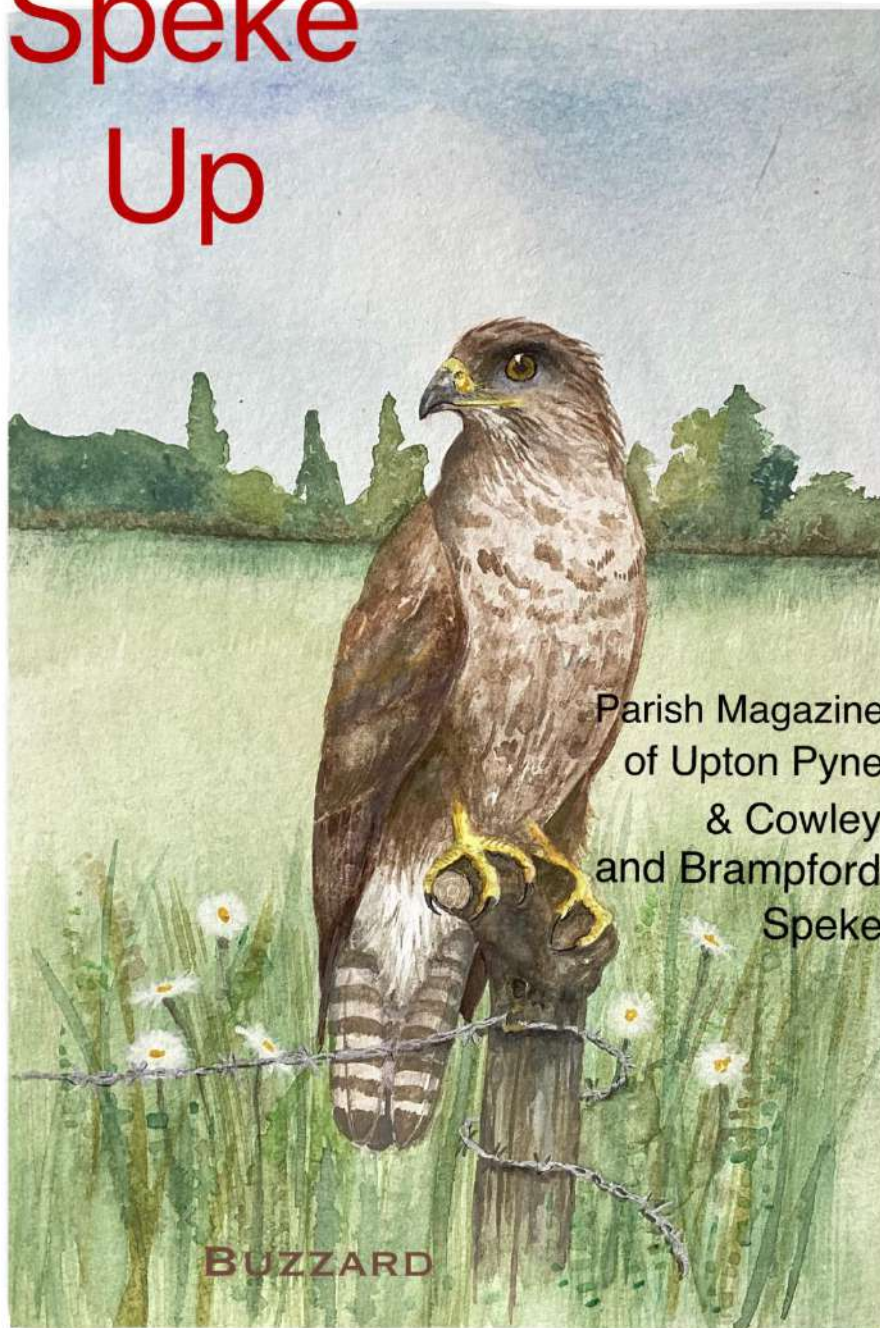


Speke Up



Parish Magazine
of Upton Pyne
& Cowley
and Brampford
Speke

BUZZARD

June 2024

Issue 371



**Upton Pyne and
District
Garden Club**

SPRING FLOWER SHOW

Well, we were so lucky with the weather, weren't we? The beautiful sunshine meant that we could have the plant sale outside, and it proved to be a very attractive selection indeed. We hope that all the cuttings and potted plants thrive in their various new locations, and perhaps provide future samples for another year's sale.

With 99 entries, exhibits were somewhat down on previous years; this was put down to the previous bad weather, and also the fact that it was a bank holiday weekend and we suspect families took advantage of the sun to go out for the day somewhere. The quality of entries was high however, and made for some hard decisions when voting with pennies. The lack of daffodils was more than made up for by the wisterias, and, surprisingly, there were still a few tulips to be shown.



Dr Paul Cleave kindly came to judge the food entries again, and was unable to choose between the two fruit cakes, so they were equal first, and the sole treacle tart was pronounced excellent. Many thanks to him for judging, and we hope that the rose he purchased thrives for him.

Tea and cakes helped to provide a lovely social occasion and it was nice to catch up with people. Many thanks to the tea ladies for their excellent service!



Thank you also to the children of Brampford Speke school for the pictures, which always attract a lot of attention. Congratulations in particular to Isobel, Lucas and Iona - it was very hard to pick out only three pictures, and the judges did not always agree!

Finally, thanks to all the gardeners, cooks, judges, artists, visitors, servers and helpers and everyone else involved in setting up the show and, in particular, to the army of volunteers involved in the setting up and dismantling operations.

**Chris Grundy
Show Secretary**



Speke Up Matters

Welcome to the June edition of *Speke Up* - our Wildlife issue.

Caroline Fox writes about buzzards this month. Sally Discombe concentrates on swifts, following the successful talk she organised on these amazing birds recently in Upton Pyne. John Palmer has been counting bird species found in a local garden. We have an article on the delights of woodland walking and some suggestions for local walks, a delicious recipe using wild garlic and two opportunities to help with gardening projects in Brampford Speke and Upton Pyne.

There are reports on the recent Garden Club Spring Flower Show and the Twinning Weekend, both blessed with wonderful weather and bonhomie.

We hope you enjoy this edition.

from the Speke Up team

Cover design: Sally Tuckey

Veronica Clarke's retirement

At the annual parish meeting in April, those present wished Veronica well on her retirement from the post of churchwarden. Veronica has held this office for 35 years and has tirelessly served the church and community over this period. The village owes Veronica a huge debt of gratitude for all she has done to keep the church open and at the heart of the community. She has organised countless services, weddings, baptisms and funerals. She is extremely well regarded in the mission community and she has been an immeasurable support and source of knowledge for those who need her. Although Veronica is giving up the job title, we are sure she will still be actively involved in all things church-related. Here's wishing Veronica a wonderful retirement!

Upton Pyne Parochial Church Council

ANNUAL ADVERTISING RATES FOR 2024

Full page (black & white) £100

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

Half page (black & white) £65

" " (colour) £140

Quarter page (B/W only) £40

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

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

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

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

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

Maximum dimensions :

Full page 18.2cm x 24.4cm

Half page 18.2cm x 12.2cm

Quarter page 8.5cm x 12.2cm

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

advertising@spekeup.org.uk



Zumba Fitness Class
at Upton Pyne Village Hall

Thursday (Term time) 9.30 -10.30am

£6.50 Pay as you go! No need to book
just turn up

Certified Instructor Caroline Anstead
07796 950652

Facebook – Caroline Anstead Zumba and
Dance

Instagram – caroline-a-zumba

AGRICULTURAL

— INN —

What's on at the Agi

Summer Events

“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!
All under the tipi in the Secret Garden.

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!

Many more summer events coming soon,
check out our website for more details.

Takeaway Fridays

Fish & Chip Fridays are back at the ‘Agi’

Every Friday 6-8:30pm

**Takeaway Fish 'n Chips £12,
small portion £8, pre ordering is recommended**

BRAMPFORD SPEKE - EX5 5DP - PLEASE CALL 01392 840043

www.agriculturalinn.co.uk

Cover Notes



Spring is here and the swallows and swifts are back!

It seems as if we've moved straight from winter into spring with a few sallies back into more cold wintry weather. The contrast has heightened my joy at the arrival of two swallows (April 14th) perched on the telegraph wires in the centre of the village. And now (May 15th) the air is full of happy chattering swallows busily nesting. They have since been joined by the martins who are equally busy. After attending Edward Jackson's inspiring talk on the swifts last month, I was delighted once again to hear the scream of the swifts and see several flying high above my garden. It's such a magical sound and so lovely to have them all back. Sadly, the swifts will leave us again in August, so we need to enjoy them while we can. There is more information on swifts, swallows and martins in the *Speke Up* issues 342 (July 21), 343 (Sept 21) and 344 (Oct 21).

It's lovely to hear the other birds too. On a glorious, sunny walk in mid-April, I enjoyed hearing the croak of the raven, the warbling chirrup of the ascending skylark, the chiffchaff chiff-chaffing and the 'dzeee' sound of the greenfinch together with the robin's cheery song and the blackbird's melodious note (always my favourite). Now (May 17th), the loud warbling sound of the blackcap fills the garden, along with the chaffinches' cheerful rattling song and I can see some goldfinches perching in the border.

My earliest memories of the buzzard (*Buteo buteo*) were on Dartmoor where I spent most of my childhood holidays. The constant mournful mewing cry of the buzzard, which Monty Don describes as "A cry as old and wise as the wind", was like a back drop to everything. I loved watching them as they soared higher and higher in the sky, sometimes disappearing above the clouds (apparently this is a territorial display). Sometimes, when driving along the lanes, one would see buzzards perched like statues on telegraph poles, looking around for prey – possibly voles.



The other evening, returning from Thorverton, I saw the familiar outline of the buzzard, roosting in a large oak tree. Suddenly, it flew slowly and majestically away and the sun caught its breast and underwings briefly lighting them up.

When I was growing up, buzzards were quite rare in other parts of county and were nothing like as common as they are today. Like so many birds of prey including the peregrine, buzzards suffered with pesticides after the war and were strongly affected by myxomatosis, which wiped out huge numbers of rabbits between 1950 and 1980. Now, however, they are one of our most common birds of prey. A recent UK estimate showed between 57,000 and 79,000 breeding pairs.



Like the sparrow hawk, red kite, goshawk, osprey and eagle, the buzzard has rounded wings for soaring on the thermals with scarcely a wing beat. The buzzards are slow in pursuit of their prey, where goshawks and sparrow hawks are much faster. The falcons such as the peregrines and the hobby have more pointed scythe-like wings which, certainly in the case of the peregrine, can enable incredible speeds.

Buzzards are great opportunists and part of their success is that they will eat almost anything on land including frogs and worms left high and dry after flooding and also road kill. Due to their large size, the buzzard has often been mistaken for an eagle (In Scotland it is known as the 'tourist eagle'). Their size enables them to strike down prey as large as rabbits, crows, pigeons, coot and duck. They often hunt for voles in the long grass and can eat as many as 20 a day, making many hovering mini-dives.

I have a brief update on the Peregrine Project at St Michaels Church, St Davids in Exeter, from the Devon Wildlife Trust to say that the peregrines are present and breeding this year. Last Saturday, the male was seen on a regular perch and it was presumed the female was on the nest. (There is no webcam at present and the vegetation has grown up so it is not possible to see the sitting bird.)

Caroline Fox

A BIRD IN THE BUSH

For a Midlander like me, Upton Pyne is a classic Devonshire village and I never tire of coming to stay with my friends Linda and Ian.

My latest visit turned out to be a perfect weekend. Shirtsleeve weather, the Aurora Borealis and a superb morning of birdwatching.

Two astonishingly productive Saturday morning hours yielded an exciting and unexpectedly large clutch of woodland, farmland and water birds. All without moving from a comfortable chair in the garden.

While Linda set about restoring and recycling a pyramid of plant pots and Ian was erecting the cloth pyramid that is the parasol over the patio furniture, I was equally industrious.

The free app called 'Merlin' is an essential for mornings such as this. Switch it on and it picks up all the birdsongs within earshot.

Some of the birds you may be able to see without Merlin. But it also picks up the calls of some of those skulking birds hidden in the foliage or on the ground. Birds that you perhaps wouldn't have known were there, if the app hadn't prompted you.

Once you know they're around, you know where to look. I reckon that Merlin was responsible for at least half a dozen birds on my list that I would otherwise have missed.

The Woodlark down amongst the newly ploughed sods in the field and the Blackcap peeking through the leaves were two prominent examples

There was a rapid and frenetic start as I ate breakfast *al fresco*.

A Greater Spotted Woodpecker on the telegraph pole. Squawky Swifts announcing the arrival of spring and creating a slipstream between house and boundary shrubs. Swooping House Martins wondering whether to challenge the rowdy House Sparrows for possession of the best nesting spots in the thatched roof. Excitable Swallows making pit-stops on the wires

A scan of the field hedgerows for Pheasants or Partridges produced neither – but did reveal a flighty Wheatear feeding voraciously and a Pied Wagtail.

In the trees, a Robin, Blackbird, raspy Greenfinch, chirpy Chiffchaff and mellifluous Wren. The Willow Warbler came out and sat on the TV aerial. A Linnet made a brief appearance on the wire. Then a Whitethroat in the trees – never saw it but it kept coming back to tease me.

Greylag Geese flew over, a Mallard flashed through, Herring Gulls circled. Rooks and the odd Crow complained.

The app also said there was that rarity, a Serin. Very briefly singing and, sadly, totally invisible.

In two hours, 27 birds were seen and two others heard. Almost a full house of those you'd anticipate here...

As Linda took a well-earned break from potting and Ian triumphantly raised the umbrella, I felt I'd also earned my coffee and cake break, too...

All the birds seen: Greater Spotted Woodpecker; Swallow; Swift; House Martin; Woodlark; Blackcap; Linnet; Blue Tit; Great Tit; Dunnock; House Sparrow; Willow Warbler; Chiff Chaff; Robin; Blackbird; Jay; Herring Gull; Greylag Goose; Mallard; Crow; Rook; Wheatear; Pied Wagtail; Greenfinch; Wren; Wood Pigeon; Pheasant; and heard: Whitethroat and Serin.

John Palmer



The Royal British Legion

Thorverton Branch

12th Annual Cream Tea Delivery Service. Saturday 10th August.

A Cream Tea delivered to your front door. 260 delivered last year. This year we are supporting the RBL Poppy Appeal, local organisations and branch/community funds. Freshly cooked and prepared in the morning ready for delivery £4.50p each.

**To order please contact Alex/Penny Fice
Tel. Ex. 861136 or srbf@hotmail.co.uk**

Woodland Walking



In Devon, we are blessed with some beautiful woodlands and copses. Surprisingly only 13% of the county is covered by woodland but we don't have to go far to find one. I'm sure we all enjoy walking in woodland without thinking why. There is a surprising array of good effects from regular woodland walking beside the obvious physical benefits of keeping fit and fulfilling the Government's recommendation of 150 minutes of moderate exercise (brisk but not breathless) a week.

I prefer to meander in the woods, relaxing and noticing the beauty of what is around me. The Japanese call this Forest Bathing or shinrin-yoku, and no, you don't have to take your clothes off! You are bathing in beneficial natural chemicals called phytoncides, given off by the trees to protect themselves from insects and germs. You are also stimulating all your senses; sight, sound, smell, touch and even taste. At the moment, the woods are full of lovely spring flowers to appreciate colour and scent: wood anemones, bluebells, red campion, yellow archangel and lots of wild garlic. If you are a forager, try tasting baby garlic leaves and, if you are brave enough, the little green seeds left when the flower has gone over – these pack a real punch! Close your eyes for a moment and listen.... birds, wind, running water, distant voices? Look up above you and see the patterns of the leaves and the light reflecting in

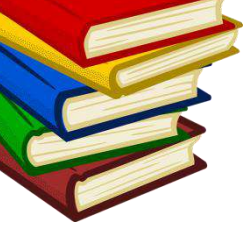
different ways through them. Humans find fractals (repeated patterns) pleasing and restful - like those repeated leaf shapes as you look up, or if you stop to examine a fern frond, each tiny leaflet reflecting the larger shape of the frond. Touch the tree bark and feel the roughness of oak and ash and the smoothness of beech. The leaves feel different too, beech leaves are smooth and papery, hazel rather furry.

I always feel more relaxed when I come out of the woods but there is also scientific evidence showing that being in a wood is beneficial to your health. We know that it reduces the stress hormone cortisol which will help us feel more relaxed and it can reduce blood pressure too. Studies have shown that phytoncides can improve the quality of our sleep and decrease depression and anxiety. In addition to that, studies have shown that phytoncides breathed in during prolonged forest bathing increase the activity of a type of white blood cell called natural killer cells which fight disease as part of our immune systems.

So, get out in the woods and enjoy the benefits of your surroundings!

Anne Roberts





BOOK CLUB

Somebody to Love? by Grace Slick

I enjoy reading rock musicians' autobiographies as the stories behind the music feed into my love of the music itself, plus many of them have lived such extraordinary lives.

Grace Slick was the singer in the 1960s psychedelic rock band Jefferson Airplane and is as well-known for her political activism as her alternative lifestyle and transgressive behaviour. It would be easy to sum her up as a stereotypical Hippie Queen but she was/is so much more than that.

Her upbringing was privileged, her parents were wealthy and hardworking, and she was educated at one of those borderline-parody ladies' schools that existed in the 1950s and served to prepare the offspring of rich Americans for a life of domestic servitude as trophy wives. She was too intelligent to get drawn into that and gradually rebelled by developing her musical skills and joining an iconic, established band.

They performed at Woodstock and were contemporaries of all of my favourite US acts including The Doors; Crosby, Stills & Nash; Neil Young; Joni Mitchell – the full Laurel Canyon scene. It sounds idyllic: living life to the full, driving great cars way too fast, enjoying all available distractions, creating songs that still sound strong now, the Californian weather, famously talented and fascinating people all around. Of course, drink and drugs play a big part in her story though she is unashamed by her antics and has survived relatively unscathed. I feel there is a lot of luck in her hard-living life, bearing in mind many of her talented contemporaries checked out when they were too young.

Her intra- and inter-band disagreements are well explained and she is honest about her own mistakes. Huge luck also manifests itself in the fact that after Jefferson Airplane split up, they re-started another hugely successful new group with some of the same members and renamed it Jefferson Starship. In the 1980s she had huge global success with another band called Starship.

This book was written 20 years ago and she was happily sober and retired at that point, dedicating her

time to her painting, animal rights/LGBTQ activism and attacking mainstream medicine which she considers to be a huge conspiracy (discuss!).

On a personal note, she recently said: "All rock-and-rollers over the age of 50 look stupid and should retire." Steady on, Grace, I'm only just getting started!

An inspirational person and an entertaining read. **SP**

The Lying Life of Adults by Elena Ferrante

Elena Ferrante writes so brilliantly about the complexity of female emotions, whether they be teenagers or middle-aged women, and never more so than in this novel.

It is Giovanna's story of her painful adolescent years growing up in Naples, and her change from a sweet girl adoring her parents to a sulky, aggressive teenager struggling with complex and often terrifying emotions. She is bought up in a comfortable middle-class part of Naples but starts to build a relationship of sorts with her aunt in a working-class industrial area of the city - both neighbourhoods hate, and are threatened by, the other. It is a novel about class, beauty, family secrets and lies, all familiar themes from Elena Ferrante. **CL**

My dear soul an' days by Les Terry

This is an every-day story of farming folk set in Devon, on a farm just to the north of Dartmoor, during the second world war.

Bess and Tom run Stoney Downe farm with the help of their son Joe, who has been exempted from military service because of the need for his work on the farm.

A visit from a Ministry of Agriculture official changes their lives, as they are to have a Land Girl to help, so that the farm can be more productive. Violet May is not that big and doesn't look strong, but she has a way with animals, and also with the internal combustion engine, and she sorts out their second-hand, non-working tractor immediately. Tractors weren't that common in those days, most of the work being done by horses.

Her father, in the Royal Tank Regiment, is missing somewhere in the desert and Violet worries that he may be dead.

There are dabbles with the black market, various social events and fisticuffs between a couple of drunk soldiers, but not much really happens.

The writer was obviously familiar with the workings of a mixed farm, the daily life of farm workers and the women who fed them. Rationing in the country didn't have the effect it did in the town as the farm produced its own milk, butter, cream, eggs and the occasional chicken, and there were plenty of rabbits to shoot.

The thing that brings this short book alive for me is that all dialogue between the Devon people is in dialect and the title is one of Bess's favourite sayings. I couldn't find anything online about Les Terry, the author, but the book was published in 1998 by Edward Gaskell in Bideford.

SG

The White Ship by Charles Spencer

The sinking of the White Ship (the *Blanche Nef*) in 1120 had a devastating effect on English history. When she went down off the north coast of France, Henry I's only legitimate heir, William Aetheling, and many members of Anglo-Norman society were drowned.

Starting with William the Conqueror and the battle of Hastings in 1066, Charles Spencer takes us through nearly 100 years of history, up to Henry II becoming king in 1154.

William Rufus, who followed William the Conqueror as king, was by all accounts a thoroughly despicable man, and a bad king. When he was killed, his younger brother Henry I took over. His reign was one of stability and relative peace in England, but there were plenty of wars to be fought in France and Normandy. It was a bloody, dangerous time to live, and enemies were blinded, castrated, had hands cut off and were imprisoned for years.

Henry I fathered at least 22 children with different mothers, but his only two legitimate children were William and Matilda. When William drowned, Henry decided that Matilda should be his heir, and the nobles were made to swear an oath supporting that wish.

When Henry died in 1135 (supposedly from a 'surfeit of lampreys'), the period of history called The Anarchy began. Henry's nephew, Stephen of Blois, took quick advantage of the situation, declared himself king and was crowned at Westminster Abbey in the same year.

Although the nobles had sworn to uphold Matilda as queen, many reneged and supported Stephen, leading to nearly twenty years of bitter civil war.

Eventually, it was agreed that Matilda's son (who became Henry II) should be king.

If you've read the *Brother Cadfael* books by Ellis Peters, you will have some knowledge of The Anarchy, and it was those books which gave me an interest in the period.

SG

June Quiz

- 1 What happened on June 6th 1944?
- 2 What is celebrated in the UK on the third Sunday in June?
- 3 Which novel begins in 1815 and ends with the 1832 June rebellion in Paris?
- 4 In which year did June Brown first play Dot Cotton in *Eastenders*?
- 5 Trooping the Colour is held annually in June, on which parade ground?
- 6 *June is bustin' out all over* is a song from which stage show and film?
- 7 In 1968, June Whitfield began her long television partnership with which actor and comedian?
- 8 The longest day of the year occurs on one of which three days?
- 9 Which Disney character has nieces named April, May and June?
- 10 What takes place at Worthy Farm every year in June?

SG

Answers on page 36



Community land, sustainably managed • Affordable homes for local people

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

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

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

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

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



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

CountryHeat  **Wood & Multi-Fuel Stove Specialists**

An extensive range of Woodburning & Multifuel Stoves, Gas & Electric Fires available to view in our showroom.

Chimney Linings, Installations, Restoration & Associated Building Work, Accessories & Servicing.

www.countryheatdirect.co.uk

01392 811 597

Unit 1, Odams, Westown Rd, Ide, Exeter, Devon, EX2 9TG







Professional, friendly foot care in the comfort of your own home

I can help you with:

- Thickened nails
- Toenail cutting
- Cracked heels
- Ingrowing toenails
- Verrucae
- General foot care
- Fungal nail infections
- Diabetic foot care
- Footwear advice
- Onward referral

Claire Norton DipFH MCFHP MAFHP
FOOT HEALTH PROFESSIONAL

Call 07740 333743 or
email ClaireNfootcare@gmail.com
www.ClaireNfootcare.com

SWIFTS – Dramatic Creatures of the Air

Simon Barnes, sports journalist and birder extraordinaire, makes the point that birds are the most easily-spotted of all wildlife, which is perhaps why so many people enjoy bird watching. I suppose that most of us have our favourites. For a song, nothing enchants me more than a blackbird singing after an evening shower; for a magical summer soundscape, the skylark is a delight. But for mystery and astonishing lifestyle, the swift surely reigns supreme.



Upton Pyne recently hosted a talk by Edward Jackson, a self-confessed and knowledgeable 'swiftie'. It was an interesting and informative talk, well attended by an audience eager to learn more of these extraordinary birds and how to help them.

Swifts first appeared as a separate species some 60 million years ago and the fact that they have changed so little since then is a testament to the efficiency of their design. Although the largest of three much-loved summer visitors (along with swallows and house martins), they weigh less than a chicken's egg. And yet they will fly about two million kilometres during their lifetimes (think of two return journeys to the moon, and then back to the moon once more!)

There are more than 100 species of swifts and one species has been reported as flying at 170 km per hour. Our common swift (*Apus apus*) has been recorded flying at 111.6 km per hour. They are the fastest birds in level flight. Perhaps one of the most well-known facts about them is their almost totally airborne existence. Swiftlets fledging the nest will not touch down for up to three years. The birds eat, mate, sleep on the wing and only land in a nest site to breed. Their diet consists of minute insects and tiny spiders. A swift with young will need to catch up to 100,000 insects a day. They are the only species to sleep on the wing, rising up to two miles high to avoid predators. Their sleep is unihemispheric, the left side of the brain shutting down first, then switching over to the right. This allows them to maintain their position, or stay on course if migrating.

They mate for life and return to the same nest year after year (from Africa, in the case of our swifts). They have suffered a dramatic loss of nest sites as a result of new building materials and improvements to our homes. This, as well as loss of habitat in the African countries where they winter, and the devastating reduction in insect numbers – something affecting many birds – has resulted in a 60% decrease in swift numbers, and their consequent 'red' listing as a threatened species. Many of us will be doing what we can to increase wildflower habitats but a really great way help swifts is to provide nest boxes. Ideally at least two or three, as the birds nest in colonies.

Although these can be bought from sites such as Amazon, anyone interested could contact Edward Jackson (creditonswifts@gmail.com) and obtain a box more cheaply, or make one. The boxes need to be sited at least 4 metres above ground level (remember those younglings taking their first dive-and-fly to freedom!) There is a local steeplejack who can fit boxes for us at a very reasonable cost: Errol Campbell – Tel 07704 415497.

I still have a few of the wonderful booklets produced by Helen Lucy. If you would like one, please email me at sallydiscombe@gmail.com. These contain a lot of information and delightful illustrations. Some useful organisations:

Swift Conservation – <https://www.swift-conservation.org/>

Action for Swifts – <http://actionforswifts.blogspot.com/>

Action for Swifts (DIY instructions for boxes) - <http://actionforswifts.blogspot.com/p/diy.html>

Finally, that wonderful sound of swifts flying low and socialising is called a 'screaming party'. Maybe if enough of us can encourage the birds to nest in our villages we'll be thrilling to that sound more often!

Sally Discombe

Speke Up About Music

Song: *Friday Night, Saturday Morning* by The Specials
Suggested by: Rachel Insoll

Rachel says: "This isn't my favourite song because I don't have one favourite, but I do love it! It was one of two B-sides on the single *Ghost Town*, which was bought by my brother or sister (we used to buy music collectively) in 1981 when I was 12. I don't know why I knew it summed out a typical night out in 1980s Britain when I was only 12, but I did. I still think that it is a perfect description of a mundane, youthful Friday night in a provincial town. I don't know if the contrast with the A-side and the other B-side (*Why?*), which are both powerful responses to racist violence and urban disenfranchisement, made it more effective? I still have an emotional response to the song all these years later, particularly since the death of singer Terry Hall, who wrote it. And I still love ska!

Stu and Debbie say: "Hope the chip shop isn't closed, cos their pies are really nice."

This is a snappy little number about a typical night out in London and exemplifies the ska genre. A tight beat and dub reggae bassline kick things off before Terry Hall's instantly recognisable voice joins in with tales of beers, dancing hen parties, fights, headaches. His world-weary voice matches the lyrics well. (Incidentally, Terry did an interview on Adam Buxton's podcast just before he died and revealed something so harrowing about his childhood that it is a testament to his resilience that he managed to get through life afterwards.)

The off-beat guitar and Hammond organ plus some strings/synths are the only other instrumental additions and the feel is easy and uncluttered. Obviously, it's all about the bassline really as per all good reggae/ska tunes – Stu is biased as bass is his main instrument!

There are echoes of Ray Davies's songs with the Kinks here: the English vowel sounds, downbeat vocal inflections, sometimes slightly out of tune but *appropriately* so, observations of working-class life, a sense of resignation but without judgement. An insistent chorus that is almost childish but fits the sentiment of the song perfectly.

We won't quote the final verse but it is gritty and humorous – pure pathos to wrap up the song. It's one of those 'sense of time and place' songs that stand apart from a lot of pop music.

We enjoyed diving into this one Rachel – thanks!

Song: *Separate Ways* by Journey
Suggested by: Rachael Griffiths

Rachael says: "I like this song because it talks about true love and how somebody carries on loving someone else, even when they are apart."

Stu and Debbie say: This classic rock song is on Journey's 2008 album *Revelation*. It starts with an 80s synthesiser sound, guitar riff, drums – you know what you're getting with a band like Journey: quick hooks, no fuss, melodic singing, big/epic production and lots of reverb on the drums!

They had Arnel Pineda on vocals at this point after he replaced the incredible Steve Perry. If you want to see the epitome of the word 'convoluted', search for Journey Band Members on Wikipedia! His voice is in the upper register and tightly controlled. The sound is iconic 1980s and easy to get into. The guitar solo demonstrates Neil Schon's technique well (fun fact: he played with Carlos Santana's band while still a teenager).

As Rachel said, the lyrics are an impassioned and emotive evocation the singer's love for his ex-lover. Thanks for this suggestion, Rachel, this song was a new one for us.

Please email suggestions for favourite songs you would like reviewed 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>

We have had lots of people suggesting songs to review recently and have enough to keep us busy until October, so please be patient....we haven't forgotten anyone!

By the way, our next live show as "no ordinary fish" is at Exeter Respect Festival in Belmont Park on Sun 9th June 1.20 – 2.15 pm on the main (Mandela) stage. It is a lovely, family friendly festival and only costs a few pounds to get in. There are lots of interesting stalls and events plus a variety of international foods to try so we look forward to seeing some of you there! Expect original songs from our first two albums plus a few from our upcoming third, but don't expect too many cover versions!



Devon
Wildlife Trust

Charity wants 'bat detectives' for nighttime investigation



We're going heavy rock and metal this month!

Q1 Jon Lord and Ritchie Blackmore were once members of which famous UK rock band?

Q2 Their debut album *Appetite for Destruction* was released in July 1987. Can you name the band?

Q3 Tommy Lee is the drummer in which American metal band?

Q4 What 'supergroup' band did Jimmy Page (Led Zeppelin) and Paul Rodgers (Bad Company) form in the mid-80's?

Q5 This metal band's long-time drummer (since inception) is Lars Ulrich. Name the band.

Q6 'The Prince of Darkness' is the nickname of which heavy metal front man, and which band does he front?

Q7 With albums including *Somewhere in Time* (1986), *Fear of the Dark* (1992) and *A Matter of Life and Death* (2006), this prolific metal band is called ...?

Q8 *Overkill* and *Ace of Spades* are famous songs/albums written by which UK rock band?

Q9 Phil Lynott fronted this Irish heavy rock band from 1969 to 1983. What's the name of the band?

Q10 A virtuoso guitarist and his drumming brother give their name to this band, whose top 10 hits include *Why can't this be Love* (1996) and *Jump* (1983). They are?

Devon Wildlife Trust (DWT) has embarked on the ninth year of its Devon Bat Survey. The research is believed to be one of the biggest citizen science projects in the county and has already collected more than 1.3 million bat records. Data from the surveys play a vital role in helping to protect bats.

DWT wants volunteer 'bat detectives' to take part. No previous experience of bat detecting is necessary. Participants host a small electronic bat detector in their garden for three consecutive nights. The bat detectors record ultrasonic signals made by bats as they navigate during night-time flights.

This year's Devon Bat Survey started in May and will run until early October, coinciding with the months when bats are most active. Signing up as a volunteer bat detective is free via the DWT website: <https://www.devonwildlifetrust.org/devon-bat-survey-2024>.

Participants book the dates on which they want to undertake their survey and then arrange to pick up their bat detector from one of 12 host centres around the county, including Devon Wildlife Trust, Cricklepit Mill, Exeter and St Bridget Garden Centre, Clyst St. Mary, East Devon.

After three nights of recording, they return their bat detector and upload their survey recordings to an online system which analyses the sounds and returns the results showing which types of bats were detected.

More information about the Devon Bat Survey is available at <https://www.devonwildlifetrust.org/devon-bat-survey-2024>

Please note: a booking to take part in the Devon Bat Survey must be made before a bat detector can be collected.

A privilege to share our space...

says Elaine Hollingsworth

Here at Station House at Brampford Speke, we've taken part in the DWT's Bat Survey several times. It's very simple and easy to do, helps the DWT to research and monitor these lovely little mammals (many of which are in sharp decline) and participants receive a really interesting, detailed log of all the bat species in their chosen area.

We are very lucky to have a maternity bat roost, meaning that female bats come here to give birth to their babies. The maternity bats are pipistrelles – both common 'pips' and soprano 'pips'. They hibernate elsewhere, arriving here in small groups in spring from their various hibernating places (one of which is thought to be at Killerton). Some possibly travel from the Torbay area. We're always really pleased to see them when they turn up. The female bats stay here all summer, bringing up their babies (they each give birth and suckle just one baby a year), while reducing the numbers of annoying midges and providing amazing aerial displays. We have had up to around 400 maternity bats here in the past but last year numbers were very much reduced and the roost was abandoned much earlier than usual. Having consulted with experts, we are unclear as to why this happened. We also have a small population of male bats that remain here all year round.

In addition to the common and soprano pipistrelles that spend their summers here, we have also recorded many other species in the immediate area including barbastelles, brown long eared, Daubenton's (mostly seen flying low along the river), greater and lesser horseshoe bats (whizzing among the trees along the old railway line), Leisler's, Natterer's, noctules and serotines. The bats seem to like the rich mixture of pond, pasture, river, trees,

hedges and old railway line, while we feel very privileged to share our space with them. Because we have so very many bats here, we sometimes come across an injured or unwell bat - or perhaps a grounded baby bat. **THE NATIONAL BAT HELPLINE 0345 1300 228** (run by the Bat Conservation Trust) or the **DEVON BAT HELPLINE 01803 214665** (emergency only) will put anyone concerned about the wellbeing of a bat in touch with a local, experienced volunteer who will help and advise. We sometimes find a grounded baby bat in the garden – luckily, we have several local friends who are licensed bat carers and who are able to expertly warm and bottle-feed the baby, usually returning it to its mother when it is ready. It is quite something to see a mother bat swoop down and scoop up her baby, the baby being held aloft on a fingertip!

BATTY EVENING *As I write, we're hoping to repeat one of our batty evenings in mid-June, with refreshments and a walk/talk led by experts (with bat detectors etc.) as a fundraiser for local bat rescue. Please look out for posters advertising the event.*

Newton St Cyres Tennis Club

The Club Tournament has started again and a record number of members have entered.

The summer league has also started and we entered ladies', men's and mixed teams of various levels. Members are enjoying their matches around Devon

The Rusty Racket sessions are running well on Saturdays (contact Sue Bloomfield, sueblmfld03@gmail.com, if you would like to try a session) and the other Club sessions are well attended. We have quite a few new members and it is great to see them so involved.

Coach Jon Wills runs our Junior coaching sessions on Wednesday afternoons. There are some places available in the intermediate groups. Jon Wills is also available for individual or doubles coaching for adult members.

The new Membership Year, has just started so this is a good time to think about joining as you will get a full year for your subscription. We are very reasonably priced compared to some of the larger clubs. For all information about the club please see our website www.newtonstcyrestennisclub.co.uk or contact our membership secretary Laura Leigh on 01647 24259

Brampford Speke Parish Council

New councillor needed: following Nichola Vickers' decision to step down from the council we are 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: at our 8th May meeting we had updates from the Community Land Trust (CLT) and the local interest group:

- The CLT reported that they are exploring modifications to their previous Stonilands proposal in light of comments made at consultation and council meetings in March, but don't yet have a firm revised proposal to put forward.
- The local interest group reported on a useful meeting with the CLT and is not pursuing other possibilities at present.

We have been made aware of another possible proposal for new housing, on Templar's Field (half way up Sandy Lane on the left), probably with a significant affordable housing component. We understand this is being explored on behalf of the family trust owners of the field but have no further information about this at present, either in terms of possible size or timescale. We will circulate information as soon as we have some.

Village Hall: the porch woodwork is in poor condition and the trustees are exploring options for repairs/replacement. Costs will be met from reserves, with a possible grant from our DCC councillors, for which we are very grateful.

Fly tipping: a large amount of rubbish was fly-tipped in Gypsy Lane (green lane off Red Rock Road) on Sat 27th April. This has been reported to the police and to EDDC and DCC (it is unclear which authority is responsible for removal). Congratulations to those who recorded the suspect van's registration plate and found identifying information in the rubbish itself; this should help trace the culprits.

Speeding tractors: several residents have expressed concern about large tractors and

trailers speeding through the village. These are not our local farmers, but probably contractors working further afield. Photographic evidence would help persuade the police to investigate; if you see the problem vehicles, take a picture and contact the police direct on 101.

Next PC meeting: Wed. 3 July at 7.30pm in the village hall.

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

Upton Pyne and Cowley Parish Council

Annual General Meeting 13 May 2024

Open Forum: Donations towards the repairs for the church clock from both the Parish Council and many generous individual contributors has meant repairs have gone ahead and it is lovely to hear the bells once more.

Parishioners are urged to report significant potholes online.

<https://www.devon.gov.uk/roads-and-transport/report-a-problem/report-a-pothole/>

Elections: Cllr Bob Short agreed to stand as Chair for a further year and all Councillors agreed to remain in their current roles. Please do approach the Clerk or attend the Annual Parish Meeting (APM) on 3rd June at 7pm, if you are interested in filling one of our current vacancies.

District Council and County Council Reports: There was no report from the District Councillor. County Councillor Randall - Johnson emailed her report discussing devolution, supporting people on low incomes and Growing Communities Funding.

Parish Plan: Cllr Hewlett has printed the plan which will be uploaded online and distributed at the APM. A very professional job has been done by everybody, with particular thanks noted to Councillors Ward,

Hewlett and Ryles.

Causeway: Keeping the Causeway weed-free was discussed, as was the general point of taking pride in the appearance of the Parish. Roadside litter is not solely the fault of passing traffic and it is important that individual householders keep their frontages tidy, especially on bin day.

Drainage: Councillors discussed the continuing challenge of clearing roadside gullies and have asked the Clerk to approach other parishes who employ a Lengthsman.

Finance and Personnel: Councillors checked and agreed the Annual Governance and Accounting Statements following Internal Audit.

Planning: There were no objections to the Certificate of Lawfulness Application for Chapel Cottage. Initial works at Cowley Barton Farm on the demolition have disappointingly been carried out outside of the proposed working hours.

Meetings: The next meetings are 3 June in the Village Hall at 7pm, all are welcome! (APM, Parish Plan launch) and 10 June at 7.30pm: usual monthly meeting of the Parish Council.

The value of Friends

The Friends of Wyndham House Surgery (FOWHS) group was formed in 1991 by Frank Varley (his wife Audrey is still one of our patients). The group's aim was to help the surgery develop and innovate ahead of the NHS curve. Frank would never have believed how successful this has been. Currently, the Chair of FOWHS is Mike Shipley, whom many of you will have met as one of our 'Bertie' medicine delivery volunteers. He works with the group of Trustees to ensure the FOWHS funds are put to good use. The Friends run the Bertie service that currently delivers regularly to patients who have difficulty getting to the surgery to pick up their prescriptions. The cost of Bertie herself (now in her second version), all the maintenance and petrol are supported by FOWHS. We owe our volunteer drivers an enormous thank you for their time doing the deliveries. FOWHS are very generous in their funding of medical equipment that is beyond what is expected for NHS GPs. Over the last

few years, they have bought the surgery a MESI-M machine, ambulatory blood pressure monitors and INR devices; each of these have freed up a very large number of nurse appointments. They have also provided GPs with additional dermatoscopes, to optimise our assessment of pigmented skin lesions, and we are currently looking at a new improved remote heart rhythm monitoring device that will help us identify patients who have palpitations that need further investigation. FOWHS also support the large variety of groups that operate within our villages: the Memory Café, the Film Club, Qi Gong, Keep Fit classes, Balance Classes, Seated Yoga, Carers group, Menopause group, New Parents support group, SCENE magazine and facilitate Jean Povey's Digital Social Prescribing work and Jan Hebditch's Palliative Care liaison support role.

Alongside the FOWHS we have also recently revived our Patient Participation Group (PPG) under the Chairmanship of Martin Holt. This group fulfils the honest appraisal, critical friend role. The group could be considered a 'patient partner' to the surgery advising the practice and upwards to NHS Devon on the patient perspective. All registered patients are welcome to join: contact Martin via reception or email wyndhamhousepatientsgroup@gmail.com

Supporting friends is normal but this is different to providing care for them. The two are not mutually exclusive, however, it is important that those who are doing caring work, especially if friend or family, are identified and helped in what is a very difficult and tiring role. FOWHS run a monthly lunch club for carers and the surgery is currently updating our list of patients who are carers. If you are a carer, please contact us to check we have your details. We use this to ensure all carers are provided with as much information as possible from local agencies who can support you.

As a surgery we are enormously grateful to the FOWHS and those stepping forward to help Martin with the PPG. If you would like to get involved with any of the above groups please get in touch via reception or email via our website and we will forward your details.

Anthony O'Brien
Wyndham House Surgery

Come and celebrate our 2024 Heritage Open Day at Upton Pyne Church on Saturday 14 September from 2pm to 4.30pm



Guided Tours of the Church

Children's trail and prizes

Tower tours (max 8, booking advised)

Refreshments

This is a FREE event. To book a tower tour or for more details contact Lisa Clapp 841339

**Brampford Speke Classic Car Show
& Village Fair**

Saturday 14th September

Chamberlain's Field

Vintage Cars, Table top sale,

Village Games, Refreshments, Cakes, Bar and Food

Email Douglas Ford: ffrford@outlook.com for further details, registration of classic vehicles and volunteering (We need your help)

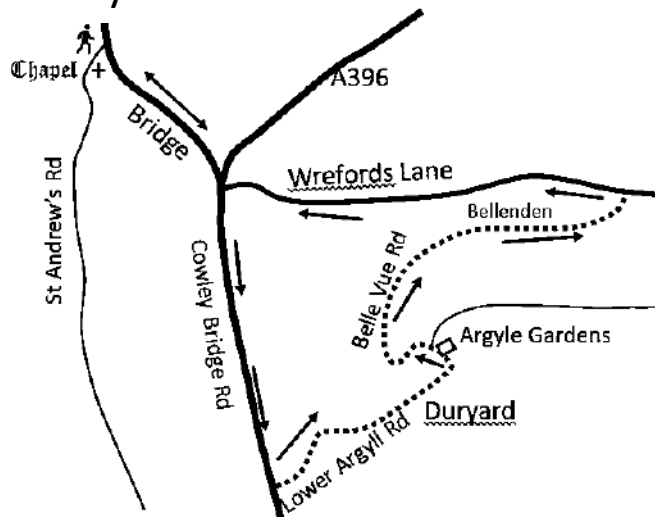
Walking the Parish

with Upton Pyne footpath warden

Amanda Ryles

The unprecedented rain of the start of the year followed by April's showers has led to one of the lushest green springs I can remember but by May we had enjoyed several warm days and a few actual sunny ones. Once I start wearing shorts to work, I rarely revert to long trousers until the autumn, so it was shorts-clad that I made an early start for May's walk, beginning at St Anthony's Chapel in Cowley at 7.30 am, crossing the A377 onto the footpath*. I headed right towards the bridge, beneath the wall of Cowley Place. The house there was built in 1788, and beyond the formal lawn is a small meadow to the water's edge. I stopped before the bridge to enjoy the sight of the low morning sun glistening on the heavy morning dew, reflecting onto the underside of the overhanging leaves, and warming my face. The thick silt at the edge of the Creedy was criss-crossed with paired footprints from hopping sparrows, the alternating waddle of a pigeon, the long-toed single file track of a moorhen, the webbed marks from a duck, several huge prints from swans, sunk further into the mud than the other birds and, deepest of all, slots (hoofprints from a deer). I quickly ran across the road bridges, the Creedy quiet and still, contrasting with the noisier Exe cascading over the weir. Looking back across the flood plain, beyond the field of hopeful worm-charming herring gulls and the meandering rivers, the fields above St Andrew's Road had a herd of young cows and, on the steeper slopes of Exwick Barton, were some new lambs with their ewes. Above the weir on the Creedy, just before it joins the faster-flowing Exe, the two houses at Weircliffe were shining like jewels as their white paintwork reflected the rising sun in the east. At the roundabout I crossed over the A396 then Wrefords Drive, and took the footpath along Cowley Bridge Road. The wide verge was full of still-closed daisies showing their pink tips, golden yellow buttercups reaching for the sun, and the last few remaining dandelion clocks. There was even a brave blue aquilegia fighting its way through a crack in the tarmac. Blousy mauve campanulas spilled over the wall, and crows and

Cowley



jackdaws shouted from the trees above Thomas Hall School. From the layby, the view down-river opened out, and I could see the morning mist following its curves, hanging low over St Thomas and almost entirely obscuring Alphington then Haldon beyond. The higher path is normally the best route, but a maintenance diversion sent me back over the road until the pedestrian crossing before the petrol station. I crossed there and then followed the uphill path which runs parallel to Lower Argyll Road. The many tall conifers, branchless for the first 20 feet or so, left stripes of shadow on the wet grass and, as the path got steeper, I had to shade my eyes against the dazzling sun. By the old stone-post entrance to Duryard Park Estate, I looked up to see if there was any wildlife in the expanse of fields beyond, and was staggered to see the beginnings of a huge solar array. Definitely something to investigate when I am closer.

Every step away from the road brought louder birdsong, and as the tarmac changed to gravel, the edges of the track became a tunnel, framed by dark green ivy with its lush, lime-green, new growth, glossy laurel, and the greying fractured limb of a holm oak. I stood under the trees and closed my eyes for a while, feeling the cool dampness of the dappled shade, smelling the wet leaves, sensing the pollen-thick air, and hearing the fluted, carefree songs of a pair of blackbirds, the high-pitched gathering 'tsee-tsee' of long-tailed tits, the perky melody of a robin and, under it all, the deep dull hum of so many bees. By the handsome red brick Argyll Gardens, I took the left path which becomes Belle Vue Road. The small orchard at Cottage Farm was covered in frothy

pink apple blossom and the sky was now the brightest blue. As the track continued, bending left over a stream, I stopped to look across to the pond to the right. In the middle is a small island, full of tall bamboos, prehistoric-looking gunnera (Chilean Rhubarb) and low-hanging weeping willows. Where the track bends right uphill, I instead went straight on, steeply up some steps formed from the roots of a large tree. I wanted to see the solar installation up close, and it was just a short walk through long, wet grass, punctuated with funnel webs from dozens of Agelenidae spiders. The land is university-owned and is part of their plan to become carbon neutral by 2030. Impressive up close, it was pleasing to see young rabbits breaking cover under the framing, and then magical to see two house martins flying above and a green woodpecker with its easily recognisable undulating flight and loud yaffle.

Returning to my route, the track became quite steep, with rivulets of water trickling over rocks on the path. Ferns and bluebells spread over the narrowing path as the trees and shrubs from the gardens of Allington Mead spilled over their fences, adding colour alongside the dark path, especially the trailing vinca with its bright blue flowers. Dodging the needle-fine brambles hanging from the trees, I stopped to admire a huge oak tree with its ancient exposed roots appearing to be growing straight from a natural wall of bedrock. The rocks on the path finished and grass appeared underfoot but, with the running water, it was pretty boggy. Thankfully, well-used bricks had been sunk into the ground and it became easier walking, finally open enough for a view beyond the red campion, through the hawthorns, back across to Belvidere Meadows. Above the path a copper beech glowed as its ruby coloured newly-unfurled leaves, pushing off the last parched leaves of last year, enjoyed the warmth of the sun.

Beyond Belle Vue House, the track becomes tarmacked again, past a new house with its many south-facing windows enjoying a vista right down the valley to Haldon Belvedere in the distance. Another great couple of bird sightings as a pair of goldfinches flitted in front of me just as a crow took flight with the wing of a dead pigeon in its beak.

The rest of my walk was mostly downhill on Wrefords Lane, past the magnificent conifers at Bellenden, then largely under the shadow of tall hedges. Occasionally, I was afforded little glimpses through gaps to Crediton and beyond. At one point a gate meant I could pause and watch tiny little bleating lambs in a field. I stopped too to look down on Cowley, the Waterworks and Pynes House. For a more built-up route than I usually take, I had been pleasantly surprised by what a lovely walk I had had, so close to the Parish.

*Following Parish Council requests, this path has recently been cleared by Highways between Cowley Place's pedestrian gate and the turning for Upton Pyne, which makes for much easier walking.

NEWTON RAMBLERS

This month's walk is on **Sunday 23rd June and will be from Bovey Tracey to Lustleigh** (circular option available to return to Bovey Tracey). We will meet at the Newton St Cyres Parish Hall Car Park at 0930 to car share to Bovey Tracey, where we will park in the main car park on Station Road next to the Riverside Community Centre TQ13 9AW (toilets available) to start the walk at approximately 1030am. Please advise Nicola if you intend to meet the group at Bovey Tracey (01392 851985).

The 4-mile walk will take us along part of the Wray Valley Trail, which continues to Moretonhampstead, and is mostly flat following the old railway line. There is a one-mile section between Bovey and Lustleigh which is on Lower Knowle Road this is the only steeper section, but provides lovely countryside views.

Those wishing to complete the circular route back can retrace their footsteps, and maybe stop off at Home Farm Café in the National Trust Parke Estate. For those not wishing to return to Bovey Tracey on foot, we can arrange to have a couple of cars parked at Lustleigh to drive back. There will also be an option of **lunch at The Cleave in Lustleigh**, where a reservation has been made for 10 at 1300 (although we can arrive a little earlier). **To reserve your place for lunch, please contact Nicola on 01392 851985, by 15th June.** Places will be allocated on the speed of your reservation! The walk is suitable for dogs, it is a shared path open to walkers, cyclists and horse riders. Dogs are also welcome at the Cleave.

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



UPTON PYNE CHURCH NEWS

The church held its annual meeting (APCM) on 20th April. A new Joint Council has been set up to administer matters that affect all the parishes and Lisa Clapp and Ruth Saltmarsh will represent Upton Pyne at its meetings. We still have a small Parochial Church Council to deal with running the church here; Veronica Clarke has stood down as Church Warden so Lisa Clapp is the sole warden but will be supported by Tim Collins (Rector), Christine Cotter, Veronica Clarke and Ruth Saltmarsh.

We hope that there will be interest in the services and events that the church offers and that others might ask what help is needed and offer support. There are already many who make a valuable contribution for which we are most grateful: Sue Glanville opens and locks the church regularly; Verity Hill sees that there are always fresh flowers for a service; Maggie Cormack leads The Friends of Upton Pyne; volunteers help with the maintenance of the churchyard and Paul Bowden has been very helpful in a number of ways, from preparing the ground for the interment of ashes to ascending the tower and monitoring our newly restored clock. One volunteer who has given unstinting service for some years is Karen Taverner, who stood down as Treasurer at the APCM. We are very fortunate to be able to welcome Beverley Horton in her place and thank her for her willingness to take this on. Thank you to Karen for all she has done to achieve a smooth handover.

We continue with a service of Holy Communion at 10.30am followed by refreshments on Sunday, 9th June and welcome all comers.

We are grateful for the fund raising of The Friends of Upton Pyne and hope that there will be good support for the event at Pynes on Wednesday, 26th June (details elsewhere in *Speke Up*). This promises to be a fascinating evening and a rare chance to see the Rose Garden at its best, enjoying drinks and canapes, while the house will be a wonderful setting for the performance by the Tudor Lady. The whole evening a

bargain at £10. Our very grateful thanks to Kate Tilley and her family for hosting this event. **VC**

TEA, CAKE & CHAT ON THURSDAYS

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

THE LUNCH BUNCH

We next meet on Tuesday 11th June 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 3rd June at 11am.

Thank you to all for your good wishes on my 90th birthday which I spent in the Lake District with my family.

David Marshall



Mel Spiller
Registered Foot Health Practitioner
S.A.C Dip RFHP

Phone 07375 980 028

Are your feet in need of some professional help? I offer treatments in the comfort of your own home

My treatments include
Nail cutting & filing (fingers & toes)
Removal of Corns and Callus
Cracked heels
Thickened & Fungal nails
Verrucas

And many other foot related complaints
I am fully insured

✉ **Melanie.spillerfhp@outlook.com**
f Melspillerfoothealth
globe www.melspiller.co.uk

D-Day + 80years!

6 June 1944 is one of those iconic dates in the calendar of British history. Sitting alongside 43AD, 1066, 1215, 1588, 1642 1701 and perhaps even (a bit flippantly) 1966 – dates that define this nation of ours, dates that change the course of history – ok, maybe not 1966. But D-Day definitely did change the course of world history.

80 years ago, after five years of war, uncertainty, anxiety and loss, on the 6 June 1944, 160,000 Allied troops landed in Normandy. Primarily American, British and Canadian troops, but there were many Australian, Belgian, Czech, Dutch, French, Greek, New Zealand, Norwegian, Rhodesian and Polish troops who also served with courage and honour. This was the largest naval, air and land operation in history. This was an extraordinary feat of courage, determination and sacrifice. And within a few days, about 326,000 troops, more than 50,000 vehicles and some 100,000 tons of equipment had landed. This was now, definitively, the beginning of the end of a conflict that would take countless million lives, and change the face and shape of Europe for generations.

Two years earlier, after victory in Egypt, General Alexander wanted once again to ring church bells across the land. But Winston Churchill was clear that “this is not the end. It is not even the beginning of the end. But it is, perhaps, the end of the beginning.” D-Day, did though, now take the Allies to the next phase of war. People could once again hope that peace might finally be not too far ahead – though the generals knew that there was still a long, hard battle ahead.

The military objective of D-Day – Decision Day, that ‘Longest of Days’ – was nothing short of liberating Western Europe from Nazi occupation. But the price of freedom would be incredibly steep. Over 4,000 lives were lost on the beaches and in the towns of Normandy just on that first day.

The veterans who fought on those beaches and in the towns are now few in number, but their stories must not be forgotten. And on the 6 June, The National Memorial Arboretum will host a special service, led by the Royal British Legion, to honour those who paid the ultimate sacrifice that day. Their legacy lives on in the freedom we enjoy today. As we look back, let us express our gratitude to those who fought for liberty and peace. Their courage inspires us to strive for a better world—one where freedom prevails over tyranny. Remembering D-Day is not just about history; it’s about honouring the indomitable spirit of those who stood together on those beaches, united by a common purpose. Let us never forget their sacrifice.

Lord of the nations, we honour the bravery and sacrifice of those who served. Grant us similar courage to recognise and restrain evil in our own day, and may those who lead the nations of the world work together to defend human liberty, that we may live peaceably one with another. This we ask in the name of the Prince of Peace, our Saviour Jesus Christ. Amen.

All blessings,

Tim

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

NICK BAKER

The community was very sorry to hear of the death of Nick Baker, from Cowley, in early May.

Nick was born on 23 September 1938, in Guildford, Surrey. When he grew up, he moved to Devon, firstly to Tiverton and then to Exeter when, in the 1970s, he was appointed Head Gardener at The London & Manchester Insurance Group, based at Winslade Park in Clyst St. Mary. Nick established the gardens there and then, in 1986, when he and Jilly were married, they moved to Cowley and Nick set up his own landscape gardening business.

He soon became very interested in the local history of the area where he now lived and was extremely knowledgeable: he was a gifted speaker and raconteur and gave well-illustrated talks to local groups. He was also a keen traveller, making long journeys abroad, notably to California and Bhutan: his subsequent illustrated talks on his experiences were always entertaining and enlightening.

Even before he retired, Nick was involved with the local community: he served as a Parish Councillor, was an observant and diligent Tree Warden, took a great interest in the Community Land Trust and was a founder member of the local Garden Club. He was the Programme Secretary for many years, persuading a wide range of speakers to make their way to the Upton Pyne village hall. Whenever there was a gap, he filled in with one of his fascinating talks on the flora and fauna observed on his travels.

Nick coped bravely with declining health and poor eyesight for some years and was lovingly cared for and supported by Jilly, to whom we extend our sympathy. He will be remembered with much affection for his kindness and generosity in sharing his knowledge of horticulture. A lasting legacy will be the gardens, parks and areas of Devon where the trees and landscape bear witness to his vision and skill. VC



History

We will be taking part in Open Farm Sunday this year on Sunday 9 June. In the past we've run events with an almost festival feel, attracting a couple of thousand visitors, the whole team piling in and taking a fortnight to prepare. This time, we'll be doing something much more intimate and small scale. I'll be leading a couple of guided walks across the farm taking in the history, the beauty of the landscape and how the farm and estate sit in our community. Please book on Eventbrite if you'd like to join me.

We'll be exploring the farm and my family's relationship to the community over the 15 generations we've been on the farm. We will start off at the cheese shop. We'll walk through the arboretum, a garden marked on eighteenth century maps as a pleasure garden, and talk about its history.

My grandmother kept geese in the garden as her contribution to the war effort in WWII. My mother and father planted it up in the 50s and 60s. When our family moved to Sherwood House, they took most of the rhododendrons and azaleas to form the basis of the spectacular garden there. It's now ably looked after by the community group, the Friends of the Arboretum.

We'll glance at the cutting, made after the Battle of Waterloo - our family mythology saying to give thanks for the safe return of the son and nephew of the John Quicke of the day. It was a particularly bloody battle, with a 30% casualty rate, so you can understand the sense of relief.

We'll call in at the church and see the Quicke monuments there: everything from the fine collection of hatch nets, memorialising John Quicke and Jane Coster, his wealthy wife who restored the fortune of the family in the eighteenth century.

We'll walk through West Town and see the parish hall, given to the community by my grandfather Noel Quicke. It was a cider barn, and I'm hoping the revels here honour its original use. We'll pass the cottages and farmhouses, once entirely owned by my family, housing everyone required for a community to thrive: butcher, baker and candlestick maker along with farmers, priests and school teachers.

We will cut up through the little fields at Westholme, to see sheep handling from the 80s, old cob barns from past centuries. You can see where the water supply to the village came from in the 1950s and we can glance over to the village rubbish dump, used till the 1950s.

We'll walk onto our spring herd grazing area, and see cows grazing, our grassland management, originally brought to the farm by my father in the 1950s and rediscovered like a new idea in the 1990s. We'll pass hedges, with their ancient history, perhaps the oldest man-made things we will see. We'll catch some wonderful panoramas as we walk across to Churchyard Down. It's a large field where all the hedges were taken out in the 50s because the plague of rabbits made land unfarmable on that sharp red land till myxomatosis got rabbit numbers under control. We will pass the barns where three cows died of anthrax in the 1960s when my father dug a slurry pit at Home Farm. He'd unwittingly dug up an old boneyard where a slaughterhouse was in the past, and the disease spores remain active for centuries. I remember as a child, speaking to the vet who had narrowly avoided infection while he established the cause of death of the cows. He told me as an 8-year-old that I must always remember this and pass it on to future generations to make sure no one else risked a very nasty death.

We will come back to the farm down Frogman's Lane, and discuss the felling of the roadside trees: lovely trees planted by my father in the 1960s. My brother was getting sleepless nights worrying about some of the less-sound trees falling onto the main road in a storm.

There will be lots of opportunities to chat and discuss the interweaving of history, community, landscape, biodiversity, farming and food. I always learn so much from the discussions. I look forward to welcoming you! The walk will be around 1.5 hours, a couple of miles, with some uneven ground. Bring stout walking shoes, sunscreen (we hope) and some water. Please book to make sure we have sensible numbers at each walk.

*Join Mary Quicke on a walk around our farm on Sunday June as part of **LEAF Open Farm Sunday**. There will also be a tasting of our multi-award-winning handcrafted cheeses.*

The walk starts and ends in the Quicke's Cheese Shop Car Park.

*Well-behaved dogs are welcome on leads.
There will be two walks, one **10-11.30am** and one **12-1.30pm***

*Places are limited so **please reserve your place** by emailing the Cheese Shop shop@quickes.co.uk or state 'Quicke's' on Eventbrite.*

Take two

Clive Smith and Ros Leveridge both live in Cowley and both volunteer at Castle Drogo.

It is quite a long walk from the car park to the large and imposing door at the entrance to Castle Drogo. From there, stairs wind around and around the tower until the top is reached and I am out of breath.

Here is the Haytor Room, which on a good day is a sunny space with a stunning outlook away across the moor to the rocks on the horizon. On a foggy day, all is just grey mist; on a clear day, we are so high up that we can see helicopters flying down the valley beneath the level of our windows.

As a research volunteer for the National Trust, I am lucky enough to spend many days a year here, usually with a couple of others from our small group, deciphering documents and cataloguing collections. There are hundreds of letters and postcards to transcribe – I had always thought that a lifetime of teaching and marking exam papers meant I could read just about any handwriting, but this has proved not to be the case. Some of these documents, written over 100 years ago, are quite a challenge. Unfortunately, many of the numerous notes and letters written, for example, by Mary Drewe, the daughter of Julius Drewe who built the castle, are scrawled in pencil on scraps of paper. Despite her great wealth, she favoured the tiniest of diaries, and cheap jotting pads on which she used up all the space by writing up the sides and often across the top too. I sigh with relief when I come across a letter from Eliza, a young 'helper' in the Girls' Friendly Society which Mary runs, who helpfully writes to her in a clear, childish hand.

I find the postcards most interesting of all. There are hundreds of them, some in albums, others in envelopes or held together with rubber bands. They are not in any kind of order, but by looking at postmarks, signatures and addresses, some patterns emerge. It is almost always an incomplete jigsaw, yet journeys and holidays can be reconstructed and events glimpsed through the lens of the brief messages they contain. One such is that of Basil Drewe, Julius's middle son, who set out on a voyage to Australia in 1914 in his twentieth year. A series of postcards home marks his outward travel to exotic locations such as Tangiers, Colombo and Fremantle, telling of his delight in the Cinammon Gardens or going up Mount Wellington. We have not yet found any postcards

marking his return voyage. Just as he arrived at the beginning of August, the First World War broke out and one can only imagine the sadness of the immediate return journey home to a country at war and an army waiting to enlist him. Again and again, I am taken by surprise at how little things have changed. It is a great privilege to dip into people's past lives and to learn of their worries, joys, arrangements, conventions, triumphs or travels.

Like me, my fellow volunteer Clive researches and writes articles, his most notable to date perhaps being about the time the castle experienced an earthquake! Unlike me, Clive has volunteered for a huge diversity of roles in his 16 years here: gardener, cleaner, walking guide, recruiter, room guide, interviewer, buggy driver, visitor reception assistant, and even Father Christmas!

It is in this latter role that Clive has had some of his funniest moments. One rather serious child crossed the room to where Clive/Father Christmas was sitting, shook his hand and said: "Good afternoon. We met yesterday at Paignton Zoo." His own granddaughter, looking at the photo of him coming out of the large chimney at the castle (**pictured**), merely remarked "Huh! He wears glasses!"

The odd humorous moment can come from 'grown-ups' too. As a room guide in the drawing room one



day, Clive overheard one visitor from the other side of the world who examined the Drewe family collections carefully before turning to his wife and remarking: "Marge, I think this guy went to a helluva lot of car boot sales"!

Clive is often asked by visitors why he is at the National Trust instead of doing some more 'worthwhile' volunteering. His, by now, polished reply is that helping hundreds of elderly people or those with mobility problems achieve a visit to the castle in the buggy IS worthwhile. When he retired, his former boss advised him: "Use your mind and don't just cut the grass." Yet Clive has found his most satisfying role is as a gardener in the castle gardens. "It is stimulating and you learn new skills", he explains, "because you are always working alongside an expert member of staff." He likes the happy atmosphere at the castle, which, despite the fact that it has seen its fair share of

traumas and tragedies, is still a warm and welcoming place.

Clive spent many years working in London in an MOD office which overlooked the Cenotaph. He became interested then in the architect Lutyens, and it was this connection, coupled with his love of Dartmoor, which first drew him to Castle Drogo. Being something of a Lutyens fan (and authority), he loves the architecture of the castle and spends hours every year sharing its stories with visitors from many corners of the world.

He is truly a National (Trust) treasure!

RL

Brampford Speke Village Hall Trust

Midsummer Cream Tea and Table Top Sale at the Village Hall

Saturday 22nd June 2024

2 to 5 PM

If you are interested in a table (£6 per table) please contact Sue on 01392 841785 or email sue.exevalley@gmail.com

Donations Welcome



An Early Evening at Pynes 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 26th June 6.30pm

Pynes House, Upton Pyne, EX5 5EF

A rare chance to see Pynes & its gardens

All proceeds to The Friends of Upton Pyne, supporting Upton Pyne Church
Drinks and nibbles. £10 per person, booking essential (children half price)

Please phone **07753 605726** to reserve tickets. Plenty of parking.



**Here to take
away the worry
of finding the
right care**



○ Your Care | Your Choice | Your Hub

Hub Care Support is here to help you find the best care and support by introducing you to high quality, accredited, Personal Assistants (PAs).

We're not an agency, we're a support service that gives you the choice over your care. Our PA's can help with:

- Domestic tasks
- Meal preparation
- Personal Care
- Social support/
Companionship
- Shopping
- Live-in care
- Assistance to appointments
- Respite



Get in touch to
discuss your
requirements



Look through the
profiles of PAs
we send you



Arrange an
introductory chat
with your PA



01392 982 832 | exeter@hubcaresupport.co.uk
www.hubcaresupport.co.uk

Helmores Estate Agents in Crediton since 1699.



CONTACT US :

property@hemores.com

01363 777 999

111-112 High Street
Crediton
Devon
EX17 3LF

Thinking of Selling or Letting?

Book a free advice
meeting today!



Jonathan Wood Veterinary Surgeons.

Mixed animal veterinary practice, with our heart in the community.

We treat your animals as we would our own.

RCVS practice standards accredited

Cat Friendly accredited clinic

www.jwoodvet.co.uk

hospital@jwoodvet.co.uk

01363 772319

24hr emergency service





The Mark Leveridge Magic Talk **A Magic Life—A Life In Magic**

Ever wondered how someone becomes a magician and just what goes on in the secret world of magic entertainment?

Now you can find out by booking award winning Inner Magic Circle member Mark Leveridge's new 45 minute talk in which he reveals stories from his magical beginnings, takes you behind the scenes in the world of magic, plus performs a selection of his entertaining magic illusions.

This talk is ideal for any group looking to engage a professional quality speaker at a very reasonable cost.

To discuss further, email Mark on magic@markleveridge.co.uk
or call **07773 303558**



GET GROWING at **Bernaville Nurseries**

80% OF OUR BEDDING PLANTS ARE GROWN ON SITE!
INSPIRATIONAL IDEAS FOR YOUR GARDEN AND HOME IN STORE

WWW.BERNAVILLE.CO.UK • CALL 01392 851326 • OPEN 7 DAYS A WEEK • FIND US JUST PAST COWLEY BRIDGE, EXETER



Twinning Weekend

The sun shone, the conversation flowed - in French, English and everything in-between – and everyone agreed that the Twentieth Anniversary celebrations had taken place over a weekend to remember.

This started with our friends from Commes, in Normandy, arriving in time for an early evening reception at Northlands (*left*), hosted by Chris and Dave Bamford on Friday evening.

Saturday was a free day with host families before the celebration dinner at the Thorverton Arms in the evening (*bottom left*).

Stuart Luxton, the English founder of the twinning association, was thanked for forming

such a long-lasting and successful group and was presented with a framed print of a painting by *Speke Up's* own Sally Tuckey, commemorating the 20th anniversary (*next page*).

Our French visitors were also given framed copies and the English members received unframed prints.

Sunday started with an optional morning visit to Knightshayes before





meeting at the Tiverton Great Western Canal Basin for a relaxing afternoon trip on a horse-drawn boat (*right*).

The evening was spent with hosts, at the Secret Garden at the Agricultural Inn or on a walk along Raddon Top (*bottom left*).



We were sorry to see our French visitors leave on Monday morning to catch the ferry home from Portsmouth (*below*) and we are all looking forward to seeing them in France next year.

If you would like to know about the Twinning Association, please contact Kate Cavill. Her details are in the *Speke Up* directory at the back of the magazine.





Fun Outside of the Classroom!

At last, the weather has been kind and we can truly feel like we are in the summer term! We have made the most of the weather and taken some of our learning outside.

Finch Class, (our youngest class) enjoyed a trip to RHS Rosemoor.

This was a wonderful day of learning, and the children were immersed in the wonder of nature, enhancing their learning in Science, which has focused upon plants this term. The children had a great day and behaved impeccably. Positive comments were received by the staff of Rosemoor and the coach driver. Well done, Finch Class! Please enjoy some photographs from the outing.



A Trip to RHS
Rosemoor for
FINCH class



Tel: 01392 841414

Brampfordadmin@exevalleyfederation.org.uk

In Geography this week, Skylark Class has been learning about different homes of the rainforest.

They spent the afternoon designing and making their own rainforest homes out of clay and natural materials, which were later confronted by a tropical storm!



And finally, our - now to be annual – Cross-Country Event took place

We really matched up to our school motto '**Small but Mighty**', taking part in our long-awaited Cross-Country Event down along the land by the old station houses. Thank you so much to Mr & Mrs Matthews and Sue Satchell for the use of their land. It was enjoyed by all. The whole school took part from Reception – Year 6, with the older children helping the little ones. All the children had incredible stamina and huge smiles on their faces, around the 1000 metre course, cheered along by the parents, teachers and children. **Well done all!**



Tel: 01392 841414
Brampfordadmin@exevalleyfederation.org.uk



ENERGY SYSTEMS Est. 1984
(SW)Ltd



OIL & GAS FIRED HEATING SPECIALISTS

info@energysystems-sw.co.uk

www.energysystems-sw.co.uk



OIL & GAS FIRED HEATING SPECIALISTS
BOILER AND SYSTEM MAINTENANCE
AGA & RAYBURN SERVICE ENGINEERS
OIL STORAGE TANKS & HEATING CONTROLS



TEL: (01392) 860558



Rangemoors. The stove & range cooker specialists.

- Wood & Multifuel Stoves
- Cookers & Cookware
- Flues & Chimneys
- Spares & Accessories
- Logs & Kindling

Rangemoors

www.rangemoors.co.uk



WINKLEIGH SHOWROOM 01837 680068 • EXETER SHOWROOM 01392 797679

SFH Supporters Club Family Fun Day

*Saturday July 6th
Chamberlains Farm
Brampford Speke*

*Dog Show 12 noon, Duck Race 4pm,
Hound Racing 5pm.*

*Bouncy Castle, Dog Scurry, Skittles,
Licensed Bar, Hot Food.*

Details: 07515 009175

FRIENDS OF UPTON PYNE

It has been a very good time for the fund-raising for the church maintenance: donations for the clock keep coming in; we raised £275 from the auction of the garden bench and the bring and buy stall at the monthly Monday coffee morning continues to provide a regular revenue.

We have now had a chance to peruse the quinquennial report – the five-yearly inspection of the church – and are delighted that our immediate costs are limited. There are a number of jobs to be done on the building, but few that are urgent, so we can make the repairs in a way that allows us to use our funds without them being too depleted. Thanks again to everyone who has given donations, particularly to those of you who give year-on-year amounts.

Our next event on 26 June is the early evening at Pynes House with Rosemary Griggs, author and performer, who will entertain us with tales of running a grand house in Tudor times. Do book a place (07753 605726) and come along at 6.30pm for drinks and nibbles and the chance to see Tudor-style embroidery on display.

One of our big expenses is the maintenance of the churchyard. We have a few volunteers who tend some of the graves, look after the rewilding area, strim around the graves and keep the ivy and brambles under control. Our garden contractors are willing to forego a visit if we can find people to mow the grass.

With this in mind, we have organised a day for all who are willing to come to the churchyard to operate our mower and strimmer and to help out with keeping the growth under control. We shall be meeting on Saturday 15 June so do join in. Please see the advert elsewhere in *Speke Up* for more information.

This day of volunteering will save us money and should be pleasurable: we shall be providing light refreshments. Do come along for a lovely community get-together with your secateurs, trowels and gardening gloves.

ANDY HALE SERVICES

andyhaleservices@outlook.com

07813 067919

General Building Repairs
Property Maintenance
Kitchen Fitting



Carpentry
Laminate Flooring
Fencing

No Job Too Small

Free Quotes

For enquiries and further
information contact Andy Hale:
07813 067919

The Gardening Year



June Garden

June 20 is the longest day of the year, and with the extra light and warmth that this brings, the garden bursts into speedy growth. However, this extra light and warmth also means that weeds will appear everywhere - growing faster than anything else it seems. So in order to keep on top of them, hoe regularly in dry conditions.

The experts at Peter Beales Roses have compiled a handy A-Z guide of everything you need to know to create fine displays. So, this month I am including A-C.

A – Award-winning: Look out for roses that hold a coveted RHS Award of Garden Merit (AGM) – the hallmark of exceptional garden performance. AGM-winners have triumphed at trials and you know you're picking a winner. Keep an eye open for varieties that have won the hotly-contested title of 'Rose of the Year', too.

B – Bare-root: Field-grown and supplied without a container, bare-root roses come in a huge range of varieties. They're usually available between November and March, while dormant. A traditional way of buying roses, bare-root plants establish quickly, putting down a strong network of roots that will power brilliant displays of flowers during summer.

C – Climbers: Keen to enhance fences, pergolas and walls with an abundance of blooms? Look no further than climbing roses. Many are vigorous and repeat-

flower well, blooming through summer into autumn, transforming a dreary boundary into a horticultural haven. Find your perfect climber

here: <https://www.classicroses.co.uk/roses/climbing-roses.html>

Jobs for June include the following

- Unless you are continuing 'No Mow May' into June and July, mow lawns at least once a week – but consider still leaving some areas uncut for wildlife
- Plant out summer bedding
- Stake tall or floppy plants
- Prune many spring-flowering shrubs
- Shade greenhouses to keep them cool and prevent scorching of the contents
- Harvest lettuces, radish, other salads and early potatoes.

It is not too late to direct-sow a few fast-growing, late-flowering hardy annuals.

Perennials such as hollyhock, delphiniums (such as *D. 'Fenella'*) and lupins can be sown directly into drills outside, once the seedheads have ripened and started to split naturally. If garden space is limited you can sow them into pots and place them in a cold frame, or by the base of a sheltered wall in filtered sunlight.

WHAT'S ON?

- **Saturday 8 June NSC Garden Club Coffee Morning.** NSC Parish Hall 10.30am – 12noon.
- **Thursday 13 – Sunday 16 June BBC Gardeners World Live** Birmingham NEC. Full details <https://www.bbcgardenersworldlive.com/>

LOCAL Hospiscare & NGS Open Gardens

- **Saturday 15 & Sunday 16 June, 4 Golden Joy, Crediton EX17 1EA (Hospiscare)**

Bert & Margaret Jewell's good-sized garden has been redesigned and planted over the last three years. The front garden has named specimen plants in the gravel. The back garden is a mixture of shrubs, herbaceous plants, rockery and climbing roses.

Opening Times 2pm - 5pm each day **Admission** by donation

Refreshments: Teas and Cake

Wheelchair Access: Limited with assistance

Dogs: No **Toilets:** Yes **Plant Sale** Yes

For more information please contact: Bert Jewell on
01363 773587 or via email on
albertmargaretjewell@yahoo.com

- **Saturday 22 & Sunday 23rd June Highland House, Cadbury, Devon, EX5 5LA (NGS)**

A multi-level garden with mixed herbaceous borders, rose garden, orchard, ponds, cutting garden, vegetable garden, newly established wildflower meadow and a woodland walk, all with far-ranging views over the surrounding countryside.

Opening times 1pm – 5pm each day **Admission**
Adults £6, children free

- **Sunday 30 June, 2 Dowrich Cottages, Sandford, Crediton EX17 4EH (Hospiscare)**

Come into the Wild Garden and look for butterflies, bees and bugs. Plenty of pondlife and plants to look at.

Opening Times 10am – 4pm

Admission: By donation

Parking: Up the lane – 10-minute walk

Refreshments: Tea, coffee, cake & light lunches

Wheelchair Access: No **Dogs:** Yes, on a lead

Toilets: Yes, **Bits & Bobs Stall**

Happy Gardening!

Nicola Baker

Brampford Speke Primary School

As part of our curriculum this term, we are growing lots of flowers, fruits and vegetables around our school grounds which will also further enhance our outside spaces.

If you think you might be able to spare an hour or two, to help with our beds and borders, please let us know by popping into the school office.

Thank you!

JOIN IN A COMMUNITY GET-TOGETHER

Saturday 15 June

We're looking for volunteers who can help to tidy the Upton Pyne churchyard. Last year we used the volunteer Bank Holiday, attached to the Coronation weekend, to have a day in the churchyard and achieved a great deal. It was a fun day and we thought we should repeat it. We have a mower and some strimmers and other tools. Please come along from 9.30am for as long (or as little) as you can manage.

The Friends of Upton Pyne pay contractors to cut the grass and keep the place shipshape. So, a volunteers' day is a good way of keeping these costs down, as we'll need their help less often.

We shall provide refreshing drinks and sustaining cakes and other goodies. Bring a picnic if you want to stay the whole day.

Please message Andrew Gwynne on 07912 597687 if you'd like to join in, so we have an idea of numbers. Thanks to all who helped last year; we hope some new people can join in this time.



FURSDON, CADBURY, DEVON, EX5 5JS

www.fursdon.co.uk 01392 860860

Come and visit us at Fursdon, one of Devon's oldest family homes. Take a leisurely stroll in the grounds and lovely walled garden or simply sample our delicious cakes and scones, served from the Coach Hall tea room.

GARDENS & TEAS: 2-5pm on bank holidays and every Wednesday and Thursday afternoon between Easter Monday and the end of September

House Tours at 2.30pm & 3.30pm on bank holidays and Wednesday & Thursday afternoons in June, July & August.

Annual garden season ticket £15.00 (5-16yrs £3)

Single visit garden ticket £6 (5-16yrs £1)

House & Garden ticket £12 (5-16yrs £3)

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.

A9 Phil Lynott fronted the Irish heavy rock band Thin Lizzy from 1969 to 1983.

A10 The virtuoso guitarist and his drumming brother who give their name to the band whose top 10 hits include *Why can't this be Love* (1996) and *Jump* (1983) are Van Halen (Eddie and Alex).

Answers to June Quiz

- 1 D Day
- 2 Fathers' Day
- 3 *Les Miserables*
- 4 1985
- 5 Horse Guards Parade
- 6 *Carousel*
- 7 Terry Scott
- 8 20th, 21st or 22nd June
- 9 Daisy Duck
- 10 Glastonbury Festival

Answers to Music Quiz

A1 Jon Lord and Ritchie Blackmore were once members of Deep Purple. (Jon played keyboards, Ritchie guitar.)

A2 The band whose debut album *Appetite for Destruction* was released in July 1987 is Guns N' Roses.

A3 Tommy Lee is the drummer in the American metal band Motley Crue.

A4 Jimmy Page (Led Zeppelin) and Paul Rodgers (Bad Company) formed the supergroup The Firm in the mid-80s.

A5 Metallica is the metal band whose long-time drummer (since inception) is Lars Ulrich.

A6 'The Prince of Darkness' is the nickname of the heavy metal front man Ozzy Osbourne of Black Sabbath.

A7 With albums including *Somewhere in Time* (1986), *Fear of the Dark* (1992) and *A Matter of Life and Death* (2006), the prolific metal band is Iron Maiden.

A8 *Overkill* and *Ace of Spades* are famous songs/albums written by Motorhead. (RIP Lemmy)

PR Cars Services Centre LTD

Services Available:

Servicing
MOT's
Brakes
Clutches
Welding
Local Free Collection
& Delivery



T: 01392 851 293

M: 07974 764 064

E: colandr60@aol.com

Half Moon Village, Newton St Cyres Exeter, EX5 5AE



**THORVERTON ROYAL BRITISH
LEGION**

The Raddon Top "D-Day Challenge"

The Thorverton RBL branch have organised a running event to commemorate the 80th anniversary of "D Day" on Thursday 6th June 2024. The Raddon Top "D-Day" challenge will consist of two races: A 10k (6 mile) multi-terrain run to Raddon Top for all runners (over 18) and a shorter challenge of 5k The "Little D" for runners and walkers (dogs are welcome but must be kept on a lead)

Both races will start at 7pm at 'The Exeter Inn'.
Entrance fee of £5 (cash) on the day.

The Race Event & Medallions are being generously sponsored by Sam Fice (Energy Systems) and a generous "Local Benefactor".

Afterwards all participants will get a free beef burger and drink kindly sponsored by Matt & Rick Cox of the Exeter Inn.

"Thursday 6th of June 7 pm"
All proceeds for the "Poppy Appeal"

Thorverton Parish Church
Tuesday 25 June 2024, 7.30pm
Exeter Chamber Choir
Conductor: Andrew Daldorph

A Summer's Garland: songs, madrigals and close harmony ballads for a summer's evening.
Join Exeter Chamber Choir for music of love and longing, night and dreams, swans and owls, and several moons (blue, river and paper)!

We will also be featuring talented young cellist, **Eugene Lee**.
Interval refreshments will be available. Proceeds to Thorverton Parish Church.

TICKETS: £12 until the day before each concert, or £15 on the day at the door.
Children/students FREE www.ticketsource.co.uk



**SUMMER
OPERA
AT DOWNES**

Performed by  Staircase Opera

Saturday 15th June
7.30pm (Gates open @ 6.30pm)

 Tickets £20 from

or on the gate



Bring picnics and chairs
Bar available

Thorverton Memorial Hall

Saturday Market and Big Breakfast: start your weekend off with a hearty breakfast and a browse of stalls from local sellers. Come along to Thorverton Memorial Hall on Saturday 8 June 09:30 – 11:30. We hope to see you there!

Cinema Night: In June, our monthly film night is on Friday 21st. We'll be showing *The Lesson*.

Liam (Daryl McCormack), an aspiring and ambitious young writer, eagerly accepts a tutoring position at the family estate of his idol, renowned author J.M. Sinclair (Richard E. Grant). But soon, Liam realises that he is caught in a web of family secrets and resentment. Sinclair, his wife Helene (Julie Delpy), and their son all guard a dark past, one that threatens Liam's future as well as their own.

Class, ambition, and betrayal become a dangerous combination in this tense thriller.



Visit **Scarefest Surprise** in the church

Find out about what happens in the village from a display of scarecrows from village organisations

Grand Opening BH Monday 27th May 10am-5pm
with refreshments available

Then every day until Saturday 8th June 10am-4pm

Follow the **Scarefest Stomp** village trail map to find the names of all the scarecrows in Thorverton

Just get a trail map from the Post Office or the school office
and bring your completed map to Scarefest Saturday

Come to a party on **Scarefest Saturday** in TM Hall

8th June from 5pm to 10pm for all the family

...Delusions Childrens' Entertainer at 5pm

...pasties(all sorts of fillings) & sausage rolls on sale from 6pm

... 'life' drawing of a scarecrow competition for all ages

...music/entertainment from Lorraine & friends and TADS

...screen display of scarecrows from the trail and
photographs of 'old' Thorverton

...bar, raffle, duck race, games, prizes and lots more...



SCAREFEST

family festival of **scarecrows**

in and around Thorverton

and the church

Monday 27th May

- Sunday 9th June

Join the
scarecrows
in church
for our

**Scarefest
Sunday Service**
with communion

9th June
9.30am



Open Farm Sunday 2024 - Farming with Nature

Richard and Rachel Risdon would like to welcome you for a
guided farm walk:

Woodrow Barton, Brampford Speke, EX5 5DZ

Sunday 9th June starting at 10:30



Come & see this year's calves, last year's heifers & the
milking herd.

We will show give you a milking demonstration & finish off
with a taste of our girls' Proper Milk - with or without a flavour!

Free litre of our Proper Milk available to each family attending so please
bring along your bottle to fill up

Please book using the link or QR code: <https://www.trybooking.com/uk/DNEK>



★ 29TH JUNE ★
BOMBA
X
FIND & FOSTER

TACOS & CIDER
in the orchard



FROM 4PM



FIND & FOSTER, HUXHAM ORCHARD

HUXHAM BARN, DEVON. EX5 4EJ

BOOK: WWW.FINDANDFOSTERFINECIDERS.COM

SERVICES & INFORMATION JUNE 2024

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

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

Sunday 2 June Trinity 1

10:30 am	Coffee & Chat	Newton St Cyres	Lay Led
11:15 am	Service [All age]	Rewe	Lay Led
11:15 am	Service [Riverside service, followed by BBQ lunch]	Cadbury	Lay Led
* for more details of this service, see below.			
05:00 pm	Communion	Stoke Canon	TC

Tuesday 4 June

09:00 am	Chattertots	Thorverton	Lay Led
<i>[Coffee morning, play & scarecrow trail in churchyard & church]</i>			

Sunday 9 June Trinity 2

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

Sunday 16 June Trinity 3

09:30 am	Communion	Brampford Speke	TC
09:30 am	Bubble Church	Thorverton	TC
10:00 am	Coffee & Chat	Stoke Canon	LF/Lay Led
11:15 am	Communion	Cadbury	TC

Sunday 23 June Trinity 4

09:30 am	Choral Morning Prayer	Thorverton	Lay Led
10:00 am	Messy Church	Stoke Canon	Lay Led
11:00 am	Communion [followed by Patronal lunch]	Newton St Cyres	TC
11:00 am	Service	Huxham	LF
11:15 am	Communion	Rewe	KR
05:00 pm	Mid-Summer Service of Celebration [followed by BBQ]	Netherexe	TC

Sunday 30 June Trinity 5

10:00 am	Mission Community Service	Stoke Canon	TC
----------	---------------------------	-------------	----

***Riverside service & BBQ lunch at Higher Mill, Thorverton, EX5 5LL. For directions, please call Judy Friend on 07971 893334 or email judy@red-earth.org**

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

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

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

Wyndham House Surgery

Wyndham Road, Silverton, EX5 4HZ

Telephone: 01392 860034

www.wyndhamhousesurgery.co.uk

Currently rated as an **OUTSTANDING** Practice by the CQC

Day/Dr	Dr Anthony O'Brien	Dr Catherine Burkill	Dr Jeff Solman	Dr Griff Thomas
Monday	09:00 – 11:30 15:00 – 17:30		09:00 – 11:30 15:00 – 17:30	
Tuesday		09:00 – 11:30 14:00 – 17:30	09:00 – 11:30 15:00 – 17:30	
Wednesday	09:00 – 11:30 15:00 – 17:30	09:00 – 11:30 15:00 – 17:30		
Thursday	09:00 – 11:30 14:00 – 16:00		09:00 – 11:30	09:00 – 11:30 15:00 – 17:30
Friday		09:00 – 11:30	09:00 – 11:30 14:30 – 16:00	

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

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

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

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

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

Silverton Link Up

(Incorporated with The Friends of Wyndham House Surgery Charity no. 1048253)

A voluntary car service for Wyndham House Surgery patients.

If you have problems getting to / from Health Appointments ...surgery, hospital opticians or dentist, Link Up may be able to help.

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.

Link Up 07821718672 or [silvertonlinkup@ gmail.com](mailto:silvertonlinkup@gmail.com)

Upton Pyne Village Hall

Reg Charity
301005



At the heart of village life –

**Afternoon Tea on Thursdays, monthly Coffee Morning
Weekly Art Classes, Pilates and Zumba in term time,
Whist Drives, Garden Club, Parish Council every month.**

Plus weddings, kids' parties and other private events.

To hire or enquire: 01392 841402

WEDNESDAYS AT UPTON PYNE VILLAGE HALL

ART CLASS 10AM-1PM

All Media And Subjects Tackled.

*We are a small friendly group where all abilities are
welcome and everyone is gently encouraged to succeed.*

10 WEEK TERMS - 3 TERMS A YEAR

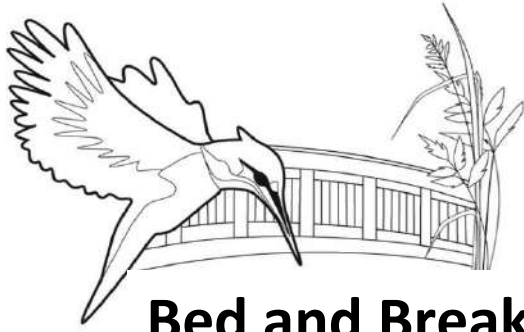
£75 PER TERM - JOIN AT ANY TIME (1ST TERM PRO RATA)

COME FOR A COFFEE AND MEET THE GROUP

FOR MORE INFO RING JOHN ON 07816846562

OR EMAIL JOHNAHOWELLS@HOTMAIL.COM

PRIVATE ONE TO ONE LESSONS ALSO AVAILABLE.



Bed and Breakfast Brampford Speke

Guests are accommodated in a suite of rooms that are part of a converted stable block overlooking the Exe Valley Way. Having its own separate entrance, WiFi and off-road parking, guests can enjoy privacy during their stay. Situated only 5 miles from the University and Exeter city centre.

Phone: 01392 841785

Email: exevalleybandb@gmail.com

Sean Evans

**Restoration and
Renovation**

**Established building and
plastering specialist**

Incl. traditional cob and lime

Mobile: 07815 553647

seanevans1967@hotmail.co.uk

Based in Brampford Speke



Tree Surgery & Tree Care Specialists

Tree surgery, felling, hedge
trimming,

stump grinding, reports, surveys
and planning applications

Bill Crumby NDArb MArborA

07778 412145

info@green-trees.co.uk

www.green-trees.co.uk

Free estimates - £5million
insurance cover

**Chris Vicary
Independent
Financial Adviser**

CarterDawes
IFA Solutions Ltd



Silverton / Exe Valley

M: 07823 334 073 • E: chris.vicary@carterdawes.com



Simply treating our clients with the utmost
integrity, giving fair independent advice
without product, provider or fee bias.



Registered in England & Wales No. 4010762. Registered office: Mariner House, 133 High Street, Hordley, Devon, EX14 1SP

SEASONED LOGS

From 5th March 2024

From sustainable
woodland management

Suitable for

**OPEN FIRES - WOODBURNERS
CHIMENEAS - FIREPITS**

Typical moisture content range 10-25%

Can be tested on delivery.

Supplied loose tipped or in a bulk bag.

PRICES

FULL LOAD loose tipped **£220** approx 2.5m³

All hardwood or hard/softwood mix containing
predominantly hardwood

HALF LOAD loose tipped **£120** approx 1.25m³

BULK BAG **£70** approx 0.625m³

KINDLING **£4.00** per large net

All prices include vat @ 5%

Martin Newbery Tel: 07967 219559

FOR A LOCAL PERSONAL INSURANCE SERVICE

Call your local office in **Crediton**
on **01363 775511**



NFU Mutual
INSURANCE | PENSIONS | INVESTMENTS

Fine
MEMORIALS
"Your independent local Mason"



EXETER

11 HEAVITREE ROAD
EX1 2LD

01392 250084

exeter@finememorials.co.uk

CONTACT US FOR A FREE BROCHURE

COVERING SOMERSET & DEVON

WWW.FINEMEMORIALS.CO.UK



BRAMM

ACCREDITED COMPANY



**THORVERTON POST OFFICE
& TCT LTD NEWSAGENT/STATIONERS**

your local bank

Quarry Car Park, Lynch Road,
Thorverton EX5 5NG 01392 860455

REALLY EASY PARKING + ACCESS

We offer a wide range of **Post Office** and **banking** services (inc. for business), **CASH** withdrawal, cash/cheque deposit, foreign currency, multi-currency travel cards, online shopping returns, phone top-ups, gift cards, newspapers, magazines, stationery, greetings cards, local postcards, notelets, posting and packing materials, photocopying + lots more

Cards for special occasions, people, ages and seasons inc. Fathers' Day

TCT Shop + Post Office

Mon - Fri 9.00 - 5.30 (closed 1.00 - 2.00)

TCT Shop Sat 8.00 - 12.00 Sun 8.30 - 10.30 BHs 8.30 - 9.30

Post Office Sat 9.00 - 12.00 + Sun & BHs closed

Thorverton Cooperative Trust Ltd

ANNUAL GENERAL MEETING

**WEDNESDAY June 19th 2024
7.30 pm at Thorverton WI Hut**

This is an opportunity for TCT members and PO and TCT customers to be updated about our community shop and PO, to ask questions, to share ideas, to elect the Council of Management (Committee) for the coming year and to thank our dedicated staff and volunteers.

For further information, to view the minutes of the last AGM in advance of the meeting or to offer to help with the running of our community shop in any way please

- ring the Secretary on 01392 860419
- e-mail heatherpkershaw@gmail.com
- ask at Thorverton Post Office

BRAMPFORD SPEKE AREA BABY AND TODDLER GROUP



**9.15-11AM THURSDAYS TERM TIME
BRAMPFORD SPEKE VILLAGE HALL**

**£2 FIRST CHILD, £1 EACH FOR SUBSEQUENT CHILDREN
CONTACT EMILY : 07511623314**

FACEBOOK : @BRAMPFORDBABYANDTODDLERGROUP

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



Greg Probert Dip PFS

01392 712 404

greg@probertfinancial.co.uk

www.probertfinancial.co.uk

**Your local Independent Financial
Adviser based in Poltimore**

**Pensions · Investments · Long Term Care
Inheritance Tax Planning · Insurances**



Probert Financial Ltd is an appointed representative of 2plan wealth management Ltd. It is authorised and regulated by the Financial Conduct Authority and is entered on the FCA register (www.fca.org.uk) under reference 940827. Registered office: Unit 11 Hunthay Business Park, Axminster, EX13 5RJ. Registered in England and Wales Number: 12500388. Tax planning is not regulated by the FCA

Friendly, honest and careful
Chimney Sweeping Service
From husband-and-wife team, Ewan & Amy.



Offering:

Powering Sweeping
Manual Sweeping
Birds Nest Removal
Minor Repairs of Wood Burning Stoves

NACS registered and fully insured; they will leave your home spic and span! For a quotation, call, text or WhatsApp [07393536396](tel:07393536396) or email swEEP@aandechimney.co.uk

www.aandechimney.co.uk

ADRIAN PAYNE CHIMNEY SWEEP



Telephone
01392 851199

HETAS Approved
NACS Registered
Certificates issued

www.adrianpaynechimneysweep.com

N.A.GUPPY LTD

CROYLANDS

BRAMPFORD SPEKE, EXETER

Plumbing and Heating Engineers

ALL TYPES OF CENTRAL HEATING

GAS, SOLID FUEL, OIL etc

LEAD AND COPPER WORK

Also all plumbing jobs – large or small

Telephone: EXETER 841336

**Exeter's Traditional Family Independent
Funeral Directors For Over 100 Years**

M. Sillifant & Sons

*Martin & Marc, son & grandson
of the late Bernard Sillifant*



A phone call will obtain our personal attention

01392-272688

24 Hour Service

**19-20 Holloway St. St Leonard's,
Exeter. EX2 4JD**

www.sillifantandsons.co.uk
Email: info@sillifantandsons.co.uk

A.White & Sons **Funeral Directors**

**Albert Road, CREDITON
Devon EX17 2BZ**

01363 772043

Email:

whitesfs@btconnect.com

**Members of the N.A.F.D. and
S.A.I.F.**

Prepayment Plans Available



All Aspects of Tree Surgery

Stump Removal

Crown Lifting Crown Reduction

Grounds Maintenance Grass Cutting

Hedge Cutting All types of Fencing

Wood Chip Seasoned Logs

General Garden Maintenance Turfing

Fully Insured Private & Commercial Customers

Soft Landscaping and Planting

Free Quotations

www.fourseasons-treeservices.com

Oliver Vernon

info@fourseasons-treeservices.com

01884 563021/07766168162



STUART

LUXTON

Digging & Drainage Contractor

Domestic & Commercial

Groundworks & Driveways

Septic Tank Installation

Landscaping & Pond Excavation

07889 879596

stuart@stuartluxton.co.uk

www.stuartluxton.co.uk

Brampford Speke, Exeter



Ed Rogers

07717 845 184

info@ed-rogers.co.uk

Established 2004. Services include:

Landscape Construction | Groundworks | Digger/Plant + Driver Hire

Experienced professional landscaping and groundworks services for residential and commercial properties across Exeter, Mid and East Devon.

Landscape Construction + Groundworks



ed-rogers.co.uk



[@edrogersofdevon](https://www.instagram.com/@edrogersofdevon)



[/edrogerslimited](https://www.facebook.com/edrogerslimited)

Wild Garlic & Parmesan Nibbles



I made these little yummy nibbles for the *Speke Up* AGM in April, when lots of Wild Garlic / Ramsoms / Cowsleek/

Bear's Garlic (*Allium ursinum*) carpeted shaded parts of the garden and woodland floors in dense clumps.

Wild Garlic is abundant between April and June and is a beautifully welcome spring plant; a foragers dream! It has a distinctive and pungent garlicky smell. It is full of nutrition, rich in vitamins A & C, Beta-Carotene, Iron and Calcium to name a few.

Being such an ancient plant (there are early records of Wild Garlic plants in a Stone Age settlement in Denmark), there are wonderful tales and folklore of Wild Garlic being used as a deterrent for evil spirits, waking bears from their winter slumbers and curing many ailments.

Of course, when foraging, caution must be taken to ensure a look a-like plant isn't mistaken for Wild Garlic. In particular, in our region, the plant with a close resemblance is the poisonous Lily of the Valley, which is similar in appearance from a distance with similar leaf shapes. By taking the time to forage slowly and carefully, you should be able to distinguish the two plants, predominately from the pungent garlicky scent of Wild Garlic, so be sure to put your forage close to your nose, bruise the leaves and have a good sniff! Other identification can also be made by the allium-like white flower that appears from the centre of the plant (image above) but do take care and ensure you have properly identified it prior to eating it.

Also, please forage responsibly ensuring that the area you have foraged from has not been frequented by dogs, is not on private land or is anywhere where weedkiller could have been used. Only pick a small amount (a few leaves from each plant) so the plant can recover and continue growing, and do not remove roots or bulbs as it is illegal to uproot Wild Garlic. I always forage mine from my garden and I know it is safe to eat. Wild garlic bulbs can be bought online and planted in a shady spot in your own garden should you wish to have your own personal supply.

Wild Garlic is a wonderful addition to salads, pestos, soups, butter, and in this case little cheesy nibbles!

The Wild Garlic adds a subtle, but delicious garlicky flavour (and if you don't fancy foraging, Chives would work just as well in this recipe).

Wild Garlic & Parmesan Nibbles

(These quantities made a lovely batch of around 24 little bites, and the recipe works well halved too – although I find they don't hang around long, so the more the merrier!)

Ingredients

100g plain flour
100g cold unsalted butter (cut into small cubes)
100g finely grated parmesan cheese
100g Wild Garlic Leaves (Around 2 handfuls)
Pinch of sea salt and a crack of pepper

Method

Start by washing the Wild Garlic leaves thoroughly then chopping it into small shreds – set aside.

Next, sift the flour into a large bowl, then add the small cubes of cold butter

*Rub the butter into the flour with your fingertips, until the mixture starts to resemble breadcrumbs
Then, add the finely grated parmesan, salt and pepper and stir together with a fork.*

Finally, add the chopped wild garlic, and using your hands bring the mixture together (rolling around the bowl to collect all the ingredients) then shape, by gently squeezing and pressing the dough into a log shape before tightly wrapping in some baking paper / beeswax wrap etc, shaping into the log shape, then place into the fridge to chill for at least an hour.

Once chilled, remove from the wrapping, and using a sharp knife, cut out rounds from the log, approximately ½ cm thick.

Place the rounds onto a baking sheet, and pop into a preheated oven 180c for 10 minutes, then remove from the oven and sprinkle some more finely grated parmesan on top of each round, put back into the oven for a further 2 minutes until the cheese on the top of each round has melted, then remove and place on a rack to cool.

And last, but not least enjoy!

Best Wishes,
Ruth Matthews

(Horticulturist and Foraging Fanatic)

Wild Garlic & Parmesan Nibbles



I made these little yummy nibbles for the *Speke Up* AGM in April, when lots of Wild Garlic / Ramsoms / Cowsleek/

Bear's Garlic (*Allium ursinum*) carpeted shaded parts of the garden and woodland floors in dense clumps.

Wild Garlic is abundant between April and June and is a beautifully welcome spring plant; a foragers dream! It has a distinctive and pungent garlicky smell. It is full of nutrition, rich in vitamins A & C, Beta-Carotene, Iron and Calcium to name a few.

Being such an ancient plant (there are early records of Wild Garlic plants in a Stone Age settlement in Denmark), there are wonderful tales and folklore of Wild Garlic being used as a deterrent for evil spirits, waking bears from their winter slumbers and curing many ailments.

Of course, when foraging, caution must be taken to ensure a look a-like plant isn't mistaken for Wild Garlic. In particular, in our region, the plant with a close resemblance is the poisonous Lily of the Valley, which is similar in appearance from a distance with similar leaf shapes. By taking the time to forage slowly and carefully, you should be able to distinguish the two plants, predominately from the pungent garlicky scent of Wild Garlic, so be sure to put your forage close to your nose, bruise the leaves and have a good sniff! Other identification can also be made by the allium-like white flower that appears from the centre of the plant (image above) but do take care and ensure you have properly identified it prior to eating it.

Also, please forage responsibly ensuring that the area you have foraged from has not been frequented by dogs, is not on private land or is anywhere where weedkiller could have been used. Only pick a small amount (a few leaves from each plant) so the plant can recover and continue growing, and do not remove roots or bulbs as it is illegal to uproot Wild Garlic. I always forage mine from my garden and I know it is safe to eat. Wild garlic bulbs can be bought online and planted in a shady spot in your own garden should you wish to have your own personal supply.

Wild Garlic is a wonderful addition to salads, pestos, soups, butter, and in this case little cheesy nibbles!

The Wild Garlic adds a subtle, but delicious garlicky flavour (and if you don't fancy foraging, Chives would work just as well in this recipe).

Wild Garlic & Parmesan Nibbles

(These quantities made a lovely batch of around 24 little bites, and the recipe works well halved too – although I find they don't hang around long, so the more the merrier!)

Ingredients

100g plain flour
100g cold unsalted butter (cut into small cubes)
100g finely grated parmesan cheese
100g Wild Garlic Leaves (Around 2 handfuls)
Pinch of sea salt and a crack of pepper

Method

Start by washing the Wild Garlic leaves thoroughly then chopping it into small shreds – set aside.

Next, sift the flour into a large bowl, then add the small cubes of cold butter

*Rub the butter into the flour with your fingertips, until the mixture starts to resemble breadcrumbs
Then, add the finely grated parmesan, salt and pepper and stir together with a fork.*

Finally, add the chopped wild garlic, and using your hands bring the mixture together (rolling around the bowl to collect all the ingredients) then shape, by gently squeezing and pressing the dough into a log shape before tightly wrapping in some baking paper / beeswax wrap etc, shaping into the log shape, then place into the fridge to chill for at least an hour.

Once chilled, remove from the wrapping, and using a sharp knife, cut out rounds from the log, approximately ½ cm thick.

Place the rounds onto a baking sheet, and pop into a preheated oven 180c for 10 minutes, then remove from the oven and sprinkle some more finely grated parmesan on top of each round, put back into the oven for a further 2 minutes until the cheese on the top of each round has melted, then remove and place on a rack to cool.

And last, but not least enjoy!

Best Wishes,
Ruth Matthews

(Horticulturist and Foraging Fanatic)

BUS SERVICES

TO EXETER: Wednesday and Friday (678)

FROM 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

Service provided by Country Bus Devon: 01626 833664, 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—

A warm, friendly environment in the centre of the village

Drinks include beer, cider, Guinness & fruity cider

- BT Sport • Free Wifi
- Pool table • Dart board

Open Thursday, Friday,
Saturday & Sunday

Open 8:00pm - Close 11:00pm



PARISH DIRECTORY

Rector

Tim Collins
Tel 860767
tim.collins@netherexe.org

Curate

Vacancy

Reader

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

Administrator

Peter Shepherd
Tel: 07551 844321

Church Wardens (BS)

Richard May Tel 841448
Douglas Ford Tel 841753

Church Wardens (UP)

Lisa Clapp Tel 841339

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

Vacancy

Vacancy

Vacancy

Beverley Horton (UP)

Vacancy

Lisa Clapp (UP)

Tower Captain

Ed Sanders (BS)
Tel 841434

Jenny Codling (UP)
Tel 07872 922 202

Brampford Speke Baptist Chapel Revd. Simon Taylor Tel: 279485

Brampford Speke Parish Council

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

Clerk

Tracy Watkins 07811 938614 clerkbspc@gmail.com

Councillors

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

Other Contacts in Brampford Speke:

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

Upton Pyne & Cowley Parish Council

Council website www.uptonpyne-pc.org.uk

Clerk Jacqui Ward

01392 851918

parishclerk@uptonpyne-pc.gov.uk

Councillors

Bob Short	UP	bobshort@uptonpyne-pc.gov.uk	Chairman
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

EDDC Dog Warden: 01395 571517

Devon County Council

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

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

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

Redlands 01363 727111 (inc. Thorverton Surgery)

SpekeUp www.spekeup.org

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

Please use 11 pt Calibri in doc or docx format, with accompanying PDF if you wish. Advertisements for village events should be no more than a half A4 page. Enquiries for commercial advertisements should be sent to advertising@spekeup.org.uk The committee welcomes contributions of news, views, etc. but reserves the right not to publish any item that it considers inappropriate, or for which there is insufficient space. Opinions expressed in Speke Up are not necessarily those of the committee as a whole or of its members individually. The committee declines to accept collective or individual responsibility for any actions, costs of liabilities resulting from material appearing in our columns.

For further information please contact:

Upton Pyne & Cowley: Linda Findlay 01392 841402

Bramford Speke: Richard Tillett 01392 841268

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

JUNE DIARY

Monday	3 rd June	11am	Upton Pyne Village Coffee Morning & Bring and Buy Sale Upton Pyne Village Hall All welcome.	Veronica Clarke 841 530
Monday	3 rd June	7pm	Upton Pyne and Cowley Parish Council APM & Parish Plan Launch Upton Pyne Village Hall	Jacqui Ward 01392 851 918
Sunday	9 th June	10.30am	LEAF Open Farm Sunday Woodrow Barton, Brampford Speke. Guided farm walk with Richard & Rachel Risdon. Free litre of "Proper Milk" to each family, bring along your own bottle to fill.	Book your place https://www.trybooking.com/uk/DNEK
Sunday	9 th June	10 – 11.30am & 12-1.30pm	LEAF Open Farm Sunday Quickest Cheese Shop (Car Park) Join Mary Quicke on a walk around the farm. There will also be tastings of their multi-award-winning handcrafted cheeses.	Places are limited so reserve your place by emailing the cheese shop shop@quickest.co.uk or search "Quickest" on Eventbrite.
Sunday	9 th June	2pm	Whist Drive Upton Pyne Village Hall	David Taverner 01884 855459
Monday	10 th June	7.30pm	Upton Pyne and Cowley Parish Council Upton Pyne Village Hall	Jacqui Ward 01392 851 918
Tuesday	11 th June	12 noon	Lunch Bunch Thorverton Arms	Pat 841 599 or Veronica 841 530
Saturday	15 th June	9.30am start	Community Get-Together Help tidy up Upton Pyne churchyard Refreshments provided	Andrew Gwynne 07912 597687
Saturday	22 nd June	2pm-5pm	Midsummer Cream Tea and Table Top Sale (Table Top Tables available at £6 per table) Brampford Speke Village Hall	Please contact Sue on 841 785 Sue.exevalley@gmail.com Donations also welcome.
			Weekly	
Monday		10.30 am	Pilates Brampford Speke Village Hall (Term Time only)	Nicki Stumpf 07838 260290
Wednesday		10am	Art Class Upton Pyne Village Hall	John 07816 846562
Thursday		9.15am – 11am 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



The West Country is Stags Country

Combining the resources of **22 offices** across the South West, with **150 years experience**, we ensure that your property gets in front of the right buyers or tenants.

If you are considering selling or letting your property, contact a member of our team to arrange your free, no-obligation market appraisal.



Nick Smith
Partner and Sales Office Manager
01392 255202
n.smith@stags.co.uk



Joel Moore
Property Sales Valuer
01392 255202
j.moore@stags.co.uk



Tess Wigram
Associate and Lettings Manager
01392 671598
t.wigram@stags.co.uk



thinking about moving?
Speke to us

WGC Wilkinson
Grant & Co

the Exe Valley agent *of choice*

01392 427500

wilkinsongrant.co.uk

