

Speke Up



HEDGEHOG

Parish Magazine
of Upton Pyne
& Cowley
and Brampford
Speke

July/
August 2025

Issue 382



Photo: Steve Davidson



St Peter's Church Fete

2-5pm Saturday 12th July, Brampford Speke

Raising money to mend the church clock

BBQ/Tea & Cakes/Bar

Lots to do ...

Follow the Arrow from Upton Pyne
Arts and Crafts for the children in the Church
Parachute a Teddy bear from the Church Tower
Tug of War

... and much, much more

**See more details on the Friends of St Peter's
page**



Speke Up Matters

Welcome to the summer issue of *Speke Up* covering the months of July and August.

This issue is full of summer events from walks, film, art show and parties to a tractor jamboree (which sounds as though it will be a lot of fun – details on other pages). There is a report of the Open Farm Sunday at Woodrow Barton from Rachel Risdon on page 5 and thoughts on the joy of summer weddings from our curate on page 17.

The Friends of St Peter's will be holding a church fête in July, details opposite and on page 19. Another

event not to be missed! And the Friends of Upton Pyne are planning ahead with notice of two events in September for your diary.

On page 38, there is an appeal for voluntary drivers from Silverton Link-Up and, on page 30, details of a small grant scheme for community improvement projects in Upton Pyne and Cowley.

Plus all the usual columnists, quizzes, reports and music and book reviews.

We wish all our readers a wonderful summertime. We'll be back in September!

from the Speke Up team

Cover design: Sally Tuckey

ANNUAL ADVERTISING RATES FOR 2025

Full page (black & white) £100
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Exeter St Davids 13.25

Upton Pyne Post Box 13.36

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Cover Notes

Hedgehogs (*Erinaceus Europaeus*)

Yesterday was a very wet day – brilliant for the garden but not for young birds. I was sad to see a family of totally drenched young bullfinches trying to persuade their mother to feed them. They seemed to be able to fly and I did leave out some nuts and crumbs for them but it would be very hard for them to survive to keep warm and fed.

As with so many birds and animals which were common when I was younger, hedgehogs have become scarce recently. When I first moved to Brampford Speke in about 2009, we had a resident hedgehog which moved between the churchyard and adjoining gardens. It was quite a large one and my greyhound delighted in picking it up with her teeth and carrying it around. She couldn't do it any harm because it went into a ball but sometimes it would stay in a tight ball for quite a long time. On one occasion, I became concerned and rang the vet who told me to bring it in. But of course, by the time I'd placed it on the floor in the car, with a plate of dog food beside it, I soon became aware of a happy, chomping sound! I returned it to the churchyard and, though it appeared in the garden once or twice more, it then disappeared. It had probably been run over, which is the fate of so many hedgehogs. Sadly, I've not seen one here since. I can also remember there were hedgehogs in a corner of my family garden and my dog used to emerge from there covered in fleas.

Hedgehogs are not always what they appear. They are wonderful at eating slugs and snails and an adult can eat up to 100 in one night. Pam Ayres (*Infinite Monkey Cage* BBC Radio 4, November 2024) described them as having appealing little black eyes, endearing, sweet and benevolent. However, a fellow contributor to the program pointed out that hedgehogs can also attack and eat live chickens and full-grown pigeons, not to mention birds' eggs, young birds, mice, voles and baby rabbits! Although they generally appear to move slowly, they can really speed up if necessary.

In order to help hedgehogs, we are encouraged to make small holes in the base of our fences and hedges so they can move freely from garden to garden. It seems hedgehogs can climb quite high. Monty Don reports a hedgehog hibernating in a thatch roof! They need places to hibernate in our gardens so it's a good idea not to be too tidy. And of course, one needs to be particularly careful when strimming the long grass. It's

always a good idea to check they're not hibernating in a bonfire before lighting it. Slug pellets and robotic lawn mowers are lethal to hedgehogs. The latter are sometimes left on overnight and since hedgehogs are nocturnal and their main defence is to curl up into a ball but this is no defence to a machine.

Their main animal predator is the badger - but I'm not sure how they cope with the spines. It seems in areas where badgers are prolific there is an absence of hedgehogs and this may be why hedgehogs prefer parks and gardens to fields and woodlands. However, paucity of food and spraying of chemicals can also affect their presence. At one time, they used to be killed by game keepers because of their predilection for birds' eggs. They have been unwisely introduced to several Scottish islands where they are doing their best to exterminate the bird population.

Sadly, I haven't seen a hedgehog for a very long time. Pam Ayres describes how she bought a piece of land nearby in Gloucestershire to encourage wildlife. So far, it seems there are no hedgehogs, although other creatures have returned. The average age of a hedgehog is about two years and the longest recorded hedgehog was found to be about 16 years! Their young are called urchins and a typical litter size is four to six babies. These are frequently born in late summer and therefore have to gain enough weight to get themselves through winter hibernation. They're born blind and naked but soon acquire a coating of relatively stout whitish spines. After about 3 weeks, they resemble a miniature adult.

There are about 10 hedgehog rescue centres in the South West and Newton Abbot is our nearest. Tiggywinkles is an animal rescue centre founded in 1978: the website contains a lot of useful information about hedgehogs, including rescue and how to build a cat-proof shelter.

Caroline Fox



Farming with Nature



Thank you to everyone who came to our eighth Open Farm Sunday at Woodrow Barton **writes Rachel Risdon**. We had some good questions and we hope everyone got to ask all that they wanted.

... And we didn't get wet! The rain held off.

Thank you to all our staff and helpers - from carparking to herding people, milking, giving out milkshake samples and filling milk bottles.

As the focus this year was Farming with Nature, we concentrated on how we try to work alongside nature - from calving in the spring as cows naturally want to do, with the spring grass peaking as they need it, to keeping them grazing as much as possible.

It's a shame we didn't get to capture the looks on people's faces when they smelt our stinky yellow fly-trap buckets!! These are filled with a smelly yeast to draw the flies in.

Snowball, the calf, nicely demo'ed the Stockholm-tar-fly-repellent look as we try to avoid using fly treatments which incidentally kill off many other insects. We challenged people to think about the flea treatments they use, as some are neonicotinoids - the very chemicals that were banned from agricultural use to protect bees. We all need to play our part in reducing chemical use; only using what we need.

This beautiful spring has been so dry that we're fairly short of grass now so we are already feeding them some silage from grass that was cut several weeks ago when the grass grew like bonkers and we had too much. You can see the cows huddled in the field around some piles of it. We are very grateful for the recent rain but our first cut of silage was only about three-quarters of what we usually harvest so we are praying for a damp summer I'm afraid!

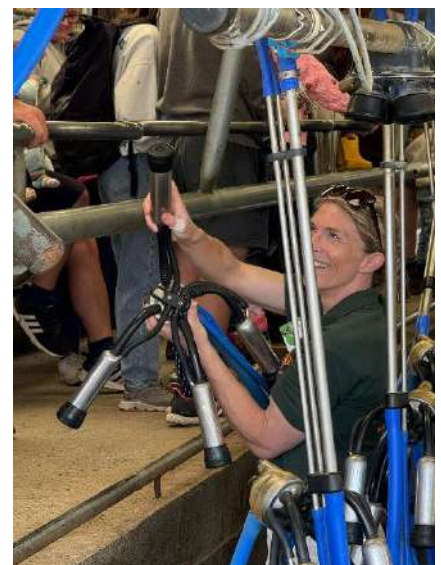
When we were in with the cows, several of the children found lots of newly-emerged little frogs and one adult one! Find and Foster's Shropshire sheep (that don't de-bark trees) were still busy grazing/mowing another orchard on Sunday, but Mat and Polly explained how the scruffy-looking orchards provide homes to many different things.



The bird surveys for our LEAF Coop Net Zero project have shown a good diversity of birds here; a frightening number of these are red or amber conservation status (according to the RSPB's website).

During our milking demo people got the chance to feel how the machine pulsates to draw the milk out of the teats. The flies were pretty bad, as we'd left the fan off so that everyone could hear us - we switched on after a while! You can really feel its effect most of the way back through the parlour, creating a breeze that the flies hate.

We also didn't have our mister on for this milking demo of just one row of cows, but we usually do in the summer. This incredibly high-tech piece of kit (a garden hose that has been stabbed by a needle!!) creates a fine curtain of spray that keeps most of the flies out of the parlour.



ART and EMBROIDERY EXHIBITION

*Our annual display of the incredible art and
embroidery created by the classes held in
Upton Pyne Village Hall and America Hall (Pinhoe)
Live demonstrations of art and embroidery
ongoing through the weekend.*

*The tutors, John and Adrienne, will be present
to talk about classes and answer any questions.
Come and say hello, chat about being creative
while enjoying lunch, cake or a cup of tea.
Some work will be available to buy.*

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ATTENTION LOCAL RUNNERS!

Time to sign up for this year's

SALMON RUN



SALMON are a local and national icon and a significant part of our culture and history on the river Exe. Salmon were once a common sight all along the river Exe, especially during the salmon run (usually in September) which is their annual migration, returning from the sea to swim upriver, battling against the current, weirs, waterfalls and other obstacles to reach their traditional spawning grounds. Tragically, their numbers are down by 90% since the 1970's and salmon are now on the 'critically endangered' list. The salmon face many challenges, including rising sea temperatures, overfishing, invasive species, industrial and agricultural run-off, sewage leaks and inconsistent weather – meaning they are in danger of disappearing from the Exe altogether. I've certainly noticed a dramatic decrease in salmon numbers since we moved here, beside the Exe, in the 1980s.

THE SALMON RUN celebrates the amazing journey, history and life-cycle of the salmon while raising awareness of their plight. It consists of two runs – both on the same day, both following the same route along the Exe Valley Way. There is a competitive Ultra Run where individual runners run 43 miles from Exmouth to Exmoor. There is also a non-competitive relay in which teams of 4 – 8 runners run only one of six sections. Our section starts at the footbridge over the Exe at Brampford Speke and ends at Thorverton – a lovely, riverside run. The baton is actually a beautifully crafted salmon made of cloth (*pictured*). There will be a short ceremony and refreshments for the runners at the baton handover and runners will be tracked and supported.

In previous years, we've supported the runners by providing snacks and drinks at our front gate – cheering and waving them on their way. It'd be great

if a few more local residents joined us this year – and wonderful if local runners would like to form a team and run our section.

All the information here has been gleaned from the Tidelines, Wild Running, West Country Rivers Trust and Side Shore Community Hub websites. (Tidelines and Wild Running organise the run – please do contact them for further details and to sign up to run).

This year's Salmon Run will take place on Saturday, 20 September. There will also be more information in the September issue of *Speke Up* and please look out for posters.

Elaine Hollingsworth

01392 841434 or stationhouse1885@gmail.com



Walks beyond the Parish

Amanda Ryles

June's walk took us around Broadclyst, only five miles and less than 20 minutes away from our Parish. Turning off the A396 before Stoke Canon Bridge, we drove up Stoke Hill then down Church Hill to Pinhoe and left on the B3181 to Broadclyst. There is plenty of parking off Hellings Gardens in the Broadclyst free car park, and this is where our stroll began.

The walk goes through the little short-stay car park, past the toilets and the back of the Social Club, coming out opposite beautiful yellow National Trust cottages and turning right alongside the red-brick wall of Church View Cottage and Wren's Nest. The yellow ochre paintwork of so many houses here signifies the ownership of the National Trust Killerton Estate. Much of the village was devastated in 1870 by a

fire originating from the stables of the Red Lion public house. More than 60 houses were destroyed by the ensuing fire, leaving 250 tenants homeless. The houses were rebuilt, many upon the original foundations and using the stones from the remaining rubble.

We stopped to take in the view of the church against the bright blue sky. Several swallows darted in front of us, ducking under the tall conifer, and above the red phone box; the caw from a nearby rookery the loudest noise by far.

At the end of the road, we turned left to cross at the pedestrian crossing, then back along the footpath following a low grey stone wall in front of a meadow. The long grasses had all gone to seed, their heads giving a purple haze, and a group of pigeons waddled through a flattened patch having their fill. After a huge oak tree, the path heads left following signs for Clyston Mill and the Red Lion. The wisteria looked lush and bountiful covering the front of the pub, and immediately in front of us the wooden gates to the church had been festooned with flowers (artificial, but a pretty touch).

Stunning buttresses and stained glass

The path had old gravestones to the left beneath towering dark-green yews, and to the right the impressive church tower made of volcanic trap dressed with Beer stone. Grade 1 listed, the parish church (*pictured on previous page*) is mainly late 15th Century with stunning buttresses and several older features. We didn't want to disturb the service so had to settle for glimpses of the stained glass from the outside, but promised ourselves a return visit to take in the church too.

We went left through the gate on a crunchy gravel path leading to Sunnyfield, the high banks full of ferns, nettles and laurel and, in the sunny patches, frothy pink and white erigeron. A pair of white doves sat at the front door of one of the bungalows, opposite which we turned right towards the mill stream. The path soon follows the line of the stream and then bears left where the stream meets the River Clyst. Twice a year Clyston Mill opens for the National Trust (the next dates are 12-21 September), it having been listed in the Domesday book of 1086.

Tall grasses and irises along the river bank

Through a wooden gate, the meandering Clyst's way was marked by tall grasses and irises on its banks and to the right the hedgerow was full of hawthorn. The flowers had given way to neat green berries. The delicate inky-purple and yellow flowers of the deadly nightshade entwined a fencepost, and the blousy white flowers of the bindweed had started to unfurl.

We stopped next to a vibrant pink dog rose to turn back to take in the view of the church from behind, before turning right onto a tarmac path beneath the cultivated fields of Martinsfield Farm. Under the pylon, a row of onions had all been left to go to seed with their fat bulbous heads poking above the wild flowers, all just a few more sunny days away from bursting into flower. The next strip was recently ploughed, deep red soil planted with regimented rows of new green onions and, beyond a hedge, a field with young white-faced black cows grazing happily with several lambs and ewes. before still more neatly planted crops stretched across the next field.

An archway of branches

We turned right, through a gate and across some marshland, thankfully dry but evident by the glossy club rush in clumps across the field. As we walked towards a copse, a pheasant broke cover then just as quickly disappeared into some long grass. A new-looking gated bridge took us over the stream, out of the sun into the damp cool of dark, mossy banks, coppiced beech whips, ferns, lords and ladies, and ivy. An archway of overhanging branches led the eye up towards the glow of the morning sunlight beyond, framed with lush vegetation.

Out of the trees, spiders' webs hung like hammocks between upright cow parsley, a tall elder was heavy with creamy flowers and blue perwinkle covered the verges as the path took us back to the pub, under the noisy rookery and over the road to the Green. We walked diagonally across past an enormous holm oak and a magnificent copper beech, before skirting the back of Victory Hall to our starting point.

We will definitely visit again when we can go inside the church. We loved this gentle amble and Broadclyst itself deserves further exploration.



June saw a lovely gathering in Upton Pyne and I brought along two of my favourite salads. Sadly, the weather wasn't very kind but it didn't stop everyone having a good get-together and a lot of delicious food was devoured. Many people asked for the recipes for the salads I'd made. So here they are.
Bon Appetit and have a wonderful summer.

In season in July and August:

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

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

Feta + Watermelon Salad

A salad that reminds me of warm summer holidays. I use a mini watermelon. The fresh herbs are an important part of the recipe so don't miss them out. Because feta is salty, I don't tend to add any more to the salad. If you don't like feta, a good crumbly Cheshire or Wensleydale cheese works well.

For 4

Dressing:

Extra virgin olive oil	3 tbsp
Apple cider vinegar	1 tbsp
Herbes de Provence mix	1 tsp
Black pepper	several grinds from a pepper mill

Red onion	¼ small, finely chopped
Watermelon	½ small, cut into bite size pieces
Pitted black olives	35g, sliced
Fresh parsley	25g, finely chopped
Fresh mint leaves	20g, finely sliced
Feta cheese	100g, roughly chopped



1. Put the dressing ingredients in to a clean, redundant jam jar. Screw on the lid and give it a good shake. Set aside whilst you prepare the salad.
2. Prepare the salad ingredients and put into a large salad bowl.
3. Give the dressing another shake and then pour over the salad ingredients. Stir gently to mix all the ingredients. Cover and set aside for an hour or so to allow the flavours to mingle and develop.

Apple, Celery, Cranberry + Walnut Salad

Similar to the famous Waldorf salad with a bit of tinkering! I like the addition of cranberries but you can use raisins or sultanas. Walnut oil is optional but I think it adds a good flavour to the dressing.

For 4

Dressing:

Walnut oil	1 tbsp
Mayonnaise	2 round tbsp
Lemon juice	1 tsp
Seasoning	to taste

Apples	2 – 3, cored and chopped
Walnuts	50g, chopped
Lemon	½, juice only
Dried cranberries	50g, rinsed thoroughly
Celery sticks	2 – 3, finely sliced
Red onion	¼ medium, finely sliced
Fresh chives	4 blades, snipped



1. Make the dressing first. Whisk the ingredients in a jug and set aside whilst you continue the recipe.
2. Prepare the apples and walnuts and put into a large salad bowl with the lemon juice. Stir gently.
3. Rinse the cranberries and soak in hot water for five minutes. Drain and add to the salad bowl with the celery and onion.
4. Stir the dressing through the salad. Scatter the fresh chives over the top with a few grinds of black pepper. Cover and set aside for half an hour or so before serving.
5. If not using within thirty minutes, then cover and keep in a refrigerator until half an hour before serving up.

Sarah Lumley

THE LUNCH BUNCH

The Lunch Bunch continues to meet at 12 noon on the second Tuesday of each month; we welcome anyone who would like to join us for a convivial lunch together. We meet at the Exe Valley Farm Shop which has ample parking. **Next meeting of Lunch Bunch Tuesday, 8 July, 12noon, Exe Valley Farm Shop.** Tel. Pat on 841 599 or Veronica on 841 530 to book a place.

Walking Safely

Please share this information widely, as people do walk on the left-hand side of the roads in and around our villages when it is MUCH safer to follow the guidance from the Highway Code and walk on the right:

*“If there is no pavement, keep to the **right-hand side** of the road so that you can see oncoming traffic. You should take extra care and*

- *be prepared to walk in single file, especially on narrow roads or in poor light*
- *keep close to the side of the road.*

It may be safer to cross the road well before a sharp right-hand bend so that oncoming traffic has a better chance of seeing you. Cross back after the bend.”

There have been a few near misses by car drivers when coming around a sharp left-hand bend only to find a pedestrian walking on the left, so let's all stay safe.

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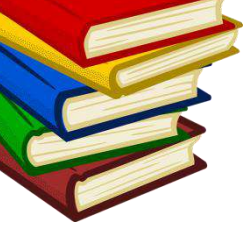
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BOOK CLUB

Convenience Store Woman by Sayaka Murata

I loved this quirky novel, the first book I've read by a Japanese author.

It is the story of 36-year-old Keiko. She has never fitted with her family or in school but when, at the age of 18, she begins working at Smile Mart, she finds peace and purpose in her life. In the store, unlike anywhere else, she understands the rules of social interaction as many are laid out line-by-line in the store's manual. But the pressure to conform to 'normal' increases, and she puzzles on how to achieve this.

It is a wonderful mixture of pathos and humour, exploring society's expectations of the single woman.
CL

Michael without Apology by Catherine Ryan Hyde

We first meet Michael as a 19-year-old college student, about to start his Film Studies class. He's keen and arrives early, but he's taken aback by the look of his tutor, who has awful facial scars. At the beginning of the class, the tutor starts by saying, yes, he knows he's scarred, he looks different, but that he's a human being, and has human feelings. His students have a few minutes to look at him, take him in, and then they will never mention his face again. He makes no apology for his scars.

Michael stays behind after class to speak to the tutor, and explains his own scars on his chest, caused by an exploding firework, and also on his thighs, where skin grafts were taken. Since then, he has never revealed his body, because of his fear of what others will think.

The book goes back to 7-year-old Michael and what happened with the firework, the operations, the pain, and also the inexplicable rejection of him by his parents. He's fostered, and his foster mother and father adopt him, bringing him up in a loving environment.

Back to 19-year-old Michael, and the film students are told their assignment is to make a short film on any subject. Michael decides to make a film about scarring

and bodily imperfections and asks for volunteers to tell him about what they don't like about their bodies. What Michael learns is that everyone has something they don't like about their body, but it's the way in which you either accept your body as it is, with all its faults and imperfections and live life not being sorry for them, that decides your life.

His film is a great success and from it he learns about what actually happened on the day he was blown up, and why his real parents rejected him.

The writer is American. It has a lot to say, but very subtly, about body shaming and the way in which we look at ourselves, how we see others, how they see us, and how life, illness, accidents and old age change our bodies.

SG

Murder on Line One by Jeremy Vine

Many of you will be aware of Jeremy Vine as a broadcaster. He has now branched out to write a 'cosy crime' novel. It's set around a local radio station in Sidmouth and concerns Edward, who used to have a late-night talk show, but was let go after a personal tragedy caused him to suffer mental health issues.

One of his listeners died in a mysterious fire and the victim's granddaughter begs him to investigate. With help from an estate agent friend, they realise that a romance scam is going on, and it seems to be happening to Edward's elderly listeners.

There is a lot of unimportant detail that detracts from the focus of the book and, at nearly 400 pages, it's far too long.

SG

Crooked Cross by Sally Carson

The Kluger family live in a small Bavarian town in Germany, not far from Munich.

We first meet them on Christmas Eve 1932: Herr and Frau Kluger, eldest son Helmy, daughter Lexa and younger son Erich. They have family and friends for the celebration, including Lexa's fiance Moritz and his father, a retired, nearly-blind professor. Lexa has just left her job at the library, as she means to be the ideal wife and follow the German 'kinder kuche kirche' role. Everyone seems happy, but there are undercurrents – Herr Kluger has had to accept a reduction in pay at his job at the post office, Helmy has never been able to find a job since leaving school and Erich survives on giving skiing lessons in winter, tennis lessons in summer.

The new year, 1933, sees Hitler become Chancellor, and for many Germans, this seems wonderful. The first crumbling we see is when Moritz loses his job at a medical clinic because he is a Jew. Erich and Helmy join the Nazi party. The book follows these people and describes how some are drawn to Nazi propaganda, some are ambivalent and some very quickly become doubtful.

The action takes place over six months, long enough to feel a growing sense of unease at the way things change and the way in which family members and friends can become enemies.

This book was written and published in 1934, the year after the action takes place, by an Englishwoman who spent time in Germany and who saw the way things were going. Her perception was chilling. It's been out of print until recently, when Persephone Books decided it should be made available again. I'm glad they did, it gives a very real insight into Germany at that period.

SG

SFH Supporters Club Family Fun Day

***Saturday July 5th
Chamberlains Farm
Brampford Speke***

***Dog Show 12 noon, Hobby
Horse Games 12-3pm,
Duck Race 4pm, Hound
Racing 5pm.***

***Bouncy Castle, Dog Scurry,
Garden Games, Licensed
Bar, Hot Food.***

Details: 07515 009175

Summertime Quiz

- 1 Who had the original 1958 hit with *Summertime Blues*?
- 2 Barbara Kingsolver's novel of 2000 had 'Summer' in the title. What was the full title?
- 3 Who composed *Moonlight Sonata*?
- 4 Which of Snow White's dwarfs has the shortest name?
- 5 Black Krim, Cherokee Purple and Brandywine, are types of what?
- 6 In Shakespeare's *A Midsummer Night's Dream*, who are the King and Queen of the Fairies?
- 7 In the lyrics to George Gershwin's *Summertime*, what are the fish doing?
- 8 What is Ole Kirk Christiansen famous for inventing?
- 9 Who starred with James Stewart in the 1954 film *Rear Window*?
- 10 Which London structure has the postcode SE1 2UP?
- 11 'A Deadhead sticker on a Cadillac' comes from which Don Henley and Mike Campbell song?
- 12 On an Ordnance Survey map, what do the letters PH indicate?
- 13 If you wrote down in words the digits from one to ten which vowel would be missing?
- 14 Which direction-finding system was pioneered by Sir Robert Watson-Watt?
- 15 When is Canada Day celebrated?
- 16 On which day in August 1945 was the first atomic bomb dropped?
- 17 What name was given to the attempt to overthrow James II in 1685?
- 18 Bantham, Meadfoot and Barricane are all what?
- 19 1st July 1916 saw the start of which WW1 battle?
- 20 In Devon, which goes on the scone first, jam or cream?

SG

Answers on page 37

Speke Up About Music

Song: *Song for Sharon* by Joni Mitchell

Suggested by: Andy G

Andy says:

I'm a sucker for storytelling in music, so I love folk like Dolly Parton and Bruce Springsteen. This is an album full of stories, based on a solitary road trip. This is the best of the lot. It's haunting and mysterious, and should be paired with an open fire and a large glass of red wine.

Stu and Debbie say:

We've always loved the album this song appears on (*Hejira*) as it has a warm, dreamy feel throughout. A bit like a candlelit room with a dram of whisky on an Autumn night. The much-missed bass guitar genius Jaco Pastorius played fretless bass on this album to stunning effect – they were a couple at the time. Joni's distinctive voice is beautifully sublime as ever, though toned down for this track, really warm and subtle with added angelic backing vocals. Her guitar chords involve one of her strange tuning techniques to great effect. The melody and chord progression are poignant and hit you in the heart. The lyrics read as a long poem where she ambles around New York noticing and feeling things. There is so much going on here it's worth reading the lyrics without the music. We wish songs like this were being written these days. Her emotions range from melancholic to hopeful, nostalgic to stubborn. She yearns for the traditional love with "the bells and lace" yet "I can keep my cool at poker, But I'm a fool when love's at stake, Because I can't conceal emotion, What I'm feeling's always written on my face". Sharon had once dreamed of being a singer but married a farmer. Mitchell, ironically, had wanted to be a farmer's wife but wound up becoming one of the most celebrated singer-songwriters of her generation. Stunning choice, Andy, thanks for this.

Please email suggestions for favourite songs you would like reviewed in the next issue to noordinaryfish@hotmail.com

Song title:

Artist:

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

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

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

 <http://tinyurl.com/y8ytdeyr>



It's a colourful quiz this time – all questions or answers contain a colour!

Q1 *Blue* is the name of her fourth studio album released in 1971. Name this famous Canadian singer-songwriter.

Q2 Name the singer-songwriter and guitarist who founded the band Fleetwood Mac.

Q3 *Orange Crush* was a song on their 1988 album *Green*. Which band?

Q4 Which band wrote the song *Mr Blue Sky* which features on their 1977 album *Out of the Blue*?

Q5 *Machine Head* and *Made in Japan* are two of this famous rock band's early 70s albums. Who are they?

Q6 *The White Album* was released in 1968 by which famous band?

Q7 Name the band whose founding members were Syd Barrett, Nick Mason, Roger Waters and Richard Wright.

Q8 *Paint it Black* was a chart topping single in 1966 for which well-known English rock group?

Q9 This American band has a bass player called 'Flea'. Who are they?

Q10 *Yellow* is a track on this band's 2000 debut album *Parachutes*. Who are they?

Answers on page 37

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FRIENDS OF UPTON PYNE

There has been a great deal of work behind the scenes to try to sort out some of the repairs needed in the church. We have had experts to inspect the glass and have applied for grants to help fund the work. The statues on the tower are being investigated by a conservation expert to determine the best way to try to protect them from the inevitable weather damage. The north window in the belfry will be shelter-coated towards the end of the summer to maintain the stone for some years to come.

On 1 June, we had a **volunteer day in the churchyard** and a very enthusiastic group turned out to help tidy up the area. Despite the dry ground, a fair amount of work was achieved and a sizable load of weeds was taken to the tip by Andrew Gwynne who organised the event. People said that they were willing to help out more than twice a year, so we shall have a couple more days this year. As there is no magazine in August, we shall be advertising the days on the village WhatsApp and on posters, so do look out for them.

The **village 'garden' lunch** took place on Sunday 7 June in pouring rain! Despite this impediment, we were comfortably accommodated in the home of Jane and Fabian King where we could look out on their beautiful garden from the windows. A few brave souls tramped over to see Fabian's extensive wild flower meadow. People were very generous with offerings of lunch dishes and donations to the Friends. It was a really sociable event and we made £230 for the Friends. Thank you to everyone who contributed.

Apart from the churchyard days, we have two events coming up in the calendar, so do **save the days on your calendar**.



Saturday 13 September in the afternoon, we shall host teas in the churchyard, tower tours and possibly more for Devon Historic Churches Trust's fund-raising day. Do come along to support them as they have been generous to us in funding repairs. Half of the money made for the Trust will be returned to the church.

Saturday 27 September, 7pm, Harvest Supper in the village hall, with entertainment. Further details will be in the September issue of *Speke Up*.



UPTON PYNE CHURCH NEWS

We celebrated Pentecost (or Whitsun) on Sunday, 8 June, when Deborah Leighton-Plom led an uplifting service, well attended by friends from the wider Netherexe community. This month our 10.30am service will be on Sunday, 13 July, followed by refreshments. That afternoon, all are welcome at The Rectory in Thorverton for a Pudding Party: come and enjoy great desserts and good company in the rectory garden, 3-5pm.

Our next service will be on Sunday, 10 August at 10.30am followed by summer refreshments; all are welcome.

We continue to work closely with the Friends of Upton Pyne and it was good to see so many willing volunteers working hard in the churchyard on 1 June. Various areas, including the church path, are vastly improved by what was done.

The Garden Lunch on 7 June became an indoor event but was still very enjoyable: the Bring & Share invitation produced a feast and the event generated useful funds for the Friends. Now there are events to look forward to in these summer weeks, many in the surrounding Netherexe parishes. Notably on Saturday, 9 August, there is the Netherexe Tractor Jamboree & Country Fair at the Exe Valley Farm Shop in Thorverton, which should be a great family day out with lots to see and do in a beautiful setting.

We wish all our neighbours good times in these summer weeks and hope that all the enjoyable events going on around us will be well supported.

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.

VILLAGE COFFEE MORNING

We continue to open Upton Pyne Village Hall on the first Monday of the month and offer a warm welcome, tea, cafetiere coffee, biscuits and a chance to buy homemade cakes. Do come along and support this community event. The next is on **Monday 7 July**.

Wedding Season in the Netherexe Mission Community

It is wedding season! Summer weddings are popular because of good weather, school holidays and increased guest availability. Just as there are many different styles of weddings, our nine beautiful churches all offer something unique when it comes to getting married. Though every wedding is different, all have one thing in common – at heart, weddings are about celebrating love.

When preparing people for marriage, we refer to a book called *The 5 Love Languages*, which describes five distinct ways individuals express and receive love: words of affirmation, acts of service, gift-giving, quality time, and physical touch. Understanding these languages can help partners, and people in general, connect more deeply by recognising their individual ways of showing love.

For example, my main love language is acts of service, but my husband's is words of affirmation. I usually cook the dinner, because that's how I show love. However, what he's really waiting for is me to say 'I love you'. Equally, he might tell me I look lovely, but all I am really interested in is whether he takes the bin out. I don't always notice if he says nice things, I just want him to do the things that help me! That's what makes *me* feel love. Because we know this about each other, we can try to try to speak in each other's love languages.

We are all different, aren't we? I remember the Covid lockdown being much harder for people who needed and valued a hug, when that was against the rules. And we are all complex human beings, so show and receive love in a variety of ways. Whilst I appreciate my husband taking out the bins, I also feel very loved when he brings me home a bunch of flowers.

One of my favourite Bible verses is Jesus' commandment: "Love one another, as I have loved you". This illustrates how Christians should mirror Jesus' love for others. What were Jesus' love languages, then?

Well, he certainly topped the list with acts of service. He healed the sick, cared for the needy and washed the feet of his disciples. However, he also loved, spending quality time with people. He was a companion to his friends, offering guidance and support.

Jesus spoke words of encouragement, truth and peace to those around him, affirming their worth. He spoke up for the poor, for women, for the sick and the marginalised. He healed people through physical touch, symbolising his love and compassion. He

touched lepers and other outcasts. While he didn't seek material gifts, I am reminded of the expensive perfume someone poured on his feet in an act of devotion. Just as worthy, the bread and fishes given to Jesus that were miraculously multiplied. And he was of course a gift in himself, the ultimate gift from God of his own son.

So, Jesus' love wasn't solely expressed through one specific language, it was multifaceted, and evident in his actions and teachings. I think that validates us all – different as we all are.

This wedding season, may we all notice the love that is shown in our relationships with our family and friends. May we show love to each other not just in words, but in actions and attitudes.

Deborah Leighton Plom,
Curate, Netherexe Mission Community



Create your ideal tractor...

...from either fruit & vegetables, or recycled materials

Will it be a cucumber John Deere; a potato McCormick, a cardboard JCB - it's your idea, it's your skills!

GET CREATIVE!

There will be 8 classes altogether:

Fruit & Vegetable	Recycled Materials
• Under 5s	• Under 5s
• KS1	• KS1
• KS2	• KS2
• KS3	• KS3

All models to be entered by 1pm on the day of the Jamboree

Please bring your models to the Food Tent

Bread-Making Competition.

Calling all bakers and bread-makers

- an opportunity to showcase your **GBBO** aspirations!
- your chance to get a Paul Hollywood-style handshake!
Get baking and bring to the Jamboree your perfect loaf.

There are two categories:

Hand Made Cottage Loaf

and with a nod to technology and modern living:

Machine Made Cottage Loaf

All loaves being judged to be entered by 1pm

Please bring to the Food Tent

Saturday 9th August 2025

For more information: **Rev. Tim Collins:**

Phone: 01392 860767

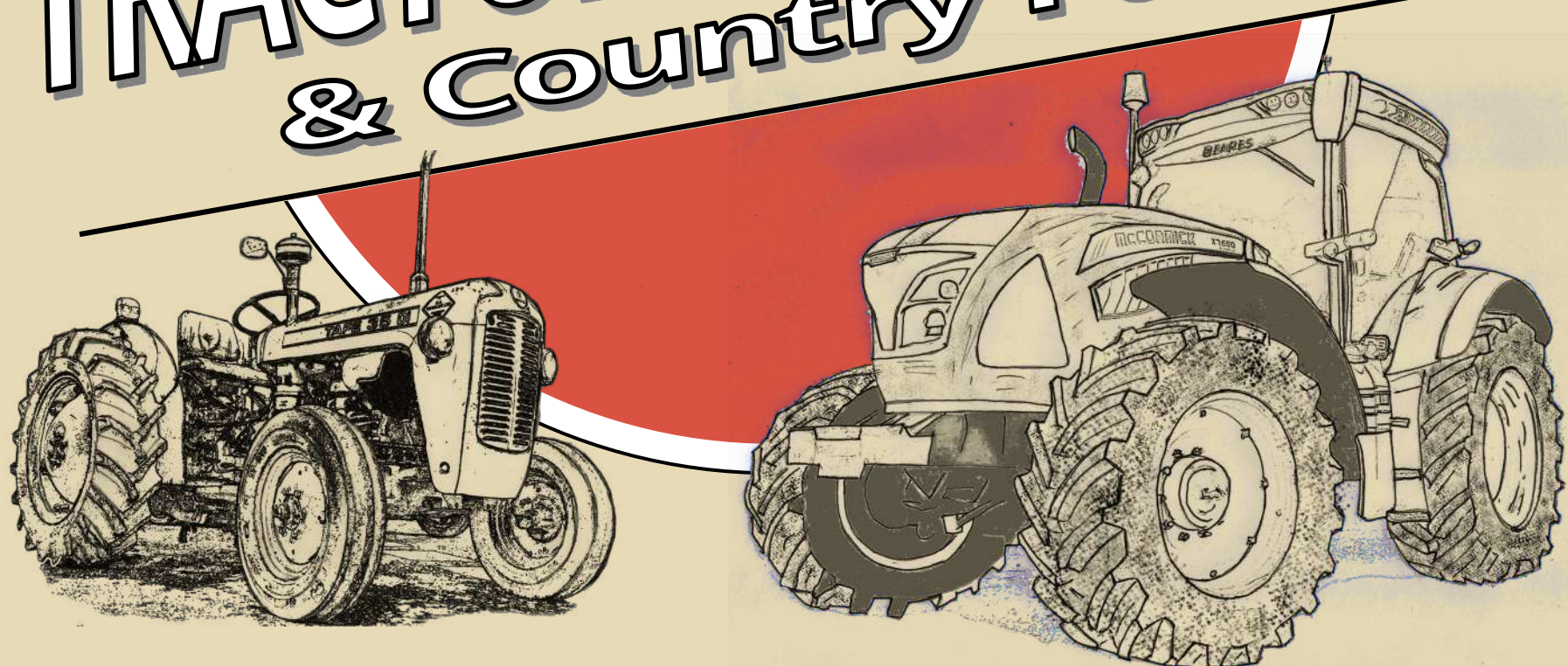
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Saturday 9th August 2025

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- Exeter Miniature Railway
- Dog Show
- Craft fair
- Children's Competitions & Activities
- Metalworking/farrier
- Fly Fishing Demonstration
- Beers & Ciders
- Bread Making Competition
- Wellie Wanging & Skittles
- Cider making demonstration

For more information:

Revd. Tim Collins: Phone: 01392 860767 Email: tim.collins@netherexe.org

The Netherexe Parishes

www.netherexe.org



Friends of St Peter's

WORKING PARTY IN THE GRAVEYARD

A very productive morning was spent on 1 June working hard at tidying up the graveyard and Church Drive. We tried to leave enough beautiful ox eye daisies! We hope we didn't disturb anyone with the mower, strimmers and hedge cutters.



ST PETER'S CHURCH FETE

Come and join us on Saturday 12 July, 2-5pm, for a fun-filled afternoon. We are raising funds to mend the church clock which has been sorely missed!

There will be loads to do as well as a BBQ, tea and cakes and a bar.

Come and join in the tradition of walking the Arrow from Upton Pyne to Brampford Speke, there will be arts and crafts for the children in the church, parachuting teddies from the church tower and the Village Tug of War.

There will also be many stalls: Homemade Cakes, Flowers and Plants, Second-Hand Toys, Second-Hand Books, White Elephant/Vintage Clothes, Tombola, Garden on a Plate Competition and Guess the Weight of the Dog.

Any donations for the stalls above would be very gratefully received at Brook Cottage (Caroline & Rupert).

1pm Arrow leaves Upton Pyne

2pm Fete Opens

4.30 Prizes Announced

4.45 Tug of War

For more information

contact stpeterschurchbs@gmail.com or 07732 554 246



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Pentecost – Happy Birthday!

The monthly mid-week communion services at the farm shop have become times of worship and fellowship – and excellent breakfasts! When Rev. Julia Dallen realised that Pentecost fell only a few days after the regular Wednesday service, she decided it was too good to miss. So, invitations were sent out, to 'bring a friend' and to wear something red if possible. On 4 June we met, in an upstairs room, at the farm shop. We had to walk through the cafe to get there and seeing tables with flame-shaped balloons floating above them ensured that we remembered we were going to be celebrating the arrival of the Holy Spirit.



As we listened to the reading of nations coming together and hearing a language all could understand, we were reminded of how we, in our own small way, were doing just that: we had come together from different villages and from Exeter, to share bread and wine in communion and to share stories and laughter over breakfast afterwards.



Thank you, Julia, for our pre-Pentecost Pentecost, for worship and fellowship. Thank you, farm shop, for your upper room and for tasty breakfasts – and not minding us all apparently choosing something different to eat and drink! Thank you, Holy Spirit. I will look forward to the next service in July.

Morag Lobley

Brampford Speke Baptist Chapel

The chapel in the village is part of a larger body whose full name is 'South Street Baptist Church Exeter and Brampford Speke'. This larger body includes the congregation who worship at South Street on Sunday mornings as well as other groups who gather during the week in the Palace Gate Centre and offer an element of worship in their meetings. In addition, we have an online congregation called OPEN which joins together on Sunday evenings.

An evening is being planned for Wednesday 9 July when those who are involved with the chapel are invited to join with people from all these groups for a social time together. We will have a 'bring and share' supper and our minister Revd Ross Maynard has promised a quiz 'for those who do not like quizzes' – by which he means that it will not all be obscure general knowledge questions. Do contact office@ssbcexeter.co.uk if you would like to book a place – or just turn up at 6.30pm at the Palace Gate Centre.

Dates for the chapel during the summer:

Sunday 6 July : service at 3pm led by Andy and Audrey Humphreys

Sunday 20 July: service at 3pm led by Revd Simon Taylor

Sunday 3 August: service at 3pm led by Stephen Lea

Sunday 17 August: service at 3pm led by Revd Ross Maynard

Sunday 31 August: service at 3pm led by Revd Peter Woolway

SERVICES & INFORMATION JULY 2025

The Netherexe Parishes - A community of Anglican churches in Devon

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

Wednesday 2 July

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

Sunday 6 July

10:30 am Coffee & Chat Newton St Cyres
11:15 am Service Cadbury
11:15 am Café Church Rewe
05:00 pm Communion Stoke Canon

Sunday 13 July

09:30 am Communion Thorverton
10:30 am Communion Upton Pyne
10:30 am Baptism Service Newton St Cyres

Tuesday 15 July

09:30 am Chattertots Thorverton

Sunday 20 July

09:30 am Communion Brampford Speke
09:30 am Bubble Church Thorverton
10:00 am Family Service Stoke Canon
11:15 am Communion Cadbury

Sunday 27 July

09:30 am Communion Newton St Cyres
10:00 am Coffee & Chat 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.

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



THORVERTON MEMORIAL HALL

Saturday Market and Big Breakfast

Start your weekend off with a hearty breakfast and a browse of stalls from local sellers. Come along to our Big Breakfast at Thorverton Memorial Hall on Saturday 12 July and on Saturday 9 August from 9:30 – 11:30am. We hope to see you there!

Film Night

On Friday 18 July we'll be showing *A Real Pain*, a comedy/drama starring Jesse Eisenberg and Keiran Culkin, who won an Oscar for Best Supporting Actor.

New York Times says of the film: "A finely tuned, melancholic and at times startlingly funny exploration of loss and belonging."

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

Buy tickets on the door or

from thorvertonmemorialhall.co.uk

We won't be showing a film in August but will be back in September!

Bring & Share Pudding Party

Where? The Rectory Garden

School Lane

Thorverton

When? Sunday 13th July

Time? 3pm – 5pm

Do come and enjoy sharing food, chat, fun and games. All welcome. Refreshments available

RSVP:

tim.collins@netherexe.org

01392 860767

Sandford Summer Show

10 August 2025, Parish Hall at 2pm

It's July and only six weeks to go until the Sandford Summer Show on Sunday 10 August. Our show is a bit earlier this year so hopefully you growers will have heat-loving crops in abundance.

The judges are on standby and we are busy polishing the cups and getting the prizes ready. The organisers are just itching to see all the wonderful entries from everyone who has been growing, cooking, baking, crafting and taking photographs. We are especially keen to see the children's contributions, but you can be any age to join in!

It promises to be a great afternoon out, whatever the weather. There will be tea and homemade cakes on sale, a plant stall and a grand prize draw.

There is still plenty of opportunity to participate in the competition with entry forms available in Sandford Community Stores or via email at

sandfordsummershow@gmail.com Entry forms must be handed into the Stores by midday on Thursday 7 August.

NEWTON RAMBLERS

Sunday 20th July

This month's walk is set in East Devon and takes in part of the East Devon Way. The start of the walk is at Dawlish Countryside Park, Exeter Road, Dawlish. Postcode EX7 0PA. We will leave Newton St Cyres Parish Hall car park at 9.30am for the start at 10.15am.

We will be walking through fields towards Dawlish Warren, where there are toilets. From there we walk along the sea wall to Dawlish, experiencing lovely views. The walk continues through Dawlish to see the swans etc. At this point we could have coffee or an ice cream. Then we will go back along the sea wall or take a coastal path back to the park.

All are welcome to join this walk. If you need a lift or have any questions, please contact Nigel or Rosemary Chambers on 01392 851400. ***Please note that anyone joining us on these walks obviously does so at their own risk.***

AGRICULTURAL INN

What's on at the Agi Secret Garden Sessions

July & August

Join us on Saturday afternoons this summer for live music in the Secret Garden! Whether it's rain or shine, the music starts at 3pm, so grab a drink, find a spot and enjoy an afternoon of great tunes!

July 12th - James Dixon Soulful Singer & Acoustic Guitar

July 19th - Marvin Muoneké Jazz Singer

July 23rd Cider Fest - Spin 2 Acoustic Folk

Aug 2nd - Sam Fearon Solo Vocals & Guitar

Aug 9th - Blush Acoustic Duet

Aug 16th - The Club Classics Chilled Experience

Cider Festival

Saturday 26th July 12-9pm

Join us for a fantastic celebration of all things cider! With over 25 ciders to sample, there's something for every taste. Enjoy live music, garden games, and put your skills to the test with inflatable axe throwing—may the best thrower win! For the little ones, we have face painting, a bouncy castle, and a special meet-and-greet with Disney's Snow White.

Caribbean Fun Day

Saturday 23rd August 12-9pm

Get ready for a taste of the Caribbean right here in our beer garden! Immerse yourself in island vibes with reggae music, samba band performance, exotic cocktails, and delicious Caribbean food. New for this year is our chili and wing eating contests – can you handle the heat? For the little ones there's a bouncy castle, face painting & meet 'n greet with Disney's Isabella from Encanto!

Enchanted Cinema

Enjoy open-air films under the stars with street food, drinks and a magical garden setting.

Friday 29th Aug - Top Gun

Saturday 30th Aug - Dirty Dancing

Sunday 31st Aug - The Greatest Showman

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Some of the English and French members who took part in this year's twinning rendezvous in Commes.

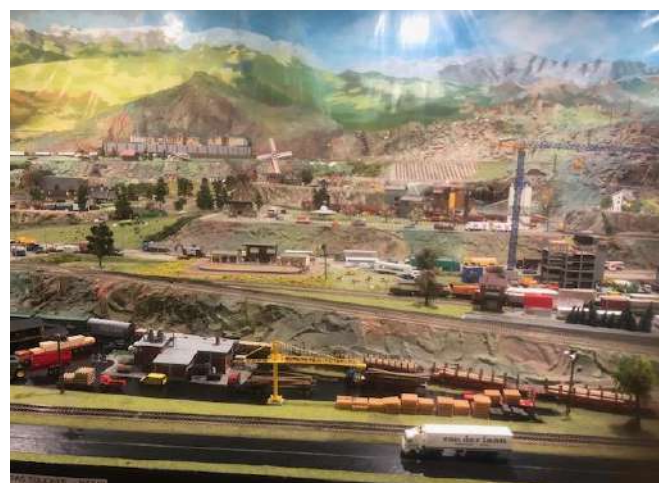


Vive la France!

This year's twinning meeting took place in Normandy in the village of Commes, which is twinned with Brampford Speke (and surrounding area). Our French friends pulled out all the stops to make this another memorable weekend with a full programme of fabulous events and delicious food. Below is a little taster.



Lunch in Clécy in Suisse Normande



The Miniature World

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



H2O Parapluies, astonishing hand-made umbrellas



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Dinner with everyone



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Upton Pyne and Cowley Parish Council

COMMUNITY GRANT SCHEME

A Parish Council small grant scheme is now available for community improvement projects within the parish (Cowley, Upton Pyne, Jackmoor). Please scan the QR code or visit the website below for more information.

- Have an idea to improve our villages?
- Want to set up a community group?
- Grants of up to £500 available.



<http://www.uptonpyne-pc.gov.uk>



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Upton Pyne & Cowley Parish Council

Annual Parish Meeting (APM)

Welcome from the Chairman, Cllr Bob Short, and a report on what the parish council has been doing over the last year.

- Parish Plan is completed and the Small Grants initiative has been launched and is live on the parish council website.
- We welcomed two new Councillors: Amanda Cullen and Ross Bramston both from Upton Pyne. We now have vacancies for two more Councillors. Please contact the Chair or the Clerk if you are interested.
- The Community Land Trust was formed out of the parish councils of Upton Pyne and Brampford Speke and plans for housing in the latter are going forward with support from the former.
- WhatsApp Group: a parishioner asked if the parish council would consider setting this up specifically for Council matters. The Chair said we would discuss this at the meeting in July.
- Annual Parish Meeting 2024 minutes: proposed and seconded to approve these which were duly signed by the Chair and read out to all.

Parish Council Meeting

Police Report: no crimes reported in March 2025.

East Devon District Councillor: Fabian King sent in his report.

Meetings: 2026 meetings to take place on the second Tuesday of the month (reduced from ten to five meetings per year) in February, April (which will include the APM), May, September and November.

The Causeway: Cllr Cormack reported that much has been done to improve the borders. The matter of the cobbles was mentioned and it was suggested that a flame thrower would be the better option as spraying weed killer would present several problems. Cllr Cormack will investigate.

Small Grants: a working party has been agreed consisting of three Councillors to assist Cllr Hewlett and review the applications. He said the Small Grants Initiative was on the website. He will organise posters for the website and *Speke-Up* and the notice boards.

Date of next meeting: 14 July 2025 at 7.30pm.



Celebrating the life of David Morrish

Dave died peacefully on 21 May as he approached his 92nd birthday.

He was born and educated in Ide and at Hele Grammar School. He started a career in insurance but was soon called up for National Service, seeing active service with the RAF during the Suez Crisis.

Resuming his career, he finally returned to Exeter in 1986 as area manager for Provincial Insurance.

He and his wife Win moved to Orchard Close, Upton Pyne as one of the original occupants of a new development in the village. Dave was instrumental in saving *Speke Up* from financial difficulties by focusing on advertising as a vital way to fund this essential village magazine.

Together with Win, their close proximity to the village hall allowed them to volunteer as bookings administrators, planners and caretakers on the committee. Dave participated more widely in the village as footpath warden and most days in his early retirement he could be found walking the local paths and ensuring they were open and well maintained.

Dave enjoyed more than 30 years of well-earned retirement, travelling widely with Win as well continuing his voluntary activities for as long he was able.

He was a keen gardener and a regular participant in the gardening club. He also enjoyed the social aspects of the village lunch club and, after Win's death in 2014, he valued the opportunity for conversation in good company.

Dave leaves two sons, Andrew and Phillip, daughter-in-law Gerry, five grandchildren and one great grandchild. The funeral will be at Exeter Crematorium on 7 July at 11.30am.

UPTON PYNE & DISTRICT GARDENING CLUB

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

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

MONDAY 15th SEPTEMBER

Exeter based Historian and Author

Dr TODD GRAY

tells us about one of his many books

African Slavery &

Emancipation in Devon 1839



MONDAY 20th OCTOBER

Our own JANE KING and the *FLORES IN THE AZORES*

'A traveller's view of the ISLANDS'



SATURDAY 22ND NOVEMBER 7.00PM - 7.30PM

ANNUAL GARDEN CLUB XMAS DINNER

(Please reserve your place with June 01392 841272)

Welcome Drink - Buffet Menu - Raffle - Quiz

MONDAY 1ST DECEMBER 10.00am

CHRISTMAS WREATH MAKING

@ the Village Coffee Morning (Details nearer the time)

The Gardening Year

When adding colour to a summer garden, either as bedding or containers and hanging baskets, people often choose to plant geraniums.

However, common names can cause mix ups. 'Geranium' is the name most people use when talking about *Pelargonium*, but *Geranium* is actually a different plant genus. So, to help avoid confusion, some refer to *Geranium* as 'hardy geraniums', and *Pelargonium* as 'tender geraniums'. **Pelargonium** frequently have rounded clusters of vivid red or orange flowers and bushy leaves, often strongly marked with purple or red. Trailing types have green ivy-shaped leaves and others may have wavy margins. Some may have rose or lemon-scented leaves with flowers that vary from pure white through to pinks, reds, mauves and deep purples and some can have a contrasting dark blotch.

All pelargonium love a warm spot, whether in a pot or the ground. They prefer free-draining soil or an open compost. If planted in containers, make sure that excess water can drain away and that they have plenty of space to grow. They store moisture in their fleshy leaves and stems and can survive short periods of drought. However, they do need regular watering to ensure prolific flowering, especially on hot days. Morning and evening watering is good, preferably with rainwater, and it is important to make sure there is no standing water, as wet roots will cause damage. In order to ensure continuous flowering, they need feeding. From the summer onwards, feed with additional nutrients, as those in pre-fertilised compost used in containers are usually depleted by this time. A commercial liquid fertiliser for flowering plants will ensure they continue to look their best. It is also important to remove faded blooms regularly to ensure the energy goes into stimulating new flower growth. Some plants may automatically drop their dead flowers, but dead leaves need to be removed by hand.

Last July, we visited Stourhead (National Trust), Henry Hoare II's grandson Sir Richard Colt Hoare inherited the garden in 1783. He had a great interest in pelargonium and, by 1821, he owned over 600

varieties. Many of these he had cultivated himself, using cuttings and other propagation techniques. He had a conservatory built parallel to the library at the west corner of the house, in which he could work. The original structure is gone, but his pelargonium house has been revived in the Lower Walled Garden where more than 100 types of pelargonium are still grown there today. The collection is displayed according to date of introduction, including *Pelargonium inquinans* 1714 and *Pelargonium cucullatum* 1687, and is fascinating to study.

Pelargonium are not hardy, but can overwinter in frost-free conditions. Later in the year, I will give details of how you can do this.



Photograph: *Pelargonium cucullatum*.

Do you drink tea? The probable answer is yes, made using the dried leaves of *Camellia sinensis*. There are now a wide variety of fruit and herbal teas available in the supermarkets, but why not grow and make your own aromatic infusion or tisane? Plants which can be grown in your garden easily include German Chamomile, *Chamaemelum nobile*, Moroccan Mint *Mentha spicata* var *crispa* 'Morrocan', Lemon Verbena *Aloysia citrodora* and Lemon Balm *Melissa officinalis*. Here are details of a few infusions that you can try.

- **Grapefruit Mint** will grow in part shade or full sun in a moist but well-drained soil. As with all mints, it is best grown in sunken pots to prevent spreading. Infuse a few fresh leaves for 3-5 minutes to give a citrus-flavoured mint infusion.
- **Rosemary** grows in a sunny location in well-drained soil and will give a mild woody pine

flavour when a small sprig is steeped in hot water for at least 3 minutes. Leaves and flowers can be used

- **Lemon Verbena** prefers a sheltered spot in full sun. It should be hardy in our gardens. Infuse 3-5 leaves for 3 minutes to give a refreshing strong citrus flavour.
- **Pineapple Sage** likes a sunny sheltered spot with well-drained soil and is not fully hardy so may need some protection. The leaves and bright red flowers can both be used infusing 5 leaves/flowers for 5 minutes to give a subtle tangy fruity flavour
- **Orange-scented Thyme** grows well in poorer soils (you can add grit) with full sun. Brew 1 teaspoon of leaves for 3-5 minutes and this will give a warming aromatic orange infusion
- **Rosehip** infusions have a sweet and tangy flavour, with a hint of rose. To make this infusion, halve the hips and remove the seeds, then simmer 4 chopped halves for 10-15 minutes and strain before drinking.

Most herbs can be dried for use throughout the year, and this will result in a stronger taste when infused. Drying can be done in an oven, with a food dehydrator, or by hanging them up to dry naturally. They will then keep for several months through the winter.

Have you had a problem on your **buddleja** this year? Since 2023, the RHS have received reports of buddleja plants showing unusual puckering and discolouration of leaves, caused by aphids feeding on the undersides of the leaves. Over time, the damage curls the leaf and can create pale patches that look similar to disease symptoms caused by a virus. In 2024, 67 reports were received, with aphids being found on the plants in most cases. RHS entomologists worked with aphid experts at the Rothamsted Insect Survey to obtain a tentative identification of melon-cotton aphid (*Aphis gossypii*) from a sample of buddleja at RHS Wisley. The RHS is now asking gardeners to report sightings of aphids on their buddleja, by taking photos of the upper and lower sides of the leaves and submitting them, with other relevant details, to their survey, to help them investigate. For full details of the survey go to www.rhs.org.uk/biodiversity/aphids-on-buddleja

JUST A FEW JOBS FOR JULY (there are lots more...)

- Check clematis for signs of clematis wilt

- Pick courgettes regularly or you will have marrows!
- Pick tomatoes as they ripen, and continue to remove sideshoots, feed and water the plants
- Clear algae, blanket weeds and debris from ponds and keep them topped up.
- If you grow fruit, harvest apricots, peaches and nectarines

WHAT'S ON?

Sunday 6th July 2.30 – 16.30 Ashley Court, Ashley, Tiverton EX16 5PD NGS Ashley Court is a small Regency country house with an historically interesting walled kitchen garden currently undergoing restoration. It is unusually situated in a deep valley and has a frost window and the remains of several glasshouses and cold frames. View the apple loft, root stores, stable buildings, woodland walk and lawns, borders and beautiful mature trees. A walk through discovery and history. Admission Adult £6 Child Free. Refreshments Speciality teas inc. many delicious vegan recipes and cakes containing fruits and vegetables from the walled garden.

Continuing until Sunday 13th July RHS Rosemoor Festival of Roses. Enjoy the scent and sight of thousands of rose buds and blooms. Join one of the weekly tours scheduled for every Tuesday at 12pm throughout the festival, to learn more about these beautiful blooms.

Saturday 26th & Sunday 27th July RHS Rosemoor Vintage Weekend. A huge selection of classic cars, motorcycles and tractors on the lawns of the arboretum.

Sunday 27 July 2025 2.00pm - 5.00pm The Linhay, Stockleigh English, Crediton EX17 4DD A fairly level 1 acre plot with beautiful views towards Raddon Top. A gravelled walled garden, a courtyard to rear, a cutting garden with mature trees and a paddock, which is left uncut. Admission: Donation at entry Parking: On a paddock by the gardens Refreshments: Tea, coffee and cakes – cash only. Wheelchair Access: No access to rear courtyard, level access to all other areas, but please note it is all either gravel or grass i.e. no hard pathways Dogs: Yes, welcome on leads Toilets: No For more information, please contact: dee@thelinhay.net

Happy Gardening!

Nicola Baker



Brampford C of E Primary School

News from School

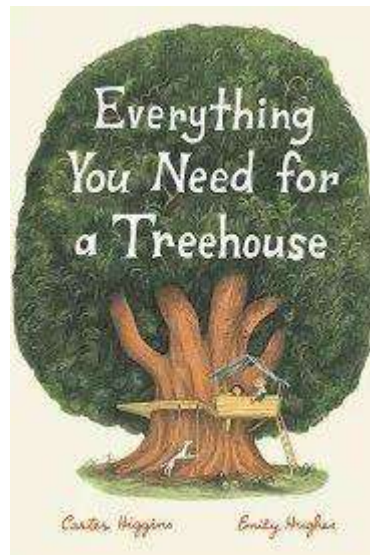
We have had a busy and exciting start to the summer term at Brampford Speke Primary School, as we prepare for the jam-packed (and equally exciting!) final few weeks of the school year.

In **Nursery and Reception Class** the children have been following the story *Everything You Need for a Treehouse*. The children designed and made their own treehouses using available resources.

The first week back, **Finch Class (Years 1 & 2)** had a wonderful time visiting Fortescue Farm, where they had the opportunity to learn about life on the farm, discover the fantastic produce grown there and get up close with impressive farm machinery.

Keeping with the theme of growing, **Skylark Class (Years 3-6)** prepared the raised beds in the playground, clearing them of weeds and adding fresh new compost. They planted peas, tomatoes, courgettes and lettuces, most of which they have grown from seed.

These are just snippets of our first few couple of weeks of the summer term – we hope you enjoy some photographs below:



Nursery and Reception Class –
designing their own treehouses.



Finch Class Fun at Fortecue Farm



Skylark Class Growing their Own Veg!



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

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We look forward to hearing from you!



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Annual garden season ticket £16.00 (5-16yrs £5)
Single visit garden ticket £6 (5-16yrs £2)
House & Garden ticket £12 (5-16yrs £4)
Gardeners' World 2 for 1, CPRE & Historic Houses members welcome

We welcome dogs on leads (garden & tearoom)
We also offer venue hire at the Coach Hall and lovely holiday accommodation at Fursdon Cottage.

Answers to Music Quiz

- Q1 *Blue* is the name of Joni Mitchell's fourth studio album released in 1971.
Q2 Peter Green is the singer songwriter and guitarist who founded the band Fleetwood Mac.
Q3 *Orange Crush* was a song on REM's 1988 album *Green*.
Q4 Electric Light Orchestra (ELO) wrote the song *Mr Blue Sky* which features on their 1977 album *Out of the Blue*.
Q5 *Machine Head* and *Made in Japan* are two of Deep Purple's early 70s albums.
Q6 *The White Album* was released in 1968 by The Beatles.
Q7 The band whose founding members were Syd Barrett, Nick Mason, Roger Waters and Richard Wright is Pink Floyd.
Q8 *Paint it Black* was a chart topping single in 1966 for The Rolling Stones.
Q9 The American band that has a bass player called 'Flea' is The Red Hot Chili Peppers
Q10 *Yellow* is a track on Coldplay's 2000 debut album *Parachutes*.

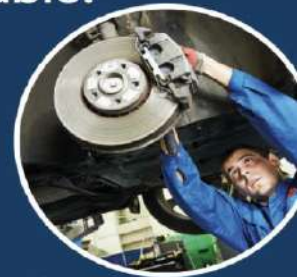
Answers to the Summertime Quiz

- 1 Eddie Cochran had the original hit of *Summertime Blues*
- 2 Barbara Kingsolver's book was called *Prodigal Summer*
- 3 Beethoven wrote *Moonlight Sonata*
- 4 Doc is the dwarf with the shortest name
- 5 They are all types of tomato
- 6 Oberon and Titania are the Fairy King and Queen
- 7 In the song *Summertime*, the fish are jumpin'
- 8 Christiansen invented Lego
- 9 Grace Kelly starred in *Rear Window*
- 10 The postcode belongs to Tower Bridge
- 11 The song is *The Boys of Summer*
- 12 PH refers to a public house
- 13 The letter A is missing
- 14 Watson-Watt pioneered radar
- 15 Canada Day is celebrated on 1st July
- 16 The atom bomb was dropped on Hiroshima on 6th August 1945
- 17 The Monmouth Rebellion was the attempt to overthrow James II
- 18 They are all names of Devon beaches
- 19 The battle of the Somme started on 1st July 1916
- 20 Cream on first

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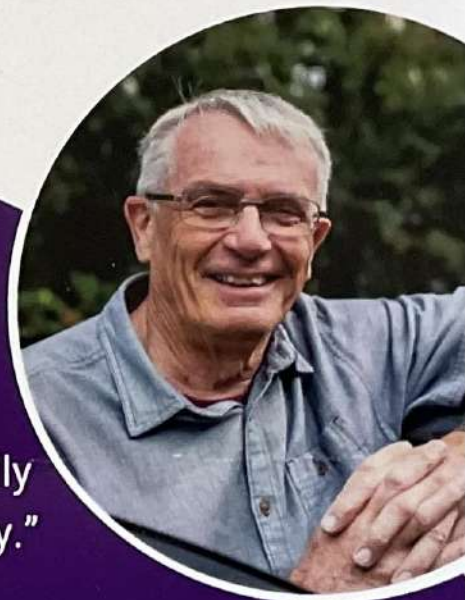
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Thursday	09:00 – 11:30 14:00 – 16:00		09:00 – 11:30	09:00 – 11:30 15:00 – 17:30
Friday		09:00 – 11:30	09:00 – 11:30 14:30 – 16:00	

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To book transport please contact Link Up as below.

There is no charge for the service, however, any donations to our charity appreciated. Donations can be given to the driver who issues a receipt.

Link Up is always looking for additional volunteer drivers. If you are interested, or for further information, please contact Link Up.

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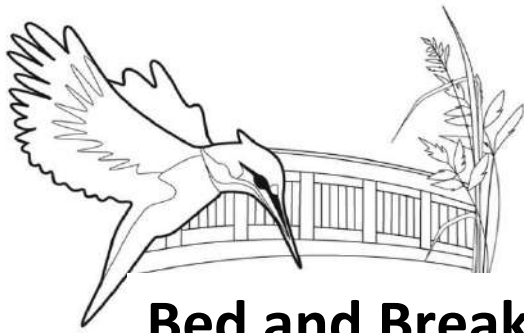
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DARTMOOR OUTDOOR FESTIVAL

FRIDAY 29TH AUGUST TO FRIDAY 5TH SEPTEMBER

The annual walking festival has been extended into an 8-day event and to include a wide range of other activities. About six walks of varying in length from 2 – 20 miles, each led by an experienced guide, are planned for each day. Other activities including navigation, natural history, photography, writing and art will be available. For the more adventurous, how about rock scrambling, climbing, wild swimming or Scandinavian walking? Indoors, there will be live music, adventure stories, and history from the Bronze Age to the Industrial Revolution with copper, tin and arsenic mining and granite quarrying transforming the moor. To find out more please visit

www.dartmoorfestival.co.uk

Dartmoor National Park has been the UK leader in making the outdoors more accessible for the less active and people with disabilities. The following are accessible walks for people using mobility scooters.

Friday 29 th August 10.30-3.30	Haytor quarry and Tor Follow the Miles Without Stiles route in the morning with DNPA Access Officer Tim Russell and explore the tors and quarries in the afternoon. 3 km, Level 2-3 in the morning, and 3km, Level 3 in the afternoon. DT
Saturday 30 th August 10.30-2.00	Drakes Trail From Clearbrook to Shaugh Tunnel and return. The route follows the old railway line and includes a short distance on a country road. There are great views to the moor and plenty of signs of Dartmoor's industrial past 6.5km, Level 1
Monday 1 st September 10.30-3.30	Exploring the East Okement and Taw valleys from Belstone A gravel track which can be rough in places following the rivers and climbing the hill between the two valleys. A great walk into the heart of the Moor. Level 3+, 10km.
Tuesday 2 nd September 10.30-3.00	The old airfield on Harrowbeer and on to Roborough Down This walk explores the remains of the WW2 airfield and then Roborough Down. Level 2, 10km. DT
Thursday 4 th September 10.30-3.00	A tor, the moor and a village This walk starts on Plaster Down and heads to Sandford Spiny via Pew Tor. It is on grassy tracks and some road Level 2-3, 7km
Friday 5 th September 10.30-3.30	Exploring the industrial past of Foggintor and Swelltor quarries Follow the old railway line from Princetown which can be rough and there are grassy tracks and hills to climb and descend to view the quarries. Level 3, 8km. DT

Use the email address or telephone below for further details and advice about accessible walks.

Email: accessiblewalks@outlook.com

Phone: 07557 330577

Visit dartmooroutdoorfestival.co.uk or moorlandguides.co.uk and dartmoorwags.org

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

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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 841434
Twinning Association	Kate Cavill 0751 3002 708

Upton Pyne & Cowley Parish Council

Council website www.uptonpyne-pc.org.uk

Clerk Jacqui Ward

01392 851918

parishclerk@uptonpyne-pc.gov.uk

Councillors

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

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:

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 preceding month by email to

contributions@spekeup.org.uk Please use 11 pt Calibri in doc, docx or j-peg format, with accompanying PDF if you wish. Advertisements for village events should be no more than **a horizontal half A4 page** and are free. 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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July and August 2025 DIARY

Tuesday	1 st July	7.30pm	Brampford Speke Parish Council Meeting Brampford Speke Village Hall	Tracy Watkins 07811 938614 Clarkbspc@gmail.com
Saturday	5 th July	From 12noon 7.30pm	SFH Supporters Club Family Fun Day Chamberlains Farm, Brampford Speke. Let's Rock Upton Pyne Village Hall	<i>Duck Show, Hobby Horse Games, Duck Race, Hound Racing. Bouncy Castle, Dog Scurry, Garden Games, Licenced Bar & Hot Food.</i>
Monday	7 th July	11am	Upton Pyne Village Coffee Morning Upton Pyne Village Hall All welcome.	Veronica Clarke 841 530
Tuesday	8 th July	12noon	Lunch Bunch Exe Valley Farm Shop	Call Pat 841 599 or Veronica 841 530 to book a place.
Sunday	13 th July	2pm	Whist Drive Upton Pyne Village Hall	David Taverner 01884 855459
Sunday	13 th July	3pm	Bring & Share Pudding Party @ The Rectory Thorverton Rectory.	All Welcome!
Monday	14 th July	7.30pm	Upton Pyne and Cowley Parish Council meeting Upton Pyne Village Hall	Jacqui Ward 01392 851 918
Saturday	9 th August	11am – 5pm	The Netherexe Tractor Jamboree & Country Fair Thorverton, EX5 5LZ	Free Entry www.netherexe.org for more info.
			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
Wednesday		7pm – 8pm	Pilates Upton Pyne Village Hall www.ivegotyourback.co.uk	Rebecca 07392 480974
Thursday		9.15am – 11am 9.30am (term time) 2-4pm	Toddler Group Brampford Speke Village Hall (Term time only) Zumba Upton Pyne Village Hall Tea Upton Pyne Village Hall	Emily 07511 623314 Caroline Anstead 07796 950652, canstead4@gmail.com Adrienne 07791 609068
Friday		10.30-11.30am	Pilates Upton Pyne Village Hall	Rebecca Cunningham 01363 866047



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Managing Director

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