

Luppitt Packet

May 2025

Art by Marion Chown



Sunday Stroll



Sunday 4th May
Starting at 2pm from
Luppitt Village Hall

Tea at the Hall afterwards. Non-walkers are welcome to join us for tea from 4pm! Cost: £5

Suitable attire and footwear required. All children must be accompanied by a responsible adult.

Dogs must be kept under control.



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THE LUPPITT PACKET

May is the last full month of Spring and the display of red and yellow primroses is certainly spectacular this year. The bluebells too are showing well, the evenings are getting lighter, the fields are filling with newly born lambs so there is lots to be cheerful about this month.



In this issue you will find details of quite a few interesting events which are happening in May, the biggest one being the VE Celebrations organised by the Parish Council. If you are planning on attending, make sure you note the new venue. The decision was taken to move the event away from Hartridge so as not to disturb wildlife at this crucial point in their breeding season.

Also this month, all registered electors in the Parish will have the opportunity to hear from the Parish Council and other local organisations about their activities over the past year, and to raise any topics which anyone want to discuss. Full details of the Annual Parish Meeting are included in this issue.

As always we have a selection of articles which we hope you will find interesting and entertaining.

Finally, the Packet team would like to say a big 'thank you' to John Hayes who has retired as Packet treasurer after many years following the family's relocation to Honiton. Mary Hill and Carolyn Earl will jointly take up the task of managing the magazine finances. The email address for the finance team will remain the same.

Christine Ryder, Michele Turner and the Luppitt Packet team

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Luppitt Entertainments Committee Events

Coming up soon:

Sunday 4th May, 2pm: Sunday Stroll
followed by Tea in the Village Hall

Sunday 1st June, 2pm: Family Footpath Fun
An interactive walk for all, especially families,
finishing with refreshments at the Village Hall.

Events to look forward to later:

Saturday 9th August: Flower Show and Fete

REGULAR EVENTS IN THE VILLAGE HALL

Short Mat Bowls 7.30pm Thursdays
Friday Coffee / Market 11am until 1pm

The Luppitt Inn 7:30pm every Monday, Wednesday & Friday

New Date for Beaver Event at Luppitt Village Hall: **Saturday May 31st - 15:00 - 17:00** **'The Ecosystem Engineer'**

The Luppitt Landscape Partnership and Devon Wildlife Trust would like to invite you to a free, family friendly afternoon screening of a documentary by the Beaver Trust at the Luppitt Village Hall. For a few years now Luppitt and the river Luv has become home to this large big toothed rodent, come and find out more about its potential role here and explore with us the opportunities beavers create and the unique challenges they introduce in our modern landscapes. There will be time after the screening for a Q & A, a representative from the Devon WildlifeTrust will be joining us to for our post screening conversation as well as representatives from the Luppitt Landscape Project. There will be some light refreshments and a 'all things beaver' crafty table for the kids. See you there!

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.

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	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

Our compost area is at the far end of the garden. You go down a narrow winding flight of flagstones past the massive boles of our oak trees, down into a green shady dell. High up in the branches squirrels have their dreys. You can hear the in the morning scrambling about chattering and squabbling with each other. Their box lid clatters as they take peanuts, a new box now with a thick plastic front, one they haven't yet managed to chew a hole in. When they get hungry they come up near to the house and clamber over Jackie's bird feeders. Sometimes they even come into the porch through the cat flap searching for food.

We see our younger cat too running up the steps by the oaks. Jason as well goes down there though, like the writer he's getting on a bit these days. Recently we've been visited from time to time morning and evening by a black cat. We don't know where it comes from.

The ground under the oaks is soft and spongy. Moles have tunnelled everywhere. Ivy and nettles and even brambles run riot down there. Earlier snowdrops have now given way to mauve and white fritillaries. Yellow celandine and pink and pale primroses are everywhere. As the weather warms there'll be a small bluebell wood there.

The compost is held together in a wire netting frame supported by now dilapidated posts. There's a large pile of branches there too, left by the Good Gardeners, who do our hedges in the autumn. Sometimes you can see Lee's horses in the field next to us looking inquisitively through the hedge. The compost pile holds all sorts of garden waste – leaves, unwanted weeds, cut off twigs and shoots, small brambles, anything that'll rot down fairly easily. There's also spent green cat litter, but not faeces. We water it every so often with compost accelerator to help it on its way. It can soon be sued to dig into veggie plots and flower beds. We have a separate green plastic bin for fallen autumn leaves. These take longer, usually about a year, to rot down to a brown powdery material.



Today the sun is shining strongly, the wind has dropped and is not so cold. Spring is in the air, Jackie has set her tomatoes out in the poly and on the patio her beans in little pots on a stand with a glass lid. In the front my yellow arums are in flower. They come from Turkey and the eastern Med. They seem fairly frost hardy. All around daffodils are enjoying the sunshine. It won't be long before everywhere is green and leafy.

David Street



On Thursday 29th we celebrate Ascension Day when Jesus ascended into heaven with a special service at St. Mary's Church in Upottery. "No one has ascended into heaven but he who descended from heaven, the Son of Man" (John 3:13) In May we also mark the 80th anniversary of VE day with Evensong at 5:30pm in the Church followed by refreshments as our bells join in the ringing across the country at 6:30pm. Please

come along for this special service of memorial and thanksgiving.

We warmly invite you to come along to services or to explore and enjoy time in your Church and Churchyard, The church building is open daily from 10am until 6pm.

4 th May	9:30am	Holy Communion BCP	Revd Jane Penn
8 th May	5:30pm	VE Day Evensong	Revd Jane Penn
11 th May	11:00am	Morning Worship	Lay Led
18 th May	11:00am	Holy Communion	Revd Nigel Candelent
26 th May	11:00am	Morning Worship	Lay Led

1st June 9:30am Holy Communion BCP Revd Jane Penn

Mission Community service for Ascension Day all led by Revd Nigel Candelent

29th May 7pm Holy Communion Upottery

Church building update

The long-awaited Church Architect's report on the Church and Churchyard has now been received. It is with some relief that there are no category A issues that need to be addressed immediately but there is quite a long list of category B issues that need remedial action within a year. If anyone feels that they can step up and help me with managing the ongoing maintenance to the building please contact me. Thank you in advance, Sara Bevan 01404 891140
Donations are, of course, also most welcome.



Scan the QR code above

Donate directly to the bank: Luppitt Church 53-50-55 05107032 ref: FabricFund or consider setting up a regular donation via standing order or via Parish Giving Luppitt Church (supports setup by phone, post or online)

Annual Church Meeting – Open to everyone who lives in the Parish

The Annual Church meeting will be held at Luppitt Village Hall on Monday 12th May at 7PM. Reports, including the financial report, Church building and the work of the Chyurch will be given and questions are invited. The meeting will also elect members of the Parochial Church Council that is responsible for running the Church.

Please come along and hear what has been happening at St.Mary's over the past year and the plans for the future of our Church.

Morris Dancing

May and Whitsun are often associated with Morris dancing, as it is an outside activity.

The term Morris derived from Morisco meaning 'Moorish' and was first recorded in English in the mid-15th century. Moorish dance was also recorded in Germany, France, Croatia, Italy, and Spain. A statue made in 1480 depicts an African dancer wearing bells on his legs, other statues made at the time depict white dancers as well. It was common for Morris Dancers to blacken their faces, but in 2020 the Joint Morris Organisation called for the use of black make-up to be discontinued in response to the Black Lives Matter movement. Some groups now use a multitude of colours.

Morris dancers were popular in Tudor and Elizabethan courts and



medieval folk dance may have combined with Italian dance to produce Morris folk dancing as we see it today.

There seems to be a huge variation between areas and sides (teams). All dances are based on rhythmic choreographed figures by a group in costume. However, costume, music, and

kit vary. The Cotswold sides wear predominantly white clothing, but the Border teams wear tattered jackets. Common items include bell pads, braces, rosettes, sashes, waistcoats, breeches, wooden clogs, straw hats, bowlers, top hats, neckerchiefs, armbands, and baldrics.

Sides may use staves, swords, and handkerchiefs.

Music varies as well and is traditionally provided by a pipe and tabor (drum) or fiddle. The melodeon is the most commonly used

instrument today. Many of the tunes are traditional and there is sometimes a song related to the tune (not always very PC!)

Morris dancing has a range of words and phrases – this is serious stuff folks!

A set is the number of dancers in a dance, usually six or eight.

A jig is a dance performed by one or two dancers.

There is a squire who is the leader, calls for the dancers and often arranges the performance.

The *foreman* teaches the dancers.

The *bagman* looks after the funds.

The *ragman* manages the *kit*.

Many sides have an elaborately dressed *fool* who dances and mimes in front of the audience, some have a *beast* or *hobby*.

Morris dancing obviously has a long tradition and was popular amongst the peasantry until the Industrial Revolution when it started to fade. By the late 19th Century in the West Country at least, Morris dancing was fast becoming a memory.

Cecil Sharp was widely regarded as spearheading the revival by collecting dances and music in Victorian times. He collaborated with Mary Neal a founder of the Espérance Club (a dressmaking co-operative for young working women in London), so for the first time women began to be included.

The internet has helped to promote Morris dancing. The number of Morris dancers increased from 12,800 in 2014 to 13,600 in 2020 and there was an even balance of male and females. The future looks 'Merry and Bright!'

10 Ways to Love

Listen without interrupting
Speak without complaining
Answer without arguing
Share without pretending
Enjoy without complaining

Promise without forgetting
Give without sparing
Trust without wavering
Forgive without punishing
Pray without ceasing.

Clerk's report of a Meeting of Luppitt Parish Council held at Luppitt Village Hall on Tuesday, 1 April 2025 at 8 pm

Present: Cllrs Michele Turner (Chair), Martin Summers (Vice-Chair), Charles Murray, Paul Prettejohn, Brian Pulman, Andrew Tucker, Susan Tucker, Yehudi Levine and Colin Brown (EDDC), Iain Chubb (DCC)

Receive apologies for absence

Apologies were received from Cllr Lindsay Hill. Cllr Turner welcome Cllr Susan Tucker to her first meeting of the Parish Council. Cllr Susan Tucker has signed a Declaration of Acceptance of Office of Councillor.

Minutes of previous meeting

The Minutes of the meeting held on Tuesday, 4 March 2025, 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.

PLANNING

Applications (for comment, support or objection)

24/0849/FUL – Stockers Cottage, Wick, Honiton, EX14 4TY – amended plans
The Parish Council has no objection to this planning application.

Decisions

There were no decisions.

Housing Need Survey

The clerk had forwarded Angela King's email to Parish Councillors. This reiterated EDDC's Housing Enabling Officer's view that a housing need for 4 affordable homes is too small to interest most registered providers who would not see it as a viable proposition. Devolution is causing enormous upheaval at the District Council and finances are stretched to the limit. The Parish Council has met its commitment in the Neighbourhood Plan to carry out a Housing Need Survey and it was agreed to monitor the situation in case options become available.

REPORTS

Ward Councillor

Cllr Levine updated the Parish Council on devolution. The preferred option has been submitted to the Government but no response is due until November.

Cllr Brown had nothing to report as he has been away.

County Councillor

The County Council elections are due to take place on 1 May and candidates are restricted about what they can say in this pre-election period.

HIGHWAYS AND TRAFFIC

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

- The Robins (re-reported) – passed to contractor, now repaired
- Approaching Ford Hill Cottages from Halsdon – investigated by inspector but does not meet criteria
- Hillend – pothole and severe edge of road deterioration – repaired. **The clerk was asked to report this again.**

Parish Maintenance

Nothing to report this month.

Road Signs

The clerk handed over the two road signs to Cllr Andrew Tucker.

Sign for Nesting Birds

The clerk had received an email from a resident expressing concern about nesting birds on Hartridge being disturbed by dogs not on a lead. Cllr Andrew Tucker advised that the Commoners have erected two signs on Hartridge stating that dogs should be kept on a lead and the Parish Council felt that there was, therefore, sufficient signage.

FOOTPATHS AND BRIDLEWAYS

P3 Survey Forms

The clerk confirmed that she has submitted the annual survey forms to Devon County Council using information supplied by the Footpath Wardens.

Bridge at Otter Falls

Cllrs Pulman and Andrew Tucker had viewed the damaged bridge and agreed that it was in need of extensive repair. The clerk has applied for a grant to cover the cost of the work. It was agreed that if there is any delay in funding being granted, then the footpath should be closed as a safety measure.

ENVIRONMENT/COMMUNITY FACILITIES

Arrangements for VE Day – 8 May 2025

It was agreed unanimously that arrangements to mark such an important event should continue. There will be a change of location for the event and the bonfire, barbecue and firework display will now take place in a field at Saunders Lane between the previous site used at Hartridge and Mathayes Cross. The location will be clearly signposted.

FINANCE AND ADMINISTRATION

Bank Signatories

The clerk has received confirmation that bank signatories have now been authorised.

Correspondence

- EDDC's Community Engagement Newsletter inviting feedback on active consultations was noted.
- A briefing on proposed changes to the restrictions on Dunkeswell Raceway was noted.

CHAIRMAN'S DISCRETION

- A resident had been in touch with Cllr Turner to bring her up to date with the situation regarding the water leak at Millrise. The water has dried up at the moment but the resident continues to put forward concerns to Devon County Council about the situation and Devon County Council is aware of the problem.

There were no further questions and the meeting closed at 9.20 pm.

Dates for next meetings to be held in Luppitt Village Hall at 8 pm:

Tuesday, 6 May 2025 – Annual Parish Meeting at 7 pm

Tuesday, 6 May 2025 – Annual General Meeting of the Parish Council at 8 pm



St Mary's Church Evensong

Thursday 8th May at 5:30pm

A special all age service of remembrance and thanksgiving led by Revd Jane

Followed by refreshments and bells at 6:30pm

ANNUAL PARISH MEETING

The Annual Parish Meeting will be held in the Village Hall on **Tuesday, 6 May 2025, at 7 pm.**

There is often confusion between the Annual Parish Meeting and the Annual General Meeting of the Parish Council. All Town and Parish Councils throughout England are required by law to hold an Annual Parish Meeting, which must take place between 1 March and 1 June (inclusive).

The Annual Parish Meeting is for all electors of the Parish. Even though the meeting is convened and chaired by the Chair of the Parish Council, it is **not** a meeting of the Parish Council.

The purpose of the meeting is to give the Parish Council and other local organisations an opportunity to let local residents know what they have been doing over the past year. The meeting is also an opportunity for electors to have a say on anything they consider valuable to the people of the Parish.

An elector may also make a suggestion and comment on anything pertinent to the residents of the Parish. This will be welcomed and is the whole purpose of the meeting.

Attendance at Annual Parish Meetings generally has been dwindling over recent years. The Parish Council would like to reverse that trend this year so please do come along if you can.

Upcoming Blackdown Hills Repair Cafés

Join us at our next Repair Café events:

- **27th September 2025 at Churchinford Village Hall**
- **22nd November 2025 at Hemyock Village Hall**

As we're no longer offering on-the-spot or take-away repairs at the monthly Churchinford Village Market, we'll be holding a few of our Repair Café sessions in Churchinford instead.

Blackdown Hills Eco Hub (Trimplants), Combe Raleigh will host an afternoon workshop on 17th May 2025 (14:00-16:30 hrs) on Eco-Friendly Growing and Gardening

<https://fb.me/e/60OpRZG3n>.

More info: <https://www.blackdownhills-transition.co.uk/>

<https://www.facebook.com/BHEcoHub/>

Or Contact Carolyn: bhecohub@gmail.com

FAMILY FOOTPATH FUN



SUNDAY 1ST JUNE

Starting at 2pm

Luppitt Village Hall

Robin Hood and Outlaws
themed treasure trail,
Costumes Encouraged

Tea and cakes at the Hall afterwards
Children must be accompanied by a
responsible adult

Inclusive cost: Adults £5, children £2.50
Non-walkers are welcome to join us for
tea and cakes from 4pm!

Asparagus season begins

Freshly cut asparagus, simply cooked, is one of the loveliest tastes of Spring and it is a very versatile vegetable. Farm shops should be full of locally grown asparagus throughout May, so here are a couple of ideas for easy meals that make the best of this tender, delicious vegetable.

Creamy Asparagus Pasta (Serves 2)

Just 4 ingredients - a good-sized bunch of asparagus, small tub of double cream, 2 garlic cloves and dried or fresh tagliatelle.

Method:

Snap off the woody base stems, snip off and reserve the asparagus tips, then cut the remaining stems into bite size pieces.



Drop the tender tips into a pan of boiling water, cook for 1 minute then drain and drop into iced water.

Cook the chopped asparagus stems in simmering salted water until tender. Drain and reserve.

Add the peeled garlic cloves to the double cream and bring to the boil. Set aside for 5 minutes.

Remove the garlic cloves, pour the cream into a blender with the cooked asparagus stems and whizz to a smooth cream.

Cook your tagliatelle as per the packet instructions and gently reheat the cream sauce. Drain your cooked pasta, mix in the reserved asparagus tips then toss into the warm cream sauce.

You can sprinkle grated cheese on the dish if you want, but I think the delicate taste of asparagus is best unadulterated.

Easy One Pot salmon with roasted asparagus (serves 2)

Ingredients:

400g new potatoes, skin on, halved.
Bunch of asparagus spears, trimmed.
2 handfuls of cherry tomatoes
2 salmon fillets
Olive oil, balsamic vinegar and basil leaves



Method:

Heat oven to 220C/fan200/gas7. Heat 2 tbsp olive oil in an ovenproof dish, add the potatoes and roast for 20 mins until browning. Throw in the tomatoes, sprinkle with balsamic vinegar, season and return dish to the oven for 5 minutes. Then add the asparagus spears and return to the oven again for 10 minutes. Drizzle the salmon with olive oil, season, and add to the dish, tucking the fillets well into the veg mix. Cook in oven for another 10 or 12 minutes until the salmon is just cooked. Scatter torn basil leaves over and serve directly from the dish.

Puzzle answers from April



6.

Crossbow, eggs over easy, coffee break, multiple choice, come into season, I'll get over it, rain check, I'm bigger than you, illegal, double agent, rock and roll, good afternoon.

7. Look me in the eye, electric blanket, banknote, one foot in the door, bookcase, 5 kilograms overweight, highway, way to go, toothpick, underdogs, heartbeat, light rain.

8. Sunroof, x-ray, doghouse, excuse me, French fries, pardon me, mousetrap, turnip, phone numbers, uproar, thunderstorm, weekend.

9. Cuba, Eiffel Tower, Supermarket, Laundromat, Angkor Wat, Tunnel, Iran, Boxing Ring, Mount Rushmore, Finland, Micronesia, Hair dresser.

Rev Nigel writes...

BLESSED IS HE WHO COMES IN THE NAME OF THE LORD; Hosanna in the highest!" Matthew 21.9



I don't know about you, but May is a month that I do look forward to as we really do feel we have turned a corner in the weather, the days are longer and there is a real feeling that summer is on its way. We were also blessed with some really wonderful weather during April as well this year. During April we celebrated Easter and all the different emotions attached to it along with, for many, the enjoyment of an Easter egg or two.

Holy Week and Easter Day is always a wonderful opportunity to step into the pages of Scripture (The Bible), and experience all the different accompanying emotions: Jesus' triumphant entry into Jerusalem on the day we call Palm Sunday; the intimate time spent in the upper room with His disciples, those closest to Him, followed by the betrayal by Judas; the injustice of the unfair trial and suffering endured by Jesus on the cross on the day we call Good Friday, to the joy and elation of celebrating the risen Lord Jesus on the day we call Easter Sunday .



During the Easter school holidays, we held an Easter Messy Church at Luppitt village hall, a wonderful celebration of Easter with lots of crafts and activities. Thanks go to each of the helpers who helped provide such brilliant crafts and activities for everyone to enjoy and also those who provided the refreshments including Hot Cross buns. As we thought about Holy week, we had crafts and activities to reflect that, beginning on Palm Sunday , where we made palm branches as we remembered that triumphant day that Jesus rode into Jerusalem on a donkey. Many of the children made Super Easter Gardens, which reminded us of the time when Jesus died and was buried and the new life that comes through Jesus beating death, with the stone to the cave rolled away.

To think about new life, we all planted a sunflower seed in a tiny pot and were encouraged to take them home, water them and hopefully see them grow from the tiny seed into a beautiful sunflower.

This Easter brought many highlights, which for me included the All Age Palm Sunday celebration beautifully led by Sam Dowson at St Mary's in Upottery, following on from a wonderful procession, where many of us including families and children walked the short distance from the school in Upottery to the church, with Bertie the pony, being a donkey for the day, as we re-enacted Jesus entry into Jerusalem. On

Maundy Thursday many attended the special Chrism Eucharist service at the Cathedral where clergy and lay ministers gathered from across the Diocese to renew their ministerial vows. On the evening, we gathered at St Nicholas Church in Dunkeswell for a very special service as we remembered the last Supper that Jesus had with his closest friends, the disciples.

Good Friday, following a reflective service at Wolford chapel, we gathered on Hartridge hill in Luppitt, where many carried a cross up the hill to sit in the centre of the 2 crosses already in place. For those who attended, we stood at the foot of the cross and reflected on all that happened 2000 years ago. This event on Hartridge Hill has taken place for a number of years and for those who attend each year it is always a very profound, powerful and poignant time. Thanks to all who made this and all the Lent and Easter season events, reflections, prayer times and services happen.
Every blessing

Rev Nigel Candelent
Dunkeswell Mission Community



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

Friday@4...
Throgmorton Hall, Dunkeswell
Friday 16th May @4pm

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

For families with primary/ pre- school children
Children must be accompanied by an adult.

A letter to the Editors.....

What a wonderful sunny morning, and as I pick up the Packet and head for the garden in a free moment to enjoy a catch up of village news! This last month has been a triumph, what a lot has happened!

To start with was the wonderful music evening in the Church, I really felt the building enjoying the packed seating and music from a great quartet. The lighting the in building and outside was so good, what you can do with up lighters! The music was a wonderful collection of gentle, thought provoking and happy to listen to, and what about the catering? Thank you to all those who cooked such lovely 5 star food and washed down with wine, and I was so glad the boiler has also had a new lease of life, we were warm and in no need of blankets which were provided if needed! Not to mention a bus ride from the hall to Church. Thank you all for organising a wonderful evening, which we all so greatly enjoyed I wonder how many remember when someone tried to set fire to the Church? Having my memories tweeted by reminiscing history of Luppitt, and as we've been here 35 years so I really do belong to the Village now! Little things like Olive Clapp who used to pick primroses and put them in jam jars around the middle of the pillars in the Church at Easter!

Added to the above the opening of Luppitt Inn again, well done Caroline and Phil, the Hall has been amazing, but there never has been anything like the Luppitt Inn and all its tales! The Brewery is proud to do the magic trick of diverting the river Love through the brewery and delivering it to the Pub, I'm sure Mary and Arthur would be so proud of what you've done!

Now Nik's letter, what a joyful experience as always reading or listening to Nik and his gifted, challenging tongue, thank you to both him and Margrit for everything you have done for this Parish in the past, and we still love your company when ever we see you.

Skylarks are such amazing birds with their challenging flights and wonderful song, it reminds me of the common close to

where I grew up in Cheltenham, we used to tow our box carts up to Cleeve Common and the skylarks shouting in the sky! Oh! And this moment I have just seen the first swallow fly by, I do miss their chatter all summer! When David takes the dogs up along the lane in the morning, and comes home saying he's heard the skylarks, what a wonderful sound, and spring possibly is here to stay. The birds I miss are the curlews we used to hear along time ago, in the evenings on Hartridge.

So we've had a busy late winter time, and now as well as The Holt in Honiton, we now have The Holt in Exeter! Its just opened and I was honoured to be asked to replan the garden. What a wonderful site overlooking the Cathedral and the green, tucked through its own entrance where Ask and N5 was, we've made a pub and meeting place with food on a very informal level so socialite can be spent, and we've restored so much of the old beauty and history of this fantastic old building. Joe and Patrick have been doing a lion share of the work with their wives, and someone above has been so kind with the weather as we've not had rain whilst all the innings and out pour of builders electricians restorers and officials have beeb coming in and out! When Joe was cutting back the ivy on the top of the old roman wall, he was suddenly confronted with a sleeping fox curled up! He did apologise and said sorry you'll have to move on as we have a change in plans for here! It has been closed up for 3 years if not longer.

I hope the other article I've read through twice now is an April fool?! I love the laughing horse, I've always dreamed of a donkey and cart to go shopping in, but some have sense in this house and I've been sat on yet again!

Thank you for you patience if you have struggled through this and I can only say thank you to "the team Packet" yes that way round, for all the work you put into supplying us with an amazing news collection nearly every month!

***From a happy and grateful member of Lupitt Valley
Mary Ann McCaig***

There's a fabulous Spring harvest waiting for you in the hedgerows and woodlands.....

May is the best time to harvest and store flowers and plants that are bursting with goodness and retain their flavour so well that way into Autumn, you can still enjoy a cordial, or preserve, or soup, or sprinkle and it will bring your senses right back to the beginning of summer.

Top of the list has to be the much-maligned nettle. Nettles, if picked young, are bursting with goodness and flavour. Now is the time to harvest them. They are at their best in May. Later in the summer, they wilt and lose most of their nutrient value. Yes, you do have to wear gloves because young



nettles can be very, very stinging! And you have to deal with them quickly, so as not to lose all that goodness and flavour. If they are very tall, cut them off mid way down the stem. The tops are the best. Then you can either just tie them together, and dry them in a boiler room or greenhouse, or you can immediately blanch them in boiling water for a few seconds, drain them, drop

them in iced water, dry them off, then blitz them in a food processor with olive oil and seasoning to produce a fabulous dressing for salads, boiled or poached eggs, or use them instead of watercress to make a nutritious soup which you can freeze, or if you opt for drying them, crumble the dried leaves into jars and store in a cool place, then use as a sprinkle for all sorts of dishes from scrambled eggs to risottos or quiches.

You can also make a fantastic Pesto from nettles. All you need is 8oz of fresh young nettles, a bit of salt, a tablespoon of lemon juice, a half cup of olive oil, small handful of grated parmesan, 2 cloves of garlic and 2 heaped tablespoons of pumpkin seeds or pine nuts. Simply blanch the nettles for 30 seconds in boiling water, drain them and throw them into iced water to cool, then pat them dry. Add the seeds and garlic to a food processor and blitz. Gradually add in the olive oil, then the nettles, pulse it all until smooth, and finally, turn out and stir in the parmesan. Gorgeous with pasta and so nutritious. .

Late in May, our hedgerows will be bursting with snow white heads of elderflowers. Like the nettles, they are best picked early because that is when they will offer their best scent and structure. Supermarkets charge mega amounts for bottles of elderflower cordial. The home made version is a lot cheaper, a lot better, and has a flavour that no shop bought product can rival.

You need around 30 elderflower heads – cut them carefully so as not to disturb too much of the pollen, and drop them into a bag. As soon as you get them home, rinse them gently and shake them dry. Add 2lb of caster sugar to a large bowl and pour over 3 pints of boiling water. Stir well and leave to cool. Then add 2oz of citric acid (from chemist or Amazon) 2 sliced oranges, 3 sliced lemons, and the elderflower heads. Leave in a cool place for 24 hours, stirring occasionally. Then strain through a muslin lined sieve, and transfer your cordial to sterilised bottles. Your cordial will keep well for months if kept in a cool dark place. Just dilute with sparkling water for a wonderfully refreshing summer drink.



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VE Day 8th May 1945 in Devon

As we celebrate the 80th anniversary of VE Day it is an opportunity to reflect on how it must have felt to those who had lived through six years of war.

Like the rest of the country VE Day was celebrated with gusto by communities throughout Devon. People danced and sang in bunting decorated streets, there were bonfires, fancy dress parties, military parades, sports events, and church services. In Ottery St Mary, the traditional lighted tar barrel parade was moved from bonfire night to VE Day.

Instow was the first North Devon parish to be bombed, so amongst the celebrations the children were given tank rides on the sands and the one hundred yards flat race was won by the vicar!

Lady Astor, MP for Plymouth Southam and the first woman MP to take her seat in the Houses of Parliament dancing on Plymouth Hoe with a sailor. There were upwards of a 1000 dancers on the Hoe and perhaps 20 times as many looking on.



A street party in Bullers Road, Exeter

Some people were overcome with joy, others in tears, but there was a great sense of relief. The war in the Far East was to continue until September and then the rebuilding began!



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World Cocktail Day - 13 May

It seems as though there is a day for just about everything now and drinks are no exception. If you are fond of cocktails, then 13 May is the day to celebrate. The date is significant because it marks the publication of the first definition of a cocktail in 1806. However, the cocktail is a much older concept and although it bears little resemblance to the cocktails we drink today, the *kykeon* (meaning 'to mix, or stir') was common in ancient Greece. Accessories used to mix the drinks have been found in tombs linked to Philip II of Macedon, the father of Alexander the Great



The word 'cocktail' does not derive from Ancient Greek however and there are numerous theories as to its origin, with the most common suggesting that it was common for apothecaries to sell the drinks because they were considered tonics (often containing bitters and medicinal herbs). They tended to serve them in an egg cup type measure, known in French speaking New Orleans as a *coquetier*. Over time this was corrupted by the English speaking customers until it became the word we know today. Another theory is that it related to the 'cock's tail' or upright tail of a docked racehorse, which suggested it was of mixed, rather than purebred stock, unlike the traditionally undocked thoroughbred.

Cocktails became very popular in America during prohibition in the 1920s. Bartenders working in the 'speakeasies,' or underground bars, had to invent drinks to cover the taste of the poor-quality spirits. They competed amongst themselves and came up with new drinks with strong flavours.



By WWII cocktails had become popular in the UK. In common with those serving in the Navy, the daily ration for British soldiers tended to be rum, although gin and wine were not uncommon. For those on leave there was greater choice and many cocktails were invented during this time.

The **French 75**, which was reputedly created by British soldiers during WWI, and still popular in WWII, was named after the fast-firing 75mm field gun the French used and it consisted of gin, fresh lemon juice, sugar and champagne.

Also popular were the **Torpedo Juice** with pineapple juice and vodka and the **Gunfire**, a tea and rum blend. The 7th Armoured Division (Desert Rats) serving in North Africa were said to be partial to **Suffering Bastard** – a mix of gin, brandy, lime juice, and ginger ale.

Whilst celebrating VE Day on 8 May, why not try one of the other cocktails that were popular at the end of the war?

Scotch Martini

Nobody is entirely sure of the origins of this cocktail, but reputedly vermouth was not available in England during the war, so whisky was substituted and the Scotch Martini was born.

- 85ml London Dry Gin
- Dash of Scotch
- 2 Dashes Orange Bitters
- Lemon Twist

Add the gin, scotch, and orange bitters to a frozen mixing glass. Fill the glass $\frac{3}{4}$ full of freshly cracked ice. Stir well, then double strain into a frozen coupe.



Garnish with the lemon twist and serve.

Churchill Manhattan



Although Winston Churchill was not known to be partial to a cocktail (preferring Johnnie Walker Red or Black label whisky and Pol Roger

champagne, in addition to claret), this

cocktail was created in The American Bar of The Savoy in his honour:

- 3 parts Scotch whisky
- 1 part lime juice
- 1 part Sweet Vermouth
- 1 part Cointreau

Shake the ingredients together with ice and strain into a cocktail glass.

Daiquiri

Because of the availability of rum during the war, the Daiquiri became a popular choice. This is the original recipe with just three basic ingredients:

- 50ml light rum
- 25ml lime juice, freshly squeezed
- 10ml sugar syrup (*dissolve 300g sugar in 150ml water over a low heat. Leave to cool, then bottle.*)
- Garnish: lime twist

Add the rum, lime juice and sugar syrup to a shaker with ice and shake until well-chilled. Double strain through a fine mesh strainer into a chilled coupe (any glass will do, if you don't have one!). Garnish with a lime twist.

There are variations of this cocktail including:

- **Strawberry Daiquiri** - allow a handful of ripe and very sweet strawberries for each cocktail. Place them in the shaker first and gently crush before adding the other ingredients.
- **Papa Doble Daiquiri** – reputedly created for Ernest Hemingway, this has the addition of pink grapefruit juice and Luxardo maraschino liqueur
- **Blue Daiquiri** - another Hemingway favourite, this Daiquiri was made famous by La Terraza in Havana. In place of the sugar syrup, add 15ml of Bols Blue Curaçao.





Lambing

Hi, my name is Baarbra, I'm an Exmoor Mule ewe (my mother was an Exmoor Horn ewe, my father was a Blue Faced Leicester ram), with elder status in this flock. Our flock human was going to write about lambing, but it was nothing but waffle, so I thought I'd give you a personal insight, from an insider!

I'm due to lamb again this year, but not until the very end of April (we don't ever tell the flock human **exactly** when), so I'll tell **you** about last year's **Sister** experience.

Myself and one other young ewe opted to give birth on the same Sunday morning. We both started a couple of hours before sunrise, when the shed we were in, was nice and quiet. I've lambed several times before, so within half an hour of the first sign of labour, I had my two lambs out, had licked them clean and was getting them to start to suckle. Meanwhile the youngster (who started at the same time) was trying to have her first ever lamb, (which was always going to take longer, because her body needed more time to stretch etc). The hormones were flowing and she kept interfering with my lambs due to her excitement, but I wasn't going to let them out of my sight! It turned out that her single lamb was a bit on the big side, but more importantly it had presented itself wrong, so only a head was sticking out and therefore no more progress could be made, however hard she pushed.

Thankfully as the sun rose, the flock human appeared. He spotted me and my lambs, but went straight to the youngster to assist. Now the youngster should've let him help, but you know these young un's! There was then a quick dance, until she was securely held and restrained.

Out came the lambing gel, (to keep things slippery) (although not my favourite, as I remember it being really cold!) and after working the gel in and around the stuck lamb, he pushed it back in! Now I'm no expert, but that seemed wrong! However, the two front feet were found and soon after they were exposed to the world, the head came back out and (with the human pulling), the rest of the lamb was born successfully.

Your first lambing is a special moment, but the scatty youngster didn't agree and wanted to be gone. Our assistant realised this and physically guided/ dragged her to a small pen where she was imprisoned (her words) with her lamb. The fresh straw, clean water and nice haylage calmed her down a little. The human then continued to check the previous days newborns, as well as the other new mums, stopping to assist a couple of 'less sharp' lambs that haven't made the connection between being hungry and feeding for themselves.

The newest lamb was then taught where to suckle and it was made sure it got its first meal of colostrum, which also started to establish a bond

between them both.

I was then allocated a pen, for the three of us to settle down in.

Breakfast for us adults came next, when we all got some fresh haylage and fresh water. This creates a lovely smell in the shed, followed by the calming sound of lots of chewing mouths!

Next everyone was dished out a portion of special concentrated food for breakfast and then the expectant Mums had their haylage topped up and everyone was happy.

The human would then go through the pens and put these rubber rings on the lambs' privates and / or tails, as well as a blob of smelly stuff to deter predators/foxes and some spray marks to identify the family unit.

The recent activity had triggered another labour to begin, which just got monitored until the actual drop, followed by another penning up.

Our assistant then went out to the fields to check and feed the ewes and lambs that had lambed a few days previously and who were already back to eating the fresh spring grass. I look forward to this new grass each year, as it always tastes so much better than the haylage we get inside the shed, and it helps to bring on more milk for the little ones.

Sometimes this check is quick, whilst other times it seems to take forever. Of course, that is influenced by what problems others in the flock have got, ranging from illnesses that may need treating, (could be mastitis in us Mums, joint ill in the lambs or a simple case of foot rot!) or if any lambs need topping up with extra milk.



Obviously if one of us sees a chance to escape to greener grass, we go for it, which the management doesn't always agree with.

Anyway, at some point the human returns to the shed, checks for any more new lambs / anyone in labour and if the situation allows, starts to move the established family units into the trailer and moves them out to the fields.

The weather last year wasn't great, as I remember being constantly soaked to the skin, for weeks at a time. This also meant there was still a lot of mud around under foot, even after lambing time, so we all had to spend several extra days in the shed to allow the lambs to strengthen / toughen up. Let's hope it stays dry this year and we don't spend too long indoors.

Better stop now, as I don't want to get caught typing this up (people like to think us sheep are a bit thick, so we tend to let them believe it, for an easy life!)

All the best, Baabra.

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How to play:

Each pair of lines below contains two clues and two 5-6 letter answers. The two answers are words which differ from each other by one letter, which has already been provided. The remaining letters are exactly the same in both answers. Your challenge is to guess the words from the two clues. For example:

Full of life _ l _ _ _ _ (lively)
Exquisitely beautiful _ o _ _ _ _

1. Piping crow _ _ _ p _ _ Barts baby sister - - - g - -
2. Trench d _ _ _ _ p _ _ _ _
3. Once a planet _ _ u _ _ Greek philosopher _ _ a _ _
4. Modify _ l _ _ _ Not before _ f _ _ _
5. North Dakota City f _ _ _ _ Goods in transit c _ _ _ _
6. Dying coal e _ _ _ _ Fossil resin a _ _ _ _
7. Even _ _ _ _ d _ Hot and sticky _ _ _ _ m _
8. In the near past _ _ c _ _ capitulate _ _ l _ _
9. Sound made by a frog _ _ _ a _ Earthenware pot _ _ _ c _
10. Most mature _ l _ _ _ most peculiar. _ d _ _ _
11. Turf _ r _ _ _ Looking _ l _ _ _
12. Fido's neckband _ o _ _ _ Underground room _ e _ _ _
13. Quiver like gelatine _ _ g _ _ Advertisers tune _ _ n _ _
14. Weighty, hefty _ _ _ _ y Haul, lug. _ _ _ _ e
15.monoxide _ _ _ b _ _ Container for milk _ _ _ t _ _
16. Young canine _ u _ _ _ Red flower _ o _ _ _
17. Upperclassman _ _ _ i _ _ Detecting device _ _ _ s _ _
18. Avocado colour _ _ _ _ n Athens denizen _ _ _ _ k
19. Dry out _ _ r _ _ Repair _ _ t _ _
20. Soldiers sword _ a _ _ _ Not tipsy _ o _ _ _

NEWS FROM THE LUPPITT LANDSCAPE PARTNERSHIP

The oral history project Jess Huffman is currently running is an opportunity to reflect on the history of Luppitt, and share the stories people hold dear about the land and its farming. We hope this can provide a helpful backdrop as the landowners of the parish continue to consider their options under the Landscape Recovery project.

The oral history project is focusing on three aspects of the Luppitt landscape: the Commons, farming, and the river. We're planning two events in the village hall on 15th July and 18th August (see poster below) called 'Tea, Scones and Stories of Life in Luppitt', to invite people to come and share their stories, photos and other memorabilia.

In the run-up to these events, we've some questions to ask, on each of our three themes, starting with the Commons. We'd really like to know residents' feelings and reflections on these:

The Commons

1. What do you feel makes the Luppitt Commons unique or special compared to other local areas?
2. How easy do you think it is to enjoy the Luppitt Commons, are there any changes you'd like to see?
3. How do the Luppitt Commons enhance our community's well-being and quality of life?
4. Can you share any special memories of the commons?

Please send your answers to these questions, either direct to Jess Huffman at jesshuffman@hotmail.co.uk or on paper to the project office at the Granary, Overday Farm.

Luppitt Landscape Partnership team, The Granary, Overday Farm

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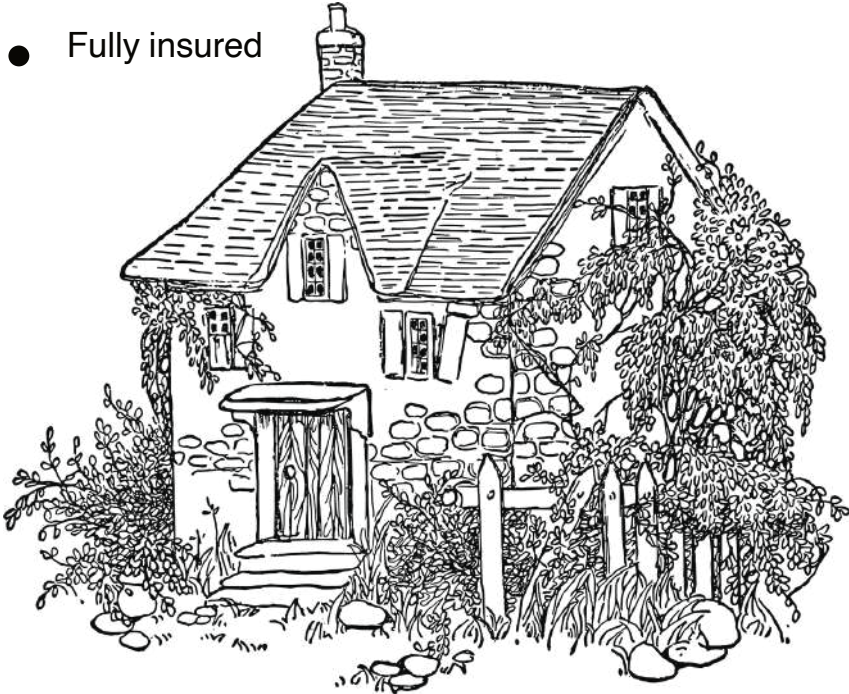
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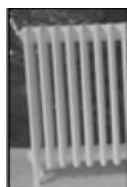
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