll answer in the next issue.

With compliments,

Emma

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SERVICES & INFORMATION JULY 2026

The Netherexe Parishes - A community of Anglican churches in Devon

Please see our website at www.netherexe.org under "Services" section.
We also have a calendar for services & latest events are under "news".

Wednesday 1 July

09:30 am	Mid-week Holy Communion	Thorverton [Exe Valley Farm Shop]
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Sunday 5 July

10:30 am	Coffee & Chat	Newton St Cyres
11:00 am	Summer service	Huxham
11:15 am	Service [by the river]	Cadbury
05:00 pm	Communion	Stoke Canon

Sunday 12 July

09:30 am	Communion	Thorverton
10:30 am	Communion	Upton Pyne
11:15 am	Café Church	Rewe

Sunday 19 July

09:30 am	Communion	Brampford Speke
09:30 am	Bubble Church	Thorverton
10:00 am	Coffee & Chat	Stoke Canon
11:15 am	Communion	Cadbury

Sunday 26 July

09:30 am	Communion	Newton St Cyres
09:30 am	Coffee & Chat	Thorverton
11:15 am	Communion	Rewe
03:00 pm	Patronal Service with Messy Church	Stoke Canon

Every Tuesday at 6:00pm we gather for prayer in Rewe Church

At **Communion** services we share bread and wine: you are welcome to join us for the service and to share communion if you wish. A lay minister occasionally leads this service.

At **Coffee and chat** we enjoy time together in conversation with coffee and cake to hand.

At **Services** we share together in song, prayer and the bible. Special services are noted in the description.

Bubble church is for young families and **Messy Church** for families who enjoy craft.

If you would like to know who is taking any service, please email administration@netherexe.org

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Beverley Horton (UP)

Vacancy

Lulu Russell-Smith (UP)

Tower Captain

Ed Sanders (BS)
Tel 841434

Jenny Codling (UP)
Tel 07872 922 202

Brampford Speke Baptist Chapel Revd. Simon Taylor Tel: 279485

Brampford Speke Parish Council

<https://www.middevonparish.co.uk/brampfordspeke/>

Clerk

Tracy Watkins 07811 938614 clerk@brampfordspekeparish.gov.uk

Councillors

Stuart Luxton (chair) 01392 841094 stuart.luxton@brampfordspekeparish.gov.uk

Allan Ferns (deputy chair) 07866 697270 allan.ferns@brampfordspekeparish.gov.uk

Elaine Hollingsworth 01392 841434 elaine.hollingsworth@brampfordspekeparish.gov.uk

Richard Tillett 01392 841268 richard.tillett@brampfordspekeparish.gov.uk

Ian Bannister 07714 767422 ian.bannister@brampfordspekeparish.gov.uk

vacancy

Other Contacts in Brampford Speke:

Village Hall website

www.brampfordspeke.org.uk

School

841414

Friends of BS School (FOBSS)

hellofobss@gmail.com or 841414

Village Hall Bookings

Molly Luxton 841270

Footpath Warden

footpaths.BSPC@gmail.com

Tree Warden, Elaine Hollingsworth

01392 841434

Twinning Association

Kate Cavill 0751 3002 708

Upton Pyne & Cowley Parish Council

Council website www.uptonpyne-pc.org.uk

Clerk Jacqui Ward

01392 851918

parishclerk@uptonpyne-pc.gov.uk

Councillors

Bob Short	UP	bobshort@uptonpyne-pc.gov.uk	Chairman
Mark Hewlett	Cowl	markhewlett@uptonpyne-pc.gov.uk	CLT representative for the PC
Mike Leach	UP	mikeleach@uptonpyne-pc.gov.uk	
Ross Bramston	UP	rossbramston@uptonpyne-pc.gov.uk	
Amanda Cullen	UP	amandacullen@uptonpyne-pc.gov.uk	
Tony Wright	UP	tonyluluw@gmail.com	
Lulu Russell-Smith	UP	tonyluluw@gmail.com	

Other Contacts in Upton Pyne

Garden Club	June Nicks (Chairman)	841272
Village Hall Bookings	Annie Rogers	rogelapd@gmail.com
Footpath Warden	Fabian King	07791 093 204
WhatsApp Group	Sue Glanville	07753 605726
	Gerry Farrell Morrish	07974 249466
	Abi Hann	07835 259514

East Devon District Council

Blackdown House, Border Road, Heathpark Industrial Estate, Honiton, EX14 1EJ. Tel: 01404 515616

Councillor: Fabian King 07791 093 204

Dog Warden: 01395 571517

Devon County Council

Councillors: Henry Gent Henry.Gent@devon.gov.uk
Nat Vanstone nat.vanstone@devon.gov.uk

Highways Operations Control Centre 01392 383329 (8am -8pm) or 0345 155 1004 (out of hours) for reporting fallen trees, flooding, potholes etc.

Redlands 01363 727111 (inc. Thorverton Surgery)

SpekeUp www.spekeup.org

Material for publication should be sent by 15th of the preceding month by email to

contributions@spekeup.org.uk Advertisements for village events are FREE and should be no more than a **half A4 page**.

Enquiries for commercial advertisements should be sent to advertising@spekeup.org.uk

The committee welcomes contributions of news, views, etc. but reserves the right not to publish any item that it considers inappropriate, or for which there is insufficient space. Opinions expressed in Speke Up are not necessarily those of the committee as a whole or of its members individually. The committee declines to accept collective or individual responsibility for any actions, costs of liabilities resulting from material appearing in our columns.

For further information please contact:

Upton Pyne & Cowley: Linda Findlay 07598 753088

Brampford Speke: Richard Tillett 01392 841268

Distribution: Bev Lewers (UP&C) 07742 927163, Dave Underhay (BS) 07799 693950

July / August 2026 DIARY

Thursday	2 nd July	2pm – 4pm	Tea, Cake & Chat Upton Pyne Village Hall	All welcome
Saturday	4 th July	From 12noon	SFH Supporters Club Family Fun Day and Car Boot Sale (booking for carboot sale essential 07807058549 by 30/6/26) Chamberlains Farm, Brampford Speke.	Duck Show, Hobby Horse Games, Duck Race, Car Boot Sale, Hound Racing. Bouncy Castle, Dog Scurry, Garden Games, Licenced Bar & Hot Food.
Sunday	5 th July	2pm – 5pm	Afternoon Tea in the Old Rectory Raffle – Tea & Cake – bring a picnic blanket/chair In support of Upton Pyne Parish Church The Old Rectory, Upton Pyne.	Parking at the village hall Adults - £5 Children – Free
Monday	6 th July	11am – noon.	Upton Pyne Village Coffee Morning & Collage Workshop All welcome. Bring old magazines, cards, wrappers etc. Glue and scissors provided. 10am start. Upton Pyne Village Hall	Veronica Clarke 841 530
Tuesday	7 th July	7.30pm	Brampford Speke Parish Council Meeting Brampford Speke Village Hall	Tracy Watkins 07811 938614 Clarkbspcc@gmail.com
Sunday	12 th July	2pm	Whist Drive Upton Pyne Village Hall	David Taverner 01884 855459
Tuesday	14 th July	12noon	Lunch Bunch Exe Valley Farm Shop	Pat on 841 599 or Veronica 841 530.
Monday	3 rd August	11am	Upton Pyne Village Coffee Morning Upton Pyne Village Hall All welcome.	Veronica Clarke 841 530
Sunday	9 th August	2pm	Whist Drive Upton Pyne Village Hall	David Taverner 01884 855459
Tuesday	11th August	12noon	Lunch Bunch Exe Valley Farm Shop	Call Pat 841 599 or Veronica 841 530 to book a place.
			Weekly	
Mondays		9am 10am	Connected Pilates Brampford Speke Village Hall (Term Time only- last class of term 13th July) PAYG Classes over the summer holidays between 22/7 – 17/8.	Nicki Stumpf 07838 260290 www.connectedpilates.com contact for class dates
Tuesdays		7.30pm	Yoga with Emilie (term time only) Brampford Speke Village Hall	Emilie Lewis Yogawithemilie@hotmail.com
Wednesdays		10am	Art Class (term time only) Upton Pyne Village Hall	John 07816 846562
Thursdays		6-6:45pm	Zumba Upton Pyne Village Hall	Caroline 07796 950652
Fridays		10.30- 11.30am	Pilates Upton Pyne Village Hall	Rebecca Cunningham 01363 866047

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Sales Office Manager



James Edwards
Sales Valuer



Sarah Hallsworth
Sales Negotiator



Tess Wigram
Lettings Manager

Sales: 01392 255202 | exeter@stags.co.uk



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Thank you

As we celebrate 30 years of serving local home sellers, we want to thank the community for your continued trust and support. We're proud to call this home and look forward to many more years of working together.

From all of us at Wilkinson Grant & Co

Roger Wilkinson
Managing Director

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