

Speke

Up



Parish Magazine
of Upton Pyne
& Cowley
and Brampford
Speke

October 2024

Issue 374

Mark Leveridge - Professional Strolling Magician

The Magic Of Christmas



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Speke Up Matters

Welcome to the October issue of *Speke Up*.

With our thoughts turning to cooler days and longer nights, Nicola Baker gives tips on providing hibernating spaces for small creatures and food for birds in the garden, Dr. Anthony O'Brien outlines the autumn vaccination programme, Sarah Lumley makes a warming soup with seasonal produce, Kate Cavill and Régine Mourier visit a stunning exhibition at the D-Day beaches in Normandy and the Friends of Upton Pyne make hay. There are book and music recommendations, quizzes, events and more. We hope you enjoy this issue.

from the Speke Up team

Cover design: Sally Tuckey

AFTERNOON TEA



Photo: Steve Davidson

Just to say a big THANK YOU to all who came to our Afternoon Tea at the end of August.

Sorry it was such short notice - we decided to go for it (having already postponed due to being rained off) when we saw a reasonable weather forecast. So, we weren't able to broadcast widely - just managed a few posters.

However, lots of lovely people came and we raised over £400 to be split between two charities (Greyhounds in Need and Buttercups Sanctuary for Goats). It was just a bit of fun as our dog and one of our goats had a Big Birthday this year (13 and 15 respectively).

We hope to fit in a coffee morning for Hospiscare if the weather holds - so do watch out for posters as it'll probably also be at short notice.

THANKS again everyone for your generosity and for making the afternoon such fun!

Elaine Hollingsworth

ANNUAL ADVERTISING RATES FOR 2024

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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 :

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AGRICULTURAL

— INN —

What's on at the Agi

New Menu

Autumn & Christmas Menus

Our new Autumn Winter menu launches 1st October and Christmas menu now available on our website.

Quiz Night

Quiz night is back and now hosted by the amazing Adam in the hat!

Quiz starts at 7:30, max team size of 6,

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Next quiz dates, 13th October, 3rd Nov and 1st December

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Christmas Crooner Dinner

Michael Buble tribute, 11th December

3 courses and entertainment £55pp

or early bird discount of £45pp for bookings made before 31st October.

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Cover Notes

Corvidae

I was relieved to hear and see a very persistent and noisy wren around the garden over the last few weeks of August. Sometimes, it spent time among the sweet peas, possibly collecting tiny insects.

It has been lovely to watch and hear so many swallows and martins around this area of the village all summer, frequently flying over my garden. I've even noticed, on several occasions, the swallows flying very high in order to mob a sparrow hawk! By mid-August the young swallows had fledged and, towards the end of August, the swallows were flying around increasingly frenetically and feeding constantly. It would seem they might have been fattening up for their journey, but Monty Don suggests that this is more about the young learning the geography of the neighbourhood to imprint it on their minds so *if* they return next year, they will know the area. Ahead lies a perilous journey (falcons, electric storms, hunters etc.) to beyond the Sahara – half the young will die on the way and a number on the return journey. Sadly, I think the majority have already left now (13th Sept) and it seems devastatingly quiet without them.

Corvidae

**What, is the jay more precious than the lark
Because his feathers are more beautiful?**

William J Shakespeare *Taming of the Shrew*



Jays (*Garrulus glandarius*) are woodland birds, rarely seen in the open and are recognisable for their pink bodies and brilliant

banded blue wing feathers and white backside. At one time, a jay was used to describe someone who was an incessant chatterer or a flamboyant dresser. In his poem, *To A Bridegroom*, Thomas Hardy describes the groom as “a fine feathered jay”.

These birds have a wide, varied diet which can include other birds, especially nestlings of songbirds like blackbirds and thrushes, small mammals and eggs, but they are primarily vegetarian and acorns are their favourite food. They are important as one of the main distributors of oak trees, each often hiding up to 5,000 acorns a year – many of which will never be found and some will grow into oak trees.

The jay flies with a dipping movement like a woodpecker. They are very good mimics and can master telephones and doorbells! They can imitate other birds, especially when they feel threatened. Both the jay and magpie have benefitted from the protection of The Wildlife and Countryside Act 1981 and since then their numbers have increased.

Like the jay, magpies (*Pica pica*) are rather beautiful birds with their well-defined black, blue



and white feathers touched with iridescent green. However, they are noisy and gregarious and can be extremely cruel with their aggressive cackle, bullying and predatory behaviour. One book describes them as “hedgerow hooligans”.

Although they do prey on song birds, eggs and chicks, it seems these numbers have dropped more because of loss of habitat and insects rather than predation. Magpies are successful survivors partly because their only natural predators are goshawks, peregrines and possibly large sparrow hawks and also because they are adaptable and now live in many varied habitats. In Britain and Ireland, their numbers have quadrupled in the last 35 years.

In the past, they have been seen as birds of ill-omen. Some people are still superstitious about the rhyme *One for sorrow, two for joy*, feeling the need to greet a single magpie with a polite “good morning” and ask about its family. It has been suggested that this is connected more to weather forecasting so that if it's wet, one magpie will stay at the nest to protect the eggs, but if it's fine both will go out together.

Most members of the corvid family are highly intelligent and very vocal with raspy, chattering calls, harsh rattles and loud squawks. They are very sociable birds that can congregate in large numbers. They are loud and pushy and act like they are the boss and being strongly-built with large predatory bills, they can be thuggish and intimidating, often when feeding with other birds.

Caroline Fox

An invitation to you!

Please join us on the committee that runs Upton Pyne Village Hall.

A warm welcome awaits anyone who's willing to contribute to this much-valued asset at the centre of village life. If you've lived here a long time, you've probably been to events here. If you're new, it's a great place to get involved.

We usually meet about four times a year, to discuss and decide ideas on how to run and improve the hall. We're a friendly, small group – but lately we've been getting smaller. And older.

Some younger members would be really welcome – especially if you want the hall still to be here for when you get older.

RSVP to Adrienne Howells, chair, email: tudorthreads@hotmail.com

or to Rose Edgington, secretary, email: eroseme@aol.com



Using a defibrillator

Do you know where the four defibrillators are located in the *Speke Up* area? How confident are you in how to use one in a life-saving situation? When was the last time you practiced CPR (cardiopulmonary resuscitation)?

One of our local Community First Responders, Pete Smiley, is running CPR training and AED (defibrillator) familiarisation sessions on Thursday 10 October at 7.30pm and Saturday 12 October at 9.30am in Brampford Speke Village Hall. The aim is to give people confidence in their ability to provide life-saving care until the emergency services arrive. These informal sessions should last no longer than an hour, but will be entirely flexible based on what people want. If you have any questions, please get in touch at petersmiley2@gmail.com.

NEWTON ST CYRES PARISH HALL WITH
RUNNING DOG THEATRE
IS PLEASED TO ANNOUNCE THE ARRIVAL OF

THE GOAT SHOW

with Goats appearing across the village
between 6 – 9 November



On **Friday 8 November** there will be a **Quiz & Pasty** night at the Parish Hall at 7.30pm. Teams of 4 – 6 people. To enter your team please contact Nicola on 01392 851985. £10 per person

On **Saturday 9 November** Running Dog will bring the family **GOAT SHOW** performance to the Parish Hall at 2.30pm. Mixing puppetry, storytelling and original music, the show brings you a rollicking adventure story about goats, division, overcoming conflict – but with chase sequences and a competitive poo collection! Don't miss out!!

Tickets Adults £12 Children £8 Family 2
Adults & 2 children £36

Booking through Villagesinaction.co.uk



Brass players wanted

Can you play (or would you like to play) a brass/wind instrument?

We're a small, amateur brass band based in Brampford Speke and would love to welcome some new players.

We play for occasional village events like the Christmas Tree Festival in November and carols at the Agricultural Inn in December and, in the past, have played more jazzy pieces at summer events like the annual village fair.

We meet for a few weeks before each event to learn new pieces and practise, so it's not a year-long commitment. Any level of ability would be welcome; we play for fun, and don't take ourselves too seriously.

If you might be interested in joining us, please contact Richard Tillett (telephone: 01392 841268 or email: tilettr@hotmail.com). If you're not sure, why not give me a ring to talk it over?

The Church of St Peter Brampford Speke

A Questionnaire - Feedback



***15 October at 7pm
Brampford Speke Village Hall***

You are cordially invited to an evening of discovery: exploring your responses to our recent questionnaire and planning for the future 😊

Great refreshments; great discussions

We look forward to seeing you there!

Footpaths

I look forward to walking the Parish and sharing tales of those walks with the readers of *Speke Up*. Some of my most rewarding walks have been hastily arranged with moments to spare, sometimes early in the morning or despite heavy rain, and I have never once regretted a decision to get out and walk our many paths.

However, the same time pressures that lead to me writing at the very last minute, mean that I have been less able to walk the paths regularly myself. Helpfully, Parishioners have reported when there have been issues with any of the paths, but it often takes some time to get things addressed.

The role of Footpath Warden really needs someone who can get out every week or who is already walking the paths regularly. So, this month, rather than a walk, I have a plea for help!

There are currently vacancies for Parish Councillors for Upton Pyne and Cowley. If someone who wants to stand for the Council would like to be considered as Footpath Warden, they will be given plenty of support. Highways arrange for strimming once a year by outside contractors, and training can be given for the petrol strimmer so that further maintenance can be completed by the warden.

I enjoy writing the walks so, if you wanted the role, you wouldn't necessarily be expected to take over that responsibility. Please do get in touch if you want to find out more about it via amandaryles@uptonpyne-pc.gov.uk

NEWTON RAMBLERS

Our next walk will take place on **Sunday 20th October**.

We will meet at Newton St Cyres Car Park at 9.30am to arrange car sharing to Darts Farm car park (EX3 0QH). If you wish to make your own way, we will start the walk from there at 10.15am.

The walk will take us from Darts Farm, along the Exe Estuary Trail via Exton & Lymptstone to Exmouth. This is a mostly flat walk which runs next to the train line, along a dedicated shared

path for pedestrians and cyclists, and is approximately 5 miles of easy walking. It provides lovely views over the saltmarsh and mud flats of the Estuary, and it is recommended to bring binoculars, if you have them, to look out for birds.

The final stage of the walk from Lymptstone to Exmouth finishes at the train station. From there you can walk into Exmouth and find somewhere for lunch or an ice cream! Alternatively, you can catch the 57 bus back to Darts Farm or the train back to Topsham Station and walk over to Darts Farm to collect the cars.

If you would like more information, please ring Chris or John on 01392 851213

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



Newton St Cyres Tennis Club

On 15 September, we will have finals' day of our Club Tournament from 10am to 5pm. Do pop over to meet some members and watch great tennis at your local club.

Many members joined the Club Tournament this year and there were some close-fought matches.

If you are ready for some tennis, try the club for a couple of sessions and then you can decide to join. Just contact our membership secretary Laura Leigh on 01647 24259. There are sessions for all levels.

The Winter League has started and several teams have entered so there is plenty of scope for you to play matches

Junior coaching, run by our club coach Jon Wills, is well attended and takes place on Wednesdays after school during term time. If you would like to join for the autumn term, please email juniors@newtonstcyrestennisclub.co.uk as there are still a few places available.

Jon also offers adult coaching both individually and for small groups, so if you feel you need to brush up your skills or learn more about the doubles' game, just get in touch with Jon Wills via our website.

We hope to see you at the Finals' Day or on the court. www.newtonstcyrestennisclub.co.uk

Brampford Speke Parish Council

We're changing! The Parish Council is a group of volunteers from Brampford Speke whose aim is to listen to the views of our community and promote the best interests of the Parish. We're keen to improve the relationship between the Council and our community and to ensure that the Council is accessible to all with a friendly and informal 'open-door' approach. We'd love to see you at our next meeting (13 Nov) - so come along, bring a cup of cocoa tell us what's on your mind and hear what others have to say. In the meantime, reach out to your Councillor and we'd be happy to chat. Cheers!

Changes at the PC: we were sorry to receive Alan Birmingham's sudden resignation in August. Alan had been on the council for ten years, and chair since 2021, and we shall miss his contribution. Brad Hillson has kindly agreed to take over as chair and this was unanimously approved by the council at our meeting on 11 September, when we also welcomed Lisa Langdon to her first meeting as a councillor.

Councillor vacancy: we also have a vacancy for a new councillor. It's a great opportunity to get involved with community issues and have a say in the way the council is run. If you, or someone you know, might be interested, please encourage them to discuss with any of the councillors or the clerk (contact details at the back of *Speke Up*).

Affordable housing: we received updates about both possible proposals at our September meeting.

Stonilands: the Community Land Trust have submitted a 'pre-application proposal' (i.e. not a formal planning application) to East Devon District Council (EDDC), with a number of significant alterations in the light of public comments. We hope to hear the outcome of the consultation at our November meeting.

Templer's field: the possible developer has confirmed that they are still exploring options, but we have no further information at present. We have asked them to keep us informed.

Village Hall: the PC and the hall trustees have agreed to commission repairs /replacement of the porch woodwork. Costs will be met from reserves, with a grant from our Devon County Councillors, for which we are very grateful.

Neighbourhood Watch: Jan Birmingham's departure leaves NW without a coordinator. NW serves as a valuable point of contact between the community and the police, and we hope someone may come forward to take this on. It's not an onerous role; if you might be interested, please contact the clerk or any of the councillors.

Community food larder: we have been approached by EDDC to explore the possibility of setting up a community food larder. If you would be interested in

helping with this, please contact the clerk or any of the councillors.

Next PC meeting: Weds 13th November 2024 at 7.30pm in the village hall. If you have any issue that you want to raise with the PC, please feel free to contact any of the councillors, or the clerk (names and contact details in *Speke Up* or on the website: <https://www.middevonparish.co.uk/brampfordspeke>). The website also contains other information about the Council, including minutes of meetings, accounts, councillors' responsibilities etc.

Upton Pyne and Cowley Parish Council

Vacancies: There are currently vacancies on the Parish Council for both Cowley and Upton Pyne. Please do approach the Clerk or speak to any Councillor if you are interested in becoming a Parish Councillor or want to find out more about the role. It is important that the Parish Council reflects the people it represents, so we encourage people from all walks of life to consider this voluntary role.

District Council and County Council Reports: There was no report from the District Councillor. County Councillor Randall Johnson emailed her report, focusing on the work completed so far this year: surface dressing, pothole repairing and re-marking with the new white-lining machine.

Parish Plan: This can now be read online via our website or downloaded via the QR code. Parishioners are encouraged to consider applying to the small grants scheme for community projects.

Causeway: Initial work weed clearing on the Causeway has been done.

Footpaths: The Highways Department have been carrying out their annual clearance of the paths, which has meant that their contractor has had to complete this before carrying out remedial work which we have asked for, specifically replacing the gate at Jackmoor. Hopefully, this should be carried out very soon. Notice for a request to change the route of a path has been posted and the Highways Department will consider any objections or support for this.

Drainage: The Clerk is to continue her search for Parishes that employ a lengthsman and has been in communication with the new Highways contact. Finding somebody to clear gulleys continues to prove to be problematic but Councillors agreed that preventative work would doubtless prevent flood damage further down the line and so we should still pursue this.

Finance and Personnel: Councillors checked and agreed payments for the month.

Meetings: The next meeting is on 14 October in the Village Hall.



Community land, sustainably managed • Affordable homes for local people

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

Do you know a local who's facing difficulties due to high housing costs?

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

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

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



Check out the CLT website at www.bsupcclt.co.uk (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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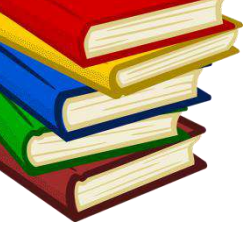

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BOOK CLUB

Black Butterflies by Priscilla Morris

Zora is an art teacher and artist, living in Sarajevo with her husband and her mother. Her daughter has married an Englishman and now lives in Wiltshire.

Every summer, Zora and her family spend a month in England with her daughter's family, but in 1992 (the year in which the book is set) she sends her mother, who is in frail health, off with her husband for the annual holiday. She doesn't want to go herself. She wants to carry on painting and teaching, and she's worried about rising violence. She fears that their flat and her mother's house will be taken from them, either by the state or by homeless people, if no one is there to keep an eye on things.

Sarajevo comes under siege and becomes a dangerous war zone. Food is in short supply, bodies are found on the streets every morning and everyone smells in the heat because of the lack of water. In winter, there is no way of adequately heating any home. Chairs, tables and furnishings are used to make firewood. The nightly sniping and shelling break windows which can't be mended and things go from bad to worse.

UN food boxes are distributed from a bookshop and Zora goes along to help her husband's friend who runs it. Her studio is destroyed, along with the painting she was working on. What happens afterwards, I'll leave you to find out, but it is a bitter-sweet ending for Zora.

This is a moving book about human resilience, hope and love in the face of the horror and despair of war. The author based much of this book on stories from members of her family who experienced the siege and the war and is why this book comes across as so eminently real. **SG**

Once Upon a River by Dianne Setterfield

What a deeply satisfying, rich story with a large cast of characters exquisitely described!

The Swan Inn, on the banks of the Thames in rural Victorian Oxfordshire, is renowned for, and proud of, its tradition of storytelling. A stranger comes in carrying a seemingly-dead child he has rescued from the river during the floods but she returns to life and

over the course of the novel three families appear, each desperate to recognise her as their own.

It is a novel full of magic, folklore, tragedy and, above all, stories, richly interwoven. The language is beautiful and all these threads immerse you in this tale. **CL**

Oryx and Crake by Margaret Atwood

I've been meaning to read this for ages, as the author is excellent at speculative fiction* and dystopic world-building as in, for example, *The Handmaid's Tale*. It is the first part of the *MaddAddam* trilogy.

The story concerns the virtual extinction of the human race due to genetic manipulation of animals and people, followed by environmental and societal collapse. It is told from the point of view of the character 'Scarecrow', who comes across as both an unreliable narrator and a fool. His backstory is revealed gradually via flashbacks, a literary mechanism I really enjoy as it provides constant stimulation and an emerging context for the character's predicament. Oryx was his girlfriend with a very sad backstory, Crake was his genius best friend, and they both had key parts to play in the end of the world. All the usual dystopic tropes are here: e.g. clear contrasts between the 'beforetimes', when things were taken for granted, and the struggle to survive after things went wrong. The pace of the plot is good and I like the way nothing is explained upfront – the reader is thus more immersed in the tale.

There is some dark and disturbing content here. Some of the activities the main characters engage in for fun are mentioned as if this was normal behaviour, accepted by society and even encouraged by the authorities. This cavalier brushing-aside of the darkest and most base human behaviour is shocking and I found it more upsetting than the 'disaster film' aspect of the plot.

I'm looking forward to reading and reviewing the next two books in the series. It is highly recommended for anyone who likes high-brow Sci-Fi.

* Speculative fiction is a term used for imagining a future that is realistically conceivable. **SP**

Speke Up About Music

Song: *Sir Duke* by Stevie Wonder

Suggested by: Ben Findlay (aged 10)

Ben likes it because he thinks it is catchy and he thinks it is an all-round groovy tune. He performed it in his school charity concert.

Stu and Debbie say: Stevie Wonder is one of our favourite musicians and so many of his hugely popular songs fill the listener with joy.

A lot of people think the song is called *You Can Feel It All Over* as that is its catchy chorus, but the subject of the song is the legendary jazz musician Duke Ellington, hence the title.

A strong horn section melody combined with a four to the floor kick drum starts the song off strongly. Stevie's incredibly distinctive vocals come in with the usual swung melody and his lyrics are an appreciation of many of his musical idols including Count Basie and Ella Fitzgerald. In fact, it's a huge love letter to music itself and has an irresistible groove. Stevie has to be in the top ten most recognisable singers in the world. The horn section break is so tightly played with all horns in unison. In fact, this song has so many strong features that any other song with just one of them on its own would be fantastic.

An all-time, foot tapping, funky, jazzy, soulful classic that we have been loving listening to for years - THANKS Ben for giving us the opportunity to dive deeper into it!!

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>



It's raining again as this quiz gets written, so all the answers are about rain and the colour of rainclouds!

Q1 He is best known for his 1998 song *Babylon* from his first album *White Ladder*. Who is he?

Q2 *It's Raining Men* was a big hit in 1983 for this girl band. Can you name them?

Q3 This song was originally sung by Ann Peebles in 1974. Tina Turner included it as a cover on her 1984 *Private Dancer* album. What is it?

Q4 *Fade to Grey* was this band's most famous hit reaching number 8 in the singles chart in 1980. Name the band.

Q5 *Fire and Rain* was a hit in 1970 for this American singer-songwriter. Who is he?

Q6 The chart-topping song *Umbrella* was released by which Bajan singer-songwriter in 2007?

Q7 Tony Joe White wrote this song back in 1967 and it's been covered by the likes of Ray Charles, Randy Crawford and George Benson. Can you name the song? (Hint: it includes a US state)

Q8 *Paint it Black* appeared on the US-released version of their album *Aftermath*. It also topped the singles charts in both the US and the UK. Name the band!

Q9 Burt Bacharach and Hal David wrote the song *Raindrops Keep Fallin' on my Head* that features at the end of which famous 1969 film?

Q10 *I Can See Clearly Now the Rain Has Gone* (I'm being optimistic!) was originally written and recorded in 1972 by whom? A bonus point if you can name the artist who made a famous version in 1993 when he recorded it for the film *Cool Runnings*.

Answers to the quiz on page 36



In season this month

It is definitely feeling autumnal as I write this. In culinary terms, October brings more hearty and warming meals to mind. I'm thinking cheese on toast, jacket potatoes, soups and stews.

Now is the time to enjoy:

Apples, Beetroot, Cabbage, Carrots, Celeriac, Celery, Kohlrabi, Leeks, Pears, Cavalo Nero, Chard, Chestnuts, Cobnuts, Hazelnuts, Shallots, Spinach, Squash.

I've chosen a soup this month; and a bit different to the butternut and squash soups that seem to dominate cookery columns at this time of the year.

If you like a smokey flavour, add ½ tsp sweet-smoked (dulce) paprika to the soup when you add the celeriac. I like to add a couple of garlic cloves too, to support my immunity as winter approaches.

Celeriac and Bacon Soup

Light olive oil	1 tsp
Smoked bacon rashers	3, trimmed + chopped
Butter	20g
Onion	1 large, chopped
Bay leaf	1
Fresh Thyme	1 small sprig
Celeriac	1, peeled + cut into chunks
Chicken (or vegetable) stock	750ml
Optional - Fresh cream	50ml
Seasoning	to taste
Fresh parsley	1 sprig, finely chopped

1. Heat the oil in a large saucepan on a medium-high heat and sauté the bacon until crispy. Remove with a slotted spoon and set aside.
2. Add the butter to the saucepan, reduce the heat to medium and sauté the onion until soft and starting to brown.

3. Add the bay leaf and thyme sprig with the celeriac chunks. Stir and sauté for 3 minutes.
4. Add the stock. Bring to a gentle boil. Reduce the heat, cover and simmer for 20 minutes.
5. Remove the bay leaf and thyme sprig (what's left of it). Puree the soup and return to the saucepan. Add the cream, taste and season.
6. Heat through for 5 minutes or so, whilst you warm soup bowls and some bread.
7. Serve the soup with a scatter of the crispy bacon and some fresh parsley over each serving.

A few people have asked about **Kohlrabi** so I thought I'd pen some ideas to inspire. I like to serve it in a salad or lightly sautéed.

I use a veg peeler to peel the tough outer skin and remove the leaves and bumps. It's best finely sliced with a mandolin or sharp knife.

- ◇ Sauté the slices in some olive oil with green beans or finely sliced Cavalo Nero for a veggie side with a difference.

Alternatively

- ◇ Add the slices to a mixing bowl with a finely sliced apple or pear, and quarter of a red onion. Toss in a little lemon juice. Season well and serve on some watercress with a chunk of Cheddar and warm bread.

Sarah Lumley

Sarah went from a career in public relations to food writing and styling, writing the Dairy Cookery books and Dairy Diaries throughout the 1990s. She then graduated once more and worked as a nutritional therapist in London for 20 years whilst continuing her food writing, lecturing and hosting various cookery workshops. She moved to Upton Pyne in December.

Netherexe Letter

Still remembering – still hoping

Early in November we will be holding services on Remembrance Sunday and on Armistice Day.

Six years ago, we celebrated 100 years since the end of the First World War. There were some mutterings at the time about how long we can continue to remember these past wars as those who took part in them pass away.

The Great War – the war to end all wars – was very quickly followed by the Second World War and many other wars have followed. Servicemen and women continue to put their lives on the line. Within this country and much of Europe, we have been fortunate and enjoyed peace since the end of the Second World War. Peace is an enabler – peaceful countries are more prosperous and offer their citizens better health, an education and opportunity.

This is why the invasion of Ukraine by Russia shook the governments and peoples of Europe, however obvious President Putin's intentions might have been by the massing of troops and armoured vehicles on the border immediately beforehand. It brings home to us how just one leader in one country in the world can break our fragile peace. There are currently about 56 conflicts in the world – the most since the end of WW2.

I have spoken to people who have remarked to me that they no longer watch the news because it's too depressing. It's not just the news of wars but the level of violence and want in the world can seem overwhelming. What do we think those who have died in conflict would say? What would they have wanted us to do with the freedom and opportunity that we have?

I think that they would want us to hope: to believe that there is something better than hate and violence as a response to conflict however big or small. Conflict often arises from greed or a desire for power in an individual or government but can be fuelled by highlighting differences between the warring sides to encourage antipathy.

I think the fallen would want us to have courage and see past our fears. Our humanity transcends any differences we may have. Let us not, in a desire to escape the constancy of violence of whatever magnitude, shut ourselves off or be fearful of seeking change and of engaging with the world and the people in it.

Laura Ford Licenced Lay Minister

October Quiz

The word 'October' comes from the Latin octo, meaning eight, as it was originally the 8th month of the Roman calendar. This quiz is all about the number 8.

- 1 In the song *The 12 days of Christmas*, what was given on the eighth day?
- 2 What was the title of the Beatles song about giving 114% of your love?
- 3 The Hindu goddess Durga has eight what?
- 4 In computing, eight bits make what?
- 5 Name of a 2015 Tarantino film
- 6 A type of 1970s audio technology
- 7 Apollo 8 was the first mission to do what?
- 8 Which band was *Eight Miles High* in 1966?
- 9 Starting from the planets closest to the Sun and working out, which is the eighth planet?
- 10 What is the eighth largest country in the world (by area)

SG

Answers on page 36

SATURDAY
2nd November
Holy Cross @ 3.00pm
Registered Charity number: 1136033



ORGAN RECITAL **Performed by Andrew Millington** **Jonathan Rawles & Peter Gilks**



A programme of organ music to include solos and duets and some popular favourites. Music by Bach, Handel, Beethoven, Elgar, Rutter and others.

£10 on the door, cash or card includes Tea & Cake at the Boniface Centre.



Standing with Giants

The two twinning committee chairs, Kate Cavill (Brampford Speke) and Régine Mourier (Commes), took a trip in August to see the Standing With Giants installation at the British Normandy Memorial at Ver-Sur-Mer, a beautiful and moving position above the D-Day Gold Beach.

The installation comprises 1,475 silhouettes, representing the number of the fallen under British command on 6 June 1944. The art installation has been part of D-Day 80 commemorations at the Memorial throughout the summer. Started as a community project in 2019 by Oxfordshire artist, Dan Barton, and a group of local volunteers, it will be on display at National Trust Stowe from the beginning of October.



Régine (left) and Kate at the memorial

Some of Kate's photos of this stunning installation are shown here.

SERVICES & INFORMATION OCTOBER 2024

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”.

Sunday 6 October

10:00 am	Breakfast followed by Harvest Service	Upton Pyne
10:00 am	Coffee & Chat	Newton St Cyres
11:15 am	Service	Cadbury
05:00 pm	Communion	Stoke Canon

Sunday 13 October

09:30 am	Communion	Thorverton
10:30 am	Communion	Upton Pyne
11:00 am	Harvest Service	Newton St Cyres

Sunday 20 October

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

Sunday 27 October

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

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.

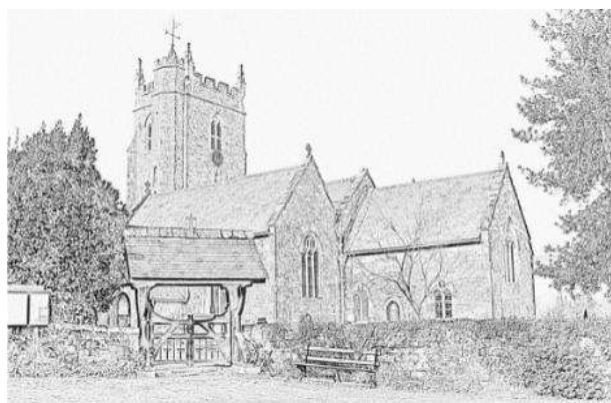
Bubble church is for young families and **Messy Church** for families who enjoy craft.

Revd Tim Collins [Priest in charge] 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 & Wednesday [09:00 – 13:00]
Tel: 07551 844321
Email: administration@netherexe.org



UPTON PYNE CHURCH NEWS

In September, a small group of volunteers made a big difference to the churchyard, which looked well-tended for the wedding early in the month and then for the Heritage Open Day in mid-September.

The Parochial Church Council continues to work closely with The Friends of Upton Pyne and has now arranged for work to begin in October to repair the churchyard wall; other work will be undertaken by West Country Access, with whom we now have a contract. We continue, with The Friends of Upton Pyne, to actively fund-raise for these necessary and expensive repairs and are grateful for support at events and for any donations, single or ongoing, that parishioners might make.

The Curry & Quiz evening (27 September) is always popular and a good fund-raiser; we are about to enjoy this just after *Speke Up* goes to press.

This month we shall celebrate Harvest on Sunday, 6 October. Lisa & Stewart Clapp will lead a short service at 10.30am and we welcome families with children: this will be a great opportunity to visit your local church and share a celebration. And we start with breakfast refreshments at 10am! On Sunday, 13 October there will be the usual service of Holy Communion at 10.30am followed by refreshments and again, a warm welcome to all at The Church of Our Lady.

VC

TEA, CAKE & CHAT ON THURSDAYS

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

making it available and to Adrienne, Lyn and Rose for hosting this community event.

THE LUNCH BUNCH

We next meet on Tuesday 8 October at 12 noon at The Thorverton Arms for a good lunch and good company. Anyone is welcome to join this friendly group: to book a place call Pat on 841 599 or Veronica on 841 530.

VILLAGE COFFEE MORNING

We continue to open Upton Pyne Village Hall on the first Monday of the month and offer a warm welcome, tea, cafetiere coffee, biscuits and a chance to buy homemade cakes and to browse for bargains at the Bring & Buy stall. Do come along and support this community event. The next is on 7 October at 11am.



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Autumn

Summer wilts its way out. The landscape looks weary, all bleached arable stubble and grass seed heads. Tree leaves are dark green and hang heavy and ragged after a season's work. Autumn dances in all her rich bounty. Blackberries hang in the hedgerows. The orchards are full of apples and pears, weighing the branches down. The maize cobs look inviting to scrumpers. Sadly, for them, the cobs are starchy not sweet. I had someone complain to me that they'd stolen maize cobs out of our field thinking they were sweetcorn and they were upset they weren't sweet...

Male and female robins sing their beautiful divorce songs as they establish territories of their own after raising their families; chiffchaffs chiff-chaff away; pigeons enjoy the remains of our crops; buzzards and the occasional goshawks call. We love them because the goshawk is one of the few birds that effectively catch grey squirrels, swooping through dense woodland to snatch them off the branch. Grey squirrels are very damaging to broadleaved woodlands, stripping the leaders which means the trees will never grow straight enough for timber, just firewood.

We harvest the maize - stem (for some reason known as 'stover'), leaves and cobs, all making a nutritious feed - with enormous forage harvesters that take eight rows at a time in a mighty feat of horsepower. When I think about horsepower and farm machinery, I

always imagine 200 (or whatever) ghostly horses leaping in front of the machines, noses flaring and manes and tails feathering.

We are also seeding a lot of diverse swards (as the grassy surface is known) to grass, clover and a rich selection of other species. This last year, horrid for crops, has persuaded us to grow more grassland for cattle. The diverse swards give more even grass growth, better nutrition for cows, much less need for added fertiliser, better soil structure and drought resilience than grass on its own. It is also more interesting for the cows to eat.

We'll grow enough wheat and barley to feed and bed our animals and to use up the fertility that animals provide. It's that lovely ancient cycle of alternating animal and crop farming. I've been counting earthworms in the soil for Global Farm Metric, a way of comparing farms across the world, and it is striking how denuded our arable-only fields are of earthworms. If you grow only crops every year in a field, the soil gets really unhappy. Counting the earthworms started to put forward reasons why that might be so. Every time you cultivate a field and stir up the soil, you are disrupting the whole ecosystem of that soil. We need at least some animal farming to keep our soils right.

Calving is in full swing in the Autumn herd. As I write this, the first calf has been born. The hot weather made the heavily pregnant cows fed up. We get the Autumn herd to calve at this time of year to eat the Autumn flush of grass. Now, the weather will cool for that last hot and heavy part of pregnancy. Once lightened of their loads, the cows have a spring in their step. Their calves are soon happily accepting milk from humans and enjoying their new herd mates, skipping around their pens almost for the enjoyment of living and hearing the rustle of clean straw. It takes them about 24 hours to forgive us for separating them from Mum. We keep the babies inside to grow strong over winter.

When they are very young, their coats are fluffy and not very waterproof and it's easy for them to get chilled in the cold and wet, and not grow, or worse, fall sick.

We will bring the Autumn calvers' milk in when their milk settles down. I prefer not to make cheese from late-lactation milk which is too fatty to make the best cheese. Human milk gets less fatty as lactation progresses, I noticed. Not so with cows.

We are settling into making cheese in our shiny cheese dairy, freshly cleaned in our annual spruce up,

doing the things you can't do when there is cheese overnight in the presses, like scrubbing the high ceiling and the tops of the walls.

We developed Affineur of the Year with Academy of Cheese, where contestants mature ours and five other people's cheese in the best way they can think of. It's sparked a renaissance in creativity about maturing cheese in this country, even piquing the interest of the French.

We got inspired to compete with another version of our cheese, not just matured in our store. We have buried a cheese from the competition vat in a sealed chestnut wood box in the ground (**pictured**). We've equipped the box with a light and a webcam and we will be inspecting and screening it as we go along. Follow our cheese on its own YouTube channel...

Mary Quicke

NEWTON ST CYRES AND THE A377, NEW BOOKLET



How did the Highway from Exeter to North Devon evolve?

What happened to the centre of the old village, said to have been one of the prettiest in Devon?

How were goods carried up and down the steep hills before the turn of the 18thC and after?

How did the Turnpike Trusts improve the roads, most especially for stage coaches?

What would it have been like to travel to Bath?

There are still lots of questions to be answered and, like all research, the more you find out the more you realise there is much more to know.

There is more to read at the Heritage Centre and I'm not good with horrible handwriting!

The booklet I've written started as a powerpoint presentation and I have needed much help from others including research done by villagers 20 to 60 years ago. Thank you all.

Jean Wilkins

This illustrated booklet published by Newton St Cyres History Group is now available for sale. Price £5.

It will be on show with other booklets the group has produced at all group meetings. Evening lectures will be held on the 9 October, 13 November and 11 December. All start at 7.30pm in Newton St Cyres Parish Hall.

It may also be purchased from Jean Wilkins 01392 851337, email jeanwilkins@btinternet.com. Please include an extra £1 for postage.

NEWTON ST CYRES HISTORY GROUP AUTUMN 2024

Wednesday 9th October

Dr John Salvatore The Romans in Exeter

John is a heritage consultant who has done a lot of work in Exeter and is very knowledgeable about that period of the City's history

Wednesday 13th November

Kate Osborne The Middling Sort in Elizabethan Exeter

This was the subject of Kate's PhD thesis

Wednesday 11th December Christmas meeting

Wednesday February 12th

Gill Mclean Topsham Canal

Meetings are at 7.30pm unless otherwise stated. They are held in the Parish Hall and the charge is £3, drinks and biscuits are provided free.



Sandford Summer Show

The Sandford Summer Show is definitely back! A fantastic array of competition entries in all the categories delighted the many visitors who came along to Sandford Parish Hall on a sunny August bank holiday Monday afternoon.

Much care and attention had been paid by all the entrants to show off their creativity and skill whether it was in the handicraft, photography, cookery, floral art or produce sections. It was great to see the many children's contributions including the lovely wall displays created by the pupils at Sandford School. Flowers and greenery were walking off the plant stall as visitors took advantage of the opportunity to buy plants kindly donated by many local green fingered gardeners. This was matched by the tea and cake consumption as volunteers served the hungry and thirsty crowd and the queues at the raffle stall. We can't wait to see what next year will bring!

Valerie Blake (on behalf of the organising committee)

Thorverton Memorial Hall

Saturday Market and Big Breakfast: start your weekend off with a hearty breakfast and a browse of stalls from local sellers. Come along to Thorverton Memorial Hall on Saturday 12th October 09:30 – 11:30am. We hope to see you there!

Cinema Night: Our monthly film night is on Friday 18 October when we'll be showing *Wilding*, based on Isabella Tree's best-selling book of the same name. *Wilding* tells the story of how she and her husband Sir Charles Burrell transformed Knepp Estate

in West Sussex from a failing, debt-laden farm into one of Britain's best biodiversity hotspots.

Buy tickets on the door or online at thorvertonfilms.co.uk. Doors open at 6.45pm and film starts at 7.30pm. Bar drinks and snacks available.

Thorverton History Society 7.30pm WI Hut

25 October

James Brent

Rebuilding the Royal Clarence Hotel

22 November

Richard Parker

The Merchants' Houses in St Martin's Island, Exeter

NEWTON ST CYRES GARDENING CLUB are pleased to welcome TOBY BUCKLAND



Who will be speaking on
His Top Favourite Plants
& answering your questions

Wednesday 2nd October at 7.30pm
at NSC Parish Hall EX5 5BW

Advance Tickets £10.00
from Nicola 01392 851985

The Gardening Year



At the time of writing this in mid-September, we have had several days of rain followed by some cold nights with glorious bright sunny days. On a positive note, the rain has meant that the pond is now topped up after the evaporation during the summer. Now is the time to ensure fallen leaves are removed, and the easiest way is by netting the pond. It is also good to remove any plant stems that have been battered by the rain and wind as they will rot in the water.

Autumn colours can continue in the borders with plants such as Helenium, Rudbeckia, Achillea and Japanese Anemones adding height and colour. Grasses such as Miscanthus will be displaying their wonderful tassels and you may still have autumn raspberries to harvest (remembering to leave some to share with wildlife).

This year, after many years of promising ourselves that we would visit, we actually made it over to the Isles of Scilly. We stayed on St Mary's, but did several boat trips to the smaller islands. Top of the list was to visit Tresco Abbey Gardens and we were not disappointed. I am sure that many of you reading this will have visited these gardens yourselves. In addition to the plants, we were thrilled to see so many **Red Squirrels** feeding near the entrance. In fact, they were so obsessed with the nuts provided for them, that one ran right next to my foot to get to the food! It is sad that the red squirrel is one of the most endangered wildlife species in Britain due to habitat loss and the unrelenting advance of the grey squirrel, which is more aggressive and which

also passes on squirrel pox, an illness almost harmless to greys and fatal to reds. However, in 2013 the Countryside Restoration Trust (CRT) arranged a collaboration between Tresco Island, the British Wildlife Centre and the Royal Naval Air Service at Culdrose, in Cornwall. This resulted in 20 red squirrels being dropped off on Tresco by a Sea King helicopter, saving them the stress of a long sea journey. Since then, they have thrived at the Abbey Gardens.



Unfortunately, the **Agapanthus** – common name African Lily – were slightly passed their best when we were there, but the clump-forming perennials still looked amazing with the huge, bright cobalt blue and white flower varieties everywhere. The photo (below) was taken by Julie Furniss earlier in the year on a visit to Scilly, when they were in full bloom.

Agapanthus praecox has naturalised on the islands' sand dunes, as they cope well with the salty sea air, and heathland. We saw them growing among the



marram, bracken and heather in incredible numbers. The South African perennial is suitable for borders and large containers, and can look wonderful when planted with ornamental grasses, rudbeckias and goldenrod (*Solidago*). Most agapanthus are hardy and their leaves die down in winter. Evergreen forms are

more tender though and usually need the shelter of a greenhouse from early winter to spring.

JOBS FOR OCTOBER

- Although our climate is definitely changing and becoming milder, there are still some plants that need protecting from the frost such as Banana, Citrus & Cannas
- Dahlias – Monty Don says these are best left until the leaves have blackened as the tubers continue to grow and, when storing over winter, the bigger the tubers the better the flowering the following year. However, if you have a sheltered garden you may choose to leave the tubers in the ground. In this case, cut back any top growth to just above the soil and then cover with bark chippings and a layer of compost. These will help water drain away from the centre of the plant and provide insulation against cold. You may wish to place a label in the ground so you remember where your plants are!
- Tree Stakes check that these are secure and loosen any ties that are too tight to stop the bark being damaged.
- Greenhouse – after removing any shading that you required over the summer, now is the time to insulate your greenhouse. This can be done with a layer of bubble wrap. This will give protection and save on heating costs
- Clean out nest boxes. The nests of most birds harbour fleas and other parasites, which remain to infest young birds that hatch the following year so, in autumn, they should be emptied of any unhatched eggs or broken egg shells and nesting material. It is advisable to wear gloves when doing this. The RSPB recommend that the inside of the boxes are rinsed briefly using boiling water to kill any remaining parasites, and let the box dry out thoroughly before replacing the lid. Making sure you avoid melting any glue that may have been used in the nest box's construction, and do not use insecticides and flea powders. If you place a small handful of clean hay or wood shavings (not straw) in the box once it is thoroughly dry after cleaning, small mammals may hibernate there, or birds may use it as a roost site.

WHAT'S ON?

- **Wednesday 2nd October – Newton St Cyres Parish Hall** – An evening with **Toby Buckland** – Talking about his favourite plants and a chance for **you** to ask your garden-related questions. Time 7.30pm Tickets available from Nicola 01392 851985
- **Saturday 5th & Sunday 6th October 10am-4pm** – **RHS Rosemoor Festival of Flavours**. Full details can be found at www.rhs.org.uk/gardens/rosemoor/whats-on/festival-of-flavours
- **Wednesday 16th & Thursday 17th October – Killerton – National Trust** 1.30pm – 3pm **Celebrating Orchards Walk & Tour** to see the 200-year old apple press in action. Full details and booking: www.nationaltrust.org.uk/visit/devon/killerton/events/a1063ee5-6179-44c2-89ce-90a51eee621b
- **Monday 21st October - Upton Pyne Garden Club - Autumn Colour & Berries**, speaker – Allan French 7.30pm at Upton Pyne Village Hall
- **Tuesday 22nd October – Crediton Garden Club** David Usher will speak about **Gertrude Jekyll, Garden Designer** at Crediton Library 7.00pm
- **26th October – 3rd November 10am-5.00pm daily. RHS Rosemoor Half Term Halloween-inspired activities. Admission free** for members and under 5s but there are charges for some events which are bookable. Full details can be found at www.rhs.org.uk/gardens/rosemoor/whats-on/half-term-family-fun-at-rosemoor
- **Throughout October – Knightshayes – National Trust** 10am – 5pm Discover the best of autumn in the formal & woodland gardens on **self-guided tours**.

As there is so much in this month's What's On, **The A-Z of Roses** will return next month.

Happy Gardening!

Nicola Baker



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Mark Leveridge



A Life of Magic

Not many people can claim that their chosen path in life began with a packet of Sugar Puffs – or to be more precise, the free gifts that had arrived in the packet with the breakfast! Mark was just seven years old when he was given the three tiny books of magic from a cereal box. Reading and absorbing these would prove the inspiration for his lifelong passion for performing, inventing, lecturing and writing about magic.

Mark grew up in a small village in Kent, and having had his interest awakened was then lucky enough to meet an older magician who lived locally, and who supported him and helped him break into the world of magic, which in those pre-internet days was still quite mysterious and difficult to enter. He put together early shows to regularly entertain his long-suffering family or children who were not much younger than he was.

As a shy teenager, Mark was less than keen when his Mum saw an article asking for young performers to apply for an appearance on *Junior Showtime*, a British variety show for children made by Yorkshire Television and shown on ITV between 1969 and 1974. This was presented by Bobby Bennett from the Leeds City Varieties theatre. His Mum applied anyway without him knowing, and he found himself making the long journey from Kent to Leeds not once but twice to appear for the first time in 1969 in the show's initial season and then again in 1970. It was a wonderful experience and opportunity, and many famous stars began their careers here, including Joe

Longthorne, who appeared on the same show as Mark.

After studying German at the University of Bristol, Mark began teaching at a school in nearby Yate. Magic continued to be so much more than a hobby however, and there then followed a crazy two years when Mark was juggling both, sometimes teaching all day and then driving a couple of hours away to do a show or a lecture, often returning in the early hours of the morning. This was clearly not sustainable, and in 1981 his wife firmly suggested that, in the interests of living beyond the age of 30, it was time to choose between magic or teaching. "I could never give up magic," he replied.

Family and friends, whilst very supportive, were rather shocked at this decision but, to a man, advised him that he could always return to teaching. He never did. Magic, particularly lecturing to fellow magicians, has taken him all around the world, to America, Australia, Italy, Holland, Germany, Belgium, Sweden, Norway, Denmark, Ireland and all the countries in the UK. There is a huge camaraderie in the magic world – friendships span across many years and many countries. Annual conferences or 'conventions' reunite old friends every year and now, with the advent of Zoom, maintaining these contacts is much easier.

Not all magicians are inventors, but Mark says he loves the process of devising new tricks and sharing them with the magic world.



Mark recalls an encounter with the celebrated entertainer Tommy Cooper when, as a young man fairly new to selling magic, he was approached by the great man as he stood behind his stall. Not recognising the newcomer, Tommy shouted in his booming voice: "Oo are you? What have you got? Give me a chair." Mark duly showed him three tricks, after each of which Tommy said, "I'll 'ave that". He kindly bought all three, even though he certainly knew that with his enormous hands he would never have had the dexterity to perform them.

Mark has published over 20 books, has been the author of nearly 400 blogs and countless podcasts. In

2021, the Magic Circle awarded him the John Nevil Maskelyne Prize for his contributions to literature, named after the famous Victorian magician who invented many illusions still performed today. The Magic Circle is, of course, one of the oldest and most prestigious clubs for the world's top magicians, but with a membership process that is not that easy! Mark is very proud to be a Member of the Inner Magic Circle with gold star - at any one time there are never more than 300 of these special members who have to be nominated individually by the President.

Mark has many magic heroes and people who have inspired him in his career. Many of these, although well-known in the magic world, are not household names. Other more familiar magicians whom he admires, were David Nixen who was popular with TV audiences in the 60s and, of course, Paul Daniels who, in the days when families sat down in front of the telly on a Saturday night, brought magic to wide family audiences.

Mark has also always loved performing and has entertained all ages from 4 to 94. Whilst the magic usually has gone right (due to diligent practising), there have been times when not everything has gone to plan. On one occasion, having accidentally locked his car keys in the ignition (no central locking in those days), he found to his dismay that all of the games and magic for the children's party were inside the car. Ever the resourceful, he asked to borrow a balloon and a cassette recorder (which had low batteries and made the music sound dreadful) and ran the whole party with these, until the AA arrived some considerable time later to unlock the car.

Mark's aims when performing for people are "to amaze and amuse them in equal measure and to transport them to a place to which they would not normally go and show them something they would not normally see."

Covid brought a rapid and sudden halt to live entertainment and shows of all kinds and in the week before the first lockdown, bookings and events were cancelled one after the other. It would be many months before any kind of normality in the industry returned and, even four years on, some would argue that the impact of Covid can still be felt. There is still a keen appetite for live entertainment, however, and Mark loves performing whenever the opportunity is there. Whilst for most people magic is a hobby, for him it is a way of life.

"It's a job from which I never wish to retire", he says happily. "It's much too late to get a proper job now."

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BEEWARE!

The Asian or yellow-legged hornet (*Vespa velutina*) has arrived.

Asian or yellow-legged hornets are no more dangerous to us than bees, but they are a great danger to our honey bees.

They hover in front of bee hives, attacking and killing the bees as they enter and leave the hive.

The yellow-legged hornet arrived in France in 2004 (it is thought in a shipment of ceramic pots from China) and is now widespread there.

To date, there have been twelve confirmed sightings of the Asian hornet in England and six nests have been destroyed.

It is probable that yellow-legged hornets could reappear in England at any time and members of the public are urged to report any suspected sightings.

The hornets are active from April to November and the queens hibernate over winter. Their nests can be small, especially early in the year, but can get as big as 75 cm tall by the end of the season.

Hornets can give a painful sting: keep well away from an active nest.

There is an app available for Apple and Android phones called 'Asian Hornet Watch' for identifying and reporting this hornet. Or you can send sightings with a photograph and location details to:

alertnonnative@ceh.ac.uk

How to identify an Asian hornet

The scientific name for the Asian or yellow-legged hornet is *Vespa velutina*. It ranges from around 25 mm (1 inch) for a worker to 30 mm (almost 1 1/4 inches) for a queen. The Asian hornet is mainly black or dark brown, with a thin yellow band and a wider orange-yellow band on the abdomen (the bulbous back end of the insect, beyond the thin waist). It also has an orange face, dark wings, and its legs go from a dark brown-black to yellow, halfway down.

Our native European hornet, *Vespa crabro* is slightly larger and looks like a very large wasp. The markings on its abdomen are a deep yellow, and black to chestnut brown. It also has chestnut (red-brown) legs and a black and brown thorax (the part of the body forward of the waist, where the wings are). It has a yellow face.

Although our native hornet is big, it is no more likely to sting people than an ordinary wasp.

Lots more information can be found by searching for 'Asian hornet' on the following UK websites:

<http://www.nonnativespecies.org>

<http://www.nationalbeeunit.com>



Native European hornet

Asian or yellow-legged hornet

Vespa crabro

Vespa velutina

This information produced by Okehampton branch of the Devon Beekeepers' Association www.okehamptonbee.co.uk

We are grateful to bee expert Simon O'Sullivan, of Granny's Meadow, Colebrook for providing the above information, courtesy of the Okehampton branch of the Devon Beekeepers' Association. Simon can regularly be found at Crediton Farmers Market selling his delicious honey.

UPTON PYNE & DISTRICT GARDEN CLUB



All events are held in the Upton Pyne Village Hall

CONTACT June 01392 841272

Mon 21st Oct advice & chat with **ALAN FRENCH**
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Sat 23rd Nov ANNUAL GARDEN CLUB XMAS DINNER
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For more info or to make a reservation call June



Mon 2nd Dec at the local Village Coffee Morning

Make your own Xmas Wreath *guided by professional wedding florist, Katrina, from BLOOM BLOOM of Upton Pyne. A ready-mossed 12 inch ring & wire for fixing foliage, plus ribbon for bows will be provided. These rings can be made into a wreath of your own design. You will be asked to bring your own foliage or decorations. I feel sure that some of us with larger gardens will be happy to help out with fir or holly if needed. The tutorial will last for 2½ hours at a cost of £20pp. We would ask for you to reserve and pay for your place by Saturday 25th November please call June Nicks 01392 841272*

Monday 20th JANUARY 2025

Our A.G.M. is at 3pm

followed by refreshments, and at

4pm we have a talk given by

NICK COX who is an enthusiastic volunteer

@ NT Killerton "A Virtual Tour of the Estate,

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NON-MEMBERS ARE VERY WELCOME TO JOIN US AT ANY OF THESE EVENTS



TOWER
TOURS,
CAKES,
KID'S
TRAIL,
WALK



FRIENDS OF UPTON PYNE

The summer is drawing to a close and the Friends have been busy making hay. The wild flower area in the churchyard has been scythed by Fabian King and a 'grass press' has been created by the very hard labour of Fabian and Andrew Gwynne to store the hay in readiness for being transported to the tip by Paul Bowden. On the morning of 1 September, a bucolic scene of raking and gathering took place with volunteers in the churchyard.



The star of the show was 12 years old Jonathan Clapp who demonstrated great strength and fortitude in making many trips up the slope with enormous piles of hay on his back. We also had more general work of weeding graves, removing ivy from the church walls and generally clearing as much as possible. Refreshments included wonderful cakes from Sue Glanville.

Behind the scenes, June Nicks and Bill Hitchcock wielded their chain saws to clear the dead wood of the philadelphus and Paul Bowden erected an arch to keep the bushes in shape. We should have a good show of the fragrant blossoms next year. The equipment has been maintained by Paul and we also had a major repair to the lawnmower which made a bit of a dent in our funds. However, we also saved on paying for the contractors as Bill mowed almost the entire churchyard.

We are now focusing on starting repairs to the church building and applying for grants towards the costs. The removal of vegetation exposed some big problems with the churchyard wall and we have arranged emergency repairs. We hope people can get involved with helping towards the bill by 'sponsoring a stone'. There will be details in the church and elsewhere.



Our next event will be on 4 December at Pynes, with another evening of carols. Look out for the advert in the next *Speke Up*.

Heritage Open Day

On Saturday, 14 September, Upton Pyne church took part in the national Heritage Open Day scheme to make places of interest available to the public free of charge. (Photos on the opposite page.)

We were delighted to welcome many visitors from the surrounding area, including a group from Newton St Cyres who had walked part of the St Boniface Way pilgrim route across the fields. Many took the opportunity to climb the tower, from which there are spectacular views of the surrounding countryside. There was the chance to explore the church and its treasures and fun activities for the children; there were refreshments on the Causeway, and all took place on a perfect September day, in unbroken sunshine.

Many thanks to all who helped with tower tours, activities, refreshments and greeting visitors: several comments in the Visitors' Book mentioned how welcome they felt here. Particular thanks to Lisa Clapp and her family, who organised the Heritage Day and worked so hard to create an event that was enjoyed by so many. VC

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7.30pm WI Hut

25 October

James Brent

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Hotel**

22 November

Richard Parker

**The Merchants' Houses in St
Martin's Island, Exeter**



An invitation to join the team

The *Speke Up* team is looking for someone to fill a vital role in the distribution of the magazine each month.

We need someone - or possibly two people alternating – to collect the magazine from the printer every month except January and August.

Collection is normally on the last Friday morning of the month, from premises near Queen Street in Exeter. Parking is available at the door.

The magazines are then dropped at four points in Cowley, Upton Pyne and Brampford Speke for onward distribution by our wonderful band of local deliverers.

If you can help or would like to know more, please contact Linda Findlay (07598 753088 or lindafindlay99@yahoo.co.uk) or any member of the *Speke Up* team.

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Brampford C of E Primary School

News from the Head of school

It has been wonderful to welcome back the pupils this month and welcome some new pupils to the school. Our numbers are steadily growing and our Nursery is proving extremely popular.

We have been reconnecting again and reminding ourselves of the school agreements, values and our school motto!



Skylark Class Drama lessons

Mr Pope led Skylark class in a fun drama session - running off steam and pretending to be their favourite animals.



"I really like it at the school, the lessons and the playtime"

Kurt – Year 3 (new to our school)

"I have been made to feel really welcome, the school is a fun place to be, and the teachers are nice."

Summer - Year 6 (new to our school)



"I'm excited to be in Year 6 and for all the year 6 special events. I look forward to learning even more this year". **Emily - Year 6**

"I am excited to be in Year 6 now and love the Maths lessons. I can't wait to do SATS!" **Oscar - Year 6**

Upcoming events and projects

We are hoping to continue working on our school environment inside and out this year by having a 'School Force' weekend this Autumn that would see our Library and outside shelters and storage decorated and organised. More details will follow in the coming issue of how you could contribute if you are able.

Harvest- We will hold our annual service this month and will be collecting for a local food bank this year. Please pop a contribution into the school office if you are able and would like to join us in this good cause.

School improvement and projects this month

- Garden some raised beds
- Repair and paint our noticeboard
- Listen to children read

How you could help?

Contact us or pop into the office if you think you could help us with any of the above, or you could email our lovely FOBSS team:

FOBSS@exevalleyfederation.org.uk

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

brampfordadmin@exevalleyfederation.org.uk

01392 841414

We look forward to hearing from you!

Charlotte Tofts



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The Coach Hall (tea-room) can be hired as a venue for a wide variety of events. It is an atmospheric space for a variety of occasions, from birthdays and tea-parties to lunches, dinners, coffee mornings, meetings and more. Use of the kitchen, cobbled courtyard and adjoining barn is also included.

BESPOKE GROUP TOURS 2025

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

Fursdon is one of Devon's oldest family homes.

Enjoy a fascinating house tour, take a leisurely stroll in the grounds and lovely walled garden and sample our delicious home baking, served in the Coach Hall tea-room!

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

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

Answers to Music Quiz

A1 David Gray is best known for his 1998 song

Babylon from his first album *White Ladder*

A2 *It's Raining Men* was a big hit in 1983 for The Weather Girls

A3 The song was originally sung by Ann Peebles in 1974 and covered by Tina Turner on her 1984 *Private Dancer* album is *I Can't Stand the Rain*

A4 *Fade to Grey* was Visage's most famous hit reaching number 8 in the singles chart in 1980

A5 *Fire and Rain* was a hit in 1970 for the American singer songwriter James Taylor

A6 The chart-topping song *Umbrella* was released by the Bajan singer songwriter Rihanna in 2007

A7 The song written Tony Joe White in 1967 that's been covered by the likes of Ray Charles, Randy Crawford and George Benson is *Rainy Night in Georgia*

A8 *Paint it Black* appeared on the US released version of the album *Aftermath*. It also topped the singles charts in both the US and the UK for The Rolling Stones

A9 Burt Bacharach and Hal David wrote the song *Raindrops Keep Fallin' on my Head* that features at the end the 1969 film *Butch Cassidy and the Sundance Kid*

A10 *I Can See Clearly Now the Rain Has Gone* was originally written and recorded in 1972 by Johnny

Nash. Jimmy Cliff made a famous version in 1993 when he recorded it for the film *Cool Runnings*

Answers to October 8 Quiz

1 Maids a-milking

2 *Eight Days a Week*

3 Arms / hands

4 One byte

5 *The Hateful Eight*

6 8-track

7 First manned mission to orbit the Moon

8 The Byrds

9 Neptune

10 Argentina

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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

It's vaccination time

Since 2021, we have been vaccinating our older and immunocompromised patients against Covid every six months and this continues this autumn. The Joint Committee on Vaccination and Immunisation (JCVI) base all their decisions on the evidence accumulated from multiple sources to ensure we vaccinate in the most optimal way. The aim is to protect both patients and the whole population from recurrence of Covid or rapid spread of a virulent influenza virus. We have just been sent through the results of their analysis and associated recommendations for who should be offered which vaccines in the upcoming months.

Although Covid is not as complicated as when it first appeared, it continues to be extremely unpredictable. It still ends in hospital admission for some patients, whilst others can carry the virus with no symptoms at all. This is why vaccination is so important. The JCVI have decided that vaccinating all patients aged 65 years and over with both flu and Covid again this year will be the most protective action for us to take. It is important to remember the protection amounts to more than avoiding getting Covid or flu yourselves. It reduces your chance of giving it to others and fewer hospital beds are taken up treating these preventable admissions, the more space there will be to deal with the enormous backlog in NHS care.

We will be encouraging all patients 65 years old and upwards to take up the offer of both influenza and Covid vaccinations at the same time. The JCVI reviewed the outcomes from last year's campaign and the efficiency and effectiveness of giving the vaccines together was verified. As in small babies who now receive almost all their vaccinations in combination, we see synergistic boosts in how the immune system responds with no increase in measurable side effects. Patients who are immunocompromised will also be offered both vaccines. Patients 65 years upwards with long term conditions (diabetes, asthma, heart disease) are an important part of the flu campaign but not part of the Covid vaccine group.

At Wyndham House, we are planning our winter vaccination clinic for Saturday 26 October. We will be inviting all 65 years and older patients to come for Covid and flu vaccines and will use our text and email communication system to relay information about timings.

There is a third vaccine that patients aged 75 – 79 will also be offered in the next six months. This is a vaccine against Respiratory Syncytial Virus (RSV). This

causes a mild upper airways infection in most people. However, in small babies and older people it can cause more serious complications. Vaccination has been shown to reduce the number of hospital admissions and the JSVI have calculated the most efficient vaccination campaign for the best outcomes. Babies have already been receiving this for many years and provision to the elderly population has been successful pioneered in the USA. Initially, patients 75 – 79 years old will be offered an RSV vaccine and from then, going forward, one vaccine to everyone in their 75th year. The benefits last for several years.

Once again, it's time to get jabbing.

Dr. Anthony O'Brien
Wyndham House, Silverton



The Friends of Wyndham House Surgery

**The Friends of Wyndham House Surgery
will hold their Annual General Meeting
on the
9th October 2024 at 2pm
in the Community Hall, Silverton.
Dr. Anthony O'Brien will speak on the
topic
'Primary Care in today's NHS'.
All are welcome**

Bereavement Drop-In Group

A new Bereavement Drop-In group is starting up in Silverton. It will be held at Room 4 U on the second Thursday of the month, from 10.30 - 12.30, commencing on Thursday 12 September. The group will be supported by Wyndham House Patient Participation Group and the Friends of Wyndham House Surgery.

Everyone is welcome, whether you have been bereaved for three months or 30 years. It will be a safe space to talk, laugh, cry and share practical help in confidence and refreshments will be served.

Please do feel free to join us, but if you would like more information before coming, please ring Carole Allen on 07465 448535.

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

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

Surgery hours: Monday - Thurs. 08:30 - 18:00
Friday 08:30 - 17:00

Dispensary hours: Monday - Thurs. 08.30 - 18:00 There is no closure for lunch and prescriptions may be
Friday 08.30 - 17:00 collected all through the day.

Repeat prescriptions can be ordered online via our website.
We also operate a home delivery service for housebound registered patients.
Please contact our reception or dispensary for more information.

Flexible appointments at beginning and end of day if required - just ask

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To book transport please contact Link Up as below.

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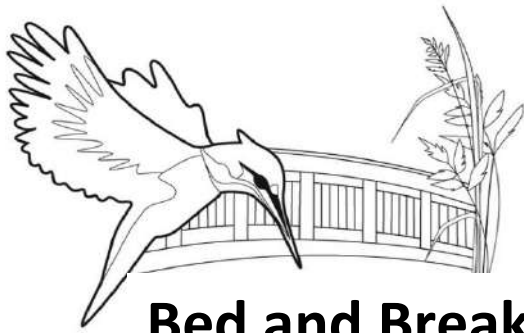
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BUS SERVICES

TO EXETER: Wednesday and Friday (678)

Bramford 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
Bramford Speke Stooks Close		13.44

Service provided by Country Bus Devon: 01626 833664, info@countrybusdevon.co.uk

NEIGHBOURHOOD WATCH and POLICE

Contact numbers for information:

Bramford Speke 840100 Cowley 851634

Our PCSO Steve Trail can be contacted on 101

Home Safe (noise problems)

01395 516551

UPTON PYNE

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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

Administrator

Peter Shepherd
Tel: 07551 844321

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 clerkbspc@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
Stuart Luxton	01392 841094	stuart.luxton.bspc@gmail.com
Richard Tillett	01392 841268	richard.tillett.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
Jessica Dalton	UP	jessicadalton@uptonpyne-pc.gov.uk	
Amanda Ryles	Cowl	amandaryles@uptonpyne-pc.gov.uk	Footpath Warden
Maggie Cormack	UP	maggiecormack@uptonpyne-pc.gov.uk	
Sophie Ward	UP	sophieward@uptonpyne-pc.gov.uk	IT & Communications
Mark Hewlett	Cowl	markhewlett@uptonpyne-pc.gov.uk	CLT representative for the PC
Mike Leach	UP	mikeleach@uptonpyne-pc.gov.uk	

Other Contacts in Upton Pyne

Garden Club	June Nicks (Chairman)	841272
Village Hall Bookings	Ian Findlay	iankfindlay@outlook.com
Footpath Warden	Amanda Ryles	
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: Jamie Kemp 07538 570551 jkemp@eastdevon.gov.uk

EDDC Dog Warden: 01395 571517

Devon County Council

Councillors: Henry Gent Henry.Gent@devon.gov.uk

Sara Randall Johnson 01404 822524 sara.randalljohnson@devon.gov.uk

Tel: 03451 551015. Highways Operations Control Centre 01392 383329 (8am -8pm) or 0345 155 1004 (out of hours) for reporting fallen trees, flooding, potholes etc.

Redlands 01363 727111 (inc. Thorverton Surgery)

SpekeUp www.spekeup.org

Material for publication should be sent by 15th of the month by email to contributions@spekeup.org.uk

Please use 11 pt Calibri in doc or docx format, with accompanying PDF if you wish. Advertisements for village events 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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Brampford Speke: Richard Tillett 01392 841268

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

October DIARY

Monday	7 th October	11am	Upton Pyne Village Coffee Morning & Bring and Buy Sale Upton Pyne Village Hall All welcome.	Veronica Clarke 841 530
Tuesday	8th October	12 noon	Lunch Bunch Thorverton Arms	Pat 841 599 or Veronica 841 530
Thursday	10th October	7.30pm	CPR and AED (Defibrillator) Training Session Brampford Speke Village Hall	Pete Smiley Petersmiley2@gmail.com
Saturday	12th October	9.30am		
Sunday	13 th October	2pm	Whist Drive Upton Pyne Village Hall	David Taverner 01884 855459
Monday	14 th October	7.30pm	Upton Pyne and Cowley Parish Council Upton Pyne Village Hall	Jacqui Ward 01392 851 918
			Weekly	
Monday		10.30 am	Pilates Brampford Speke Village Hall (Term Time only)	Nicki Stumpf 07838 260290
Wednesday		10am	Art Class Upton Pyne Village Hall	John 07816 846562
Thursday		9.15am – 11am	Toddler Group Brampford Speke Village Hall (Term time only)	Emily 07511 623314
		9.30am (term time)	Zumba Upton Pyne Village Hall	Caroline Anstead 07796 950652, canstead4@gmail.com
		2-4pm	Tea Upton Pyne Village Hall	Adrienne 07791 609068
Friday		10.30-11.30am	Pilates Upton Pyne Village Hall	Rebecca Cunningham 01363 866047



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