

Luppitt Packet
February 2025

Art by Vanessa Nancarrow



Luppitt Flora

The Luppitt Landscape Partnership has recently completed a botanical survey of the area which you can read about on Page 19. We have included some additional pictures of some of the flora they have identified so you can look out for them!

Salad Burnet



Betony



Water Dropwort



Quaking Grass,



Yellow Rattle




Bee Orchid



Sneezewort



Devil's-bit Scabious



The advertisement features a central blue square logo with a white 'H' containing a sunburst pattern and the text 'EST 1842' and 'HUMBERTS'. The background is a stylized illustration of a village with houses, a church, and wind turbines, with some houses marked 'SOLD'. Below the logo, the text reads: 'SUCCESSFULLY SELLING COUNTRY AND VILLAGE PROPERTY IN YOUR PARISH'. Below that, it says: 'If you would like any advice, please contact your local Devon team:'. At the bottom, there are two contact options: 'HONITON 01404 42456 | devon@humberts.com' and 'humberts.com MOVING YOU SINCE 1842'.

**SUCCESSFULLY SELLING COUNTRY
AND VILLAGE PROPERTY IN YOUR PARISH**

If you would like any advice, please contact your local Devon team:

HONITON
01404 42456 | devon@humberts.com

humberts.com
MOVING YOU SINCE 1842

THE LUPPITT PACKET

Welcome to 2025 – our best wishes to all for a happy and successful year. Now that dreary January is over, our gardens are already showing cheerful signs of Spring with hellebores and early daffodils leading the way.

Flowers feature a lot in this issue, with a fascinating update from the Luppitt Landscape team on the abundance of wild flowers they have found in our pastures and on the moors, and the beginning of a series of articles on The Language of Flowers, focusing on the different messages you can send on Valentines Day just by using flowers.

We also have a look back at natural plants and foodstuffs historically celebrated for their aphrodisiac effect! (Personal experience of oysters unfortunately had a different effect on one of our editors which resulted in the only cuddles that night being her arms wrapped round the loo!). Plus we have some ideas on how to create the perfect Valentines Day dinner.

Chinese New Year is also celebrated this month, and inside you will find an interesting article on the traditions surrounding the event plus the mythological beliefs attached to the Year of the Snake. If you were born in one of the Years of the Snake, 2025 should be a great year for you. We didn't have room to include all the past dates, but you can find them on-line.

Looking further forward to March, we have news of the re-arranged concert at St Mary's which promises to be both a splendid evening and a substantial fundraiser for the Church Restoration fund. There are still some tickets available but they are selling fast.

Christine Ryder, Michele Turner and the Luppitt Packet team

COPY DATE FOR THE LUPPITT PACKET MARCH 2025 ISSUE IS

15 February 2025 to editors@luppittpacket.co.uk

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DISCLAIMER

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Luppitt Entertainments Committee Events

Coming up soon:

Wednesday 19th February: Kids Movie Morning

Time: 10:15 for 10:30 start

Saturday 22nd February: Skittles Night

Time: 7:30pm, Hot Supper - booking required

Events to look forward to in 2025:

Friday 4th April: Easter Bingo

Time: 7:00 for 7:30pm

REGULAR EVENTS IN THE VILLAGE HALL

Village Hub Pub	7:30pm every Wednesday & Friday
Short Mat Bowls	7.30pm Thursdays
Friday Coffee / Market	11am until 1pm

SWALING OR BURNING OF THE LUPPITT COMMONS 2025

The Directors of Luppitt Commons Ltd hereby give notice of their intent (weather permitting) to burn parts of the Commons (Luppitt, Hartridge, Hense Moor) during the months of January, February and March 2025.

The Commons will be burnt in accordance with the code of practice laid down by DEFRA for the burning of heather, grass, gorse and vaccinium.

THE LUPPITT PACKET IS ALSO ONLINE

Additional information and photographs can be found at www.luppittpacket.co.uk All archive PDF copies of The Packet dating from 2010 to the current edition can be found on www.luppitt.net (hosted by Peter Sage) which also contains a wealth of information about Luppitt – its history, people, photos, family trees etc.

DIRECTORY

Parish Council	www.luppittparish.gov.uk	
Chair	Michele Turner	07525 796197
Vice Chair	John Thorne	01404 891412
		07748 780096
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	revnigel@dunkeswell.org.uk	
Associate Priest	Jane Penn	01404 841523
	revjane@dunkeswell.org.uk	
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	sara@dunkeswell.org.uk	
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Luppitt Entertainments Sec	Pat Bussey	01404 892720
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	Lornarockett@hotmail.com	
Hartridge Buddhist Monastery		01404 891251
Surgeries	Blackdown Dunkeswell	01823 681720
	Honiton Medical Centre	01404 548544
	Honiton Minor Injuries Unit	01404 540540
Devon Air Ambulance		01392 466666
East Devon District Council		01404 515616
TRIP (community transport)		01404 46529
Citizens Advice Bureau		0344 411 1444
Location of defibrillators		
	Village Hall EX14 4RT	
	Lowmans Farm, EX14 4TX (near Red Doors)	

GARDEN JOTTINGS

Today the garden's full of white crunchy stuff. The poly and the greenhouse are white and cold even with the heater. The sun is just coming up late again, even if it's a little slow going down in the evening or afternoon perhaps.



It'll be February by the time you read this and by then there should be many signs of coming spring. Even now in January, given a glimmer of warm sunlight crocuses are out, mauve and yellow and white. Snowdrops are out too waiting for spring.

The lawn and the path are full of brown dead and frozen leaves blown by autumn winds. Hungry blackbirds scatter them about in search of hidden slugs and snails. Lawns are soggy patches frozen today. Beds are full of ragged stumps in need of tidying up. And then there are brambles, long scratchy brambles. They seem to have grown over winter, hanging feebly from shrubs and trees. In darker spots thick moss has grown over everything. Everywhere wild arums are sprouting, green leaves with pointed tips. Everything is waiting for spring.

In the poly things are a little better. Today much is still covered by fleece to keep severe frost off. Jacki's curly kale is doing very well and has given us veggies for several meals

On the patio a single yellow daffodil is still there waiting for warmer and sunnier days.

David Street

Blackdown Hills Repair Cafe

Our Second repair Cafe Event in 2025 will be held on **Saturday 22nd March** in the Hemyock Parish Hall EX15 3QW between 10am and 1pm Please do all come along and have your items repaired and fixed by our Volunteer Repairers, and while they are carrying out your repairs, enjoy some refreshments in our tearoom cafe.

Please note, that we are also able to take on extra, larger and more extensive repairs at our local Workshop.

Subsequent Blackdown Hills Repair Cafe Events for the whole of 2025 are all at Hemyock Parish Hall on the following Saturdays:

May 24th, July 26th, September 27th and November 22nd.

Stephan Lehner,
Blackdown Hills Repair Café Coordinator
sfelehner@aol.com



St. Mary's February service schedule are listed below. For a full list of Christmas services across our Mission Community please visit www.dunkeswell.org.uk

SERVICES

2nd February 9:30am Holy Communion Revd Jane Penn
 9th February 11:00am Morning Worship Revd Nigel Candalent
 16th February 11:00am Holy Communion Revd Jane Penn
 23rd February 11:00am Morning Worship Lay Led
 All Tuesdays 2:00pm Services will be led by Sara Gordon or Revd Nigel Candalent

The Treasurer would be delighted to receive donations towards the cost of keeping our beautiful Church open:

Parish Giving forms are available in the Church. This is the preferred method of giving as the banking and gift aid is done for us!

Or Scan the QR code to give online

Or Donate directly to the bank: Luppitt Church 53-50-55
 05107032

Or contact our treasurer Sara (07717 222404) about making a donation



Thank you



Church Cleaning and Flower Rota 2025

1 February Jean Gardiner and Joy Tofts
 8 February Pat Bussey
 15 February Mary Joyce and Pearl Pulman
 22 February Mary Hill

1 March Sue Piechowiak
 8 March Jean Gardiner and Joy Tofts
 15 March Pat Bussey
 22 March Mary Joyce and Pearl Pulman
 29 March Mary Hill

CHINESE NEW YEAR

On 29 January the first day of a new cycle of the moon takes place, marking the start of the Spring New Year. Being based on the lunisolar calendar the date varies, but will always fall between 21 January and 20 February. Although it is celebrated throughout Asia, it is most commonly seen in this country with events organised by the Chinese community.



The Chinese New Year is a 15 day event, culminating with the Lantern Festival, which this year takes place on 12 February. It is very much a time for reunions and families celebrate with traditional food and drink. It is common for older members of the family to give the younger ones good luck money in red envelopes (red being an auspicious colour).



2025 marks the start of the Year of the Snake – the sixth animal of the Chinese zodiac, which operates on a 12-year cycle. It is believed that your sign determines your personality and those born in the Year of the Snake are considered rational, calm, thoughtful and loyal to loved ones, as well as being excellent problem-solvers and skilled communicators. although they can be vain and have a fiery temperament!

The custom of setting off firecrackers on New Year's Eve is thought to date from the myth of the Nian - a mythical beast, said to feed on humans when food was scarce. According to legend, one village discovered the Nian was scared of loud noises and the colour red. Hence the tradition of firecrackers, beating drums and wearing and decorating your house in red. For the same reason the Dragon dance is often seen at events, as it is thought to ward off evil spirits.

There are a number of taboos associated with New Year, such as not using knives, scissors or other sharp objects, not breaking plates or glasses (if you do, you must wrap the broken items in red paper whilst repeating auspicious phrases). Traditionally a bride would move in with her husband's family after the marriage and so would celebrate New Year with them. To visit her own family on this day would be a sign that all was not well in the marriage and might bring bad luck on the whole family. A good excuse for not visiting the mother-in-law!



The New Year holiday ends with the full moon, when the Lantern Festival takes place. Coloured lanterns are carried in

lantern parades and these are often in the shape of animals and mythical creatures, many with riddles for the children to solve.

A typical New Year dish is usually a whole steamed fish and Spring rolls get their name because they are served during the Spring Festival, but generally it is just a time to enjoy any Chinese dishes such as the ones below.

Chicken and cashew nut stir-fry

Ingredients

1 egg
1 tbsp cornflour
pinch sea salt
500g/1lb 2oz skinless, sliced chicken breast
300ml/10fl oz groundnut oil

For the stir fry

1 onion, sliced
1 yellow and 1 red pepper, de-seeded and sliced into strips
3 tbsp chicken stock
2-3 tbsp light soy sauce
2 large spring onions, sliced
4 tbsp roasted cashew nuts
Salt and pepper

Method

Place the egg in a bowl, add cornflour and a pinch of salt and whisk well to combine. Add the chicken and coat well in the egg.



Heat a wok or deep frying pan until smoking and add the groundnut oil. Fry the chicken for 4-5 minutes, or until golden-brown and crisp, then remove and drain on kitchen paper.

Pour off all the oil from the wok, except for one tablespoon. Reheat the oil over a high heat, add the onion and stir fry for a few seconds. Add the pepper slices and stir fry for one minute, or until softened. Add the chicken pieces and stir fry for 1-2 minutes, then add the stock and soy sauce. Simmer for another minute, or until the chicken is cooked through.

Stir in the spring onions and cashew nuts, season, to taste, with sea salt and ground white pepper and transfer to a serving dish.

Serve immediately with steamed rice.

Vegetable Chow Mein

Ingredients

225g (7½ oz) dried or fresh egg noodles
1 tbsp sesame oil, plus more to serve
1½ tbsp groundnut or vegetable oil
2-3 garlic cloves, chopped
50g (2oz) carrots, shredded
50g (2oz) mangetout, trimmed and shredded
3 tbsp spring onions, finely chopped on the diagonal
1 red pepper, shredded
pinch sugar
2 tsp light soy sauce
2 tsp dark soy sauce
1 tbsp rice wine or dry sherry



Method

Cook the noodles following the packet instructions. Drain and cool under the cold tap.

Transfer to a bowl and toss with the sesame oil. Set aside.

Heat the wok over a high heat and add the groundnut oil. When smoking, stir-fry the garlic for 10 seconds, then add the carrots, mangetout, spring onions and red pepper.

Cook for 1 minute, then add the noodles, sugar, soy sauces, rice wine, season with white pepper and salt.

Drizzle over a little sesame oil and toss to coat.

Serve immediately.

Clerk's report of a Meeting of Luppitt Parish Council held at Luppitt Village Hall on Tuesday, 3 December 2024 at 8 pm

Present: Cllrs Michele Turner (Chair), Charles Murray, Brian Pulman, Andrew Tucker, Colin Brown and Yehudi Levine (EDDC), Iain Chubb (DCC) and one member of the public

Receive apologies for absence

Apologies were received from Cllrs Lindsay Hill, Paul Prettejohn and Martin Summers

Minutes of previous meeting

The Minutes of the meeting held on Tuesday, 5 November 2024, were unanimously agreed and signed as a correct record of that meeting (proposed by Cllr Pulman and seconded by Cllr Tucker).

Declaration of Interest

There were no declarations of interest.

Election of Vice-Chair

Although Cllr Summers could not be at the meeting, he had indicated that he was willing to stand for the position of Vice-Chair. It was unanimously agreed to confirm Cllr Summers as Vice-Chair (proposed by Cllr Tucker, seconded by Cllr Murray).

PLANNING

Applications (for comment, support or objection)

Licensing Application – Luppitt Inn

This application was sent for information only.

24/2324/FUL – The Barn, Little Shelvin Farm, Luppitt, EX14 4UF – change of use from a holiday let to a residential; construction of a porch extension

The Parish Council supports this application.

EDDC Planning Briefing

Cllr Todd Olive had sent an update on the progress of EDDC's Local Plan.

Enforcement Order at Higher Wick

The clerk has established the person at EDDC to contact regarding enforcement and will write accordingly.

Decisions

There were no decisions.

REPORTS

Ward Councillors

- The Local Plan has reached Regulation 19 stage; the next stage is inspection.

- The charge for green waste collection will be increased from £52 per annum to £55 per annum in 2025.
- One electric recycling lorry has been purchased at a cost of £480,000.

County Councillor

- Devon County Council's proposed plan for a Combined County Authority (CCA) with Torbay should come into operation early 2025.
- DCC has introduced a new Corporate Performance Framework providing quarterly information and statistics on a range of activities.
- The above-inflation rise in the living wage and the increase in Employer National Insurance contributions announced in the Budget will cost DCC an additional £13.5m.

HIGHWAYS AND TRAFFIC

Parish Highways programme

- Cllr Tucker will send the clerk a photo of the damaged road at Hillend so that it can be reported.
- There is an ongoing problem at Maple Cross which needs to be reported. The clerk will follow up with the Neighbourhood Highway Officer.

Parish Maintenance

- Cllr Pulman had compiled a list of drain clearance work which Cllr Tucker was asked to carry out. The clerk will forward the list to Cllr Tucker. As previously agreed, Cllr Tucker will keep the clerk informed of the length of time he is spending on the work.
- Cllr Pulman will meet the clerk to identify potholes in the parish needing attention and mark them accurately on a map.

Grit Bins

The grit bins at Millrise and Beacon need to be filled. The clerk will report.

Water Leak at Millrise

There was a general discussion and Cllr Murray offered to take a sample of the water leaking at Millrise for testing.

Road Signs

This item will be carried forward to the next meeting.

FOOTPATHS AND BRIDLEWAYS

Footpath 14 Diversion

The Parish Paths Liaison Officer, Ros Davies, does not appear to have been replaced. Correspondence on the suggested diversion goes back to 2021. The clerk will follow up with the Parish Paths Department.

FINANCE AND ADMINISTRATION

Casual Vacancy

Information about the casual vacancy is in the Luppitt Packet and the clerk will post on the WhatsApp group. All applications to be in by 31 December.

Quarterly Check

Cllr Murray has checked the cash book and reconciliation for the quarter ended 30 September 2024 and confirmed that all is correct.

Remote Meetings

The Government is carrying out a survey on remote meetings for councils. Cllr Turner undertook to complete the survey.

Parish Council .gov.uk domain and Councillor Emails

The clerk confirmed that **luppittparish.gov.uk** domain is ready to go live. Cllr Turner has monitored Parish Council emails and confirmed that a 2Gb mail box for each Parish Councillor would be adequate. The clerk will put this in motion after Christmas.

Luppitt.org.uk Domain

Cllr Turner confirmed that discussions are ongoing.

Correspondence

- Coventry Building Society has acquired the Co-Operative Bank and the acquisition is expected to be completed on 1 January 2025.
- Information announced in the Budget about the increases in Employer National Insurance contributions and the increase in the minimum wage from April 2025 was noted.

CONFIDENTIAL ITEM IN CLOSED SESSION

Employer National Insurance Contribution and Clerk's Remuneration

The Parish Council will be liable to pay a National Insurance contribution for the clerk from April 2025 as a result of changes made in the Government's Budget. After consideration of the report submitted by the clerk, it was agreed that the clerk would be paid at pay scale SCP17. To minimise any impact these changes may have, the clerk's hours will be reduced to 8 hours per week. As agreed in December 2018 (Minute 6.3), the clerk will note any additional hours spent on out of the ordinary items such as grant applications. All changes will take place with effect from April 2025 (proposed by Cllr Murray, seconded by Cllr Turner with all in favour).

CHAIRMAN'S DISCRETION

There were no items but Cllr Turner wished everyone a Happy Christmas and New Year and thanked all Parish Councillors for their support over the past year.

QUESTIONS FROM THE PUBLIC

There were no questions and the meeting closed at 9.40 pm.

Clerk's report of a Meeting of Luppitt Parish Council held at Luppitt Village Hall on Tuesday, 7 January 2025 at 8 pm

Present: Cllrs Michele Turner (Chair), Martin Summers (Vice-Chair), Lindsay Hill, Charles Murray, Paul Prettejohn, Brian Pulman, Andrew Tucker, Iain Chubb (DCC) and one member of the public

Receive apologies for absence

Apologies were received from Cllrs Colin Brown and Yehudi Levine (EDDC)

Minutes of previous meeting

The Minutes of the meeting held on Tuesday, 3 December 2024, were unanimously agreed and signed as a correct record of that meeting (proposed by Cllr Murray and seconded by Cllr Pulman).

Declaration of Interest

There were no declarations of interest.

PLANNING

Applications (for comment, support or objection)

24/2433/LBC – Woodhayes Cottage, Luppitt, EX14 4TP – remove existing render and re-render on all external walls

The Parish Council has no objection to this planning application.

Decisions

There were no decisions.

Housing Need Survey

The final report has not yet been issued but Cllr Turner and the clerk have been sent the draft report. There was a very good response rate of 53% with the conclusion that there is a need for 4 units of affordable housing within the next 5 years. However, the report pointed out that the Housing Need Survey represents a snapshot in time and personal circumstances are constantly evolving.

The meeting was suspended to allow a member of the public to speak.

Water Leak at Millrise

The resident explained that the leak only occurs when it rains and has become worse with time even though South West Water have investigated and reported that the leak has been fixed.. Samples of water from the leak have been tested with no negative results. The resident has contacted EDDC on several occasions to ask for their help in resolving the situation but, to date, has had no success. The Parish Council agrees with the resident that the responsibility for the state of the pavement where the water leaks lies firmly with EDDC. Cllr Pulman undertook to speak to the landowner. The Parish Council was very grateful to the resident for taking the time to come and explain the situation.

The meeting then resumed.

REPORTS

Ward Councillor

Cllr Levine had sent a report in his absence which the clerk will forward to Parish Councillors.

- The Scrutiny Committee has been tasked with investigating the effects of the Inheritance Tax changes on farmers in East Devon.
- The relaxation of protection of Green Belt areas and Green Field sites from large scale housing developments, outlined in the National Planning Policy Framework, is causing concern.
- The White Paper on English Devolution proposes the abolition of District Councils and the establishment of unitary authorities headed by a Mayor.

County Councillor

Cllr Chubb reported that:

- He had attended a meeting that day discussing the White Paper on English Devolution. He believes that it is possible that the May County Council elections will be postponed for a year.
- Devon has been allocated £83.6m from the government funding for Highway repairs. This is broken down as £61.7m in 2025/26 and £22.5m in 2026/27. (Figures as quoted in the County Council report.) This will have a significant impact on the quality of the highways network, but is not just for fixing potholes. Plans will be drawn up to maximise best use of the funding using local knowledge, circumstances and priorities.
- Information is available to encourage people to stop smoking.
- It is important for people to keep warm in the cold weather.

HIGHWAYS AND TRAFFIC

Parish Highways programme - update on Items to Report as follows:

- A resident had reported the deteriorating state of the road from Barn Cross towards Beacon. The clerk will add these potholes to the list to be reported.
- The clerk has written to the Neighbourhood Highway Officer but has not yet received a reply.
- Cllr Pulman and the clerk will go round the parish identifying potholes to report when weather permits.

Parish Maintenance

Cllr Pulman thanked Cllr Tucker for the excellent work on the ditch and drain clearance work he has carried out.

Road Signs

It was agreed that a sign at Mount Stephen and one at Barn Cross warning drivers to slow down for children, horse riders and livestock was a good idea. The clerk will progress.

Cllr Hill and the member of the public left the meeting.

FOOTPATHS AND BRIDLEWAYS

Annual Survey of Footpaths

The Annual Survey must be completed by 28 March. The clerk will liaise with the Footpath Wardens.

FINANCE AND ADMINISTRATION

Casual Vacancy

Susan Tucker had applied for the casual vacancy on the Parish Council and had attended a meeting as a member of the public to see what was involved in becoming a Parish Councillor. It was agreed unanimously to co-opt Susan onto the Parish Council.

Approval of Projected Budget and agree precept for 2025/26

The projected budget was discussed and agreed. Cllr Tucker agreed to invoice the Parish Council quarterly going forward.

There was a detailed discussion on the amount of precept to be set. It was agreed that costs generally are rising and this will be inevitable with the changes made to the Employer National Insurance contributions and the Minimum Wage being introduced in April 2025 which will have an effect on all businesses. It is also possible that, with the changes being made to Local Government, there will be less support for communities (especially rural ones) and that more responsibility will fall to Town and Parish Councils. Taking this into account, it was agreed that the precept should be raised. Various figures were discussed and it was agreed that the precept should be raised to £14,000 (proposed by Cllr Summers, seconded by Cllr Murray). Cllr Hill was not present for the vote. Five Parish Councillors voted in favour and there was one abstention. For the current year (2024/25), a Band D property is paying £58.45 and this will increase to £60.61 for 2025/26.

QUESTIONS FROM THE PUBLIC

There were no questions and the meeting closed at 9.35 pm.

**Date for next meeting to be held in Luppitt Village Hall at 8 pm:
Tuesday, 4 February 2025**



IN MEMORY OF NAN BROWN

Our condolences to the friends and family of Nan Brown who passed away on 12 January aged 97. Nan was a Luppitt resident for over 40 years prior to moving away.

Rest In Peace





Dunkeswell Mission Community
Dunkeswell, Broadhembury, Luppitt, Sheldon
Upottery and Plymtree



Rev Nigel writes...

Peace I leave with you, my peace I give you

John 14:27

I do hope that you all have had a blessed Christmas. As we are now well into 2025, we look forward to all this New Year will bring. For some it's a time of making New Year's resolutions but for us all it is an opportunity for a fresh start, a New Year with new beginnings. I wonder what that looks like for each of us?

Although it may seem a long time ago now, December was a wonderful month full of various different events, Christingles and Carol services. It was also a joy to be involved in all that our three primary schools did, who had many different ways of celebrating Christmas – thanks go to all the school heads/teachers/staff for their hard work and efforts on top of a very busy school term. Through the words from the Bible that were read and the carols that were sung we were able to bring alive the true meaning of Christmas all wrapped up the birth of Jesus Christ.

One event that really did bring alive the birth of Jesus was a Nativity in a Barn!. Thanks go to the Stevens family at Connetts Farm in Dunkeswell who hosted us all and provided some wonderful refreshments afterwards, but also the space in the barn to be alongside the animals and a chance for the children to dress up and act out the story of the Nativity in such a wonderful setting. Thanks also go to everyone who made it happen and did so much behind the scenes but also to the St Mary's Church, Upottery worship band who provided the music for us.

Although the Christmas season was filled with joy and expectation, for many it was a time of deep sadness, loneliness and remembering those who are no longer with us. Please do offer a prayer for those who are known to us who found Christmas a struggle, particular those who lost loved ones over this Christmas season.

As we look forward to this New Year and reflect on the words from Johns Gospel at the start, spoken by Jesus, I do hope and pray that each one of us are able to experience God's love, peace and hope for the world revealed through Jesus.

Every blessing

Rev Nigel Candelent
Dunkeswell Mission Community

For our families, during 2025, we continue with our Messy Church events in Luppitt during the School Holidays and also our new monthly gathering after school in Dunkeswell...

Friday@4...
Throgmorton Hall, Friday 14th Feb @4pm

Come and join us for...
Family time Food@4
Followed by craft/activities/fun
Followed by story time & song.

Messy Church
Luppitt Village Hall, Mon 17th Feb
@ 10.30am

Come and join us for
Family Fun# Crafts #Music



Both events are for families with primary/ pre- school children
Children must be accompanied by an adult.

Upottery Primary School

January 2025



Happy New Year to you all!

As we step into 2025, it's a wonderful time to celebrate the incredible journey Upottery Primary School has been on. Over the past year, our partnership with the Devon Moors Federation has been transformative. Since joining the partnership in April 2023 and working towards a formal federation in April 2024, we've seen remarkable progress, culminating in a highly positive Ofsted inspection in October 2024. We're also thrilled to have achieved joint first-best results in Devon, a true testament to the hard work of our dedicated staff and supportive community.

As Head of School, I couldn't be prouder of our team's unwavering commitment to providing an outstanding education and creating the calm, nurturing environment our children thrive in. I'm equally grateful for our wonderful parents and the PTFA, who bring our community to life with unforgettable events like the summer fayre, which will remain a cherished memory for years to come.

We are committed to being open about the curriculum we deliver, which you can explore on our website. Beyond the classroom, we're proud to enrich our children's experiences with exciting opportunities that inspire curiosity and creativity.

Our mission is clear: to continue offering an exceptional education that reflects the aspirations of our vibrant community. Together, we're building a school at the heart of a thriving village, and we warmly invite you to join us for events throughout the year, including our much-anticipated Summer Fayre 2025.

Looking ahead, I'm excited about the opportunities this term holds. One of my priorities is to broaden our children's horizons by exploring the wide variety of careers they could pursue in the future. If you'd be willing to share your experiences and talk about your job with our pupils, we'd be delighted to hear from you.

There's so much to look forward to in 2025, and I can't wait to share it with all of you. Thank you for being part of our incredible journey. Here's to another year of growth, achievement, and joy at Upottery Primary School!

Best wishes,
Tom Pettifer
Head of School

'SPRINGTIME' CONCERT AT ST MARY'S

The eagerly awaited concert at Luppitt's historic parish Church, which had to be cancelled last year due to bad weather, has been rescheduled for..

Friday 21st March

..just one day after the official start of Spring. As before, all proceeds will be donated to the Church Restoration Fund.



Promising to be a delightful, atmospheric evening of music, the church interior will be transformed with spectacular lighting. Every thought has been given to comfort as warm 'throws' will be available, and during the interval, the volunteer team will be circulating with drinks and canapes. A complimentary coach will operate between the Village Hall car park and the Church Gate so this time around, there will be no worries about the weather. Music will be provided by

The Orchard Café Quartet

The quartet comprises four highly experienced musicians who, between them, have performed with top class orchestras including the British Philharmonic Concert Orchestra and the Southwest Sinfonietta and in venues such as The Royal Albert Hall, Royal Festival Hall, Exeter Cathedral and locations across Europe.



The varied programme, designed to make maximum use of the church's superb acoustics, will run from 7pm to 9pm with a 20-minute interval.

Over 90 tickets have already been sold but there is room for more! If you would like to attend this delightful evening, do book your

tickets soon by contacting **Mo Hicks on 07704 583077**. Tickets are priced at £15 each, inclusive of refreshments.

NEWS FROM THE LUPPITT LANDSCAPE PARTNERSHIP

We've now had the chance to analyse the data fully from last summer's botanical survey of much of the Luppitt valley. Here are a few highlights and interesting statistics.

There are more than one thousand separate field or woodland parcels in the parish, forming an intricate jigsaw of pieces ranging from over 15 acres, down to less than half an acre. Each parcel has a story – a history of yielding pasture, crops or timber, and a legacy of providing a home for wildlife. Some have changed much over the last century; a few have perhaps changed very little. Each owes its character to what kind of soil lies beneath it, how water flows through or around it, what kinds of boundary hedges surround it, and how it has been used down the decades.

About one quarter of the fields across the valley have some degree of botanical diversity (that is, more than just rye grass and clover). Broadly those with some remaining diversity are either on the drier side, with plants of traditional meadows, or wetter side, with marshland or bog plants.

In the meadows the highlights include species like Salad Burnet, Betony, Corky-fruited Water Dropwort, Goat's Beard, Common

Goat's Beard



Ragged Robin, Spotted Orchid, Lady's Mantle, Quaking Grass, Yellow Rattle and very occasionally, Bee Orchid. In the marshier pastures the notable plants include Devil's-bit Scabious, Ragged Robin, Southern Marsh Orchid, Sneezewort and Sundew. In the copses and woodlands, special plants include Early Purple Orchid and Broad-leaved Helleborine.

Ragged Robin



These plants in turn support a wide range of insects, which in turn support everything else. And they all depend upon farming, where traditional practices like low-intensity grazing and hay cutting are still relevant to farm businesses. Even where pastures are being managed specifically for nature, they still rely on grazing and cutting which in turn is enabled by the agricultural economy.

At the top of the valley is Hense Moor, which concentrates into its tree-lined mires and heaths almost all the diversity of plants and habitats found elsewhere across the parish. Within Hense Moor there are 29 distinct vegetation types (defined under the UK National Vegetation Classification), including 11 different types of bog!

We have more botanical and other wildlife survey work to do this coming summer. Having taken stock, that information can help the community think about how the landscape as a whole can and should function in the future – what it needs to thrive, and what it can continue to provide.

For more information about the Luppitt Landscape Partnership contact

Gavin Saunders gavin.saunders@luppittlandscape.org or

Nicola Cunningham nicola.cunningham@luppittlandscape.org at the office at Overday. You can phone Gavin on 07760 665378.

Luppitt Landscape Partnership team, The Granary, Overday Farm

2025 GRAZING OF LUPPITT COMMONS ROUGH SPOTS

The Directors of Luppitt Commons Ltd invite applications from those Commoners with the appropriate grazing rights to summer graze the Commons Rough Spots, including the reclaimed land on Hensemoor.

**It is expected that these will be available from:
March 2025 until 31 October 2025 for improved grassland
March 2025 until 1 December 2025 for unimproved grassland
These dates are subject to ground conditions being suitable**

Grazing of rough spots on Hensemoor (to the standards required as part of our Higher Tier Stewardship agreement) will attract payments in the region of £30 per head of cattle.

Apply via email to Luppittcommons@gmail.com

CLOSING DATE FOR APPLICATIONS – 31st March 2025

CANDLEMAS AND BEYOND!

The 2nd February is Candlemas Day, which marks the midpoint of winter, halfway between the shortest day and the spring equinox. In the days before the invention of electricity all the candles that were used in the church during the coming year, were brought into the church to be blessed.



Christians believe that everyone was 'in the dark' before the birth of Jesus, and he was a guiding light. He is looked upon as 'The Light of the World' and the candles are lit in church services to remind Christians of this.

It was a custom in many parts of the county to burn a candle in every window at Candlemas for good luck and as a protection against illness and famine.

'A farmer should, on Candlemas Day, have half his corn and half his hay'.

Candlemas marked the end of the Christmas season and superstition tells us that any decorations not taken down by Twelfth Night should be left until the 2nd February. On Dartmoor not removing greenery in this way was thought to tempt a death in the household during the coming year. A similar risk was ascribed to bringing a snowdrop into the house before this date.

In the short, dark days of February superstition was rife and on the night of the 8th February 1855 a heavy snowfall blanketed the countryside and small villages of South Devon. People huddled under their bedclothes to keep warm, nothing stirred! Dawn revealed a bleak landscape and strange footprints.....

To the astonishment of all, when people left their houses, they found thousands of cloven footprints, which moved in a single file and covered a distance of one hundred miles or more going through gardens, fields, towns, and even over rooftops!

At first people were intrigued and then very frightened. The news swept the country. Many people felt it was the work of the devil. The story was published in London newspapers and experts came from afar to examine the footprints before they melted.

But nobody came up with a satisfactory solution.....

THE ROMANTIC LANGUAGE OF FLOWERS



As Valentine's Day approaches, why not express your feelings the old-fashioned way – with flowers? For centuries, blooms have carried hidden messages, allowing people to convey emotions without uttering a single word. This way of communicating or 'floriography' has been used in traditional cultures for thousands of years across Europe, Asia & Africa, reaching its height in the Victorian era, where every petal had meaning.

Colours: Different colours can have different meanings. For example, Red Flowers can represent Love, while White can represent innocence.

Here are a few romantic favourites to inspire you:

- Red Rose: No flower speaks of love quite like the red rose. They are associated with the Greek Goddess Aphrodite, symbolising love, deep passion and devotion, it's a timeless choice for Valentine's Day. The number of Roses you send & receive also has a meaning.
 - 1 rose – love at first sight
 - 2 roses – love & affection
 - 3 roses – usually given as a gift for one month anniversary.
 - 6 roses – you are infatuated & want the recipient to be yours.
 - 10 roses – you want to tell them that their love is perfect
- Tulip: Particularly red tulips, which represent perfect love and the declaration, "You are my one and only."
- Forget-Me-Not: The clue is in the name. This delicate blue flower symbolises true love and remembrance.
- Carnation: With a variety of colours, carnations send heartfelt messages. Pink carnations symbolise gratitude, while white ones represent pure love.
- Sunflower: For those wanting to express admiration and adoration, the sunflower is a cheerful and bright option.



Pairing flowers together can create a bouquet full of layered meanings. For instance, combining daisies (innocence) with red roses could symbolise pure, enduring love.

This Valentine's Day, consider skipping the clichés and sharing your feelings through a carefully chosen bouquet. It's a meaningful and thoughtful way to connect with loved ones—one petal at a time.

Happy Valentine's Day!

Did you know? Yellow roses symbolise friendship and joy, making them a great choice for platonic love. Share the love with everyone in your life this February!



Some Enchanted evening.....or not....

A lighthearted look at how to cook the perfect Valentines dinner

The first thing to remember is – don't be too ambitious! Howls of frustration from the kitchen if your never-tried-before Jamie Oliver dish has gone awfully wrong, or floods of tears brought on by the amount of wine you consumed battling with the recipe will wipe out any romantic vibes instantly! Stick with recipes that are quick to produce. Toiling in the kitchen for hours could result in you spending the rest of the evening crashed out on the sofa snoring your head off. Again – a romance crusher!

So here are a couple of ideas for partially pre-prepared, hassle free, special meals for 2.....

Confit duck leg a l'orange with crispy saute potatoes and greens or salad

Or

Roast fillet of beef with port sauce on a bed of celeriac and potato puree with roasted root veg and chimichurri

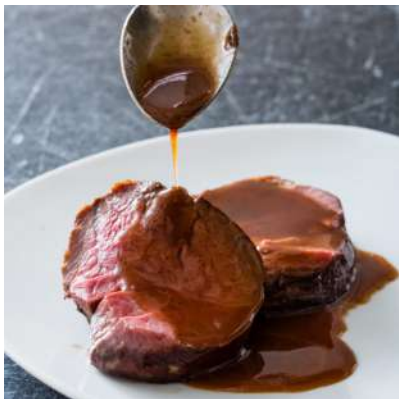
For the duck, you can buy pre-cooked Gressingham confit duck legs from Waitrose or Tesco. But you can produce them yourself. They keep well in the fridge for a week. Mix together some crushed fennel seed, chopped thyme leaves, crushed sea salt and black pepper and a sprinkle of coriander. Rub the mix into the duck skin, arrange in a dish, cover with cling film and leave in the fridge overnight. Next day, arrange them in a roasting dish and pour over enough hot duck fat to cover the legs completely (for 2 duck legs you will need 2 or 3 jars). Cook them in a low oven (say 130 fan) for 2-3 hours. Allow them to cool completely. Store them, in the fat, in the fridge.



To cook on the night - start by making your sauce – soften some chopped onion, carrot and celery for a few mins in butter. Pour in 50 ml of white wine and bubble down. Stir in a teaspoon of tomato puree and a tablespoon of flour. Slowly add 150ml of chicken stock, turn up the heat, and keep stirring until the sauce thickens. Add a splash of cider vinegar, a scant tablespoon of sugar and juice of 2 oranges. Strain through a sieve and add a tablespoon of marmalade. Cook whatever potatoes & veg accompaniments you want and keep warm. To finish the duck, scrape off the duck fat, heat a teaspoon of it in a frying pan, put the duck in skin side down and fry for 3 minutes or until the skin is crisp. Turn them over, lower the heat and fry for another 3 minutes to warm the meat. Serve with your sauce and veg. If you

choose to buy the Gressingham ready-prepared confit duck, just follow the cooking instructions on the packet.

If you opt for the beef fillet start with your sauces. Soften chopped onion, carrot, celery and a clove of garlic in butter. Pour in a generous slug of port (or red wine if you prefer) and let it bubble gently for about a minute. Stir in a tablespoon of flour and gradually add 200ml of good beef stock. Strain it and set aside. For the chimichurri, finely chop a handful of fresh parsley, tablespoon of fresh oregano or teaspoon of dried, 2 garlic cloves and 1 red chilli. Add 2 tablespoons of red wine vinegar, 125ml of olive oil, pinch of sea salt and black pepper. Leave to marinate for at least 30 mins.



Pre-prepare the celeriac and potato puree – peel both and cut into chunks. Boil for 5 – 7 minutes until soft. Strain off, put back in the pan and cover with a cloth so the veg steam dry. Mash together with a good lump of butter, then beat in some double cream. Check your seasoning and set aside.

Prepare your root veg – cut carrots, squash, sweet potato, parsnip into chunks, add cherry tomatoes and sprigs of thyme. Douse all in olive oil and season. 45 mins before you want to eat, put your tray of veg into a hot oven. Turn them every 15 mins until cooked and caramelised. Keep warm. 30 mins before you want to eat, season your beef fillet (you want a middle cut from the fillet weighing about 450g). Heat a spoonful of oil in an oven-safe frying pan and sear the beef all over. Scatter sprigs of thyme and a clove of garlic into the pan, put in the hot oven for 15 to 20 minutes, depending on how well done you like your meat. Take it out, cover it in foil and leave it to rest. Reheat the celeriac and potato puree and sauce (adding any juices from the beef pan). Slice your beef, arrange on the puree, drizzle with sauce, serve the veg, chimichurri and extra sauce at table.

Puddings – by that time, you will be all cooked-out and ready to curl up in front of a good movieso my recommendation would be.....buy them from M& S!



And the washing up? Don't spoil the evening.....leave it until tomorrow!



Valentine's Day in the Love Pit

As Valentines Day approaches, I have been looking at some natural ways to help the lovers of Luppitt!

Here are a few suggestions:

The word Aphrodisiac pertains to Aphrodite the Greek Goddess of Love who is supposed to have created marjoram in a myth! Could be grown in Luppitt and is particularly good in stews.

Maca or Peruvian Viagra – oh not the V word! Well, that is out. We are unable to grow it in the Luppitt climate and it has to be bought from health food specialists.

Saffron's history dates back to Cleopatra who bathed in saffron infused milk. A mug of warm milk and saffron is a possibility!

The musky aroma of truffles is thought to mimic human pheromones hence our desire to gobble them up. Pigs like them as well.

Oysters are well known aphrodisiacs but should be eaten raw, which may be tricky for some.

The Chinese use Ginseng, Ginko Biloba and Tribulus.

Epimediums grow happily in Luppitt gardens. Also known as horny goat weed because of its effect on that species.

Hippocrates prescribed honey.

A bag of nuts, perhaps? Walnuts have long been associated with fertility in art; they contain Omega 3 which is associated with hormone production. Just the aroma of almonds is said to arouse passion, and pistachios are also in the mix.

Chocolate was the quintessential aphrodisiac of the Aztecs and contains PEA 'the love chemical,' which promotes well-being and happiness. Chocolate containing at least 75% cacao is good for the heart.

Strawberries were said to have been created from Aphrodite's heart shaped tears after the death of her lover Adonis. Juicy, delicious, and full of Vitamin C.



Let's face it strawberries dipped in chocolate have got to be high on the list, haven't they!

Mary Hill

Valentines Quiz



1. 'Love Shack' is a 1989 single by which group?
2. Which fruit is sometimes called a love apple?
3. What is the first name of Mr Darcy (Pride and Prejudice)?
4. What is your star sign if your birthday is on Valentines day?
5. The play Romeo and Juliet is set in which Italian city?
6. Where would you wear your heart if you are quick to show your feelings?
7. Who is the Greek goddess of love?
8. What does the O in OXOXO mean?
9. What does SWALK stand for?
10. Nigella is not only the name of a cook, it's the name of a flower but what is the common name?
11. What is the oldest known love poem written on?
12. In Roman mythology who was cupid's mother?
13. On average how many times does your heart beat per day?
14. What christian martyr is considered the patron St. of lovers?



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SNACKS & DRINKS

Advent Calendar Christmas Quiz - Answers

1. 364
2. Home Away 2
3. Germany
4. The Nutcracker
5. King George V in 1932
6. An orange
7. Johann Hinrich Wichern (a German Pastor)
8. Three - Donner, Dasher and Dancer
9. The Polar Express
10. Capricorn
11. 1843
12. A hen
13. Japan
14. Charles Dickens
15. A type of hot spiced cider / mulled wine
16. Egg Nog
17. White mainly but sometimes pink or red
18. Clockwise
19. Bubble and Squeak
20. Germany
21. Bing Crosby
22. Casper, Melchoir and Balthasar
23. Auld Lang Syne
24. Patara (Turkey)



Christmas Fayre Quiz - Answers

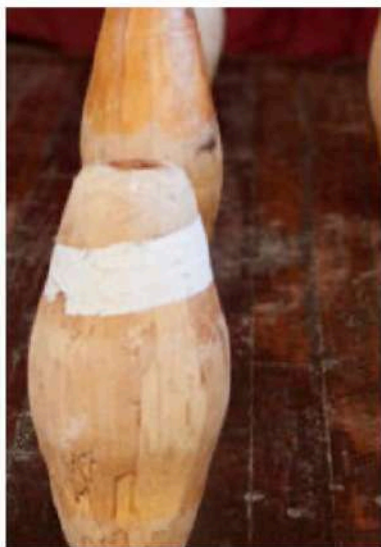
Christmas cake
Roast turkey
Stuffing
Mince Pies
Pigs in blankets
Figgy pudding
Brussel sprouts
Cranberry sauce
Brandy butter
Yule log
Glazed ham
Panettone

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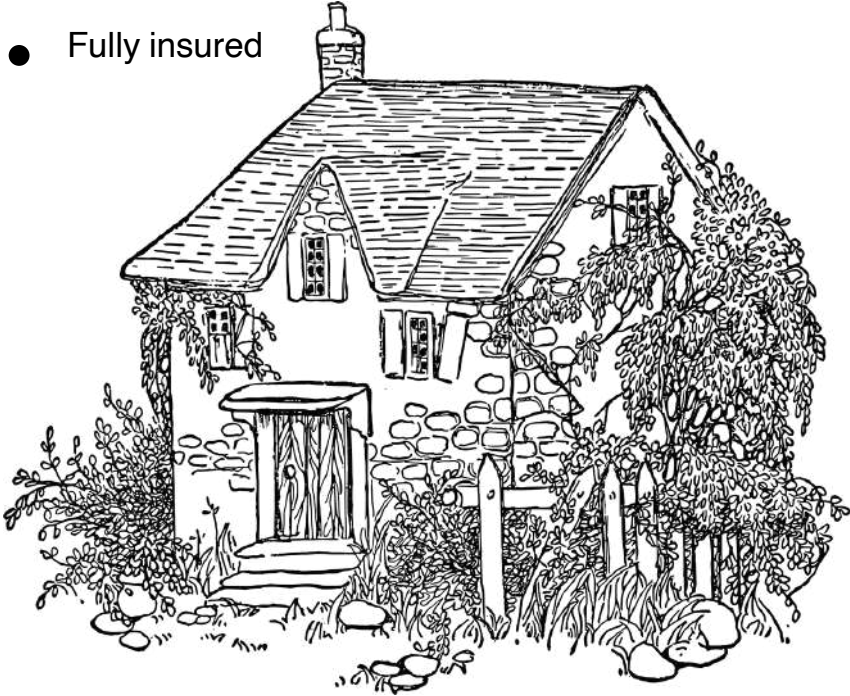
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The Religious Society of Friends (Quakers)



The Open University (OU) is offering a peace education course for the first time, thanks to a partnership between OU staff and Quakers in Britain.

The free self-study course, <https://www.open.edu/openlearn/education-development/principles-and-practices-peace-education/?active-tab=description-tab> hosted on the OU's

learning platform OpenLearn, explores how peace can be fostered in classrooms.

It marks a milestone in making peace education more widely accessible.

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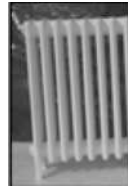
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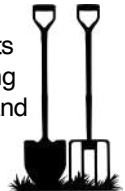
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