

Upton News



Vol 5 No.36 July 2019

St. Mary's Church Services

- Sun. 7th July 9.00am Sung Eucharist*.
Sun. 14th July 9.00am Sung Eucharist.
Sun. 21st July 9.00am Sung Eucharist.
Sun. 28th July 10.30am All Age Service* - Scones of Praise,
sing favourite hymns, followed by refreshments including scones.
Sun. 3rd Aug.9.00am Sung Eucharist*.

*Refreshments served after these events.

Please see porch notice for weekday services.

Upton 50 Club

Prize Winners in the June draw were as follows:-

- | | | |
|---------|--------|-----------------|
| 1st £25 | No.123 | Karen Spackman |
| 2nd £20 | No.84 | Daphne Simpson |
| 3rd £15 | No.133 | Jess Haworth |
| 4th £10 | No.74 | Clare Lightfoot |

Jacqui Reid

Stuart Norman

The Parish Council has lost a dedicated member in Stuart Norman, who died suddenly in June.

Stuart served on the parish council for 12 years and was greatly valued for his diligence. In his role as Treasurer, Stuart ensured the accounts were always in good order, and the necessary reports produced and audits performed on time and to the highest standard.

He loved the village and demonstrated it through the seriousness with which he took all matters presented to the parish council. We all benefited from his close attention to detail and the deep consideration he would give a matter before offering an informed opinion. He took a special interest in highway matters.

Immensely civil, notably gentle, and with a quiet sense of humour, he will be sadly missed.

Bob Lott, Stuart Fraser and current members of the council.

Council News

Parish Council

Our thanks to Ros Caffyn who very generously volunteered once again to complete the parish council's internal audit. We are extremely grateful to her for her time and fantastic work.

The death of Stuart Norman means the Parish Council is desperately short of people, and especially of people with institutional knowledge. If any former members are able to help out in the short term, that would be much appreciated.

We will also need new councillors in the longer term. The Parish Council needs 3 voting members to be quorate. We currently have 4, but even now it is not always possible for us to meet in sufficient numbers to oversee parish business. In March next year we will be down to 3, the bare minimum.

If you meet the requirements, and you would be willing to spare a few hours every month or so to keep decisions about our parish truly local, please get in touch with Liz, the parish clerk - parish.clerk@uptonvillage.co.uk

Those requirements are to be 21 or over, to have no criminal record and to be living in the parish or owning property in it.

Jo Fidgen

District Council

It is now over a month since we were elected as your new district councillors, and we have been busy with various meetings and training courses to help us get up to speed with our new roles. We have also enjoyed being out and about at fantastic local events - we had a great time at the Harwell Feast celebrations at the end of May, and in June we had fun volunteering at the Great Western Park Community Litter Pick and the Chilton Village and Harwell Campus Full Steam Ahead Family Fun day. As we write, we're looking forward to the upcoming Blewbury Quiz and Curry Night! Many thanks to all the organisers and volunteers for their hard work to make these community events such a great success.

National Bike Week 2019 also took place in June, and we were delighted to see events raising the profile of cycling happening right here on our doorstep. Uptonogood, the mountain biking festival for all ages and abilities returned to Upton village this year, and of course the highlight of the week was the OVO Energy Women's Tour professional cycling race. Supported by six local councils (including the Vale), it was a real privilege to host such a high-profile event in our Oxfordshire towns and villages, and we were thrilled to cheer on the cyclists as they passed through Harwell!

In other transport-related news, we have been informed that there will be a new bus service in the area from 15th July - the Science Transit Shuttle (ST1), a shuttle bus service which will run every 30 minutes Monday to Friday between Harwell Campus and Oxford via the A34. This will be provided by Thames Travel, so please see their website for more information.

Sarah and Hayleigh

Rector's Note



Some Recent Research

Research can be fascinating. Sometimes it throws up unexpected results, and this is very exciting. But not all research is so exciting. Some research simply confirms what we knew anyway - or sort of guessed to be the case.

I think most people would say that doing something creative can be good for our emotional well-being. Well, you will be pleased to know that some new research has confirmed this. Participants in the Great

British Creativity Test, produced in partnership with University College London, were asked about which creative activities they took part in, and whether these activities helped people manage their emotions. The research showed that taking part in creative activities helped people to manage their emotions, build confidence and explore solutions to problems. Interestingly, it didn't matter whether you were any good at the activity in question!

When I came across this research, I was struck by the important role which creative activity plays in the life of a typical church community. The church provides so many opportunities to be creative, opportunities which are open to all, regardless of an individual's particular religious beliefs (if any!) : singing, playing a musical instrument, ringing bells, sewing and embroidery, flower-arranging, photography, performing arts - and many more, besides.

Churches are - or should be - natural places for artistic creativity. Why is this so? Partly it's about tradition: churches have been centres of artistic activity since earliest times, and so artistic activity is part of the church's lifeblood.

But there's more to it than that. God Himself is a Creative God, an Artist working with the materials of our Universe to bring new forms into being. God works with us human beings like a master playwright, creating a unique drama out of our individual characters and the particular circumstances of our lives.

But God is not only creative. He is also caring. God knows that opportunities for creative activity are vital for human flourishing, and so it shouldn't surprise us to find so much artistic activity in a church community.

So, there we are - we always knew that creative activity is good for us, and now we have some hard evidence to back this up.

And if you fancied something new in the artistic line, why not pop along to one of your local churches to see what's on offer? You'll be surprised!

Fr Jason

Drop In

The Drop-In is an informal gathering to enjoy a cup of tea or coffee and a pleasant chat, meetings take place every other Thursday from 10.30am to 12.00pm.

Due to the temporary closure of the village hall the next few meetings will be held around the houses. Richard and Hattie have offered to host on 4th July, Malcolm and Elizabeth on the 18th July and Yvonne on the 1st August. It is still intended to make a small charge to attend these meetings in order to bolster the kitty to purchase the normal consumables. For more details of the temporary arrangements please contact Yvonne on 850989 or Cathy on 850135.

Christian Aid Week

We are pleased to report that our diligent volunteers collected a total of 61 envelopes, not too far short of half the homes in Upton. Cash donations (many of them enhanced by Gift Aid) came to £430.98, and adding money raised from the sale of plants, our Grand Total was a very creditable £510.18. Many, many thanks to all who contributed.

Elisabeth and Malcolm Wright

St Mary's Appeal Fund

There are some subtle yet important improvements planned to St Mary's church which, in a nutshell, bring it from its 11th century origins straight into the 21st! We are planning to install an accessible toilet and proper catering facilities so that the building can continue to serve all the residents of Upton for another thousand years. Planning permission has been granted and the Diocese has given us a Faculty so we are ready to start fundraising.

The fundraising appeal will be launched in the church on Saturday, 6th July, beginning at 7.30 pm. There will be wine, refreshments and music and an opportunity to see the plans and comment on them. By the time of the event, all Upton residents will have received a leaflet and flyer through the door giving details of our proposals so do come along on 6th and see for yourself - we look forward to seeing you there.

Paul Batho (Chair of PCC)

Tea at East Hagbourne

On Sunday 21st July, Upton Mothers Union members will be serving teas from 2.30pm at Hagbourne Church in aid of AFIA (Away from it all). This is a charity providing holidays for families or single people in need of a break. Your support would be appreciated. Contact Clare Lightfoot for more information on 850486

Theatre Group

May I remind you of the Blewbury Players' open-air production of "The Crucible" 16th-20th July? I don't think a group booking is worthwhile, but I might be able to co-ordinate transport if anyone wants to go but doesn't like driving at night. Further details are in the Blewbury Bulletin or on the Players' website.

I have one ticket left for "Kiss Me, Kate" at the Watermill on Wednesday 4th September. Our tickets are in the front two rows. Surely someone would like to join us for £26.20.

Malcolm Wright 850705

Bake Up! - Star-spangled Banquet

We'll be celebrating summer, American-style, at the next event on Friday 5th July at 11.30am.

Come along with your Independence Day party treats: corn dogs, hotdogs, ribs, wings, sliders, muffins, mud-pie, cheesecake and maybe even a tiny salad. Guaranteed sunshine and no Russian collusion of any sort.

Host: Frances at the The Old Forge, bottom of High Street

Kieron

Annual Teddy Bears Picnic



The Churn Mothers' Union will be staging the Annual Teddy Bears Picnic in the garden of Penny Brassell, Lynchets, Bessels Way, Blewbury at 12.00 noon on 7th August

Please bring a rug/chair and a picnic plus teddy bear.

We welcome all children and any mums, dads, friends, grandparents and carers. Soft drinks and ice-creams will be provided.

London to Brighton Cycle Ride.

A HUGE thank you to all in the village who so very kindly supported Carl and Jane Pettman on the sponsored cycle ride on Father's Day in memory of Alan and raising (to date) in excess of £750.00 in aid of British Heart Foundation. Of course thanks also go to Carl and Jane for taking part in this big challenge with Carl riding Alan's 43 year old bike!

Celia Davies and Family

A summarised report of Carl's day is given on page 8, the full report can be seen on the village web site.

Computer Advice

Free IT advice for Upton computer users is available on Tuesday 16th July from 10:00am to 12:00noon in Aston Tirrold and Aston Upthorpe Village Hall (OX11 9EQ). At about 10:30 there will be a short presentation on “Talking to your Fridge (Internet of things)”.

Astons Online helps people be confident, effective and safe users of email and the Internet. Our free-of-charge events cater for all types of computer and user issues in a friendly and informal atmosphere, see www.astonsonline.uk for more information.

Tell us that you’re coming if you can, especially if you want one-to-one help. (theastonsonline@gmail.com or phone 07780 958249)

Village Produce Association

Our next event is the Summer Show on Saturday 13th July. The Schedules are now available at Blewbury Post Office, or Maggie Maytham at Upton (ring 01235 850126). You can also get it on line by emailing vpa.in.bl.up@gmail.com. We want as many exhibitors as possible, so please make the effort and enter - with just one item, you could win a prize!!

On the **Thursday 8th August** we have a very special event in Upton. Maggie Maytham is very kindly opening her garden (weather permitting - otherwise in the house) for an afternoon tea (cost £3 per head) starting at 5pm. After tea we will then walk to Prospect House and have a guided tour of the two acre garden. Alternatively you can drive from Maggie’s and park in the Village Hall car park. You must register for this event at Blewbury Post Office or with Maggie by the 1st August.

DID YOU KNOW? *Bees are particularly attracted to blue, white, yellow and purple colours for their ultraviolet properties. It is no use planting red flowers in your garden to attract bees because bees cannot see red.*

Eileen

Didcot U3A

The University of the Third Age (U3A) offers the opportunity to share your knowledge, experience and talents with other like-minded individuals with over 35 Interest Groups to choose from! Membership is £25 per year, visitors are welcome to attend one meeting as a taster before joining. Each month we have an interesting Guest Speaker followed by tea/coffee and biscuits where everyone is encouraged to stay and chat, make new friends and see what there is on offer both within the local U3A and the Thames Valley Network.

This month’s meeting is on Tuesday July 16th. Start time is 2.00pm, early arrival is recommended. The guest speaker will be Simon Williams—Cons, Commen and How to Avoid Them!



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Upton

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London to Brighton Cycle Ride

Jane and I stayed overnight at East Croyden, got up at 4:15am up and set off to ride the 5.5 miles to the start line at Clapham Common for a 6.00am start. We set off in bright sunshine and a little wind on Sunday 16th June.

I was riding the 43 year old BSA Tour De France road bike that I had recently restored, the ride was the first time for me but the second time for the bike, the previous owner Alan Davies rode the event 15 years ago. Jane was riding her super light Carbon Trak Madone bike, and we agreed to ride at our own pace and meet at the end, so once over the start line I didn't see Jane again until the finish line

I was a bit concerned about riding the old bike, I didn't really know how it was going to perform, I hadn't done a lot of training and I'm used to riding my much lighter Trek Madone with more and better gears I should have been better prepared. The bike was comfortable to ride for the first 5 miles or so, then I hit a bump and the seat post slipped into the seat tube. I fixed that and set off again then after about two miles it did it again, and then again after another two miles. The problem was I couldn't tighten up the nut enough without it is affecting the brake cable hanger which kept moving and tightening the brakes against the rear wheel. I gave up and rode the bike with the saddle down until I got to a feed stop area that had a bike mechanic. They were very helpfully and sorted out the problem but it happened again, this time we finally sorted it using a shim made from a disused drinks can.

After About 10 miles of riding it started to rain, and it kept raining for the rest of the ride to Brighton, first it was just light drizzle, but then it got worse, and then it poured and everyone got soaked and the riding was bit more hazardous, the bike was performing well, the saddle seemed to be behaving itself and it was a comfortable machine to ride, even though it weighs a ton, and has old fashioned gears and not enough of them.

The rest of the ride was uneventful the wind and the rain became more unpleasant and by the time I got to Ditchling I was feeling a bit despondent, and I didn't even bother to try and cycle up the hill, though I was walking up it faster than some of those riding, then it was downhill all the way to Brighton and to the finish line, and an attack of cramp and a medal. Jane had got there an hour and a half earlier!

It was mostly a good day out on the bike, the event was well organised, and the event crew were brilliant, just wish the weather had been better.

Carl Pettman

Note—You may still add to the sum Carl has raised by going to

www.justgiving.com/fundraising/carl-pettman1

Submissions for *Upton News* should be sent to

kameki39@btinternet.com

Deadline for the August edition is

Thursday 27th July