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September 2023

Eastcombe, Bussage & Brownshill Newsletter

Welcome to the September issue of the newsletter. To receive a digital copy FREE every month, contact eastcombebambnews@gmail.com. You can also read the newsletter online at www.chalford-glos.gov.uk/Newsletters_34865.aspx & www.bisley-with-lypiatt.gov.uk/eastcombe/.

Printed copies 60p from **Eastcombe Stores & Post Office, Frith Community Café & Chalford Parish Centre**. The newsletter is also available to customers of **Head First & The Lamb Inn**.

Please send items for the October issue to eastcombenewsletter@btinternet.com by **20th September**.



RAIN, WINE & WALKING!

Despite this year's dismal weather, the Eastcombe Wine Walk proved another huge success. Undeterred by the rain, 100 guests enjoyed a variety of wines under gazebos, parasols, pergolas, in kitchens and even in a garage! Hosts excelled themselves with flags of the countries, country-themed (and delicious) nibbles, with some hosts even dressed in the outfit of their country.

As in past years, this popular community event was a great chance to catch up with neighbours and friends and to meet new people. Many thanks to the hosts and their helpers, to Peter Westley for his fantastic posters and to all who braved the weather and joined in.

In answer to someone's question - unfortunately, the EVG won't be offering a MULLED wine walk at Christmas—you'll have to wait until next summer!



PLEASE SUPPORT OUR SHOW!

Hilltop Gardening Club

Autumn Show

EASTCOMBE VILLAGE HALL

Sat. 9th September '23

Opens 2.30pm

General admission £1
Free for exhibitors & Children

Entry Forms & Schedules available from
Eastcombe Stores, The Lamb Inn, Head First
Hair & Beauty Salon, Stancombe Beech Farm
Shop, Chalford Parish Office,
Or download from the HGC website
www.hilltopgardeningclub.org.uk

***Special Prizes for Class 32 Themed Floral Arrangement**
& Peoples Choice Award

Presentation of Trophies at 3.30pm

Tea & Cakes available

Enquiries: Jane Randall 01453 885794
or Jenny Exley 01452 770803

ELECTORAL CHANGE ON THE HILLTOP: BISLEY PARISH LEAVES STROUD CONSTITUENCY

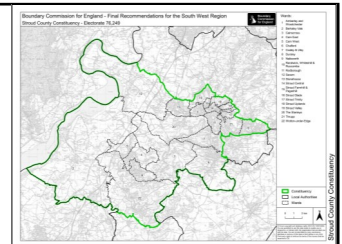
The Boundary Commission's electoral constituency review has been published, with Bisley-with-Lypiatt parish moving from Stroud constituency to the North Cotswolds constituency. Chalford remains in the Stroud constituency, meaning that Eastcombe, Bussage and Oakridge will have a different MP to Bussage, Brownshill, Chalford and France Lynch from the next General Election onwards, although both parishes will continue to receive local services from Stroud.

WHY? The Boundary Commission was tasked with redrawing the electoral map to ensure that each constituency has roughly the same number of electors, within the range 69,724 and 77,062. Of the 55 South West constituencies, 7 had too few electors per MP and 25 had too many. Gloucestershire's total electorate of 483,442 gives a mathematical entitlement to 6.59 constituencies - too large for 6 and not enough for 7, so there was a need to form a sub-region with another county or unitary authority.

WHO & WHERE? Stroud constituency will be formed of 22 wards, including Chalford, Dursley, Nailsworth, Rodborough, Stonehouse, The Stanleys, Thrupp and Wotton-under-Edge, making a total electorate of 77,249. Bisley-with-Lypiatt, Hardwicke, Minchinhampton and Painswick and Upton will move from Stroud to the North Cotswold constituency to join Stow on the Wold, Northleach and Chipping Campden, making a total electorate of 70,915. The number of constituencies in England will rise from 533 to 543 overall.

Read the report [here](#). For the constituency maps, visit [Stroud constituency](#) or [North Cotswolds constituency](#)

According to the BC, the recommendations are 'the culmination of 2 years of hard work.' Many factors had to be considered, including geography, local ties and local views. 60,000 representations were received in total, including from political parties, but the final recommendations reportedly take no regard of political advantage or disadvantage. Future boundary reviews will take place every 8 years (instead of every 5 years), so the new boundaries will stand until at least 2031.



APP TRIAL FOR REPORTING ANTI SOCIAL BEHAVIOUR BY COMMERCIAL VEHICLES



Are you fed up with commercial vehicles driving or parking inappropriately? Gloucestershire Constabulary is delivering a project called **Commercial Vehicle Watch**, part of the Department for Transport's National Roads Policing Review, designed to make roads safer and more efficient through the Gloucestershire Road Safety Partnership. Still in its early stages, the project is developing an App that will enable people to report commercial vehicle drivers who push the boundaries – and the force is calling on the public to help trial the technology over the next few months.

The Constabulary's Director of Specialist Operations, Superintendent Paul Keasey, says: *"We know there is a problem with this sort of anti-social behaviour but first we need to prove the concept of the App is right and for that we need the public's help."* Police and Crime Commissioner, Chris Nelson, added, *"There seems to be an App for almost everything so why not one to help prevent bad behaviour on the road? I hope the public will get behind it as their feedback will be invaluable."*

The App seeks to record issues such as:

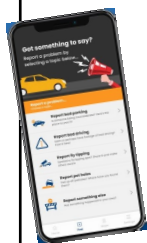
- Speeding.
- Inconsiderate parking (e.g. blocking pavements).
- Vehicles contravening height, width, or weight restrictions.
- Fly tipping
- Dangerous, careless or inconsiderate driving.

Paul Keasey explains: "By commercial vehicles, we mean lorries and vans who are clearly making deliveries or providing services. It's *not* about privately-owned vehicles. Also, people must understand that the purpose of this pilot is not to *resolve* issues raised at the time, but to understand the scale of community concerns and how effective the App is in passing information to the Road Safety Partnership. We can then then work with the County Council through the Road Safety Partnership on finding solutions.

Commercial Vehicle Watch is scheduled to run until December. To take part, you need to have a mobile phone, be willing to participate and to understand what the pilot is seeking to achieve.

The App is free from the App Store to anyone living in Gloucestershire: search for the [Community Matters App](#) with the Commercial Vehicle Watch logo (right). For more information about the app, click [here](#).

Data provided will be regularly reviewed by the Project Team to help pinpoint where resources are needed and understand whether communities are keen for the App to be expanded to cater for other road related issues.



DON'T GET MAD, GET REPORTING!

Concerned about a highways issue? Perplexed by a pothole? Visit www.gloucestershire.gov.uk/highways/roads/your-highways-report-it/ to report a range of highways issues, including potholes and signage issues.

NB: If an issue poses an immediate danger, call the emergency number: 08000 514 514. Emergencies include:

- An obstruction (e.g. a fallen tree)
- Traffic lights stuck on red
- Exposed power cables
- A pothole over 75mm deep

IMPORTANT: If reporting a pothole which has reappeared following a failed repair, SPECIFY THIS WHEN REPORTING. Failed repairs are charged to the contractor, allowing local council budgets to go that bit further.

GO GREENER!

HELP REDUCE TRAFFIC ON OUR ROADS:
WALK, CYCLE, CAR SHARE OR USE PUBLIC TRANSPORT INSTEAD.



You're not stuck in traffic
You are traffic

[Bisley,
Eastcombe
& Oakridge
Climate
Action
Network](#)



NEWS FROM ChalCAN: SEPTEMBER

Projects for the end of summer/autumn are scything and raking some of our green spaces, sowing wildflowers and planting a hedge and some trees. Do get in touch if you'd like to join us - it's good exercise, good company, and good fun! Please send an email to Gill at info@chalcan.org.uk for more information.

OTHER NEWS:

Veg/Fruit Collections: With garden veg plots and allotments flourishing, don't forget that you can help people struggling to get enough food. John Seex is collecting spare produce to contribute to local food hubs. If you have surplus veg and fruit, please contact John at plot 37X on Middle Hill or email him at johnseex43@gmail.com.

Access Monthly Bike Ride: The next ride takes place on Saturday 2nd September. Meet at the Long Table at Brimscombe Mill at 10am for a chat and a drink, before leaving at 10.30am to ride along the A419 into Stroud, finishing at the Electric Bike Shop at about 11am.

Repair Cafe: The next Stroud repair cafe will be held at the Trinity Rooms, Stroud, on Saturday 30th September from 11am – 2pm. Book in at <https://tinyurl.com/ycx8fyyp>

Stroud Valley's Project Event: A Short History of Rodborough Common, Sunday 3rd September 2023, 2.30pm – 4pm.

Using documentary evidence and the clues left on the land itself, the talk will cover more than a millennium of history, exploring how Rodborough has been shaped by local, national and international events, as well as by its non-human inhabitants.

Tickets: £7/adult; £3/child

To book, visit: <https://www.stroudvalleysproject.org/events/a-short-history-of-rodborough-common-1>

For more information about ChalCAN, visit our website: <https://chalcan.org.uk/>

ChalCAN



CHALFORD PARISH COUNCIL NEWS: SEPTEMBER 2023

Chalford Parish Centre, 50 Gerald's Way, Chalford, Stroud, GL6 8FJ;
01453 887204; info@chalford-glos.gov.uk www.chalford-glos.gov.uk [Facebook](#).



Chalfest! Once again, a huge thank you to the organisers of Chalfest for putting on such an enjoyable party on the hill! Despite the rain on Saturday it was a great event. We have given our permission for the event to go ahead in 2024 and general tickets are on sale via ticket fairy. Community tickets will go on sale in September, so keep an eye out as they sell out quickly! Our thanks also to Cllr Mayo who organised the Parish Council stand which raised £65 for local charity Erin's Wish, a charity devoted to raising funds for research and awareness into SUDEP - Sudden Unexplained Death in Epilepsy.

Walking is good for you A 2020 New Scientist article headed '*Why walking your way to better health isn't all about step counting*' tells us that an 'upbeat gait' (?) makes you cheerful; and looking down holding a smart phone slows you down and risks injury (!). More interestingly, wearing flat, minimalist shoes or walking barefoot is claimed to reduce stress on the knees, whilst a daily two hours of brisk walking like 'super-fit postal workers' is good for you. The message is clear: the more you walk, the better – and there's no need to count your steps.

To get you started, perhaps try the **Frithwood Surgery health walks?** The walks, led by Dr Crouch, restarted in April and it would be great to see more people enjoying the gentle route around Bussage. The walk finishes at the Parish Centre where you can enjoy a cup of tea or coffee and a biscuit or two! Not only is this a great chance to get a bit of exercise in the fresh air, it is also the perfect opportunity to meet new people. To join the walk, please meet at Frithwood Surgery at 2pm every other Wednesday, including **6th and 20th September**.

Grow your own! If you have been considering taking on an allotment plot, now is the perfect time to register your interest! The cost is reasonable with a half plot costing just £15.50. To find out more or register your interest, please contact Lucy@chalford-glos.gov.uk

Potholes! You may have noticed that some patching work has been carried out around the Parish over the last month, namely the top of Old Neighbourhood, The Frith and Toadsmoor Road, largely thanks to County Cllr Chloe Turner using her Highways Local Fund. Thank you to Chloe for her continued support which made this work possible.

You may have noticed that **Manor Chinese in Bussage** is under new management. The staff are working hard to ensure that customers are happy and food is cooked to your liking, so if you like Chinese food you may want to support this local business and give them a try.

Overgrown foliage at Tesco Express – We continue to receive concerns from residents about this problem and continue to liaise with SEP Properties (the management company for this area) about the overgrown foliage surrounding the car-park. They have given their assurance that work is scheduled to be carried out shortly by a local contractor.

We hope you are having an enjoyable summer despite the mixed weather we have been having.

Please contact us using the contact details above if you have any questions, concerns or suggestions.

BUSSAGE PRIMARY SCHOOL

The **Bussage Bear Hunt** is back on the **23rd and 24th September** (see poster on page 8). This year's theme is Alphabears. We are looking forward to welcoming the local community to Bussage throughout the weekend.



Staff Updates:

Mrs West, a Teaching Assistant, is starting her own teacher training this month and we are very lucky that she will be doing the majority of it here with us at Bussage. We are also welcoming Mrs Underhay, who will be joining us two days a week teaching Year 1 and Year 2, although she is not entirely new to our school as she has been doing supply and intervention work with us for some time.

We are also delighted that Mrs Howe is increasing her days with us and moving into the Junior section of the school. She will also be acting as Assistant Head on a Thursday and Friday.

OTHER NEWS:

We will have **Open Days on Monday 16th October, Wednesday 15th November and Tuesday 5th December at 9.30am**. If you are new to the area or have a child who will be starting school soon, we would love to show you around our school.

If you are unable to make any of the dates above, please contact us on 01453 883 205.

EASTCOMBE PRIMARY SCHOOL: HUMPHREY RULES OK!

Eastcombe Primary School once again pulled out all the stops with its end of year production, when parents, family, staff and the local community



were treated to the hilarious *Ali Baba and the Bongo Bandits*. Performed over two nights at Thomas Keble School, this timeless tale was given a musical comedic twist with jaunty songs and witty jokes, keeping the audience toe-tapping and laughing throughout.

Year 6 confidently took the lead roles, magnificently supported by the rest of the school who sang and performed with gusto. Magic and a real sense of Old Baghdad was brought to the stage through the incredible scenery and props, as well as the creative and colourful costumes. However, it was 'Humphrey' – the indomitable camel – who stole the show.

Head Teacher, Mrs Claire Jones, thanked all those involved, particularly the children for their enthusiasm and energy.

For more information about the school, visit www.eastcombe.gloucs.sch.uk/, email admin@eastcombe.gloucs.sch.uk or call 01452 770227

Eastcombe Baptist Church

A service is held every Sunday morning, at 10:30am, at the church in Dr Crouch's Road, Eastcombe.

EASTCOMBE VILLAGE GROUP

The **Wine Walk** on Sunday 30 July was a great success, despite the weather! Most people visited most, if not all, of the 5 venues and all had a great time. We also raised over £350 for EVG funds from ticket and wine sales.

Thank you to our 5 hosts and their helpers: Eileen and Julian Horn-Smith, Jenny and Roy Exley, Kate and John Bridges, Anne and Vic Klinkosz and Faye and Peter Scott. Thanks also to Mike Eccott, who organised the wine and glasses.

If you could help to host a similar event in 2024, or would like to find out more about what's involved, please get in touch.

SAVE THE DATE!

- **Village Quiz & Ploughman's:** Eastcombe Village Hall, Saturday 25 November.
- **Christmas tree:** Watch this space for details of this year's lighting event.
- Plans are afoot for a traditional **Burns Celebration Dinner** in January 2024 at The Lamb Inn. Details to follow...
- **Next meeting: Monday 9 October, 7.30pm, Eastcombe village hall annex.**

If you have any suggestions for future events or would be willing to help, please contact me.

Peter Scott:

peterhscott@btinternet.com

St Michael's & All Angels, Bussage

Visitors are always welcome. Our services this month are:

- **Sept 10th: Holy Communion, 9.30am**
- **Sept 17th: Morning Prayer, 9.30am**
- **Sept 17th: Hilltop Cafe Church, Eastcombe Village Hall, 2.30pm (see poster on page 6)**
- **Sept 24th: Holy Communion, 9.30am**

On other Sundays there are services in different parts of the Benefice. For details visit www.bisleybenefice.org.uk or sign up to our mailing list: pewslipsbisley@hotmail.com.

For weddings, funerals & baptisms, contact Revd Sue Murray: vicar@bisleybenefice.org.uk

DISTRICT COUNCILLOR'S NOTES

New Parliamentary Constituency: Bisley, Eastcombe and Oakridge will move to a new North Cotswold Parliamentary Constituency from the next General Election, alongside Stow and Chipping Campden. Chalford Parish will remain in Stroud Constituency. See the Boundary Commission website for details. Local services, such as planning and recycling, will continue to come from SDC.

Stratford Park Leisure Centre is coming back under direct council control, after a number of years of management by a contracted firm. This will allow better services and better value for money. The Pulse leisure centre in Dursley has been successfully run this way for many years. Energy (and carbon) saving heat pumps, and more solar panels, will be installed at both sites and the Museum in the Park by local company Cotswold Energy Group. This will save an estimated 704 tonnes of carbon emissions every year, a key aim in the Council's 2030 Strategy to make the district carbon neutral by 2030. The work is funded by a £4.7million grant from the government's Public Sector Decarbonisation Scheme, to which the council added £700,000 of its own funds.

Interested in becoming a parish or district councillor? Come to SDC's 'Be a Councillor' event on Wednesday 6th September in the Council Chamber at Ebley Mill to learn more about the role and hear first hand experiences from current Councillors. There will be 2 sessions: Parish/Town Councillor at 6pm; District Councillor 7pm. To register, contact democratic.services@stroud.gov.uk with your name and which session(s) you are interested in attending. [More information here.](#)

Do contact me about anything District Council-related:

Martin Brown, Green Party District Councillor: 01452 770878 or cllr.martin.brown@stroud.gov.uk

EASTCOMBE WI:

Our President welcomed everyone to the meeting. We were saddened to hear of the death of a long-standing Member and friend, Sheila.

The business part of the meeting being swiftly over, we were entertained by Phil Collins, his partner Ali, and friend, Les. Their show was *"Fun with a G string"*. Playing ukuleles, and with a member 'helping' after 10 seconds of instructions, they played songs old and new. From Bring Me Sunshine to Jambalaya, through Frere Jaques with Members singing it as a round, we enjoyed every minute. The Hula dance was the star of the show. Thank you Mary B, Pat, Sue and Beryl. The trio were thanked by Mary.

Eastcombe WI are a friendly group of women who enjoy friendships, good speakers and outings. Most meetings are open to visitors for a small fee. New members are always welcome.

Meetings take place on the 3rd Tuesday of the month at 7.15pm at Eastcombe Village Hall, and usually include some form of entertainment.

For more information please contact the Secretary, Glenys Sharpe, on 01453 886298.



STAND FOR WHAT YOU BELIEVE IN

'Be a Councillor' Event

Wednesday 6 September 2023



You don't need to belong to a political party to stand for election, and you don't need to have any formal qualifications. We hope to encourage people from different backgrounds and with a broad range of views to stand for election.

To register your interest please email democratic.services@stroud.gov.uk or call 01453 766321 for more information.

Do you have an interest in your local community and want to make a difference to residents in the Stroud District by standing as a Councillor?

- Find out how to stand as a councillor
- Hear first hand from current councillors
- Find out how you can make a difference in your local communities

Parish/Town Councillor 6pm start

District Councillor 7pm start

The Council Chamber, Stroud District Council, Ebley Mill, Stroud, GL5 4UB







SCHOOL, SUCCESS—AND SLEEP!

As a new school year begins, many parents will be asking themselves how they can help their child do well at school. Local teacher, Kate, makes a few suggestions...



'All parents want their children to do well and be happy at school. But good progress can have its roots in home routine!

Sleep: We know that enough sleep is important, but for children it's vital. There is a proven link between school attendance, health and sleep: children who regularly go to bed late are more likely to contract infection, recover more slowly and find it harder to concentrate. Bedtime is a habit, and we get used to going to bed at a certain time, but if your child is often grumpy, lacking motivation or finding it hard to get up, earlier bedtimes might help. Sleep deprivation is also cumulative - going to bed an hour late every night adds up to a full night's sleep lost over a week. Worth bearing in mind!

Family help: No, we're not talking about the dreaded 'helicopter parenting' (hovering over a child, constantly checking up) but children do need home support with schoolwork if they are to do their best. Parents are a child's earliest and most effective teachers - partly as they spend the most time with them. Checking that your child is reading regularly (try handing them a book rather than a phone to keep them occupied), doing homework and remembering their PE kit will all help - as will taking an active interest in *what* they're learning.

Food & Drink: What your child eats and drinks (and when) can make a massive difference to their concentration levels. Breakfast is important, preferably slow release carbs that will keep your child going until break (although they'd probably much rather have Coco Pops!) and fluid is vital - just 1% dehydration means a 5% reduction in concentration. Vitamins and minerals are also important, especially iron - many children are anaemic, making them lethargic and uncooperative; if your child is habitually grumpy and lacking energy, perhaps try some child-friendly multi vitamin and iron tablets, such as Hali-borange. Some parents find that it makes all the difference!

Attendance: Studies show that children with a good attendance record make the best progress. Learning builds on learning, so missing school can mean missing important building blocks, making it harder to learn. Of course, an ill child should stay at home until they're recovered, but try to avoid unnecessary absences, e.g. appointments that could be made after school, or a trip that could be taken in the school holidays.

Extra help: If your child is having trouble making progress in a full-sized class, tutoring may help. Tutoring allows a child to work at their own pace, ask questions and have concepts explained 1:1. Such support nearly always boosts progress (and confidence) but it's important to remember that tutoring is not a magic wand - and it means your child doing extra work if it is to be effective. Family input is also important - don't leave it all to a tutor who only sees your child for an hour a week!

Of course, we all can only do our best! Good luck and have a lovely academic year.



FRIENDS OF FRITH WOOD



Frith Wood has seen a lot of big branches come down recently, due to squirrels chewing them. Over time they weaken and when it's wet and windy they are likely to fall. This is one of the many pressures on this historic and much loved wood.

The Friends of Frith Wood have produced a new video explaining why doing nothing isn't an option, if we want the wood to have a future. Click here to watch: www.youtube.com/watch?v=trn3OS4WJQ4

or visit www.frithwoodfriends.org.uk

ALL ABOUT ELDERBERRIES...

Elderberries are ripe from around August to October. Packed with antioxidants and vitamins, they can boost your immune system and reduce inflammation, and some believe that elderberries can also help prevent and ease cold and flu symptoms.

Elderberries are considered dangerous to eat raw or undercooked, but their flavour reduces when cooked. Try adding them to chutney, pickles, ketchups, sauces or jams that will be long-cooked, but beware that too many can add bitterness. Counteract this with sweet spices, including cinnamon and nutmeg. Elderberries can be used to make a spiced red wine - with aging, it can taste like a very good Rhone or Burgundy red. Or try this [Elderberry & almond pie](#)

As with all foraged products, pick only undamaged, plump, well-coloured berries, using rubber gloves and sealable containers because the juice stains badly. Remove all trace of green stalks. Elderberries are best used quickly but if they do need to be stored, refrigeration is recommended.



BisCAN



Bisley, Eastcombe & Oakridge Climate Action Network

NATURE-FRIENDLY OPEN GARDENS & ALLOTMENTS

September 17th 2-5pm

Visit wildlife-friendly gardens and allotments and see what your neighbours are doing to help nature in our area!

Bisley:

- Chestergate Allotments: lots of plots, lots of ideas! **Car parking.**
- Parlour Farm House, Stroud Road: Organic, no-dig veg. and flower garden; scythed paddocks; rough parts. **Refreshments.**
- Westholme, Back Lane: Garden for sharing with wildlife and people.
- Overcourt, School Road/Back Lane: Glorious garden!
- Church House, Church Hill: Fruit trees, small meadow, raised beds and flower beds.

Eastcombe:

- Fairview Cottage, The Green: Ponds, green (sedum) roof.
- Hawkley Cottage, Fidges Lane (far end): Prairie style planting, composting, cut flowers & fruit, composting loo. **Car parking.**

If you would like your garden or allotment to be included, please email bisleyeastcombeoakridgecan@gmail.com or call Martin 01452 770878

SCREEN ON THE GREEN

presents

WHAT'S LOVE GOT TO DO WITH IT?

Director: Shekhar Kapur

**Starring: Lily James
Shazad Latif
Shabana Azmi**

How do you find lasting love in today's world?



Venue: Eastcombe Village Hall

Date: Saturday 16th September

**Time: Doors open 7pm,
Film starts 7.30pm**

Admission: £4 per person

Ice Creams £2 each

All welcome!



THE STATION AGENT

Wednesday 27th September
Chalford Hill Primary School
Doors open 7:15pm,
Film starts 8pm
Tickets £4 on arrival

Enjoy social time, with wine, beer, ice cream, popcorn, cosy blankets, candlelight and our monthly film screening.

For news, visit us on [Facebook](#) or look out for posters.

FRANCE LYNCH WI

Has evolved to meet the needs of local women for the past 91 years. We invite new members to take us to our next stage.

Could this be **YOU** ?

OPEN EVENING

WEDNESDAY 20 SEPTEMBER

from 7.30pm

France Lynch Church Rooms

Do come along to find out what we do and the opportunities we offer.

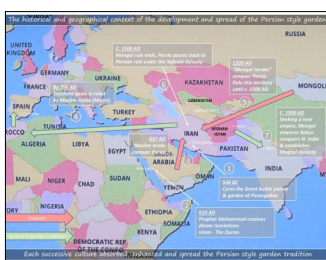
Make **France Lynch WI** work for **you**.



+ Prosecco & Nibbles+

HILLTOP GARDENING CLUB HAPPENINGS...

Our first meeting indoors since early June was a brilliant talk by a talented photographer, Adrian James, who tours the world taking garden photographs. Several visitors shared the enthralling tour of paradise gardens, centring on Persian gardens ('Persian' translates as 'paradise').



First established in Iran in the Middle East in 546 BC, the concept of paradise gardens carried to Morocco, then Spain, and later India. As major empire leaders fought for new territory, places of shade, water and calm were emblematic of the paradise garden. The key elements were channels of water (or footpaths), usually set out in the form of a cross. These

were fed by qanats, which carry water from the mountains.

Fountains and waterfalls (chador or 'veil of water') abound to deflect and mirror the light, improve air quality and provide soothing sound. Trees, providing shade and seating, are an important element, where people meet and talk. Green was the essential colour, with flowers not a part of the beauty. Wind towers provided air cooling for courtyards and palaces.



The palace of Pasargadae, in Iran, set in desert with high mountains behind, dates from 546 BC and has its irrigation system still in place. The city of Persepolis in southern Iran, also had practical irrigation channels or paths set in a cross formation, subdivided into further divisions of four. The Koran speaks of paradise gardens with four rivers of water, milk, honey and wine, shutting out the harsh desert. The 16th century Bagh-i shahzadeh, in Isfahan, has '40' columns on a pavilion, 20 of these were reflections in the long pool.

With so many incredibly beautiful images, it is impossible to share all the places to which we were carried, including Cordoba, the Alhambra and Kashmir. To complete the picture of their global influence, Adrian showed English gardens with Persian influence at their heart including our local Sezincote!

OPEN GARDEN at Monica and Jim Ridge's house: Despite Monica's concern that her garden did not match up to those we had seen on Adrian's images, a good show of members came to enjoy a chat and a walk in their garden. Very English with lots of colour, enviable vegetables, tea and scrumptious cake!

NEXT MEETING: 5 September: Alun and Jill Whitehead present *An Autumnal Romp - a Seasonal Look at Gardens and Art.* 7.15pm for 7.30pm start, Eastcombe Village Hall. Non members welcome. £3 entry.

The HGC Autumn Show takes place on Saturday 9th September, 2.30pm at Eastcombe Village Hall.

Schedules and entry forms from Eastcombe Stores, The Lamb Inn, Head First, The Ram Inn, Chalford Parish Office, Stancombe Beech Farm Shop and www.hilltopgardeningclub.org.uk Free entry to show for exhibitors. All abilities welcomed.

Jenny Exley, Programme Secretary



HILLTOP CAFÉ CHURCH

Christian worship for those of all faiths and none.

Sunday 17th September

2.30pm

EASTCOMBE VILLAGE HALL

Future Dates:
 Sunday 15th October

BROUGHT TO YOU BY THE PARISH OF BUSSAGE AND EASTCOMBE

Outdoor cafe vector created by upkyak - www.freepik.com

www.CirenScience.org.uk



Cirencester Science & Technology Society



Lecture Programme September 2023 – June 2024

September 13th 2023

Professor Sir Michael Berry FRS FRSE FRSA: Melville Wills Professor of Physics, Bristol
 Topic: *Chasing the Dragon: Moon Power and Tidal Bores*

Lectures are open to all. Annual subscription £15, or £3 per lecture. Students free. Unless otherwise stated, lectures take place at 7.30pm on the 2nd Wednesday of each month in the Sir Emrys Jones lecture theatre at the Royal Agricultural University, Cirencester. Tea, coffee and biscuits are served at 7pm and there is ample free parking.

Visit www.cirensience.org.uk for more details.

CAROL'S COOKERY CORNER: BLACKBERRY & APPLE CRUMBLE

With a seasonal theme, this recipe is very simple to make and serves 6. You will need a large ovenproof dish, roughly 30cm x 24cm and 7cm deep.

INGREDIENTS:

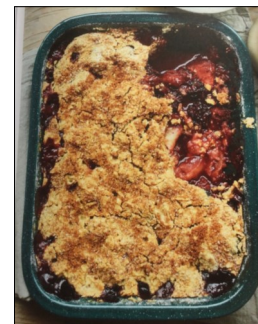
- 4 or 5 cooking apples, peeled and sliced
- 4 cups of blackberries, washed
- 130g softened butter
- 130g Demerara Sugar
- 260g flour (any type)

METHOD:

Pre-heat the oven to 180 degrees C/gas mark 4.

1. put the softened butter, sugar and flour into a food mixer and mix until blended with no lumps. You can also do this by hand, with a whisk.
2. Peel and slice the apples and lay them evenly in the baking dish until 3/4 full.
3. Sprinkle the blackberries over the mixture and turn with a spoon to mix.
4. Sprinkle the crumble topping evenly over the fruit.
5. Bake for 45-60 minutes until the apples are soft. Skewer with a knife to test.

Serve with cream, yogurt or custard. This dish freezes well for later.



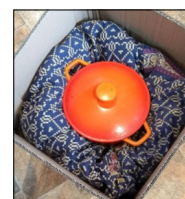
PASSIVE COOKERY

Fancy saving energy and cutting your fuel bills? Try a spot of passive cooking!

Articles on saving energy often compare conventional ovens, microwaves, air-fryers etc. but rarely talk about **Passive Cookery**. Passive Cookery uses the heat stored in water to cook food without energy input other than that used for the initial heating of the food to bring it to boiling point.

If you were in the scouts or girl guides in the 50's, you'll remember the 'hay box'; heating porridge then putting it in a box surrounded and covered with hay. In the morning the porridge was cooked and ready to eat!

Based on the same principle, a very simple passive cooker can be made with a cardboard box, an old duvet, a pillow and a cast iron casserole dish. Recently I made leek and potato soup: I sautéed leeks in the microwave, transferred them to a casserole dish, added a chopped potato, water and veg stock and brought it all to the boil. I nestled the casserole in a duvet, stuffed into a cardboard box, placing a pillow on top so that the casserole was completely covered. At lunch time I took out a delicious hot soup that only needed pureeing with a potato masher. The stock or water remains hot for up to 6 hours: no burning or overcooking.



Initially I used to take out food after two hours and bring it back to the boil, but now I don't bother, I know its ok. However, for food safety don't leave anything cooking longer than 6 hours. Food should be kept hot rather than lukewarm. For rice I put one measure of rice to two measures of water in a saucepan, bring to the boil and pour into a wide necked food thermos. I put the lid on and cover with a tea cosy (the lid of a thermos does lose heat) and an hour later I have hot, perfect rice. Repeat for potatoes or carrots and it's possible to cook a full meal using only 6 minutes of initial heat, costing about five pence. Potatoes and rice in a thermos are best left for no more than one hour.

I have also invested in a 'Thermos Shuttle': a saucepan which hangs in a thermos with a vacuum lid. It came from Japan and is easy to use. As well as soups, stews, casseroles and curries, I can now also make yoghurt using only three minutes of initial energy! If you have a smart meter, you will soon see the savings.

Happy cooking(!) from *The Frugal Cook*.

WHO'S WHO on the HILLTOP? We asked Emma Trinder, new Chair of Chalford Parish Council...

'I grew up on a farm just outside Bisley and, after leaving the High School in Stroud, I studied Town Planning (a relatively unknown career choice at that time!) at what was then Oxford Polytechnic before moving to London to work. Having said I would only live in London for five years, I ended up staying for nearly 30! I came back to visit regularly and eventually the lure of the countryside and desire to be closer to my Mum and other family and friends drew me back for good, and for the past two years I've lived in Bussage, together with my husband Duncan and our dog Margot.

I'm self-employed, advising developers and investors on commercial planning and property issues. I became a Parish Councillor last year and joined the Plans Assessment and Finance & Management Committees, which I thought would make best use of my skills. Earlier this year I was elected as the new Chair of the Parish Council, and I now have the pleasure of working with our Clerk, Kate Arnold, and her team and with a dedicated group of Councillors, who have all made me feel very welcome.

I feel very grateful to have this opportunity to help protect and shape the future of the Parish so that it can continue to be enjoyed by us all and by future generations. I'm really keen that the Parish Council engages with all parts of the community to ensure that we properly represent the people that live here. On that note, we have a few Councillor vacancies, so we'd love to hear from anyone who would like to join us!

We live in such a beautiful and friendly part of the Cotswolds and, when I'm not working, I like to spend as much time as possible enjoying the countryside, volunteering for the Wildlife Trust, walking the dog, running and gardening, or relaxing for a drink and a chat in one of our local pubs!



MICHAELMAS: 29th SEPTEMBER ...



Michaelmas Day is the feast of St Michael, archangel and patron saint of the sea and boatmen, of the police, and of horses and horsemen. He is celebrated as one of the principal angelic warriors, protector against the dark of the night, one who fights against Satan and his evil angels. Michaelmas is when the darker nights and colder days begin, when it was believed that negative forces were stronger and families required stronger defences.

Michaelmas is traditionally the last day of the harvest, marking the end of one season and the beginning of a new farming cycle. Harvest festivals celebrated the date, including in Eastcombe, as John Lane, an orphan fostered at Bismore in the 1930s, recalls in his book, *Fairbridge Kid*:

'The chapel's most spectacular day came when the annual harvest festival was celebrated. Year after year, through good seasons or bad, there was always a magnificent display of produce and grains offered for blessing.'

Michaelmas is one of the "quarter days" when servants were hired, rents due and leases begun: the 1919 Lypiatt estate catalogue records how Daniels Farm, (now Rodways Farm) was *'let to Mr. W. Summers on a yearly Michaelmas agreement at £4 per annum.'* Michaelmas is sometimes also called 'Goose Day,' reputedly because Queen Elizabeth I was eating goose when news of the defeat of the Armada came. Tenants seeking to delay payment of rent traditionally bought a goose for their landlord, and 'Goose Fairs' were held—Nottingham still holds a Goose Fair today, although geese no longer feature. The date was also a popular time for the winter night curfew to begin, with the church bell tolling at 9pm.

Michaelmas is associated with many customs and superstitions. Folklore holds that you should not eat blackberries after 29th September because the devil stamps (or spits) on them. This is because he was kicked out of heaven at Michaelmas, landing in a bramble bush. Other Michaelmas sayings relate to the weather:

'If St Michael brings many acorns, Christmas will cover the fields with snow.'

and

'A dark Michaelmas, a light Christmas.'

The Michaelmas Daisy, which flowers in late summer, provides colour in gardens when most flowers have faded—just as St Michael is traditionally a protector against darkness and evil, the daisy fights against the advancing gloom of autumn and winter. Giving a Michaelmas Daisy symbolises saying farewell, just as Michaelmas is seen as a farewell to the productive year.



ARE YOU INTERESTED IN LOCAL HISTORY?

COULD YOU WRITE A LOCAL HISTORY ARTICLE FOR A FUTURE NEWSLETTER?

You could write about:

- a local place you know well
- your family history
- the history of your house
- Anything else local or historical!

PLEASE SEND CONTRIBUTIONS TO:

eastcombenewsletter@btinternet.com

by NOON on 20th of the month.

NB: Articles of 300-500 words welcome. Contributions must reach us by the deadline. Space is allocated on a first come, first served basis

THANK YOU!

BUSSAGE BEAR HUNT Sponsored by **Hamptons**

Saturday 23rd & Sunday 24th September 1pm-4pm
BUSSAGE SCHOOL

Join us for the annual Bussage Bear Hunt - follow the trail and return your completed map to collect your prize!

Bouncy Castle	Face Painting
Hook a Bear	Pocket Money Stall
Tombola & Raffle	Refreshments

Sue Ryder Care

You are Invited you to an afternoon of

Bubbles and Cake

To celebrate the life of Jill Mauler at Eastcombe Village Hall on Saturday 30 September 2023 3.00—5.00pm

Tickets cost £5 (children under 10 free) and includes a glass of Prosecco and a cup cake also

Cake Sale
Book and Jigsaw Stall
Tombola & Raffle

Tickets available in advance or pay at the door

For tickets and/or further information contact: Glenys Sharpe 01453 886298 or e-mail glenyssharp@btinternet.com

COULD YOU CONTRIBUTE TO THE NEXT NEWSLETTER?

- An upcoming event?
- An update about your local group?
- A write up of a recent event?

Please send contributions to:

eastcombenewsletter@btinternet.com

by NOON on 20th SEPTEMBER

WHAT'S ON in SEPTEMBER?

- 5 Sept:** Hilltop Gardening Club, 7.15pm, Eastcombe Village Hall
- 6 Sept:** Be a Councillor event, Ebley Mill, 6pm/Frithwood Surgery Health Walk, 2pm
- 9 Sept:** HGC Autumn Show, Eastcombe Village Hall, 2.30pm (*entry deadline: 4pm on 7th Sept)
- 16 Sept:** Eastcombe Screen on the Green, 7pm (7.30pm), Eastcombe Village Hall
- 17 Sept:** BisCAN Nature Friendly Gardens, 2-5pm/Hilltop Café Church, Eastcombe Village Hall, 2.30pm
- 20 SEPT: DEADLINE FOR OCTOBER NEWSLETTER**
- 20 Sept:** France Lynch WI Open Evening, 7.30pm, FL Church Rooms/Frithwood Surgery Health Walk, 2pm
- 23/24 Sept:** Bussage Bear Hunt, Bussage Primary School, 1-4pm
- 27 Sept:** Chalfilm, Chalford Hill Primary School, 7.15pm (8pm)
- 30 Sept:** Bubbles & Cake, Eastcombe Village Hall, 3-5pm

NAME THAT VIEW!

How well do you know our villages?

August's photo was the path from The Street to Wells Road, Eastcombe, near The Yews.

September's photo is once again taken in or around the 3 villages.

Can you identify its location?

The answer will be revealed in the October issue.

