



Eastington Community News

Edition
202

<https://eastington.website>

February 2024-March 2024



Eastington Community News
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in Eastington



Your news.....your ECN!

Written by You, produced by Sue Halas and delivered by many!

Dear Readers,

Welcome to our February/March edition of the ECN. Though February can seem quite dull and dismal, the dark evenings will soon be behind us and we can all start looking forward to Spring!

We have a number of regular contributors, but are always looking for more! If you would like to have an article published, or an event to advertised, please get in touch...

I see the shops are full of Valentine cards... so

Happy Valentines Day to all our readers!

Best Wishes & Thank You

Sue Halas, Editor

Jan Low, Technical Support

Gill Glover, Distribution
Manager

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Deadline for the next exciting issue is

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EASTINGTON PRIMARY SCHOOL

Class Four's Trip to the Corinium Museum



In Class 4 we have been learning about the Romans. Brilliantly, we enjoyed a trip to the Corinium Museum in Cirencester to find out more.



Firstly, we arrived at the mosaic filled room. We all learnt that mosaics are made from tiny pieces of broken pottery that are constructed together to make a piece of art for floors and walls. We also made our own mosaics in our workshop.

Next, we went to our workshop and learned about weapons. In the Roman wars there were swords called *glaives*, daggers called a *pugio* and *scutums* which were the shields that the Roman soldiers used. The *scutum* had a metal knob on the front and centre of it called a *boss*. The boss was so they could push through in an attack or to hit an enemy! We all learnt that the spears the Romans carried were only used once so that they couldn't be used against them.



Later we walked into a gallery about settlements. Many people tried to find settlements so



they were safe. They prepared before fights began over settlement area. We learned about houses and trading. We also learnt about what people would wear if they were in different tribes or communities.

Tombstones and skeletons was the topic of one of our workshops. We had to use Roman numerals so that we could find out when Romans were born and when they died – good job we learn about them in school!

We also looked at skeletons, to find out more about who they were. We learned that archaeologists can find out who people were by their teeth because they can locate what water they drank and therefore where they came from! Archaeologists can also tell if they were male or female from the height and thickness of the leg bones. Amazing! We enjoyed our trip and we hope you enjoyed reading about it and have learnt some fascinating facts about the Romans too!



Written by Sakura Charlwood and
Thea Messenger

Eastington Village Hall



Eastington Village Hall has been a part of the local community and at the heart of the village for many years. The hall is available for events, from one-off celebrations to regular gatherings. If you need a space for a celebration, a meeting or a regular activity, please get in touch.....

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The cost of hiring the hall is now £8.00 an hour. The exception is welfare groups/activities, which is £7.00 an hour.



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Happy New Year!

Another year has passed and we would like to thank you all for your support during the year.

We enjoyed a year full of exploring and investigation and finished the year with a fantastic Christmas play 'Wiggly Nativity'. The children were brilliant and we are always blown away by their confidence on the day.

December saw lots of Christmas activities as you would expect and it's always a great time of year to be working with children as it is magical (and very hyper!)

This term we will be looking at the story of Goldilocks and the Three Bears and will be celebrating Chinese New Year. We will be exploring the wider environment, participating in the Big Garden Bird Watch with the RSPB.

We are welcoming many new families over the next few months as our numbers continue to increase.



We have spaces for September 2024 but are filling up quickly so please get in contact if you require a place. It is never too early to register your child for a place,

please email **eastingtonplaygroup@hotmail.com**

for a registration form or call 07977 342742 to book a visit.



Grow your own sweet peas

February marks the perfect time to grow sweet peas, a fabulous climbing plant for any garden. Known for their abundant, fragrant flowers in various colours, sweet peas are a joy to grow, and you don't need expensive gardening equipment either.

I have been growing them for a number of years, here's are my top tips for a flower filled summer:



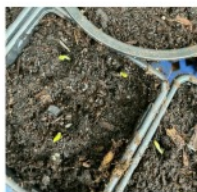
1. Seed Selection:

Opt for the freshest seeds possible, whether from a friend or a reliable supplier like Roger Parsons. Spencer varieties, with their nostalgic scent and long stems, are my personal favourites.



2. Guaranteed Germination:

Keep it simple with an indoor, mess-free germination method. Wet a sheet of kitchen roll in an old takeaway container, place the seeds on top, secure the lid, and keep the container in a light, warm spot like a windowsill. Watch out for quick germination over the next few days.



3. Sowing for Success:

Once germinated, swiftly transfer the seeds into compost. Use old toilet rolls filled with compost, placed in a tray (old mushroom containers work well). Make a hole for the seed, drop it in, cover with compost, and water. You can also use 9cm pots, I sow no more than three per pot. Put the tray outside in a frost-free spot. Once a few inches tall, you can plant out.

Happy growing!

Find out more



www.jhgardendesign.co.uk



[jessica_holcombe_garden_design](https://www.instagram.com/jessica_holcombe_garden_design)



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Eastington Memories Thank you to Megan Timbrell

Canal House.....



WALKS AND WATERWAYS

Paul Halas

At present Brimscombe Port is an expanse of flat concrete, awaiting its next incarnation. The Frome speeds by its side before passing Brimscombe Mill, home to The Long Table and Stroud Furniture Bank. The fledgling river is still in a hurry, especially in mid-January as it fines down after so much recent wet weather.

The canal, meanwhile, is nowhere to be seen, its old course long since built-over and covered with industrial units and storage facilities. There is much work to be done before the waterway is restored. In fact the valley downstream from Brimscombe is lined with factories and businesses, one after another, a ribbon-development of industry and commerce.



A little way downstream from Brimscombe the canal abruptly reappears, at this point shallow and silty, but in the process of being dredged and restored. A little way further on, as it passes Stroud Brewery (coffee and cake if it's too early in the day), it deepens and becomes navigable. At this time of year the water looks inert, dead almost, but that's far from a true picture.

The river, frequently hidden from view as one makes one's way down the canal towpath, continues its headlong descent, dividing in places, and then reconnecting further downstream. On a sharp morning the shallow margins are latticed with a crust of thin ice, oddly standing slightly proud of the surface as the river level gradually drops. In the main flow the water looks icy, inhospitable and devoid of life. Again, that's just an illusion, a concealment of another world.

Walking down alongside the canal, the only movement on the water appears to be from waterfowl: coots and moorhens, mallard and occasionally Mandarin ducks. Herons, and, if you get a glimpse, fleeting kingfishers. But then there's a splashy scattering of tiny fish on the surface, yearling roach, followed by a large swirl. One roach fewer, and a pike has had a meal.



One doesn't see so much movement from aquatic life during the dead of winter, the colder weather slows down the metabolism of all cold blooded creatures and insects and forces them to seek out the deeper and less turbulent stretches of water, but their activity doesn't cease. Under the water life and death dramas continue night and day. Insect eggs develop, larvae grow, small fish put on weight. In their larval state, dragonflies are particularly active, shedding their skins several times and feeding voraciously, on smaller immature insects, fish eggs and fry, only to provide food in turn for larger fish and birds. And so it goes on, from the tiniest bug to the roach to the



pike and the heron, nature in the raw, and almost wholly hidden from the casual walker-by.

As one approaches Bowbridge the factories have petered out. The river passes one side of the towpath, the canal the other. Then, as one approaches the railway viaduct, they swap; the river passes underneath the canal, which broadens into a wide basin.

In summer one can look down and spot among the lush weed bands of roach, the odd cruising tench, inert pike, ready to pounce. They're still there now; one just doesn't see them.





Plant Vegetables for Yourself but Plant Trees for your Children

With Coneygree Orchard twelve years old, many of us who planted the first trees have already seen them mature and bear abundant fruit.

So it is with confidence and optimism that we planted out half-a dozen saplings in Brownings Orchard, just a week before this edition was printed.

All the saplings were grafted by ECO volunteers, who were sponsored to go on an apple-tree grafting course in the spring of 2023. Neat eh? Learn the skill and bring home a “free” tree for ECO.

Grafting is an ancient skill that dates back 5000 years to the Babylonians (they learned a lot building those Hanging Gardens). Some trees are better at making roots and some are better at producing fruit – so – the trick is to take a very strong root, chop it’s head off (see left) and graft a specialist fruiting branch onto it. Best of both worlds!

If you join ECO and help maintain the Community Orchards, we’ll teach you all the old skills, many of which will help in your own gardening (prune a tree, prune roses?).

Jump on the ECO website and “contact us” so you can join in on healthy exercise in the fresh air. And it’s free to join if you live in the Parish.



Or to help maintain the orchards , ring me,

Tom Low 01453 823425

A Seasonal Recipe

A Winter Warmer..

Ingredients

4 cloves of garlic, minced
1 medium white onion, chopped
3 medium carrots, chopped
4 stalks of celery, chopped
1 cup peas, I used frozen peas
4 cups of veggie stock
1/3 cup all- purpose flour,
1/3 cup butter
1 cup of milk
1 tsp salt
1/2 tsp pepper
1/2 tsp fresh rosemary
1/2 tsp fresh oregano
1/2 tsp fresh thyme



Directions

Heat a large pot on medium heat. Once warm, add the oil, onions, carrots, celery, garlic, and salt. Cook for 5 minutes or until the onions are translucent.

Add the butter to the pot. Once it starts to melt combine the flour and mix covering the vegetables in flour. This roux mixture will be thick and sticky.

Slowly add the vegetable broth, pepper, oregano, thyme, and rosemary and mix until well combined.

Stir the soup frequently until the soup comes to a gentle boil. As the soup heats up you will start to see the soup thicken. Make sure to keep stirring so the soup does not burn.

Combine the peas and milk to the pot. Cook for an additional 5-7 minutes on low heat or until the peas have warmed.

Divide soup into bowls and serve.

Leftovers can be kept in the refrigerator in an airtight container for 3 days.



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PARISH MATTERS

Happy New Year to you all I hope your Christmas and New Year was all you hoped for. As you are probably aware there will be a General Election this year, you may not be aware we also have local elections where we elect our District, County and Parish or Town Councillors. This year Great Oldbury will become a Parish so will be voting in its own councillors, which means Eastington will be voting for 9 councillors, please vote to support your local Councillors who give their time free to make Eastington a good place to live. When you go to the polling station remember you need photo identification.

Council is setting the budget for 2024/2025 and is looking to complete the alterations to the Bath Road pavements, there has been a change of the local GCC manager, and we are reliant on them to agree to the work and that will be dependent on their budget although Parish Council has agreed to contribute. We are also going to refurbish the Playpark.

Council is also looking to get permission from GCC Highways to install a crossing at the Village Hall this requires a TRO (traffic regulation order) which means carrying out traffic surveys etc.

I am sure the residents of Victoria Drive /Cotswold Avenue and Broadfield Road are please that at last we have got the re-surfacing done although a County Councillor seems to have taken credit, I can assure you it was thanks to the hard work of Parish Councillors that this was achieved.

We also asked for the hedge on the left-hand side of the footpath leading to the Co-op to be cut back which has been done.

Council is adopting the piece of land adjacent to the bench near the Co-op and will be tidying it up.

Please can residents not park on grass verges so we can keep the Parish looking good, also can I repeat my message from the last issue for all dog walkers to please clean up after their pets and use the bins provided, which includes litter which seems to be increasing in the Parish. Some of the trees have been planted on the Cotswold Avenue green we are also considering planting some on the grass near the old telephone box, if anyone has suggestion for other sites, please email the to the Clerk.

At our Parish Council meeting we received concerns over the speed of vehicles using Victoria Drive/Broadfield Road please can we ask all residents to be aware that children live in the area and check their speed.

Muriel Bullock (chair)

Contact details clerk@eastington-pc.gov.uk tel: 07747 634217

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From Eastington to Darkest Africa – a missionary's sad tale

Stephen Mills

It's easy to think that villagers often didn't stray far from their place of birth, and although that might have been true for many, there were always the more adventurous few that went further afield. Sometimes it was soldiers, off to fight in some distant land, although the subject of this article had a somewhat different purpose.

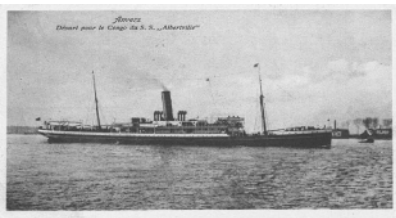
In July 1896, the Eastington Parish Magazine noted that an Eastington-born missionary was to leave that month: *as a soldier for the Cross, having been commissioned to the heart of Africa, where on the banks of the mighty Congo, triumphs of the gospel have already been won.*



Early Baptist missionaries, many of which did not survive – Albert Wherret on RHS



This was young Albert Wherrett, who for some years, felt that this was his mission in life and had undergone a course of training in readiness for his adventure. To speed him on his way, on Monday evening, 29th June 1896, a gathering had been held at Nupend Chapel to bid him 'Godspeed'. The now-Reverent Wherrett spoke to the audience, telling them that he felt it was a call from God, and that he should go in full trust, without fear or misgiving. He was to set sail for Africa from Antwerp on the *Albertville*.



The Albertville was owned by Compagnie Maritime Belge du Congo, and was one of a passenger fleet set up to trade mainly with her African colony, then known as the Belgian Congo.

Understandably, the Parish Magazine followed his every move with interest, reporting in September 1896 that he had sent two detailed reports of his outward journey describing the voyage down the coast of Africa. For a time, the ship also carried the King of the Belgians as a passenger, and later stopped off at the Canary Islands. Albert recounted many tales of the strange sights he had seen, including shoals of flying fish, porpoises, and the occasional shark. On finally arriving at Lagos, he described his surroundings as "this coast so fatal for European life" – in hindsight, an ominous comment.

In November he reported that he had passed the cataract region of the Congo River and was on the point of starting the next 1000-mile leg of his journey to his final destination at Yakusu, courtesy of the little steamship *Goodwill*. In his journal he recorded that he had finally been dropped off by the ship and at this point, it seems that he may have realised just how isolated he now was, commenting that the nearest mission was 300 miles away. It sounds like his accommodation and the neighbours might have been a bit of a shock:



The shanty which at present we call home is a good 30 ft from the river side, and here we simply live among the people who watch us continually. Though we can't speak to them much, we hope our lives are in some way an object lesson. Fellow tenants such as mice, lizards, toads, etc, are among the joys of the pioneer missionary. On the whole, they are a noisy good tempered people, but notorious beggars. They have an idea that we are very rich and can get anything from friends at home. I am hoping as soon as I can speak a little better, to win them over.

The language was something of a battle, as the village where he was now living was a meeting point for five tribes, each speaking a different language. But despite this, he was clearly settling in to his new surroundings, and goes on to mention:

Already I feel a kind of jealous care over them, for they certainly are, to me at least, the most attractive people I have met in the Congo.

By January 1897, a message reached Eastington confirming that he had safely completed his long journey to the new station of the Baptist Mission at Yukusu, noting that this was the furthest point from the Atlantic coast that Christian missionaries had reached on the Congo River. The magazine hoped that “*our young friend be preserved and blessed in his arduous enterprise!*”

But a month or so later, a report arrived advising everyone that Albert was dead. It said that on the 14th November, he had been confined to bed with “a slight fever”. The following days saw a relentless decline in his health, not helped by his damp, primitive surroundings. Near the end, his temperature rose to 110 and within half an hour, he expired. It was called the African fever, probably Malaria.

The chief men of the village were soon dispatched by canoe to paddle the ten miles to inform the authorities at Stanley Falls. In the afternoon, a steamboat arrived with an officer authorised to see that Albert's affairs were taken care of. By nightfall, the last rites had been performed and Albert was laid to rest in a grave dug by the villagers at the foot of a huge Bokolondo tree that formed a village boundary marker, a most appropriate monument. This was carried out in the presence of several state officers and his missionary colleagues, plus a sympathising circle of natives.

His surviving colleague, Harry White, mourned the loss of ‘Bert’, his new and dearly-loved colleague who he touchingly described as helpful and good of heart, modest and affectionate. Harry was also destined to die soon after from the same cause.

A history written later about missionary work in the Congo commented: *who would not be envious of the name given to Wherrett, one of the Yakusu pioneer missionaries.*

The natives had named Albert “Akelaolau”, meaning 'he did good'.



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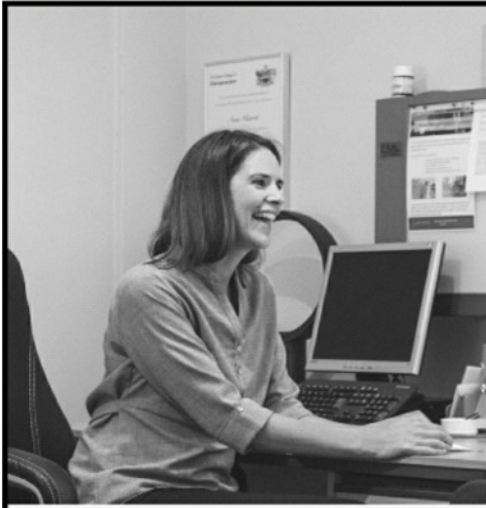
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In addition to its physical benefits, exercise plays a crucial role in mental health. It is a reliable stress reliever, triggering the release of endorphins—the feel-good hormones—in the brain. It also helps relax muscles and alleviate tension throughout the body, promoting a sense of calm.

Endorphins aren't just mood boosters; they support concentration and mental sharpness. Studies indicate that exercise can be as effective as antidepressants in addressing mild to moderate depression symptoms. A recent Harvard School of Public Health study found that running for 15 minutes a day or walking for an hour reduces the risk of major depression by 26%!

If you don't have time for exercise, or if your body tells you to take a break after 5 or 10 minutes, that's okay. Start with 5- or 10-minute sessions and slowly increase your time. The more you exercise, the more energy you'll have, so eventually, you'll feel ready for a little more. The key is to commit to some moderate physical activity, however little, on most days. As exercising becomes a habit, you can slowly add extra minutes or try different activities.

To speak to our team about how to build an exercise routine and prevent injuries, contact us at 01452 883232.



TwoCan



TwoCan would like to thank all residents who attended our Christmas Fair, either as stall holders or shoppers. It was lovely to see so many new faces and we hope you enjoyed finding out about our work and hearing our choir perform. We also want to thank the local fire station for joining us and letting everyone explain about the

community work that you do, as well as allowing us all to see the workings inside your fire truck.



We are hoping that we will do this event again next year. If anyone who could not attend would like to



Twocan Christmas Fair

Running up to Christmas, I together with Tom Low and Sharon Spruce from the Eastington Community Orchard group, attended the hugely successful Twocan Christmas Fair at the old Eastington Methodist Church building, opposite the Butchers shop.

Just in case you didn't know, Twocan is a hugely impressive inclusive theatre company which aims to fully develop the skills and talents of young people and their families who may have been given one or two extra challenges in life, but who still retain bundles of love, drive, energy and enthusiasm to get the very best out of music, theatre and performance etc.

While we stood selling our various Christmas-related offerings, the many stallholders who had assembled for the first ever pop-up Christmas Fair, couldn't have been more impressed and moved by the songs and music encircling the hall that cold December afternoon. (*see the accompanying photo of the Twocan choir performing music and songs from among others, Queen, John Lennon, The Beatles and Alicia Keys).

In fact, on behalf of all of us at the Eastington Community Orchard (aka the ECO), a massive thank you and well done to everyone who took part in this whole event and in reference to the likes of Alicia Keys herself, given the right temperament and enthusiasm to do your very best, an awful lot! was achieved. In fact to all the young boys and girls involved and their supporters, you were really on fire!

Thank you so much.

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Church Services

In the run up to the festive season our service of Nine Lessons and Carols was very well attended and was followed by the Christingle Service on Christmas Eve when over 200 grandparents, mums, dads, children, and friends packed the candlelit Church. Over £500.00 was raised for The Children's Society.

Looking forward to the New Year and spring, our services will be unaffected on the 2nd and 4th Sunday at 11.15 am. In addition, we hope to introduce a family service each month so watch this space.

In addition, there will be a weekly course at St. Michael's All Angels Church on every Tuesday during Lent and details can be found on the Weekly Newsletter. All will be made very welcome.

Food Bank Collection Point

The relentless increases in the price of food and general household goods affect us all and it has been heartening that, nonetheless, contributions to the Food Bank have steadily continued. Thank you to everyone for generous and particularly thoughtful Christmas items which brought cheer to the December deliveries to the warehouse.

Ukraine

Photographs and videos of items we packed up and sent to Ukraine have been posted on the Facebook page: Aid for Ukraine – Gloucestershire with some very moving messages.

Meantime we continue to maintain a collection point in the Church and require the following items:

Boots and new socks, baby food and hygiene items, tinned food, chocolate, torches, batteries, medicines, medical equipment, adult hygiene, clean new under wear and working android tablets.

All collections are taken to the Polish Association and Ukrainian Church in Gloucester who then transport the goods overland to the areas in Ukraine where the need is greatest.

Information

For further information on forthcoming events in Eastington and across the Stroudwater team you can also ask to receive the weekly pew/news sheets by emailing: officestroudwater@gmail.com

If you would like more information or simply to be in touch, please contact one of the Team

Clergy:

Rev Liz Palin: tv1stroudwater@gmail.com

Rev Dave Bishop: tv2stroudwater@gmail.com

Churchwarden: Mike Naylor mike@mikenaylorsurveyors.co.uk

District Councillor Report – January 2024

Cllr Stephen Davies

Is it too late to wish you and your family all the best for 2024?

The biggest issue currently at Stroud District Council is the update to the Local Plan. The purpose of the Local Plan is to decide where significant housing developments, employment land and appropriate infrastructure is located. It is the current plan that made the decision to build Great Oldbury.

This plan is due to be updated, and the updated plan includes the proposed business park on Junction 13. The plan was submitted to the independent Inspectors last year. The feedback in August was that there were a number of flaws in the plan, specifically around the capacity of the M5 junctions 12 and 14. Stroud District Council have asked for a delay to resolve the issues, but to put this in perspective, a new motorway junction cost in excess of £250m, and two would be half a billion.

Personally, I believe that the District Council should take the opportunity to withdraw the plan and improve it, which would also mean that they would have to consult on the new version. I would hope that they take more notice of the consultation this time than last time.

I will continue to ask questions and push for a workable plan. Planning can be a dry subject, but matters because the plan both protects areas from development that are not in the plan, and ensures the infrastructure including schools and highways are provided for new developments.

As ever if there is anything else I can help you with you can email me at cllr.stephen.davies@stroud.gov.uk or call me on 07802 595 307.



Happy New Year, everyone!

We want to thank everyone who made our Christmas so special here at Eastington Farm Shop - it was amazing to see so many of you over the Christmas week! Whether you had your order sorted months ahead, or dashed into the shop in a panic on Christmas Eve, we couldn't do it without you and all your support.



But now we're back and ready to roll with a brand new year. Let's talk Spring 2024...

January is all about new beginnings, and you may well have spotted new faces among us...

A very warm welcome to the lovely Clare who has joined our Coffee Bar team, and Hannah B who will be whipping up the veg boxes, as well as transforming our garden for 2024!



January can be a hard month: the days are short, the mornings are dark, and the weather has certainly taken a frostier turn! On the farm, planting is on hold for now - but there'll definitely be some long days of field work ahead once those warmer, brighter spring days are with us! Hannah B will also soon be hard at work in our garden, planting loads of fruit and veg.

Next stop: the Bug Hotel! This half term, the little ones amongst us can come and help us build some homes for our creepy-crawly friends, who need a bit of TLC in the colder months. Bring the whole family on Thursday 15th February, from 10am to 2pm. And our much-loved Easter Trail will also be back to get the kids' brains working - we'll be dropping more hints in the months to come...

And who could forget Valentines Day? Treat your special someone to the perfect night in with steak from our very own Middlehall Farm. Our traditional rearing methods, allowing the animals to roam freely, makes for an unforgettably tender and well-marbled meat. Middlehall Farm Beef will be available to buy in the shop, or order on our website!



Finally, loving the planet is at the heart of our mission here at Eastington Farm Shop - that's why our goal is to plant a tree for every 1000 litres of milk sold on the farm. We'd love you to join us on Sunday 18th February and help us plant our very own 'forest'! We'll be meeting 9am sharp at the shop - bring your wellies, your spades, and your good humour! Don't forget to pop to the Coffee Bar afterwards to purchase something tasty as a reward.

See you soon & keep warm!

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Church of Christ the King Eastington

Towards the end of last year, we were delighted to appoint the Reverend Barbara Lang as our new and first minister.

Barbara grew up in a Christian home and learned about her faith from both the Church of England and the Catholic traditions.

Married to Bryan Lang and with daughter Natasha, who attends college in Stroud, Barbara currently lives in Cirencester. Barbara and Bryan also have two adult children Jordon and Amelia and two Grandsons Rupert (3) and Casper (0).



From 2003 until 2022 Barbara led Ministry as an Officer in the Salvation Army, running Churches in Scotland, England and South Africa. Amongst these appointments were appointments to Hostels and retirement homes as well as Chaplaincy appointments in Prisons and Hospitals.

Ministry in South Africa brought a wealth of new experiences, challenges and blessings and some great stories to be shared!

Loving Bible Study, Barbara has a BA Hons in Theology and a Master of Theology in Biblical Studies. Barbara is also a Waterways Chaplain and a member of the Christian Motorcyclists Association.

First impressions of Church of Christ the King Eastington

When I first visited the Church, I had no idea of what to expect. My only contact had been a brief Zoom chat with Ken and Beck and I was looking forward to seeing what the Church was like on Sundays.

Well, I was totally amazed, from the warm welcome that I received to the homely feel of the fellowship, I thoroughly enjoyed my first Sunday experience at Eastington.

I not only felt the love from the Church members but knew straight away that this was a place where Jesus is very present and where prayer is evident.

Ideas for the future.....

I love networking and am already getting to know the area of Eastington. I am hoping to get to know many people who live in the area and to meet with Christians from Stroudwater Team of Churches. I am in Eastington on Tuesdays as well as Sundays and look forward to seeing you all around as time goes by.

I love the Café Church Sundays (second Sunday in month) and hope to hold some special ones in the coming months – maybe an African themed Sunday and potentially a ‘Which Bible character are you’ Sunday.

I am excited to be part of the Youth Group on Friday evenings and looking forward to some challenges at the Pool table, some great cooking, and some meaningful moments as we walk our path together.

Eastington Baby and Toddler Group

The Baby and Toddler Group meetings were suspended towards the end of last year due to a combination of low numbers and Beck needing to be available to look after Ken who is ill. The situation is still under review and also needs to take into account the availability of the building. Beck can be contacted on 07511197265 rebecca.burgin@pikelock.com

Youth Club Update:

Youth Club continues to meet on Friday evenings at 7pm and, with our new minister joining the youth leadership team, we should be able to expand our activities and resume accepting new members.

Church Main Activities (please check the website for details and variations or call us)	
Baby & Toddler Group – <u>currently suspended</u>	Thursdays 10:00 – 11:30am
Prayer Meetings using Zoom: (see webpage for link)	Usually Tuesdays & Fridays 8:30 – 9:00am
Lunchtime Bible Study including a light lunch:	1:00 – 2:30pm usually Tuesdays at Pike Lock House
Youth Club (11-18):	Fridays 7:00 – 9:00pm
Sundays at 11am: Café Church (all ages together)	Sunday December 10th & January 14th
Morning Services (refreshments afterwards)	The other Sundays

If you’d like to know more; or you’d just like someone to talk to, give us a call. Barbara Lang can be contacted on 0757 040 1365 or Ken & Beck Burgin on 01453 827414 or 07511197265 or email: info@CoCtKE.org.uk

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A warm welcome is extended to everyone to come to our series of illustrated talks held in Frampton on Severn which we hope will be of interest to a variety of people; the talks cover both local topics of interest, more general subjects and sometimes a musical or other theme-based show.

The talks are normally on Friday evenings starting at 7.30pm in our Village Hall and are organised by Frampton on Severn Village Society, which raises funds for various village projects – please refer to the full programme and dates at the end of this article.

You do not need to be a member of the Society to attend talks. The cost is £4.00 per person, but entrance is cheaper for members and tea/coffee plus biscuits are provided for all! Should you be interested in becoming a member, please contact Kelvin Broad on 01452 740775 or kelvinsbroad@outlook.com

In September our last talk of 2023 was another given by Joy Greenwood who has lived in Frampton for some years and is a keen amateur botanist with much knowledge of our local flora.

Joy presented slides covering a wide range of hedgerows and many flowers accessible on walks around Townfield Lake and the along the River Severn, including information that oil seed rape nectar makes honey solid and of the many varieties of Willow trees, some barks can be used to produce aspirin.

The early Blackthorn and Hawthorn blossom is one of the most important for a huge number of insects (approx. 240 and 140 respectively) and there are very few true wild crab apple trees, most being hybrids with other apples; there are 5 varieties of Orchid within the area, the majority being the common spotted and there are Pyramidal Orchids on the Junction 13 M5 roundabout verges but please don't stop there!! Himalayan Balsam was introduced to the UK in 1839 to stately homes but has since spread everywhere along ditches and streams and is now a notifiable weed!

Along the Severn Estuary are very specialised and somewhat rarer plants that can retain fresh water but tolerate salt water cover at times – many have waxy leaves to resist water transfer via osmosis. Most of the estuary fields are protected areas with no public access as certain species are very rare nationally or only occur here. Motorway verges sometimes support estuary species – they are resistant to salt spreading in frosty weather!

On 2nd December our annual Christmas event was held which, this time, took the form of an American Supper where each attendee brought along a dish – a new venture for us but one which proved very successful. We were entertained between courses by students from the Gloucester Academy of Music who gave the evening a true Christmas feel – yes, with Caroles included. The quality of playing from such young musicians was amazing and the indications were clearly there for a future in music. A big thank-you was expressed to Caroline Lumsden for bringing the group along and for her wonderful tutoring. A lot of positive feedback was received following the supper with the outstanding quality of the food being at the forefront. It looks like this could be the way forward for next year and, with lessons learned, could be even better!



2024 programme of talks for your diary:

26th January The Snow Widows Katherine McInnes

23rd February Paralysed with fear: the story of Polio Prof. Gareth Williams

22nd March Garden visiting – a very British tradition Margie Hoffnung

26th April From Air Cadet to Tornado pilot Jim Ball

24th May Lost railways in Gloucestershire David Aldred

21st June Nature along the Stroudwater Canal Anna Tarbet & John Newton

9th August Visit to Rodmarton Manor and Gardens

27th September Golden age of British comics, 1950-1975 John Reid

25th October AGM & Bill Wood memorial presentation

**22nd November Gloucestershire's maritime history in the Edwardian years
Tony Conder**

7th December Christmas Social Supper.

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Kids Stuff

A Valentine Wordsearch

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q	a	q	v	b	u	v	v	l	w
b	r	l	l	x	o	g	x	o	q
v	d	h	e	a	r	t	o	w	z
c	x	o	l	n	b	x	q	e	b
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e	q	z	r	o	m	a	n	c	e

Valentine heart kiss card flowers love
romance hug cupid

Did you know?

1. Valentine’s Day is over 1,500 years old.
2. The festival only became popular as a celebration of love in the 14th century, around 600 years ago.
3. King Henry VIII of England declared 14th February a holiday in 1537.
4. In Japan, it’s tradition for women to give handmade chocolate gifts on Valentine’s Day
5. In Finland, Valentine’s Day is called Ystävänäpäivä, which translates into ‘Friendship day’. It’s all about celebrating your friends rather than your partner.

Valentine Biscuits

- 180 grams Unsalted Butter (room temperature)
- 1 Medium Egg
- ¼ teaspoon Mixed Spice (ground)
- 200 grams Icing Sugar (sifted)
- 25 millilitres Water

- 180 grams Caster Sugar
- 360 grams Plain Flour
- ½ teaspoon Vanilla Extract
- 1 ½ teaspoons Lemon Juice
- Sprinkles

Add the butter and sugar to a large mixing bowl. Beat with an electric mixer, or take it in turns with the kids to cream the butter and sugar together with a wooden spoon until pale and fluffy.

Beat in the egg, followed by the flour, mixed spice, pinch of salt and vanilla. Bring together with your hands to form a ball of biscuit dough. Wrap the dough in cling film and chill in the fridge for one hour.

Preheat the oven to 180°C/160°C fan/Gas Mark 4. Line two baking trays with baking paper.

Remove the dough from the fridge, and roll out onto a floured surface until the dough is about 0.5cm thick. Use a medium-sized heart-shaped cutter to cut biscuits out of the dough. Bring any off-cuts of dough together into a ball, then roll them out again and cut out more hearts (this recipe should make around 20 biscuits).

Bake for 10-12 minutes, or until lightly golden. Remove from the oven and cool on their trays for 10 minutes before transferring to a wire rack to cool completely. Add the icing sugar, lemon juice and water to a large mixing bowl and whisk together until you have a smooth icing.

Divide the icing between bowls and add a drop or two of gel food colour to each bowl, keeping one white if desired. Once the biscuits are completely cool, spread the icing over the top with the back of a teaspoon. Sprinkle!





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Hollies

ECN REPORTS - What's Happening at the Kings Head?

Chris Greville Heygate Interviewed by ECN

Chris has owned the Kings Head for a year or so but, with other projects at Eastington Park wedding venue and working out the best plan for the Kings Head, only now has he (and his wife Lucy) been able to tackle this properly.....



ECN: Well Chris, everybody wants to know what you are doing and when you will be re-opening – can't see much change here from the roadside?

Chris: Indeed! We will soon be re-opening what was known previously as The Kings Head, but as a Coffee House with bedrooms. With a change of direction of the business, a change of name was also needed...*The Lazy Goose*! We've been working on the interior for a little while, from decorating and new boilers and systems, to designing and making the new coffee house itself.

As with all wonderfully old buildings like this, refurbishing them always throw up lots of challenges and plenty of cans of worms! Changes to the exterior will be happening very soon though. The bedrooms upstairs are now completely finished though so do come and have a look.

ECN: Wow, these bedrooms are very smart, to be fair. So, 7 bedrooms means a going concern?

Chris: After 10 years' regular use, they were a bit tired and in need of some modernisation, but yes, we want to make sure that this is a premium offering to attract visitors to stay within our village. Overnight guests' breakfast will be served in The Coffee House, but not evening meals - The Badger does too good a job already!

ECN: Aha! the first clue – so what are the exact plans for downstairs?

Chris: We want to provide a day-time café-style venue in the heart of the village, with lots of comfortable seating and a friendly welcome. Offering high quality coffee and teas, as well as pastries, cakes and some delicious savoury items too! We will be open from 8am to 4pm, 7 days a week!

ECN: I can see that being handy, will it still be licenced and will you do hot food?

Chris: Licenced yes, but in a continental café sense, rather than another village pub – so we will have some local bottled beers and of course some Prosecco! Over time we hope to be able to offer a further selection of food, but this will be decided once we have a better idea of what people want and how the business is running further down the line. But to start with a lovely selection of baked and savory items.

ECN: Aha again – you said “start”! What's your launch plan looking like?

Chris: We will of course be updating everyone on 'Love Eastington' very soon, but we'll be opening our doors on **Thursday 22nd February!**

ECN: Seeing the work in progress, you are looking good for that target. ECN would like to follow up in the next edition with photos of your successful launch. Best of luck!

ROTARY in the SEVERN VALE

As the wet winter weather continues I'm pleased to confirm our regular breakfasts and ongoing community activities and social events have not been spoiled.

Early November our speaker at breakfast was Alan Jones - 'Learning the Piano', although it turned out to be slightly more than that. He gave a potted history of his life and love of music, starting with the almost obligatory six years of weekly piano lessons and apparently not getting very far.

His downfall was Hank Marvin, Chuck Berry and Burt Weedon's 'Play in a Day' teaching guide. A succession of electric guitars followed, culminating in a collection including the ultimate red Fender Stratocaster.

With the passing of time the fingers and thumbs becoming less articulated Alan returned to the piano, progressing to an electric organ. Lockdown allowed him the time to practice for hours on end, picking out chords and playing confidently with both hands - those six years of lessons in earlier life were not in vain !

Our next breakfast speaker was Mike Naylor on the north Oxfordshire village of Wroxton. This is where Mike spent his formative years, moving there with his family at the age of 5. He painted a picture of times gone by, living in a cottage on a country estate owned mostly by Trinity College Oxford. Thatched cottages with no indoor facilities and a schoolroom for 30 children gave an almost 'Lark Rise' image. Its claim to fame is as the home and burial place of Lord Frederick North. Having lost the American colonies he was reputed to be 'Britain's worst ever Prime Minister' . . . until recent times perhaps.

As he grew up Mike became interested in the work of the land charity agent, who happened to be driving a rather nice sports car and decided this was the career for him. He found work as an articled clerk in Banbury, and in due course with further study gained his qualifications for RICS. And the rest is history...

The following meeting saw three guests, District Governor Anne Bartholomew accompanied by Gwynne Tucker Brown from RC of Cheltenham North and a former Severn Vale member Graham Littleton.

The speaker was Sarah Dunning, CEO of the Westmorland Group. A family business started in 1972 from a farm in Cumbria which runs the unique motorway service areas at Cairn Lodge, Tebay and Gloucester. These are based on a no franchise model using their own kitchens and farm shops. Opened in 2015, the Gloucester operation has 130 producers within 30 miles of the site, and employs around 500 people. Around 50 are from the Bridging the Gap programme which supports the long term unemployed back into work. 3p in every £1 of non fuel sales - over £600,000 pa - is donated to Gloucestershire Gateway Trust, which funds sustainable community projects through local partnerships. A particularly interesting presentation.

The last meeting of 2023 was for our Christmas breakfast - Bucks Fizz on arrival, the usual full English breakfast plus smoked salmon, Christmas cake, mince pies and pastries. No-one left wanting more. A fair sprinkling of Christmas jumpers and chicken headwear added to the occasion

Entertainment was in house: Rob Toseland read two amusing festive poems. This was followed by Helen Wuscher who read a very moving self penned piece about her father as a 9 year old boy in Germany on Christmas Eve in 1944. His wish was for nothing more than peace . . . just as relevant in our world today.

The session ended with Geoff Smith reading a piece based on the Twelve Days of Christmas. A young lady was the recipient of the ever growing list of presents from her lover. The changing tone in her daily 'thank you' letters from deep affection to despair and mental breakdown was very funny, with the final letter being sent by her solicitor.

Community Service and Fundraising continued for us with traditional Christmas Float playing Christmas music and raising funds for local causes while entertaining children in the local villages As, of course, are those for our social gatherings with family and friends –

Race Night at The Anchor a Epney our popular Quiz and Curry evening Friday 1st March.

Why not come and join us ?

If you'd like to come along to one of our breakfast meetings on first and third Tuesday of the month at The Whitminster Inn at 07.15, please visit www.severnvalerotary.org.uk or contact keith.rog@hotmail.com

Meanwhile

***. . . . very best wishes for a HAPPY NEW YEAR and all you wish for in 2024
from the members of Severn Vale Rotary***





**Women's clothing,
homeware & gifts**

@orangefrogwhitminster



**Gentlemen's barber -
walk ins welcome**



@whitminsterbarbers



**Hand stretched, wood fired
takeaway pizza.**



@joe'spizzakitchen



**Takeaway burgers, kebabs,
fries and sides**



@hanbaobao.uk

Hairworks



**Women's hair salon,
book via booksy or call in.**

@hairworks

All based in Whitminster with free parking at the Whitminster Inn
GL2 7NY



I've built up a bit of debt and I am panicking. Even though I cut back, my spending has gone up and what I have coming in just doesn't stretch as far as it used to. What can I do?

The first step is to **collect all the information you have about your debts**, this might include contracts, bills and statements.

Next, make a list of your debts and write down the details of each. This could include who you owe money to, when you first missed a payment, and how much you now owe. You'll also need to make a note of your account or reference number and what steps the person or company has taken to get the money back, eg. sending you letters.

If you are behind on household bills, prioritise paying your rent or mortgage, plus energy bills and Council Tax first. Not paying these bills has the most serious consequences. You should speak to the person or company you owe money to, to see if there are any manageable steps you can take to start reducing your debt.

Once you've got these debts under control, you should look at any other debts like credit card or store card debts, payday loans or missed Buy Now Pay Later payments.

You can find further advice on dealing with debts, as well as support for energy and living costs, and possible benefit entitlement, on the Citizens Advice website – www.citizensadvice.org.uk

There is also emergency support that you may be able to access, such as a food bank or fuel vouchers.

If you cannot access the website or need further help you can contact Citizens Advice Stroud and Cotswold Districts on 0808 800 0510 or 0808 800 0511 Monday to Thursday, or Email us using the form on our website (www.citizensadvice-stroudandcotswold.org.uk).



Proud to Sponsor

The 33rd Eastington Spring Show

Saturday 23rd March 2024 at 1:30pm - 3:00pm

Eastington Village Hall Admission 20p

RULES

(1) The hall will be open to exhibitors from 9am on the morning of the show. All exhibits must be staged by 11am at which time all exhibitors must leave the hall.

Presentation of trophies at 3:00pm - no exhibit to be removed before 3:00 pm.

(2) Exhibitors cards corresponding to the entries will be handed to exhibitors by the show secretary and exhibitors will be responsible for the proper placing of their cards with their exhibits. An exhibitor may only enter one exhibit per class. Each exhibitor using separate entry forms.

(3) Exhibitors must provide their own bowls, vases etc for display of their exhibit. All exhibits entered must be staged.

(4) The judges may modify or withhold any award if the exhibits do not merit the prizes offered.

(5) Any unfair means to obtain a prize will forfeit all claims to prizes.

(6) The judge's decision is final.

(7) The committee cannot accept any responsibility for loss or damage to any exhibit or accessories to an exhibit. It reserves the right to move any exhibit to assist display.

OPEN TO RESIDENTS AND MEMBERS OF ORGANISATIONS IN THE PARISH OF EASTINGTON.

CLASSES FOR EVERYONE , PLEASE PARTICIPATE AND MAKE THE EVENT A SUCCESS.

ENTRY FORM on back page

**Or from the show secretary, Eastington Post Office, The Badger, Broomhalls
or email tevfs@outlook.com**

Entry forms together with entry fees, 20p each class to the show secretary or handed to any committee member on the morning of the show.

CLOSING DATE FOR ENTRIES is 11am on 23rd March 2024

Many Thanks to our Sponsors

Borders Lawns and Trees Garden Maintenance

07733 454846

Mother Goose childcare at Eastington Primary School

07854 165418

The family of the late Mr Ellis

Ley Bistro Frampton 01452 740077

PRESIDENT:

Lt. Cdr. W. R. Harris

CHAIRPERSON:

Mr D Haines

TREASURER:

Mr C Jones

SECRETARY:

Mr D Haines Tel: 07733 454846

COMMITTEE:

Mrs Q Jones Mr C Jones
Mr D Haines Mrs E Haines

AWARDS:

1st - £1

2nd - 50p

3rd - 25p

POINTS:

3

2

1

IN THE EVENT OF A TIE, TROPHIES WILL BE AWARDED TO THE PERSON OBTAINING THE HIGHEST NUMBER OF FIRSTS

Prize money to be collected on the day of the show.

Schedule of Classes

<p>SECTION (1) POT OR BOWL FLOWERING BULBS sponsored by Borders Lawns and Trees garden maintenance.</p> <p>(1) Massed daffodils. Any number of bulbs. (2) Trumpet daffodils. 5 bulbs. (3) Narcissi, short or medium cup. 5 bulbs. (4) Hyacinth, 3 bulbs. (5) Hyacinth, 1 bulb. (6) Tulip, 5 bulbs. (7) Any other flowering bulbs (Any number). (8) Amaryllis.</p>	<p>SECTION (2) CUT BLOOMS (OWN FOLIAGE) Bert Johns Trophy</p> <p>(9) 5 large trumpet daffodils (one variety). (10) 5 double daffodils (one variety). (11) 5 narcissi (short cup). One bloom per stem, 1 variety. (12) Vase mixed daffodils and narcissi. (13) 5 tulips (any variety). (14) 5 Narcissi (polyanthus type/bunch flowered). (15) 5 blooms, any other bulb or corm. Not double daffodils. (16) Vase polyanthus, 5 stems. (17) Vase or bowl primroses, 8 stems. (18) Vase or bowl wild primroses, 8 stems.</p>
<p>SECTION (3) POT PLANTS John Ellis Memorial Trophy</p> <p>(19) 1 pot flowering cactus. (20) 1 cyclamen in bloom. (21) 1 azalea in bloom. (22) 1 polyanthus in pot. (23) Collection of polyanthus, 5 - mixed. (24) Primrose in a pot. (25) Collection of 5 mixed Violas.. (26) Collection of 5 mixed primroses. (27) Collection of 5 mixed pansies. (28) 1 pansy in pot. (29) 1 foliage plant. (29A) Any other pot plant in bloom.</p>	<p>SECTION (4) CHILDRENS' CLASSES Sponsored by Mother goose.</p> <p>Name and age on back of all exhibits please.</p> <p>(30) Painting of your favourite T.V. character. Up to 12 years. (31) Bowl or dish with floating flower heads in. Up to 12 years. (32) 2 Decorated Easter Biscuits (33) Decorate a Boiled Egg (34) A Lego/Knex model of your choice</p>
<p>SECTION (5) COOKERY Sponsored by Ley Bistro Frampton</p> <p>(35) 4 Easter biscuits (36) 4 pieces of shortbread (37) 4 Fairy cakes-plain with a cherry on top (38) 4 Rock cakes (39) 4 Hot cross buns (40) Quiche Lorraine 6-7" diameter (41) 4 Chocolate brownies (42) Decorated chocolate cake-judging will be based on taste and presentation.</p>	<p>SECTION (6) ADULTS ARTS AND CRAFTS</p> <p>(43) Spring themed painting or drawing. (44) Spring themed cross stitch. (45) Photograph taken in Eastington. (46) Any other arts and crafts.</p>
<p>SECTION (7) TROPHY FOR MOST POINTS IN SHOW Sponsored by Mrs. Q Jones</p>	<p>SECTION (8) BEST IN SHOW Sponsored by The Badger 01453 822892</p>

Spring Flower Show Entry Form

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CLASS NUMBER	CLASS NUMBER	CLASS NUMBER
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I HEREBY CERTIFY that all the articles referred to have been produced by me in my own garden or allotment, or made by me.

Exhibitors Name:

Address:

.....

Contact number/email:

Total remittance:

THE COMMITTEE THANK YOU FOR YOUR SUPPORT

Read the schedule carefully and be sure that you enter the correct number of specimens/items in each class.

Enter as many classes as you wish 20 p each entry

Entry forms together with entry fees, may be handed to any committee member on or before the morning of the show.