

# Speke Up



Parish Magazine  
of Upton Pyne  
& Cowley  
and Brampford  
Speke

PEREGRINE FALCON

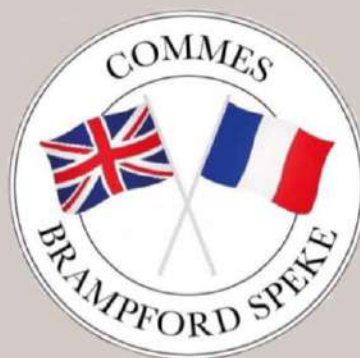
May 2024

Issue 370

# 20th Anniversary 2004 - 2024



The Agricultural Inn  
Bramford Speke



# Speke Up Matters

Welcome to the May edition of *Speke Up*.

This month we welcome our friends from Commes in Normandy to our two parishes to celebrate the 20<sup>th</sup> anniversary of the Brampford Speke Twinning Association. They will be staying locally with twinning association members 17<sup>th</sup>-20<sup>th</sup> May.

Anyone wishing to join the association before the visit should contact Kate Cavill ( *details in the directory*). There is no requirement to host, just to join the association and come along to the celebration meal on Saturday evening, or the Tiverton Canal trip on Sunday afternoon.

The Garden Club will be holding its Annual Spring Flower Show on the afternoon of Saturday 4<sup>th</sup> May in Upton Pyne Village Hall. You can find the show schedule on page 32. As usual there is something for everyone, including photographers and bakers, and a painting or drawing competition for children. There will be a raffle and plant sale and the usual splendid refreshments.

Upton Pyne Footpath Warden Amanda Ryles shares a sunny evening stroll - her first after-work walk of the year – on page 14. The first swallows and house martins have been spotted locally and there is a timely talk by swift-expert Edward Jackson at Upton Pyne Village Hall on 8<sup>th</sup> May, details on page 9.

With peregrine falcons gracing our front cover this month, Caroline Fox takes these fascinating birds as her theme on page 5. On page 28, Nicola Baker introduces gardeners to a new award from Devon Wildlife Trust for wildlife-friendly gardening. We hope to have more from DWT on this subject next month.

We are delighted to be able to increase the number of colour pages in *Speke Up* from this month. We hope you will enjoy seeing more local photographs in full colour. We are also introducing a new feature called 'Around the Villages', to publicise events from the wider locality. Thank you to artist Rowan Findlay for the specially-designed heading for that page, and for several other new headings for regular features throughout the magazine.

*from the Speke Up team*

**Cover design: Sally Tuckey**

## ANNUAL ADVERTISING RATES FOR 2024

Full page (black & white) £100

" " (colour) £220 (£300 with guaranteed cover placement)

Half page (black & white) £65

" " (colour) £140

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

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

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

The only PDFs we can accept for publication are full page ads. Artwork must be received by the **15<sup>th</sup>** 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](http://www.spekeup.org).

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# AGRICULTURAL

— INN —

*What's on at the Agi*

## *New Menu*

Our new spring/summer menu has now launched.

Steak Tartare & Quail Egg, Caprese Salad & Prawn & Saffron Risotto are just some of the new dishes, alongside some of your favorites!

Pop in or check our website for more details.

## *Summer Events*

TRIBUTES IN THE TIPIS – Josh as Michael Bublé

Saturday 8th June 7pm

Join us for an evening with Josh as Michael Bublé in The Secret Garden Tipis

“Don’t Kill The Bride” Murder Mystery Evening

Friday 21st June 7pm

Join us in the Secret Garden tipis for the wedding of the year!

TRIBUTES IN THE TIPIS – Kevin Clay as Elton John

Saturday 13th July 7pm

Join us for an evening with Kevin Clay as Elton John in The Secret Garden Tipis.

“Controlled Chaos” comedy & magic from Matt Grindley

Saturday 10th August 7pm

Join us in the Secret Garden Tipis for a fun filled night of comedy & magic suitable for kids and adults alike!

TRIBUTES IN THE TIPIS – Elvis by James Burrell

Saturday 7th September 7pm

Elvis is back!! again! Join us in the Secret Garden for an evening with Elvis, by James Burrell the South West’s premier Elvis impersonator.

Tickets for all events are available on our website.

BRAMPFORD SPEKE - EX5 5DP - PLEASE CALL 01392 840043

[www.agriculturalinn.co.uk](http://www.agriculturalinn.co.uk)

# Cover Notes

## Peregrine Falcon (Falconidae)

**“Of all wild creatures, the peregrine is the most truly symbolic of freedom.” R Treleven – *Birds Britannica*, Mark Cocker**

The peregrine falcon (*Falco peregrinus*) means a wandering falcon, but they do also settle in one place. Peregrines are amazing birds. They are the fastest creature on the planet, leaving greyhounds (40mph) and cheetahs (70mph) way behind. They have evolved to fly fast and catch birds in the air and will regularly reach over 100mph. In an experiment in the USA, they reached a speed of 240mph! A peregrine has been known to chase a skylark down the shaft of a lead mine to a depth of 360 feet.

There's a big difference between the size of male and female peregrines, with the former weighing about 60% of his partner. A large female can weigh 2lbs 14oz, which is similar to a grey heron. Their prey includes shore birds, ducks, gulls, pigeons, song birds, rats and other rodents. They will sometimes steal prey from other birds.

Peregrines have been seen as spiritual beings in connection with the sun, sky, light and a higher order of things. The falcon is a spirit animal, particularly important to North American tribes and in Greek mythology.

Falconry has been known in China since 2000BC and reached Britain in the 9<sup>th</sup> century, serving as both a recreational sport and practical hunting technique. The peregrine with its great speed was the preferred bird for this. The art of falconry has a vast amount of lore and tradition, some of which still survives today.

In London, the narrow rows of dwellings that run down the back of many larger streets are known as mews which relates to the area where the birds were originally confined to 'mew' or moult. Later these became stabling for horses.

At first, the birds were protected but in the later 18<sup>th</sup> century when they were no longer required for falconry, they had to cope with ruthless killing particularly on grouse moors. However, numbers gradually began to increase only to come under a government Destruction of Peregrine Falcon Order in

the 1940s. This was introduced to protect the homing pigeons carrying vital messages over the Atlantic and the Channel. 600 peregrines were killed and in Devon and Cornwall the breed was almost entirely wiped out. The decline continued after the war due to the introduction of pesticides especially the organochlorine compounds which were used as seed dressings and built up in the grain-eating birds which formed part of the peregrines' natural prey. The use of DDT (dichloro-diphenyl-trichloro-ethane) as an agricultural pesticide caused thinning of the peregrines' eggshells which led to nest failure. Eventually, DDT and similar products were withdrawn, but unfortunately the poisons leached into the water systems contaminating land and killing birds.

From an all-time low, the arrival of the environmental movement has led to greater awareness and enhanced protection and peregrine numbers are on the increase - from 350 pairs in 1960 to 1500 in 2022. Although traditionally found in tall sea cliffs and upland crags, they are now found in many cities in the UK where they often nest on churches, cathedrals and other tall municipal buildings. An Exeter church was one of the first in the UK to be occupied by nesting peregrines after their recovery from near extinction. From 1997, a pair started nesting on the east ledge of the tower at the base of the spire. They have bred successfully, rearing 48 young: an average of 2.8 young per year.

I often used to walk in the village near Lake Bridge or the path at Stooks and thought I sometimes heard the shrill call of the peregrine, wild and exciting. I suppose the distance "as the peregrine flies", presumably following the river Exe, is not very far from St Michaels.

Unfortunately, there is still illegal persecution of peregrines especially in Scotland where their eyries are close to grouse moors. Thank goodness that, overall, those who enjoy watching birds greatly outnumber those who kill them.

**Caroline Fox**



## End of Term!

The end of term has brought about yet another busy time of teaching and learning for Brampford Primary School.

This term seems to have whizzed by, and so much has been achieved by the children this term. They have had a **packed timetable** full of exciting **classroom learning, dance workshops, forest school, navigational walks and recycling workshops** to name a few.

We have spotlighted our wonderful **JETs (Junior Ethos Team)** below, explaining this very important personal development opportunity and the role of the JETs, and sharing some up-and-coming actions and events with you all. The end of term finale was our Easter Service held at St. Peters Church.

So please enjoy the photographs and summaries of another great term at Brampford Speke Primary School.

**The Junior Ethos Team (pictured right)** is made up of our Year 6 pupils and representatives from the other year groups. Their purpose is to uphold and develop the Christian character and distinctiveness of the school and to support and promote the school ethos, vision, and values.

Federation and school values:

**Love**  
**Wisdom**  
**Hope**  
**Community**  
**Dignity**

They meet regularly with their lead teacher, Mrs Mathers, and work with Reverend Tim on projects for the school and wider community.

Most recently they were working on our Easter service and how the children could contribute, as well as improving recycling in the school.

**Well-done and thank you JETs!**



The last Monday of term brought us the fantastic **“Showdown Dance Performance”** at the Barnfield Theatre, performed by some of our wonderful students from across the year groups (**pictured below**). The performance was enjoyed by the whole federation. The children were brilliant both on and off the stage and made us so proud.



**Tel: 01392 841414**

***Brampfordadmin@exevalleyfederation.org.uk***

## Walks

Year 5 and Year 6 are taking part in practice walks, in readiness for Year 6's "**Exmoor Challenge**" – a team event in which pupils from all over the South West take part in a 16 mile navigational challenge around the south-eastern area of Exmoor. This will be taking place before the end of this school year.

Year 6 are well underway with their training, having completed map reading workshops and practice walks in the local area, with Sandford being the location for another of Year 6's practice walks this term.

In preparation, Year 5 made their start towards it, by spending the day at Thorverton Primary School along with Thorverton's Year 5s. Together they took their first steps towards the challenge with a **map theory and map reading workshop** followed by a 7km walk around Thorverton village.

Muddy and Wet! With great determination and perseverance shown by all of our pupils.



*Year 5 wading through Thorverton*



*Year 6 Strolling in Sandford*

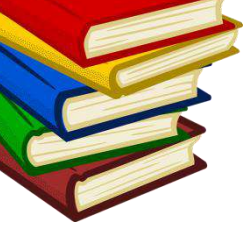
Our end of term **Easter Service** is always a highlight that heralds the start of Spring for us here at Brampford Primary. Reverend Tim held a wonderful service at St. Peter's Church, where the children joined him in making this special event by reading, singing and displaying their artwork to us all. This was followed by an egg-citing (!) Easter Egg Hunt in the playground for the children and refreshments all round, kindly supplied by FOBSS (Friends of Brampford Speke School).

**Happy May to you all!**



*We do hope you enjoy finding out what we have been doing in our lovely little school. If you would like to know more, or are interested in a place for your child, please do not hesitate to get in touch via the school office.*

**Tel: 01392 841414**  
***Brampfordadmin@exevalleyfederation.org.uk***



# BOOK CLUB

## **Growing Up Below Sea Level** by Rachel Biale

This book comprises a series of stories about growing up on a kibbutz in the Jordan Valley in Israel in the 1950s and 60s.

Rachel's parents both escaped from Prague in 1939, and spent five years being shunted around from camp to camp, country to country and, in her father's case, being conscripted into the British Army, until they finally made it to Israel in 1945.

The kibbutz they settled in was not a religious one and Rachel explains that the first time she went into a synagogue she was in her late teens.

The kibbutz was run on communistic lines, with each adult contributing their working hours to growing vegetables and building and maintaining houses. Her father had no professional qualifications but was a teacher of physics at the school, her mother was a children's nanny.

She, and other women in turn, looked after all the children on the kibbutz from birth onwards. Looking back in later life, and with perspective of European and American child care, she was horrified that even babies were separated from their parents overnight and slept in a dormitory.

All the clothes were made by the kibbutzniks, all the shoes too, and children were measured once a year for new ones.

There was a communal restaurant, and while the food was usually plentiful and nourishing, there was very little variation in diet, few sweets or biscuits, and even in their games there was an element of the army training that they would all have to undertake in years to come.

Because Rachel's father was a good carpenter, he made many of the apparatuses used in the physics experiments, and this led to an invitation to Boston in the USA to help set up a new method of teaching physics. The family spent a year there and, although homesick for Israel, it's clear that the way of life there influenced their thinking, especially Rachel's.

Although her parents spent the rest of their lives in Israel, Rachel wanted to go back to college in America to study.

It's obvious that she enjoyed her childhood and the freedoms given to children there, but that's tempered with her hindsight views of knowing what life was like elsewhere.

**SG**

## **The Betrayals** by Bridget Collins

I loved *The Binding* and so was very excited to read *The Betrayals*, where once again Collins has created a rich, cleverly imagined world.

The book centres on the Montverre 'university' (a hint of Hogwarts), which teaches the intricacies of the Grand Jeu; it hints at, but never explains, what the Grand Jeu is beyond a glimmer of a game, a performance, a contest - a mix of music and maths, philosophy and religion.

There is also a shadowy dystopian world beyond Montverre, (with a flavour of *The Handmaid's Tale*) never fully described. I loved these 'half explained' elements of the book, it allows the reader to fill in the blanks or just enjoy the uncertainty.

The two central characters, Clare and Leo, fill the novel with their secrets and as their relationship develops the secrets are exposed.

In the first half of the book, I was enthralled but I found the second half a bit of a letdown, (probably not a popular opinion), perhaps the plot not quite living up to its potential.

**CL**

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## **A shot in the dark** by Lynne Truss

We probably all know Lynne Truss from her marvellous book *Eats, Shoots & Leaves* where she guides the reader through an amusing explanation of punctuation. This book is entirely different, with a clever mixture of crime thriller and comedy, transporting us to the Brighton of 1957.

The pages teem with those characters of the era we thought we had forgotten: the Punch and Judy man (this one terrifying the children with his angry Tourette's outbursts); the vituperative theatre critic with no friends due to an overpowering case of body odour; and the utterly incompetent police inspector, served tea and his favourite cake by the motherly charlady who is forever mopping the floor. There is even a professor of phrenology and a theatre director

with true Yorkshire grit. With exquisite wit and intellect, the author creates a complexity of serial burglaries, a whole set of murders and the inability of the police to progress until the arrival of the fresh recruit, Constable Twitten.

This is a wonderfully hilarious holiday read and I see that there are three other books concerning the clever-clogs constable – a treat in store!

MC

#### **Sweet Sorrows** by David Nicholls

A lovely, funny and charming book, about family, coming of age, first love and friendship. David Nicholls once again plays games with time brilliantly (as he did in *One Day*), with the majority of the book based over the three summer months when we follow the story of Charlie finishing his GCSEs in Sussex in the late 1970s. I'm not going to say much more about the plot – you need to read it!

CL

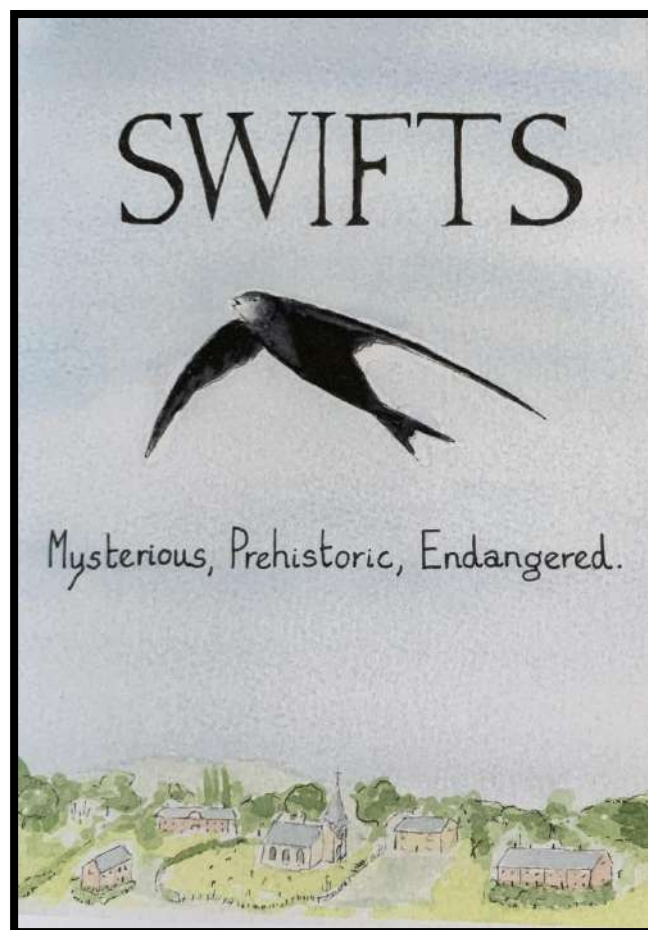
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## *The May Quiz*

- 1 Which member of the band Queen is an astrophysicist?
- 2 Who wrote the poem *The May Queen*?
- 3 In which of the vice-counties of Scotland is the Castle of Mey? (Slight difference in spelling!)
- 4 H E Bates wrote the book *The Darling Buds of May*. Which famous comedian and actor starred in the first TV adaptation?
- 5 May is the alternative name for which plant?
- 6 Who was the first American woman to win Wimbledon?
- 7 What month in the southern hemisphere is equivalent to May in the northern hemisphere?
- 8 Anton Rogers and Lesley Dunlop played characters in which TV series about a romance between an older man and a young woman?
- 9 Who is the MP for Maidenhead?
- 10 What was the original Latin calendar name for the month of May?

**Answers on page 36**

SG



C. Helen Lucy

# SWIFTS

An illustrated talk by Edward Jackson  
on these extraordinary birds and  
what we can do to help them

**WEDNESDAY 8 MAY**

**7.00 for 7.30 pm**

UPTON PYNE VILLAGE HALL

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



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

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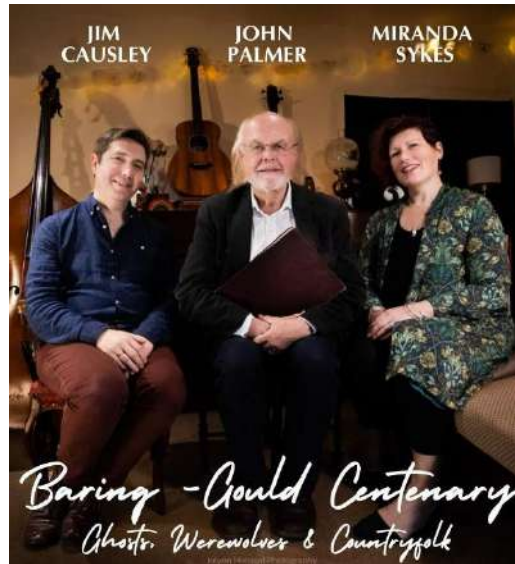
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# Ghosts, Werewolves and Countryfolk

*a Celebration of the life and works of the Reverend Sabine Baring-Gould  
on the Centenary of his Death*



**Miranda Sykes & Jim Causley**

Created & narrated by **John Palmer**

**Newton St Cyres Church**

**Saturday 11<sup>th</sup> May 2024**

**7pm**

**Tickets £17**

**available from the Netherexe Parishes Office**

**To reserve tickets, please email [administration@netherexe.org](mailto:administration@netherexe.org)  
stating your name, email, contact telephone number  
and number of tickets required.**

**Payment – cash or card – at the door on the night**

# Speke Up About Music

**Song:** *Albatross* by Fleetwood Mac

**Suggested by:** Sue Glanville

Sue says: My choice for *Speke Up About Music* is *Albatross* by Fleetwood Mac. It was being played everywhere while I was studying for O levels, and it's been a favourite ever since.

Stu and Debbie say: Another well-known classic, this 1968 instrumental was an early single by Fleetwood Mac when they were a blues/rock band, before they morphed into a more commercial pop group. (Debbie says she remembers it being played on her family's mono portable record player when she was a child. It was the first 45rpm single they ever owned!)

The word 'understated' comes to mind with its gentle wash of an intro which transports you to the seaside. The cymbals are gently brushed and played with soft mallets and the floor tom keeps a simple pulsing rhythm. The true blues genius Peter Green wrote the song and played one of the lead lines along with Danny Kirwan. The twin harmony guitar melody is fascinatingly beautiful and we suggest listening closely to the vibrato for hidden sonic depths and enrichment.

This song would work well if you were feeling stressed as it transports the listener to another place. For Stu, that place is ethereal, comfortable and peaceful and definitely appeals to the hippie in him! For Debbie, it's a childhood music staple and comfort blanket. Thanks Sue – we have loved, and will always love, this gorgeous song.

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

**Song title:**

**Artist:**

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

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

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

 <http://tinyurl.com/y8ytdeyr>



**It's the May edition of *Speke Up* so all the questions or answers contain the word 'may'.**

**Q1** He's the lead guitarist in Queen.

**Q2** What is the name of the Jamaican group formed in the 1960s that helped to popularise reggae?

**Q3** A John Martyn song from his 1973 album *Solid Air* that contains the word 'may'

**Q4** *Mayhem, Maybe* is a song title on their 1982 album *The Broadsword and the Beast*. Can you name the British prog rock band behind the song?

**Q5** Oasis released this album in August 1994.

**Q6** This Rod Stewart song topped the UK singles chart in October 1971. Can you name it?

**Q7** Davy Jones sang a version of this Cockney song in 1965, a year before becoming the front man for the Monkees. Name the song.

**Q8** John and Kate Hudson took over management of this recording venue in South Molton Street, London in 1977. Many notable artists recorded there until it closed in 2008, including Tina Turner, Blur and The Smiths. The name of the venue was ....?

**Q9** 'It's just a spring clean for the May Queen' is a lyric from this very famous song that made this very big rock band a lot of money!

**Q10** *Maybe tomorrow* is the theme tune to this 1965 heartfelt film where a German Shepherd dog saves a lamb from the slaughter-house before they both inspire a paralysed girl to walk. What is the film?

**Answers on page 36**

## Upton Pyne and Cowley Parish Council

**District Council and County Council Reports:** There was no report from the District Councillor.

County Councillor Randall Johnson emailed her report which focussed on the significant impact to road conditions and particularly potholes as a result of the unprecedented rain experienced already this year. The County have applied for 'Safety Valve' funding from Central Government to reduce the deficit faced by Special Educational Needs and Disabilities budget in the County.

**Parish Plan:** Additions to the proposed plan were agreed and further edits are to be agreed via email so that Cllr Hewlett can have it printed for the Annual Parish Meeting (APM) and also print poster-size copies for the public at the APM.

**Causeway:** Now the Causeway is owned by the Parish Council, we have an obligation to keep it tidy. Taking a small bag to pick up litter on walks, putting away waste bins etc. all help make the village somewhere to be proud of. The Parish Council will pay the additional costs to churchyard maintenance if the contractor can also trim the Causeway.

**Finance and Personnel:** Councillors agreed the quarterly budget and invoice for the dropped kerb, and have received a thank you from the carer of the lady who had originally requested the disabled access.

**Planning:** Further applications had been received from Forge Cottage but, as it requires Listed Building Consent, the Parish Council will defer to the LBC for comments.

Agents for the Cowley Barton Farm development have completed building work plans and a local resident expressed concern. The Parish Council agreed that there could be considerable traffic issues if large tipper trucks plan on turning left onto St Andrews Road coming North on the A377, and also if their delivery times clash with rush hour. Objections to any development using St Andrews Road were already made when the initial application was put in, but current concerns will be raised with Highways

**Meetings:** The next meetings are 13<sup>th</sup> May (AGM) 3<sup>rd</sup> June (APM, Parish Plan launch) and 10<sup>th</sup> June 2024.

## Brampford Speke Parish Council

**New councillor needed:** we're sorry to report that Nichola Vickers will be stepping down from the council; she has made an invaluable contribution over the past few years and we shall miss her. We are therefore seeking 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 haven't heard anything formally since this was discussed at our March meeting. We understand that the local interest group and the CLT have met and had a useful discussion, and ideas are being explored. We are hoping to receive an update at our meeting on 8<sup>th</sup> May.

**Footpaths:** Please let us know (either footpath warden Wynn Stait, any of the councillors or the clerk) of any footpath problems so that we can investigate and rectify.

**Verges/hedges:** these have received their winter trim. Property owners are reminded that it is their responsibility to keep hedges from encroaching on adjoining roads or footpaths.

**Next PC meeting: Weds 8th May 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.

# Walking the Parish

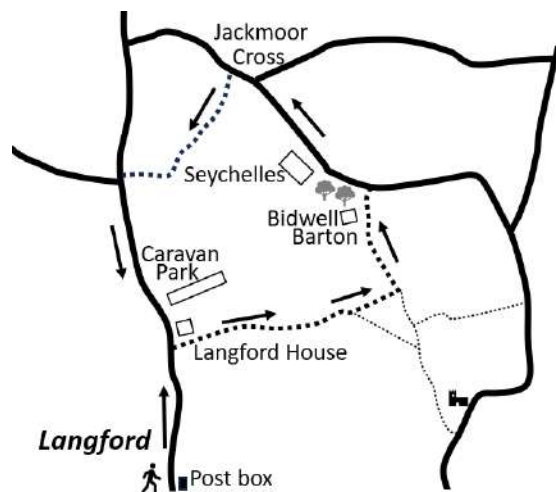
with Upton Pyne footpath warden

**Amanda Ryles**

April's stroll was in the warmth of early evening sunshine, the first time I have managed to get out after work since last Autumn. Starting at the post box in Langford, I walked up the hill where dandelions, celandine and chickweed had populated the daffodil bank. Daffodils seemed to go over really quickly this year, so it was nice to see the banks still punctuated with yellow and white. By West Green, bluebells, vinca and grape hyacinths echoed the blue skies and, at Langmede, bunches of pretty pastel stocks were for sale at the gate. In the low evening sun, Langford Farm glowed a warm coral, stunning with some black and orange tulips and the rusty-coloured vintage truck.

The air was heavy with the scent of syringa over the pungent wild garlic. Footpath 10 starts in front of Langford House, steeply right up towards a tunnel of hedgerow. A curious black and white cat watched as I strode past and seemed disappointed that the blackbird he had been watching flew away as I passed.

I love the beginning of this path; crunchy underfoot, shaded by hazel, holly and hawthorn, peppered with wildlife runs, and overflowing with hart's tongue ferns and bracken. As the path opened out into daylight, I stopped and closed my eyes so that I could listen to my surroundings. First was the low hum of dozens of bees, taking nectar from the dandelions and garlic, then a cacophony of birdsong, flirting sparrows showing off to potential mates, a pheasant's two-note alarm call, the motor of a lawnmower probably on its first mow of the year, then finally a deep rumble of a low Boeing Globemaster plane heading for Exeter Airport. The path was dark red under the tufts of lush grass as I continued through a metal pedestrian gate, stopping at the horses' field to take in the view: in the distance the Raddon Hills, in the middle ground flashes of yellow rapeseed, then closer to a horse being exercised at Seychelles Farm. At the next gap in the hedge, I could see down to the stand of silver birch at Bidwell Barton across a meadow full of plantain. At the end of the track the path goes



right then immediately left up through a metal gate. The diagonal path is currently cultivated, but the route alongside the field is wide and clear. At the end of the path, I went left through the wooden kissing gate and along the path under a tall hawthorn hedge beneath which was sticky goose grass. Beyond the next gate the path is lined with more than 50 new hedging plants, too small to even identify in their protective tubes. Hedges are such an amazing haven for wildlife so it is wonderful to see more being planted. The piebald horses at Casa de Caballos were a dusky pink where they had rolled in the dust, and their new barn beyond the stables was looking very smart. Left then past Seychelles Farm and Great Ley, the evening sun was still warm and the hedgerows full of primroses. A female blackbird was vigorously tugging at a worm, although she had already got a beak full!

At Jackmoor Cross there were more primroses and the new leaves were budding on the oak tree. The clearly marked footpath heads left, after Jackmoor Cottage. There were sheep and a dozen really young lambs, still wobbly-legged but curious, following me along the fence-line. The path heads right over a wooden bridge and then alongside a babbling brook before following the hedge-line back to the Langford Road. The closer I got to Langford, the smell of rapeseed grew stronger, and I stopped by the entrance to Langford Bridge Caravan Park to admire the cherry blossom. As I neared the stream, a stunning pair of Garganey ducks took flight, the male with a beautiful white crescent over his eyes (and yes, I did have to use the internet to help identify them). A final push up the hill and I returned to the start of my walk, so grateful for warmer days and longer evenings.



## Thorverton History Society

**24 May 7.30pm WI Hut**

### Ivy's Story

**A talk by ROBIN BLYTHE-LORD**

Ivy Cox was neither famous nor infamous. An ordinary woman who kept a diary and took photographs. Fascinating social history.

## Thorverton Royal British Legion

### ***The Raddon Top D-Day Challenge***

*Thursday 6th June.*

*All proceeds to the Poppy Appeal*

A 10k (6 mile) multi-terrain run to Raddon Top and a shorter challenge, *The Little D* of 5k, to runners and walkers (dogs are welcome but must be kept on a lead) to commemorate the 80th anniversary of D-Day. The Thorverton RBL branch has organised the D-Day Challenge on Thursday 6 June around Raddon, starting at the Exeter Inn at 7pm. Entrance fee of £5 on the day. Afterwards, all participants will get a free beef burger and drink. The event is being sponsored by Matt & Rick Cox of the Exeter Inn.



### Summer Opera @ Downes Sat 15th June 7.30pm

£20 Adults, children u16 free. Cash or card on the door or through TicketSource.

Held jointly in aid of ELF, Exeter Leukemia Fund and Crediton Parish Church Music Endowment Fund. Gates open at 6.30pm. Bring your own picnic, rug or chairs and enjoy an evening of operatic extracts by Staircase Opera.

Bar available and Strawberries and Cream on sale. Raffle.

Free Parking and disabled drop off.



**ticketsource**

## Thorverton Memorial Hall – May Events

**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 11<sup>th</sup> May 09:30 – 11:30am. We hope to see you there!

**Cinema Night:** In May, our monthly film night is on Friday 17<sup>th</sup>. We'll be showing the crime thriller, Oscar winning 'Anatomy of a Fall'.

Sandra a German writer, her French husband Samuel and their eleven-year-old son Daniel have lived a secluded life in a remote town in the French Alps. When Samuel is found dead in the snow below their chalet, the police question whether he committed suicide or was killed. Samuel's death is treated as suspicious, presumed murder, and Sandra becomes the main suspect.

Little by little, the trial becomes not just an investigation of the circumstances of Samuel's death, but a psychological journey into the depths of Sandra and Samuel's conflicted relationship.

Sound like your thing? You can buy tickets on the door or online at [thorvertonfilms.co.uk](http://thorvertonfilms.co.uk). Doors open at 6.45pm and the film starts at 7.30pm. Bar drinks and snacks available.

# LEt'sGO

## LEGO CLUB

**Sunday 19 May 4pm**



## Newton St. Cyres Church

**All ages very much welcome.**

For more information, please contact:

Revd Tim Collins 01392 860767

[tim.collins@netherexe.org](mailto:tim.collins@netherexe.org)



## UPTON PYNE CHURCH NEWS

Greetings from The Church of Our Lady in Upton Pyne. The Annual Church Meeting has not taken place at the time of going to press; it is on April 20th. Details of its elections and appointments will be in the June *Speke Up*.

We continue to offer a service of Holy Communion on the second Sunday of the month; the next one will be on Sunday, May 12th at 10.30 a.m. followed by refreshments.

The short, reflective services have started again at 4p.m. on the fourth Sunday of the month at 4p.m. now that the evenings are lighter. They are led by Tim Collins and the next one is on May 26th. A warm welcome is assured at any of our services.

There are many other services of all kinds and social occasions within the Netherex parish which are well advertised in *Speke Up* and elsewhere.

Fund raising continues and The Friends of Upton Pyne offer a great evening at Pynes House on Wednesday, June 26th, with a chance to enjoy the Rose Garden, the house and an entertaining glimpse into life in a great house in Tudor England from well-known local historian, Rosemary Griggs. Details of booking are elsewhere in *Speke Up*.

The churchyard is looking beautiful, despite the weather of past weeks. It would be good to have a few more willing volunteers to help maintain it; it is too expensive to use our professional team on a regular basis and interim mowing, strimming, secateur work etc. is much appreciated as grass and weeds grow fast now! To offer help contact Maggie Cormack or Veronica Clarke (details in *Speke Up*)

VC LC

## 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 14 May 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 6 May, at 11 a.m.

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# Netherexe Letter

## Happy Birthday!

Happy Birthday to you

Happy Birthday to you

Happy Birthday dear Church....

Happy Birthday to you



What is he wittering on about now? I hear you ask. Birthday, what birthday? Well, after our recent celebrations of those two great festivities of Christmas and Easter, May sees the third of the important festivals for the Christian Church – that of Pentecost! A time of great celebration, time for a party and a moment that marks the birth of the Christian Church.

And while it probably passes many people by, the Day of Pentecost is such an incredibly important moment for the church, and so very different from those other two momentous events. The actual Birth of Christ took place in the middle of the night, in a place for animals, in a small village, in a little province at the far end of the Roman Empire - witnessed by only Mary and Joseph. That moment of glorious Resurrection was hidden away in a cold, dark, sealed tomb, and only later - after the actual event – was Jesus met and seen.

But this moment of birth for the whole church was anything but hidden away, anything but in the middle of the night. This is how Luke, in the Acts of the Apostles, describes what happened:

*When the Feast of Pentecost came, they were all together in one place. (It was about 9 o'clock in the morning.) Without warning there was a sound like a strong wind, gale-force - no one could tell where it came from. It filled the whole building. Then, like a wildfire, with tongues like flame, the Holy Spirit spread through their ranks, and they started speaking in a number of different languages as the Spirit prompted them.*

*There were many Jews staying in Jerusalem just then, devout pilgrims from all over the world. When they heard the sound, they came running. Then when they heard, one after another, their own mother tongues being spoken, they were blown away. They couldn't for the life of them figure out what was going on, and kept saying, "Aren't these all Galileans? How come we're hearing them talk in our various mother tongues?"*

*(The Message translation)*

From that moment on, everything changed for the disciples. From being fearful and hiding away, from anxiety and uncertainty, they totally changed. With great confidence and certainty, they flung wide the doors and the windows and began telling everyone about Jesus – about his miracles, about the wonder of the Resurrection. A real party atmosphere took hold and so powerful was their testimony that over three thousand people on that day committed themselves to following the teachings of Christ.

And from that moment, the church began to grow and grow and grow, quickly spreading across the region, the whole of the Roman Empire and beyond: to Egypt and Africa. Within a few decades, Christianity had become an organised, accepted and still growing movement.

So, that moment of Pentecost, of tongues of flame and rushing winds is definitely a real moment of celebration. So, very much – “Happy Birthday, Church!”

All blessings,

Tim

*Revd Tim Collins, Priest-in-Charge,  
Netherexe Mission Community*

## SERVICES & INFORMATION MAY 2024

The Netherexe Parishes - A Mission Community in the Diocese of Exeter

Please see our website at [www.netherexe.org](http://www.netherexe.org) under "Services" section.  
We also have a calendar for services & latest events are under "news".

### Sunday 5 May Easter 6

11:15 am	Service for Animals	Cadbury	Lay Led
11:15 am	Café Church	Rewe	Lay Led
05:00 pm	Communion	Stoke Canon	SS

### Tuesday 7 May

09:00 am	Chattertots	Thorverton	Lay Led
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### Thursday 9 May Ascension Day

06:00 pm	Service [followed by meal]	Stoke Canon	TC/LF
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### Sunday 12 May Easter 7

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

### Sunday 19 May Pentecost/Whit Sunday

09:30 am	Communion	Brampford Speke	GC
09:30 am	Bubble Church	Thorverton	TC
10:00 am	Coffee & Chat	Stoke Canon	LF
11:15 am	Communion	Cadbury	KR
04:00 pm	Lego Club	Newton St Cyres	Lay Led

### Sunday 26 May Trinity Sunday

09:30 am	Communion	Newton St Cyres	TC
09:30 am	Choral Morning Prayer	Thorverton	Lay Led
10:00 am	Messy Church	Stoke Canon	Lay Led
11:15 am	Communion	Rewe	TC

**Evening Prayer:** Every Tuesday 6:00 pm in Rewe Church

### Who's Who .....? Abbreviations Key

TC	Revd Tim Collins	JD	Revd Julia Dallen
LF	Laura Ford [Licensed Lay Minister]	GC	Revd Preb Graham Cotter
TL	Revd Tony Lane	KR	Revd Preb Kathy Roberts
SS	Revd Sharon Simpson		
SN	Sheila Newton [Emeritus Lay Minister]	TBC	To be confirmed.

Revd Tim Collins [Priest in charge]      Tel: 01392 860767      [tim.collins@netherexe.org](mailto:tim.collins@netherexe.org)

For more information about the Netherexe Parishes please see [www.netherexe.org](http://www.netherexe.org) or contact:

Mrs Juliette Lea [Administrator] Tuesday & Thursday [09:00 – 15:00] Tel: 07594 714590 Email: <a href="mailto:administration@netherexe.org">administration@netherexe.org</a>	Mr Peter Shepherd [Administrator] Monday & Wednesday [09:00 – 13:00] Tel: 07551 844321 Email: <a href="mailto:administration@netherexe.org">administration@netherexe.org</a>
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Correspondence: The Netherexe Parishes, Church Office, St Mary Magdalene Church, Stoke Canon, Exeter, EX5 4AS.

## NEWTON ST CYRES GARDENING CLUB

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## BRAMPFORD SPEKE TWINNING ASSOCIATION

**This year, we will be  
receiving our French visitors and celebrating our  
20<sup>th</sup> anniversary on Friday 17th - Monday 20th  
May.**

The weekend starts with the arrival of more than a  
dozen of our friends from Commes in Normandy on  
Friday late afternoon. Following a reception to  
welcome them, the evening will be spent with their  
host families in and around Brampford Speke.  
Saturday is a free day with hosts followed by a group  
meal in the evening.

On Sunday, a visit to Knightshayes parkland and  
gardens with a picnic lunch will be followed by a trip  
on the horse-drawn barge along the Tiverton Canal in  
the afternoon. The evening will be spent with hosts.  
On Monday morning we bid farewell to our French  
friends at a gathering in Brampford. To know more or  
to be involved, please contact Kate Cavill, whose  
details are in the directory on page 48.

**Anyone wanting to join the association before the  
visit should contact Kate. There is no requirement to  
host, just to join the association and come along to  
the 20th anniversary celebration meal on the  
Saturday evening, or the Tiverton canal trip on  
Sunday afternoon.**

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## Spring

**May is high spring.** The vivid palette of greens, so difficult for English landscape artists, is at its most varied: olive green of young oak leaves through to the blue-green of thriving wheat crops and everything in between. Later, the greens merge until, in high summer, the landscape is clothed in mid-green and we've all forgotten the miraculous transformation from the browns and greys of winter.

And it's been a difficult winter and early spring. Warmth meant everything grew. The wet meant all our plans for grazing, cultivating, and everything else went awry. Sodden pastures are tender and do not easily support the weight of cows. We needed to graze because the silage ran short. We grazed only a few hours at a time, to try and harvest the grass and feed the cows. Soil needs a lovely crumb structure with one-third air to function properly. Pug wet soil with heavy cows' feet and you squidge out the air, leaving a soil that will be less resilient to drought, as the plant roots and all the other magnificent life of the soil struggle to thrive in the less aerated soil.

We are also hastening to catch up with cultivating. In my garden, I was impatient and handled the soil when it was wet. I'm now seeing the soil biology sulk. The soil texture is hard and I will need to work to restore the structure.

In a garden, you can tend the soil, put silver sand on, provide each bit with what it needs. On the farm, you can't do that in such detail.

We needed to spread the dirty water safely to avoid polluting the river. To do that we drove tankers on places that were wet but growing, avoiding pollution but risking this year's crop with compaction. We have planted these areas, cultivating to remove as much of the soil damage as we can. Our summer grow may be affected, especially if we have a drought. With so much in farming, it's working out the least bad solution: no wonder farmers can look at the world with a steady pessimism. These warm, wet winters are what is predicted for us in climate change, so we will spend the next few months working out how we manage the next wet winter: how best to adapt to what we humans are creating in the climate. It will be costly, and we will have to save our pennies to afford the adaptations we'll need.

However, Spring is here - the crops are growing, regenerating from the ruin of the winter and early spring. The wheat and barley we sowed last autumn are slowly coming back to life. In turn, the plants are making new life: the little embryo ears, like sticky translucent pearls, grow inside the main shoots. These will become the seeds that we eat, and which will make the next generation of crop next year. We hasten to restore our empty silage pits. We thought we had plenty in hand this winter, and it's been tight.

We are serving the spring calving cows, now so well nourished by the rapidly growing grass. Their bodies are shouting to use this sun-given bounty to make new life. They have been frolicking, practising sex with their friends and either one of our little Angus bulls oblige them or, mostly, we insert a little straw of semen in their cervixes when they are receptive. In the easy living of high spring and summer, they will nourish and grow the new life, to produce a calf nine months later, the same gestation as humans, just in time for the new grass of next spring.

Among the humans, we are looking at renewal too. My daughter Jane (***pictured with me above***) has taken over the running of the farm and cheese. She is bringing new insights, new approaches from her career in big data, teaching and a degree in biology.

She is working with our wonderful young team. (I'm now the oldest person on the farm other than Stuart Dowle who still does a little with us). I'm so privileged to see all those young people take forward what my parents and their parents created.

We do cheese grading together with the young team. I've a lot of experience as a cheese judge. We've all had some training recently to bring in new techniques. Younger people have more taste buds (a young child will have four times as many as me) and I'm enjoying that combo of my experience, new ideas, and more acute sensory potential. We will be developing what we do with these new insights to make even more delicious cheese: so exciting.

Top tip for safe walking: we know ticks potentially carrying Lyme's disease are a problem in our woods and fields, carried by the wild deer. I had wondered why I hadn't had any ticks attach to me over the last few years. I realised, consulting Mr Google, that coconut oil behaves as a very efficient insect repellent. I've always slapped on coconut oil as a body lotion after my morning shower. Try it. Lyme's disease is rare but can be very nasty.

**Happy spring!**

*Mary Quicke*

## NEWTON RAMBLERS

**Sunday 19th May**

The walk this month will be led by Anne Holland, and is a circular walk of about three and a half miles starting from Powderham Castle, Kenton.

Meet at the Newton St Cyres car park to share cars at 9.45am or at the Powderham Castle car park, where the Cafe and Farm Shop are situated, at 10.30 am.

We will start from the car park, across meadows onto a road, which is beside the river with the castle and deer park on the left. After passing Powderham church, we will head up onto to a track which will take us back to Kenton, taking in lovely views. Mainly flat, but there is a gentle incline.

**All are welcome. For more information, please ring Anne Holland on 07545 259983**

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

---

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**Post Office** Sat 9.00 - 12.00 + Sun & BHs closed

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## FRIENDS OF UPTON PYNE

The sealed-bids auction of the garden bench has raised £275 for the fund to restore the clock. Very many thanks to Paul Bowden for generously donating the bench.

The architect has submitted her quinquennial report on the repairs needed to the church. She praised the village for maintaining the church so well, so it is great to know that our efforts have paid off. There are a few repairs which are currently being costed but we are confident that we shall be able to go ahead with at least some of them in the near future.

We are in for a treat on Wednesday 26 June. Rosemary Griggs makes her own beautiful Tudor costumes, steps into the character of the great lady of a Tudor household and invites us to learn about her life in 16th Century England. She is informative and very entertaining and has established a reputation in the West Country for great performances. We are fortunate to be welcoming her to Pynes House, thanks to the generosity of Kate Tilley and her family. (See advert for details.)

Our subsequent fund-raising event is to entertain members of the Jane Austen Society of North America (JASNA) on the morning of 11 July. As you may know, the setting for *Sense and Sensibility* is believed to be Upton Pyne. The group will visit Pynes House and the church and we shall give them coffee in the village hall. Unfortunately, this is not an open event as there are going to be 28 JASNA members, so we cannot accommodate a large number of local people as well, but if there is anyone who would like to come and chat to Jane Austen aficionados over coffee then please contact Maggie Cormack on 841198 for an invitation.

Despite the terrible weather, our landscape contractors managed to mow the grass and, as I write, it is growing apace. We will need our volunteers to take over mowing for at least one month as the professionals do cost quite a bit. If you would like to volunteer to help out, please do contact Maggie. We have our own mower and strimmer but if people can bring along theirs, then the job becomes much more manageable. Weeding, trimming and possibly planting can all be included. Last year, it was a pleasant social event as well as a jolly useful working party.



## SALLY'S VEGETARIAN LASAGNE

For 4 people

### Ingredients

About 700 grams mixed Mediterranean vegetables (including red onions, red and yellow peppers, courgettes, aubergines)  
2 cloves garlic  
Olive oil  
1 tin chopped tomatoes  
9 sheets lasagne  
1 pkt feta cheese  
A good handful of basil  
250 grams crème fraîche (not low fat)  
75 grams parmesan cheese

### Method

Roughly chop the vegetables and slice the garlic, and place in a baking dish. Drizzle with 2 tablespoons olive oil and shake so that the vegetables and garlic are thoroughly coated. Bake at the top of a hot oven for about 35-40 mins, or until the vegetables are well roasted. Spread one third of a tin of chopped tomatoes over the base of a large baking dish and \*cover with three sheets of lasagne (cooked or uncooked, depending on the type). Spread half of the roasted vegetables over the lasagne, followed by one third of a tin of tomatoes, crumble over half the feta cheese and half the basil, season and drizzle over a little olive oil. Repeat from \*, finish with a layer of lasagne. Mix the crème fraîche with a little milk to give a stiff pouring consistency, pour over the lasagne and sprinkle with the grated parmesan cheese. Bake for 40 mins at 180 degrees. Serve with a green salad.



*Rosemary Griggs  
Author and speaker*

*Bringing history to life*

## **An Early Evening at Pynes House with Rosemary Griggs**

***Learn how a Tudor lady looked after her house and garden,  
how she made her clothes and what life was like back then.  
See an exhibition of Adrienne Howells' Tudor-inspired embroidery,  
and, if the weather is good, wander round the rose garden.***

**Wednesday 26<sup>th</sup> June 6.30pm**

**At Pynes House, Upton Pyne, EX5 5EF**

Drinks and nibbles. £10 per person, booking essential (children half price)

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# Just like making a sandcastle...

Ros Leveridge meets **Mark Lewers** of  
Thorverton Stone



As soon as I settle into the sofa of Mark and Bev Lewers' cosy sitting room and take out my notebook, I am surprised to learn that this is the first interview he has ever done.

"Ah, yes I have, once before," he suddenly remembers. "By the BBC!" I now feel a little in awe. "It was a feature on local businesses on *Spotlight* – and it was edited down to about 30 seconds!" I feel sure we can manage longer for *Speke Up*.

Mark grew up in Gloucestershire and spent an idyllic childhood with his brothers and sister riding horses, making hay and driving tractors. Although he went to a relaxed Steiner School, he did not want to be there, preferring the outdoorsy life at home. Since his father ran a business in the stone trade, Saturday mornings were spent clearing up rubbish and driving dumpers, which the children found great fun.

For his degree in agricultural engineering, Mark went north to Newcastle University, the only place to offer this course. His first engineering job after university was in Exeter.

Three years later, he returned to Gloucestershire and his father's business, where over the next three years he learnt everything about the stone trade. In 1990, with just one employee, he started on his own in Thorverton and was there for the next ten years, before a move to Upton Pyne and bigger premises at Seychelles Farm.



Mark crafts beautiful stone windows, lintels, steps, balustrades and fireplaces. They come in all shades of cream, yellow, sandstone red and dark grey. He explained to me the painstaking process by which they are made. The first surprise was that each one begins with a mould made of wood – plywood, MDF or other timber – and that great skill is needed to make it. The stone itself is formed from a mixture of sand, dust, dyes and cement and pressed into the moulds. "Just like making a sandcastle!" he says.

To achieve the range of colours, specialist sands are sourced from all over the country: bright yellow sand comes from Bedfordshire; limestone from Gloucestershire or Derbyshire; white sand from Surrey and rich red sand from our very own county of Devon.

Mark takes great pride in his work and gains most satisfaction from helping customers, some of whom may be unsure of exactly what they want, to achieve their projects. Modern technology means he can show customers drawings and designs on a computer and alter them to suit the customer's needs. Once made, packing them up carefully so they are safely delivered to customers all over the country is an art form in itself.



**Marlow Methodist Church arches**

As a child, Mark was showjumping and eventing at county level, a hobby which stopped when he went to university.

His competitive streak resurfaced again later, however, and for the last 30 years he has been taking part in sailing races. As well as learning to ride, he had spent many summer holidays by lakes or the sea, where he had also learnt to sail. In 2008, having crewed for a variety of skippers, he bought his first boat, *Hijack*, a J24 keel boat. His second boat, bought in 2012 was called *Hijinks*. Mark now has boat no.3, *Dangerous When Wet*, and is very excited to be taking part in June in the J24 European championships in Sardinia, along with up to 50 other entrants competing in 10 races spread over five days.



Mark is a man with a sense of adventure. Instead of celebrating his 40<sup>th</sup> birthday with a quiet meal with friends, he chose a two-week ranching experience in Argentina, where he was trekking and riding in the mountains of Patagonia and, like a regular cowboy, moving a herd of cattle to their summer pastures in the traditional way. This was nothing like moving cattle in Devon however – the pastures lay some 80 miles and a 4-day trek away. With their packhorses loaded up with tents, food and equipment, they rode for hours each day and camped at night, sometimes a bit stiff and sore, and always a little grubby due to a lack



of washing facilities. Definitely not for everyone!

The final surprise of the day was to discover that the new porch (***pictured below left***), added to our 1912 house before we bought it, was designed and created by none other than Mark himself! I shall appreciate it even more now that I know exactly how it was made – just like a sandcastle!

---

## Newton St Cyres Tennis Club

Our Sunday afternoon club sessions have become very popular. Rusty Rackets has a regular session going and do contact Sue Bloomfield ([sueblmfld03@gmail.com](mailto:sueblmfld03@gmail.com)) for further information. Other club sessions during the week are also well attended and often followed by drinks and chips in a local pub.

The membership year started in April, so now is a great time to be joining, and remember you can have a couple of free sessions before you commit to anything. Just contact our membership secretary Laura Leigh on 01647 24259.

Junior coaching, run by our club coach Jon Wills, takes place on Wednesdays after school during term time, and there might be a few places available in some of the groups for the 12-week summer term, which starts on Wednesday 17<sup>th</sup> April. Please email [juniors@newtonstcyrestennisclub.co.uk](mailto:juniors@newtonstcyrestennisclub.co.uk) for further information and to check availability. Jon also offers adult coaching both individually and for small groups, so if you feel you need to brush up your skills just get in touch via our website

[www.newtonstcyrestennisclub.co.uk](http://www.newtonstcyrestennisclub.co.uk)

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# The Gardening Year



**Baby Primrose** (*Primula malacoides*)

**With the arrival of some warm, spring sunshine, we are welcoming the spring flowers and blossom into our garden** such as primroses and windflowers (as pictured). And at this time of year, we are all aware there is much to do out in our green spaces. However, there can still be a chance of frost, so keep an eye on the weather forecasts.

**Sow biennials** for next year in nursery rows. These include wallflowers and Sweet Williams. These can then be lifted and planted out in the autumn ready to flower early next year.

**Plant late-flowering clematis.** Place them a little deeper in the ground than the pot in which they were purchased, sprinkle a little blood, fish and bone in the hole first, then gently firm the soil once planted. It is advisable to place some broken paving over the soil to prevent it drying out too quickly. Clematis like their roots to be cool but the flowers love the sun. Water in well and tie in the stems with soft twine.



**Winter windflower** (*Anemone blanda*)

**Plant up hanging baskets.** There are lots of young bedding plants in the garden centres so you can design your own with your favourite plants and colours. As hanging baskets tend to dry out quickly in the sun and wind, you can add some water-retaining granules to your potting compost. Have a selection of upright and trailing plants, to give the optimum effect, and ensure all of the roots are covered with no gaps in between the plants. Flowering plants which work well include trailing petunias, bacopa, bidens, ivy-leaved geraniums, fuchsia and verbenas. To these you can also add foliage plants such as nepeta, variegated ivy and creeping jenny.

If you have **gaps in your borders**, you can still direct sow cornflowers, Californian poppies and toadflax (Linaria). Use the back of your rake to form shallow straight drills ready for sowing these.

## Wildlife Garden Award



Photo: Clare Wills Treasures of Ide Photography

Join hundreds of people gardening for Wildlife in Devon. Devon Wildlife Trust (DWT) has recently introduced a scheme to encourage people to think about how they can garden and benefit wildlife at the same time.

DWT says: "There are 15 million gardens in the UK totalling an area greater than all our National Nature

Reserves put together, so what you do in your garden *matters*. Whether you have a large garden or a small balcony, our outside spaces can provide vital stepping stones across the landscape. Your space can be part of the patchwork of wildlife friendly areas linking towns and the countryside.”

Get your garden buzzing with wildlife and you could qualify for their free plaque to display in your garden! Several local residents have already received an award, so I encourage you to check out the website and see if you can meet the criteria.

To attract wildlife to your garden you need to provide opportunities for wildlife to get food, water and shelter. You may also need to manage your garden a little differently. To enter the scheme, you must have at least 10 of the features required, with at least two from each area (food, water, shelter, management and connectivity). Full details can be found at <https://www.devonwildlifetrust.org/wildlife-garden-award>

#### What's On in May

- **International Dawn Chorus Day – Sunday 5<sup>th</sup> May.** From a small event in Birmingham in the 1980s this event has grown to a global annual celebration enjoyed in over 80 countries. So why not be among those celebrating birdsong this year? Set the alarm for around 5.00am, open your window and listen!
- **Chelsea Flower Show 21-25 May 2024** Gemma Lake, Chelsea Show Manager says: “This year we are working closely with all our garden designers to bring the most sustainable gardens we can to the show. They are using eco- techniques, low carbon materials and processes that are not only reducing their impact on the environment, but also reducing our waste at the end of the show.”
- **Toby Buckland's Garden Festival at Powderham Castle Friday 3<sup>rd</sup> - Saturday 4<sup>th</sup> May**  
10am – 5pm both days A limited number of discounted tickets are available at only £10 per ticket which can be used on either day (Regular Advance £13.50, On the gate £15.00)

If you wish to purchase discounted tickets, please contact Nicola 01392 851985.

#### Local events

- **Saturday 4<sup>th</sup> May** - Crediton Garden Club will be holding their annual Plant Sale at the Library 10am – 1pm
- **Saturday 4<sup>th</sup> May** 2pm Upton Pyne Spring Flower Show & Plant Sale in the village hall.
- **Wednesday 8<sup>th</sup> May – 7.00 for 7.30 Upton Pyne Village Hall. SWIFTS** An illustrated talk by Edward Jackson on these extraordinary birds and what we can do to help them. Free admission & refreshments. (Donations towards costs gratefully received).
- **Saturday 18<sup>th</sup> May - 6.30pm until late Sandford Orchards Cider Works Crediton.** Celebrate the ancient tale of **Franklin's Night**: the fight between the devil and the cider maker. There will be a play from the Mummers depicting the tale, live music from Spin 2, delicious food available to purchase and plenty of cider, of course. Tickets £10 <https://www.sandfordorchards.co.uk/events/franklins-night/>
- **Monday 20<sup>th</sup> May – 7.30pm** Upton Pyne Garden Club Food for Free & Seasonal Foraging – Becca Flintham. Upton Pyne Village Hall.
- **Wednesday 22<sup>nd</sup> May** – floristry tuition with



Katrina of Bloom Bloom Floral Design. Newton St Cyres Garden Club, meeting in NSC Parish Hall **7.00pm start.** £35.00 per person to include tuition and everything

needed to create a stunning modern display. **Pre-Booking by 5<sup>th</sup> May Essential.** Nicola: 01392 851985

**Happy Gardening!**

*Nicola Baker*



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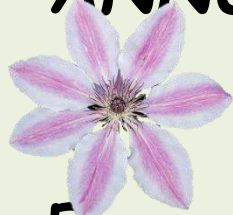
# UPTON PYNE & DISTRICT GARDEN CLUB



All events are held in the Upton Pyne Village Hall

CONTACT June 01392 841272

## **ANNUAL SPRING FLOWER SHOW**



**Saturday May 4<sup>th</sup> @ 2pm**



**Everyone is welcome to exhibit or just  
come along and enjoy the show**



**Any contributions towards our PLANT**

**SALE will be very welcome!**



**Schedules available at March meeting**



**Or-Contact Show Sec. Chris Grundy 01392 851970  
PHOTOGRAPHY-COOKING-RAFFLE-REFRESHMENTS**

**Monday May 20<sup>th</sup> @ 7.30pm**

**BECCA FLINTHAM returns to talk about**

**FOOD FOR FREE**

**Seasonal Foraging for Wild Foods**



**At each of these events there will be a "seed swop"  
corner where you are invited to bring any spare seeds  
you have and maybe swop them for others you quite  
fancy!**

**RAFFLE & REFRESHMENTS**

# Upton Pyne and District Garden Club

Chairman Mrs June Nicks; Show secretary Mrs Chris Grundy, tel: 851970

## FLOWER SHOW

SATURDAY MAY 4th 2024  
Upton Pyne village hall, 2.00 to 4.00 pm

Free entry – teas and cakes – raffle – **plant sale** !  
All are welcome to exhibit; entries to be brought in the morning between 10.00 and 12.00

**SCHEDULE OF CLASSES.** Please read the schedule carefully and make sure that your entries match the description. Only one entry in each class.

1. Daffodils or narcissi, 3 cut blooms in a vase, can be mixed.
2. 3 tulips in a vase
3. Collection of spring flowers in a bowl or vase
4. One stem each of three different foliage shrubs, maximum width 18 “ and height 24”
5. One potted flowering plant – section a indoor, section b outdoor
6. One flowering head of a rhododendron in a container
7. Single camellia in a container
8. Table centre decoration, may include non-plant material, 12” overall
9. One stem each of three flowering shrubs
10. One stem or branch of a flowering shrub or climber
11. Spray or small bunch of flowers to be judged for scent
12. Any living plant, indoor or outdoor, not already in other classes
13. Cactus or succulent
14. Indoor foliage plant
15. Miniature arrangement, maximum overall size 4.5”
16. Arrangement of fresh flowers in an unusual container
17. A garden party hat
18. **Children** – a model animal made from vegetable materials.

**HECRAFT CLASSES** 19. Boiled fruit cake (own recipe)      20. Treacle tart (own recipe)

**PHOTOGRAPHY/PICTURE CLASSES** Maximum size of entry for photographs A5 – approx. 6” x 8” including mount. No framed photos please.

“reflection”.      “Any living creature”

**Children** – Painting or drawing of a flower or plant

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are covered. Patients who have osteoporosis (weak bones), normally discovered following a low impact fracture, are treated with Vitamin D and calcium supplements plus a once- weekly medication that ensures the calcium is deposited in the bones.

Whilst we have a good understanding of Vitamin D's role in bone health, the search continues for other roles that it might play within our bodies. There are Vitamin D receptors in some parts of our brain and there are also some trials that show it has a role in optimising our immune system. Taking a Vitamin D supplement in the winter is linked with fewer days of illness from viral infections.

There is currently a trial being run by Exeter University testing whether taking very high daily doses of Vitamin D will decrease risks of dementia and other studies are trying to establish links to depression. No data is available yet. It is perhaps because so little is known, apart from the fact that levels are variable, that Vitamin D has been linked to so many pathological pathways. It was hailed as a panacea for Covid and as a protector against cardiovascular disease, however neither of these claims stood up to scientific analysis.

One thing that is very clear from the research is that there is no benefit in measuring Vitamin D levels unless there is a clear medical indication for doing so. This is because the levels are predictable; if you have reduced sun exposure your levels will be lower than they could be. Nothing is gained from analysing the actual level as we are a long way from establishing what the most beneficial level is. So, this summer get out, get exercising, use sunscreen (it does not affect Vitamin D production) and next winter consider taking a tablet during the darker months.

**Anthony O'Brien**  
**Wyndham House Surgery**

# D for Don't really know yet

**It has been a long, wet and dreary winter with little sun. There is no doubt this affects our mood and our Vitamin D levels. Whether these two are connected or just have the same causal link is currently a matter of scientific debate.**

Our skin makes Vitamin D when exposed to the sun. We do not need much sun exposure to produce the amount of Vitamin D required to fulfil its main metabolic function of ensuring our bones have enough calcium.

In the summer this is easy but in the winter our Vitamin D levels will fall. As we get older our skin is less efficient at making Vitamin D and this means that probably half of the older adult population has a low Vitamin D level in the winter. As a result, Public Health England advises older adults to take a Vitamin D supplement during the winter months. These are 10mcg / 400 international unit tablets that can be bought cheaply over the counter in a pharmacy, they are not prescribed by GPs. Oily fish and eggs are the alternative main dietary source of Vitamin D. Optimising our bone strength is dependent on both having enough vitamin D and also doing sufficient daily exercise; walking in the sun ensures both needs

# Healthy digging

***The arrival of Spring and the welcome return of longer days is always a signal in our house that the garden needs sorting out - the first cut of the lawn, weeding then mulching of flower beds, spreading compost on the vegetable patch.***

I have written before of the physical and mental health benefits of spending time in the garden. However, research over the last few years has also shown further benefits that gardeners accrue from the greater diversity of microbial life found in their intestines.

The best way to explain this is to use a horticultural analogy and thinking of our intestines as a garden. There are an enormous number of different microbes that live there in our guts, the same way that our gardens have a large variety of flowers, shrubs, herbs. All of these have a multitude of species that spread and thrive according to the season and the composition of the soil. They all require basic nutrients to survive and some, like roses, require specific feeding with special fertilisers. For the garden to flourish and produce colourful flowers and large vegetables the gardener has to optimise the environment. The intestines are similar; we know that microbes will produce vitamins and hormones that as well as aiding digestion are also absorbed to produce important benefits elsewhere in the body. If we create an environment in our bowels that promotes beneficial microbial growth our body will reap the rewards. We therefore need a gut flora that is optimally balanced and the food we eat is analogous to the soil in our gardens.

Bacteria were present on Earth long before humans. We share DNA with them as we evolved from them over millions and millions of years. Amazingly there are as many microbes living in our bodies as there are cells; we are a 50/50 split.

Each of us consists of approximately 30 trillion human cells and 30 trillion microbial entities (bacteria, viruses, fungi) but because they are so small they only make up a very small percentage of our weight. 99% of these bugs live in harmony with us with only about 1% identified as being pathogenic i.e. causing illness. We are all familiar with how our intestines adapt to our specific environment; bacteria in the water in some countries will be pathogenic to those who are travelling there, hence 'travellers' diarrhoea'. Antibiotics taken for whatever reason will kill some of our intestinal bacterial, upsetting the balance and producing the common side effect of loose stools.

The research shows that for optimal health we need a healthy gut flora that is fed, via the food we eat, to produce the best microbial balance for our bodies. Fresh fruit and vegetables of varied colours (a rainbow diet), fibre rich food and regular meals with a chance for your bowels to rest overnight are all key. Having a diverse number of different organisms is also essential and recent studies have shown that gardeners have a healthier mix. This could be because they eat their home-grown fruit and veg but more likely it is simply that getting grubby in the garden exposes you to a richer variety of microbes that infiltrate your gut.

So, get digging and get dirty to get healthy.

**Dr Anthony O'Brien**  
**Wyndham House Surgery**





## Devizes Cheesecakes

The Friends of Upton Pyne are entertaining 25 members of the North American Jane Austen Society to morning coffee in the Village Hall in July. Refreshments had been discussed, and it was decided this would be scones with cream and jam (cream first, obviously!) and something else.

Recently, an article caught my eye - it mentioned Devizes cheesecakes and Jane Austen. Jane had written to her sister Cassandra that she had stopped at Devizes on the way from Steventon in Hampshire to Bath, and that she and her party had partaken of these cheesecakes. Here is part of her letter, dated Friday 17<sup>th</sup> May 1799:

*My Dearest Cassandra,*

*Our journey yesterday went off exceedingly well; nothing occurred to alarm or delay us. We found the roads in excellent order, had very good horses all the way, and reached Devizes with ease by four o'clock.*

*I suppose John has told you in what manner we were divided when we left Andover, and no alteration was afterwards made.*

*At Devizes we had comfortable rooms and a good dinner, to which we sat down about five; amongst other things we had asparagus and a lobster, which made me wish for you, and some cheesecakes, on which the children made so delightful a supper as to endear the town of Devizes to them for a long time.*

The cheesecakes were obviously well-known before this date, and were apparently made from cake crumbs which would otherwise have been wasted - although the inclusion of nutmeg, an expensive spice, adds sophistication to the recipe.

The actual recipe is a closely-guarded secret, but I used the one in the article which has been handed down from the early 1800s. The amount of sugar used was mind-boggling and, in the end, I used slightly less and they turned out well. I used mixed dried fruit rather than just currants, and added the zest of a lemon.

These cheesecakes have now been tried and tested by various village members, who were surprised at how good they are, and I will be making a batch for our American visitors in July!

### Recipe for Devizes Cheesecakes

1 pint milk  
2 dessert spoons rennet  
12 ozs cake crumbs  
12 ozs sugar  
1 teaspoon nutmeg\*  
4 ozs melted butter  
2 eggs beaten  
10 ozs currants

Flaky pastry cut out into rounds and pressed into cup-cake tins. The recipe calls for flaky pastry cases - I made them first with rough puff, but personally I think good shortcrust would be better.

Warm milk to blood temperature, mix in rennet, and leave to stand until thickened. Spoon off any whey. Mix cake crumbs (I used part of a Victoria sponge) with the sugar, nutmeg and dried fruit. Add in the melted butter, the egg, and the curds (milk and rennet).

Spoon cheesecake mix into pastry cases and bake until brown.

No temperature or time mentioned! I baked them at Gas 5 / 190 C for roughly 20 minutes. The fruit burnt a little, so possibly a lower temperature and slightly longer baking is required.

This amount of ingredients makes a lot of cheesecakes, so I'd cut the amounts in half for a first try.

**SG**

**\*for safety reasons, this is a reduced amount of nutmeg from that in the original recipe**



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there until it closed in 2008 including Tina Turner, The Clash, Blur and The Smiths. The name of venue was the Mayfair Studios.

**A9** 'It's just a spring clean for the May Queen' is a lyric from Led Zeppelin's 'Stairway to Heaven' from their 1971 album 'Led Zeppelin Volume IV'.

**A10** 'Maybe tomorrow' is the theme tune to the 1965 heartfelt film 'The Littlest Hobo' where a German shepherd dog (London) saves a lamb (Fleecie) from the slaughter house before they both inspire a paralysed girl to walk.

#### Answers to May Quiz

- 1 Sir Brian May
- 2 Alfred, Lord Tennyson
- 3 Caithness
- 4 Sir David Jason
- 5 Hawthorn
- 6 May Godfrey Sutton
- 7 November
- 8 May to December
- 9 Theresa May
- 10 Quintilis

#### Answers to Music Quiz

**A1** The lead guitarist in Queen is, of course, (Sir) Brian May.

**A2** The name of the Jamaican group that formed in the 1960s and helped to popularise reggae music is Toots and the Maytals (now just known as the Maytals).

**A3** The John Martyn song from his 1973 album 'Solid Air' that contains the word 'may' is 'May You Never'.

**A4** The British prog rock band behind the song 'Mayhem, Maybe' on their 1982 album 'The Broadsword and the Beast' is Jethro Tull.

**A5** The album Oasis released in August 1994 is 'Definitely Maybe'.

**A6** The classic Rod Stewart song that charted at number 1 in the UK singles chart in October 1971 is 'Maggie May'

**A7** Davy Jones sang a version of the iconic Cockney song 'Maybe it's because I'm a Londoner' in 1965, a year before becoming the front man for the Monkees.

**A8** John & Kate Hudson took over management of this recording venue in South Molton Street, London in 1977. Many notable artists recorded

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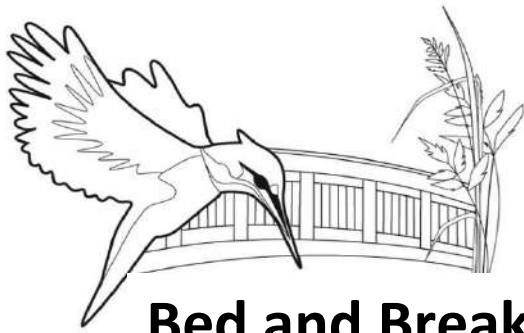
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# **Brampford Speke Village Hall**



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

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

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

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

# **SHERWOOD HOUSE**

**Newton St Cyres EX5 5BT**

**01392 851622**

*Nikki and Mark Chambers would like to invite you to come and walk around our beautiful garden of 25 acres*



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**FACEBOOK : @BRAMPFORDBABYANDTODDLERGROUP**

**\*SECOND THURSDAY OF EACH HALF TERM WILL BE HELD AT THE SCHOOL 9.30-11\***



**Greg Probert Dip PFS**

01392 712 404

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# **UPTON PYNE**

## **FOOD LARDER**

**For those in the local community  
with difficulty accessing food.**

**Food will be freely available from the boxes in the Church porch,  
replenished each Wednesday at around 2 pm. It comes from the  
Exeter Food Action warehouse and is all good and nutritious, mostly  
surplus from local supermarkets. There will be a variety of fruit and  
vegetables as well as canned foods and other non perishables.  
Nothing will be past its “use by” date.**

If you have any particular requests, Post-It notes and a pen are in the  
box. Please indicate what you most need, and leave the slip in the box  
before Saturday and I will see what is available in the warehouse on  
Wednesday.

Stu Pearce



**[exeterfoodaction.org.uk](http://exeterfoodaction.org.uk)**

## BUS SERVICES

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

Brampford Speke Stooks Close	10.19	Sidwell Street (cancer charity shop)	13.35
Upton Pyne Post Box	10.27	Upton Pyne Post Box	13.51
Longbrook Street	10.43	Brampford Speke Stooks Close	13.59

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

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

## NEIGHBOURHOOD WATCH and POLICE

Contact numbers for information:

Upton Pyne 840089    Brampford Speke 840100    Cowley 851634

Our PCSO Steve Trail can be contacted on 101    Home Safe (noise problems) 01395 516551

# UPTON PYNE

## —SOCIAL CLUB—

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# PARISH DIRECTORY

**Rector**

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

**Curate**

Vacancy

**Reader**

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

**Administrator**

Peter Shepherd  
Tel: 07551 844321

**Church Wardens (BS)**

Richard May Tel 841448  
Douglas Ford Tel 841753

**Church Wardens (UP)**

Veronica Clarke Tel 841530  
Lisa Clapp Tel 841339

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

Vacancy

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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](mailto:clerkbspc@gmail.com)

**Councillors**

Alan Birmingham (Chair)	01392 840100	<a href="mailto:Alan.birmingham.bspc@gmail.com">Alan.birmingham.bspc@gmail.com</a>
Stuart Luxton	01392 841094	<a href="mailto:Stuart.luxton.bspc@gmail.com">Stuart.luxton.bspc@gmail.com</a>
Elaine Hollingsworth	01392 841434	<a href="mailto:Elaine.hollingsworth.bspc@gmail.com">Elaine.hollingsworth.bspc@gmail.com</a>
Richard Tillett	01392 841268	<a href="mailto:Richard.tillett.bspc@gmail.com">Richard.tillett.bspc@gmail.com</a>
Nichola Vickers	07968 053861	<a href="mailto:nichola.vickers.bspc@gmail.com">nichola.vickers.bspc@gmail.com</a>
Will Honan	07779 918808	<a href="mailto:will.honan.bspc@gmail.com">will.honan.bspc@gmail.com</a>
Brad Hillson	07870 865231	<a href="mailto:brad.hillson.bspc@gmail.com">brad.hillson.bspc@gmail.com</a>

**Other Contacts in Brampford Speke:**

Village Hall website	<a href="http://www.brampfordspeke.org.uk">www.brampfordspeke.org.uk</a>
School	841414
Brampford Area Baby and Toddler Group	Catherine Bending 07964 967278
Friends of BS School (FOBSS)	<a href="mailto:hellofobss@gmail.com">hellofobss@gmail.com</a> or 841414
Village Hall Bookings	Molly Luxton 841270
Footpath warden	<a href="mailto:footpaths.BSPC@gmail.com">footpaths.BSPC@gmail.com</a>
Tree Warden, Elaine Hollingsworth	01392 841434
Twinning Association	Kate Cavill 0751 3002 708

## **Upton Pyne & Cowley Parish Council**

Council website [www.uptonpyne-pc.org.uk](http://www.uptonpyne-pc.org.uk)

Clerk Jacqui Ward

01392 851918

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

### **Councillors**

Bob Short	UP	bobshort@uptonpyne-pc.gov.uk	Chairman
Anthony Jackson	Cowl	tonyjackson@uptonpyne-pc.gov.uk	
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	841402
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](mailto:jkemp@eastdevon.gov.uk)

**EDDC Dog Warden:** 01395 571517

## **Devon County Council**

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

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

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

**Redlands** 01363 727111 (inc. Thorverton Surgery)

**SpekeUp** [www.spekeup.org](http://www.spekeup.org)

**Material for publication should be sent by 15<sup>th</sup> of the month by email to [contributions@spekeup.org.uk](mailto:contributions@spekeup.org.uk)**

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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

# MAY DIARY

Saturday	4 <sup>th</sup> May	2pm	<b>Upton Pyne &amp; District Garden Club ANNUAL SPRING FLOWER SHOW And plant sale</b> Upton Pyne Village Hall	All welcome to exhibit or just come along. For more information contact: Chris Grundy 851 970
Monday	6 <sup>th</sup> May	11am – 12noon	<b>Coffee Morning</b> Upton Pyne Village Hall	Veronica Clarke 841 530
Wednesday	8 <sup>th</sup> May	7pm for 7.30pm	<b>“Swifts” by Edward Jackson</b> Free admission and refreshments Upton Pyne Village Hall	Free Entry  <i>(Donations towards costs gratefully received)</i>
Wednesday	8 <sup>th</sup> May	7.30pm	<b>Brampford Speke Parish Council Meeting followed by Annual Parish Meeting</b> Brampford Speke Village Hall	Tracy Watkins 07811 938614
Sunday	12 <sup>th</sup> May	2pm	<b>Whist Drive</b> Upton Pyne Village Hall	David Taverner 01884 855459
Monday	13 <sup>th</sup> May	7pm	<b>Upton Pyne &amp; Cowley Parish Council</b> Upton Pyne Village Hall	Jacqui Ward 01392 851 918
Tuesday	14 <sup>th</sup> May	12 noon	<b>Lunch Bunch</b> Thorverton Arms	Pat 841 599 or Veronica 841 530
Monday	20 <sup>th</sup> May	7.30pm	<b>Upton Pyne &amp; District Garden Club</b> Becca Flintham talk <i>FOOD FOR FREE</i> Upton Pyne Village Hall	June 01392 841272
			<b>Weekly</b>	
Monday		10.30 am	<b>Pilates</b> Brampford Speke Village Hall (Term Time only)	Nicki Stumpf 07838 260290
Wednesday		10am	<b>Art Class</b> Upton Pyne Village Hall	John 07816 846562
Thursday		9.15am – 11am  9.30am (term time)  2-4pm	<b>Toddler Group</b> Brampford Speke Village Hall (Term time only)  <b>Zumba</b> Upton Pyne Village Hall  <b>Tea</b> Upton Pyne Village Hall	Emily 07511 623314  Caroline Anstead 07796 950652, <a href="mailto:canstead4@gmail.com">canstead4@gmail.com</a>  Adrienne 07791 609068
Friday		10.30-11.30am	<b>Pilates</b> Upton Pyne Village Hall	Rebecca Cunningham 01363 866047