



The Breeze

Upper Rissington's Newsletter

Autumn 2016

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I can hardly believe it's time for the Autumn edition of "The Breeze" already—what happened to summer? I hope you've enjoyed the bits of sunshine and warmth that we have had. And at least the Village Fete managed to coincide with some good weather this year, as you can see from the report on page 2.

It's great to be able to report the good news that the new Village Hall is finally available for bookings; see page 4 for details. I'm sure this is going to prove a really valuable asset to the village, though many of us will continue to have fond memories of events in the old Hall!

We're a bit thin on articles this edition as everyone is busy with summer activities. However, many of our regulars are still here, though Polly focuses on the benefits of the mature trees Upper Rissington is blessed with rather than gardening tips for a change. A new feature is a double-page article on summer eating from local nutrition expert, Judy Cheyne. Thanks Judy, I'm sure we will all enjoy trying out your recipes!

As always, if you'd like to contribute an article or have some news you'd like to share, do get in touch with us at URNEWS@btinternet.com.

Have a great Autumn

Sue Handy

Village News

SOCIAL COMMITTEE UPDATE

Well, we may not have known where the fete was to be this year. With the demolition of the old Village Hall and the new Hall not yet being opened, the organisers of the Annual Fete (Social Committee, School, CUR:ve and Little Hurricanes) faced some pretty stressful challenges in the lead up to the day. It was so well worth it though. We had a terrific turnout with great support from the community and so many people helping on the day. We had some new attractions, like The Great Rissington Archers, who brought a new dimension to the fete, giving many of us the opportunity of trying out the sport of archery. They also collected over £90 for the Social Committee to help fund future events. We're really grateful to them and hope that a new generation of archers has been inspired: who knows, Tokyo 2020?



We were treated to a great display of talent with demonstrations by the Aikido group, the Gymnasts and the driving talent of the Little Hurricanes toddlers. The catering, stalls, games and challenges all combined to make our fete the best yet. And, of course, the weather helped!

After all the expenses were paid out, including buying a new PA system, the Summer Fete raised over £1,000 for the Social Committee. A great result. Thank you to everyone who supported the event, and a really big "thank you" to all the groups who worked together to deliver a lovely day. Special thanks also go to St Johns Ambulance for their help on the day.



Dates for the Diary

The following are booked, so please add them to your diary and spread the word with friends and neighbours.

Barn Dance. This was a big success when it was last held. We hope to make it an annual event now that we have a venue that will accommodate it. We have the same group as last time with a new caller. Details will be posted soon, but put the evening of 1st October in your diary.

Firework Display. This will be a little different to previous years as we iron out the logistic differences now we no longer have the old Village Hall. But put 12th November in your diary for this event, which draws many hundreds to a great display.

The **Panto** is booked for Sunday 1st January. This year we hope that there'll be no disappointments and the environment of the new Village Hall should add that extra bit of glitz to the event ... oh yes it will.

Other events will be planned now we're growing in confidence on the availability of the new Hall. If you want to get involved with the Social Committee please email us at ursc@btinternet.com.

FOUR UPDATE

To those of you who've taken the time and trouble to respond to the appeal in the Spring edition of "The Breeze" for support for this potential new village initiative, thank you.

As yet the response hasn't been sufficient to construct a new organisation. So this is another appeal for you to get in touch if you think you'd like to help in the community and are looking for a structure that will help you contribute, either occasionally or more regularly.

The plan is for those who are interested to hold a meeting where the value of a 'Friends' organisation can be discussed and practical details worked out. This would include issues such as:

- how it might work with other community organisations
- how it might work to identify members of the community who need help and support and how it might equip itself to provide it
- how as individuals we might support the organisation, as regular or ad hoc contributors.

We need people who will manage and direct the efforts of the group and people who will actually do the work of a 'Friend'.

I can understand if you feel this is all a bit vague, but it's born of the notion that a lot of people in the village have previously indicated a desire to help at many levels, such as:

- helping on the day at things like the village fete
- collecting shopping for neighbours who may need a little support
- running coffee mornings at the village hall to raise funds for new facilities, while providing a focus for neighbours to meet
- helping to resource village projects such as the Jubilee Gardens and litter picks

If you're curious as to how this initiative may fit in with you, please get in touch . If enough people contact me then we will get together over coffee and biscuits at the new Village Hall. If you're one of the small band who have already responded, thank you, I still have your details and will get back to you when I know the level of interest.

Until we have our organisation fully formed please use the URNEWS contact details (URNEWS@btinternet.com or call 01451 821460).



"Thank You Edward"

Many of you will know Edward Timms. He's served as a member of the Upper Rissington Parish Council and been a guiding light as Chairman. His knowledge of the history and character of Upper Rissington has been invaluable and his skill and dedication has been so important to the development of our community. Well, Edward is now shipping south to enjoy the sea breeze with his regular dog walks. We'd like to thank Edward for the great service he's given the village and wish him well for the future.

VILLAGE HALL UPDATE



By the time you're reading this we will hopefully have a working Village Hall. We've delayed publication of this quarter's "Breeze" to accommodate a confident update on how things are.

There was a friendly and constructive discussion at the August 8th Parish Council meeting at which we agreed to focus on opening the Hall on 3rd September for regular users. Although the Village Hall Trust won't have a lease at that point, it will run it for the Parish Council until it does, which will hopefully only be weeks away.

The Trust will use its on-line registration and booking system, which you can find at URVH.org, for all initial bookings. When we have our signed lease we will have the funding for phone bookings and a location for the postal bookings. In the meantime users of the Hall will have to book through urvh.org and agree to the terms and conditions of both the Parish Council and the Trust, so that when we do take control the change will be seamless for the Hall users.

When we have all of the contact details we'll put something through every door so that you'll know the various ways in which you can book the Hall. The website contains all of the costs and conditions for Hall use.

By the back-end of September we will be making the Hall available for one-off bookings. The reason we're not taking one-off bookings at the outset is so that we can refine and perfect our processes for hiring the Hall. It would be awful to feel that your special-occasion booking might not go well as a result of simple oversights in the availability of facilities or support, so please bear with us as we develop and test out our processes and systems.

This is such an exciting time for the community of Upper Rissington, which is growing in its ambition for sports, arts, social and cultural activity. The availability of a well maintained, well equipped and well managed Hall will be a centrepiece to this development. We intend to invest in new furniture, equipment and facilities through a series of initiatives including grants and reinvestment of income, so please think of the Hall for your next event or function.

Much hard work has gone into getting to this stage, largely unrewarding and frustrating for all sides. Now, with the Hall as a focus for community activity, the work might get even harder, but the



reward of a working, vibrant hub serving a developing community will be well worth it. So, if you would like to support the Hall and you can donate some time (occasional cleaning, accounting, gardening, technology, maintenance, caretaking) please get in touch. Until we have our permanent number please call Wayne on 0777 6254252 for a chat.

Youth News

Unfortunately Upper Rissington Youth Club has not been able to meet due to the hold-up of the Village Hall. However, we do look forward to the new Hall with the addition of a new pool table/fusball table and an XBOX One.

Kami would like to give a special thanks to the youth who volunteered as stewards for the Sport Relief Mile.

As always please continue to spread the word about Youth Club to people who may be interested. It's for any young person who is high-school age (11-16) and meets on Wednesday evenings at the Village Hall, 7.00pm – 8.30pm.

We are also on the lookout for more volunteers to help out. So if you have a passion for helping out or getting alongside the young people in our area, we would love to hear from you.

For more info please contact: Kami Kalsi (kami_curve@outlook.com) or Zoe Branch: (zhbranch@gmail.com)

LITTLE HURRICANES

After an extended summer break Little Hurricanes are looking forward to getting back into the swing of it in the new Village Hall. We are hoping that, with the new space, we will be able to have specific areas for the younger members of the group and also lots of different activities. Just before summer we bought 3 tuff trays which we are really looking forward to getting lots of use out of and there are also some special toys that we have been saving for our move – so make sure you come along and have a peek! We are hoping to create a structured timetable each month, meaning we can post ahead what we will be doing each week. We will be fund-raising towards the end of the year, with all monies going back into the group to help cover running costs. We know there have been lots of new arrivals in the village since we broke up with lots of newborns and also families with toddlers moving into the area, so do make sure you pop along and say hello! Little Hurricanes has a lovely friendly atmosphere and is a great place to make new friends for both yourself and your child, as well as giving you a chance to have a hot drink



and a chat! There will be spaces on our committee in the new year as several of our committee members have toddlers who will be moving on to pre-school. If you would like to get involved in the running of the group please get in touch or have a word with one of us! We will be running at the same time as we used to (9.30-11.30am) at the Village Hall, on a Thursday. The Health Visitor will continue to come to us on the first Thursday of every month for weighing and general advice. We look forward to seeing you soon!



Footballers from the Primary Academy and the Junior Arrows have had a nice summer break and are looking forward to start training again when the school autumn term begins.

Teens' and adults' football is consistently on every Saturday at 10am on the playing fields.

Remember we also have the Running Club which meets every Saturday morning at 10am on the playing fields and is led by Emma Hen.



If you would like to take part in Saturday sports just turn up and prepare to have some fun! For more info just chat to Gary Black, Rob Eccles, Dan Beard, Hans Ziebeck or Kami Kalsi.

Boxing Community Gym is held at the new Runner Bean studio on Fridays @ 6.30pm – 7.30pm.

Buggy Run is holding its own on Fridays at 10am and continues to see new mums joining in.

For more information on the sporting activities please contact Kami_curve@outlook.com

GREAT RISSINGTON ARCHERS



Great Rissington Archers is a thriving archery club (founded in 2006) at the Great Rissington Club.

You may have seen us at the Upper Rissington summer fete or at the Health and Wellbeing event at the North Cotswold Hospital, where we helped raise money for charity.

If you feel that archery may be of interest for you, we run several beginners courses throughout the year. Our next course starts on the 10th August this year. (There are, however, some age and height limitations for youngsters.)



Participants undertake 12 hours of structured tuition when they learn how to shoot safely and with the correct technique.

At the end of the course they receive a certificate showing that they have attended an

Archery GB approved beginner's course and then they will be invited to join the club.

We are always ready to welcome new people in a friendly and relaxed manner. If you are interested in trying archery or have a valid Archery GB membership, please check out our website at www.grarchers.org.uk or pop down to the club for a chat.



The Church in Upper Rissington:

valuing everyone

CUR:ve has enjoyed welcoming some new families in recent months, and hopes to see more added to their number as more families move into the village (and even if you're not new, we would still like to welcome you!)

At the time of writing, we're half way through our big holiday club which the children (and volunteers!) are enjoying immensely.

Based on Scripture Union's *Champion's Challenge* material, the week is proving to be full of games, crafts, songs and Bible stories as children learn how to achieve their personal best and work in a team.

Leader of the holiday club Kami is excited about the event. 'This year sees CUR:ve's first week-long holiday club. It's great fun, and the children are learning a lot.'

During our regular Sunday Café meetings the theme of recent weeks has been Fruits of the Spirit, which ties in nicely to the next event on the CUR:ve calendar - Harvest Festival on 25th September.

What's on?

Sunday Cafe

drop in 10.30-12 first
Sunday every month
@ The Rissington School

Sunday Cafe Plus

10.30-12 all other
Sundays
@ The Rissington School
(worship 11-11.30)

CUR:ve Creative

alternated Tuesdays 2pm
@ 6 De Havilland Road

Buggy Workout

every Friday 10am
@ The Village Hall

Saturday sports

every Saturday am
on the playing fields



Gardening On a Hill

It's been a funny year for gardens; first we had lots of cool rainy days and then we had very dry hot conditions. For plants, both are very hard to deal with. Traditionally, this is one of the reasons why we leave the planting of trees and shrubs till the autumn. Cooler, wetter weather is the perfect time for tree and shrub planting. As shoot-growth halts, the plants require less water because the days are cooler and shorter and the rate of photosynthesis decreases. Stable air temperatures also promote rapid root development. Soils stay warm well after the air temperature cools, also encouraging root growth. During shoot dormancy, plants grow to establish roots in new locations before warm weather stimulates top growth.

We plant trees primarily for their beauty and to provide shade but they do create many other benefits. Here in Upper Rissington we are lucky to have so many mature trees around us. They improve the appearance of our community and are so integrated into our daily life that it is easy to forget the whole variety of benefits they provide.



Trees can sooth and relax us and help us connect to nature and our surroundings. The colour green is a calming colour that helps our eyes quickly recover from strain. Most of us respond to the presence of trees beyond simply observing their beauty. We feel serene, peaceful, restful and tranquil in a grove of trees. We are "at home" there.

Trees contribute to their environment by improving air quality, climate amelioration, conserving water, preserving soil, and supporting wildlife.



The canopies of trees act as a physical filter absorbing carbon dioxide and potentially harmful gases from the air, such as sulphur dioxide and carbon monoxide. A healthy tree can store 13 pounds of carbon each year; for an acre of trees that equals 2.6 tons of carbon dioxide. During the process of photosynthesis, trees take in carbon dioxide and produce the oxygen we breathe. With increasingly frequent cases of asthma, especially in children, the benefits trees provide in cleaning the air should not be underestimated. One large tree can release a day's supply of oxygen for four people.

Trees also create an ecosystem to provide habitat and food for birds and other animals. A mature oak tree can provide support for over 460 different species of insects, birds and mammals in shelters and hollows, as well as fruit, flowers and foliage that attract a huge variety of birds and insects.

Finally, property values of homes with well-maintained landscapes are up to 20% higher than others.

So with all this in mind we need to protect our mature trees and here in Upper Rissington a small group of us are trying to do just that.

To the north of the Officers' Mess there is a tree-lined walkway leading to the two fields from the alleyway at the back of Bristol Road and Hawker Square.

In September 2012, the developers published their proposal for the future of Upper Rissington in a 'Landscape and Biodiversity Plan'. This clearly indicated that the walkway was designated as part of the 'Informal public open space' to be retained for public access.

The trees in the path, like many of the trees here in Upper Rissington, have a Tree Protection Order (TPO) on them. This is a written order made by a local planning authority (e.g. a borough, district or unitary council or a national park authority) which, in general, makes it an offence to cut down, top, lop, uproot, wilfully damage or wilfully destroy a tree protected by that order without the authority's permission.



However, it has been decided that the garden fences of the new-builds will extend to the old chain-link fence, including the protected trees in the gardens. This means that local walkers would lose access to the tree-lined walkway.

As a regular user of this pathway I was very upset to hear we were going to lose our trees. We have lost a lot of our mature trees in the village and therefore a lot of our habitats for wildlife too. The path is on the edge of the village and allows us access to the two fields without entering the newly-developed road beside the Officers' Mess, creating a feeling of uninterrupted green space. If we lose this walkway then we lose the biodiversity which, according to the plans in 2012, the developers are trying to create. Biodiversity cannot be created overnight. But it can be lost in minutes.

After a lot of emails being exchanged between myself, the planning office and the developers, the developers have offered us a 2 metre wide access-path along the boundary fence. However, this means that the 2 rows of trees will be enclosed within the new gardens and will no longer be part of the 'Informal public open space' that was promised in the 'Landscape and Biodiversity Plan'.

I would like to think the developers could see this as an opportunity to stand by the 'Landscape and Biodiversity Plan' and leave this walkway as it is for present residents and newcomers to Upper Rissington to appreciate for many years to come. Please feel free to support us by writing to the Council expressing the need to keep these trees in our Public Open Space. Your support is gratefully received.

Polly Sayers

I am sorry for the lack of practical garden advice in this edition of "*The Breeze*" but our mature trees are so important to us and this pathway needs to remain in our Public Open Space. However, here are a few tips following on from the information about **summer bulbs** in the last edition.

Most summer bulbs are not hardy so need to be lifted before the first frost. Bulbs generally prefer to be stored dry. Remove loose soil, carefully pull or cut off dead and dying leaves and leave to dry overnight. You can dust with fungicide to help keep the bulbs healthy. Store the bulbs in dry paper bags or trays of almost dry sand in a frost-free place. A few bulbs need moist conditions and can be kept in slightly damp bark chippings.

Behind the Road Names in Upper Rissington

– part 6

Varsity Close

The Vickers Varsity was a British twin-engined crew trainer operated by the RAF for 25 years from 1951. The prototype, Type 668, first flew from Wisley on 17 July 1949.

The Varsity was introduced to replace the Wellington T10 trainer. Following deliveries to trials units the first production aircraft were delivered for operational use in 1951 to No. 201 Advanced Flying School at RAF Swinderby, where they were used to train pilots to fly multi-engined aircraft. It also equipped two

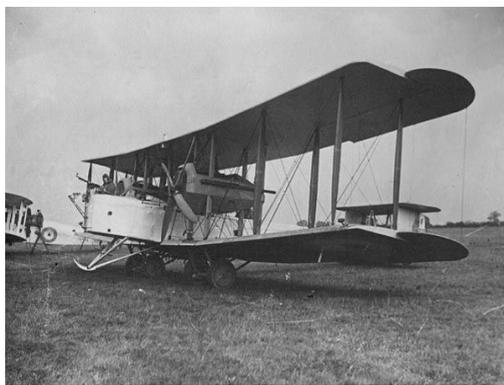
Air Navigator Schools in 1952 and the Bomber Command Bombing school, with the job of training crews for RAF Bomber-Command's V-bombers.



Vickers Varsity T.1 WJ907 of the RAF's Air Electronics School demonstrating at Woodford airfield in 1971

Vickers Road

Vickers was formed in Sheffield as a steel foundry by the miller Edward Vickers and his father-in-law George Naylor in 1828. The company grew and expanded but it wasn't till 1911 that the company name was changed to Vickers Ltd and expanded its operations



Vickers Vimy

into aircraft manufacture with the formation of Vickers Ltd (Aviation Department). A Vickers School of Flying was opened at Brooklands, Surrey on 20 January 1912.

As far back as 1919 Vickers was already famous for the first non-stop crossing of the Atlantic Ocean when Alcock and Brown flew their converted Vickers Vimy bomber from Newfoundland to a crash-landing in an Irish bog!

In 1927, Vickers merged with the Tyneside-based engineering company Armstrong Whitworth, to become Vickers-Armstrongs Ltd.



RAF Vickers VC10 K3 tanker in 2000. VC10's first flew in 1962

In 1928 the Aviation Department became Vickers (Aviation) Ltd and soon after acquired Supermarine (famous for the Spitfire). In 1938, both companies were re-organised as Vickers-Armstrongs (Aircraft) Ltd but the former Supermarine and Vickers works continued to brand their products under their old names.

In 1960, Vickers was merged with English Electric Company and Hunting Aircraft to form BAC (British Aircraft Corporation). The Vickers name for aircraft was dropped in 1965. BAC

was officially nationalised in 1977 to become part of the British Aerospace group, which exists today in the guise of BAE Systems.

Wellington Road

The Vickers Wellington was a British twin-engined, long-range medium bomber designed in the mid-1930s at Brooklands in Weybridge, Surrey by Vickers-Armstrongs' Chief Designer, Rex Pierson.

It was widely used as a night bomber in the early years of the Second World War, before being superseded as a bomber by the larger four-engined "heavies" such as the Avro Lancaster. The Wellington continued to serve throughout the war in other duties, particularly as an anti-submarine aircraft. It was the only British bomber to be produced for the duration of the war and was still first-line equipment when the war ended.

Due to how the Wellington was constructed, a geodesic construction, Wellingtons with huge areas of framework missing returned home when other types of aircraft would not have survived; the dramatic effect was enhanced by the doped fabric skin burning off, leaving the naked frames exposed.



Vickers Wellington Mk2 bomber



Wellington Mark X HE239 of No.428 Sqn. RCAF, landed safely after a bombing run

David's first run through the alphabet concludes with Whittle Close and Wright Close/Road next time, and then it will be back to Anson Court to fill in the new names that weren't known when the series started!

KEEPING HEALTHY THIS SUMMER...

Good weather, good friends, with good food!

During the summer months our bodies do not need all the carbs and stodge of the winter months so what should we be eating to make us feel good and stay in shape this summer? Keep it simple, avoid the processed cheats on the supermarket shelf, bin those cakes and biscuits and look for the fresh alternatives. There's so much to choose from. Here are a few ideas to give your body a boost ready for autumn. For optimum health, they are very low in fat and low in sugar but high in flavour and nutrients.

Go brown with simple carbs

- Switch one and all to wholegrain rice, wholemeal bread and brown pasta.
- Buy tri colour pasta and add 1/3 wholemeal pasta and this will go un-noticed but with much more fibre.
- Go jacket potato instead of mash, boiled or chips

There is approximately twice the amount of fibre in wholegrain foods in comparison with their white counterparts. This helps to reduce bowel cancer risk, lower cholesterol levels and keep you feeling full for longer. Adult fibre intake should be 25-30gms daily and 2 Weetabix biscuits contain only 3.8gms, so are you getting enough?

Go green with this nutrient packed salad (serves 4)

1 bag of fresh baby spinach, washed and roughly chopped (approx 200gms)

½ red onion, finely diced

2 large handfuls of fresh mint, washed and chopped (approx 40gms)

1 tbs sweet chilli dipping sauce

1 fresh mango, peeled and chopped

- Ensure mint and spinach are washed and prepare as above
- Mix all ingredients with the sweet chilli dip and leave for 15 minutes for flavours to infuse.

Serve with chicken from the BBQ or other cold meats, ham, beef, quiche, Chinese salmon etc.

Popeye's favourite vegetable is packed with vitamin K, vitamin A, magnesium, folate, manganese, iron, calcium, vitamin C, vitamin B2, potassium, and vitamin B6. It's a very good source of protein, phosphorus, vitamin E, zinc, fibre and copper. Also a good source of selenium, niacin, and omega 3 fatty acids and there are 100 good reasons to include this in your diet to optimise your health.

Chinese salmon (serves 4)

4 salmon fillets

2 cloves garlic, finely grated

1 inch fresh ginger, finely grated

1 tbs soya sauce

1 tsp chinese 5 spice powder

- Mix the ingredients and spoon over the salmon fillets.
- Cover with foil and bake at 180°C for approx 20 mins.



Salmon is full of omega 3 and is high in protein and low in fat. One 4oz fillet can contain the daily vitamin D for an adult, contains over half of the necessary B12, niacin, and selenium, and is an excellent source of B6 and magnesium. All these are thought to aid in better brain and heart function, and improved joints and general well being, including depression.

BBQ stir fry vegetables (serves 4)

2 carrots, sliced

1 onion, sliced

Handful of broccoli

2 courgettes, sliced

2 cloves of garlic and 1 inch fresh ginger, finely grated (add in last minute of cooking)

- Toss in a vegetable cage with a little rapeseed oil over the BBQ flame.
- Add garlic and ginger last as it may fall through the holes of the cage.

Summer BBQ's are full of protein and bread. No need to give vegetables the day off, they are for life not just Sunday lunch. The more the merrier when it comes to vegetables!

Summer smoothies

Bin the cans of cola with 8 tps of sugar or artificial sweeteners and introduce homemade smoothies containing only natural sugars. Sugar is sweet poison, addictive and can lead to obesity, diabetes and premature aging. If your pancreas is dealing with this amount of sugar it will soon wear itself out and your body will be in severe trouble. If you need the fizz, top up an orange juice with sparkling mineral water, otherwise try these:

Pineapple and mint (serves 4)

800mls pineapple juice

(add a few chunks of tinned or fresh pineapple for extra flavour)

1 handful of fresh mint (washed and zapped in a food processor)

- Mix together and serve with ice, crushed or cubes

Pineapples contain bromelain, an enzyme that may help arthritis pain by easing inflammation. They are also a good source of vitamin C, which helps your immune system. They can also help improve sleep. Mint helps settle the stomach.



Banana and mango (serves 4 and ideal for a bedtime special)

2 ripe bananas

2 tsp clear honey

1/2 bag frozen mango pieces (approx 250gms)

300ml skimmed milk

- Mix all in food processor, liquidiser or smoothie maker (even the frozen mango)



Bananas are an excellent source of magnesium, potassium and Vitamin B6, which are needed for relaxation and to make melatonin (a sleep-inducing hormone). Mango contains high percentages of vitamin A, C, B6, folate, fiber, copper making a good all-round, nutrient dense option. Honey elevates blood sugar that allows tryptophan to enter the brain effectively to enhance sleep.

Tune in to the next Breeze for more bites of nutrition.

For nutrition courses please register your interest and what you would like to learn at:

judy.cheyne@nutrisys.co.uk

Judy Cheyne BSc (Hons) Nutrition

Rissingtons Local History Society

Friday 16th September 2.15pm. Visit to Milton manor near Didcot.

Guided tour of 17C Manor acquired by Bryant Barrett, lace-maker to King George III, which includes a Catholic Chapel built in the style of William Kent. **Price £7.50pp.** Possible tea afterwards at an additional cost.

Contact Hugh Collins for more details – hughacollins@gmail.com or 01451 822286.

Friday 21st October 7.30pm. Poverty, Pestilence and Privies

– how epidemic diseases, attacking primarily the poor, were conquered and why “Conveniences for All” are still on the political agenda today!
– a talk by John Dixon.

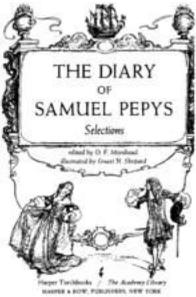
Venue: Little Rissington Village Hall.

Friday 18th November 2.30pm. Naughty Samuel Pepys

– a talk by David Harrison on the great Diarist with a roving eye!! To include Plague, Fire, Drink, Sex, Music, Marital conflict, Corruption, the Fall of Kings, and Courage in public life – to name but a few of the topics to be covered!

Venue: Great Rissington Club.

Visitors Welcome. For further information please contact Tony Ellam on 01451 833854/anthonyellam@btinternet.com or Sue Brown on 01451 820233/spsb@hotmail.co.uk.



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(keelinbracken@gmail.com)

Useful Contacts In Upper Rissington

This is a list of people and organisations in Upper Rissington who provide goods or services in the village. Inclusion in this list is not a recommendation. If you would like your business included the cost will be £5 towards the printing costs of 'The Breeze'. Contact URNEWS@btinternet.com or call 07592 533596 for more details.

| | | | |
|---------------------|---|-----------------------------------|------------------------------------|
| Police | Non-Emergency Number | | 101 |
| Albion Water | Water Service Emergency | | 0800 9175819 |
| Little Hurricanes | Baby and Toddler Group | littlehurricanes@hotmail.com | |
| Parish Council | Clerk | clerk@upperrissington-pc.gov.uk | 01451 810839 |
| UR Social Committee | Community Events | URSC@btinternet.com | 07592 533596 |
| The Breeze | Newsletter | URNEWS@btinternet.com | 07592 533596 |
| Rissington Singers | Village Choir | rissington.singers@btinternet.com | |
| John Surch | Great Rissington Cricket Club - Seniors | surch@gotadsl.co.uk | 01451 820567 07808 307364 |
| Pete Garrett | Great Rissington Cricket Club - Juniors | Petegarratt117@gmail.com | 07788 896496 |

The next issue of 'The Breeze' is due to be published at the beginning of December 2016. Please contact us at URNEWS@btinternet.com or call 07592 533596 if you would like to contribute articles or news items. The deadline for contributions is Friday 18th November 2016.

For advertising enquiries you can also email Keelin McLeman (keelinbracken@gmail.com)

