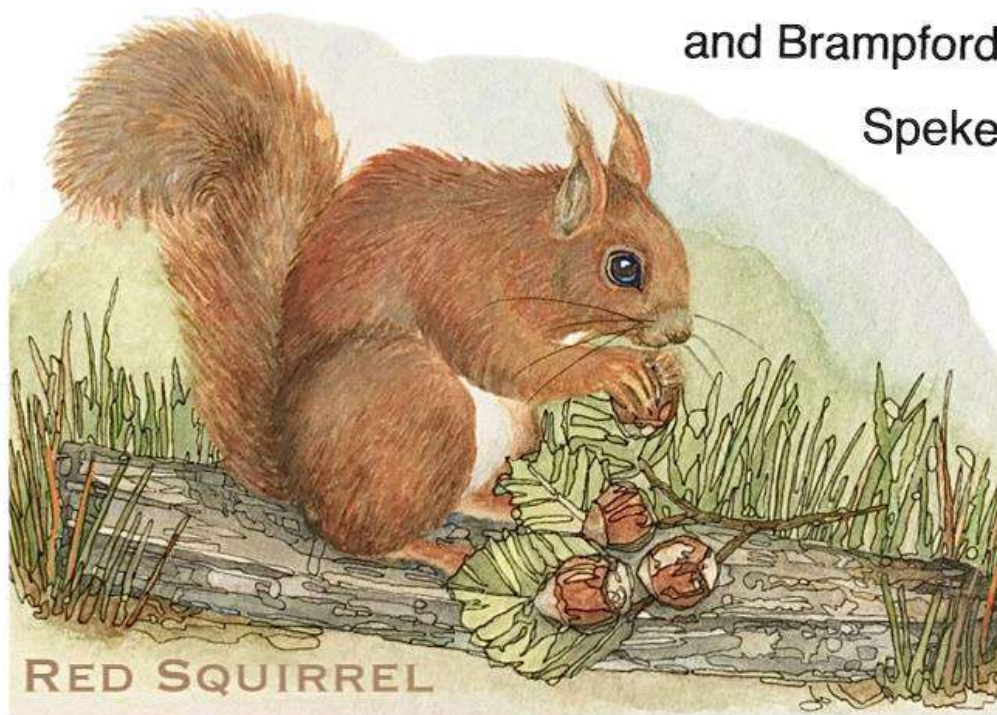


Speke Up

Parish Magazine
of Upton Pyne
& Cowley
and Brampford
Speke



September 2025

Issue 383



Photo: Steve Davidson

Friends of Upton Pyne invite you to a

HARVEST SUPPER

Saturday, 27 September at 7pm

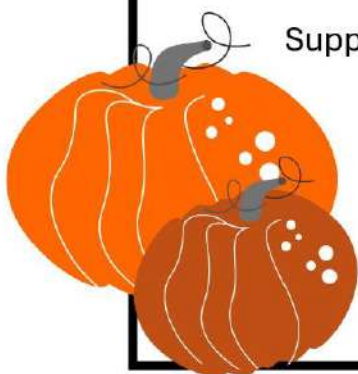
Upton Pyne Village Hall

Join us for an evening of harvest-themed entertainment. Songs from the A Capella group "Ad Hoc". Readings from Stewart and Helen Clapp.

Supper of pasties (regular, cheese & onion and vegan), salad and a home-made harvest dessert. Bring your own bottle.

£12 – booking essential

Please call Sue Glanville on **07753 605726** to reserve and to specify your choice of pasty.



Speke Up Matters

Welcome to the September issue of *Speke Up*.

It's a time of new beginnings, but we are looking back as well as forward. We couldn't let some of the social highlights of the summer pass without record. On **pages 8 and 9** you can see some lovely photos of the Brampford Speke church fete, taken by Steve Davidson, and on **pages 6 and 7** it's the turn of the fabulous Tractor Jamboree which took place in August.

Looking forward, the Friends of Upton Pyne are reviving the old tradition of a Harvest Supper in the village (*see advert to the left*) and are planning a

number of other events, which you can read about on **pages 11 and 12**. The Bampford Speke Twinning Association is also planning some events over the next few months, read more on the **same page**. Devon Open Studios takes place 6-21 September and we are proud that three very talented local artists are taking part this year. Slow Toad Art by Viv Goodall, and John A Howells, are both based in Upton Pyne and Alison Whateley Design is based at nearby Fortescue Court. You can read interviews with John on **page 12** and Viv on **page 13**. We hope you enjoy this issue.

from the Speke Up team

cover design: Sally Tuckey

BUS SERVICES

TO EXETER: Wednesday and Friday (678)

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

ANNUAL ADVERTISING RATES FOR 2025

Full page (black & white) £100
" " (colour) £220 (£300 with guaranteed cover placement)

Half page (black & white) £65
" " (colour) £140

Quarter page (B/W only) £40

Please note that these annual rates are for 10 issues over the year. We do not publish in January or August.

We accept short-term advertising at a pro-rata monthly rate for bookings of three months or more, and pro-rata plus 50% for bookings of less than three months.

Advertising copy should be in **j-peg or Word doc format** with an accompanying PDF for checking purposes only.

The only PDFs we can accept for publication are full page ads. Artwork must be received by the **15th** of the month before publication. Material received after that is likely to be held over to the next issue.

Colour artwork will be reproduced in the print version of the magazine in black and white (unless space on a colour page has been booked); it will, however, appear in colour in the on-line version at www.spekeup.org.

Maximum dimensions :

Full page 18.2cm x 24.4cm

Half page 18.2cm x 12.2cm

Quarter page 8.5cm x 12.2cm

If you would to advertise with us, please contact Richard Tillet or Ruth Matthews at:

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Cover Notes

Red Squirrels (*Sciurus vulgaris*)

From late April onwards, I heard swifts screaming overhead several times, but never actually saw them. It wasn't until 29 June that I actually saw several swifts at the far end of the village. Nearly two weeks later (11 July), I was delighted to see a number of swifts crying and diving overhead in the square in Crediton. It's very reassuring and uplifting to see these special birds, who have become so much rarer recently. Fortunately, it seems to have been a good summer for swallows and martins in the village.

The red squirrel is our only native squirrel. Sadly, since the earliest part of the 20th century, this squirrel, which was so very common in deciduous and mixed woodland, has been pushed to the extremities of the UK, to northern England and Scotland where they particularly favour the Scots pines. There are some other isolated parts of England where red squirrels can be seen: north/mid Wales, a small area in East Anglia, Brownsea and Furzey islands in Poole Harbour, and on the Isle of Wight. Elsewhere in England, it is extinct and there are only about 120,000 in the whole of the country.

It is not entirely certain what has caused this decline, although the introduction of the American grey squirrel to England towards the late 19th century definitely hasn't helped. There is competition with the grey squirrels who have recently been spreading the parapoxvirus to the reds. The greys are bigger and stronger than their red relations (the grey's body length is 25-30 cm and their weight is 400-600g, whereas the red's body length is 20-25cm and they weigh 300-350g). Another important reason for the decline of the reds is the destruction, fragmentation and degradation of their habitat. The reds are definitely far cuter than the greys, with their cuddly, rounder bodies and heads as opposed to the greys with their more elongated bodies and narrow heads. They have sometimes been called 'tree rats'.

In summer, the coat of the red is usually reddish brown or orange brown with creamy white underparts, while their ears are short with tufts. The tail, which is similar in colour to the main body, becomes paler in time. In winter, their coat is thicker and becomes greyer. Mainland European red squirrels have also been introduced to Britain and are darker in colour.

Red squirrels are generally solitary animals, though sometimes their territories can overlap. Although they may forage on the ground, they spend most of their time in the trees feeding on nuts extracted from pinecones and sometimes birds' eggs and young. On the ground, they will eat acorns, fungi and berries, buds and shoots. They will frequently sit on their haunches with their tails pressed against their backs using their front paws to manipulate their food. Most feeding takes place in the early mornings and late afternoons and they usually rest in between in their drey. The latter is composed of twigs lined with grasses or moss and is positioned near the trunk of the tree, 10-15 metres off the ground. Mating usually occurs in the first few months of the year and the young (three to five per litter) are born seven weeks later. They remain with the mother for a few months before dispersing.

In earlier times, squirrels were often hunted and shot for their fur, though nowadays this is mainly confined to colder countries such as Canada and Russia. In the last hundred years, greys and red squirrels have been hunted and shot to prevent the damage they do to growing trees. It was reported in the 1880s that the red squirrel was "one of the most destructive animals which frequented our forests". They will strip and ringbark the trees looking for nutritious sap and inner bark layers. The grey squirrel also damages pines and distorts and kills hard woods as well as destroying cereal crops and fruit.

In mythology, squirrels have a rather dubious reputation. Amongst the legends described in the *Edda* (a collection of legends from several Northern countries), a giant ash tree named Ygdrasil encircles the world in its branches. In the crown of the tree sits an eagle representing the forces of Good, while amongst the roots lurks a serpent, the embodiment of Evil. The squirrel runs between the crown and the roots, tale bearing and sowing dissention. This reminds me of Squirrel Nutkin with his tauntingly rude behaviour towards Old Brown, the tawny owl, who is respected by his fellows. At the end of the story, he was extremely lucky to escape with half a tail!

Caroline Fox

Walks around the Parish

with Amanda Ryles

Having enjoyed excursions beyond Upton Pyne for the last few months, it felt like putting on an old pair of shoes walking familiar local paths for this month's *Speke Up*. July's heatwaves made for easy, dry walking so I took the opportunity to choose a favourite path that can be boggy in winter. I was accompanied by my dog Hector, so decided to start fairly early before it was too hot to be out.

Starting at the village hall, I paused to take in the view of Raddon, filled with a mixture of baked yellows, ochres and golds, criss-crossed with hedges, trees and just the occasional vibrant green maize field. The bells at the Church of Our Lady struck eight as we walked down the hill, neatly baled hay in the neighbouring field, chattering sparrows in the hedgerow.

Already feeling the warmth of the sun on the back of my neck, I couldn't resist diverting off the road to walk The Causeway, drawn by a glimpse of a beautiful rambling pink rose on either side of the lych-gate. As I stopped to take a picture of the church against the bright blue sky (*top right*), I was treated to the sight of dozens of house martins swooping low over the cobbles and around mud nests under the roof of the Clubhouse. Back onto the road, the lovely display at Springfield boasted yellow dahlias, apricot day lilies and cerise fuschias, but as I continued downhill it became difficult to do anything but look down as the blinding sun dazzled. The neatly trimmed hedge held dozens of hammock spider webs still heavy with dew. Flowering brambles were alive with bees, tall nettles were hosting butterflies and blousy bindweed unfurled in the sun.

We took the track to the right between Orchard House and Robins Cottage, disturbing sparrows dust-bathing, and continued past the bungalow then left in front of West Barn. In the hedge two elder trees drooped in the heat whilst opposite a small patch of corn had taller ears of oats swaying above. Ahead, an inviting view of a golden field drew the eye and as soon as we were out into the sun we could hear the stridulation of the field crickets. In the damper corner, clumps of marsh cudweed were growing alongside broadleaf plantain with its upright flower spikes, mayweed and fat-headed clover. The oak tree on the corner was alive with bluetits, and both blackbirds and



robins could be heard. Hugging the field edge, we enjoyed the shade from hawthorn and young turkey oaks.

Beyond the kissing gate into the meadow, before we climbed through the next gate into Sandy Lane. Opposite Paws a While, we headed back towards the copse, the path clearly gated between two fields of pigs. A tractor was pulling a water bowser, stopping at each wallow to fill it. Several sows were already on their sides enjoying the mud, the low sun shining copper on their coats and, although we couldn't see any piglets, they were evident by their high-pitched squeaks and their sow's heavy teats. A pheasant broke cover at the edge of the field and then we returned to the wood, instantly cooled by its shade. Ferns and nettles fought for light, and water boatmen skated across the shallow black stream beneath the zig-zag boardwalk.

As we returned to our final field, the track went alongside enclosures of slightly older piglets, these ones brave enough to venture out, but small enough to fit beneath the electric fence.

We turned left back onto the road and Hector practised heel-walking back into the village accompanied by the sound of pigeons and the sight of pied wagtails. As we returned to the beginning, the church bells struck again. An hour well spent and a welcome return to a much-loved walk.



TRACTOR JAMBOREE

The First Netherexe Jamboree

Saturday 9th August 2025

The sun shone, the tractors gathered, and the people came.

And they came.

And they came.

What a wonderful, extraordinary, amazing day it was. The vision, the planning, the hard work, all coming together to deliver the (almost) perfect event. Smiles and laughter, chatter and cheer filled the field. As I looked around the site, all I could see was hundreds of people just so relaxed and at ease, enjoying some great food and drink – the local burgers, beers and ciders, the wonderful cakes and ploughman's; joining in some traditional country fair 'fare' as it were – welly wanging and skittles, the dog show and children's activities, riding the railway - and all just taking a moment to enjoy being part of a great occasion.

The day was a celebration of the amazing and essential work done by the farmers and farm workers across our area. And at the centre of it all were 50 incredible machines, celebrating over 100 years of the vehicles that shape our land. As people walked down the immaculate line of machinery, they began to appreciate that what was once a relatively simple, small engine has become a complex, technological marvel. But still, at heart, the ubiquitous workhorse of the farms and fields all around this beautiful part of Mid Devon.

But this Jamboree was more than just a great collection of tractors! We were also able to showcase the wonderful variety of rural and traditional skills and talents related to this way of life – and all found within our seven parishes. An array of artists and artisans – of fly-fishing and blacksmithing; of cheese and honey production; of lino cutting and cushion making. A real plethora of skills were on display.



I know, though, that farming isn't all about the wonders and joys of our glorious countryside. It is hard, demanding and, at times, incredibly lonely. So, much of the focus of the day was on highlighting **FCN – Farming Community Network**, which provides essential support, advice and guidance to the whole farming community, particularly in times of deep struggle. And as a mission community we were pleased to offer our support to **FCN** – and the people who came did too, being very generous with their donations.

An event like this, though, doesn't just happen, it takes a lot of willing volunteers, time and determination. I can come up with an idea – but then others are needed to make it happen. My very grateful thanks go to the wonderful people of the Netherexe Parishes, but in particular to Helen, Ross, Jilly, Claire, Dave, Ed and Doug. Without them, this wonderful day, enjoyed by so many, would not have been possible.

All blessings

Tim

Revd Tim Collins
Rector

Netherexe Mission Community: the parishes of Brampford Speke, Cadbury, Newton St Cyres, Rewe with Netherexe, Stoke Canon with Huxham, Thorverton, and Upton Pyne



Photos: Steve Davidson



Friends of St Peter's

We held a wonderful fete in the grounds of St Peter's Church in July. Despite being very hot, an impressive number of people turned up to support us. We had a tombola, parachuting teddy bears from the church tower, Splat the Rat, and many other stalls, with quite a few people volunteering to go in the stocks to cool down with a wet sponge in their faces. Excitingly, renowned local artist John Harris encouraged the children to have a go at 'Splatter Art' with quite an impressive result which will be auctioned at our next event.

We raised over £1,100, and thank all those who came for their generous support. The funds will go towards the mending of the church clock.

Our next meeting will be on 5 September at 6.30pm in the Agi - all welcome.



September Quiz

- 1 On 13 September 1902, Harry Jackson became the first person in Britain convicted on what sort of evidence?
- 2 On 7 September 1838, which daughter of the keeper of Longstone lighthouse risked her life in a small rowing boat to rescue nine shipwrecked people?
- 3 Which British Prime Minister exclaimed on the 30 September, 1938: "I believe it is peace for our time"?
- 4 What did Robbie Williams switch on in 2010, the Bee Gees in 1995, and Red Rum in 1977?
- 5 The Anglo-Saxons called the month Gerstmonath, after which crop, usually harvested in September, with which they made beer?
- 6 What name is given for the feast of Saint Michael the Archangel, celebrated on 29 September?
- 7 Every September the Egremont Crab Fair in Cumbria is home to which face-pulling competition?
- 8 In 1752, September had only 19 days in the UK as which calendar was changed to the Gregorian calendar?
- 9 September's birthstone is which precious gemstone, a variety of the mineral corundum?
- 10 True or false. September is the only month with the same number of letters in its name as the number of the month?

SG

Answers on page 37

The Salmon Run is coming to Brampford Speke!

Please save the date - Saturday, 20 September, see local posters for details nearer the time and support the runners as they traverse the length of the river Exe to celebrate and raise awareness of the river and her salmon whilst supporting the Westcountry Rivers Trust to improve the river Exe for all river species.

<https://tidelines.uk/blog/salmon-run-11559>



Brampford Speke Twining Association

Events in the autumn:

6 September Cream Teas in the Village Hall 2-5pm. A variety of cakes and treats will be available as well as our cream teas, children's games and a raffle.

18 October Family Disco with the brilliant DJ Mary at the Village Hall 6.30-9pm. £10 for a family of up to five people or £3 each. Tuck shop for children and adults and a raffle.

14 November Autumn Quiz and Pasty Supper at the Village Hall 7pm. £15 per person to include supper. Bar and raffle. (Meat, vegetable, and GF pasties) Please contact Sue Satchell or Kate Cavill to book and place your pasty choice. kate.cavill@hotmail.co.uk or sue.exevalley@gmail.com

19 or 20 November (TBC) Brampford Speke Twinning Association Annual General Meeting and refreshments at the Village Hall at 7.30pm. All very welcome.

If you would like to join us for the French twinning's visit to Brampford Speke next year, please contact Kate Cavill, whose details are in the directory on page 48.

Brampford Speke Baptist Chapel

Our Exeter church in South Street is celebrating its Tercentenary this year. There will be an exhibition open to the public about the history, along with a display of banners, in the church on Tuesday Sept 16 and Saturday 20 Sept, 10.30 – 4.00 on each day.

There will be special services on the Sundays each side of this. On Sunday Sept 14, Revd Carl Smethurst (Regional Minister in the South West Baptist Association) will be preaching for us. Then on Sept 21 we will hold our Church Anniversary with all three of our ministerial team involved. This will include communion and be followed by lunch together in the Palace Gate Centre.

Everyone from the villages is invited to join in any of these celebrations. As a result of these plans, the pattern at Brampford Speke chapel will be a little different from usual.

Sunday Sept 7: service at the chapel at 3pm led by Revd Simon Taylor

Sunday Sept 21: no service at the chapel. All welcome at South Street.

Sunday Sept 28: service at the chapel at 3pm led by the Humphreys.

FRIENDS OF UPTON PYNE

On **Saturday 13 September, from 2.30pm**, there will be teas in the churchyard, tower tours, teddy bear parachute jumps and various displays. This is a fundraiser for **Devon Historic Churches Trust** who have generously supported us in repairing and making safe the churchyard wall and have just given us a sizeable grant towards the repair of the stained glass in the tower vestry door. Half of all the money raised will come back to us, so please do come to enjoy the afternoon and help the church.

The next day, **14 September, from 2pm**, there will be another **churchyard tidy-up, combined with a church spring-clean**. We would love you to join us with your garden tools or your dusters and rubber gloves for an afternoon of communal work and chat. We shall provide cold drinks and cake to keep the energy going.

We are reviving an old tradition of the village with a **Harvest Supper on Saturday 27 September at 7pm** in the Village Hall. We shall be providing a pasty-and-salad supper with homemade dessert, and entertainment of songs and readings to reflect the season. See the advert on the inside front page and call Sue Glanville on 07753 605726 to reserve your place.

You will have seen the notice on the lychgate warning of **loose gravestones**. A number of stones have been leaning for a while and various others have loosened with the dry weather. Over the next several weeks, work will be undertaken to make them safe.

At the time of writing, we are waiting to hear if we have been successful in a grant application for a **conservation survey of the tower statues**. These mediaeval figures are of historic interest and need to be protected from further weather damage.

We have arranged for a **knife-sharpening service** to be available on **6 October from 10.30am -12.30pm** at the **Coffee Morning** so do come along with your home and garden tools. Prices are very reasonable.

For those of you with craft and art interests, we are organising activities between now and Christmas:

1 November, mosaic workshop and **3 November, card-making**, so save the dates.



CHURCH OF OUR LADY, UPTON PYNE

Teas in the Churchyard

Saturday, 13 September 2.30 – 4.30pm

An afternoon of fund-raising for **Devon Historic Churches Trust**, who have generously given us grants for repair work to the church. (Half the money raised comes back to our church).

Explore the beauties of the medieval building, including a display of church books, registers, history and photographs.

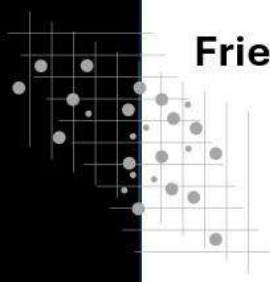
Relax in the lovely churchyard, **see** the magnificent views of the countryside from the top of the tower or **treat** your teddy bear to a parachute jump.

Cold drinks and teas with delicious home-made cakes.

(Inside if wet)



Friends of Upton Pyne



CHURCHYARD AND CHURCH TIDY UP

SUNDAY 14 SEPTEMBER, FROM 2.00PM

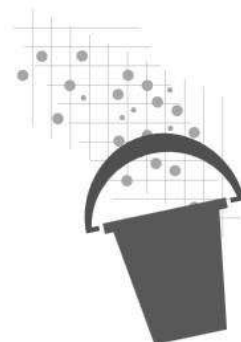
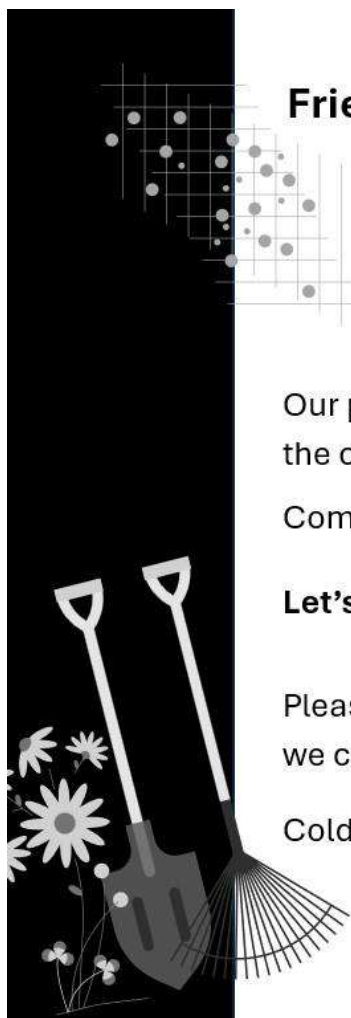
Our popular churchyard gardening is being expanded to a spring clean of the church interior, as well.

Come along with gardening gloves and tools or rubber gloves and duster.

Let's make a difference inside and out!

Please call Andrew Gwynne on **07912 597687** so that we can plan for people's activity preferences.

Cold drinks and cake provided.



The Art of John A Howells



One of the great pleasures in life is to observe and be inspired by nature. I find it so immensely rewarding to take a moment to stop and notice the myriad of details revealing themselves among the leaves or in the curl of a feather. This is part of the inspiration behind my art.

Created to capture those moments and to draw attention to the unseen world, passed over by those in a rush to get to the next point or meeting. I love sharing what has caught my eye, to pass on to viewers that moment in time – the reciprocal exchange of my attention for the timeless but ephemeral beauty of life.

I use a variety of mediums to create my art, each with its place and advantages. From one of the oldest, charcoal, via pastel, watercolour and acrylic, to one of the newest, photography.



During Devon Open Studios I will be opening my studio and gallery (my sunroom!) to share the results of my encounters with the natural world: fleeting moments of life and light that are never quite repeated. Using photography and traditional mediums allows me to put a little bit of my soul directly into a picture. I love detail and photorealism but in my art I try to go beyond a mechanical reproduction of an image. After all, that's what a photograph is for!

Using natural willow charcoal to depict nature is my current passion. This ancient medium allows the use of bold, expressive marks to give an impression of detail, while also utilising very soft subtle marks that can change the mood of a scene or the expression of a subject.



I hold regular art classes in Upton Pyne on a Wednesday morning, and in Pinhoe at America Hall on a Monday morning or evening. All abilities and styles are welcome; I'll happily help you understand where to start and lead you through the creative process of whatever picture you choose. I also offer one-to-one tuition in art or photography as well as art commissions.

There will be originals and prints available, as well as cards, bookmarks and magnets.

Opening times are 10am to 5pm on
September 6, 7, 9, 10, 12, 13, 14, 16, 17, 19, 20, 21

I am based in 'Springfield' at the bottom of Upton Pyne village opposite the pond - there will be signs up so it will be easy to find!

07816846562
Johnahowells@hotmail.com
www.johnahowells.co.uk

Devon Open Studios in Upton Pyne:

Vivien Goodall – Slow Toad Art



Thanks to my creative mum I've always dabbled in arty things. She taught me how to paint and draw when I was young, which certainly came in handy as presents for various grandparents and family members. I discovered lino printing at school, as many people do, but didn't think much of it, mainly because what I had made I thought was rubbish, until lockdown when I was looking for a way to stamp a design for a personalised tea towel gift. I was instantly hooked and haven't looked back since.

For those who haven't heard of it before, lino printing happens when you use various sharp tools to carve out the parts that you don't want to have colour. You then cover the lino with ink and press paper to it, creating a print. You can leave it as one layer or you can progressively remove parts and print different colours as you go along, allowing you to 'paint' with the lino.



Viv in her garden holding a painting of Winspit, Dorset where she is from

For me, it's not necessarily the subject that is the most important thing when I do a lino print, I simply enjoy the process. I love sketching out a new design. I love the smell of a fresh new sheet of lino; the anticipation when I do the first test print and I peel the

paper back and slowly reveal the image; the smell of a new tube of ink; a new pack of fancy paper. It's more than putting an image on paper, it's full immersion into a very tactile experience with the bonus of a (hopefully!) beautiful image at the end.

And when I'm feeling too impatient to get an image down via lino printing then I use acrylic painting to get the thought across instead: which I guess is my comfort-zone medium.

For two weeks, I'm inviting people to come and see what I've been up to in the moments I manage to 'carve' out for something creative in between the rest of life. Many studios across Devon will be doing the same and it's such a great way to connect with an artist and their work on a deeper level. It has much more meaning to take a piece of art home when the artist themselves has told you about it and showed you where it happened. So get out there, see some of gorgeous Devon and maybe pick up something equally gorgeous to take home with you.

Vivien Goodall

@slowtoadartco

Open everyday
9am-5pm 6th-21st
September

2 Belgrave
Terrace, Upton
Pyne

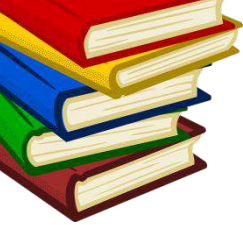
For opening times
for other artists,
please check the
brochure or
website at

<https://devonartistnetwork.co.uk/studios/>

@devonopenstudios



Lino print of Whiteface Dartmoor sheep



BOOK CLUB

American Dirt by Jeanine Cummins

Well, this took me by surprise! I picked it up in Tesco thinking it would be a light thriller but it was fantastic and I thoroughly recommend it.

It is the story of Lydia Perez, a bookshop owner from Acapulco, and her eight-year-old son whose family is wiped out by a drug cartel. She has to escape to the US with no money, no identity papers and no way of getting there. They join the flood of migrants and refugees travelling through Mexico to the border and El Norte.

It is a compelling and well-written story of a mother's love, sacrifice and the humanity of strangers. Beyond Lydia's and Luca's narrative, it is riveting to hear the stories of what the migrants they meet along the way are running from. It also makes you think about what they are running to; and is that glimmer of hope enough to risk so much?

American Dirt had a divisive launch with much criticism of Jeanine Cummins who identifies as white, writing a 'brown' story. It feeds into the apparent debate in the publishing world about the ethics of writers penning the narratives of marginalized communities they do not belong to.

Julissa Arce Raya, author of *My (Underground) American Dream*, said about the book: "As a Mexican immigrant, who was undocumented, I can say with authority that this book is a harmful, stereotypical, damaging representation of our experiences."

I can't help myself – I've just ordered *My (Underground) American Dream*!!
CL

Any Porth in a Storm – the Long-Distance Walk that goes South by Oscar Burton

With all the furore about *The Salt Path*, this is an alternative read about the South West Coast Path. The author, Oscar Burton, was an international health worker living in London who became dismayed by the amount of homelessness he saw in the city. He decided to do the walk for the homeless charity St Mungo's.

A seasoned walker, he started in Minehead on 10 September 2019: not an ideal time of year with the shortening days and colder weather, but having recently lost his job, he felt the time was right. His wife came to see him off, and he navigated the first hard climb out of Minehead.

The north coast of Somerset, Devon and Cornwall were passed in sometimes hot, sometimes wet, often windy, weather, but he had his tent, his sleeping bag, his latrine trowel, and the guide to walking the path written by Paddy Dillon. The people he met are described with wry humour; some are walkers, some are locals, and some are friends who walked with him a little way.

I found the south coast part, after Land's End, to be the most interesting, as though when on the home straight he found his writing stride. That was the part with the worst weather, as the country experienced violent autumn storms, and he was often wet and cold. His wife met him for a couple of days in Torquay, where they spent time in the footsteps of Agatha Christie. In fact, the book is littered with mentions of books by other authors and with the history of places he went through. He did the whole walk in one go, finishing back in London on Day 67.

A good read. Sad about Zippy, though, but if you want to find out who Zippy was, you'll have to read the book!

SG

A Case of Mice and Murder by Sally Smith

I had never heard of Sally Smith or Sir Gabriel Ward KC until I was given a copy of this book for summer reading; I loved it and highly recommend it if you enjoy literary detection.

The story is set in and around the Inns of Court in London in the early years of the twentieth century. Sir Gabriel Ward, an eccentric bachelor, is simultaneously involved with a legal dispute about a children's book featuring a heroic mouse and trying to ascertain who might have murdered the Lord Chief Justice of England.

The period setting is beautifully crafted, the characters are memorable and the writing is elegant and entertaining. The author is a retired QC and knows her legal setting well. She has another story featuring Sir Gabriel out now, so new pleasures await.
VC

Speke Up About Music

Song: *Time After Time* by Cyndi Lauper

Suggested by: Stu & Debbie

Stu and Debbie say: This song came on the radio and we both went "wow"!

It's a well-known pop hit from 1984 and sold a lot of copies. It stands head and shoulders above similar ballads of the time, partly due to its subtle production (no overblown guitar solos or vocal histrionics).

The introduction has the gentlest synthesiser tone coupled with a plucky guitar lick with a minor chord that makes your heart cry a bit. Cyndi's lyrics couple with a lovely melody to introduce the scene: "Lying in my bed, I hear the clock tick and think of you ... Suitcase of memories". The end of the first verse has more emotional heft than a lot of songs' choruses due to the keening chord progression and affectingly sentimental thoughts: "Then you say, go slow, - I fall behind, the second hand unwinds".

Then, one of the most memorable choruses in pop with a harmony to die for: "If you're lost, you can look and you will find me, time after time. If you fall, I will catch you, I'll be waiting, time after time." Really simple stuff on paper but when combined with the music it's like a gentle punch to the heart.

The song repeats the verse and chorus, doesn't outstay its welcome and shows that sometimes a couple of simple ideas are enough to make a song shine brightly in your soul. It was one of those songs that was written in a hurry "we just need one more song..." but is deservedly regarded as one of the greatest love songs of all time.

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>



There are a lot of great tribute bands around, but which of these are truly a tribute band, and which are made up?

Q1 OK Sis

Q2 Dyed Blondie

Q3 Blobbie Williams

Q4 The Food Fighters

Q5 Ed Cheery-san

Q6 Slack Babbath

Q7 Abbatoir

Q8 Mike and the Don't Panics

Q9 The Rolling Clones

Q10 Elton Con

Q11 Nearly Dan

Q12 Cold When I Play

Q13 ZZ Bottom

Q14 Bon Bogey

Q15 Elvis Parsley

Q16 Proxy Music

Q17 The Bongo Cat Blah Blah Band

Q18 The Fillers

Q19 Mentallica

Q20 Bleurgh

Answers on page 37

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The cost of 'healthy' snack bars seems excessive and when going through the ingredients I found levels of sugars, processed oils and hydrogenated fats quite alarming. It is a buoyant and growing market. So, it seemed sensible to have a go at creating something akin to healthful and tasty, and not costing a fortune.

I found buying mixed nuts the cheapest option and some supermarkets were a lot cheaper than others. Buy those that you like and do remember to keep nuts out of direct light and to keep them sealed to avoid oxidation.

If you have a nut allergy these aren't for you. However, as an alternative to the nuts, I would suggest adding more oats and then puffed rice to the recipe. Add more seeds as well, to get the consistency you like.

For 12 – 16 bars - according to your portion size:

Honey	4 heaped tbsp
Golden caster sugar	60g
Butter	45g
Vanilla paste	1 round tsp
Cinnamon / mixed spice	1 round tsp
Optional - Sea salt	5 – 7 grinds from a mill
Raisins	55g
Oats	60g
Selection of mixed nuts	380g
- I used	
Roasted almonds	150g (skins on)
Pecans	70g
Unsalted roasted peanuts	160g
Pumpkin seeds	60g
Sunflower seeds	40g
Dark chocolate	70g, chopped in to small pieces

1. Line a 23cm / 8-inch square tin with greaseproof paper.
2. Make a syrup first, by putting the honey, sugar and butter in a saucepan on a low heat. Warm through until the sugar has dissolved and the butter has melted. Simmer for a couple of minutes. Stir gently and fold in the vanilla and cinnamon (or mixed spice).
3. Add the raisins and sea salt to the syrup and set aside.
4. Warm a pan to a medium heat and 'toast' the oats for 3 – 4 minutes so they start to turn golden and crisp up a bit. Take off the heat and set aside.
5. Put the nuts, seeds and oats in to a large mixing bowl and stir to mix them up.
6. Pour the syrup over the nutty mixture and stir until it has mixed in.
7. Spoon into the lined tin and press firmly using the back of a spoon. Place into the fridge and leave to set for at least a couple of hours.
8. Melt the chocolate in a bowl over hot water. Take off the heat and leave a minute. Stir to ensure it is smooth.
9. Drizzle the chocolate over the nutty base. Put back in the fridge for at least an hour.
10. Slice into portions and transfer to an airtight container. Store somewhere cool or in the fridge and they will keep for a week (supposedly!).



Sarah Lumley

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)

MONDAY 15th SEPTEMBER

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Dr TODD GRAY

tells us about one of his many books

African Slavery &

Emancipation in Devon 1839



MONDAY 20th OCTOBER

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SATURDAY 22ND NOVEMBER 7.00PM - 7.30PM

ANNUAL GARDEN CLUB XMAS DINNER

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Welcome Drink - Buffet Menu - Raffle - Quiz

MONDAY 1ST DECEMBER 10.00am

CHRISTMAS WREATH MAKING

@ the Village Coffee Morning (Details nearer the time)

The Gardening Year



'Red Beauty' fern

On a visit to **Taunton Flower Show in August**, there were plenty of nurseries in the Plant Village selling a wide variety of plants. The show first took place on 14 September 1831 and is the oldest flower show in the country! It was first held in the Assembly Rooms on the Parade, and the object of the show was 'the encouragement of horticulture in its various branches, by means of premiums given for the best specimens of flowers, fruit and vegetables. It was set up by gentlemen of the area to show off the expertise of their gardeners'. The show moved to the current venue at Vivary Park in 1851 and is now a two-day event with floral marquee, competition marquee, designer gardens (up to 4m x 5m), local art & craft traders, rural crafters and a wide range of music and entertainment, which this year included the Barnstaple Town Youth Marching Band. There are, of course, now entries from female gardeners too! So, if you missed the Show this year look out for the dates in 2026.

One plant I bought at the show, was labelled as ***Athyrium niponicum* var *pictum* 'Red Beauty'**, a Japanese Painted Fern. This has been revised into the genus ***Anisocampium***, so you may find it sold under either name. Like most gardens, we have some shady spots and I was looking for an attractive fern that would grow well in these conditions. These are deciduous and are considered by many as one of the loveliest ferns, with soft grey-green fronds having a silvery zone along the centre and with red stems and midribs. In order to reach their fullest colour, they do need sufficient light but to be out of the midday sun

as they can burn easily. The fronds grow horizontally, rather than upright, and then arch downwards. Being deciduous they will disappear in winter, so it is good to label the location. The soil needs to be moist and it can grow in a clump to a height of 0.5 m and a spread of up to 1 m over 5 – 10 years.

There is a wide range of exotic ferns that will grow happily in our gardens. Some indoor ferns will also do well if placed outside during the summer where the indirect sunlight will stimulate growth. Ferns will also grow well in pots, which means that you can protect the less hardy varieties from frost or bring them indoors over winter. If growing ferns in the garden, most will benefit from the addition of some compost or grit to the soil to prevent waterlogging, especially during the winter. Like native ferns, when grown in the garden, the exotic varieties are reasonably immune to insect attack. It is always good to check your garden conditions and match them to certain varieties of ferns as they do best when they are grown in the right place. Some will retain their foliage during the winter such as *Parablechnum chilense* Chilean Hard Fern (dry areas) or *Woodwardia fimbriata* Giant Chain Fern (wetter areas). Fortunately, many ferns have 'English' names. If you are looking for ferns that provide ground cover the Hammock Fern and Alpine Water Fern are useful, or if you wish to grow ferns in drier conditions then the Woolly Lip Fern, Oak Leaf Fern or Button Fern should be successful.



Leaves and berries of the rowan tree

A tree bringing colour at this time of year is the **Rowan *Sorbus aucuparia***, also known as the Mountain Ash as it grows well at higher altitude. Earlier in the year the flowers provide pollen and nectar for the bees and other pollinating insects but at this time of year, it is the berries that are a rich source of food for blackbirds, mistle thrushes, redstarts,

fieldfares and, if you are lucky, waxwings. There are of course myths that go with the rowan, like the tale that they were planted by houses as protection against witches as red was considered the best colour for fighting evil. The wood was used to stir milk to prevent curdling; as a charm that could be carried in your pocket against rheumatism and for making divining rods. Although the berries should not be eaten raw by humans, they are edible when cooked and provide a good source of vitamin C. With their sharp/sour flavour they are suitable for jam making.

JOBS FOR SEPTEMBER

- Tidy the greenhouse by harvesting any late crops, clearing plants and removing any shading that you had applied to the glass.
- You can take healthy cuttings from mature pelargoniums, before disposing of the old parent plant.
- Plant up pots with bulbs ready for instant colour next spring. As well as planting bulbs in pots you could plant them in cut-flower beds, under trees, through grassed areas, under shrubs, in wildlife gardens - early flowering crocuses are so good for bees - and in new borders. Adam Frost says that he grows many of his bulbs in pots, then moves them while they are 'in the green' (in growth) to other locations in the garden.
- Plant onion sets for earlier cropping next summer. They prefer firm ground so, after weeding, tread the soil down before making a drill deep enough for the onion sets to sit on, without forcing them and damaging the base plate. Cover, leaving just the tips showing above the ground
- If you grow ornamental grasses, you can collect the seed ready for sowing next spring. As with all seed collecting, do this on a dry day and store in labelled paper envelopes placed in a cool dark place.
- Salvias seem to have had a resurgence, and if you have grown some that you particularly like now is a good time to take cuttings. The best way is to select a non-flowering shoot and cut just above a bud to encourage regrowth on the parent plant. Trim the

cutting to just above a leaf joint and remove the lower leaves keeping at least two pairs of leaves at the top. Insert the cuttings around the edge of a pot containing a free draining propagation compost with added grit or perlite. Firm them in and place in a covered propagator, or cover with a plastic bag. You should see that they have rooted within a few weeks and they can then be potted up next spring.

What's On?

- **Friday 5th – Sunday 7th September inclusive. Sutton Mead – Moretonhampstead TQ13 8PW, 12.00 – 17.00 Admission Adult £6 Child Free Refreshments** home-made teas, hot soup & savoury scones.
- **Sunday 7th September RHS Rosemoor – Plant Heritage Autumn Plant Fair** 10am – 3pm.
- **Monday 15th September Upton Pyne Garden Club Upton Pyne Village Hall 7.30pm** – a talk by Todd Gray, local historian and author, **Slavery & Emancipation in Devon 1834.**
- **Tuesday 23rd September Crediton Garden Club** 7.00pm at Crediton Library 'Sustainable Gardening' by Becky Searle - £12 annual membership £3 per meeting for visitors.
- **Saturday 27th September – Sunday 19th October RHS Rosemoor Wonder of Autumn.**
- **Sustainable Crediton - Big Green Fair in the Square on Saturday 27th September 11am - 2pm.**

Happy Gardening!

Nicola Baker



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 our Big Breakfast at Thorverton Memorial Hall on Saturday 13th September from 9:30 – 11:30am. We hope to see you there!

Film Night

The Autumn programme kicks off with **Mr. Burton**, on **Friday 19th September**. This beautifully-crafted film follows the early years of Richard Burton & has received excellent reviews.

The film starts at 7:30pm (doors open from 7pm) - drinks and snacks available. Adults £6 / Under 18s £4. Buy tickets on the door or from thorvertonmemorialhall.co.uk Note that we've had to increase our adult ticket prices to £6.00, to reflect increase in hall running costs over the past few years.

Also – don't miss Multi Story Theatre Company's performance of **Last Dance Saloon** which is coming to TMH on Saturday 11th October, brought to us by Villages in Action. Set in a tango retreat in Buenos Aires, it's a captivating new production about love, legacy and the future we imagine for coming generations. Music & dance as well as drama.

Tickets will be available on the night but if you prefer to book in advance visit: villagesinaction.co.uk

Newton St Cyres Tennis Club

We are heading to our Finals Day on Sunday 14 September, which will be another great social all-day event for all members and guests. Do come and watch

the finals: it is good tennis and there will be a lovely BBQ. It may inspire you to come and play tennis yourselves. The weather is perfect for tennis!

There are regular sessions for rusty rackets on Saturdays. The person to contact is Sue Bloomfield at sueblmfld03@gmail.com, who can let you know what time the sessions are.

Come and join the other club sessions: they are well attended and apart from exercise provide lots of fun and banter. The sessions cover a wide range of abilities and ages so there is something for everybody.

NEWTON RAMBLERS

Sunday 21st September

This month we are walking in the environs of Morchard Bishop. We will meet at 9.30am at the Newton St Cyres parish hall car park to share cars. We will start the walk at 10am from the car park by the church in Morchard Bishop and proceed eastwards towards the Farthing Park, turn down to Wattonby and across to Oldborough Cross. From there we will follow the road to Weeke and return up to Morchard Bishop via Woodgate. The walk is about 4 miles long with well over half on footpaths; some of it is uphill but is not steep.

Nicola Baker has booked lunch at The London Inn in Morchard Bishop for 1pm for 12 people. Please contact her on 851985 by Wednesday 17 September if you would like to be included. First come, first served.

All are welcome to join this walk. If you need a lift or have any questions, please contact Nigel or Rosemary Chambers on 01392 851400

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

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Sky Blue and Gold - colours for nature



Under the Countryside Stewardship and Sustainable Farming Initiative (SFI), grants are available for farmers to plant seed mixes which will help to feed insects, when plants are in flower, and wild birds when the flowers have turned to seed.



The swathe of small blue flowers which were visible in August (as you come into Upton Pyne from the Exeter end, in the field on the right just before the Brampford Speke turning, and in another, less visible, field) are linseed flowers. A slightly taller blue flower, in lesser numbers, but growing above the linseed, is phacelia, and if you can spot any yellow flowers, these are mustard. There are actually 12 varieties of plants in these fields, including a number of brassicas (kale) which will all provide a valuable food source for the wild birds through the winter months.

At Bidwell Barton Farm, which is certified organic, there are two fields of Countryside Stewardship pollinator mixes. The field with the sunflowers is a one-year overwintering wild bird seed mix, and the one behind is a two-year 'bumblebird' mix. Both crops contain a diverse mix of plants to provide sources of nectar for insects and seeds for birds; the one furthest from the footpath was in full flower in May and June, the other has been flowering in July and August.



AGRICULTURAL

— I N N —

What's on at the Agi



Quiz is Back



Sunday 12th October 7.30pm

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.

New Menu from 16th September

A New Season of Flavour at The Agi – Our Autumn menu celebrates fresh, seasonal dishes made with the finest local produce. From leisurely lunches to Sunday roasts worth savouring, it's comfort food, The Agi way.



Halloween Party



Friday 31st October 6pm till late

Join us for a spine-tingling Halloween party, packed with devilishly good food, creepy cocktails, and entertainment to keep the night alive. More info coming soon....



Takeaway Menu



Fish & Chips £14 large/£10 small
Agi Beef Burger & Fries £15
Spicy Bean Burger & Fries £14

-

Kids: Chicken Dippers or Burger
with fries & beans or peas £8

-

Pecan Brownie / Jam Roly Poly / Vegan Choc Tart £7

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Summer EVENTS

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BBQ, GAMES



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2PM**

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UPTON PYNE CHURCH NEWS

Greetings from The Church of Our Lady! Our regular services have continued and been well supported, albeit mostly by friends from the surrounding parishes.

September will be a busy month. Besides our regular service of Holy Communion at 10.30am on Sunday 14 September, we shall also have a service on Sunday, 28 September at 10.30am led by the Clapp family when we shall mark and celebrate Harvest. There are bacon butties beforehand at 10am! This will be a fascinating way to consider Harvest in a global context and young and old will find much to think about and enjoy, so do note the date.

On the evening before, we invite our local community to enjoy a Harvest Supper in the Village Hall, organised by The Friends of Upton Pyne: details of how to book elsewhere in *Speke Up*.

On the afternoon of Saturday, 13 September the church will be open with displays, tower tours, teddy bear parachute drops and teas on The Causeway. This is organised by the Friends to support Devon Historic Churches, who have been generous to us.

And on the afternoon of Sunday, 14 September there will be another chance to help in the churchyard and/or church; this can be energetic and fun and a chance to meet and make new friends. Refreshments provided!

The coffee mornings on the first Monday of the month support the work of the Friends. On 6 October the Friends have arranged a knife and tool sharpening session from 10.30am onwards; bring any tools suitable for sharpening, enjoy a coffee and perhaps make a donation to support church maintenance.

More details of all these events elsewhere in *Speke Up*. There is a lot to enjoy and support in the late summer.

VC

Sharpening Service

Dan and Nicci from C & C Sharpening will be at Upton Pyne Village Hall 10.30am - 12.30pm on Monday 6 October. Bring any tools for sharpening and support the coffee morning and cake stall! This is organised by The Friends of Upton Pyne and there will be a plate for any donations towards church maintenance.

SCISSORS	PRICE
Dog Grooming Scissors	£15.00
Hairdressing/Barber Scissors	£20.00
Dressmaking Scissors	£10.00
Kitchen Scissors	£5.00
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GARDEN TOOLS	£5.00
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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.

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. Do come along and support this community event. The next is on **Monday 1 September**.

Decisions, decisions, decisions...

It's my turn to write the Parish Letter this month. Usually, I think of something quite easily but this month I just couldn't decide. Do I write about harvest, the changing season or the wonderful tractor jamboree? I just couldn't make up my mind. This then reminded me of one of my favourite sayings:

'In any moment of decision, the best you do is the right thing – the worst you can do is nothing.' *Theodore Roosevelt*

Life is full of decisions big and small. Some sources suggest that the average person makes 35,000 choices per day! Assuming that those same people spend an average seven hours per day sleeping and making no choices, that means roughly we make 2,000 decisions per hour or one decision every two seconds.

Some we don't even notice. You're reading this – did you register the decision to do so? And we start making those decisions as soon as we wake up. Will we press the snooze button on the alarm? I always have a coffee before breakfast. That feels like a constant but I actually make that decision fresh every day.

People's restaurant choices are interesting. Sometimes people have what they know they like and others choose something new that they do not eat at home. Both good choices, but I have been out with friends who have gone with the first option and then been rather envious of my choice!

These are all quite small decisions, though. Indecisiveness can be very debilitating and we can spend a lot of time worrying that we can't decide what to do, when we feel under pressure to make a decision. The bigger the decision, the greater the worry.

We tend to think of decisions as final but if it doesn't go well, we can decide to do something else. As Roosevelt says, it is not making a decision at all that can trap us in a place that we don't want to be. With a decision we can move on, even if we have to make some adjustments later. Believing in the decision we have made can help us move forward with what we have decided to do and is more likely to result in a positive outcome. As Nelson Mandela said: "May your choices reflect your hopes, not your fears."

Sometimes that worry can come from being concerned that we are making the 'right decision'. But what is the right decision? Some people find it useful to make a list of the pros and cons. We can take advice from friends and family but it's important to remember that what's right for us might not be the

same as someone else and their advice can only take us so far.

Taking time out to think is important and that does not include all that worrying. In the Christian tradition, we pray. We spend time before God praying and listening. We read our Bibles to consider what Jesus might do. We trust in God. We are unlikely to find He had to make the same decision but we can find help in thinking about what criteria we should consider when making our decision and, hopefully, be closer to it being a good one.

Laura Ford

Licensed Lay Minister

The Netherexe Parishes

Upton Pyne & Cowley Parish Council

Ginko Tree: Cllr Cormack reported that she will order a new tree in the autumn.

Potholes: a member of the public was concerned about these on the A377 at the entrance to Upton Pyne Hill. The Clerk said that she has reported this on several occasions and more recently to Highways. She gave the reference number to the member of the public to use should they wish to contact Highways.

20mph speed signs: The Chair said he will erect the newly purchased signs.

Footpath Report: Footpath Warden Fabian King reported that the strimmer is now repaired and ready for use.

Playground in Upton Pyne: Cllr Bramston has met with a representative from Sovereign Playgrounds. He asked if the land around the playground was owned by East Devon District Council (EDDC) as it may be worth considering removing the fence to create more space. The Chair will contact the Estates Department at EDDC. The Parish Council will discuss this further at the next meeting in September.

The Causeway: Cllr Cormack said that John Howells has a flame thrower which is most useful on seedlings. Removing the weeds from between the cobbles is the main problem before using the flame thrower to get it back to its original state as a cobbled causeway. The Parish Council agreed that John Howells should go ahead with this procedure.

Next meeting: 8 September 2025 at 7.30pm in the Village Hall.

SERVICES & INFORMATION SEPTEMBER 2025

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 3 September

09:30 am Mid-week Holy Communion

Thorverton [Exe Valley Farm Shop]

Sunday 7 September

10:30 am Coffee & Chat

Newton St Cyres

05:00 pm Communion

Stoke Canon

06:00 pm Hymns & Pimms

Cadbury

Sunday 14 September

09:30 am Communion

Thorverton

10:30 am Communion

Upton Pyne

Sunday 21 September

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 28 September

09:30 am Communion

Newton St Cyres

09:30 am Harvest service

Thorverton

10:00 am Messy Church

Stoke Canon

10:30 am Harvest service [Bacon Butties at 10:00am]

Upton Pyne

11:00 am Harvest service

Huxham

11:15 am Communion

Rewe

03:00 pm Harvest Festival

Netherexe

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

Revd Tim Collins [Rector] Tel: 01392 860767 tim.collins@netherexe.org

For more information about the Netherexe Parishes please see www.netherexe.org or contact:

Juliette Lea [Administrator]

Tuesday & Thursday [09:00 – 15:00]

Tel: 07594 714590

Email: administration@netherexe.org

Peter Shepherd [Administrator]

Monday [09:00 – 11:00] & Wednesday [09:00 – 13:00]

Tel: 07551 844321

Email: administration@netherexe.org



Brampford C of E Primary School

As another school year came to end in July, we came together as a whole school along with Rev. Tim for an emotional leavers service, where we gave thanks and well wishes to our wonderful Year 6 pupils. We celebrated and reminisced on their primary school journey, achievements and growth and will treasure the memories of their time at Brampford Primary School – as per the tradition, at the end of the last day of term, the school bell rang out and the Year 6s made their way through the guard of honour formed by the rest of the school (*pictured below left*). A fitting send-off for such a fantastic group.

More goodbyes followed as we said farewell and good luck to Mrs Carpenter (*pictured below right*), who after 17 years of teaching at the school is heading off for exciting new challenges.



We are looking forward to welcoming back our pupils and staff, existing and new, for the start of our autumn term and new school year on Thursday 4 September. We have lots of exciting things planned, and look forward to sharing them with you in the coming months.

We are also hoping to collect a variety of items to support our classroom and outdoor learning activities, particularly for sensory play, outdoor cooking and hands-on learning experiences. If you have any of the following you no longer need, we would be very grateful for your donations: **funnels, plastic jugs, plastic or metal bowls, whisks, potato mashers, cast iron cooking pots, pestles and mortars, lemon squeezers, garlic presses, salad spinners.**

Please bring the items to the school office if you can, or call and we will arrange collection.

We 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@ex valley federation.org.uk

01392 841414



Wildlife

A thoughtful farming friend described the decision-making process in farming as considering all the options and going for the least bad one.

Do we cut the grass a little earlier to be leafy for higher feed value but lower volume, or leave it to make more bulk later but more stalky and less nutritious? Do we plough to loosen soil and bury weeds or just tickle the soil with a cultivator and deal with the weeds that come and leave the soil structure intact? We assess which of all the options in a biological system gives us the best result in the round, with the information we have.

We had our annual wildlife meeting and my friends and colleagues Martin Edworthy and Andy Gray were talking about their wildlife observations. I'm inspired by human beings as stewards of our planet, farming and producing food. We are also custodians of the wildlife that shares our land with us. We do the best we can, with what we understand, and do what we can to have things work best for wildlife.

Deer

We need to control deer. I hate the bit about farming that involves killing animals, and that is what meat-eating involves. The same with deer. When we weren't on top of keeping our deer numbers to the land's holding capacity, our deer were taking a quarter of our crops and eating all brassicae (cabbage family) crops. Our farming was uneconomic. Now we keep the deer numbers to around 80 fallow and roe across the farm and woodland (as far as we can tell). We see almost no damage to crops other than in a newly sown grass field that got stopped by the dry spring. Young trees can get away. The woodland floor is a rich carpet not bare. Sadly, when we do gralloch the deer (remove their innards and inspect them), we were finding evidence of bovine TB, causing a resurgence of the disease in our cattle. Happily, the deer now seem clean, so we are hopeful of going clear of TB in the near future, the first time for over 10 years.

Honey bees

We've seen very few honey bees this year and are just seeing a few now. Honey bees, wild or kept by people, are reliant on their stock of honey to make their way safely through the winter. I wonder if they may have run out of honey with that unexpectedly dry six weeks in the spring, and are just now building up their colonies.

We examine our slurry and dirty water lagoon banks for evidence of rabbit, badger or fox activity. Neither we, nor our neighbours, nor the Environment Agency, would appreciate our dirty water disappearing into the stream through a burrow, sett or earth.

Skylarks and house martins

I'm happy that the skylarks and house martins seem to be doing really well this year. They seem to have produced their young after it started raining and the insect numbers recovered. We leave skylark plots, empty rectangles in the crops that we keep clear. The little skylark chicks have fluffy feathers which can get drenched in dense undergrowth in wet weather, killing them from cold. I hear their wonderful song as they fly high over the fields, the sound track of summer in the fields

I was admiring the house martins whizzing around the sky in the evening with their extraordinary aerial acrobatics, catching flying insects. They keep hornets, wasps and flies away from the open windows. What I'd never noticed before is that five minutes later, the sky was completely clear. As one, the birds had all roosted. It was still light but perhaps not light enough for the birds to do their super-accurate and fast hunting for insects by sight. Like everything house martins do, they seem to have a remarkable flock mutual understanding: now is time for our migration, now is time to go to bed. They weren't asleep, I hear the families chattering in their nests and the teenagers socialising in the hazelnut walk next to my house.

September on the Farm

We are looking at natural flood management. This is new to us: how to use natural methods to slow the increased rainfall running off our land and causing concern and harm to us and our neighbours. You could put woodland, marshy depressions called swales, and ponds across our fields. Our challenge,

through is to maintain our productive landscape at the same time as being mindful of our impact on the natural world. So, for us, buffer strips next to streams, working to reverse and avoid soil compaction, and some banks in strategic places may be our best options, things that have minimal effect on farming workability.

We are seeing sad little hedgehog skins around the place as badger numbers increase. Badgers predate on hedgehogs. Both are iconic creatures in the English landscape and we would like a balance of both.

I visited Clinton Estate in East Devon where they have introduced beavers. The challenge is having these industrious creatures use their engineering genius where you can spare the land, on less productive fields, and not on core food producing fields. We haven't had that challenge yet, and we would want to be able to hold the balance of nature. People might appreciate them upstream of their property, holding flood water back, and not downstream where their dams could flood.

Grey squirrels, charming though they are, have been a bane for broadleaf tree planting for the last four decades. We had a good area of broadleaf trees, planted in the 1980s. Almost every one of those thousands of trees is stunted. They will never become stately giants of the forest, or even make decent firewood. The young male squirrels go adventuring in the spring, making their way in the world like princes in the fairy tales after their very own princesses. As they go, they feed on the soft sappy new growth of broadleaf trees. We've tried and failed over the years to make a dent in their number as we all want more broadleaved trees.

Goshawks predate on grey squirrels, flying at high speed through dense woodland and seizing squirrels from branches with enormous skill. Sadly, they also have a taste for green woodpeckers. I haven't heard the characteristic 'yaffle' sound of a green woodpecker for several years. I'm happy to see goshawks back; their numbers have been restored as they have been protected for many years. I'm sad to miss that flash of green out of the corner of my eye or that recognisable song, things that tell me that we have a thriving population of green woodpeckers.

Rooks, crows, jackdaws and ravens all got knocked back with bird flu over the past few years. Numbers seem to be restoring as we counted 47 jackdaws feasting on our cow cake one morning. Ravens are back in one field. Their primeval croak seems like a message from some far distant, mythical time.

We can start to cut hedges on the farm this month. We don't cut them except for safety in the bird nesting season, from March to August, leaving them to become a rich and wild habitat for all manner of small creatures. We leave over half the hedges uncut in a year. They work for our farming, too, sheltering farm animals and supporting predators for natural control of farm pests.

We've started work on our slurry lagoon in Churchyard Down. This will take washing water and manure from the spring herd parlour and the animal housing on the top of the hill. The lagoon will enable us to store it until we can use it for fertiliser and irrigation. It's very exciting to see this development that improves our sustainability.

We had Stewart Dawber, a wildlife photographer and camera man on the farm last month. He was shooting a film about how he started his career. His father approached us when he was a 14-year-old schoolboy a couple of decades or more ago. He asked if his son could come and take some pictures of kingfishers on our river. We agreed, and Stewart produced increasingly accomplished photographs while he was still at school.

Kingfishers are shy creatures that I've seen a handful of times in my whole life and Stewart showed even as a young boy the patience and ingenuity required for wildlife photography. He produced some extraordinary images while he was a teenager. Fast forward several years, and he became a BBC camera man filming all kinds of wild creatures all over the world. Now he lives in Scotland, able to make his own direction in his craft. I'm so proud of our contribution to a talented person.

Mary Quicke



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Answers to September Quiz

- 1 Fingerprint evidence (for burglary)
- 2 Grace Darling
- 3 Neville Chamberlain
- 4 Blackpool Illuminations, which are always switched on in September.
- 5 Barley
- 6 Michaelmas
- 7 Gurning
- 8 Julian
- 9 Sapphire
- 10 True – nine letters, the ninth month

Answers to Music Quiz

- Q1 OK Sis TRUE
- Q2 Dyed Blondie FALSE
- Q3 Babbie Williams TRUE
- Q4 The Food Fighters FALSE
- Q5 Ed Cheery-san FALSE
- Q6 Slack Babbath TRUE (RIP Ozzy)
- Q7 Abbatoir TRUE (heavy metal version!)
- Q8 Mike and the Don't Panics FALSE
- Q9 The Rolling Clones TRUE
- Q10 Elton Con FALSE
- Q11 Nearly Dan TRUE
- Q12 Cold When I Play FALSE
- Q13 ZZ Bottom TRUE
- Q14 Bon Bogey FALSE
- Q15 Elvis Parsley FALSE
- Q16 Proxy Music TRUE
- Q17 The Bongo Cat Blah Blah Band FALSE
- Q18 The Fillers TRUE
- Q19 Mentallica TRUE
- Q20 Bleurgh FALSE

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Wyndham House has again scored in the very top percentile in the annual government General Practice patient survey. A random 5% of adult patients in every GP surgery in England receive a questionnaire asking them to rate their GP practice in a multitude of areas. An enormous thank you to those who completed the questionnaires this year for rating our team and our service so highly.

We are one of the approximately 1000 GP practices that can dispense medication to their patients. This privilege comes with a lot of work but also enables us to solve problems with medication quickly. Getting the correct medication in the required timeframe is often the weakest link in medical care outside of hospital. Recently we have had some changes in our dispensary team but we are now back to full strength with Caroline and Polly joining us over the summer.

We have also started to use an automated system that will let patients know when their medications have been dispensed and are ready for collection. At the same time as your bag of medication is placed on the shelf for pick-up a text will be sent to your mobile phone. This means you will no longer have to pop in to see if medication is ready; just wait for the text.

We have always asked patients to leave 3 – 5 working days between requesting and collecting their repeat medication. This needs to remain the expected time frame as occasionally common drugs can be difficult to source due to manufacturing hiccoughs. This is the most common reason for longer waits as we try to source then from elsewhere. However, since we both prescribe and dispense there is always the option of prescribing an alternative and this is what we do when required. Please do not ring the surgery asking about medication until after the 5-day window. We are predicting that almost everyone will receive a text well within, and sometimes a lot earlier, than the expected time. We hope patients will welcome the new system.

This is an example of increasing the use of mobile phone communication alongside development of the

NHS App that is central to Government planning for the NHS. You can now use the NHS App to see your clinical records and test results. You can also use it to order your repeat prescriptions and book appointments.

In the autumn, we are planning to pilot a new system for booking flu vaccinations on-line.

All these changes mean the benefits of using a mobile phone continue to increase. Joan Povey, our Digital Social Prescriber, continues to run sessions from RoomForU as well as being available for one-to-one assistance if you need help setting up a device or you are new to the digital world. If you would like to meet with Joan, let the Wyndham reception team know and we will put you in touch.

Anthony O'Brien
Wyndham House Surgery



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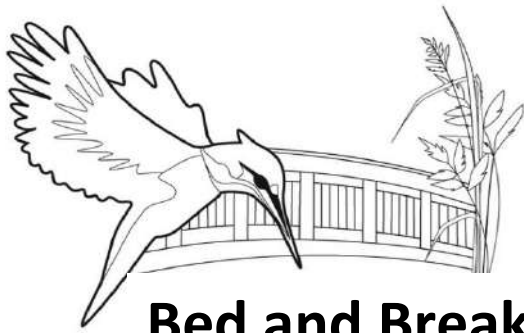
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Check out the CLT website at www.bsupcclt.co.uk (or use the QR code on the left) for more information. For information on membership or advice on registering for a tenancy please contact our membership secretary at sallydiscombe@gmail.com.

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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 for more details or email infobsvht@gmail.com

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

PARISH DIRECTORY

Rector

Tim Collins
Tel 860767
tim.collins@netherexe.org

Curate

Deborah Leighton Plom
deborah@netherexe.org

Reader

Laura Ford
Tel 07741 491946
laura.ford@netherexe.org

Netherexe Parishes website: www.netherexe.org

Administrators

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

Councillors

Brad Hillson (Chair)	07870 865231	brad.hillson.bspc@gmail.com
Elaine Hollingsworth	01392 841434	elaine.hollingsworth.bspc@gmail.com
Will Honan	07946 110976	will.honan.bspc@gmail.com
Lisa Langdon	07515 873324	lisa.langdon.bspc@gmail.com
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Richard Tillett	01392 841268	richard.tillett.bspc@gmail.com
Jo Wayne	07494 323917	joanne.wayne.bspc@gmail.com

Other Contacts in Brampford Speke:

Village Hall website	www.brampfordspeke.org.uk
School	841414
Brampford Area Baby and Toddler Group	Catherine Bending 07964 967278
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
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	
Ross Bramston	UP	rossbramston@uptonpyne-pc.gov.uk	
Amanda Cullen	UP	amandacullen@uptonpyne-pc.gov.uk	

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:

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Bramford Speke: Richard Tillett 01392 841268

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

September 2025 DIARY

Tuesday	2 nd September	7.30pm	Bramford Speke Parish Council Meeting Bramford Speke Village Hall	Tracy Watkins 07811 938614
Saturday	6 th September	2pm – 5pm	Cream Teas in the Village Hall Bramford Speke Village Hall	Cakes, Treats, Children's games and a Raffle.
Sunday	7 th September	2pm	Whist Drive Upton Pyne Village Hall	David Taverner 01884 855459
Monday	8 th September	7.30pm	Upton Pyne and Cowley Parish Council Meeting Upton Pyne Village Hall	Jacqui Ward 01392 851 918
Tuesday	9 th September	12 noon	Lunch Bunch Exe Valley Farm Shop	Pat 841 599 or Veronica 841 530
Saturday	13 th September	From 2.30pm	Teas in the Churchyard Fundraiser for Devon Historic Churches Trust – teas, tower tours, teddy bear parachute drop and various displays inside the church. Upton Pyne Church of Our Lady	
Sunday	14 th September	From 2pm	Church Spring-Clean and Churchyard Tidy-up Cold drinks and cake provided Upton Pyne Church of Our Lady	
Saturday	27 th September	7pm	Harvest Supper Pasty and Salad Supper with Homemade desserts. Musical entertainment and readings for harvest. Upton Pyne Village Hall	To give an idea of numbers and for more information, contact Sue Glanville 07753 605726
			Weekly	
Monday		9am & 10am And 7.30pm	Pilates Bramford Speke Village Hall (Term Time only) www.connectedpilates.com	Nicki Stumpf 07838 260290
Wednesday		10am	Art Class Upton Pyne Village Hall	John 07816 846562
Wednesday		7pm – 8pm	Pilates Upton Pyne Village Hall www.ivegotyourback.co.uk	Rebecca 07392 480974
Thursday		9.15am – 11am 9.30am (term time) 2-4pm	Toddler Group Bramford Speke Village Hall (Term time only) Zumba Upton Pyne Village Hall Tea Upton Pyne Village Hall	Emily 07511 623314 Caroline 07796 950652 canstead4@gmail.com Adrienne 07791 609068
Friday		10.30- 11.30am	Pilates Upton Pyne Village Hall	Rebecca Cunningham 01363 866047



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