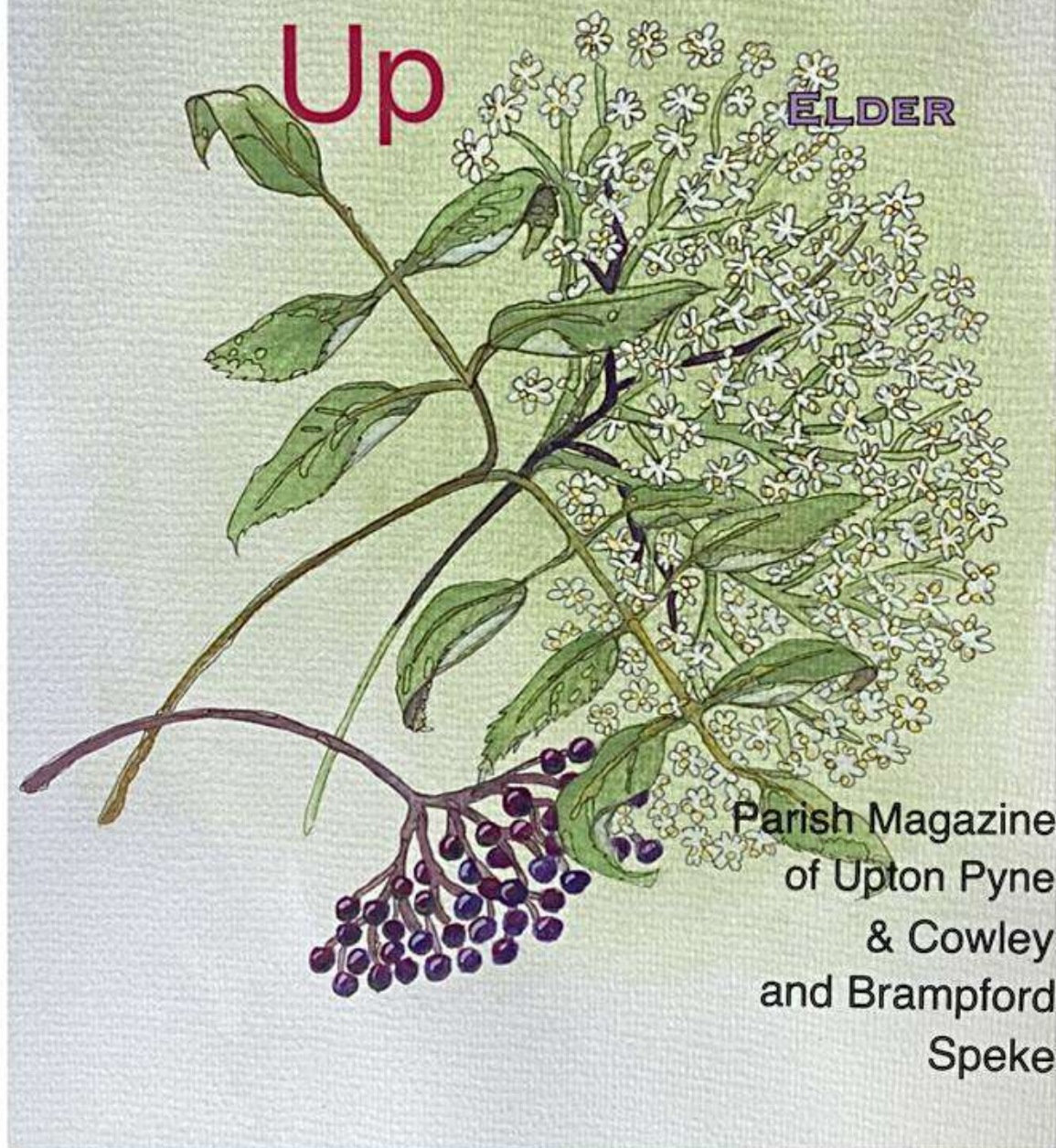


Speke Up



Parish Magazine
of Upton Pyne
& Cowley
and Brampford
Speke

June 2026

Issue 391



Photo: Steve Davidson

An evening with a Tudor Lady

A talk by author Rosemary Griggs:

Daughters of Devon

Tuesday, 23 June 2026
at 6pm for 6.30pm
Welcome drinks & nibbles
Pynes House, Upton Pyne Hill, EX5

Part of the *Wondrous Women* festival

Tickets: £12.50 - Book: 07753 605726

A small illustration of a Tudor woman in period dress, standing and looking to the left. The entire poster is framed by a decorative border featuring red roses and gold leaves.

Speke Up Matters

Welcome to the June issue of *Speke Up*!

We have a lot to report this month. There is an important update from the Community Land Trust on pages 22 and 23. Ros Leveridge writes about the Upton Pyne Open Gardens on page 6, with photos on page 5. Reports from both sets of Friends can be found on page 7. The Social Club celebrates its 150th birthday with an open day and barbeque on 4th July. You can read more in the two-page spread starting on page 12. The next day, there are cakes and tea in the garden of The Old Rectory, Upton Pyne in support of the church. Read more about this event, and also the seven-parish pilgrimage, on page 9. Brampford Speke is the 'pudding stop' on the pilgrimage route, details are on page 50. And Bob Short, chairman of Upton Pyne & Cowley parish council, is taking part in The Nello Bike Ride this month, see more on page 11. Good Luck Bob...

cover design: **Sally Tuckey**

...from the Speke Up team

BUS SERVICES

TO EXETER: Wednesday and Friday (678)

Brampford Speke Stooks Close	10.19
Upton Pyne Post Box	10.27
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Cover Notes

ELDER Sambucus nigra

Many country hedgerows are punctuated by elder; during the wintertime the bark is fairly distinctive, it is greyish-brown in colour and has deep long cracks and corky ridges. In June the scent is very heady, coming from the creamy-white frothy blossoms made up by many small flowers. These 5" - 6" blossoms can be made into elderflower cordial:

25 heads of blossom – remove insects!
Add to a bowl with orange and lemon zest.
Cover with 2-3 pints of boiled water and leave over night to infuse.
Strain through muslin into a saucepan.
Add a bag of sugar, orange and lemon juice.
Heat to dissolve the sugar and simmer for several minutes.
Use a funnel to pour into sterilised bottles. Ta dah!

If left on the bush, the flowers magically transform from small green berries into deep purple berries. Each cluster of berries is about 4" in diameter and often made into elderberry wine or jam!

S.T.

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Upton Pyne Open Gardens and Arts & Crafts Sale



A surprise around every corner!

Ros Leveridge visits open gardens in Upton Pyne

What a pleasure it was to visit the open gardens of Upton Pyne on a sunny afternoon in May! There were eight in all, and every single one was different from the others, offering charm, individuality and plenty of interest.

On leaving the village hall, clutching my beautifully produced 'passport', I turned right and followed the drive up to the Old Rectory, where a mature garden awaited me. Am I alone in thinking that in addition to admiring the garden, viewing the exterior of the house is often a secret added pleasure? The Old Rectory did not disappoint, its mellow walls sitting squarely in the middle of the fine garden, with an impressive view stretching away across the adjacent fields. Over the last year, Lulu and Tony have met the challenge of restoring this beautiful but overgrown garden, with its huge mature rhododendrons and ancient trees. The result of all their hard work was evident!

Close by at Belgrave Terrace, in the tiniest of spaces, a courtyard garden has been beautifully formed by its owner Andy, with steps leading steeply up to a small seating area. The backdrop to this, enjoyed from the garden, is the ancient Church of Our Lady and its churchyard which front an open vista. Purple pansies in planters, contrast with the neat brickwork. Such a clever use of space and a garden which delighted its visitors.

Onwards and downwards, to the furthest two gardens on the map (passing Linda and Ian's very pretty garden on the way, which we could not help admiring although it was not actually one of the 'open' ones!). There was much to see here. The first of these gardens, Orchard House, has sweeping lawns and a vast wild flower meadow, already vibrant with colour, extending into the distance. Specially mown paths lead through and around and about the meadow to a barn built by Fabian and Jane, which was much appreciated by the visitors. The second of these, at Cox's Hill Farm, is hidden behind an old high wall, where Jenny and Jan have introduced many interesting features in a garden of two halves. In front of the house, carefully arranged areas offer a variety of flowering shrubs and flowers in beds and planters. The other wilder side with its fruit trees and stream offers a fine setting for the beautiful art studio there. How lovely to be invited to peep through its open door and survey the treasures within! And how lovely it must be to work in such a peaceful place, surrounded by nature.

As the afternoon grew still warmer, I regretted my decision to leave the uphill gardens to last. I wavered

at the village hall but fortified with a cuppa and some excellent ginger cake, made my way to Orchard Close and the two gardens there. Much admired in Shinpo-Tei, the house at number 4, was a fine pot of slim stemmed irises, just about to come into flower. We tried to guess what colour they would be. This garden slopes gently upwards from a shaded seating area, running up to magnificent old-established ash tree. Over 20 years Pat has created a garden with a wonderful woodland which delighted its visitors.

At number 6, a beautifully tended garden, bordered with shrubs and flowers, leads down to a moon gate which frames the breath-taking view across the fields and to the hills beyond. Ann has made a feature of the high, dark hedge which borders one side, out of which a striking barn owl appears to fly. This space, so obviously created with love, is skilfully designed and has a truly magical feel. Statuary and paving catch the eye everywhere, and enhance the pretty Japanese garden, tucked away to one side of the house.

More uphill puffing, and round the corner to Glebe Close and a garden full of neat planting and plenty of humour! The front garden is full of carefully tended borders with roses and flowering shrubs. I was surprised to find a second garden hidden behind the house, where there were beautifully organised fruit cages. There was also a Barbie doll living very dangerously inside the mouth of a crocodile! Many plaques adorn the wall which links the two parts – Wombat and Kaz gift these to each other instead of giving birthday and Christmas cards and they have built up quite a collection! The hours of work going into this garden and the pleasure gained from it, were evident to see.

My final visit (downhill, easy walk) was to the corner of Glebe Close and another completely contrasting garden, full of twists and turns and hidden corners. Azza has cleverly divided it into many 'rooms', each separated from the other by carefully built structures which make use of recycled materials. There are cosy seating areas where it would be lovely to sit with a glass of wine on a warm summer's evening (should we get one). One area leads through to another, bordered with wooden planters housing a variety of shrubs and flowers. This unique garden is still a work in progress and I spotted quite a few pieces of wood waiting for the next project – truly a space to watch!

Back to the hall, where I found to my surprise I had won a raffle prize, and home to my own garden, inspired by all the wonderful ideas and creativity I had seen.

FRIENDS OF UPTON PYNE

The **Open Gardens and Arts & Crafts Sale** in May were a huge success, raising over £1,000 for the Friends. This was a joint event with the Garden Club. Nineteen craft stalls - all local people - were set up in a marquee in the field by the village hall and a plant sale took place in the hall. The quality of the arts and crafts was outstanding and the stall holders donated samples of their work to the raffle. Wonderful lunches and teas with homemade cakes were very popular. Many thanks to all those who donated cakes. Over 100 people visited the open gardens and thanks go to all the gardeners who created such interest for the visitors. And the weather stayed fine! It was a lot of hard work for everyone involved but was a wonderful fund-raiser and gave a great deal of pleasure to those who attended.

The recent twice-yearly **maintenance inspection** showed that some work needed to be done on two blocked drains and on the stonework of one wall. We shall be getting quotations for this work and endeavouring to resolve the problems before too much rain falls. Apart from these issues, the building is in reasonable condition.

The **leaning gravestones** have been assessed by F J Stevens Memorials of Crediton and we will be tackling the dangerous ones as a matter of priority. One of the main concerns is the **unstable nature of some stone crosses**. When the work is undertaken, the churchyard will have to be closed, so please bear with us. Some of the crosses will be laid down on the graves and will remain there for safety unless the family of the deceased can be found and wish to contribute to the restoration.

On the **gardening day**, it stayed fine for the ten volunteers who worked hard and enjoyed the event. Many thanks to Sue Glanville for providing sustaining cake and to Andrew Gwynne for organising the day.

We are very pleased to announce that the families at Pynes House have again offered their beautiful house and garden for another evening with **Rosemary Griggs, the Tudor Lady**, on Tuesday 23 June. We shall start with drinks and nibbles, 6 - 6.30pm in the rose garden, if the weather is good. The theme of the performance is *Daughters of Devon*, the title of her latest book. This fits beautifully with The Netherexe Mission Community activities based on 'Wondrous Women'. Rosemary will bring along her books for signing. Tickets must be booked in advance from **Sue Glanville** on **07753 605726**. See the advert on page 2 for full details.



The gardening day in full swing

Photos: Andrew Gwynne



Friends of St Peter's

We have been busy with a lot of church maintenance recently, but are very much looking forward to the **Seven Parishes Pilgrimage** on the summer solstice - Sunday 21st June. The Pilgrimage route goes to all seven parishes of the Netherexe community, and Brampford Speke will be the 'pudding stop' at about 3.30pm (*see ad on page 50*). **Please come and join us for delicious puddings whether you are walking or not.** More details of the Pilgrimage can be found elsewhere in this issue of *Speke Up*.

Our next event will be a **Harvest Lunch with apple pressing** in September.

If you would like to be involved with the Friends of St Peter's, do get in touch (Caroline.lamb@me.com), or come to our next meeting at 6.30pm, 3 June at the Agi.



UPTON PYNE CHURCH NEWS

Greetings from the Church of Our Lady in Upton Pyne.

Our service on May 10 was well attended and led by the Rev. Julia Dallen and was followed by the Annual Parochial Church Meeting and a Parochial Church Council (PCC) meeting, chaired by the Rev. Tim Collins. Lisa Clapp continues to serve as Church Warden, Lulu Russell-Smith is PCC Secretary and Beverley Horton is PCC Treasurer; they are supported by a small PCC committee. Maggie Cormack attended as the Chair of the Friends of Upton Pyne and there was some discussion as to what further work might be tackled in the coming year.

The Rector warmly thanked all those prepared to serve on the PCC and also expressed sincere thanks to Maggie, who has led the programme of necessary work detailed in our five-yearly inspection report.

Some of the funds to support the next phase of work in the interior of the church will have been raised at the very successful Open Gardens and Arts & Crafts Sale held in the village in May, when the sun shone and people came from the villages and surrounding area to enjoy gardens, walks, crafts and delicious refreshments. Our thanks to all who worked so hard in various ways to make the day a success.

Looking forward, there will be a service on Sunday, June 14 at 10.30am to which all are welcome. On Sunday, June 21, there is The Netherexe Pilgrimage when some will walk between all the churches in the Mission Community, while others may join and leave as they wish. The pilgrims will walk from Newton St. Cyres to Upton Pyne, arriving at about 1.30pm and will have some lunch in the village hall, before walking over to Brampford Speke for desserts!

On Sunday, July 5 there is an open invitation to tea in the garden of The Old Rectory; and there are other summer events in the villages around us. Details of most of them are in *Speke Up* and on the village notice boards; we hope they will be well supported, are sure to be enjoyable and we hope the sun shines for them.

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

15 Rose Edgington £30

49 Tim Mirfin £15

52 Anon £8

From January to July the 100 Club will have awarded 18 cash prizes plus a number of bonus prizes.

Now is your chance to get involved!

Shares from July to December 2026 are £12.50 each.

3 prizes are awarded each month making a total of 18. Come and join the fun whilst supporting the mission of our beautiful church!

Contact Lisa Clapp, Bev Horton or Karen Taverner for an application form. Applications must be in by June 30th.

Thank you and good luck!

Save the Date: **Sunday 5th July 2pm - 5pm**

Please join us for afternoon tea in the garden of The Old Rectory. A fantastic opportunity for passionate bakers to show off their skills! For more details contact Lulu and Tony at: tonyluluw@gmail.com. See advert on opposite page.

VILLAGE HALL NEWS

TEA, CAKE & CHAT ON THURSDAY

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

COFFEE MORNING

The village hall committee continues to open Upton Pyne Village Hall on the first Monday of the month and offers a warm welcome, tea, cafetiere coffee, biscuits - and a chance to buy homemade cakes in aid of the Friends of Upton Pyne. The next is on **Monday 1 June**.

THE LUNCH BUNCH

The Lunch Bunch meets at 12 noon on the second Tuesday of each month; we welcome anyone who would like to join us for a convivial lunch together. We meet at the Exe Valley Farm Shop which has ample parking. Next meeting of Lunch Bunch **Tuesday 9 June**, 12 noon, Exe Valley Farm Shop.

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

**Wondrous
Women!**

Celebrating Inspirational Lives in
The Netherexe Parishes

Walking with the Unnamed Women of the Bible
A Seven-Parish Pilgrimage
across the Netherexe Mission Community
approximately 10hour walking time

Sunday 21st June

Dawn to Dusk

Start with breakfast at Cadbury...and end with a BBQ at Netherexe
Walk all of it...or join us for any of the shorter walks

For details of the walks: www.netherexe.org

To register your interest or for more information,

Please contact Revd Tim Collins

tim.collins@netherexe.org/07449 111663

We are very grateful for support from the



we are pilgrims on a journey, and companions on the road

*In support of Upton Pyne Parish Church
you are invited to the gardens at
The Old Rectory, Upton Pyne*

..... ♥

for

Tea and Cakes

on Sunday July 5th from 2pm to 5pm

♥ Adults £5, children free ♥

 Raffle prizes	Donations of cakes and raffle prizes welcomed	Parking at the village hall or at the house by arrangement
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Please bring a picnic blanket / garden chair

Walking with the unnamed women of the Bible

We are pilgrims on a journey...

Pilgrimage has long held a significant place in the cultural and religious landscape in Britain. Scattered across the country are numerous significant places of worship or spiritual presence, many linked by well-trodden paths and routes. Some well-known destinations, like Stonehenge and Avebury, clearly pre-date Christianity, but sites such as Canterbury and Holy Island, Walsingham and St Alban's have been places of pilgrimage for many centuries for Christians seeking a religious experience, exploring spiritual renewal, offering penance or even expecting a miracle or two.

During the Middle Ages, especially, pilgrimages flourished, with hundreds of thousands of pilgrims criss-crossing the country, heading to the sites of famous saints - individuals and groups on a shared journey together. Chaucer famously, in *The Canterbury Tales*, writes of one such journey for a group of 30 pilgrims making their way to Canterbury, to the shrine of Thomas a' Becket. Their individual stories provide a great - if somewhat caustic - commentary on the church and society in medieval England. Thorverton church is, as you may be aware, dedicated to that very same Thomas of Canterbury - perhaps in a calculated way to attract its own share of pilgrims...

For those who perhaps don't wish to travel too far from home, Devon has six identified pilgrimage routes available (for more information: www.devonpilgrim.org.uk), with the **St Boniface Way** literally on our doorstep as it weaves its way from Cridton to Exeter via our own parishes of Newton St Cyres and Upton Pyne.

And now, as a part of our **Wondrous Women** event, the seven parishes of Netherexe have created our own very local pilgrimage route, linking all our nine churches. On 21st June - the longest day - we will be setting out from Cadbury church early in the morning and walking via Thorverton, Newton St Cyres, Upton Pyne, Brampford Speke, Stoke Canon, Huxham and Rewe, to Netherexe church for an evening barbecue! Joining us for the later stages of our pilgrimage will be Bishop Moira Astin, the Bishop of Cridton. And food will sustain us on our way - with breakfast at Cadbury, lunch at Upton Pyne, puddings at Brampford Speke and that BBQ at Netherexe. Full details of the pilgrimage are on our website www.netherexe.org, with directions, distances and estimated times of arrival at the churches.

Now, we recognise that this isn't a pilgrimage of 'destination', it is more a pilgrimage of 'journeying,' as at each of our churches we will think about some of the unnamed women of the Bible, who though unnamed played a significant part in our Christian story. And though unnamed, their stories intertwine and link with those of more familiar ones and are critically important to the whole tenor of our faith. They remind us, too, that even the unnamed, marginalised people are known and loved by God. And known and loved by us.

And you are very cordially and warmly invited to be a pilgrim for a day! Walking each step of the way, or joining us for any of the individual sections, enjoying a time of fellowship. And, of course, faithful four-legged companions are also very welcome to walk with us.

I look forward to walking with you in June.

All blessings

Tim

...and companions on the road

Sing UP Community Choir is looking for new members!

Sing UP choir, the community choir serving Upton Pyne, Brampford Speke and Cowley, is back up and running and looking for new members.

We meet every Wednesday evening at 7pm in Upton Pyne, kick off with a friendly glass of wine, a chat and then get singing. We explore a wide variety of music ranging from classical choral icons to pop arrangements. No auditions, no subscription, just enthusiasm required. If even vaguely interested, why not just try one session and see how you find it?

Email Tim at timmirfin@rushpost.com



The Nello
BIKE RIDE FOR
FORCE Cancer Charity

**SUNDAY 28th
JUNE 2026**

60 or 100 mile routes

Medal for all finishers

Start & finish at Topsham Rugby Club

SIGN UP NOW!

FORCE Cancer Charity's annual Nello cycle ride is on Sunday 28 June. It will start and finish at Topsham Rugby Club with the choice of 60- or 100-mile routes around beautiful Devon countryside, and a bit of Somerset. The food stops are legendary and there is mechanical support and first aid cover throughout.

The charity ride has raised around £1.4million to support people in Devon affected by cancer. More and more people are being diagnosed with cancer every year and that means a growing demand for support from FORCE. We already support thousands of local people dealing with a cancer diagnosis and expect to see more patients and family members in 2026. To support them we need to raise an extra £127,500. And we believe our Nello cyclists are the very people to rise to that challenge. You can enter online via the FORCE website:

<https://forcecancercharity.co.uk/nello/>



Bob Short, chair of Upton Pyne & Cowley Parish Council, just back from a training ride to Tarr Steps in preparation for the Nello.

Photo: Hazel Stokes

<https://www.justgiving.com/page/robert-short-1>

Upton Pyne Social Club Celebrates 150 Years

Established in 1875 by the Rector, F.G. Pelham, the Club began as a reading room to save the premises of The Horse and Groom public house from demolition. The rector encouraged the residents of Upton Pyne to become members for 2s 6d (12½p) a year to make use of the 130 books available. There were also refreshments, newspapers and games like Bagatelle during day-time hours. If members wished to use the rooms at night, they had to be ordinary members plus pay a monthly subscription of 8d (3⅓p) to cover heating and lighting costs.

By 1914, the club was turning a profit of more than £4 for the year so a summer outing was arranged, but it had to be cancelled because of the start of WW1. By the following year, the cost of beer had risen to 3d a pint due to a war tax and lots of members had left to fight, so the Club decided to close until the end of the war. The profits initially raised for the summer outing were sent to Devon Regiment troops at the Front in the form of tobacco and cigarettes.

In September 1919, the Club decided to reopen, as beer was readily available again. The post-war subscription rose to 2 shillings a quarter and the entrance fee for parishioners was 6d and a shilling for non-parishioners.

By the end of the year, the Earl of Iddesleigh had been elected as club president, a Bagatelle tournament had been arranged, and the tradition of a Club Supper could now be revived as the Club was in credit by £20.

Gratitude was expressed to the local brewery, Well Park, for its generous gift of beer to the Club during Christmas. Additionally, a heartfelt thanks went to Lady Rosalind Northcote for her kind provision of *The Graphic* and *London Opinion*, two illustrated weekly publications. After eight years presiding over the Club, Lord Iddesleigh died and members sent a wreath with their expressions of sympathy.

With profits continuing until 1929, Bagatelle tournaments were thriving and prize money was offered to the players, funded by their 6d. fee to enter. With its ever-increasing popularity, Bagatelle cue charges were also introduced for the upkeep of the table.

Unfortunately, by 1932 the Club was struggling to pay its bills, due to an unaccountable deficit. This prompted the committee to liaise with various brewery and utility companies until they had appointed a new secretary who made good on promises to repay outstanding balances. These negotiations also brought electric lighting to the Club; installed at the same time as the next-door cottages.

The brewery continued to support the Club in any way they could, providing arrangements for social evenings and tournaments up to the beginning of WW2.

By this time, Club membership had declined once again and all stock needed to be sold off to pull the Club out of its overdraft. It closed on 24 June 1940 for the duration of the war.

With the licence renewed and the help of a loan kindly donated by two patrons, the Club was re-opened in 1946 by its new president, Mr R. Western of Bernaville, Cowley. Rules for the Club were updated and all members received a membership card, with a copy of the rules, for the treasurer to sign when quarterly subs were paid. A whist drive helped to repay the initial loan and it was decided that part of the profits be reinvested into the building itself as it needed repairs. Necessary equipment such as glasses also needed replacing.

The 1947 summer outing was arranged. A Greenslade Tours coach was hired to go to Haytor for sports, then Widdicombe for tea and return via Ashburton and Chudleigh for darts matches. The cost was 10 shillings each, leaving at 1.30pm sharp.

As well as national tabloids, the *Express and Echo* was introduced and delivered every evening and tobacco and biscuits began to be sold through the Club.

Due to her generosity over the years, Lady Rosalind was made patroness of the Club in 1948, which she responded to with thanks and appreciation. The Club switched brewery to Arnold and Hancock and installed a chemical toilet which was then changed to a flush lavatory as it 'would look better and smell sweeter' when they had visiting darts team matches. The year also included a mixed outing as well as the regular men's outing to Lynmouth and the Doone Valley.

The Club re-introduced the sale of wines and spirits in 1949 and its celebration suppers were hitting a

peak the following December, when a concert party was held at the 'hut' to give members, wives and children a free entertainment for Christmas. It seems that some may have indulged in a few too many drinks, leading the Club to reimburse Rev. Northcote for twelve borrowed dishes that had been broken.

In 1950, the Club took an outing to Slapton Sands and Torcross to return via the coast. General repairs, repointing and repainting needed to be done at a quote of £7, which the committee accepted.

Upon receiving the sad news of Lady Rosalind Northcote's death, members observed a two-minute silence in her honour.

Information collated from past Club minutes and the Upton Pyne Parish Manual 1876 with the help of previous chairmen and committee members. If anyone in the village, or beyond, wishes to contribute further to the Club's history with information and/or photographs, please come along during opening hours or contact Steve Courtney on 07967839037.

Present Day

There are currently two pool teams:

A TEAM - Won the Knockout Cup

B TEAM - Finished 5th overall (pictured)



The Darts Team finished 2nd in the Creedy Valley Darts League.

Congratulations to Steve Macefield who won the Darts Cup.

As well as excelling in the social leagues, a large part of the Club's activities involves fundraising for charitable causes. Funds are raised by events, raffles and games. This year to date, the Club has raised £907 for the Special Care Baby Unit at the Royal Devon and Exeter Hospital. You can find more about the Special Care Baby Unit at: www.royaldevon.nhs.uk/services/neonatal-care

Date for your diary: Upton Pyne Social Club Open Day & BBQ - 4 July 2026. There will be more to discover with photos and other information about of the Club's contribution to the community of Upton Pyne. Come along, celebrate local history and get a tasty snack, 4pm-late.



Lady Rosalind planting a tree in Upton Pyne



Summer outing with Greenslade Coaches



New Year's Eve celebrations at the village hall



BOOK CLUB

***Transcendent Kingdom* by Yaa Gyasi**

I was looking forward to reading the talented Yaa Gyasi's second novel – and really enjoyed it. Gifty's parents immigrated to Alabama from Ghana before she was born. Gifty, now in her late 20s, is a PhD candidate in neuroscience at Stanford University. She is studying reward-seeking behaviour in mice and the neural circuits of depression and addiction. She is drawn to this because she is trying to understand the death of her brother through opioid addiction and the temporary 'loss' of her mother to depression. She questions religion and science in the face of the disintegration of her family. It is a beautifully woven tale about grief and meaning, loss and redemption. Yaa Gyasi was born in Ghana and grew up in Alabama so she definitely knows what she is writing about in terms of the immigrant experience. **CL**

***Children of Time* by Adrian Tchaikovsky**

This is the first book in a hard science-fiction series of novels and the winner of numerous awards. It is also the best book that I have read in this genre in the last five years.

It is set in the far future when Earth has been decimated by manmade climate change and several 'arks' have been sent out into the cosmos in order to resettle the remnants of humanity. One of these is manned by a tech titan who has genetically engineered a virus that accelerates the evolution of a species.

This was to be injected into her cargo of monkeys on arrival at a planet that has previously been colonised by many other Earth organisms. Disaster strikes and she is stuck in suspended animation while her simian cargo burns up on arrival, though the virus is introduced to spiders instead. The development of these animals is well described.

Centuries later, one of the other ark ships is headed for the planet with a human cargo in cryogenic sleep. They have resorted to cannibalising the technology from generations before and the long, managed decline is plausible, bearing in mind what is happening to our world right now.

Not a quick read, but high in a crowded field of thoughtful 'hard sci-fi' covering themes such as sentience, politics and ecology alongside the familiar ones of deep time, exploration and use/abuse of technology. Definitely one for sci-fi readers who need something special. **SP**

***Guilty by Definition* by Susie Dent**

Susie Dent is the resident lexicographer, etymologist and word expert on *Countdown* and *8 Out of 10 Cats Does Countdown*. This is her first foray into fiction. She uses her knowledge of language and words in this cleverly written mystery set in Oxford at the Clarendon English Dictionary offices, a thinly disguised Oxford English Dictionary.

Ten years ago, Martha's older sister Charlotte (Charlie) disappeared without trace from Oxford. Martha has spent most of that time in Germany, but has now come back to Oxford to take up the role of editor-in-chief at the dictionary's offices.

Mysterious letters, signed by 'Chorus', start to arrive, and the staff also get personal postcards, all hinting at something to do with Charlie's disappearance.

Martha and her staff start to investigate by trying to work out what the cryptic letters mean and the writer is eventually found.

The book is slow to get going, with a lot of background on what was going on ten years ago when Charlie disappeared.

There are some lovely old words, now in disuse, used as chapter headings, and the book is infused with a scholarly Oxfordian feeling.

It is an interesting premise for a plot, but is made too complicated. I'm sure lovers of cryptic crosswords and literary quotations will like it. **SG**

June Quiz

- 1 From which country does fondue originate?
- 2 What term is given to the curved upper surface of liquid in a tube?
- 3 Which direction-finding system was pioneered by Sir Robert Watson-Watt?
- 4 Which Tudor queen was said to possess an extra finger on one hand?
- 5 Published in 1993, who wrote the book *The Night Manager*?
- 6 In the nursery rhyme, what was bought along with "half a pound of tuppenny rice"?
- 7 Which British city is associated with St Mungo?
- 8 How are Lady Day, Midsummer Day, Michaelmas and Christmas Day collectively known?
- 9 What was the name of Donald Swann's singing partner?
- 10 In the James Bond film *Thunderball*, what was the name of Emilio Largo's yacht?
- 11 What name is given to a substance that causes the body to lose water?
- 12 What geometrical name is given to an area in the North Atlantic Ocean? **SG**

answers on page 37

Speke Up About Music

Song: *Fast Car* by Tracy Chapman

Suggested by: Hazel Stokes

Hazel says: This is a recent choice, becoming a favourite of mine and Bob's on our play lists for long road trips. There is something quite haunting coming through the lyrics and the deceptively gentle melody.

Stu and Debbie say: This song came to our attention around the time of the Nelson Mandela 70th birthday concert, 1988, broadcast to 70 million people in 67 countries. At the time, Mandela was still imprisoned by the apartheid regime and this song was an iconic contribution to the momentous changes in South Africa as well as making a name for Tracy – not bad for a debut single!

Such a simple guitar progression is joined by Tracy's beautiful, sincere voice with a really pleasing tremolo. The lyrics are about escape, independence, freedom and love. When the rhythm section repeatedly joins and leaves the party this adds a strong set of highlights, dynamics and variety. This is a perfect example of brilliant songwriting (lyrics, melody, chord progression), structure, instrumental arrangement and recording production.

No wonder it is still being discovered by new generations who are releasing cover versions seemingly every year. It is also a great song for busking as its essence is so simple. Play it three times in a row and you will still be moved while discovering new secrets hidden in the song. Several parts of the song give us a strong emotional hit. Thanks for this Hazel – an uplifting song, a classic with meaning.

Please email suggestions for favourite songs you would like reviewed in next month's 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>



80s, 90s and 00s trivia questions – four questions grouped on each decade if that helps!

Q1 Who went straight to number one in 1981 with the song *Stand and Deliver*?

Q2 In which iconic 1984 music video do Queen parody *Coronation Street*?

Q3 In which year was Live Aid?

Q4 Which U2 album became the fastest-selling album in British history at the time, when it was released in 1987?

Q5 In 1995, Radiohead sang about fake plastic ... what?

Q6 What is the name of Oasis' first album, released in 1994?

Q7 What were REM losing in their 1991 hit single?

Q8 Name the Bryan Adams song that was featured in the film *Robin Hood Prince of Thieves* and spent 16 weeks at the top of the UK charts in 1991.

Q9 Which indie rock band's first album, released in 2005, is called *Employment*?

Q10 What is the name of The Killers' debut album from 2004?

Q11 Which cartoon character beat Westlife to the Christmas number one spot in 2000?

Q12 In which year did Katy Perry release her chart-topper *I Kissed a Girl*? Was it 2007, 2008 or 2009?

Answers on page 37

Walks Beyond the Parish

with Amanda Ryles

A friend who struggles to walk on rough ground had recently visited Stoke Woods and had been thrilled to find that the lower path has been resurfaced. She suggested that we walk there ourselves, so on a warm Saturday in May we headed for the car park on Stoke Canon Road (<http://balloons.barbarian.meanwhile>).

The start to the path is certainly easier to walk now that there is compacted gravel underneath. I have deliberately not included a map as there are so many crisscrossing tracks that it's easier to wander as far as you feel like. If you want to replicate our route from my description, it took a full hour at an easy amble.

Almost immediately, we turned right (just before a footpath sign) and made our way steeply uphill alongside a nearly-dry stream bed. Stoke Woods has several little streams that run down into the Exe but, after heavy showers, water finds its way over the shale and grit of the Culm Measures in many more places so, if you are attempting this after rain, waterproof footwear is recommended. With ferns to the left and nettles and brambles to the right, we were lucky enough to see the last of spring's bluebells. Although Hector ran alongside us for a while, the temptation of squirrels proved too much so we kept him on the lead.

Ducking underneath an overhanging branch, we spotted a tiny wren and couldn't escape the pungent garlic smell of ransoms. Dappled light sparkled from beyond the canopy of trees. Some of the oldest oaks in the county inhabit these woods and are part of the reason for its status as a Site of Special Scientific Interest. The ancient 100-acre woodland was used for repairs to the cathedral until the mid-19th century and was once owned by the Dean and Chapter. Cathedral records show a planting scheme in 1821 for gorse, larch and spruce. There are still all of those, but the current management of the woodland includes replacing many of the conifers with indigenous deciduous trees.

Our path met at a T-junction with the main middle path where we turned left, slightly uphill still. At the end of this path, we ignored the little downhill track to the left and at the next junction took the left-hand route. This bore upwards and right, the ground gravelly underfoot here. Spring was certainly waking up the plant life. Pops of gold from the tall buttercup-like wood avens and pink from occasional red campion added colour to the green forest floor. Soft lime-green new growth on the conifers contrasted with the brittle brown leaves underfoot and

we saw two different butterflies: a green-veined white and a red admiral.

The growth under the trees included large swathes of great wood rush with its tiny open chestnut brown flowers on long stems swaying above glossy long leaves. These rushes love the damp and also the acidic soil.

Stopping to listen to the bird song, we spotted a chaff chaff. The path then bent round and up to the right, becoming quite steep. It was joined from the right by one of the upper paths, so we could at last start to descend over a few wooden steps and still more, made naturally from path-crossing tree roots. Where flowing water had washed away part of the path, a makeshift bridge had been made from lengths of wood laid across the gap. Shortly after, we paused in a little clearing edged with ancient moss and lichen-covered trees.

To the right, a bright pink rhododendron drew the eye and, beyond that, the hills on the other side of the Exe Valley came into view. On Hector's fur we spotted a tiny tic so made sure to check more closely when we got home, finding several. Be warned and check your own ankles and socks!

The forest sounds were disturbed by a train in the valley and a plane overhead, but the overwhelming noise was birdsong, dominated by tuneful blackbirds. Spindly gorse edged the path as we carried on downhill before bending left and being met by a cycle-track we had ignored earlier before joining the main lower path. In the sunlight it almost looked like it was raining pollen and the ground was covered in spent catkins. Male catkins on the oaks hung as little balls in rows, like beaded curtains. The beech trees have both dangling male catkins and female flowers which, if they remain on the tree, turn into the beech nuts.

To our left, above a little drainage channel, rose a tall bank with trees on top and grasses hanging over. This was covered with dainty common cow wheat with its tubular yellow pairs of flowers along erect stems. They ran the length of a sunny, dry soil cliff with overhanging roots of trees, a perfect environment for the wood ants that they attract to distribute their seeds.

To the right, just downslope from us, was a lush, open area with several rowan trees, heavy with creamy blossom. Beyond, were glimpses through the trees to Woodrow Barton, the meandering Exe and the green railway bridge. We carried on, accompanied by a hopping blackbird, unable to sing due to the number of worms in its beak. On the home stretch, Hector met a labrador called Dave and was able to spend the last of his morning energy with some play.



I am writing this ever hopeful that the weather will settle down and show a bit of warmth. However, I am enjoying the long and bright days. It means more time in the garden and that includes tending to the fruit and vegetables that are all thriving. This includes the rhubarb which had a monumental burst of growth at the beginning of May and prompted me to make it centre stage this month. It was a joy to revisit these recipes which I have enjoyed for quite a while and they tend to come and go according to food trends. I remember a while back many chefs serving lamb with rhubarb. I wasn't, and am still not, entirely convinced. To me it is perfect for pudding.

I should say at this point that my other half dislikes rhubarb intensely. It is an absolute loathing (along with goats' cheese!). So, the recipe below has also been made using apple and blackberries as a substitute for the rhubarb, naturally much later in the summer when both are in season. It proved a winner. I thought I should mention this for others who are not such big fans of rhubarb as me!

Rhubarb + Custard Fool

I adore the combination of rhubarb and custard. I think it all started with my granny's fabulous rhubarb crumble and thick vanilla-speckled custard. Then I discovered those rhubarb and custard sweets! Well, this idea popped into my head and I so enjoy the soft, creamy comfort of this dish. It looks so pretty too. I have made variations with yogurt, crème fraîche, ready-made custard and so forth, but this is the five star favourite!

For 4 - 6

Egg yolks	4, large
Cornflour	2 round tsp
Caster sugar	50g
Double cream	150ml
Full fat or gold top milk	170ml
Vanilla paste	2 tsp *
Rhubarb	500g, trimmed and then cut into 5cm / 2" pieces
Caster sugar	80g
Double cream	200ml
Icing sugar	1 round tbsps
* Or use vanilla extract	1 tsp

1. Start by making the custard. In a medium-sized mixing bowl, whisk the egg yolks with the cornflour and sugar.
2. Pour the cream and milk into a saucepan. Stir and gently bring to boiling point. Take off the heat and leave for a minute.
3. Gradually and gently whisk the creamy mixture into the eggs. Add the vanilla paste. When fully incorporated pour the mixture back into the saucepan and put on a low - medium heat. Stir constantly until the mixture has thickened to create the custard. It will take five or six minutes. Once thick, take off the heat and leave to cool. At this point taste it to see if you want to add more vanilla. The custard will continue to thicken and will be much thicker than a usual custard for this recipe.
4. Put the rhubarb pieces into a saucepan with the caster sugar and two spoonfuls of water. Heat until just bubbling, stirring occasionally and then reduce to a simmer. Cook for 20 minutes uncovered, until the rhubarb is soft and collapsing. Stir and take off the heat and leave to cool.
5. Make sure both the fruit and the custard are cold and chill in the fridge for an hour if necessary.
6. Whip the double cream with the icing sugar until fairly stiff. Fold the rhubarb into the whipped cream.
7. You have two options for serving:

A: Use a spoon and fold the creamy rhubarb compote through the custard until thoroughly combined. Spoon into your chosen bowl or glasses and chill for at least two hours.

B: Layer the custard and rhubarb in your chosen serving glasses and then chill for at least two hours.

Bring out of the fridge for about 20 minutes before serving. You may like to decorate the fool with some mint or fennel leaves.

Rhubarb + Strawberry Crumble

Another favourite. Rhubarb and strawberries make an excellent couple. The strawberries alleviate the sharpness of the rhubarb and both bring out the best in each other. The addition of nuts and oats in the crumble topping make it more interesting and tasty. I often make more crumble topping than the recipe and then keep it in the fridge (for up to a fortnight) to make a mini crumble dessert as I fancy.

Compote -

Rhubarb	370g, trimmed and then cut into 5cm / 2" pieces
Strawberries	350g, hulled and halved
Caster sugar	50g

Crumble topping -

Plain / White spelt flour	90g
Salted butter	80g + extra for greasing the rim of the dish
Caster sugar	60g
Porridge oats	50g
Hazelnuts	40g, coarsely chopped
Optional – Demerara sugar	2 tbsp as topping

You will need a medium oval / square baking dish.

1. Set the oven to 180°C / 160° fan / Gas mark 4.
2. Lightly butter the sides of the crumble dish.
3. Put the rhubarb in a saucepan with 2 spoonfuls of water and the caster sugar. Poach on a medium-low heat for 15-20 minutes partially covered. Once the rhubarb has collapsed, take off the heat and leave uncovered for any liquid to evaporate. Stir the strawberries in to the rhubarb and set aside.
4. Put the flour and butter in to a large mixing bowl. Using your hands, mix them until you have something resembling coarse, lumpy breadcrumbs. Add the sugar, oats and chopped nuts. Work them through the mix with your hands.
5. Put the fruit into the baking dish. Spoon the crumble topping evenly over the fruit. If you wish, sprinkle the demerara sugar over the top.
6. Place the dish on a baking tray (just in case the juices bubble over). Bake for 35 - 40 minutes until golden. There will be some juices bubbling up around the edge.



You will see in the photograph that I sprinkled some Swedish pearl sugar over the crumble instead of demerara sugar. Serve with a generous dollop of clotted cream or crème fraîche; or even custard!

In Season this Month

Asparagus, broad beans, cavalo nero, chard, courgettes, lettuce and salad leaves, nettles, new potatoes, radishes, peas, spring onions, strawberries

Many fresh herbs including basil, chives, dill, fennel fronds, oregano, parsley, mint, sage, thyme

Lamb, wood pigeon, coley, crab, plaice, scallops, seatrout, whitebait.

Fathers on the Farm

**We are celebrating the fathers of the farm,
writes Mary Quicke**

I miss my own father more than I can say. He's buried in sight of the woods he loved; over the railings is the Arboretum he and my mother replanted. He made the farm what it is today. He set up the grazing paddocks and tracks on Home Farm after a visit to New Zealand just after World War II. He and the team constructed most of the buildings on the farm. He and my mother chose to start making cheese again. She designed, built and ran the cheese dairy. By that time, he was busy in London with agri-politics. That culminated in the thinking for environmental schemes where the government pays farmers to do things environmentalists want. He was honoured with a knighthood for that.

Tom, my husband, is the father of Jane, who now runs the farm and cheese. He came back to the farm with me in 1984 and took on selling our cheese. He soon realised we needed to create a brand, a new idea for on-farm cheesemakers. He sold our cheese across the UK and then across the globe.

My grandfather, Noel Quicke, ran the farm after his return from World War I. His brother, Edward, was killed in the first two weeks; Noel was injured later in Egypt. We have a picture of him stacking hay on a trailer. In 1926, a century ago, he gave a cider barn to the parish as its Parish Hall.

Before them were 11 fathers, back to Andrew Quicke, a farmer from Sampford Courtenay, west of us, who married the Reformation heiress Elizabeth Bidwell in 1540. Her father acquired the Plymtree Monastery land when Henry VIII wanted a change of wife and needed to sell the Protestant religion to his people. Land is a great persuader.

The fathers on the farm aren't limited to our family. We have fathers in the team with children growing up here.

We are honoured that fathers who've worked on the farm have their children working on the farm. In the cheese dairy, Ben Lewis's son Cole worked in packing and in the office. His grandfather, Tony, worked in the woods for many years. Tony Rowe is Storeman, who came to the farm as a child, and his father, Barry, joined us. Barry soon became Cheese Dairy Manager, winning the Bath and West Cheese Show Supreme

Champion. Tony has followed in his footsteps, looking after and sending out all our cheese.

Lots of people know Stuart Dowle, still living in the village. He first came to look after sheep. He became salesman *extraordinaire*, winning the British Cheese Awards and World Cheese Awards Person of the Year. His son Tom works in the Cheese Store and Simon was Assistant Farm Manager for many years.

Norman Wheadon still lives in the village. He was a jockey and came to the farm to look after the pigs. He surfed with my father and helped me look after my pony with his retired racehorse. His son Matthew came to the farm when he was three and immediately got to know the cows. He has arranged the cow breeding programme for decades, more about that next month.

Martin Edworthy is our wildlife expert, a real countryman. Billy, his son, worked on the farm too; he has just married.

The fathers from the past all made their mark. Bob Moore had eight children; he looked after the cows, spread wastewater and helped my parents create the garden at Sherwood. His son George helped build cow buildings in the 90s. Derek Cann was Farm Foreman. His daughter Dezzie was my children's first nanny. Bill Woodman was his colleague. His son Graham worked on the sheep with Stuart, then moved over to the cows. Until recently, he kept some sheep in Pocock Hill Field, a hidden field by the old school path.

The father network goes wider: Ian Luxton runs Belton Cheese in Shropshire. His grandfather drove carriages for my great-grandfather; he always reminds me when we meet.

Fathers hold up half the sky. We love, cherish and appreciate them for who they are.

Our wonderful Cheese Shop and online website www.quickes.co.uk has a delicious selection of cheeses and hampers for Father's Day. We send out hampers all over the UK with free delivery.

Date for your diary: We will be doing an Open Sunday Farm Walk on Sunday 7 June to the River Creedy to find out about the White Clawed Crayfish. They are Britain's largest invertebrate and are endangered by predation and being out-competed by the American Signal Crayfish. Our stretch of the River Creedy is one of its last strongholds in Devon. Quicke's have been collaborating with the White Clawed Crayfish Ark to preserve this species in Devon's rivers. Please book on the farm walk at 10am, starting at Quicke's Cheese Shop, by going to the Quicke's Eventbrite page – type into your search engine "Quicke's Eventbrite" or email rachael.kinsella@quickes.co.uk to book your place.



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Brampford Speke Parish Council

Annual parish meeting: this took place on 5 May, before the formal Parish Council meeting. The chair presented his annual report and thanked councillors and the clerk for their work during the year. Councillors reported on their areas of responsibility. No issues were raised by members of the public. Minutes of the meeting are on the PC website (see below).

Parish Council AGM: Stuart Luxton was re-elected as chair and Allan Ferns as deputy.

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

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

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

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

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

The next meeting will be on **Tuesday 7th July 2026, at 7.30pm in the village hall**. If you have any issue that you want to raise with the PC, please feel free to contact any of the councillors, or the clerk: names and contact details in *Speke Up* or on the website: www.middevonparish.co.uk/brampfordspeke

Upton Pyne & Cowley Parish Council

Parish Clerk /Responsible Financial Officer

Eight hours a week.

Five meetings a year, on the second Tuesday of the month at Upton Pyne Village Hall

£14.13 - £14.82 per hour

THE ROLE

Day-to-day parish administration and correspondence. Preparing and publishing agendas and minutes. Managing parish finances, records and payments. Advising councillors on procedures and regulations.

Maintaining the Council's website and communications. Attendance at evening meetings.

ABOUT YOU

Organised and reliable. Good communication skills. Proficient in IT skills and numeracy. Able to work independently and with others.

HOW TO APPLY

Visit: Upton Pyne & Cowley Parish Council

Email: clerkuppc@yahoo.co.uk

Closing date: 19th June 2026

AGM

Election of Chair: Councillor Bob Short was re-elected. All present Parish Council members to agree to maintain their positions and responsibilities for the following 12 months.

Footpath Report: Footpath Warden Fabian King has widened the path at Lakes Down. Two kissing gates are in place.

Internal Audit: this has been checked and completed by the Internal Auditor and accounts are correct and balanced. The Parish Council checked and completed Section 1 and the Chair and the Clerk dated and signed the Accounting Statements and the Annual Governance statement. The Clerk to publish all sections on the website and post on notice boards, together with the Public Rights Notice.

Next meeting: Tuesday 8th September 2026.



Community land, sustainably managed • Affordable homes for local people

Brampford Speke, Upton Pyne and Cowley Community Land Trust (CLT)

AFFORDABLE HOMES AND COMMUNITY LAND

Stonilands Affordable Housing Project – An Update

A quick reminder about this project: its aim is to provide a small number of new affordable homes, prioritised for local people, together with some community space. 'Affordable' = rented homes at about 50-60% of market rents. The site – in Brampford Speke – is the field known locally as Stonilands. As you come up into the village from the Exeter direction it is the field on your left, just before Stooks Close. The housing will be delivered through a partnership between your local Community Land Trust and a local housing association, Teign.

We, the CLT, last reported on this project in *Speke Up* a year ago, following a successful and supportive local consultation about the proposals.

Since then, the project has stalled over the terms for the landowner selling the site. We now think that we have found a way forward; one which looks to work for us and for the landowner, and which we hope will be acceptable to the other interested parties.

The proposed way forward is for the landowner to accept some of the risks relating to the project in return for an improved land deal: instead of the previously proposed two x 4-bed plots for him to build out as market housing (with the CLT getting its land for free), he will get one x 4-bed plot and two x 3-bed plots, these two as semi-detached homes.

We think that we can achieve this change without having to extend the overall housing area into the community space.

The affordable homes would stay as two x 3-bed, three x 2-bed and two x 1-bed.

There is a sketch of the revised scheme on the opposite page.

The overall number of both market homes and affordable homes would be the same as for the Lake's Down scheme in Upton Pyne.

We reported on this to Brampford Speke's Annual Parish Meeting on 5 May and got the Parish Council's informal nod to proceed with this *Speke Up* consultation.

If you have views or questions, please send them to sallydiscombe@gmail.com by Friday 3 July, so that we can report them to the Parish Council meeting on 7 July.

Our website is: <https://www.bsucclt.co.uk/> Please visit it for more information.

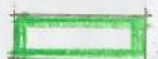
Baptist Chapel

The Baptist chapel in Brampford Speke hosts informal times of worship on Sunday afternoons on the first and third Sundays of each month and also on the fifth Sunday, if there is one. Once a month, Revd Simon Taylor leads our worship. Simon was born in a village and is keen to support rural life. These days, he spends most of his working hours at the University of Exeter, where he is part of the Multifaith Chaplaincy team. On the three days when he is on duty there, he meets with any students or staff members who look for a non-judgmental listening ear. Arranging and leading worship at our chapel offers a rather different way for him to fulfil his calling as a minister – in both places he encourages each person to explore faith in Jesus and the life he calls us to, and his listening ear is available to us in the village too!

Sunday June 7: 3pm service led by Revd Simon Taylor. **Sunday June 21:** 3pm service including Holy Communion led by Revds Philip and Cathy Wagstaff.



LAYOUT FOR:
A COMMUNITY FIELD
7 NO. AFFORDABLE HOMES,
3 NO. MARKET HOMES



Community/Biodiversity Net Gain Field.



Affordable Homes and main infrastructure



Market Homes Area and associated infrastructure

POSSIBLE AFFORDABLE HOUSING FOR BSPUPC COMMUNITY LAND TRUST AT STONILANDS, BRAMPFORD SPEKE.
SITE PLAN SHOWING PROPOSED LAYOUT FOR 7NO. AFFORDABLE HOMES AND 3 NO. MARKET HOMES.
THE DIVISION OF LAND AREAS BETWEEN DIFFERENT USERS IS SHOWN EDGED IN DIFFERENT COLOURS.

AGRICULTURAL

— I N N —

What's on at the Agi



Quiz Night



Next Dates: 14th June

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

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

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



Flower Pot Painting Workshop



Friday 5th June 7pm

We've teamed up with Blank Canvas Creative to bring you this fun and relaxing workshop to paint a flower pot masterpiece.

No experience is needed — just come ready to unwind, get creative, and enjoy a calm, welcoming atmosphere. We'll provide all the materials, inspiration, and guidance you need to create a masterpiece.

£32pp including mezze boards, tickets available on our website



Steak Night Thursdays



Every Thursday Evening

Join us every Thursday evening and enjoy 25% off our Devon reared ribeye and 1kg tomahawk steaks! Pre - ordering recommended.



Supper Club



Thurs 2nd July 7.30pm: Mediterranean Coast

Join us for our seasonal supper clubs, each night with a new theme. Five beautifully crafted courses, thoughtfully curated & cooked with care with optional wine pairings to complement each course.

Food: £49pp, Optional wine flight: £19pp
(Mention supper club when booking)

Keep an eye on our socials for menus.

Mark Leveridge - Professional Strolling Magician

Amazing Close Up Magic



You have almost certainly seen magic on TV or online, and you have probably dismissed it as camera tricks or collusion amongst the participants. But when the magician presents impossible things right under your nose, it elevates the illusions to a whole new level!

So, book Mark's comedy sleight of hand show for your next event and provide your guests with a genuine live magic experience.

To watch Mark in action or to get a quote, go to his website at

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

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

07773 303558

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Brampford C of E Primary School

Just as nature is in full swing, so is our Summer Term at school.

The children have been thoroughly enjoying spending time working on our school vegetable beds and learning more about planting and caring for growing produce.

We would like to extend a huge thank you to the Upton Pyne Garden Club, who very kindly gave a garden centre gift voucher. Their generosity enabled us to fill our beds with compost and vegetable plants and buy seeds to plant and bring on in our tiny greenhouse, giving the children wonderful hands-on experience during our weekly outdoor learning sessions.

Another huge thank you to Reverend Tim who, during our weekly collective worship sessions, has led the children in focusing on the theme of sharing, linking beautifully with this term's school value of Wisdom. The children have been reflecting on how wisdom can guide us to share with kindness, generosity and thoughtfulness within our school and the wider community.



Looking ahead to next term, we will be running our very first School Ground Force Day.

We would love to invite members of our wonderful community to get involved. If you are able to spend an hour or two to offer help, expertise, donations of playground equipment or anything that could help improve our outdoor environment, we would be incredibly grateful. A BBQ and refreshments will be provided for volunteers, with more information to follow shortly!

We have also been delighted to launch our new Parent and Baby Stay and Play sessions this term.

It has been wonderful to welcome the youngest members of our community into school and see families enjoying time together in a warm and friendly environment.

Any parents and carers with children are most welcome every Wednesday 9.05am – 10.15am during term time.



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It has been a busy and exciting start to the term, and we look forward to all the learning and opportunities the rest of the summer term will bring.

Best Wishes, The Brampford Team.

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UPTON PYNE & DISTRICT GARDEN CLUB 2026



Monday 21st September @ 7.30pm

VEGETABLE GARDENING - MY WAY!

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



Monday 19th October @ 7.30pm

Our Speaker for this evening is
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Saturday 28th November 7.00-7.30pm

ANNUAL GARDEN CLUB XMAS DINNER



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



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



The Gardening Year

by Nicola Baker

At the beginning of May I went to Toby's Garden Festival at Powderham. Having this festival on our doorstep is such a bonus. There were two talks tents with a wide range of speakers, including Arit Anderson from the BBC's *Gardeners World*. One of the talks that I attended was 'Water Wise Gardening' which addressed the following:

Preparation of your soil

- Boost moisture retention by mixing water-retaining granules or absorbent compost into the soil
- Lock in hydration with a layer of mulch - compost, leaf mulch, bark or similar materials help reduce evaporation.

Smart Planting

- Choose drought-resistant plants for the sunniest spots in your garden as they will need less watering and stay healthier in dry spells
- Use ground cover plants to protect bare soil, which dries out quickly in the heat
- Plants suggested include English lavender, Mediterranean spurge, Balkan clary, sedum, ceanothus, Mexican feather grass, verbena bonariensis, rock rose, common thyme & hawthorn

Potting tips

- Group pots together to create shade and reduce water loss
- Pick the right containers - light-coloured pots stay cooler and glazed or plastic ones retain moisture better than terracotta
- Move pots away from hot surfaces like patios during heatwaves to prevent roots from overheating.

JOB'S FOR JUNE

- **Take time off** from your garden to visit others that are open for charities. For ideas and inspiration see What's On?

- **Verbena bonariensis.** Long stems can be pruned by about a third, with the cut just above a pair of leaves. The re-growth will then emerge as sideshoots from the top down, giving more flowering stems. This will delay flowering, so maybe just prune a few of the existing flowering stems.
- **Young annuals grown from seed in pots** can be moved to their final flowering position, once all risk of frost has passed. Water first, remove any damaged or yellowing leaves and pinch out the tips of single stemmed plants to encourage bushy growth. Water in and firm the soil, then add a mulch of garden compost to help the roots settle and establish.
- **Containers.** Make sure that displays get sufficient nutrients by adding slow-release fertiliser pellets. These are readily available at garden centres and simply need to be pressed into the soil/compost. The pellets break down slowly and release nutrients when the container is watered.
- **Pruning.** Plants that can be pruned in June include
 - Deutzia – a light all over trim plus remove one in three of the old stems
 - Philadelphus – take out one or two of the oldest stems straight after flowering
 - Clematis Montana – prune out any congestion after flowering to help keep the climber in check
 - Sea Buckthorn – cut out dead growth and suckers only, as the flowers will produce their fruit later
 - Spirea thumbergii - prune lightly after flowering then one third of the stems can be removed in midsummer
 - Viburnum tinus – prune to neaten the overall appearance and remove any reverted growth on variegated varieties.

WHAT'S ON?

- Tuesday 2nd & Monday 15th June – **Hospiscare Open Garden**, Compass House, Sand Down Lane, Newton St Cyres EX5 5DE 2- 4pm
- Saturday 6th & Sunday 7th June – **NGS Group Opening** Rosebarn Avenue, Pennsylvania, Exeter.
- Sunday 7th June – **Sherwood House** NSC EX5 5BT. PRE-BOOKING ESSENTIAL via the NGS website
- Saturday 13th & Sunday 14th June – **NGS Growing Well Garden**, Bow Medical Practice EX17 6FB.



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Single visit garden ticket £6 (5-16yrs £2)
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Answers to June Quiz

- 1 Fondue originates from Switzerland
- 2 The curved upper surface of liquid in a tube is called the meniscus
- 3 Sir Robert Watson-Watt pioneered RADAR
- 4 Anne Boleyn is said to have possessed an extra finger
- 5 John le Carre wrote *The Night Manager*
- 6 Half a pound of treacle was the other purchase in the nursery rhyme
- 7 Glasgow is associated with St Mungo
- 8 Lady, Midsummer, Michaelmas, and Christmas Days are collectively known as Quarter days.
- 9 Michael Flanders was Donald Swann's singing partner
- 10 Emilio Largo's yacht was called The Disco Volante

Answers to Music Quiz

A1 Adam and the Ants went straight to number one in 1981 with the song *Stand and Deliver*.

- A2** Queen parody *Coronation Street* in their iconic 1984 music video *I Want to Break Free*.
- A3** Live Aid was in 1985.
- A4** U2's album *The Joshua Tree* became the fastest-selling album in British history at the time, when it was released in 1987.
- A5** In 1995, Radiohead sang about fake plastic trees (from the album *The Bends*).
- A6** Oasis' first album, released in 1994 is *Definitely, Maybe*.
- A7** In their 1991 hit single REM were losing their religion (*Losing My Religion*).
- A8** The Bryan Adams song that was featured in the film *Robin Hood Prince of Thieves* and spent 16 weeks at the top of the UK charts in 1991 was (*Everything I Do*) *I Do It For You*.
- A9** The indie rock band's first album *Employment*, released in 2005, is the Kaiser Chiefs.
- A10** The Killers' debut album from 2004 is *Hot Fuss*.
- A11** Bob the Builder beat Westlife to the Christmas number one spot in 2000 with *Can We Fix It?*.
- A12** Katy Perry released her chart-topper *I Kissed a Girl* in 2008.

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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 13th June 9:30 – 11:00am. We hope to see you there!

Film Night

Our film on 19th June is **‘Hamnet’**

This film needs no introduction. Many of us have seen Hamnet already, but I think will agree it's one of those films that is worth a second viewing. We are trialling showing films at Film Night with sub-titles, before deciding whether or not to introduce this as a permanent feature.

All films start at 7:30pm (doors open from 7pm) - drinks and snacks available.
Adults £6/ Under 18s £4.

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



Sandford Summer Show

Monday 31 August 2026, Parish Hall

Sandford Summer Show planning is hotting up – it's all that sunny weather!

We need lots of produce entries from both novice growers and seasoned professionals. Whether its fruit, flowers, tomatoes, beetroot, onions, herbs, the longest runner bean or the freakiest vegetable, there is something for everyone. Get your copy of the entry form to see the many categories you can choose to enter.

If you have some spare plants, garden or house varieties, we would love to have those to sell on our plant stall. Just bring them along on the day. Crafters, artists, photographers and cooks can join the competition with their best efforts. Age is no bar – there are categories for everyone!

Competition entry forms available at Sandford Community Stores or via email

sandfordsummershow@gmail.com

Growers – may the weather be with you!

NEWTON RAMBLERS

Sunday 14th June Three Reservoirs Walk

This month's walk starts at Trenchford Reservoir, and is a reasonably level circular walk of around 3¾ miles. The route is easy walking along paths, tracks and lanes through woodland and alongside the peaceful reservoirs of Trenchford, Tottiford & Kennick. There is a short uphill section when returning to the car park. We will meet at the Newton St Cyres Parish Hall Car Park at 0930, to arrange car sharing to the start of the walk at the pay & display car park at Trenchford SX 804823 (TQ13 9NZ). This is accessed from the A382 at Slade Cross. There are toilets here. If you plan to

drive to the car park direct, please let us know in advance. We plan to start the walk at 1030. The latest information available on parking charges is: £2 for one hour, £3 for three hours, £6 for the whole day. Free parking for members of the South West Lakes Trust.

This month we are suggesting that those who wish to, bring sandwiches and a drink so that we can sit and chat after the walk. We will bring a stove and mugs for hot drinks. Depending on the weather prior to the walk, some areas may be muddy so suitable footwear is advised, together with appropriate clothing. Dogs, and their owners, are very welcome on this walk. If you need a lift, or have any questions, please contact Nicola or Michael on **01392 851985**

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

Isca Concert Band

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Eccentric exercise

Muscular strength is always demonstrated in stories by showing the hero lifting heavy weights or resisting physically powerful forces. However, the ability to win an arm wrestle is not actually a good sign of core strength or fitness. As you get older it is much more important that you can lower yourself into a chair slowly. You do not have to go to a gym to achieve this; a simple home exercise routine can give the necessary muscle groups a good workout.

Lifting weights at a gym is categorised as concentric exercise. This is a key part of training for athletes in almost all sports. However, core strength, balance, fitness and longevity are all enhanced by the opposite type of muscle training, eccentric exercises. These are the muscle groups that work when we put down weights, walk down the stairs, sit down in a chair. They are the muscles that help maintain our balance and control against gravity. It is not surprising that they are very important in preventing falls.

One fascinating research study pitched two groups against each other. Over a 12-week period, one group had to walk to the top of a 10-storey building once a day and take the lift down, while the other group did the opposite. At the end of the 3 months the 'lift up, walk down' group were significantly fitter across multiple measures including a 34% increase in their core muscle strength.

Simple eccentric exercises to do at home can range from putting the kettle down slowly after filling it up, lifting a can of baked beans to your shoulder and then slowly extending your arm, lowering your shopping bag to the floor by keeping arms extended and bending your knees. Count slowly to five during each of these slow continuous movements. The best eccentric exercise is getting up and sitting down from any chair slowly. However, this is the hardest to remember, as well as the strangest to be seen doing! Two formal exercises use the bottom step on the stairs (holding the banister if needed for balance). In the first, you face away from the stairs, slowly lower each leg in turn towards the floor and then up again without touching it. For the second, face the stairs, rise onto the tips of your toes and slowly lower yourself so your ankles are below the edge of the step.

Anyone who does Pilates or Yoga will recognise these techniques of slow, controlled muscular stretching. The evidence is very clear that building the strength of these muscles is very beneficial. Action-heroes jump out of chairs quickly. They would do better in their old age to count to five every time they sat down or filled the kettle to make a cup of tea.

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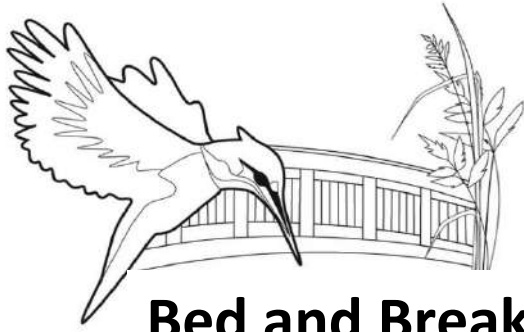
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UNIVERSITY QUALIFIED PODIATRIST (BSc) 

FULLY INSURED MEMBER OF THE ROYAL COLLEGE OF PODIATRY 

HEALTH CARE PROFESSIONS COUNCIL (HCPC) REGISTERED 

FIND ME ON THE HCPC REGISTER AT WWW.HCPC-UK.ORG

REGISTRATION NUMBER 036819.

Call or message Ellie on 07956 753831
thepodiatryclinic@outlook.com

**Second Saturday subject to podiatrist/room availability*

ADVERTISEMENT

The heart of the home.

And according to Feng Shui, one of the most important rooms for nourishment and abundance.

Not because it needs to look perfect, but because of what it represents.

Warmth. Nourishment. Energy. Daily life.

It's where meals are prepared, conversations happen, cups of tea are shared, and busy days begin and end. In many ways, the kitchen reflects how supported and cared for we feel in our homes.

One of the biggest misconceptions about Feng Shui is that you need to redesign your home to make a difference. In reality, small intentional shifts can change how a space feels surprisingly quickly.

Clearing clutter from worktops, fixing dripping taps, using all the stove burners rather than relying on one or refreshing the space with light and movement are associated with improving the flow of energy within the home.

And no it doesn't need to become minimalist or glossy magazine perfect.

It simply needs to feel alive, welcoming and cared for.

I'm currently offering a **free kitchen guide**. A practical introduction to creating a kitchen that feels calmer, brighter and supportive for everyday life.

Email "KITCHEN" to emma@withcomplimentsfengshui.com

With compliments, Emma

emma@withcomplimentsfengshui.com

SERVICES & INFORMATION JUNE 2026

The Netherexe Parishes - A community of Anglican churches in Devon

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

Wednesday 3 June

09:30 am	Mid-week Holy Communion	Thorverton [Exe Valley Farm Shop]
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Sunday 7 June

11:15 am	Service	Cadbury
05:00 pm	Communion	Stoke Canon
06:30 pm	Choral Evensong [BCP]	Thorverton

Sunday 14 June

09:30 am	Communion	Thorverton
10:30 am	Communion	Upton Pyne

Sunday 21 June

08:00 am	Pilgrimage walk starts	Cadbury
09:30 am	Bubble Church	Thorverton
10:00 am	Messy Church	Stoke Canon
11:30 am	Communion [Outdoors service]	Newton St Cyres
08:00 pm	Pilgrimage walk finishes	Netherexe
	[See website for full Pilgrimage walk details]	

Sunday 28 June

11:00 am	Patronal Service with Communion	Newton St Cyres
11:15 am	Communion	Rewe
03:00 pm	Summer Service	Stoke Canon

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

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

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

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

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

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

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

PARISH DIRECTORY

Rector

Revd. Tim Collins
Tel 860767
tim.collins@netherexe.org

Curate

Revd. 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

Dan Downes 07355 497 901

Church Wardens (UP)

Lisa Clapp Tel 841339

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

Vacancy

Vacancy

Vacancy

Beverley Horton (UP)

Vacancy

Lulu Russell-Smith (UP)

Tower Captain

Ed Sanders (BS)
Tel 841434

Jenny Codling (UP)
Tel 07872 922 202

Brampford Speke Baptist Chapel Revd. Simon Taylor Tel: 279485

Brampford Speke Parish Council

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

Clerk

Tracy Watkins 07811 938614 clerk@brampfordspekeparish.gov.uk

Councillors

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

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

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

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

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

vacancy

Other Contacts in Brampford Speke:

Village Hall website

www.brampfordspeke.org.uk

School

841414

Friends of BS School (FOBSS)

hellofobss@gmail.com or 841414

Village Hall Bookings

Molly Luxton 841270

Footpath Warden

footpaths.BSPC@gmail.com

Tree Warden, Elaine Hollingsworth

01392 841434

Twinning Association

Kate Cavill 0751 3002 708

Upton Pyne & Cowley Parish Council

Council website www.uptonpyne-pc.org.uk

Clerk Jacqui Ward

01392 851918

parishclerk@uptonpyne-pc.gov.uk

Councillors

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

Other Contacts in Upton Pyne

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

East Devon District Council

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

Councillor: Fabian King 07791 093 204

Dog Warden: 01395 571517

Devon County Council

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

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

Redlands 01363 727111 (inc. Thorverton Surgery)

SpekeUp www.spekeup.org

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

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

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

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

For further information please contact:

Upton Pyne & Cowley: Linda Findlay 07598 753088

Brampford Speke: Richard Tillett 01392 841268

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

June 2026 DIARY

Monday	1 st June	11am – noon.	Coffee Morning Upton Pyne Village Hall	Veronica Clarke 841 530
Thursday	4 th June	2pm – 4pm	Tea, Cake & Chat Upton Pyne Village Hall	
Sunday	14 th June	2pm	Whist Drive Upton Pyne Village Hall	David Taverner 01884 855459
Tuesday	9 th June	12noon	Lunch Bunch Exe Valley Farm Shop	Pat on 841 599 or Veronica 841 530.
			Weekly	
Mondays		9am 10am 6pm 7pm	Connected Pilates Brampford Speke Village Hall <i>Mens Class @ 6pm</i> (term time only)	Nicki Stumpf 07838 260290 www.connectedpilates.com
Tuesdays		7.30pm	Yoga with Emilie (term time only) Brampford Speke Village Hall	Emilie Lewis Yogawithemilie@hotmail.com
Wednesdays		10am	Art Class (term time only) Upton Pyne Village Hall	John 07816 846562
Thursdays		6-6:45pm	Zumba Upton Pyne Village Hall	Caroline 07796 950652
Fridays		10.30- 11.30am	Pilates Upton Pyne Village Hall	Rebecca Cunningham 01363 866047

The Seven-Parishes Pilgrimage

**Come and join us at St Peter's Church,
Brampford Speke for pudding**



Sunday June 21st approx. 3.30 pm



Even if you aren't walking then do come
along to the church and enjoy some
delicious puddings...



For full details of the Pilgrimage please see ad in this issue of Speke Up

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Sarah Hallsworth
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Tess Wigram
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Roger Wilkinson
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