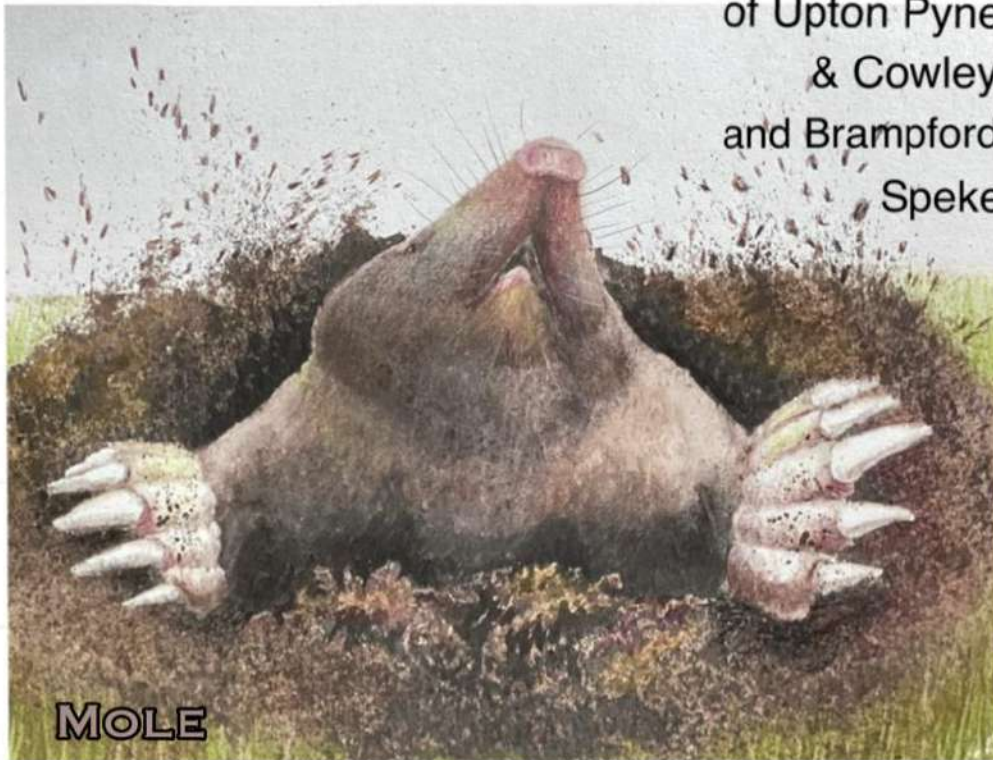


Speke Up

Parish Magazine
of Upton Pyne
& Cowley
and Brampford
Speke



October 2025

Issue 384

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Speke Up Matters

Welcome to the October issue of *Speke Up*.

The children are back at school (see page 36); our gardens are full of autumn colour; it's the time for apple pressing; harvest meals and warming recipes.

Sarah Lumley revisits an old favourite on **page 34**.

On **page 17**, Rev Tim reflects on the month of October and makes a plea for it to be appreciated for itself - not just as a stop-gap between summer and winter. He itemises some historically important dates and,

sadly, a more recent one - 7 October, 2023. He offers the chance to try to understand the difficult situation in the Middle East with *A Middle Way for the Middle East?* on Wednesday 8 October at the Memorial Hall, Thorverton. More details on **page 18**.

Mary Quicke is looking back on **page 20** with tales from her family's history over many years. And on **page 19** there is news of the revival of the 100 Club. We hope you enjoy reading this autumn issue.

cover design: Sally Tuckey

from the Speke Up team

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Cover Notes

Moles (*Talpa europaea*)

Diary: 21 August 2021

Another hot summer interspersed with torrential rain. Butterflies wonderful! Kitchen window ledge covered with tortoiseshells, red admirals and one or two painted ladies. Countless butterflies on large buddleia at the front.

Unfortunately, the heat and drought this year have not encouraged so many butterflies – nevertheless, the numbers seem to be up on last year. There have been a number of red admirals and peacocks, as well as bees and the occasional comma, on the buddleia at the front. So, let's hope they pick up more next year.

For much of this summer, there has been a wonderful backdrop of house martins, wheeling over the garden with their happy chattering and twittering. I have even seen them see off a sparrow hawk. Sadly, the garden has now become almost silent after the recent rain.

I must admit, I rather like moles but I've never had many problems with them in the garden. When I first moved here, there was one (I never saw it) which created a couple of mole hills in the middle of the lawn; this was watched with curiosity by a cat who seemed so mesmerised by this activity that it never moved or responded. However, perhaps it did because there were no more mole hills ever again! My only other contact with moles was during a very hot dry summer when one appeared in the compost bin. My gardener brought it out to show me, in a gloved hand, and it emitted the most unimaginably piercing scream, so we quickly returned it to the bin and I never saw it again. Moles are, in fact, rarely seen above ground.

The mole is one of our commonest British mammals and can be found anywhere. It has a cylindrical body, enabling it to 'breast stroke' its way through its underground tunnels, eased by its black velvety fur. This reminds me of when the Rat first meets the Mole in *The Wind in the Willows* and takes him out in his boat: "I like your clothes awfully, old chap. I'm going to get a velvet smoking suit someday, as soon as I can afford it."

The mole's front feet are broad and spade-like with very sharp claws and are perfect digging tools. It has tiny eyes, almost hidden by fur and external ears are

absent. The tail is furry and often held erect and the head is elongated into a sensitive snout used to detect its prey. Moles prefer meadow and grassland, arable fields and woodland – the common factor being well drained, invertebrate-rich soil. Waterlogged and stoney ground is avoided as are acidic soils which do not encourage its main prey of earthworms. Moles live permanently underground in a network of tunnels and can dig at a rate of 15 feet an hour. Molehills are the spoil heaps from all these excavated tunnels. At the heart of all this is the mole's underground sleeping chamber in which a nest of grass and leaves is constructed. The female gives birth once a year (three or four young in a litter) in late spring. The young are naked and blind and are weaned after five or six weeks.

The author of *Collins Complete Guide to British Animals*, Paul Sterry, praises the advantages of moles for not only providing soil aeration but killing unwelcome invertebrates such as the cock chafer larvae, leather jackets, not to forget slugs and snails, and the soil from the molehill is excellent for planting seeds and seedlings. Monty Don, however, has a love-hate relation with moles. While mentioning that if your garden is occupied by moles you have healthy soil, he is upset by the digging up of his borders.

Moles have a somewhat macabre way of dealing with earthworms. Once caught, they nibble off the end and roll the rest into a ball which they tuck into a crevasse in the tunnel. The worm stays alive but paralysed and immobile until the mole decides to eat it!

Moles will live about three or four years and are solitary except in the breeding season, between the end of February and May, when they make long tunnels just below the surface in search of a mate. They are well-adapted to their underground lives with huge lungs that can extract enough oxygen from the stale air underground.

Mary Oliver, in her gentle poem *Moles*, describes their simple existence underground, achieving nothing except survival through shoving the earth about! It seems that moles find contentment in their uneventful way of life.

Caroline Fox

Walks beyond the Parish

with Amanda Ryles

Regular readers of *Speke Up* may remember that my August walk last year was in the tiny state of Rhode Island in the USA. This summer we returned to America, to visit friends and family and to scatter the ashes of my father-in-law, Frank, who had died at the beginning of the year. Notwithstanding the reason for the visit, we had a wonderful fortnight, cycling and walking more than 100 miles and experiencing wildlife from tiny little chipmunks to a seventy-tonne fin whale. A fortnight without television or newspapers was a perfect detox from information-overload and we were able to take advantage of a great public transport network to enjoy an almost car-free vacation. It was a good job too, as cycling and walking were necessary to burn off the excess calories from iced coffees and donuts!

Our first cycle ride along the East Bay bike path was to Kettle Point. This was where we regularly saw a groundhog last year, but this time the ride was to see a new addition.

Thomas Dambo, a Danish Recycle-Art activist, has made more than 150 sculptures across the world from Kew Gardens to Western Australia to the USA and Chile. As part of his Thunderstone saga, he has installed five trolls in Rhode Island, made *in situ* from recycled materials. They are Greta Granite and Erik Rock at Ninigret Park in Charlestown, Young Boulder in Richmond, Iver Mudslider in North Kingstown and the new Mrs Skipper in East Providence (**pictured above**). She had only been installed a few days before our visit, so the usually empty fishing jetty was busy with a constant flow of intrigued people keen to see her up close. The gentle curve of reclaimed bourbon barrels formed her body, and a rescue boat from Facebook Marketplace not only provided her with shelter from the onshore winds, but it made it easy to spot the whole installation from further along the bay.

Although we were largely lucky with our holiday weather, as we stood to take photographs we could see a dark cloud on the opposite shore. In minutes, a vertical wall of rain was crossing Providence River, the progress of huge raindrops was clear to see as they bounced off the surface of the water. Too late to take shelter, we ran for the bikes and tried to cycle our way out of the storm, but in moments it had caught us up. Within seconds our light summer clothes were nothing more than wet rags - but I'm not sure we



would have been much better off in full waterproofs given the ferocity of the storm.

Our leisurely pedal to Riverside became a dash for the apartment with the promise of towels and dry clothes, but as quickly as it had arrived the rain moved on, splashes being replaced by steam and the air full of an earthy smell. We locked up the bicycles, put on dry clothes and decided to continue our adventures on foot, walking a few minutes from our accommodation to watch the sunset from nearby Crescent Park, hoping to catch some dusk-loving wildlife.

We weren't disappointed! Riverside is home to a stunning hand-carved carousel, made by Charles Looff in 1895 for an amusement park. Sixty-one horses, a camel and a couple of carriages still provide entertainment throughout the summer and on spring and autumn weekends. Whilst we would ride on it later on our holiday, the reason for stopping there at dusk this day was to watch the skunks that call it home. Wary of their spray, we paused at a sensible distance to watch one in the glow of the carousel's floodlights, its distinct white stripes and long tail clearly highlighted. It ran up and down the steps and eventually disappeared under the hoarding.

Just as we were about to continue, a slim long-legged coyote trotted across the path ahead, easily distinguishable from his thin frame, sable coat, white mask and low-slung tail. Coyotes largely prey on other crepuscular creatures, so twilight is the hunting hour! By the time we had reached the path, the coyote had disappeared into the darkness, so we walked to the edge of the path to look at the water by moonlight. Since our last visit, the area has had a stunning 200 ft

mural painted on the beach-retaining wall, celebrating



its history with images including an Indigenous woman from the Pokanoket tribe and a clam fisherman (pictured left).



We stood in the shelter of the wall and looked down to the beach, our eyes growing accustomed to the dark. Not expecting to see any animals, we were surprised by inky, moving shadows between the rocks and the sea. Although it was too dark to photograph, their distinctive lope made it clear that

we were watching otters hunting on the shoreline.

Our final spot of the night though could have easily been missed. As the otters disappeared from view, Kevin wondered out loud what else had been happening behind us whilst we had been watching the otters. We turned back to look and some ten feet away from us was another coyote, silhouetted against the distant street lights. We stood transfixed as he stared down the slope straight at us, before trotting off in search of rabbits or young deer.

Accompanied by the noise of grasshoppers and cicadas, we returned to the apartment, feeling blessed to have seen so much nature on a single day. Further days didn't disappoint, with coyote sightings every evening, regular skunks and occasional deer. We returned to the UK feeling fully re-charged !

NEWTON RAMBLERS

Sunday 19th October Three Reservoirs Walk

This month's walk starts at Trenchford Reservoir, and is a reasonably level circular walk of around 3¼ miles. The route is easy walking along paths, tracks and lanes

through woodland and alongside the peaceful reservoirs of Trenchford, Tottiford and Kennick. There is a short uphill section when returning to the car park.

We will meet at the Newton St Cyres Parish Hall Car Park at 9.30am, to arrange car sharing, to the start of the walk at the pay & display car park at Trenchford (TQ13 9NZ). This is accessed from the A382 at Slade Cross. There are toilets at this location. If you wish to join us at Trenchford car park, please let Nicola know.

Bring sandwiches and a drink, if you would like, to have after the walk. We will bring a stove and mugs for hot drinks.

Depending on the weather prior to the walk, some areas may be muddy so suitable footwear is advised together with appropriate clothing.

Dogs, and their owners, are very welcome on this walk. If you need a lift, or have any questions, please contact Nicola or Michael on 01392 851985

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

CRAFT FAIR

It is hoped that a Craft Fair will be held in Upton Pyne this year on Saturday 8 November 12noon – 4pm. Some ends still need to be tied up - it was a recent spur of the moment decision! - but the signs are looking good.

The hall is booked; some terrific regular stallholders from previous years have already signed up and others are being contacted; helpers have been recruited (more needed!)

If you support the revival of a craft fair in the *Speke Up* circulation area and would like to be involved as a helper or stall holder – or know someone who would – please contact Linda Findlay: Tel 07598 753 088 Email lindafindlay99@yahoo.co.uk

Look out for more news on the village What'sApp groups for Brampford Speke and Upton Pyne.



THORVERTON MEMORIAL HALL

Saturday Market and Big Breakfast

Start your weekend off with a hearty breakfast and a browse of stalls from local sellers.

Come along to our Big Breakfast at Thorverton Memorial Hall on Saturday 11th October from 9:30 – 11:30am. We hope to see you there!

Film Night

October's film is 'The Penguin Lessons', on **Friday 17th**

October

Starring Steven Coogan, plus a penguin of course, this feelgood memoir shines with warmth & charm. The film starts at 7:30pm (doors open from 7pm) - drinks and snacks available. Adults £6 / Under 18s £4. Buy tickets on the door or from

thorvertonmemorialhall.co.uk

Also – don't miss Multi Story Theatre Company's performance of '**Last Dance Saloon**' which is coming to TMH on **Saturday 11th October**, brought to us by

Villages in Action. Set in a tango retreat in Buenos Aires, it's a captivating new production about love, legacy and the future we imagine for coming generations. Music & dance as well as drama.

Tickets will be available on the night but if you prefer to book in advance (no booking fee) visit: villagesinaction.co.uk

Wellbeing

Friends of Wyndham House Surgery continue to support various wellbeing activities in the Silverton Community Hall. These are open to all residents who live in the catchment area of Wyndham House Surgery. You do not need to be a registered patient. If you feel the need to take up regular exercise and guard against falls then we can help you. Alternatively, you might be able to benefit from the Memory Café or a visit to the Film Club.

Exercise - Mondays 10.30am - 11.30am contact Steph 07709 346428

Better Movement & Balance - Wednesday 2pm - 2.45pm contact Steph 07709 346428

Tai Chi Momentum - Tuesdays 3pm - 4pm contact Sam 07554 426450

Seated Yoga - Friday 10am - 11am contact Jane 07526 688083

Memory Cafe - Thursday 2pm - 4pm contact Trish 07484 377298

Film Club - Meets monthly, for more information, contact Trish 07484 377298.

NEWTON ST CYRES GARDENING CLUB

is pleased to welcome back

ROB VINCENT

from Hutch Houseplants in Exeter, speaking on **CACTI & SUCCULENTS**



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BOOK CLUB

A Memoir of the Craft by Stephen King

I have a funny relationship with Stephen King's work. Not being a big fan of horror, a lot of his books don't interest me. A possessed car? A dog menacing a trapped mother? Alright, I am a jumpy lightweight! I consider his best work to be *The Stand*, *The Shining*, and all eight of the *Dark Tower* books, which were a privilege to read.

This book is partly an exposition on his writing skills and talents and partly an autobiography. Unlike many of his more wordy books, he gets to the point and doesn't over explain.

He had a poor upbringing with his siblings and single mother and worked hard on his writing while getting into hilarious trouble when publishing a scurrilous school magazine before grafting as a small-town sports reporter. He dedicated a lot of energy to learning how to write, to university, teaching and writing short stories and novels while raising kids. His wife Tabitha, also an author, has always been supportive of his career, giving valuable feedback on his stories as well as helping him to stop drinking and taking drugs once he was rich and successful. I enjoyed the tips on writing style, surprisingly advising against writing a plot for the story. He prefers to create situations and let his characters guide the story while he is writing.

Sections on editing are well described (take 10% off the word count at the first edit) but the most poignant section deals with his severe and life-changing injuries received due to a careless driver in 1999. This affected his writing speed, though some of his best work has been written since the accident.

As someone at the start of his writing hobby I took a lot of encouragement from this book by a master of the short and long form story.

SP

Death at the Sign of The Rook by Kate Atkinson

This is the sixth Jackson Brodie book, but it really doesn't matter if you haven't read the previous ones, as everything is well-explained.

The plot mostly concerns the stealing of paintings rather than deaths, and we start with Brodie being called in to discover the whereabouts of *Woman with a Weasel*, a painting that had been on the bedroom

wall of a recently-deceased woman. Meanwhile, another painting disappears - from Burton Makepeace House - where we meet the dysfunctional Milton family, including the wonderful Dowager Lady Milton.

The Miltons are strapped for cash, have turned part of the house into a hotel, and are about to host their first Murder Mystery Weekend. Lady Milton's ex-housekeeper/companion disappeared at the same time as the missing painting, and she bears a resemblance to the nurse who looked after the *Woman with a Weasel* owner. Is it the same person using a disguise to steal paintings?

There are several main characters – a disillusioned vicar who has lost his faith, a retired Army major who lost a leg in Afghanistan, Reggie Chase, a detective constable who has appeared in pretty much all of the previous Brodie books, Lady Milton, and others, all of whom could be in an Agatha Christie novel. The book ends with the Murder Mystery Weekend when all protagonists are gathered together at Burton Makepeace, handily snowed in, with the added danger of an escaped murderer on the loose.

This is classic Kate Atkinson - funny, lots of literary allusions, cliff hangers, random thoughts from the characters. It's the perfect send-up of Agatha Christie-like stories. Highly recommended, a very enjoyable read!

SG

The Last Runaway by Tracy Chevalier

Another wonderful historical novel from Tracy Chevalier, based around the Underground Railroad in 1850s Ohio. After being jilted by her fiancé in England, Quaker woman Honor Bright decides to accompany her sister Grace to America and help Grace adjust to her upcoming marriage and impending life as a pioneer woman. But when tragedy befalls them, Honor finds herself alone in a strange country, dependent on the kindness of strangers and trying to learn the customs of 1850s Ohio--still a rough and wild place. Furthermore, she has much to learn about the raw, bitter, divisive nature of the issue of slavery, as she lands right in the middle of the Underground Railroad.

CL

The Rush by Beth Lewis

This book is about the Yukon / Klondike gold rush of 1898, and three women who were involved in it. All three are based on real women who were there, along with some other main characters, but their stories have been interwoven to make the plot.

Kate is a journalist who has persuaded her editors that she should write the stories of people involved in the search for gold, but she also has an ulterior motive. Ellen is the wife of a prospector, a man who has become obsessed with finding gold, and who squanders her money in his search.

Martha runs a hotel and brothel, but is under threat from a man who owns much of the town.

Kate's journey is described in detail including dangers from the weather and from other travellers. Ellen's position as a wife explains her daily life, how the prospectors live, what they eat, how they survive. Martha is usually paid in gold for any services she offers.

With these three interwoven stories, we're given a good description of life at the time from the perspective of the few women who were there. The gold fever passages are beautifully written and give a real sense of the compulsion some people felt. Lawlessness and crime abounded, partly because the Royal Canadian Mounted Police, who were supposed to be policing the area, were far too few and many were in the pay of the men who ran the town. This is a wonderful read about a time and a place that is alien to us now, vividly brought to life. Highly recommended!

SG

Steeple Chasing by Peter Ross

This book was recommended to me by a friend. It was, seemingly, such an unusual choice for him that I was intrigued, and went straight out to buy it.

It concerns a post-Covid tour of the churches of the British Isles, when the pandemic was a fresh memory, still uppermost in people's thoughts. But don't expect a treatise on church art or architecture; a book of church history or bucolic descriptions of the countryside surrounding many of our wonderful country churches.

It is all of these things, but so much more. It is a hymn of praise to the rich heritage of churches, the people connected with them over many centuries and, indeed, to history of the British Isles. Think of it as a travelogue written by an affable, kind and endlessly curious companion. He takes you with him on his journey, telling you a fascinating miscellany of things you never knew; pointing out things you never before saw; teaching you grace, tolerance and whimsy.

The author is an award-winning Scottish writer with a journalist's ability to tell a story – whether it be his

stay at Pluscarden Abbey in the north east of Scotland at the time (8 December 2020) of the first Covid vaccination; the burning of St Paul's Cathedral during the Great Fire of London; his audience with Doorkins Magnificat of Southwark Cathedral, the most famous of Britain's church cats with her own 'voice' on social media; the brazen carvings of Sheela-na-gig, part of church iconography in medieval times; his walk across the Pilgrims' Way to the holy island of Lindisfarne to meet one of the first women to be ordained into the Anglican priesthood.

I'm so glad my friend recommended it, and I recommend to you.

LF

October Quiz

All of this month's questions involve autumn

- 1 Who "frolicked in the autumn mist in a land called Honah Lee"?
- 2 The song *Forever Autumn* features in which musical based on a H. G. Wells story?
- 3 On which day did the autumn equinox begin this year?
- 4 What word is used to describe the rustling of trees and leaves in the wind?
- 5 In Greek mythology, what event caused autumn?
- 6 Who wrote the poem beginning with the words "Season of mists and mellow fruitfulness"?
- 7 What name can be given to a period of unusually warm, dry weather in late autumn?
- 8 Which pigment decreases in leaves in autumn, making them lose their green colour?
- 9 What Celtic festive tradition is Halloween based on?
- 10 Where in the British Isles would you hear the terms "backend" and "backendish" to describe autumn?

SG

Answers on page 37

Speke Up About Music

Song: *Forever Autumn* by Justin Hayward and Jeff Wayne

Suggested by: Sue Glanville

Sue says: Richard Burton's wonderful voice doing the dialogue and then this haunting song. Whenever I see geese flying, I think of this song and the line "the birds fly south across the autumn sky..." Magical.

Stu and Debbie say: Never mind our love for Science fiction - as a stand-alone song this is poignant and timeless! The context of Jeff Wayne's *War of the Worlds* concept album adds an extra intensity to the feelings evoked.

A bell tolls, the narration starts and immediately the listener is placed into a bleak scene – a man walking with refugees, returning home to search for his wife and her father after the country has been attacked. *"By the time I reached their little red brick house, Carrie and her father were gone..."*

The minor chords of the instrumental introduction evoke the melancholic emotions of autumn, amplifying the narrator's sense of loss.

The narrator continues: *"Finally I headed eastward for the ocean, and my only hope of survival: a boat out of England..."* How topical - refugees fleeing a country in boats.

The alien instrumentation is performed on otherworldly-sounding synthesisers and processed wah-wah electric guitar when the aliens 'talk'. This would sound dated on a normal piece of music but in the context of a musical narrative it is chilling and we get different kinds of shivers from the unnatural sounds and the man's yearning for his lost wife.

If you've never read the original H.G. Wells novel it is more engaging and terrifying than any of the film/TV adaptations!

Thanks for the suggestion, Sue. This is one of the most beautiful pieces of music and it really tugs at our heartstrings.

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

Song title:

Artist:

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

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

Search for the **Speke Up About Music** Spotify playlist which now has 29 of your reviewed suggestions on it! Quick link here

 <http://tinyurl.com/y8ytdeyr>



Here is a list of lead singers from famous rock and pop groups but can you name the band to which they belong?

Q1 Jeff Lynne

Q2: Chrissie Hynde

Q3: Eddie Vedder

Q4: Ann Wilson

Q5: John Fogerty

Q6: Steven Tyler

Q7: Michael Hutchence

Q8: Debbie Harry

Q9: Don Henley

Q10: Brian Wilson

Q11: Robert Smith

Q12: David Byrne

Answers on page 37



Brampford Speke Twining Association

Following the knock-out success of the cream tea (pictured right), which raised £245, the twinningers are planning more events in October and November:

Family Disco

Saturday 18 October 6.30pm

BS Village Hall

Family disco with the brilliant DJ Mary

£10 for a family of up to five people or £3 each.

Tuck shop for children and adults and a raffle.

Quiz night

Friday 14 November 7 pm

BS Village Hall

Teams of up to four - but if you don't have a team of four don't let it deter you, do come along and we'll find you a team to join on the night.

Prizes for the winning team.

£15 a ticket to include supper. (Vegetarian and GF available.)

Bar and raffle.

In order that we can organise the seating/supper arrangements we should be grateful if all budding competitors would telephone or email their numbers by Monday 10 November to Kate Cavill

07513002708 kate.cavill@hotmail.co.uk or Sue Satchell 07784 716921 sue.exevalley@gmail.com

AGM

Thursday 20 November 7.30pm

BS Village Hall

Nibbles and drinks, all welcome !

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



Brampford Speke Baptist Chapel

After a month of celebrating our history and remembering that the church at South Street has been on that site for 300 years, we come together at the start of autumn for another celebration. Our Harvest Thanksgiving service on 5 October will be led by our minister Simon Taylor, and there will be an especially super tea after the service! The chapel is usually decorated with harvest produce to remind us that fruit and vegetables will grow and ripen in our gardens and fields without our interference (though we can help them along by providing the right conditions). We do also recognise that some people do not have such success and their crops fail; sometimes this can be traced to the actions of past generations and of ourselves when we take more of the earth's resources than we need. Our thanksgiving is tempered with an element of sadness. Do come and join us then, or later in the month.

Dates for October:

5 October: 3pm Harvest thanksgiving service led by Revd Simon Taylor

19 October: 3pm service led by Revd Ross Maynard

Brampford Speke Parish Council

Council changes: we were sorry to lose Jo Wayne/Parker from the council during the summer. During her short tenure she made a valuable contribution and we shall miss her. We're delighted to welcome Ian Bannister as a new councillor; Ian lives at Croft Cottages with his family and works across Devon as a farms manager. He has agreed to act as lead councillor for footpaths in liaison with Wynn Stait, our dedicated footpath warden.

New council email addresses: in line with other parish councils (and the rest of local government) we have been advised to adopt 'gov.uk' email addresses for parish council business. These addresses offer greater security and identify the PC as a statutory body. **As a result, all PC email addresses will change with effect from 1st October; please see the new addresses at the back of *Speke Up*.**

Affordable housing:

Stonilands: we haven't heard from the Community Land Trust recently but understand that the Stonilands proposal is proceeding slowly towards a formal planning application.

Templer's Field: we haven't heard anything further from the developers about this.

Village hall: the porch, front double doors and kitchen door have all been replaced and look very smart. If you are a hall user, please be aware that the double doors need care to close securely; there is an explanatory notice on the door itself. Please make sure you leave the building fully secure when you leave.

Bus shelter: we're exploring the use of a working group from the Community Payback Scheme (CPS) to tidy up and repaint the bus shelter and strim the verge, as well as clearing Station Hill. We used the CPS in the past (to repaint the village hall) and they did an excellent job. The scheme is run by the probation service and the work is done under supervision.

Antisocial behaviour: following the vandalism incidents in April, several people have expressed concern about speeding through the village, including large tractors and trailers which appear not to belong to our local farmers. **If you see anything untoward happening, or have suspicions that damage or harm is likely to be caused, please contact the police immediately and report the issue.** We are seeking a discussion with our community police officer, but are aware that the police cannot help us if we don't inform them when things go wrong.

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

The next meeting will be on **Tuesday 4th November, 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>.)

Upton Pyne & Cowley Parish Council

Temporary Chairman: Cllr Mark Hewlett was elected in the absence of Cllr Bob Short.

New Faces: We welcomed our new Councillor, Tony Wright to the Parish Council. Cllr Wright has recently moved to Upton Pyne from Hampshire. He was co-opted onto the Council which now means we have a total of eight Councillors. We may be co-opting our 9th Councillor at the meeting in October which will bring us to a full complement once more. We also welcomed Nathaniel (Nat) Vanstone, the new Reform Councillor for Devon County Council (DCC).

20s Plenty: Cllr Vanstone said he would be looking into the matter of funding for this from DCC funds.

SLOW signage on road surfaces: Cllr Leach said these signs were fading and needed re-painting. Cllr Vanstone said he would report this to DCC Highways.

P3 funds: Cllr Vanstone asked the Clerk if this had been paid. She said that footpath warden Fabian King had recently reported that he was still waiting to hear about funding for the footpaths. Cllr Vanstone said he will investigate this and report back to the Clerk.

Potholes: entrance to Upton Pyne Hill off the A377 have been repaired!

Playground: Cllr Bramston is continuing his work on improving the playground and is in negotiations with various companies who supply playground equipment.

Next meeting: 13 October 2025 at 7.30pm in the Village Hall.

Local Government Reorganisation and Devolution

On 25 July, all councils across Devon agreed to write jointly to Government ministers calling for the creation of a South West Peninsula Mayoral Strategic Authority. This means that the Devon electorate would vote for our mayor who would then work for our 1.2 million residents in Devon, which has an economy worth over £25 billion a year, *writes our East Devon District Councillor, Fabian King.*

A Strategic Devon Authority, led by the mayor, would “co-ordinate the levers of growth and issues crossing council boundaries, such as infrastructure planning, transport, and spatial planning, while convening partnerships for public service reform.”

On 28 November, the existing councils of Devon will submit final proposals for Unitary councils which will replace the County Council and District Councils. The Minister for Housing, Communities and Local Government is Jim McMahon and he will ultimately decide what configuration of Unitary Government will preside over Devon.

Currently, for Unitary Councils, your District Council, EDDC, is joining the proposals for a so-called 1,4,5 plan for Devon.

This comprises:

- 1: Plymouth
- 5: Torbay, South Hams, Teignbridge and West Devon
- 4: East Devon, Exeter, Mid Devon and North Devon and Torridge.

However, Plymouth and Exeter have their own options to add quite large rural areas to their city boundaries. In fact, Exeter City Council wants to take over 49 villages including Upton Pyne & Cowley, Brampford Speke, Stoke Canon, Rewe and Poltimore. It also wants to extend west to Crediton and Colbrook, east as far as Broadclyst, and south to Dawlish and Exmouth *i.e.* both sides of the Exe Estuary.

A lot is going on and the outcome is uncertain at the moment. Devon’s County, City, Town and District Councils all have further information on their websites, but at this stage there isn’t a single overview because there are different options at play.

Upton Pyne and Cowley Parish Council

COMMUNITY GRANT SCHEME

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

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



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



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Brampford Speke Village Hall



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

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

See the Village Hall pages on www.brampfordspeke.org for more details or email infobsvht@gmail.com

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

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Blessed are the peacemakers...

October is a bit of a strange month, don't you think? Very much misnamed (Octo = Latin for eight!), it sits in that period between late summer and deep autumn and has a lot of mood swings: from glorious, warm sunny days to wet, cold and miserable ones – almost as though it hankers after summer, but recognises that winter is on its way, so get prepared folks!

And perhaps, all too often, it's just seen as a 30-day lead-in to Halloween – especially when you look around the shops! It is so much more, and it should be appreciated for what it is. For instance, did you know that some incredibly important world-changing events happened in many Octobers throughout history? Here is a flavour of just a few:

- The Battle of Hastings in 1066
- Columbus landed in America in 1492
- 1805 - the Battle of Trafalgar
- The first professional golf tournament took place in Scotland in 1860
- 1863 - the rules for Association Football were laid down
- The *Women's Social and Political Union* was formed in 1903 - the start of the Suffragette movement
- The first mass-produced car - the Model T - rolled off the Ford production lines in 1908.
- 1925 saw the first TV transmission taking place
- 1949 - the People's Republic of China was formed
- Sputnik was launched in 1957 - the beginning of the Space Age

There is little doubt that October holds its own in terms of world history. And I offer two more important dates:

Martin Luther nailed his 95 Theses to the door of Wittenberg Cathedral on 31 October 1517. For many, this marked the foundational moment of the Reformation, a world-changing challenge to the Roman Catholic Church and the beginning of the long road to the Church of England, via Henry VIII amongst others.

And, sadly, more recently, there is 7 October, 2023. A day that changed the lives of so many people in the Middle East. A date that presents us with a profound challenge in knowing how to respond to such violence, such terror, and the deaths of over 63,000 people – the overwhelming majority of whom are

Gazans. At such times it is so difficult to know how to react, what to do, how to help. There is the real danger, when challenging the decisions of the Israeli government of being seen as anti-Semitic, and yet how do we ignore the in-your-face suffering of so many women, children and elderly.

Earlier this year, the House of Bishops issued a detailed statement on the war in the Middle East, here is a small part of that statement: *We cry out in protest at the death, destruction and suffering that men, women and children have endured in Gaza, Israel and the region these last 20 months. We abhor war in all its forms and see it as a sign of human brokenness.*

Nothing justifies the heinous terror attacks committed by Hamas on October 7, 2023. In such circumstances nations have a right to self-defence in line with international law, and to hold perpetrators to account.

Yet, the Government of Israel has shown through its statements and actions that this is no longer a defensive war, but a war of aggression. We strongly affirm that the Palestinian inhabitants of Gaza and the West Bank have a right to live in peace and security in their homeland. Any forced displacement of people would constitute an egregious breach of international humanitarian law.

We have watched with horror and outrage as siege and starvation are used as a weapon of war in Gaza, and as hospitals and health facilities have been systemically targeted.

(the full statement is here: www.churchofengland/media/press-releases/house-bishops-statement-gaza)

There is no doubt that the situation in the Middle East is deeply difficult to understand but, in an attempt to do so, I invite you to a conversation about it. Entitled, *A Middle Way for the Middle East?* it will be held at 7pm Wednesday 8 October at the Memorial Hall, Thorverton. I see the evening as the beginning of the conversation, as an attempt to understand and explore, from many perspectives, a deeply intractable situation – but one that needs a compassionate response.

And on a lighter note, maybe now you might see October as more than just the stop-gap between Summer and Winter...

All blessings

Tim

Revd Tim Collins

Rector, Netherexe Mission Community



Celebrating Women

Tuesday 4th November 7pm
Thorverton Arms, Thorverton

You are cordially invited to an evening exploring how we might celebrate - across our parishes and villages - the amazing, incredible contribution women have made to the rich tapestry of our society, our world, throughout history, and continue to do so now. The Netherexe Parishes would like to put on a series of events – exhibitions, film shows, concerts, quizzes, discussions, talks, whatever – to celebrate women imaginatively and gloriously.

Come and let us know who you would like us to celebrate and how!

We look forward to seeing you there

For more information, please contact:
Revd Tim Collins 01392 860767/tim.collins@netherexe.org



UPTON PYNE CHURCH NEWS

Greetings from The Church of Our Lady as we move into October, an autumnal month: the clocks go back and the month ends with All Souls Day, All Saints Day and Hallowe'en.

Our usual service of Holy Communion will be at 10.30am on Sunday, 12 October, led by Revd. Deborah Leighton-Plom and ending with refreshments for all.

We continue to work with the Friends of Upton Pyne to organise enjoyable and useful events that raise funds to maintain the fabric of the church. September was a busy month with an Open Afternoon with tours and teas on Saturday 13th, a working afternoon in the church and churchyard on Sunday 14th and a Harvest Supper on Saturday 27th followed by a Harvest Service on Sunday 28th. The summer heat wave had abated and heavy rain was interspersed with bright sunshine, but we are used to making adjustments for the weather!

On 6 October, there is the opportunity to bring any knives, scissors or garden tools for a sharpening session in the Village Hall between 10.30am and 12.30pm. Any contributions to the Friends of Upton Pyne will be gratefully received.

There are lots of activities going on in the community here and in the villages around us, advertised in various ways and, of course, in *Speke Up*. Your support at any of these is always welcome.

VC

VILLAGE COFFEE MORNING

We continue to open Upton Pyne Village Hall on the first Monday of the month and offer a warm welcome, tea, cafetiere coffee, biscuits and a chance to buy homemade cakes. Do come along and support this community event. The next is on **Monday 6 October**.

Sharpening Service

Dan and Nicci from C & C Sharpening will be at Upton Pyne Village Hall 10.30am - 12.30pm on Monday 6 October. Bring any tools for sharpening and support the coffee morning and cake stall! This is organised by the Friends of Upton Pyne and there will be a plate for any donations towards church maintenance.

SCISSORS	PRICE
Dog Grooming Scissors	£15.00
Hairdressing/Barber Scissors	£20.00
Dressmaking Scissors	£10.00
Kitchen Scissors	£5.00
Veterinary Scissors	£5.00
CLIPPERS	
Clipper Service	£30.00
Horse Blades	£10.00
Arco Blades	£15.00
Dog Blades	£8.00
Sheep Blades	£4.00
Clipper Repairs	POI
KNIVES (Any Size)	£3.00
GARDEN TOOLS	£5.00
AXES	£5.00

Announcing the return of...

The Village 100 Club

Exciting plans are in place to launch the all-new 100 Club on 1 January 2026.

100 shares are available at an annual cost of just £25. Each share will be entered into a monthly draw at the village coffee morning.

3 prizes each month of **£40, £20, £10**. There are 36 chances to win a prize each year! All profits will go towards the running costs of Upton Pyne Church and all winnings to be spent and enjoyed by you!

Please see Lisa Clapp, Karen Taverner or Bev Horton for an application form or telephone 841339. Remember, there are only 100 shares so spread the news with all your family and friends. Once the shares are gone, they're gone.

Thank you for your support and good luck!!!

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

The Lunch Bunch continues to meet at 12 noon on the second Tuesday of each month; we welcome anyone who would like to join us for a convivial lunch together. We meet at the Exe Valley Farm Shop which has ample parking. **Next meeting of Lunch Bunch Tuesday 14 October 12noon, Exe Valley Farm Shop.** Tel. Pat on 841 599 or Veronica on 841 530 to book a place.



History

These are the stories the Quicke family tells itself, that my father and others told me. I was prompted to write this following a lovely afternoon I spent with Izzy Fitzgerald from the Crediton Library Reminiscence Project (pictured above, right, with Mary Quicke)

It felt worth getting some of the stories out of my head and into the world. I tell some of them to the tours that come to visit the farm and the cheesemaking.

The name Quicke belongs to a family of names - Quick, Wyke, Weeks, Wick, Zwicky - that belongs to a Saxon tribe who lived in North Devon and North Somerset. Our family were one of the few families who retained land through the Norman Conquest, when there was a great redistribution of land from the Saxons to the invading Normans in 1066. To distinguish ourselves from all the other Quicks in Devon, at some point we added the final 'e' to our name.

Our family came to the farm in Newton St Cyres, first to Court Barton, when Henry VIII wanted the country to change its religion from Catholic to Protestant and dispersed the monastery lands to influential landowners. An ancestor of mine acquired some of this land and his daughter, Elizabeth Bidwell, married an aspiring farmer from Sampford Courtenay, Richard Quicke, in 1537. An Australian came to our farm shop



Friends of St Peter's

In our latest meeting of the Friends of St Peter's, we decided to hold a Harvest Supper and Apple Pressing on Saturday 11 October, and hope to see as many of you there as possible, (more details in the advert on page 2.)

We will also be having a working party to tidy up the cemetery on Sunday 2 November 10.30am, cake will be provided as an overt bribe! We would be delighted if anyone could come and help.

On a separate date we are intending to have a go at standing up all the gravestones in the churchyard. (Date to be decided).

in the early 2000's and told us he was our long-lost cousin. It turned out the common ancestor was Richard and Elizabeth's son Andrew Quicke, 14 generations away for me and 17 generations away for him. Oddly enough, he and his father had a little cartilage bobble on the back of their ears, that my father and all of our generation have.

Fast forward to the sixth John Quicke (the name is a bit of a theme, my brother being the eleventh John Quicke to head the family). In 1758, he married Jane Coster, the daughter of a wealthy ceramics merchant and mine owner, Thomas Coster. She had been married to Robert Hoblyn, a wealthy tin miner from Cornwall. They had had no children and she brought her twin fortunes into the family.

This is where the money came from to build the original Newton House and the three large cuttings going through the village, cut into the red rock. Our family says this gave employment to a couple of hundred local people for two or three years after the Napoleonic Wars, when there was considerable economic hardship in the country. It was said that the work was undertaken to give thanks for the safe return of the then John Quicke's son and nephew from the bloody battle of Waterloo. The works lifted the main road onto dry ground above the Creedy River marshes where our cows now graze.

We've just dug a five-metre-deep slurry lagoon on the same red soil and it becomes solid rock quite quickly, hard work for a large mechanised digger and tractors and trailers. It must have been brutal labour with hand picks and wheelbarrows back in the early 19th century.

Jane's money also brought Dutch drainage works onto Home Farm, which still enables our cows to graze and produce milk from what would have been marshland.

The works also included the Head Weir on the river Creedy, which brought a mill leat to the farm. I remember Arthur Heal, the great uncle of Matt Heal, our Autumn Cow Manager, with a long belt linked to the leat to saw tree trunks into planks of wood we used to build the farm buildings in the 1950s and 1960s. The old mill is one of the finest stone buildings on the farm, dating from a time when country squires lived like princes and could afford to make their farm buildings beautiful. This was just as the Agricultural

Revolution was starting. Farming behind high tariff barriers, before the repeal of the Corn Laws, fed the exploding populations that fuelled the Industrial Revolution.

Jane's first mother-in-law was a Godolphin, a powerful political family. They were related to the Churchill family of Winston fame, particularly John Churchill who, as head of the army, led the revolt against King James II. He and his co-conspirators invited William and Mary over from Holland to replace him to protect the country from Catholicism.

Oddly enough, in the church, there is one of the few charters to James II, a fine painted wooden declaration of loyalty. I wonder what the Quicke family thought of the fine paintwork as they were saying their prayers of loyalty to James' sister and husband, the usurping monarchs. This peaceful and successful invasion by the Dutch in 1688 would have passed close to Newton St Cyres as they landed at Brixham. John Churchill is barely remembered for this disloyalty and better remembered for the triumph of beating the French at Blenheim, stopping their imperial ambitions across Europe.

My family had form: they jumped ship in the right direction at the right time during the Civil War when Crediton, three miles in one direction, was for Parliament and Exeter four miles in the other direction was for the king.

The well-off people at the time of John and Jane in the late 1700's were close knit; John's great grandmother was a Godolphin, so they were distant cousins by marriage. My father's middle name was Godolphin, to remember this illustrious connection. Jane brought a number of Godolphin family mementoes, I suspect to let her new family know she was someone of substance. John died at 54 and Jane spent an enjoyable second widowhood; there is a charming sketch of Jane with three friends, all shawls and lace caps, playing cards in Bath.

Jane's widowhood would mark a new beginning, one that drew industry to Newton St Cyres and left traces on the farm that can still be seen today. Come back next month for Part 2...

Mary Quicke

FRIENDS OF UPTON PYNE

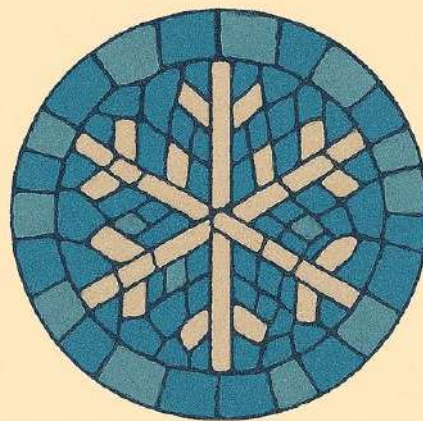
The summer has been a busy time for sorting out repairs and renovation in the church and we have been applying for grants to help fund the work. We have a restoration of some stained glass which will cost £2,000 and we have received a grant of £1,000 from Devon Historic Churches Trust. The Churchyard Teas on 13 Sept were in aid of the Trust and we will receive half of all funds raised. The last quinquennial report advised that we needed to look to possible conservation work on the statues. We have commissioned a survey, costing £950 plus VAT and Church Care (the Church of England grant-giving body) has agreed to give £700 towards the costs. In the next month or so you may see a drone taking photos of the tower.

We had another churchyard day on 14 Sept, this time combining the work with a spring clean of the inside of the church. This arrangement allows for us to be busy even if inclement weather impedes what we might be able to do outside.

A member of our community hosted a private cheese and wine party at her home and asked for donations which she would then match and gift-aid. Due to some generous donations, the event raised £670. This was a marvellous outcome and we are extremely grateful for the host's idea and kind fund-matching.

Our next events are the Christmas-themed workshops – mosaic decorations and card-making on 1 and 3 November respectively. Please see our adverts (*right*) for these activities.

The Carol Evening at Pynes House will be on 3 December, so save the date and look out for the advert in the next copy of *Speke Up*.



MOSAIC WORKSHOP

Saturday, 1st November 10am – 1pm
Upton Pyne Village Hall

Create your own mini masterpieces and take them home!

Adult £10 / Child £5

To book: sue@millcote.co.uk


All proceeds to The Friends of Upton Pyne

Card Making Workshop



 **3 November • 10:30 – 12:30**

 **Upton Pyne Village Hall**

 Come and make home made cards
All materials and guidance provided

£5 All profits go to The Friends of Upton Pyne





Displays

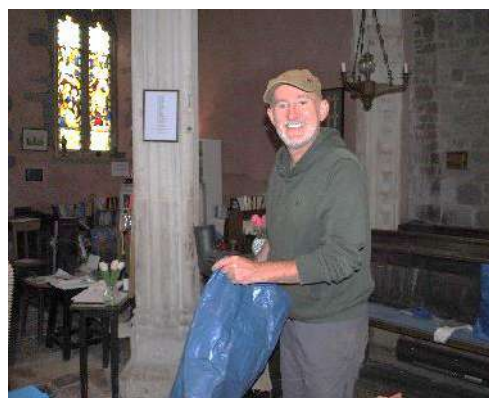


*A busy weekend
for the Friends
of Upton Pyne*

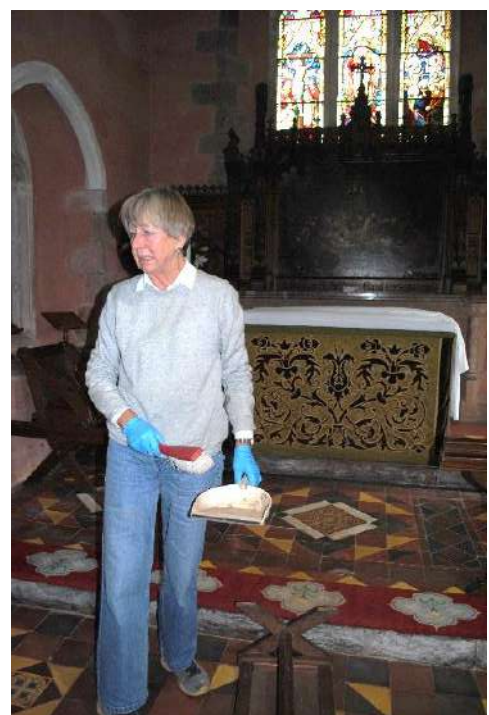


Saturday teas

Sunday spring clean



Tower tours



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UPTON PYNE & DISTRICT GARDENING CLUB

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

MONDAY 20TH OCTOBER

Our own JANE KING and the *FLORES IN THE AZORES*
'A traveller's view of the ISLANDS'



Please note change of date
NOW FRIDAY 21ST NOVEMBER

7.00PM - 7.30PM

ANNUAL GARDEN CLUB CHRISTMAS DINNER

(Please reserve your place with June 01392 841272)

Free Welcome Drink - Buffet Menu - Raffle - Quiz

MONDAY 1ST DECEMBER

10.00am

CHRISTMAS WREATH MAKING

@ the Village Coffee Morning

(Details next month)



The Gardening Year



Pumpkin

I am writing this, after some very welcome rain, on the first day of meteorological autumn (1st September). We had a false autumn in August, when there were lots of fallen leaves attributed to the stress caused by the exceptionally dry, hot summer. Drought conditions cause trees to enter a 'survival' mode, dropping their leaves early to preserve themselves for the rest of the year and future years. As the UK continues to experience warmer, drier summers, we can expect to see more instances of early leaf fall and other unusual seasonal changes.

Hedgerows, too, are showing the same signs of stress with leaf drop and many of the blackberries have gone over. There are plenty of sloes at the moment, but you will probably need to pick them earlier than normal, if you plan to make sloe gin. A false autumn will mean less food for birds and mammals that normally have a diet of berries, nuts and seeds to build up their reserves of body fat before winter. It will be more important than ever to ensure that we provide food and water in our gardens. Many local people have hedgehogs in their gardens – we have at least two, there may be more. They need access to food and water.

Recently, we visited Rosemoor for their Flower Show and were delighted to see that **Katrina Holmes of Bloom Bloom**, had won Firsts with two stunning displays including the Best Individual Exhibit in the Untamed Beauty Class. Another success was for **Rob Vincent of Hutch Houseplants** who won the Curator's Choice for a display of cacti and succulents. Newton St Cyres Gardening Club is pleased to welcome Rob back to speak at **our meeting on 29th October on the**

topic of Cacti & Succulents. Rob will also be bringing plants for sale.

A houseplant that we have, which has thrived this year, has a distinct look of a cactus and has the common names of the Cathedral Cactus or Red Leaved African Milk Tree. It is in fact ***Euphorbia trigona* f. 'Rubra'**, the milk tree name coming from the white, milky sap. It can grow to 1.8m leading to the Cathedral Cactus name, and this year ours has put on growth of 23cm, almost outgrowing the current position on the bathroom window ledge! It is an architectural plant which produces very upright, closely packed stems and branches that are three- or four-sided. Along the ridges of these are oval reddish-purple leaves. It is possible to place the plant outside during the summer, but in order to over-winter, it must be in a frost-free location. It grows best in temperatures between 15 – 27C, but does not like draughts. It can take direct sun, but can scorch in the midday sun. It is however poisonous to humans and pets and the sap is an eye and skin irritant (the spines can also be painful). I have not tried to propagate ours, but the recommended way is to take cuttings from an offshoot branch in spring or early summer. The cut surface should then be dipped in charcoal or lukewarm water to prevent bleeding. This should then be allowed to callus over before planting in succulent or cactus compost, that is only just moist and it should start to root within two months.



Pictured (left): Euphorbia trigona f. 'Rubra' – cathedral cactus or Red Leaved African Milk Tree.

Jobs for October

- Sow **broad beans**. Some varieties produce much earlier crops if planted in October. One variety that will over-winter is

Aquadulce Claudia (use of a cloche is recommended). Clusters of scented, tubular, black and white flowers are produced all the way up the stem, followed by pods up to 25cm long.

- Plant **fruit trees**. Late autumn and winter are ideal if you wish to plant new fruit trees. You may want to grow a variety for eating that is not usually available in the shops. Choose standards or half standards for large gardens and dwarf bush, spindle bush or stepover varieties for smaller gardens. Some varieties recommended by RHS can be found at <https://www.rhs.org.uk/fruit/apples/choosing-cultivars>
- If you have a **fig tree** that produces well (our friends picked 950 from theirs this year) you can take cuttings during October. Ideally, they should be from this year's growth and be about 30cm in length having removed the softer tip. Cut the tip end at an angle, so that you know which way is up and then insert into a trench with well-drained soil.
- Support **Pumpkins** on bricks or tiles so that the sun can ripen them and give them a good colour ready for Halloween carving (using the middles for making soup etc.)
- Prevent **rose blackspot** by disposing of fallen leaves in your garden waste bin.
- After the rain, it is good to see our **ponds** full once again. Clear all fallen leaves and other dying vegetation and debris. If leaves from trees sink to the bottom of the pond, there is a risk that the rotting process will use up valuable oxygen. Also, once stagnant, it can harm other pond life. Always remember to leave anything you remove on the side of your pond so that any creatures can crawl back into the water.

What's On?

- **Saturday 4th – Friday 31st October National Trust Killerton – Orchard Month.** 10am – 5pm. Ranger apple pressing demonstrations on Saturdays 4, 11, 17 & 25 October at 11am and 2pm. Monday 6 - Thursday 9 October, view the 200-year-old press in action and learn about Killerton's cider making. Daily, throughout Orchard Month, follow the red

apple trail to one of the orchards to harvest apples for traditional cider making, or pick your own to take home.

<https://www.nationaltrust.org.uk/visit/devon/killerton/events/865f6783-7270-44c5-9c22-f364e9377735> Also, **4th October – 2nd**

November – Apple Antics - a trail of games that are fun for all the family, is added to the activities already on offer during the Orchard Month.

- **Saturday 4th & Sunday 5th October RHS Rosemoor – Plot to Plate.** 10am – 4pm Full details <https://www.rhs.org.uk/gardens/rosemoor/w-hats-on/plot-to-plate>
- **Saturday 11th & Sunday 12th October RHS Rosemoor – Orchid Weekend.** 10am – 4pm.
- **Monday 20th October Upton Pyne Garden Club, UP Village Hall 7.30pm.** A talk by Jane King on 'Flores in the Azores' A traveller's view of the islands. Non Members £4.00
- **Sunday 26th October – Sherwood EX5 5BT–** 1.00pm – 5.00pm **Pre-booking essential** via <https://findagarden.ngs.org.uk/garden/14861/sherwood> Admission Adult £7.50 Child £3.00. Cream teas available.
- **Sunday 26th October - Chevithorne Barton, Tiverton EX16 7QB** 1.30pm – 4.30pm Adults £6 Children free. Walled garden, woodland of rare trees and shrubs. Home to National Collection of Quercus (Oaks). Lots of autumn colour.
- **Saturday 27th September – Sunday 19th October RHS Rosemoor Wonder of Autumn.** 10am – 5pm
- **Tuesday 28th October Crediton Garden Club, Crediton Library 7pm** – A talk on nerines by Caroline Stone. Non Members £3.00
- **Wednesday 29th October – NSC Garden Club – Rob Vincent** will give a talk on cacti and succulents. 7.30pm NSC Parish Hall.
- **Friday 31st October & Saturday 1st November - Ashridge Court, North Tawton EX20 2DH** 11.00 – 4.00pm Adult £6.00 Children Free. Light lunches, homemade cakes and cream teas available in Ashridge Great Barn.

Happy Gardening!

Nicola Baker



As I was writing this, our long, hot summer became a damp, cool autumn almost overnight. No more cooling summer meals, but rather we wanted something warming to nourish and comfort us through the transition of the seasons.

I'd recently had a 'Mac n Cheese' and found the dish disappointing, stodgy and heavy. When I came to looking up recipes for simple macaroni cheese it was rather challenging. All sorts of added ingredients including chilli, nuts, parmesan and pancetta. Hmmm! Time to write up a simple, hearty, satisfying recipe. Then if you want to add chopped bacon, peas, onion, chives, kale and so forth, let your imagination run riot! My husband insists on a very generous splash of Worcestershire sauce over the top before he tucks in.

It's a simple recipe but one that is perfect as the evenings are drawing in. Never one to scrimp on portion sizes, this will easily serve two adults, probably three with a side serving of veg.



Macaroni cheese, ready to cook

The better quality the cheese, the better the final result. You want to use something with a good depth of flavour. I used our local Quicke's Oak Smoked Cheddar and then a decent Gruyere. However, use cheeses that you enjoy and that will grate easily to make the cheese sauce. I used semi-skimmed milk to make the sauce since that's what most people will have in their fridge; although my grandmother always used 'gold top' or Channel Islands milk. This recipe is an adaption of hers.

If you are following a gluten-free diet, then choose one of the many varieties of gluten-free pasta (and cook according to the packet instructions, less a minute) and the Freee plain flour will work well to make the sauce.

I like to add a generous pinch or two of grated nutmeg, but that is purely optional. Finally, if you are cooking this in a porcelain or cast-iron baking dish it may take a few minutes longer than a metal dish. ENJOY!

Macaroni Cheese

Macaroni	170g
Butter	25g
Plain flour	25g
Semi-skimmed milk	450ml
Dijon mustard	1 tsp
Medium eggs	2, separated
Farmhouse Cheddar cheese	75g, coarsely grated
Gruyere / Emmental	50g, coarsely grated
Black pepper	several grinds, to season
Dulce Paprika (the mild version)	½ tsp to season
Additional gruyere or similar	25g, coarsely grated - for the top

1. Cook the macaroni in boiling water for six minutes. Drain and set aside.
2. Preheat the oven to 170°C / Gas mark 3. Butter a medium ovenproof baking dish.
3. Melt the butter in a medium to large saucepan on a medium heat. Add the flour and stir it through the butter. Turn down the heat to a simmer. Add the milk and use a wooden spoon or whisk to mix the ingredients until smooth.
4. Take off the heat. Beat the egg yolks and fold them into the sauce with the Dijon mustard. Give the sauce a good stir until smooth.
5. Put the pan back on the stove on a low setting. Add the grated cheeses with the seasoning and stir through until the cheese has melted. Cook the sauce for two minutes.
6. Fold in the macaroni and pour into the baking dish.
7. Whisk the egg whites until fluffy. Gently spoon the egg whites into the dish and fold them carefully through the macaroni. Take your time. Top with a little more black pepper, some paprika if you wish, and sprinkle over the extra grated gruyere.
8. Bake in the oven for 15 minutes until golden. Serve at once.

◇ *Serve with steamed greens, peas or a generous amount of fresh watercress.*

In Season

Now is the time to enjoy:

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

Sarah Lumley



Brampford C of E Primary School

The first day of term is always a very special time in the life of our lovely village school. After weeks of stillness during the summer holidays, the school and classrooms come alive again with the sound of the children's voices, the excitement of seeing friends and the anticipation of what the year ahead will bring. With thanks going to our dedicated staff team, who worked hard over the summer to prepare the classrooms as enriching and nourishing environments where the children can settle and flourish as they start to learn the newly-planned curriculum.

It has been wonderful welcoming back our pupils, (who all seem to have grown like sunflowers in the summer sunshine!) and watch them settle back into their familiar rhythms of school life. It is also a delight and honour to extend a particularly warm welcome to our new starters, into Nursery, Reception and into the upper years too. It is a big step for both the children and their families, and it has been a joy to see how quickly the children have embraced the adventure with curiosity and courage.

Our core value for this term is Dignity, and two of our pupils have already been awarded certificates in recognition of demonstrating this value. The award has been given to Bea Hanks in Year 1 and Cal Torr in Year 5 – both pupils demonstrated kindness and respect to other pupils and to their teachers alike.

As we begin this new academic year, our focus remains on fostering a community rooted in kindness, respect and a love of learning, with enrichment both inside and outside of the classroom. We look forward to this new term and, as always, to building on the strong partnership between our school, the families and the parish that makes our village community so special. Please enjoy a little snapshot of our busy first week...



Pictured left: Exploring the play café with Mrs. Weekes

Pictured above: Some of our Reception children, enjoying the outdoor learning areas.

Pictured right: Playing shopkeepers



We do hope you have enjoyed finding out what we have been getting up to in our lovely little school.

If you would like to know any more, or are interested in a place for your child **in any year group**, don't hesitate to get in touch via the school office:

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Answers to Music Quiz

The lead singers and the bands to which they belong are:

A1: Jeff Lynne – **ELO (Electric Light Orchestra)**

A2: Chrissie Hynde – **Pretenders**

A3: Eddie Vedder – **Pearl Jam**

A4: Ann Wilson – **Heart**

A5: John Fogerty – **Creedence Clearwater Revival**

A6: Steven Tyler – **Aerosmith**

A7: Michael Hutchence – **INXS**

A8: Debbie Harry – **Blondie**

A9: Don Henley – **Eagles**

A10: Brian Wilson – **Beach Boys**

A11: Robert Smith – **The Cure**

A12: David Byrne – **Talking Heads**

Answers to October Quiz

- 1 Puff the Magic Dragon
- 2 *The War of the Worlds*
- 3 22 September
- 4 Psithurism
- 5 Persephone's return to the underworld to her husband Hades
- 6 John Keats
- 7 Indian Summer
- 8 Chlorophyll
- 9 Samhain
- 10 Parts of Northern England, and Scotland

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Continuing to flex our texts

This year's Flu Clinic will be on Saturday 4 October.

The Joint Committee for Vaccination and Immunisation continue to recommend that patients over 75 years old and patients who are immunosuppressed (those being treated for cancer or on drugs that suppress their immune response) receive Covid vaccines every six months. This policy is working well. Covid is still present in the community; most people will know of someone who has recently suffered from it. However, it is rare for anyone to be admitted to hospital. Just like Flu, Covid is a 7+ day illness with fluctuating temperatures, aches, pains and feeling of exhaustion. Both illnesses will put an averagely fit young adult out of action for 7 – 10 days. This is why it remains important to prevent elderly and vulnerable patients contracting them and so patients over 75 years old will again be offered Flu and Covid vaccinations at the same time.

We have received a lot of very positive feedback regarding the 'your medication is ready' texts that we started sending out a couple of months ago. These have reduced both phone calls to the surgery and unnecessary visits to see whether medication is ready for pick up. Thank you to everyone for giving the dispensary team five days before you enquire but we are pleased to report that almost everyone is receiving their texts well within this timeframe.

This year we are going to use a new booking system for the Flu Clinic. Patients will be sent a text inviting you to book your appointment on Saturday 4 Oct. The text will contain a link that will take you directly to a booking screen where you can choose from the slots available. This is replacing our previous 'alphabet time slots' system that has worked well over the last five years but we think booking a specific time during the day will give everyone more flexibility and make the clinic more efficient.

Patients who do not have a mobile phone should not be worried; we will be contacting them using a different route. We will be sending the texts out at the beginning of September and these will be staggered to ensure everyone will have access to appointments to

choose from throughout the day. We would expect all patients eligible for flu vaccines (patients aged 65 and over, those with diabetes, cardiac, respiratory disease or taking any immunosuppressive treatments) to have had the opportunity to book an appointment by the 10 September. Please do not contact us before we contact you. If you believe you are eligible for a Flu vaccine and have not heard from us by 15 September then give us a ring.

Both of the above systems depend on us having a correct mobile phone number for all patients. Please could you ensure this is the case. Joan Povey, our Digital Social Prescriber, continues to be available to help anyone who would like to start to use a mobile phone or increase their confidence with it. Booking your Flu vaccine appointment might be a great opportunity to link up with Joan for some help. We are very happy to put patients in contact with her, just ask at reception.

Anthony O'Brien
Wyndham House Surgery



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Wednesday	09:00 – 11:30 15:00 – 17:30	09:00 – 11:30 15:00 – 17:30		
Thursday	09:00 – 11:30 14:00 – 16:00		09:00 – 11:30	09:00 – 11:30 15:00 – 17:30
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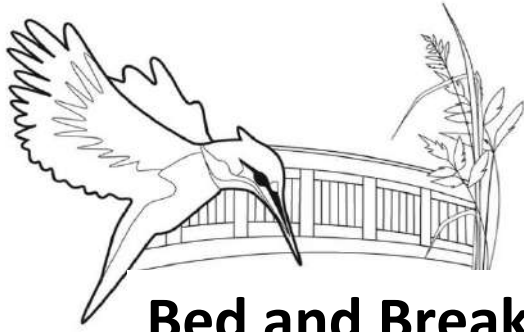
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- Diabetic foot care
- Footwear advice
- Onward referral

Claire Norton DipFH MCFHP MAFHP
FOOT HEALTH PROFESSIONAL

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

SERVICES & INFORMATION OCTOBER 2025

The Netherexe Parishes - A community of Anglican churches in Devon

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

Wednesday 1 October

09:30 am	Mid-week Holy Communion	Thorverton [Exe Valley Farm Shop]
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Sunday 5 October

11:15 am	Harvest Festival	Cadbury
05:00 pm	Communion	Stoke Canon

Sunday 12 October

09:30 am	Communion	Thorverton
10:30 am	Communion	Upton Pyne
11:15 am	Harvest Festival	Rewe
11:30 am	Service [with The Bishop of Crediton, blessing the new servery]	Newton St Cyres

Sunday 19 October

09:30 am	Communion	Brampford Speke
09:30 am	Bubble Church	Thorverton
11:00 am	Harvest Festival [Followed by a Thanksgiving Lunch]	Stoke Canon
11:15 am	Communion	Cadbury

Sunday 26 October

09:30 am	Morning Prayer	Thorverton
10:00 am	Messy Church/Family Service	Stoke Canon
11:00 am	Harvest Communion [followed by lunch]	Newton St Cyres
11:15 am	Communion	Rewe

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

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

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

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

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

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

Revd Tim Collins [Rector] Tel: 01392 860767 tim.collins@netherexe.org

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

Juliette Lea [Administrator]
Tuesday & Thursday [09:00 – 15:00]
Tel: 07594 714590
Email: administration@netherexe.org

Peter Shepherd [Administrator]
Monday [09:00 – 11:00] & Wednesday [09:00 – 13:00]
Tel: 07551 844321
Email: administration@netherexe.org

PARISH DIRECTORY

Rector

Tim Collins
Tel 860767
tim.collins@netherexe.org

Curate

Deborah Leighton Plom
deborah@netherexe.org

Reader

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

Netherexe Parishes website: www.netherexe.org

Administrators

administration@netherexe.org

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 clerk@brampfordspekeparish.gov.uk

Councillors

Stuart Luxton (chair)	01392 841094	stuart.luxton@brampfordspekeparish.gov.uk
Will Honan (deputy chair)	07946 110976	will.honan@brampfordspekeparish.gov.uk
Elaine Hollingsworth	01392 841434	elaine.hollingsworth@brampfordspekeparish.gov.uk
Lisa Langdon	07515 873324	lisa.langdon@brampfordspekeparish.gov.uk
Richard Tillett	01392 841268	richard.tillett@brampfordspekeparish.gov.uk
Ian Bannister	07714 767422	ian.bannister@brampfordspekeparish.gov.uk

Other Contacts in Brampford Speke:

Village Hall website

School

Brampford Area Baby and Toddler Group

Friends of BS School (FOBSS)

Village Hall Bookings

Footpath Warden

Tree Warden, Elaine Hollingsworth

Twinning Association

www.brampfordspeke.org.uk

841414

Catherine Bending 07964 967278

hellofobss@gmail.com or 841414

Molly Luxton 841270

footpaths.BSPC@gmail.com

01392 841434

Kate Cavill 0751 3002 708

Upton Pyne & Cowley Parish Council

Council website www.uptonpyne-pc.org.uk

Clerk Jacqui Ward

01392 851918

parishclerk@uptonpyne-pc.gov.uk

Councillors

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

Other Contacts in Upton Pyne

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

East Devon District Council

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

Councillor: Fabian King 07791 093 204

Dog Warden: 01395 571517

Devon County Council

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

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

Redlands 01363 727111 (inc. Thorverton Surgery)

SpekeUp www.spekeup.org

Material for publication should be sent by 15th of the preceding month by email to contributions@spekeup.org.uk Advertisements for village events are FREE and should be no more than a half A4 page.

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

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

For further information please contact:

Upton Pyne & Cowley: Linda Findlay 07598 753088

Bramford Speke: Richard Tillett 01392 841268

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

October 2025 DIARY

Monday	6 th October	10.30am - 12.30pm	Coffee Morning and local knife-sharpening service Upton Pyne Village Hall	Veronica Clarke 841 530
Sunday	12 th October	2pm	Whist Drive Upton Pyne Village Hall	David Taverner 01884 855459
Saturday	11 th October	From 4.30pm	St. Peters Church Apple Pressing and Harvest Supper St Peters Churchyard - Bramford Speke	Bring your apples for pressing from 4.30pm – Harvest supper 6.00pm £10 per ticket. 07732 554246
Monday	13 th October	7.30pm	Upton Pyne and Cowley Parish Council Meeting Upton Pyne Village Hall	Jacqui Ward 01392 851 918
Tuesday	14 th October	12 noon	Lunch Bunch Exe Valley Farm Shop	Pat 841 599 or Veronica 841 530
Saturday	18 th October	6.30pm – 9pm	Family Disco! Brampford Speke Village Hall	With the brilliant DJ Mary – Tuck Shop & a Raffle.
			Weekly	
Monday		9am & 10am And 7.30pm	Pilates Brampford Speke Village Hall (Term Time only) www.connectedpilates.com	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 07796 950652 canstead4@gmail.com Adrienne 07791 609068
Friday		10.30-11.30am	Pilates Upton Pyne Village Hall	Rebecca Cunningham 01363 866047



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Managing Director

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