

# Speke Up



Parish Magazine  
of Upton Pyne  
& Cowley  
and Brampford  
Speke

March 2025

Issue 378



Photo: Steve Davidson

# Curry & quiz

**Fri. 14 March**

**7 for 7.30 pm**

**Upton Pyne Village Hall**

**£12 booking essential, call 07753 605726**

**Bring your own drinks (free drink on arrival)**

*Friends of Upton Pyne*





# Speke Up Matters

Welcome to the March Hare issue. We have a packed edition this month, including an **invitation** (on page 30) to our readers to join us for a glass of wine or soft drink and delicious canapes on the occasion of our Annual General Meeting at 7pm on Tuesday 1 April in Upton Pyne Village Hall. Many of you will already be involved in some way, either in the production and distribution of our two parishes community magazine or by subscribing and continuing to give us your support. Come and meet the team and allow us to say a big THANK YOU in person.

We are delighted to record the first event organised by the newly-formed Friends of St Peter's in Brampford Speke (page 5) and the magnificent Charity Tractor Run, which rolled through our villages on a recent Sunday morning to raise an amazing amount of money for the British Heart Foundation and Pancreatic Cancer UK. Hats off to the organisers and to all the local farmers who took part.

*from the Speke Up team*

Cover design: Sally Tuckey

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# Cover Notes

## The Hare (Leporidae – *Lepus europaeus*)

**They are all wild, the hare of the rough wet hollows,  
the hare of the clover hill and the hare of the cold  
mountain, wild like the cry of the peewit and the sad  
and lonely flight of the heron.**

Ian Niaill - *The Poacher's Handbook*

There is something so very mysterious and magical about hares – their very wildness perhaps – which rabbits definitely lack. Rabbits can be cute, but feel more predictable and far less wild. This may be because rabbits have burrows to run to for safety whereas hares are always living on the edge and have nowhere to go except to lie low in a very small piece of excavated land called a 'form'. The hare has been described by Pliny the Elder as "born...to be all creatures' prey". In turn, this necessitates the need for the hare to lead a very secretive life.

Hares are generally twice the size of rabbits – indeed the Greek name for the rabbit translates into 'half-hare'. European hares can reach 5kgs in weight compared to 2kgs for the average wild rabbit, however, despite being smaller, rabbits can be very aggressive towards hares and can drive them off their territory.

The hare is Britain's fastest land mammal. Like the cheetah and greyhound, full-grown hares can run at speeds between 35-50mph. This is necessary to escape the huge number of predators ranging from foxes, birds of prey, rooks and ravens and mustelids (badgers, ferrets, weasels). They can also jump 2m high and 3m wide and even swim over half a mile in open water. This ability to run at huge speeds has encouraged many forms of human hunting from falconry and hunting with hounds to shooting and coursing. At one time, they were a valuable source of meat and their bones were used to manufacture tools. Greyhound coursing was once a favourite sport but is now banned. Monty Don writes that over 400,000 hares are shot every year partly as a sport and partly by farmers culling them to limit their consumption of young crops. Unfortunately, the legislation around this can be confusing and is probably not always well enforced.

The fact is that numbers are now seriously depleted. There were approximately 4 million brown hares in early 19<sup>th</sup> century Britain and today there are fewer than 800,000. This is also due to modern farming and changing of agricultural habits such as sowing crops in autumn instead spring, the use of herbicides and the increase in monocultures. I've read in the *Collins Complete Guide to British Animals* that the brown hares are essentially a lowland animal, preferring arable farmland near open woodland and one of their favourite foods is young crops. Hares are least common in the West Country and upland areas in Northern Britain.

Young leverets are born in shallow depressions in the land called 'forms'. They are fed once a day by their mother but otherwise left to fend for themselves and they have to lie low as much as they can. The female can have three or four litters between February and September with two to four young. Hares are mainly solitary but in the mating season in spring, females often 'box' with males, standing on their hind legs, to repel the persistent advances from the male.

I was recently lent a copy of *Raising Hare* by Chloe Dalton. This is a remarkable and moving account of the author's 'rescue' of a very young leveret. Desperate not to treat it as a pet, she gives it the run of her house and garden and feeds it, creating what becomes a safe space for the leveret to come and go as she pleases. Chloe creates a very moving picture of this beautiful growing relationship between a wild creature and a human. The leveret would sometimes sleep in Chloe's bedroom and liked to keep her in view most of the time. By the time she was weaned at 30 days, she was eight times as heavy as at birth. One of the most moving aspects of this unique book is when the hare, now full-grown (never named in order to keep her wild and free)

gives birth to two leverets in Chloe's sitting room. What an amazing bond and sense of trust!

I would encourage everyone to read this exceptionally beautiful book. Thank you, Karen for lending it to me.



# Cover Notes

The Hare (Leporidae – *Lepus europaeus*)

Caroline Fox



## 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 8 March from 9:30 – 11:30am. We hope to see you there!

### **Film Night**

On Friday 21 March we'll be showing *Conclave*. In the film, Cardinal Thomas Lawrence (Ralph Fiennes) organises a conclave to elect the next pope and finds himself investigating secrets and scandals about the candidates that could shake the very foundation of the Roman Catholic Church. The film starts at 7:30pm (doors open from 7pm) - drinks and snacks available. Adults £5 / Under 18s £4.

Buy tickets on the door or from [thorvertonmemorialhall.co.uk](http://thorvertonmemorialhall.co.uk)

## News from St Peter's

The Friends of St Peter's launched on Friday, 7 February with a Candlelit Evening in the Church. It was a great evening, despite the bitter cold, with 55 people turning up for drinks and nibbles.



The church looked beautiful, entirely lit by candles. **Other events coming up:** Pancakes in the Church, Tuesday 4 March, and a Summer Fayre on 12 July.

## *The Wyndham Singers* in concert

**The Church of St. Boniface, Knowle,  
nr. Crediton. EX17 5BX  
Saturday 22<sup>nd</sup> March 7pm**

**Tickets: £10** (including interval refreshments)  
from: **Jean Pennington** 07568 588675  
or email  
[info@wyndhamsingers.org.uk](mailto:info@wyndhamsingers.org.uk)  
in aid of Hospiscare and Shelter Box

### **QUIZ NIGHT**

A NEWTON ST CYRES PARISH HALL  
FUNDRAISING EVENT

**SATURDAY 8 MARCH 7PM**  
FOR 7.30PM START

Teams of 4 - 6 max  
£10 PER PERSON  
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Contact Nicola on 01392 851985  
(Deadline for ticket booking is  
Tuesday 4 March)

# Brampford Speke Baptist Chapel

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The chapel has for many decades been linked with the South Street Exeter Baptist Church as one fellowship meeting in two places. Services in the chapel take place on the first, third and fifth Sundays of each month, starting at 3pm; they are often led by one of our ministers, and sometimes by other people who are happy to help out in this way. The ministers “shepherd, pastor, encourage and challenge” those who attend. Recently, members of the congregation were asked what they liked about the chapel. The most common response was to emphasise how friendly and supportive it was - and the way that this was demonstrated in tea and cake after each service! “Chapel is a safe place, a welcoming place, a place to come as you are.”

The format of the worship is relaxed, with the chairs in a U-shape rather than in rows, all the members of the congregation are close to each other. “It is the ‘acceptance’ I love; babies may grizzle, some may be weary and fall asleep, some may need a time of quiet after a busy week, others a time to catch up with friends and neighbours, and that’s all OK because we are a family.” Participation and questioning are encouraged by the ministers; this is something that is much harder to offer in a larger group. “The chapel is small, comfortable, friendly and informal and has an opportunity for congregational response.”

Anyone from the village or further afield is most welcome to drop in and join our worship services. We are really delighted that, post-Covid, there are significantly more people at the service than used to attend (when we met on Sunday mornings).

Everyone is also welcome to drop in on a Thursday afternoon in term-time to see Sue’s Café in action. Tea, coffee and cakes are laid on and lots of activities are available for the children. It is a wonderfully busy and well-supported time, enjoyed by children, parents and even grandparents! We appreciate greatly Sue’s commitment to this outreach. Do use the South Street church website for specific dates, as there are a few Thursdays in term-time when it cannot run.

**Mary Ellis**

## Dates for March

Sunday 2nd: 3pm worship led by Revd Ross Maynard

Sunday 16th: 3pm worship led by Revd Simon Taylor

Sunday 30th: 3pm worship led by Revd Peter Woolway

Every Thursday in term time: 3.30 - 5.00 Sue's Café in the chapel.

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## Upton Pyne & Cowley Parish Council

**Open Forum** we heard from the Chair of East Devon District Council (EDDC) and District Councillor for Broadclyst, Eleanor Rylance, who spoke about the local government changes which will take EDDC into Devon County Council, to become a unitary council. She said there is little in the White paper regarding town and parish councils. Eleanor also informed the Council that there will be a local by-election in Exe Valley for a new District Councillor. This has been posted onto the Parish Council’s website and on the various notice boards by the Clerk. Eleanor praised the Council’s work and gave a special mention to the affordable housing scheme which our Councillors, past and present, helped to set up. She says she advises people to go and look at the houses as they are very impressive.

**Fabian King** spoke of the invaluable work done by the Parish Council and the hard work and dedication of our Councillors. These and other parish councillors are volunteers who do the absolute best for their communities. Thank you, Fabian!

**Footpath Report:** Fabian (footpath warden) said that John Boyd, the Public Rights of Way Officer, would like to attend a future meeting.

**Finance:** the annual donation of £500 was approved for Upton Pyne Church for the upkeep of the fabric and maintenance of the church.

**Parish Lengthsman:** the search continues to find a contractor to clear and maintain the verges and hedges.

**Storm Drains at Cowley:** report from Councillor Hewlett sent to the Clerk: Highways said they checked them and found no issues. He has taken photos of multiple drains on the road between the bridge and the chapel which clearly shows they are blocked with debris, so he will re-send the complaint with photos.

**Councillor Vacancies:** the Clerk will organise a mail drop with the Royal Mail to encourage people to apply to be a Councillor.

**Next meeting:** Monday 10 March at 7.30pm in the Village Hall.





# BOOK CLUB

## **Precipice** by Robert Harris

With *Precipice*, Robert Harris brings to life a story that is familiar to historians but probably less so to the general public. This is the 1912-15 affair between the British prime minister of the day, Herbert Henry Asquith, who was in his sixties, and the aristocratic Venetia Stanley, more than 30 years' his junior.

Asquith sent 560 letters, usually three per day, to Venetia, often writing them while chairing cabinet meetings. They comprised expressions of love mixed with war-related information that should never have been disclosed outside the War Committee. Venetia replied but Asquith destroyed all her letters.

The book starts with a portrayal of dissolute pre-war upper-class socialites, moves to tensions before the war and introduces leading figures of the day such as Churchill, Kitchener and Lord Grey.

Harris doesn't tamper with known history, but puts his own perspective on Venetia's letters. He introduces the fictional Sergeant Paul Deemer, who is brought in by Vernon Kell, first director of the Security Services, to investigate and intercept the letters between Asquith and Venetia.

Asquith's notes and letters to Venetia are indiscreet. He was guilty of a folly that would have been treasonable if revealed but, in their circle at the time, it's looked upon with indifference. Other ministers realised that Asquith was more concerned with writing notes to Venetia than taking in what was said at Cabinet and war meetings. His grasp of the war was slipping away from him. Venetia realised that she was distracting Asquith and ended the affair, telling him she was getting married.

Robert Harris has written a fascinating book about the politics and characters of the time, giving a readable account of the actions taken by various countries leading up to the outbreak of the war, and also of the first years of the war.

Asquith is portrayed as a rather sad figure, but Harris is obviously quite taken with Venetia and shows her as a strong-willed, politically aware and capable woman.

**SG**

## **The Beekeeper of Aleppo** by Christy Lefteri

I read this as soon as it was published and loved it, not least because, at last, here was a story about refugees. The news, at the time, had been filled for so long with their plight but it was unusual to finally hear 'their' voice. (The author is not a refugee but born of refugee parents and worked in a refugee centre in Athens).

Nuri, the beekeeper, and his wife Afra make the harrowing journey through Turkey and Greece to the UK when their beloved Aleppo is destroyed by war. The novel is both powerful and compassionate in describing their love, their loss of home, friends, family and all that they know, and their treatment at the hands of their 'hosts'. Ultimately, it is about resilience. I thoroughly recommend it.

**CL**

### **Can you name the films that these quotes are from?**

- 1 To infinity and beyond!
- 2 What are you doing in my swamp?
- 3 You were only meant to blow the bloody doors off!
- 4 Houston, we have a problem.
- 5 Wax on, wax off.
- 6 Go ahead, make my day.
- 7 Toto, I've got a feeling we're not in Kansas anymore.
- 8 May the Force be with you.
- 9 You talking to me?
- 10 I'm gonna make him an offer he can't refuse.

**SG**

**Answers on page 37**



# Walking beyond the Parish

with Amanda Ryles



We were holidaying in Bude last month, so ventured west for our walk, to St Nectan's Glen. This particular favourite location is worth the drive by itself, so we try to get there every year. With the start point just off the B3263 Tintagel to Boscastle Road, it's less than an hour and a half from home, some 40 miles down the A30 to beyond Launceston, off at the A395 signed Wadebridge then a few twisty miles towards the sea. Designated car parking is off the coast road\* and, although limited to a dozen spaces in the winter, it expands into the adjacent field in season.

There are several longer walks from here, through the woods and even to Tintagel on the South West Coast Path but, as we are still building up Hector's stamina, we stuck to the three-mile round trip to the waterfall and nature trail.



**Hector on the waterfall walk**

Starting alongside the road, the route soon turns off and up a track to St Pirin's Well and the tiny Church of St Piran at Trethevy, the site of a small oratory visited by the Celtic saint, possibly even where the 'Monks of St

Pieran' worshipped (mentioned in the Domesday book). Tall lily of the valley and shorter snowdrops filled the churchyard, with its slate walls. The route follows a single-track lane that turns right in front of the church, and almost immediately passes a large house with ivy-clad castellated garden walls. It is the site of a Roman milestone dating to the 3rd century, discovered in 1919 being used as a gatepost. The Latin inscription reads: *C DOMI N GALLO ET VOLUS* which translates as 'For the Emperor Caesars our lords Gallus and Volusian', suggesting a date of between AD 251-253.

The lane sits low beneath raised banks topped by twisted windswept trees, with stunning views as far as Camelot Castle Hotel in Tintagel, to the promontory at Bossiney with its deep-scarred ravines and across to the Trethevy Cliffs and Rocky Valley where the River Trevillet meets the sea. The banks gave promises of spring, with tiny daffodils and yellow celandine. Mossy slate walls laid in an intricate herringbone pattern harboured erigeron and wall pennywort, and several gardens had hot pink camelias in full flower. At the end of the road, the path drops down towards the river in the relative warmth of the little micro-climate categorised as temperate Atlantic rainforest.

It is an area of outstanding natural beauty, appointed a Site of Special Scientific Interest (SSSI) due to its rare specimens of plants. The damp shade provided by the glen supports a rich flora, including rare liverworts and mosses, and the river is crystal clear with many places where you can walk into the water. The steely blue Devonian Slate is the dominant stone, with rusty-red iron rich boulders and bright white stones adding to the colour. The dominant shades throughout the valley, though, are green: from emerald ferns and limey mosses, to chartreuse lichens and tender pea-green bluebell shoots. Looking across to the opposite bank, the hill slopes steeply upwards, dominated by ferns, none of them even tinged brown in their frost-free sanctuary. The path is easy underfoot, many of the muddier patches straddled by generous slabs of slate, and there are several new benches along the route. The path crosses the river over a small bridge, at which point we had to negotiate with care as recent storms had brought down several trees. A further bridge took us back to the other side of the river, where Kevin and my mum spotted the tiniest wren on an overhanging branch. On the left of the path, water was spilling down a rock face, the splashes catching the light. I was lucky enough to catch a glimpse of one of the several dippers that live on this stretch of the river, nesting as they do in the rocks by the Kieve. After a small walkway, the path

heads uphill over some steep steps, helpfully with a handrail.

Lots of people find this area to be really spiritual and it is certainly easy to feel close to nature. It is believed locally that, in the sixth century, Saint Nectan had a hermitage above the waterfall and rang a silver bell to warn ships of the dangers of offshore rocks at the mouth of Rocky Valley during storms. It is entirely possible though that this was a myth concocted by Victorian romanticists. The area was popular with writers and artists with William Thackeray, Charles Dickens and Daniel Maclise visiting in 1842.

We had a drink and lovely homemade cakes in the cafe before wandering around the nature trail, enjoying the sculptures (*pictured below*) and watching the peacocks, then making our way to the waterfall walk.



We were the only people there and were able to paddle in the icy water under the falls, feeling the spray from the 60-foot drop on our faces. On our walk back downstream, we spotted primroses, the start of dozens of bluebells, many snowdrops and a few early daffodils, as well as several clumps of bright orange fungi. A few more people passed us on our return walk and we stopped to talk to a lady, admiring the delicate dwarf irises in her garden. Hector was asleep within minutes of our return to the car but I think he enjoyed his first waterfall walk and I know we did.

\* what3words: ///thrillers.shelf.fountain

## NEWTON RAMBLERS

Sunday 16 March

The walk this month starts from Steps Bridge, near Dunsford, and takes us along the River Teign to Clifford Bridge. As it is still not possible to return on the other side of the river, we will go up and back along the same side although there are alternative paths for quite a bit of the way. We are hoping to see a good display of daffodils along the pathway.

This is an easy walk of around 4 miles along paths with no hills!

We will meet at the Newton St Cyres Parish Hall Car Park at 9.30am and take the minimum number of cars.

All are welcome. For more information, please ring Jean or Roger Wilkins on 01392 851337

*Please note that anyone joining us on these walks obviously does so at their own risk.*

## Sandford Summer Show

After a hugely successful return last year, Sandford will again be holding a Summer Show in 2025 on Sunday 10 August in Sandford Village Hall.

Now is the time for all you keen gardeners to be thinking about sowing seeds and growing lots of flowers and vegetables to enter.

For the crafters, artists and photographers among you, it is time to plan your creative project to show in the competition.

Entry forms will be available as hard copy in Sandford Stores or via email from

[sandfordsummershow@yahoo.com](mailto:sandfordsummershow@yahoo.com)

We will keep you updated on when these will be ready but categories will be the same as last year.

More updates to come, but remember you are all the stars of the show and we look forward to seeing you produce your very best!

***On behalf of the Sandford Summer Show Committee***





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If so, they might be eligible for an affordable home next time one becomes available at Lake's Down in Upton Pyne. Eligibility is based on both a strong local connection to Upton Pyne & Cowley or Brampford Speke Parishes, and also meeting the Devon Home Choice household income criteria.

**If you'd like to be considered for an affordable home in future, you need to do three things now:**

1. **Register now** with Devon Home Choice: [www.devonhomechoice.com](http://www.devonhomechoice.com)
2. **Monitor** the Devon Home Choice website for vacancies
3. **Become a member of the CLT:** We email members when a home is becoming available at Lake's Down, so being a member ensures you are among the first to know.



Check out the CLT website at [www.bsupcclt.co.uk](http://www.bsupcclt.co.uk) (or use the QR code on the left) for more information. For information on membership or advice on registering for a tenancy please contact our membership secretary at [sallydiscombe@gmail.com](mailto:sallydiscombe@gmail.com).

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Two recipes this month. The first is a hearty and warming curry. I have had quite a bad throat infection and the hospital doctor recommended eating lots of garlic, ginger, turmeric and chili peppers along with salt water gargles and then manuka honey. No prescription other than these anti-inflammatory, anti-viral spices. I was rather pleased that I had just written this recipe and have been consuming quite a lot over the past few weeks. Glad to report I am much better too. 4 March is Shrove Tuesday, so I have included a pancake recipe that is rich in protein and has excellent nutrient levels. It's a recipe that works well for all meal occasions.



### Easy Chicken Curry

*Effortless to make, healthier and more nutrient-dense when it's homemade.*

For 4 (or 2 and freeze or leftovers!)

#### Curry Paste

Coconut / olive oil	2 tbsp
Fresh ginger	6cm piece, quartered
Garlic cloves	3, quartered
Curry powder of your choice	2 round tsp

Garam Masala	1 tbsp
Turmeric	1 round tbsp
Sea salt	½ tsp
Red chili pepper	1 - 2, sliced (3-4 if you like a hot curry)
Water	4 tbsp (60 ml)

#### Curry

Coconut oil	2 round tbsp
Red onion	3 medium, cut into 8+ long wedges
Organic chicken thighs and skin removed	4 - 6, boned
Chopped tomatoes	1 x 400g tin (I like to puree them, but they can be left chunky)
Red lentils	120g, rinsed
Frozen chopped spinach leaves	120g, usually comes in blocks – use 3 or 4
Frozen peas	60g
Natural yogurt	4 tbsp
Optional – fresh coriander	20g, washed + chopped

Make the curry paste first. Put the paste ingredients into a blender and blitz until almost smooth (or bash in a pestle and mortar). Set aside and continue the recipe.

Warm the oil in a large casserole and sauté the onions for 3 minutes.

While the onions are cooking, slice the chicken into chunks and add to a mixing bowl with the curry paste. Ensure the chicken is well coated. Tip it all into the onion mixture and stir well. Cook for 8-10 minutes stirring every so often.



Add the tomatoes, red lentils and give the ingredients a good stir. Lower the heat, semi-cover and simmer for 30 minutes. Make sure the frozen veg are out of the freezer and defrosting whilst the curry is simmering.

Stir the spinach and peas through the curry. Cover and simmer for 15 – 20 minutes to cook through.

Finally take off the heat, stir the yogurt through the curry and top with the coriander. Serve on warm plates with flatbreads, naan bread or rice.

- ✓ The curry paste can be made up to five days in advance. Keep in the fridge in an airtight jar.
- ✓ This is a good recipe for batch cooking and freezing (without the yogurt and coriander). Be sure to use within 3 months.

#### **To make a vegetarian version:**

Substitute the chicken for half a cauliflower, chopped in to small florets and use 200g lentils with a few more chunks of the frozen spinach to top up the protein and ensure you have sufficient ingredients to satisfy your appetite.

If you don't want to make the curry paste, buy a decent brand and use 2 - 3 tbsp of that instead. My favourite 'ready-mades' include Geetas, Pataks and Rempapa.



### **Perfect Pancakes**

*These are delicious and provide a filling, nutritious breakfast. A lovely treat for the weekend that can be served at any time of the day really! If you're making savoury versions then omit the spice and vanilla and add a sprinkle of dried herbs or chopped chives.*

*I opt for some fresh fruit whilst my husband would rather have two or three rashers of smoked back bacon.*

Oats	70g
Cottage cheese	200g
Milk (dairy or other)	2 tbsp
Eggs	2
Baking powder	2 tsp
Maple syrup	2 tbsp
Salt	generous pinch
Cinnamon / Mixed spice	1 tsp
Optional - Vanilla essence	½ tsp

For cooking and serving	
Light olive oil / coconut oil	1 tbsp
Fresh banana / berries	to serve with pancakes

Combine all the ingredients in a blender or food processor. Set aside for a couple of minutes.

Heat the oil in a large frying pan on a medium heat. Drop two tablespoons of mixture into the pan to form a pancake. Cook for about three to four minutes on each side.

- ✓ If you don't have cottage cheese, use a 10% fat content Greek or natural yogurt, or equivalent fromage frais.
- ✓ Avoid low fat dairy or alternatives as they are too watery. They have far lower vitamins too.
- ✓ As a dairy alternative, use organic soya or coconut yogurt.

#### **In Season this month:**

Cabbage, cauliflower, Jerusalem artichoke, kale, leeks, purple sprouting broccoli, spinach, spring greens and swede. Wild garlic and nettles will start to shoot this month.

Early rhubarb, bananas, blood oranges, kiwi fruit, pineapple and passion fruit.

Brill, clams, gurnard, lemon sole, monkfish, mussels, skate.



## UPTON PYNE CHURCH NEWS

Greetings from The Church of Our Lady, as signs of spring appear all around us. Easter is late this year (20 April), so March will be a season of Lent. Ash Wednesday, the beginning of Lent, is on 5 March and there will be a short service, followed by breakfast, at 9.30am at The Exe Valley Farm Shop.

On Sunday, 9 March, there will be our usual service of Holy Communion, followed by refreshments, led by Graham Cotter.

30 March is Mothering Sunday, and there will be bacon butties and hot drinks in the church at 10am followed by a short Family Service at 10.30am led by Lisa & Stewart Clapp; all are very welcome to this! On Wednesday, 12 March, there will be a Lent Lunch at School House; this will be a simple lunch with a short reflection from Graham Cotter. Numbers are limited so do book early (details in *Speke Up*)

On Friday, 14 March there is the Curry & Quiz evening in the village hall, organised by the Friends of Upton Pyne. This is always a great evening with good company, good food and a good quiz so book your place asap (details in *Speke Up*).

On Saturday 22 March, the Friends of Upton Pyne hold their AGM in the village hall at 9.30am. We hope that many from the village might turn up to hear what the Friends are doing and to take an interest in this group which is vital to community events in the village and support of the fabric of the church here.

Volunteers have done work in the churchyard already this year and the hedges are looking much tidier than before; we are very grateful for all that is being done to help maintain this beautiful space even in chilly weather!

VC

## TEA, CAKE & CHAT ON THURSDAYS

The Thursday teas take place in Upton Pyne Village Hall. The hall is open every Thursday 2pm - 4pm and anyone who turns up is assured of a warm welcome, tea and a chance to catch up with neighbours and

friends. Our grateful thanks to the hall committee for making it available and to Adrienne, Lyn and Rose for hosting this community event.

## THE LUNCH BUNCH

The Lunch Bunch continues to meet at 12 noon on the second Tuesday of each month; we welcome anyone who would like to join us for a convivial lunch together. As the Thorverton Arms no longer does lunch on a Tuesday, at present we are meeting at the Exe Valley Farm Shop, which is convenient for most takers and has ample parking. **Next meeting of Lunch Bunch Tuesday, 11 March, 12 noon Exe Valley Farm Shop.** Tel. Pat on 841 599 or Veronica on 841 530 to book a place.

## VILLAGE COFFEE MORNING

We continue to open Upton Pyne Village Hall on the first Monday of the month and offer a warm welcome, tea, cafetiere coffee, biscuits and a chance to buy homemade cakes and to browse for bargains at the Bring & Buy stall. Do come along and support this community event. The next is on Monday 3 March at 11am.

## Mel Spiller

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# FRIENDS OF UPTON PYNE

After the cold days of winter, we shall emerge to the warmth of a Curry and Quiz evening on 14 March. If you have not yet reserved your place, please do so now – the advert on page 2 gives details. A new, mild curry recipe with optional hot sauce should suit everyone's taste and energise the brain cells for the quiz.

May marks the 80<sup>th</sup> anniversary of VE Day. We shall be remembering the war in a display of memorabilia in the village hall during the early Bank Holiday weekend (Sunday 4 May 2-5pm, Monday 5 May 10-12am). Refreshments will be provided. Please see the call for contributions below.

At the time of writing, we are organising the protection of the statues on the church tower with a special coating to protect them from further deterioration. The tower, one of the most beautiful in the neighbourhood, was built in 1380 and we assume that the figures date from around that time.

The other expensive job is the conservation of the glass in the south wall eastern window. There are two interesting roundels of Flemish glass which are cracked and the whole window will need specialist repair. Once we have the quotations for the works, we shall spring into action to apply for grants. If anyone would be interested in sponsoring an individual statue or roundel, we would be interested to hear from you.

***Our AGM, on 22 March, is an opportunity for you to have your say in possible future events to fundraise for the Friends: we have various ideas in the pipeline and welcome more. Looking forward to seeing you in March.***

Maggie Cormack, Chair (841198)

## *The Four Evangelists*

At the four corners of the 50ft high church tower, standing in niches, are figures of the Evangelists. St Matthew, headless and with an angel at his feet, is at the south-west; St Mark with a lion at the north-east; St Luke with a calf at the south-east and St John with a lamb at the north-west. The niche over the west door contains a figure of Christ, blessing people entering the church. On the south side is a crowned man, probably King David, with a lamb at his feet.

Flakes of paint found on the statues on during past conservation work indicated that the figures were likely to have been carved in the Exeter Cathedral workshops during the 1380s. These sculptures contribute to the Grade 1-listed status of the church.

## Friends of Upton Pyne AGM

Saturday 22 March  
at 9.30am

Upton Pyne Village Hall  
Refreshments

*All are welcome!*

### *Call for memorabilia of WW2*

VE Day Memories, 4-5 May

We shall be marking the anniversary of VE Day with a display of WW2 memorabilia in the village hall and would like to hear from anyone who could offer objects, photographs, music or anything from that era. If you can help, please contact Sue Glanville on 07753 605726.

# Midweek Holy Communion

1st Wednesday of the  
month  
9.30am  
upstairs at the  
Exe Valley Farm  
Shop, Thorverton

Can't get to church on Sundays?  
Maybe your children or grandchildren  
have commitments which clash with  
existing services.  
You were on holiday and missed your  
usual service.  
You would like something a little more  
relaxed and informal.  
You need a midweek time of worship  
and reflection.

We are holding an  
Informal Service

All are welcome  
5<sup>th</sup> March  
2<sup>nd</sup> April  
7<sup>th</sup> May

for anyone who would like to come  
along.  
If people wish to stay a little longer, we  
can enjoy breakfast together afterwards.

## *Lent, a Journey of Discovery Part 1*

March once again sees Christians around the world begin that annual journey through Lent to Holy Week, Good Friday and Easter. It's a time that flings out the somewhat familiar, and yet there is a hint of uncertainty, too. Shrove Tuesday, Ash Wednesday, Palm Sunday, Maundy Thursday, Good Friday... days and names that have a great deal of familiarity, but ones that hide deep meaning, too.

Let's take Shrove Tuesday – a day of indulgence before the traditional fasting of Lent; and a day that is usually accompanied by the joy and wonder of pancakes, merrily tossed through the air (and that will definitely be happening in a number of places across the parishes – keep an eye out for information on other pages in the magazine!).

But what exactly is 'Shrove'? A word that is bandied around at this time of the year, but I'm guessing that most people may not actually know its full meaning.

So, a very quick Old English lesson: 'Shrove' is the past tense of the verb 'to shrive' – which probably doesn't really take many of us any further forward in our understanding. 'To shrive' in its purest sense, is 'to present oneself to a priest for confession, penance, and absolution'.

And certainly, in days gone by, while many churchgoers would regularly seek a priest for confession, on 'Shrove Tuesday' many, many more would do so - even non-regular attendees, in preparation for the Lenten fasting and sacrifices they would take on for the next 40 days.

Traditionally, people would be questioned deeply about what they would be giving up for the period of Lent. Even now, it's not unusual for people to still ask, 'What are you giving up for Lent?' and before you ask, I will not only be giving up sweets, cakes and biscuits, but also will take on a time of study.

So, as often as I can, I will join Revd Kathy Roberts as she facilitates a group studying a book by Amy-Jill Levine: *Entering the Passion of Christ – a Beginner's Guide to Holy Week*. (Again, more information elsewhere in this magazine.) So, Shrove Tuesday is really a day of preparation, and of getting rid of all those lovely goodies that are stashed around the



house, so as to avoid temptation over the next 40 days.

And what about Ash Wednesday? Ash Wednesday marks the actual beginning of Lent. The period that represents and recalls Jesus's 40 days in the wilderness before the start of his mission and ministry. In some Bible translations Jesus is 'driven' (as in 'compelled, motivated, encouraged' not taken in a nice 4X4) into the wilderness by the Holy Spirit, where during that time he will face loneliness and temptation by Satan.

Now, the very observant amongst you might have calculated that the period from Ash Wednesday to Easter is actually 46 days long. Well, this is because Sundays don't count in Lent (as they remain in essence a day of remembrance and celebration of the risen Christ – so much to unpack there, but perhaps for another day) – though whether you also give up on giving up as it were, I leave to your own consciences. We will be holding two services on Ash Wednesday – 5 March at 9.30am upstairs at the Exe Valley Farm Shop and 6.30pm at Thorverton Parish Church. A significant part of that service will be the marking of a cross in ash on people's foreheads. The

ash is traditionally made from burning the previous year's palm crosses and is a sign of repentance, of turning away from all those behaviours that get in the way of our relationship with God and also a recognition of our mortality, because the signing of the cross will be accompanied by the words: "Remember that you are dust, and to dust you shall return." A deeply solemn, and deeply challenging moment.

You are very welcome to join us for all the activities, events and services throughout Lent across the mission community, please look out for details of all of these including Lent Lunches, Easter activities and more.

And as for an explanation and unpacking of Palm Sunday, Maundy Thursday, Good Friday, well, look out for Part 2 in April's magazine!

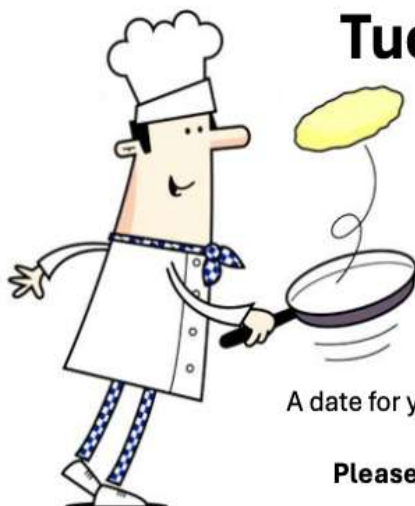
All blessings,

*Tim*

Revd Tim Collins

Friends of St Peter's Church, Brampford Speke

## **Come and join us for Pancakes in the Church Tuesday 4<sup>th</sup> March 3 - 5pm**



A date for your diaries - Summer Fayre 12<sup>th</sup> July

**Please come and support our Church**

## SERVICES & INFORMATION MARCH 2025

The Netherexe Parishes - A community of Anglican churches in Devon

Please see our website at [www.netherexe.org](http://www.netherexe.org) under "Services" section.

We also have a calendar for services & latest events are under "news".

### Sunday 2 March

10:00 am	Communion	Stoke Canon
11:30 am	Baptism Service	Cadbury

### Wednesday 5 March

09:30 am	Mid-week Holy Communion	Thorverton [Exe Valley Farm Shop]
06:30 pm	Communion	Thorverton

### Friday 7 March

11:00 am	World Prayer Day Service	Stoke Canon
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### Sunday 9 March

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

### Tuesday 11 March

09:00 am	Chattertots	Thorverton
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### Wednesday 12 March

12:15 pm	Lent lunch	Upton Pyne [The School House]
12:30 pm	Lent lunch	Stoke Canon [Church]

### Sunday 16 March

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

### Sunday 23 March

09:30 am	Communion	Newton St Cyres
10:00 am	Messy Church	Stoke Canon
11:15 am	Communion	Rewe

### Thursday 27 March

12:30 pm	Lent lunch	Stoke Canon [Church]
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### Sunday 30 March

09:30 am	Family Communion	Thorverton
10:00 am	Mothering Service	Newton St Cyres
10:00 am	Mothering Service	Stoke Canon [Joint with Huxham]
10:30 am	Mothering Service [Bacon butties at 10am]	Upton Pyne
11:15 am	Mothering Service	Rewe
11:15 am	Mothering Service	Cadbury

**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](mailto:administration@netherexe.org)  
Revd Tim Collins [Priest in charge] Tel: 01392 860767 [tim.collins@netherexe.org](mailto:tim.collins@netherexe.org)  
For more information about the Netherexe Parishes please see [www.netherexe.org](http://www.netherexe.org) or contact:

Juliette Lea [Administrator]  
Tuesday & Thursday [09:00 – 15:00]  
Tel: 07594 714590  
Email: [administration@netherexe.org](mailto:administration@netherexe.org)

Peter Shepherd [Administrator]  
Monday & Wednesday [09:00 – 13:00]  
Tel: 07551 844321  
Email: [administration@netherexe.org](mailto:administration@netherexe.org)

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## **Nick Baker Local History Essay Competition 2025**

### **Two Prizes of £100**

This competition was established to commemorate the life of Nick Baker, an avid local historian, who was always keen to share his knowledge and expertise with others.

Entries are now warmly invited for 2025.

### **Summary of Rules**

1. The competition is open to all residents of the parishes of Brampford Speke, Newton St Cyres, Thorverton, and Upton Pyne and Cowley
2. Entries should consist of an essay of 1,000 to 2,000 words on a topic clearly connected to one or more of the parishes — for example: a local person, event, place or building. Associated illustrations are welcomed.
3. There will be two prizes of £100 — one for entrants up to the age of 18, and one for those aged over 18, with the relevant age being that at 1 December 2025. If you are 18 or younger, please state your age, as this will be taken into account by the judges.
4. Entry to the competition is confirmation that you consent to your work being published by the three parish magazines at the discretion of their respective editors in paper and/or electronic format.
5. Entries should be submitted to [nickbakerprize@gmail.com](mailto:nickbakerprize@gmail.com) on or before 1 December 2025. If you are unable to submit in an electronic format, please contact Peter Hawksley on 01392 851269 or as [editor@newtonwonder.net](mailto:editor@newtonwonder.net) to make alternative arrangements.

The prizes are wholly funded by Nick's family and friends.

# The Gardening Year



**Mothering Sunday** is on 30 March and if you were thinking of a gift to buy that special someone, maybe an **orchid** (pictured above). There is always a wide selection on offer at garden centres and supermarkets and, with the right care, they will flower for months on end and continue to do so for many years. After flowering, if the flower spike is still green, cut beneath the lowest flower and above a node, this should then allow new flowers to bud. If, however, the stem is brown, it should be removed just above the base. The requirements in caring for your orchid are:

**Light** Good bright light, but not direct sunlight, is crucial and an east or west-facing windowsill is ideal. If an orchid is not flowering, it may be that it requires more light, however, direct sunlight can burn the leaves.

**Temperature** 18-23C is good for *Phalaenopsis*. Rooms where the temperature regularly dips below 10C at night are best avoided.

**Humidity** Regular spraying with rain water two or three times a week, in the mornings, will increase the humidity. Spray the leaves, the aerial roots and the top of the bark. An alternative is to sit the orchid on a humidity tray, making sure that the bottom of the pot is not sitting in the water. This also works well when you are going away on holiday.

**Feeding** Orchid-specific feeds are available which contain all the nutrients needed. You can feed and increase humidity at the same time using an orchid mist foliar feed which you apply by spraying the leaves, exposed roots and bark. This can be done once or twice a week.

**Watering** Ideally use tepid water, keeping the plant moist but not wet. They can be allowed to become drier in the winter. Check the roots first, plump green or silver roots are a sign of hydration, but shrivelled

roots and leaves, together with a very light pot, are a sign of a lack of water.

**Pests** The most common are scaly insects and mealy bugs. Wiping the leaves regularly with a damp cloth is a good prevention and any insects can be removed by hand.

**Repotting** Most advice says to re-pot every 18-24 months going up by just one size of pot. Re-pot after flowering in the autumn, removing any dead roots. Re-pot in specialist graded bark, not soil, as this allows maximum airflow around their roots and provides moisture.



You may have heard on the news recently that the **RHS** is currently undertaking work to **log daffodil locations** and asking us all to look out for **rare varieties** such as:

- *Narcissus* Mrs R. O. Backhouse, a large-cupped daffodil to 40cm, flowering in mid- to late spring. The 10cm blooms have broad, white, slightly wavy petals and a long, cylindrical, pale orange-pink cup, darker at the rim
- *Narcissus* Mrs William Copeland, a white, double-flowered daffodil was named after the wife of flower breeder WFM Copeland. It's believed that an American grower gifted the flower to one of his descendants in the UK in the early 2000s, suggesting it could be growing in someone's garden!
- *Narcissus* Sussex Bonfire, a double-flowered yellow and orange daffodil, is the rarest species on the list. This flower was cultivated by Noel Burr, an amateur breeder from Sussex, who named it after the famous annual bonfire in Lewes. The plant has never been found, so experts would be delighted to learn of any sightings.

Full details of this project, together with images of the rare varieties named above, can be found at <https://www.rhs.org.uk/science/daffodil-diaries>



where you can log your sightings. Who knows, there may be something in this area that is very rare!

### **A-Z of Rose Growing (continued) from Peter Beales** **Roses**

**V: Versatility:** Roses are some the most versatile garden plants – you'll find the ideal rose for almost any garden situation. Whether you need a rose to grow in a container, climb up a trellis or arch, blanket the ground with blooms or scramble through trees and shrubs, there's a world of choice and an array of colours and fragrances to suit all gardening styles.

**W – Waterlogging:** While roses are tough as old boots, they'll suffer if their roots are constantly sitting in ground that's prone to waterlogging. Dig plenty of well-rotted organic matter into heavy soil to improve structure and drainage.

**X – Xylella fastidiosa:** A mouthful to pronounce, plant health experts are battling to keep this new disease out of the UK. If you've read stories in the press about how Xylella has been causing wilt and dieback on popular plants in Europe, you can buy roses in confidence that they won't be affected if the disease reaches our shores. Instead, it targets olives, rosemary, lavender and hebe, to name a few, but thankfully roses aren't on the disease's list of host plants.

### **JOBS FOR MARCH (taken from the RHS guide)** **include:**

- Prune bush and climbing roses.
- Plant onion and shallot sets.
- Cut back ornamental grasses that have been left standing overwinter. I tend to wear gloves & glasses, to avoid injuries.
- Plant first early potatoes – I am planting 'Lady Christl' again this year, which can be harvested in as short a time as 8 weeks from planting.
- Start off dahlia tubers in pots or trays of damp peat-free compost.
- Prune buddleja to a low framework of stems, to encourage new growth.

### **WHAT'S ON?**

**1<sup>st</sup> & 4<sup>th</sup> March National Trust Arlington Court EX31 4LP - Guided Wider Estate Walk.** 11am – 12.30. Join one of their knowledgeable leaders for a walk across the estate (approx. 3 miles) learning about daffodils and other early spring flowers.

**8<sup>th</sup> & 9<sup>th</sup> March RHS Rosemoor Spring Flower Showcase** – Viewing times Saturday 11.30am – 4pm &

Sunday 10am – 3pm. An opportunity to admire beautiful spring blooms grown by competitors from the South West and beyond, focusing on daffodils, camellias, early magnolias and rhododendrons.

**8<sup>th</sup> March Kennaway House Sidmouth EX10 8NG – Plant Sale** Open 11.00am – 4.00pm Also an opportunity to see the stunning daffodil displays around Sidmouth (*pictured below*) which have been planted by Sidmouth Daffodil Society.



**17<sup>th</sup> March Upton Pyne Garden Club** in the village hall 7.30pm **Jeremy Wilson speaking on The Scented Garden.**

**19<sup>th</sup> March Newton St Cyres Garden Club** in the Parish Hall 7.30pm **Tom Hynes will give a talk on Devon Hedges.**

**22<sup>nd</sup> March RHS Rosemoor Alpine Garden Society Show** – Show opens 11am (after judging) until 4pm.

**22<sup>nd</sup> 29<sup>th</sup> & 30<sup>th</sup> March, 5<sup>th</sup> & 6<sup>th</sup> April - Haldon Grange EX6 7YE NGS Open Gardens** – Open 1 – 5pm Admission Adult £6, Children free. Peaceful well-established 19-acre garden. Plant sales, teas and home bakes (cash only).

**25<sup>th</sup> March Crediton Garden Club** in Crediton Library 7.00pm **Karl Ritz speaking on 'Soil & Plants – Getting to the Root of the Matter'.**

**30<sup>th</sup> March Chevithorne Barton EX16 7QB NGS Open Garden** - Open 1.30pm – 4.30pm Admission Adult £6.00 Children free. Home to national collection of Quercus (Oaks). Home-made teas available.

***Happy Gardening!***

*Nicola Baker*

# UPTON PYNE & DISTRICT GARDENING CLUB

Events are held in the village hall -  Contact June Nicks 01392 841272

Annual membership £15 Non-members welcome at all events (£4 per talk)

MON 17<sup>th</sup> MARCH 7.30pm

a talk by JEREMY WILSON  
(Strete Camelia Nursery)

**'THE SCENTED GARDEN'**



SAT 12<sup>th</sup> APRIL 2.00pm

**ANNUAL SPRING FLOWER SHOW  
& PLANT SALE**



A variety of categories to display the best from your garden  
Cookery & Photographic competition

Children's Artwork

Afternoon teas - Raffle

Everyone votes for their favourite in each class

We welcome new exhibitors, also, we would welcome gifts of  
extra plants to add to our sale!

The schedule will be available at the March meeting  
or contact Anne on 01392 851457

**Free Admission**

MON 19<sup>TH</sup> MAY 7.30pm a talk by BEN RUSCOMBE-KING

*Head Gardener at Hotel Endsleigh Gardens*

*Overlooking the River Tamar*

*(part of the Polizzi Collection)*



# **Upton Pyne and District Garden Club**

Chairman Mrs June Nicks; Show secretary Mrs Anne Roberts tel: 851457

## **FLOWER SHOW**

**SATURDAY APRIL 12th 2025**

Upton Pyne Village Hall 2.00 to 4.00 pm

Bring your entries in the morning between 10.00 and 12.00

Free entry to the classes and the Show, all welcome!

Tea and cakes - Raffle - Plant Sale!

### **SCHEDULE OF CLASSES**

Anyone can enter, please read the schedule carefully and make sure that your entries match the description. Only one entry in each class.

1. Daffodils or narcissi, three cut blooms in a vase, can be mixed.
2. Three tulips in a vase
3. Collection of spring garden flowers in a bowl or vase
4. Wild spring flowers in a container
5. One stem each of three different foliage shrubs, maximum width 18" and height 24"
6. One flowering head of a rhododendron in a container
7. Single camellia in a container
8. Table centre decoration, may include non-plant material, 12" overall
9. One stem or branch of a flowering shrub or climber
10. Spray or small bunch of flowers to be judged for scent
11. Cactus or succulent
13. Miniature arrangement, maximum overall size 4.5"
14. An arrangement of fresh flowers in an unusual container
15. Any living plant, indoor or outdoor, not already in other classes
16. A crafted object linked in some way to plants or garden
17. **Children** - Miniature garden
18. **Children** - Easter bonnet

### **HEMCRAFT CLASSES**

19. Carrot cake (own recipe)
20. A preserve

### **PHOTOGRAPHY/PICTURE CLASSES**

Maximum size of entry for photographs A5 - approx. 6" x 8" including mount. No framed photos please.

21. "Your favourite garden photo" or "Wildlife in the countryside or your garden"
22. **Children** - Painting or drawing of a flower or plant





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Or if you would like to chat about your event, call

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# AGRICULTURAL

— I N N —

## *What's on at The Agi...*

### *Secret Garden Opening*

Celebrate the opening of the Secret Garden with us on Friday, April 18th. Enjoy hot chocolate, complimentary marshmallows for roasting, and music in our cosy tipis. Savour freshly cooked Asian street food and local drinks, and be sure to check out our new kids' play area!

Opening hours: Fri 5-9pm, Sat 12-9pm, Sun 12-8pm

### *Easter Family Fun Day*

Join us for our Easter Family Fun Day on Sunday, April 20th, from 12pm. We've got a fun-filled day planned with an Easter Egg hunt, face painting, a bouncy castle, and garden games galore. There will also be a special meet-and-greet with Disney's Rapunzel!

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Let us do the hard work and washing up. Takeaway is available Tuesday - Saturday evenings, simply call to order before 6pm.

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## Wildlife photography

### **Tips for photographing birds in your garden**

*by Steve Davidson*

I have been interested in photographing nature for a long time. In the beginning, I was an opportunistic photographer, taking photographs of what I came across as I walked around the countryside.

To improve my photographic skills, I attended a wildlife photography course and learnt new techniques to capture wildlife and nature in its full glory. The first thing that I learnt was to understand the behaviour of the subject that I wanted to photograph.

A good starting point is observing the wildlife in your garden or a location that you are familiar with, so let's start with photographing birds in your garden -

When watching the birds feeding in your garden, it's easy to photograph them on the feeders. If you watch the birds carefully, you will learn that they have a regular flight path and a preferred perch that they land on before going on to the feeder.

This will give you the first opportunity to photograph the birds in a more natural situation. Once you have identified the landing perch, this is what you focus on and wait for the bird to land. The bird will remain on the perch long enough for you to take a picture.

If the bird is partially hidden by branches, or the background looks cluttered and distracts from the bird, there is another option. You could create a landing perch of your own that can be fixed into the ground or attached to a fence post. Once the birds have found the perch, they will use it again and again and, if other birds see this, they will also start to use it, this is what I did to photograph the blue tit pictured here. I have captured more pleasing images when creating my own perch for the birds to land on.

By studying the birds on the perch, you will learn their preparation before going to the feeder. This will give you a chance of photographing the movement and/or flight of the bird. Birds in flight will add another dimension to the image, as you capture their movement.

Try to position your camera so that when taking the photograph there is not a lot of background distraction. Birds on the feeders are ok though, as this is a record of the birds that are visiting your garden.

When using a bird-watching hide, you can use the same principle as photographing in your garden. The scene is already set up for you with feeding stations and a natural environment to attract wildlife. Again, it is a waiting game - waiting for your subject to come to you.





The tractor run organised by Newton St Cyres Young Farmers Club with Steve Yeandle Agricultural Contractors has so far raised an amazing £9,500, with sponsorship, for the British Heart Foundation and Pancreatic Cancer UK. 121 tractors took part on the Sunday-morning run which took a circular route from Winscott through Upton Pyne, Brampford Speke, Thorverton, Cadbury, Cheriton Fitzpaine and Shobrooke. Local farmers Stuart Luxton, in a vintage Land Rover, and Richard Hill, in a vintage tractor, took part. The run was in memory of Steve Yeandle, a local farmer and farm contractor.

There was a raffle, with prizes including a hamper, and a signed Exeter Chief's shirt was auctioned by Jack Yeandle. BBQ and drinks were available during the day at Winscott Barton, where the event was kindly hosted by Mr and Mrs Richard Browne.

***Dan Channing  
leading the way  
in Steve's old  
Ford 5000,  
followed by  
Steve's son Jack  
Yeandle in a  
John Deere.***

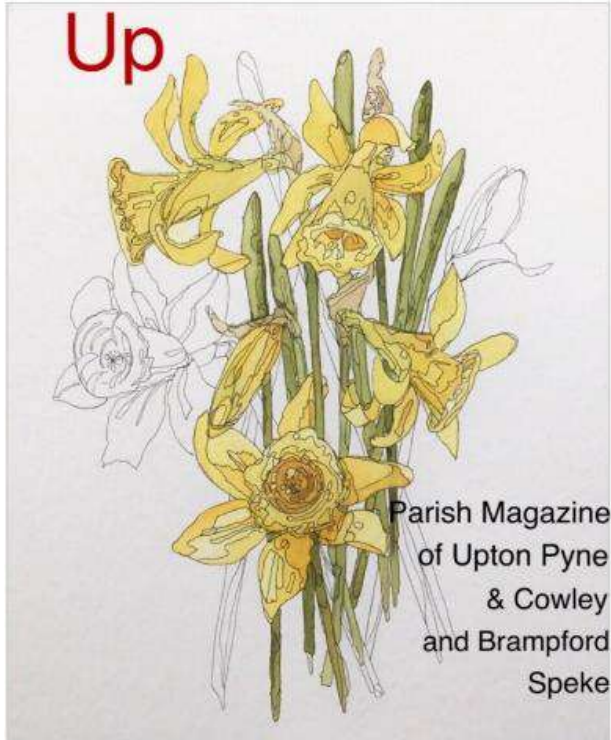
***Photos: Emily  
Clapp, Jane  
King, Jay  
Harris.***





Speke  
Up

*".....a host, of golden daffodils....."*



# *Speke Up AGM*

*Tuesday 1st April*

*7 pm*

*Upton Pyne Village Hall*

*Refreshments*

*All welcome*



## *NOW AND THEN*

Station House, Bramford Speke as it was in 2023 and 60 years ago, in 1963. If anyone has now and then photos showing any aspect of the *Speke Up* parishes of Bramford Speke or Upton Pyne & Cowley we would love to see them and will publish the best in future issues. Please contact Linda Findlay at [contributions@spekeup.org.uk](mailto:contributions@spekeup.org.uk)

# Speke Up About Music

**Song:** Don't You Worry 'Bout a Thing by Stevie Wonder

**Suggested by:** Will Embliss

**Will says:** "This starts with a weird urban soundscape mixed with a talking commentary over a Latin "montuno". It's groovy, with a great singalong chorus, lots of jazzy chord changes and descending chromatic chord suspensions."

**Stu and Debbie say:** The penultimate track on Stevie Wonder's sublime 1973 *Innervisions* album, this track can't fail to have you salsa-ing around the dancefloor! Will, in his description, sums up the song's overall sound and feel really well, so we took a look behind the scenes to investigate its background. Apparently inspired by a real-life romance with a Puerto Rican girl called Rain, Stevie tries to impress her at the start of the song with his (not very good) Spanish. There is one 'proper' line though that Rain gave to the song: "Todo esta bien chévere" which translates to "Everything's really great" – and hence the title of the song and its inspiration.

Debbie recalls she used to listen to this album back in the day and sang along to all the songs, and agrees that the chorus is a great singalong as well as providing a thorough vocal workout. (In fact, it's the song that goes through her head when at the dentist, as a distractor...) Highly recommended along with the rest of the album, take a listen!

Thanks, Will, for a blast from the past.

Please email suggestions for favourite songs you would like reviewed in next month's issue to [noordinaryfish@hotmail.com](mailto: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>



True or false?

**Q1** Jimi Hendrix wrote his 1968 hit song *All Around the Watchtower*.

**Q2** Kurt Cobain played guitar left-handed.

**Q3** Liam Gallagher was the brother who left the band Oasis first.

**Q4** John Lennon spent nine days in a Tokyo prison in 1980.

**Q5** When the Foo Fighters had to drop out of Glastonbury in 2015 Florence + The Machine stepped in to replace them.

**Q6** Matty Healy fronts the band The 1975.

**Q7** Brian Eno and Eddie Jobson were former members of the glam rock group The Sweet.

**Q8** Beyoncé has won 29 Grammys.

**Q9** Taylor Swift fans are known as 'Tweeties'.

**Q10** Sheryl Crow sang *Man! I Feel Like A Woman*.

**Answers on page 37**



# Celebrating Women

Saturday 8 March is International Women's Day, so we thought we would take this opportunity to interview three of the fabulous women who work at Quicke's.



Tracy – Head of Butter

## How long have you worked at Quicke's?

I joined Quicke's in 2020 just after the start of the pandemic.

## Which one of our products is your favourite and what do you like to eat it with?

I like my Lady Prue butter which makes a lovely tasty alternative in pastry for quiches and tarts, with its lovely creamy texture and slight tang it goes well with most fillings

## What's your favourite part of your job?

I enjoy every part of my job and the variety of butters that we make and manage production to ensure stock for sales. I particularly enjoy the freedom that's available to look at creating new lines. We added the Lady Prue butter a few years ago and just recently we've started to make unsalted cows' butter.

## Do you have an interesting fact that you could share with us about butter-making?

Butter-making is interesting as many things can affect the time of the cream break including temperature, which we control making the cream colder during summer months and warmer during winter, also fat

content of the cream can change the volume of butter curls we get. No two makes are the same which keeps life interesting.

## If you were a type of cheese, what would you be and why?

If I were a cheese, I'd probably be an extra mature cheddar (I'm not getting any younger but not a vintage yet). Definitely something that would go well with a nice glass of wine.



Emma – Farm Administrator and Retail Manager

## How long have you worked at Quicke's?

I have worked at Quicke's for 10 years.

## Which one of our products is your favourite and what do you like to eat it with?

My favourite Quicke's cheddar is Vintage and I grate it onto almost everything, but the best is on a jacket potato grown on my family's farm in East Village (P and M Stoye Potatoes).

## What's parts of your job do you love?

I have two roles, Farm Administrator and Retail Manager, so my work is very varied; one minute I can be looking at milk litres and the next helping on a photoshoot for new hampers. I like the fact that no two days are the same and that I get to work with a lot of other people across the business.

## Do you have an interesting fact that you could share with us about the farm and maybe one about the shop too?

The farm has a number of historic features, such as ancient enclosures, and we farm those areas as part

of a stewardship scheme, so that they can be preserved.

**If you were a type of cheese, what would you be and why?**

Vintage cheddar - matured well and goes hand in hand with a Scotch whisky.



**Megan - Shop, Events and Tours**

**How long have you worked at Quicke's?**

I started working at Quicke's in August 2024, so almost six months now.

**How did you end up working at Quicke's?**

I had just moved nearby and noticed the signs for the shop and obviously had to visit. I went in as a customer and left my details in case anything came up. Next thing I know, I'm making arrangements to work my first food festival! Can't wait for the events to start up again this year and also the Quicke's Cheese Tours that I am leading.

**What parts of your job do you love?**

The cheese. Anything cheese-related in this job I love, whether that's talking about it to those who are interested or seeing the joy on someone's face when they try them and find one (or six!) that they love. Especially children at festivals, watching them try something new and different always brings a smile.

**Do you have an interesting fact about cheese?**

According to a scientific study, eating cheese can help prevent hangovers. I don't know the exact details but I'll take any excuse for cheese.

**If you were a type of cheese, what would you be and why?**

Ooo, that's a good question. I'd probably be like a Vintage or Extra Mature Cheddar. Strong flavour and profile, pairs well with other accompaniments but is also really good on its own, known to be salty but in the best way.

**What's your favourite Quicke's cheese?**

I get this question at food festivals and in the shop all the time and it really depends on the day and what I'm feeling. They are all really moreish! But, today at least, it'll probably be the Devonshire Red, which is our take on a Red Leicester, with its crumbly texture and nutty and caramel flavours.

*Mary Quicke*

## **Newton St Cyres Tennis Club**

The AGM is in late March and then the new membership year will start. Contact our membership secretary Laura Leigh on 01647 24259 or [membership@newtonstcyrestennisclub.co.uk](mailto:membership@newtonstcyrestennisclub.co.uk) for details.

The Rusty Racket Members' Group is thriving and playing a couple of times a week. Contact Sue Bloomfield at [rustyrackets@newtonstcyrestennisclub.co.uk](mailto:rustyrackets@newtonstcyrestennisclub.co.uk)  
The new membership year starts in April.

Junior coaching is now run by our new junior coach James Temple, taking place on Wednesdays after school during term time.  
Email: [juniors@newtonstcyrestennisclub.co.uk](mailto:juniors@newtonstcyrestennisclub.co.uk) for further information.

Jon Wills, our coach, offers private coaching both individually and for small groups. To get in touch email: [coach@newtonstcyrestennisclub.co.uk](mailto:coach@newtonstcyrestennisclub.co.uk).





## Brampford Speke C of E Primary School

### News from the Head of school

We have made it to half term and there are definitely signs that spring is on its way finally! Despite the weather, the children have got out and about recently with the Devon Wildlife Trust, looking for leaf miners and lichen, as well as making bird feeders for our resident birds.

There has been a lot achieved over this half term, including the recent netball tournament in which a team of Skylark children was competing. I am so proud to report that we made it the to the semi-finals! Another example of how we are Small but Mighty!

Lastly, thank you to the parents and children who helped with various jobs around the school this half term in their own time. We feel very supported by our Small but Mighty community!

### Finch Class

The children in Finch class have been learning about the story of 'The Three Billy Goats Gruff'.





## Skylark Class



Skylark Class enjoyed a trip to the Great Hall in Exeter to attend a fabulous concert by the Bournemouth Symphony Orchestra.

I was surprised  
I could play and  
had learnt the  
rules of the  
game!

Wyatt



It was such fun! I  
was one of the  
youngest players  
but it felt fine. I fell  
over a couple of  
times but I got  
myself back up.

Inti

I really enjoyed playing against other schools and was so  
pleased we made it to the semi-finals!

Emily

I do hope you have enjoyed finding out what we have been getting up to in our lovely little school. If you would like to know any more, or are interested in a place for your child in **any year group**, don't hesitate to get in touch via the school office:

[brampfordadmin@exevalleyfederation.org.uk](mailto:brampfordadmin@exevalleyfederation.org.uk)

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We look forward to hearing from you!

Charlotte Tofts

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## **Brampford Speke Village Hall**



**Our Village Hall is perfect if you are looking for a venue for an ongoing activity or planning a social event.**

**It is a great space, well-equipped and easy to decorate for a party, and yes, it will fit a small bouncy castle!**

**See the Village Hall pages on [www.brampfordspeke.org](http://www.brampfordspeke.org) for more details or email [infobsvht@gmail.com](mailto:infobsvht@gmail.com)**

Many thanks to Nick Gilbert Scott for allowing us to use his drawing of the Village Hall



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### BESPOKE GROUP TOURS 2025

Calling local WI and U3A groups, garden clubs, special interest local groups and more!

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From April to September 2025, for groups of 20 people or more, we can arrange a special opening.

Please contact us - we are friendly and accommodating and love having groups come to visit!

**A3** Liam Gallagher was the brother who left the band Oasis first. **False**, it was Noel.

**A4** John Lennon spent nine days in a Tokyo prison in 1980. **False**, it was Paul McCartney.

**A5** When the Foo Fighters had to drop out of Glastonbury in 2015 Florence + The Machine stepped in to replace them. **True**

**A6** Matty Healy fronts the band The 1975. **True**

**A7** Brian Eno and Eddie Jobson were former members of the glam rock group The Sweet. **False**, it was Roxy Music

**A8** Beyonce has won 29 Grammys. **True**.

**A9** Taylor Swift fans are known as 'Tweeties'. **False**, they are, of course, known as 'Swifties'.

**A10** Sheryl Crow sang *Man! I Feel Like A Woman*. **False**, it was Shania Twain.

### Answers to Film Quotes quiz

- 1 *Toy Story*
- 2 *Shrek*
- 3 *The Italian Job*
- 4 *Apollo 13*
- 5 *The Karate Kid*
- 6 *Sudden Impact*
- 7 *The Wizard of Oz*
- 8 *Star Wars*
- 9 *Taxi Driver*
- 10 *The Godfather*



### Answers to the Music Quiz

**A1** Jimi Hendrix wrote his 1968 hit song *All Around the Watchtower*. **False**, Bob Dylan wrote the song.

**A2** Kurt Cobain played guitar left-handed. **True**

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# FAST means don't wait

Medicine is full of abbreviations and acronyms. Some of them come from Latin terminology, some relate to capital letters from words of commonly-used phrases. There are many of these and they are not always obvious. It took me a long time to work out what to do on my first day on the wards when the senior nurse asked me to go and fetch the patient's TTAs. To Take Always - medications on leaving hospital. However, the most important are the mnemonics used to help clinicians remember important facts or actions. For example: ABC – airway, breathing, circulation that can be applied to the assessment of all critically ill patients. Is the airway open, are they breathing, do they have a pulse? It is uncommon for these memory aids to be shared with the public but there is one that has entered our general lexicon and this is because it is so important. FAST is an easy way of remembering the symptoms of a stroke and the actions required.

A stroke or CVA (Cerebrovascular Accident) happens when the blood supply to part of the brain is cut off, killing brain cells. The effects of a stroke depend on where it takes place in the brain and how big the damaged area is.

Ischaemic stroke is the most common type (85%) and occurs when there is a blockage to an artery either from a narrowing, from a clot, or a combination of both. The other 15% of strokes are due to bleeding in or around the brain. Both types will cause the same symptoms however they are treated differently and this is the reason for the need for speed.

The FAST acronym (Face, Arms, Speech, Time) is a test to quickly identify the three most common signs of stroke.

- Face weakness: Can the person smile? Has their mouth or eye drooped?
- Arm weakness: Can the person raise both arms fully and keep them there?
- Speech problems: Can the person speak clearly and understand what you say? Is their speech slurred? Are they speaking in clear sentences? Are they having difficulty finding words?
- Time to call 999: if you see any one of these signs.

There are other symptoms of stroke: any sudden loss of sight, power in any limb, balance, or memory should be taken seriously – call 999.

If patients get to the hospital within three hours of the first symptoms of an ischemic stroke, they may get a type of medicine called a thrombolytic (a 'clot-busting' drug) to break up blood clots. Quickly removing the cause of the stroke massively increases the chances of a full recovery. Paramedic crews prioritise patients who might have had an ischaemic stroke as there is a critical timeframe to give a life-changing treatment.

We now see far fewer patients suffering strokes than when I qualified. This is mainly due to a significant reduction in the threshold for starting blood pressure treatment and that fewer patients are smoking. While most people who have a stroke are older, younger people can have strokes too. One in four strokes in the UK happens to people of working age. So, if you are with someone who suddenly develops any of the symptoms that I have described, act FAST, don't wait, dial 999.

**Anthony O'Brien**

Wyndham House Surgery



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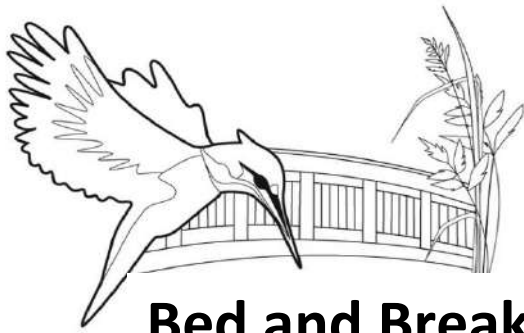
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**FACEBOOK : @BRAMPFORDBABYANDTODDLERGROUP**

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**Greg Probert Dip PFS**

01392 712 404

[greg@probertfinancial.co.uk](mailto:greg@probertfinancial.co.uk)

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## BUS SERVICES

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Brampford Speke Stooks Close	10.19
Upton Pyne Post Box	10.27
Exeter St Davids	10.43
Sidwell Street	10.48

### FROM EXETER: Wednesday and Friday (678)

Sidwell Street	Stop 40	13.20
Exeter St Davids		13.25
Upton Pyne Post Box		13.36
Brampford Speke Stooks Close		13.44

Service provided by Country Bus Devon: 01626 833664, [info@countrybusdevon.co.uk](mailto:info@countrybusdevon.co.uk)

Contact numbers:

**Our Police Community Support Officer Steve Trail can be contacted on 101**

**Home Safe (noise problems)**

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# UPTON PYNE

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# PARISH DIRECTORY

**Rector**

Tim Collins  
Tel 860767  
[tim.collins@netherexe.org](mailto:tim.collins@netherexe.org)

**Curate**

Deborah Leighton Plom  
[deborah@netherexe.org](mailto:deborah@netherexe.org)

**Reader**

Laura Ford  
Tel 07741 491946  
[laura.ford@netherexe.org](mailto:laura.ford@netherexe.org)

**Netherexe Parishes website:** [www.netherexe.org](http://www.netherexe.org)

**Administrators**

[administration@netherexe.org](mailto:administration@netherexe.org)

**Church Wardens (BS)**

Richard May Tel 841448  
Douglas Ford Tel 841753

**Church Wardens (UP)**

Lisa Clapp Tel 841339

**PCC Treasurer****Organist****Secretary**

Vacancy

Vacancy

Vacancy

Beverley Horton (UP)

Vacancy

Lisa Clapp (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    [clerkbspcc@gmail.com](mailto:clerkbspcc@gmail.com)

**Councillors**

Brad Hillson (Chair)	07870 865231	<a href="mailto:brad.hillson.bspc@gmail.com">brad.hillson.bspc@gmail.com</a>
Elaine Hollingsworth	01392 841434	<a href="mailto:elaine.hollingsworth.bspc@gmail.com">elaine.hollingsworth.bspc@gmail.com</a>
Will Honan	07946 110976	<a href="mailto:will.honan.bspc@gmail.com">will.honan.bspc@gmail.com</a>
Lisa Langdon	07515 873324	<a href="mailto:lisa.langdon.bspc@gmail.com">lisa.langdon.bspc@gmail.com</a>
Stuart Luxton	01392 841094	<a href="mailto:stuart.luxton.bspc@gmail.com">stuart.luxton.bspc@gmail.com</a>
Richard Tillett	01392 841268	<a href="mailto:richard.tillett.bspc@gmail.com">richard.tillett.bspc@gmail.com</a>
Jo Wayne	07494323917	<a href="mailto:joanne.wayne.bspc@gmail.com">joanne.wayne.bspc@gmail.com</a>

**Other Contacts in Brampford Speke:**

Village Hall website	<a href="http://www.brampfordspeke.org.uk">www.brampfordspeke.org.uk</a>
School	841414
Brampford Area Baby and Toddler Group	Catherine Bending 07964 967278
Friends of BS School (FOBSS)	<a href="mailto:hellofobss@gmail.com">hellofobss@gmail.com</a> or 841414
Village Hall Bookings	Molly Luxton 841270
Footpath warden	<a href="mailto:footpaths.BSPC@gmail.com">footpaths.BSPC@gmail.com</a>
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](http://www.uptonpyne-pc.org.uk)

Clerk Jacqui Ward

01392 851918

[parishclerk@uptonpyne-pc.gov.uk](mailto:parishclerk@uptonpyne-pc.gov.uk)

### **Councillors**

Bob Short	UP	bobshort@uptonpyne-pc.gov.uk	Chairman
Maggie Cormack	UP	maggiecormack@uptonpyne-pc.gov.uk	
Sophie Ward	UP	sophieward@uptonpyne-pc.gov.uk	IT & Communications
Mark Hewlett	Cowl	markhewlett@uptonpyne-pc.gov.uk	CLT representative for the PC
Mike Leach	UP	mikeleach@uptonpyne-pc.gov.uk	

### **Other Contacts in Upton Pyne**

Garden Club	June Nicks (Chairman)	841272
Village Hall Bookings	Ian Findlay	iankfindlay@outlook.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:**

**EDDC Dog Warden:** 01395 571517

## **Devon County Council**

**Councillors:** Henry Gent [Henry.Gent@devon.gov.uk](mailto:Henry.Gent@devon.gov.uk)

Sara Randall Johnson 01404 822524 [sara.randalljohnson@devon.gov.uk](mailto:sara.randalljohnson@devon.gov.uk)

Tel: 03451 551015. 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](http://www.spekeup.org)

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**Distribution:** Bev Lewers (UP&C) 07742 927163 Karen Sanders (BS) 07870382481



# March 2025 DIARY

Monday	3 <sup>rd</sup> March	11am	<b>Upton Pyne Village Coffee Morning</b> Upton Pyne Village Hall	Veronica Clarke 841 530
Tuesday	4 <sup>th</sup> March	3-5pm	<b>Pancakes in the Church</b> Friends of St Peter's, Brampford Speke	
Sunday	9 <sup>th</sup> March	2pm	<b>Whist Drive</b> Upton Pyne Village Hall	David Taverner 01884 855459
Monday	10 <sup>th</sup> March	7.30pm	<b>Upton Pyne and Cowley Parish Council</b> Upton Pyne Village Hall	Jacqui Ward 01392 851 918
Tuesday	11 <sup>th</sup> March	12 noon	<b>Lunch Bunch</b> Exe Valley Farm Shop	Pat 841 599 or Veronica 841 530
Wednesday	12 <sup>th</sup> March	7.30pm	<b>Brampford Speke Parish Council</b> Brampford Speke Village Hall	Tracy Watkins 07811 938614
Friday	14 <sup>th</sup> March	7 for 7.30pm	<b>Curry and Quiz</b> Friends of Upton Pyne Upton Pyne Village Hall	Booking essential 07753 605726
Monday	17 <sup>th</sup> March	7.30pm	<b>Upton Pyne &amp; District Garden Club</b> Jeremy Wilson - The Scented Garden Upton Pyne Village Hall	June Nicks 01392 841272
Saturday	22 <sup>nd</sup> March	9.30am	<b>Friends of Upton Pyne AGM</b> Upton Pyne Village Hall	
			<b>Weekly</b>	
Monday		10.30 am	<b>Pilates</b> Brampford Speke Village Hall (Term Time only)	Nicki Stumpf 07838 260290
Wednesday		10am	<b>Art Class</b> Upton Pyne Village Hall	John 07816 846562
Wednesday		7pm – 8pm	<b>Pilates</b> Upton Pyne Village Hall <a href="http://www.ivegotyourback.co.uk">www.ivegotyourback.co.uk</a>	Rebecca 07392 480974
Thursday		9.15am – 11am  9.30am (term time)  2-4pm	<b>Toddler Group</b> Brampford Speke Village Hall (Term time only)  <b>Zumba</b> Upton Pyne Village Hall  <b>Tea</b> Upton Pyne Village Hall	Emily 07511 623314  Caroline Anstead 07796 950652, <a href="mailto:canstead4@gmail.com">canstead4@gmail.com</a>  Adrienne 07791 609068
Friday		10.30-11.30am	<b>Pilates</b> Upton Pyne Village Hall	Rebecca Cunningham 01363 866047



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