

 uplyme church

JULY
2016

Parish News



**“But the fruit of the Spirit is love, joy, peace, patience, kindness,
goodness, faithfulness”** *Galatians 5:22*

WE ENDEAVOUR TO DELIVER THIS MAGAZINE TO EVERY HOME IN THE PARISH
A voluntary contribution towards production costs of the magazine is always gratefully appreciated.

www.uplymechurch.org.uk

Worship in July & beginning of August

July

- 3rd 10am Morning Worship with communion (Junior Church)
 6pm Evening Worship
- 10th 10am Morning Worship with communion (All age)
 6pm Evening Worship
- 17th No Morning Worship. Helping Mrs E's Big Wheeze
 6pm Evening Worship
- 24th 10am Summer Worship (all age)
 6pm Evening Worship with communion
- 31st 10am Summer Worship (all age)
 6pm Evening Worship with communion

August

- 7th 10am Summer Worship (all age)
 6pm Evening Worship with communion
- 14th 10am Summer Worship (all age)
 6pm Evening Worship with communion

Children's Groups:

Children will meet at Mrs Ethelston's School for 10am (drop off from 9:50am) and go to their respective groups and return to Church with their leaders at 10:50am

FROM THE REGISTERS

Baptisms:

nil

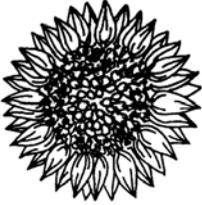
Marriages/Blessings:

nil

Funerals:

nil





July 2016

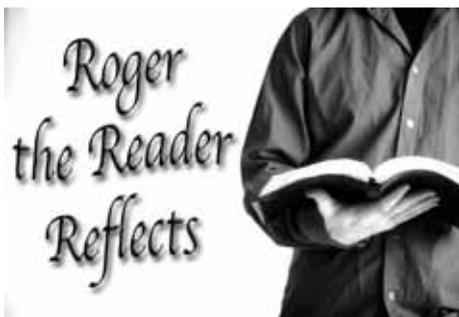
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Parish News Deadlines

Please remember the **NEXT** issue of the magazine is for **August & September** and all articles up to and including things for early **October** should be with us by the **10th July**

Email to - parishnews@uplymechurch.org.uk



In March I attended a course entitled, 'Taking Funerals Seriously'. Now I know spending a day thinking about death doesn't sound that attractive, but it turned out to be a valuable and thought-provoking day. The course leader revealed that when someone dies, undertakers always ask the family whether the deceased was religious. She felt that the question should be not whether they were religious, but whether they were spiritual.

I was reminded of that question, seeing a recent report on religious attitudes. Apparently, 48.5% of the population of England and Wales do not identify with any particular religion, whereas 44% identify with a Christian denomination. Media headlines immediately pronounced the demise of Christianity, but this is nothing new. Both Marx and Freud predicted that religion would wither and die during the 20th century.

Both were very wrong. In 1900, there were 8 million Christians in Africa. Now there are 335 million. The 20th century saw Christianity grow more than at any time since the time of Christ. By 2010, there were 2.2 billion Christians in the world and by 2050, that figure is projected to be near to 2.9 billion.

Christianity may be in decline across Europe, yet it remains by far the largest ideological collective the world has ever known. It continues to grow, having shifted its global centre of gravity south and east. Given that there are more non-religious than religious people in England and Wales, this question of spirituality needs to be asked, in order to add nuance to that bald survey statistic.

Religion is about personal belief and its outworking; spirituality is more a process of becoming attuned to unworldly affairs. Religions usually have creeds and defined code of ethics; they are more tangible than spirituality, which is less easy to define. Perhaps this explains why many view spirituality as good and religion as bad, preferring ambiguity to dogmatism. So in the end, there are two questions worth asking: am I religious or spiritual? If neither, what actually drives my life?

Whatever the peaks and troughs of statistics, two thousand years on, the words of Jesus continue to inspire confidence in Christian believers: 'be sure of this: I am with you always, even to the end of the age'.

Roger Grose

From the Editor

Welcome to the July Edition of the Parish News

Many of you will be sorry to hear that **John Pennington** is giving up his “**Out & About**” series. John has been writing for the magazine for the past 10 years and next month will be his 101 O&A! I’m sure you will all join me in thanking him for his contribution to our mag..... So if anybody out there feels that they might have a regular item that they think would interest the folks of Uplyme, please get in touch and lets see if we can keep a local interest article running for the next 10 years.

I would like to take this opportunity to thank John & Jane Garland, who have been hugely involved with the life of the village since they have been here. We wish them all the very best as they move to Wiltshire... “We’re all gonna miss you”..

What a fabulous day we had for the Village Fete! The poor Morris Men looked like they were about to melt!

Don't forget, next months magazine is for **August & September!**

Ed



Priming the pump - ABC of Uplyme's water and sanitation project



Electricity – As mentioned last month, most of Zambia's power is produced by hydro-electricity, but in the rural villages where wells and boreholes are being dug, there is no electricity at all. Being near the equator there is an even amount of light and dark; when we were in Zambia, it was dark around 6:15p.m. Morag's hosts had purchased a lamp for her stay and she had taken a wind-up head-torch which was a source of delight to both the children and Ireck, their father. Needless to say he was pleased when she



said that he could keep it! However there was something very special about sitting in the dark, with light from a charcoal brazier, talking about things very close to our hearts. We recently heard the story of a woman called Mary who had taken part in the micro-finance scheme (part of the project's seven point plan), saving a small amount of money each month and being able to borrow to set up a micro-business. Mary had seen the potential in her area as many people have mobile phones, so she used the money she borrowed to buy a small solar panel and then people paid her to have their phones charged. This has enabled her to send her children to school and invest in further solar panels!



Thank you to everyone who supported the Open Wildlife Garden event recently. The sun shone, despite the forecast, children had fun, and people relaxed in the beautiful space, described by one visitor as 'so peaceful'. On Sunday we were delighted to be joined by 'Lyme Voices' and 'Meeting Voices' from Chard who sang great songs about water to an enthusiastic crowd. Many people also enjoyed delicious cake and cream teas. We are very grateful to Angela and Alby Patterson for sharing their garden with us again and enabling us to raise just over £1,087 for the project.

Don't miss our forthcoming events:

9th July Big Breakfast and Book Sale in Uplyme Church from 9 – 11.30

Come and browse our bargain books, do some fun craft and eat delicious bacon on toast and/or pancakes. If you have any good-condition books to give, please leave them in the church porch that week. Thank you.

19th and 20th August Streams of living water Art Exhibition in Uplyme Church –more details next time

More Priming the Pump next time.....

Russell and Morag Kingsbury

JOIN US FOR A COMMUNITY WALK

This month's community walk, led by David Jones, will take place on

Saturday 11th June, 9th July & 13th August

Please meet outside the church for an **10.30** start.

The walk will last for about an hour. Wellingtons, walking boots or stout shoes are recommended.

For more information contact David on 01297 444729



X-Plosion Youth Group

X-Plosion Youth Group is for year 6 and above age group.

We meet in church every Friday in term time from 6pm to 7.30pm.

We have fun and games and every term we have a variety of outings.

Contact Margaret Trafford for more information 01297 443252



CALLING ALL MUMS, DADS, GRANNIES, GRANDADS, CARERS of 0 – 4 year olds!

Pop down to join us at Shining Stars and light up your Friday mornings!

WHEN? We meet every Friday in term time from 10.00am – 11.30am.

WHERE? The Scout Hut on Rhode lane, Uplyme. It's a fab venue with loads of space to park, a big rubber floored hall to run around in, and a large shady garden

outside to explore on sunny days!

WHAT DO WE DO? For the first hour the little people enjoy free playtime with fab ride-ons, play dough, painting, puzzles, play house and kitchen, dressing up, train tracks and toys galore. The grown-ups enjoy a cuppa and a biscuit (or three).

For the last half hour we enjoy snack and story time all together (healthy fruit for the kids – more biccies for the grown ups). We belt out songs and nursery rhymes, bash instruments, play parachute games, enjoy an interactive story from the bible and finish off the session with our 'bye bye bubbles' song, while the kids pop as many bubbles as possible!

If you would like more info please contact **Esther on 0780 3253355.**

Look forward to seeing you there!

Summer Worship

Come and join us for our Summer Worship each Sunday morning during the school holidays. Summer Worship is for families with children, young people and those of more mature years, in fact everyone who loves the Lord is welcome.

Summer Worship will be a simple, informal worship service, with dvds or films, activities for all ages, discussion groups, songs and prayers all followed by refreshments. Our themes will be varied and different each week.

Summer Worship will take place in **Uplyme Church at 10am** beginning on **Sunday 24th July**, with the last one on **Sunday 28th August**.

Evening Worship

If you prefer a more traditional and contemplative form of worship with hymns and conventional liturgy, join us for our Evening Worship at 6pm each Sunday. During the Summer Worship weeks Holy Communion will take place during Evening Worship.



Uplyme Help at Hand



Remember, it doesn't have to be an emergency before you call on us!

We have a team of ready and willing volunteers who would love to be able to meet you and offer a helping hand if needed. Or maybe just a friendly face to share a cup of coffee and have a chat?

The warmer weather has finally arrived and this may encourage you to fancy a trip out. In addition to the following, please let us know if you just want a change, perhaps a drive into the country or a visit to a cafe.

Watch out for special lunches at Trill Farm with some interesting extras– dates to be available soon. Transport can be arranged.

Can we help with:

- | | |
|---|---------------------------|
| A meal if you're unwell? | Help with correspondence? |
| A lift to the doctor's? | Company on a short walk? |
| Prescriptions collected? | Reading? |
| Emergency items of shopping? | Relieving a carer? |
| Your dog to be walked if you're not up to it? | A lift to see a friend? |
| A visit and a chat if you can't get out? | Accessing services? |

PLEASE NOTE NEW PHONE NUMBERS:

General Enquiries:

Anne Hardman – 01297 444799

Marilyn Kent – 07885 859946

Transport:

Jenny Perham – 01297 32254

David Jones – 01297 444729

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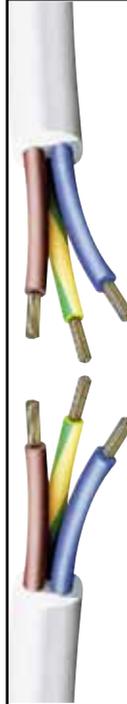
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The Pulpit in Uplyme's Church



Four hundred years ago in 1616 the world lost two great writers, a dramatist and a novelist. Shakespeare died in Stratford and Cervantes, author of the first great novel *Don Quixote*, died in Madrid. In Italy Galileo was recanting to the Inquisition his belief that the earth moved round the sun while saying *e pur si muove* (it moves anyway). In Uplyme church one of our artefacts is 400 years old this year The craftsman who made it inscribed the date on its top ledge, 1616 The word pulpit comes from the Latin *pulpitum* which means a raised platform. The Word of God would have been preached from it to the illiterate congregation.

Over the top of the pulpit would have hung a sounding board or finely decorated ceiling whose function was to help project the speaker's voice. Does ours still exist in Uplyme Church? Certainly! It is upstairs in the gallery where it hangs opposite the Royal Coat of Arms

Our pulpit in Uplyme is richly decorated with fleur-de-lys which has long been a symbol of purity, associated with the Virgin Mary as her attribute, a pure white lily. When the Archangel Gabriel brought the Annunciation to Mary that she was to be the Mother of Christ, Gabriel is often depicted carrying a fleur-de-lys with its three petals, symbols of the Holy Trinity, God the Father, Son and Holy Spirit. The Fleur-de-lys is also the emblem of French Kings. According to legend King Clovis (466-511) chose it as the emblem of his purification by baptism when he embraced Christianity with the lily symbolising his purity. There is also a charming legend that when Eve was expelled from the Garden of Eden, she wept bitter tears which fell on the ground and watered lilies which then grew there.

All of which can be seen in our pulpit, celebrating its four hundredth birthday, as handsome a piece of Jacobean carving as you will find anywhere in East Devon.

Jack Thomas

Uplyme Craft Group Update

The Uplyme Craft Group has been running for over a year now so we thought it was a good time to give an update on what we have been up to during this time.

We meet every **Tuesday from 1 pm to 3 pm in Uplyme church**. From small beginnings we are now a group of around 10, from Uplyme, Axminster, Charmouth and surrounding areas.

The Group bring a diverse range of interesting craft skills including, to name a few, cross-stitch, quilling, jewellery & card making, crochet & knitting. Our experienced members are very willing to pass on their skills to others and generally encourage us all to have a go at something new - resulting in a wide-range of beautiful hand-made items from baby shawls, to necklaces, cross-stitch pictures and special cards. Some of us started as absolute beginners and have been surprised at what we have been able to create.



We also enjoy a lively chat over a cup of tea and of course, the odd biscuit (or three). It has been very enriching getting to know each other and newcomers have commented that we are a very friendly and inclusive bunch.

We have also left the craft room, to enjoy some other special times together celebrating occasions like Christmas and birthdays with a meal out; taking a trip to the craft fair at Westpoint, Exeter and enjoying a coffee morning / garden tour at one of our houses.

If you are interested in finding out more about the Uplyme Craft group please give **Jackie Salmon** a ring on **01297 560 903** or email **pokeypaws@btinternet.com**

Spotlight on Saturday Morning Football. (September- May every year)

It's not young eager footballers who have trouble getting up on Saturday morning...yes you've guessed it...it's Mum's and Dad's...well some at least!

Robin Hodges (our equivalent to Roy Hodgson) and his male volunteer helpers (still looking for our first female coach) have things organised well before 9am when on average at least 25 youngsters arrive ready to develop their skills.

It all started some twenty years ago as an offshoot of Uplyme Church Friday Club. As part of Crusaders and Urban Saints network, Uplyme invariably won the regional qualification matches held in Plymouth to represent the South West in National 6- Aside Competitions. They were held in Birmingham against teams from Scotland, Wales, London etc. It was quite a remarkable achievement for such a small locality to send successful sides to such competitions. Moreover, on occasions they won the national trophy.

Over time the competition faded and when Robin Hodges moved from an assistant role to being 'top man' some 12 years ago, the driving principle behind Saturday football changed slightly. **It has become football freely available to everybody (boys and girls) aged 4+ and over.** The Church continues to see it as a way of serving the community.

Balls, bibs, posts etc are provided and there are boxes of different sized boots and shin pads available. Parents are encouraged to donate boots, socks, and shin pads once their youngster has outgrown them so that we can pass them on to others.

During the severe winter period (Dec – March), rain and water-logging can cause a Saturday morning cancellation. In order to prevent this and also mindful of the need to protect the cricket outfield, we have, for the last two years, made arrangements to transfer to Woodroffe Sports Hall. To try to cover the cost of the School Sports Hall, we ask for a small contribution from participants if that is possible.

Saturday Football's foremost aim, as a community event, is to introduce youngsters to team football. As well as helping them develop their skills and football awareness, it provides an opportunity to have fun, is an outlet for excessive energy and tension, helps build confidence and encourages cooperation and care for others.

It's gratifying to hear that it is not only appreciated by youngsters and parents but also local residents who look forward to their Saturday mornings being disturbed by the noise of boot on ball and encouraging shouts of coaches and touchline spectators. ***Long may it continue***



Youth Worker - Uplyme Church, Devon

Thriving rural church with a mission to change lives and build community needs an experienced youth worker for 16hrs/week. This person will lead a group of volunteers working with young people from 9-18, helping them encounter Jesus and develop and enduring Christian faith.

£10-12,000.

For full details and an application pack please email - administrator@uplymechurch.org.uk or call 01297 444499

The main purpose of this role will be to support and encourage the church's work with young people, so that they can develop an independent faith and grow in their relationship with Jesus. An integral part of this role will be to work alongside the existing youth ministries and volunteers so that current relationships can be built upon and extended into the wider community.

Key Tasks:

Outreach:

- Working alongside a team of volunteers
- To share in the leadership of "X-Plosion" – which is an open youth group for 10-14's.
- Helping to lead an inter church discipleship group for 13-18 yr olds.
- To encourage and help young people engage with wider Christian activities.

Training and Equipping:

- To encourage development of the volunteer team which may include attending meetings as necessary.
- To ensure that child safeguarding guidelines are adhered to at all times.
- Maintain a program of personal development in relevant youth and children's work.

Youth Camps:

A team of volunteers currently takes groups to Christian youth festivals/camps such as Spree (July) and a locally organised Surf Weekend (October). The involvement in these or similar activities is desirable.

Out and About with John McPennington!

I was fortunate enough to spend a few days in Scotland in early June where the weather was spectacular. The sun felt as warm as it does anywhere, the temperature was perfect and it didn't get dark until much later than in the South. My brother kept telling me (he lives in Edinburgh) how fortunate we were and that you really can count the number of days like this in a year on one hand in Scotland! This Northern early summer was made even more special when we headed South to Norfolk where it was cold, wet and windy. The fascinating thing about weather is its un-predictability and I suppose that's why we are all obsessed about it. "Lovely Day", "Bit Chilly, isn't it", "Looks like Rain", etc, etc, etc. How often have you passed a stranger and they've uttered these words to you? Or anyone you do know for that matter?? Our position just off the main European continental mass (*BREXIT or NO CHANGE will have been decided by the time you read this!*) means we have a distinctly temperate, yet unpredictable climate.

If you can generalise, the prevailing wind in from the South West, it rains more in the West than the East and daily temperatures usually higher in the South than the North. But this can and does change. My fortunate time in Scotland saw winds from the North East, rain in the East rather than the West and temperatures far higher in the North than the South.

To summarise our weather a little more scientifically, I defer to Wikipedia who put it thus: *"The United Kingdom straddles the geographic mid-latitudes between 49 and 61 N. It is on the western seaboard of Afro-Eurasia, the world's largest land mass. These conditions allow convergence between moist maritime air and dry continental air. In this area, the large temperature variation creates atmospheric instability and this is a major factor that influences the often unsettled weather the country experiences, where many types of weather can be experienced in a single day."*

The good thing about living in Uplyme, or next to it in my case, is that generally we do get reasonable weather. It does tend to rain quite a bit, but rarely heavily, and that's good for gardens. We don't get too much wind in the village, although those living on top of the surrounding hills or next to the sea will tend to differ. Temperatures are usually OK too. The climate means plenty of greenery, which I've mentioned in 'Out and About' before and that allows for the splendid diversity and plants and animals to be seen. I was driving home from the pub quiz earlier this week where the editor and I came a disappointing 5th place, to be cheered up by a family of badgers shuffling along in front of me on Springhead Lane. It might be hot in Edinburgh I thought, but I didn't see any badgers (*or Haggis, which I'm told can be seen sunbathing when temperatures reach 20 degrees in Scotland!*)!

Until next time....

JP





Following their recent success in the All-England Theatre Festival of One-Act Plays with 'The Ladybirds,' Colyton Theatre Group is now preparing for their summer production, which will be directed by Jeff Hutchinson:

'Entertaining Angels' by Richard Everett,

A warm, glowing, serious play, filled with sharp-edged comedy and probing wit.

Clergy wife Grace (award winning, Tish Wells), has spent a lifetime on her best behaviour. Now, following the death of her husband Bardolph (David Clarke), she is enjoying the new-found freedom to do and say exactly as she pleases. But when her missionary sister, Ruth (Sue Whitell), comes home to lend support, their old sisterly dynamics and rivalries soon come to the fore.

The dazzling cast: Tish and Sue, with Steph Letten worked together on 'The Ladybirds' are joined by veteran of local theatre, David Clarke, and by Debbie Trott, who is making a welcome return to the boards in Colyton.

'Entertaining Angels' deals with family secrets and lies and provides a comic mask for the serious issues of relationships, communication and compromise with astute, dry delivery. A wonderful production, not to be missed.

Wednesday 13th July

to

Saturday 16th July, all at 7.30pm

Doors open at 7.00pm - licensed bar available

Tickets (£9.00) are available from:

The Little Shop, Colyton – 01297 551374

Archway Book Shop, Axminster – 01297 33595

Uplyme & Lyme Regis Horticultural Society

www.ulrhs.wordpress.com

Horticultural Society events in July

The big event this month is our 87th Annual Summer Show and Country Fayre, this year with a strawberry theme, on Saturday July 16th. The show runs from 1-5pm on the Uplyme Playing Field, though many people will have brought their competition entries along much earlier in the day. Competition Schedules were distributed earlier in the year and are still available from our website – there are plenty of classes to enter, and the outstanding prizes include an Advanced Bread Making course at River Cottage, and for the Young Gardener, a half day working with the team at River Cottage. The Show Programme is now available in Uplyme Stores, Raymonds Hill Post Office and Ginger Beer, detailing all the attractions and entertainments on the day. Entry to the Show is £2, and we hope to see lots of you there! We will be donating a share of the profits to the Village Hall and Playing Field. Helpers are needed on the day – please get in touch if you can offer even an hour of your time – Jenny Harding on 01297 444034.

July starts with a visit to The Garden House at Buckland Monachorum near Tavistock, on Sunday 3rd. The coach leaves Uplyme Village Hall at 9:15am for this 10 acre plantsman's garden with a range of attractive features to suit different times of year. The cost is £20, bookings to Rosemary Britton (01297 442794) or Rose Mock (34733) who will be leading the trip.

Wednesday 27th July is our annual evening event in aid of Lifeboat Week, in Uplyme Village Hall at 7:30pm. The speaker will be Chris Andrew of Lyme Regis Museum, who will be talking about "Lyme's Fossils and Fossil Collectors". Tickets cost £3 for adults, £1.50p for under-16s and can be bought at Uplyme Post Office, the RNLI shop, lottery kiosk and Brian Cursley (07831 533580).

August begins with a coach trip to Tyntesfield on Tuesday August 9th. This National Trust property near Bristol has been restored over the past few years and is now back to its Victorian splendour – there is a great deal to see inside the house, and the gardens and estate could keep us busy for hours, if not days! The coach leaves Uplyme Village Hall at 9am – cost is £12 for NT members, £20 for non-members, and bookings should be made with Rose Mock on 01297 34733.

At 7:30pm on Wednesday August 24th we have a talk in Uplyme Village Hall on "Wild Flowers in East Devon", given by Mike Lock of the Axe Vale Conservation Society. Mike is a real expert on our local flora, leads regular walks to see our wildlife, and should amaze us with the variety of flowers to be found in this area.

Advance Notice – Wednesday September 28th at 7:30pm, we have renowned TV gardener Chris Beardshaw to give us a talk about his experiences. Tickets are £6 for members, £10 for non-members, and will sell out fast. Reserve yours with Jenny Harding on 01297 444034 or Rose Mock on 01297 34733.

Mrs Ethelston's Primary School



The Summer Term is always busy in schools and this is certainly no exception! We have been visited by spiders and stick insects (from the Axe Valley Wildlife Park) and marine creatures, while Swifts' Class visited the famous Lyme Regis Fossil Festival and had a wonderful time learning about our Jurassic coast. There have also been local trips and a visit to the Magdalen Project.

We have had football matches, a cricket tournament, swimming, biking and tennis lessons, not to mention our annual Sports' Day in a brand new format. Closer to home, we have enjoyed regular visits from the pre-school children, who we welcome in September, and an Open Afternoon for children to show the work they are proud of to their parents. Enterprise Afternoon, Zambia Day, the Big Wheeze, the Year 5 and 6 Play and Leavers' Celebrations bring the term to a close, ready for a restful Summer holiday!

In September, we welcome Katy Lyons to the staff team, who will be Assistant Head of School and Year 5 teacher. It is a pleasure to work with such fantastic people- children, staff, parents and community members alike. What a blessing it is to live in such a wonderful part of the world!

Michaela Kite - Head Teacher

Have you travelled on a Shetland Bus?

The local U3A's programme of monthly talks continues on Wednesday 13th July. Kathy McNally will be relating a twentieth century Norse saga of courage, determination and seamanship. During the occupation of Norway from 1940-1945 every Norwegian knew that small boats constantly sailed between the Shetland Isles and Norway, at great risk to their fishermen crew, in order to land agents, arms and supplies. These frail vessels became known as 'Shetland Buses'. To 'take the Shetland Bus' became the code for escape when danger was imminent and overwhelming. Anyone who ever sailed a small boat will want to hear this tale.

Kathy lives in Bournemouth and enjoys visiting clubs and groups in the south to talk about spying and espionage, and also travels the world as Guest Speaker for P&O Cruises – although this does mean frequently giving talks in Force 8 gales while sailing through the Bay of Biscay. She is looking forward to the treat of speaking to the U3A, without the floor moving. (Has she heard of Lyme's land-slips?)

Woodmead Halls, **Wednesday 8th June**. Coffee is served from 10.00 to 10.45 followed by talk at 11.00 until noon. Entry is free for U3A members; for non-members a £2 donation is suggested. To join your U3A, have a look at the website www.lymeregisu3a.org or telephone 01297-444566.

MRS E'S BIG WHEEZE!

SUNDAY 17TH JULY

FUN RUN: 9.15am

Uplyme sports field

5K & 10K RUN: 10.15am

Start at Mrs Ethelston's Primary School

10K: £8 attached, £10 unattached*

5K: £5 attached, £7 unattached*

(*£2 extra on the day)

FUN RUN: £2 per child

(age restrictions apply)

**10K, 5K
AND FUN RUN**

DOWNLOAD AN ENTRY FORM FROM: WWW.ACORNACADEMY.ORG/MRSETHELSTONS



2016

This race is part of the 2016 Community Race Series
On Axe Valley Runners website: axevalleyrunners.org.uk
Held under Running Association rules, ARC permit number TBC

Race distances are approximate / Prizes for races

Money raised is for Mrs Ethelston's C of E Primary School PTA





Mrs E's Big Wheeze

Sunday 17th July 2016 at 10.15am (Small Wheeze Fun Run 9.15am)



The multi terrain run is approximately 10km /5km starting and finishing at Mrs Ethelston's C of E Primary School, Uplyme, DT7 3TT. The route follows river banks, goes through beautiful woods and climbs hills that give glimpses of the sea. It is a truly exhilarating route and an exciting chance to run it for the first time as a race. Runners in Mrs E's Big Wheeze must be 16yrs+ (10km) or 13yrs+ (5km). Proceeds in aid of Mrs Ethelston's C of E Primary school PTFA.

- Prizes: 1st male and female runner, local runner, vets 50+, children's prizes for fun run.
- Limited parking at Village Hall (car share if possible). Changing with toilets at the School. Refreshments at the school.
- Small Wheeze Fun run of approx 2km is at 9.15am.
- Closing date for postal entries is 11th July 2016
- Held under the Association of Running Club (ARC) rules, permit applied for.
- 10km run - £8 if attached to a running club, £10 unattached. £2 extra on the day
- 5km run - £5 if attached to a running club, £7 unattached.
- Small Wheeze Fun run - £2 per child, adults free if accompanying a child (children under the age of 9 must be accompanied by an adult)
- Send all entries to: PTFA Race Secretary, Mrs Ethelston's C of E Primary School, Pound Lane, Uplyme, Lyme Regis, DT7 3TT. Enquires to: saratherrot@hotmail.com
-

Mrs E's Big Wheeze 2016

Name			
Club			
Gender		Date of birth	
Address			
Postcode			
Telephone			
Email			
Race (Please circle)	10km (16Yrs+)	5km (13yrs+)	Small Wheeze
I enclose a cheque payable to 'Friends of Mrs Ethelston's' for this amount:	£		

Please return completed entry form, SAE (if no email address) and cheque.

Entry will be confirmed by email or SAE

Collect your race number on the day from the Registration Point at school

Disclaimer: I declare that I will only run if fit to do so; I agree that the organisers, their agents and sponsors are not responsible or liable for any injury (incl. fatality), loss, accident or damage to either my person or property as a result of my participation in this event. I accept that correct attire, shoes and planned training are important for this run. If, due to adverse weather or police advice, this event is cancelled, or if I am unable to attend, no refund can be given. I will be 16 years or older on 17th July 2016 and will abide by the rules laid down by the organisers.

Signed: _____ Date: _____

Lyme Regis & Uplyme Sports Development Trust - Update June 2016

This Trust was established in June 2015. The Trust's objective is to raise funds to give young sportsmen and women from Lyme Regis and Uplyme a life-changing experience. The idea is to provide individuals the opportunity to develop their skills in any way that is appropriate, here or abroad, and to share their experiences with their sporting colleagues. This is a progress report summarising the Trust's achievements during its first year "in Business".

The Trust currently has three Trustees: Philip Evans, Paul Messer and Justin Tunstall. John Garland recently resigned as a trustee as he is moving out of the area. We would like to thank John for his contribution and wish him and Jane all the best for the future. If anybody is interested in becoming a trustee or who knows anybody who would be then please let us know. However, there is no restriction in the Trust Deed to prohibit us from continuing with just three trustees.

We are delighted to report that the Trust was allocated £500 by the Candles on the Cobb Committee from last year's very successful event. This generous donation is to be used to support various young footballers (under 16) training. Justin is currently work with the youth training officer at Lyme Regis Football Club, to determine how best this money can be spent and which footballer(s) should be considered as beneficiaries of this grant. When their ideas have been formulated they will be put forward to the Trustees for agreement.

We also had sufficient funds collected from our supporters to finance Uplyme cricketer Harvey Brimicombe's visit to Australia to play cricket for Deepdene Bears in Melbourne. We should also be able to finance a second young cricketer to make the trip to Australia this winter.

Harvey has enjoyed his time playing in Melbourne. He is well thought of by his fellow players who nominated him to win the H. C. Stanford 2nd XI Fielding Trophy. He is currently completing 80 days of work in the Australian countryside which will mean he will be able to renew his visa for another year, if he wishes to return to Australia. We look forward to his return in July and to seeing him pass on his experiences to his colleagues at Uplyme & Lyme Regis Cricket Club

The Trustees are continuing to identify other sports clubs and promising young sportsmen and women who would benefit from a Trust initiative. The Trustees would be pleased to hear from any sports club who can think of a suitable life-changing opportunity which could need funding from the Trust.

We are continuing our fund raising as we do need a constant source of funding if we are to really make a difference to a number of young sports men and women.

If you would like to donate some funds to this initiative or require further information please contact: Paul Messer on 01297 444181 or 07831 633180 or e-mail paulandjune@uplyme.com.



Here's the interesting bit behind why fish makes you a well rounded being!

As well as all the different Omega oils for brain and heart health, fatty acids in fish go straight into your body's energy production system. These fatty acids carry out electron transfers by attaching themselves to oxygen in the body and permitting energy to be produced for various chemical processes within it.

Consuming fish oil helps combat fatigue and increases mental and physical capacity. Omega-3 increases one's powers of concentration as much as it does one's energy levels. The benefits of the good oils and fats in fish far out-weigh any trace chemicals present in the water. Ask any doctor!
There is scientific fact in the old saying "fish is good for the brain": The main compound in brain fat is DHA, which contains omega-3 fatty acids.

Also, it's one of the only natural wild protein sources left. Most things we eat are farmed, with goodness knows what's been added to make it last longer before purchase.

We eat fish in our family at least 3 times a week. My kids moan and groan if I dared attempt any more.

Whether it's my 12 year old Sam "I really must protest father, not those quintessentially dastardly wild Seabass fillets again!" or my 8 year old Rosie chiming in "I'm living in a plethora of discontent here Father, I'm sick of Monkfish wrapped in pancetta, I hate you!"

The little brain boxes have no idea how lucky they are, let alone growing up in this wonderful little town by the sea called Lyme Regis.

Si-the-Fish.



The vicar's new interest in angling proved to be a real asset when it came to getting more people into church

Bethany Chapel

The 4pm "tea meeting" at Bethany Chapel, Coombe St, Lyme Regis, on **Sunday 31st July** will be conducted by the Beach Team of the United Beach Missions, followed by a jolly good free Sunday tea. All are welcome.

The Team will be on Lyme's sand beach, daily except Saturdays, from **24th July till 19th August** with fun and family activities for holiday-makers and locals.

The 10.30 - 12.30 coffee morning on **Saturday 30th July** will be for the Lifeboat and Air Ambulance.

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Village hall booking dates for July 2016

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Tuesdays/Fridays 9am- lunch club 1.15pm

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Tuesdays 1.45pm-3.45pm

School

Term time only

Wednesdays 1.30pm-4.45pm

Thursdays 9am 4.45pm

Fridays 1.45pm-3.30pm

Brownies

Term times only

Mondays 5.30pm-7.00pm

Gym Club

Tuesdays 4pm-6.30pm (check holidays)

YOGA

Thursdays 6.30pm-8.00pm

Short Mat Bowls

Mondays 7.30pm-10.00pm

Patchwork ladies

1st Wednesday of every month

1.30pm-4.30pm

Parish Council

2nd Wednesday of each month

6.45pm-9.45pm

Horticultural Society

4th Wednesday of each month 7pm-9pm

Mainly Ballroom

Saturdays 8pm-10.30pm (check dates)

Quakers

Sundays 9.30am – midday

Village hall committee meeting

1st Tuesday of each month 7.30pm M/ room

Other bookings for July 2016

Saturday 2nd Mainly Ballroom 8pm start

Friday 8th School performance

Saturday 16th ***Horticultural Society
Summer show***

Saturday 16th Mainly ballroom

Wednesday 20th PTFA BBQ & end of term

Saturday 23rd Private hire

Sunday 24th Private hire

To book the Village Hall

Phone, Claire McCarthy

01297 444303 (office hours)

Email: uplymevh@gmail.com

Visit our website

www.uplymevillage.com

online calendar times are hire times not event times.

check with the individual organisations for event times.

Our next meeting is the 5th July 2016

Please come and join us.

Coming up in August

Mainly ballroom 13th

Art Demo 18th

Weddings 20th & 27th

**We are currently looking for a new
Chairperson to join our Committee.
For more details please contact the
above phone number.**

East Devon 'ups the anti' on fly tipping....

East Devon District Council has taken advantage of a change in legislation to look to reduce the detrimental effect of fly-tipping in our area.

From 9th May 2016 a revision to 'Unauthorised Deposit of Waste (Fixed Penalties) Regulations meant Authorised Council Officers can serve a fixed penalty notice on anyone believed to have committed a waste deposit offence - 'fly-tipping' to you and me!

Who's in the firing line?...

Officers will be able to use these new powers to deal with small (defined as more than one 'black' bag or equivalent), medium or large fly-tipping offences, typically committed by householders, or small scale 'man and van' type operations.

The Environment Agency will continue to investigate very large scale fly tips.



How much will the fixed penalty be?...

Legislation allows the Council to set a fixed penalty within the range £150 to £400. At our Cabinet meeting in early June the figure was debated in the context of disappointment that a small number of people dump waste, without consideration for other residents, our valuable natural environment or our visitors.

After a short debate, it soon became clear that Members were unanimous in the view that this concern should be reflected in the council adopting the maximum permissible fixed penalty of £400, to demonstrate our commitment and hopefully deter potential 'tippers' from fly-tipping in East Devon.

This will be reduced to £200, for a first offence only, if paid within 10 days.

Are there any other charges?...

As part of the process, EDDC Streetscene staff will remove the fly tip and separately charge offenders for the clear up and disposal. The scale of this cost will reflect the scale and nature of the materials involved, but is likely to exceed a further £100.

What if they do it again?...

It is envisaged that a fixed penalty notice will only be used in response to a first offence, committed by an individual or company. A repeat offence is likely to be met by prosecution proceedings.

What is they don't pay?...

Prosecution is likely to follow. This may involve additional court costs and, at the discretion of the Magistrate, could result in imprisonment and a financial penalty of up to £50,000.

Let's hope the deterrent works and fly tipping in East Devon is eliminated...

East Devon Countryside Team – Summer Events...

The East Devon team organises events throughout the summer for all ages. Many are just down the road on the Seaton Wetlands and off Trinity Hill Road on the Trinity Hill Nature Reserve. Lots are free of charge, others great value. Highlights for July in our area include;

Willow weaving: edging hurdles **4th July 2016** **10:00am - 4:00pm**

Event aimed at everyone. Learn the art of willow weaving with an experienced tutor.
£40.00 per adult.

Reed Base Seaton Wetlands, parking available through Seaton Cemetery Colyford to Seaton Road
NEAREST POSTCODE EX12 2SP

Nightjars and stars **5th July 2016** **9:00pm - 11:00pm**

Event aimed at everyone. Learn about nightjars and the night sky.
£5.00 per adult, £5.00 per child.

Trinity Hill Local Nature Reserve, Trinity Hill Road Near Axminster
NEAREST POSTCODE EX13 5SS.

Bird ringing demonstration **8th July 2016** **9:00am - 11:00am**

Event aimed at everyone.
Free.

Bird ringing demonstration by Axe Estuary Ringing Group.
The Discovery Hut, Seaton Wetlands, Colyford to Seaton Road
NEAREST POSTCODE EX12 2SP. PARKING THROUGH SEATON CEMETERY

Canoe safari **16th July 2016** **6:00pm - 9:00pm**

Event aimed at everyone.
£35.00 per adult, £20.00 per child.

Guided trip down the river Axe to discover the area's wildlife.
Axe Vale Canoe Club clubhouse, Seaton Harbour, Seaton EX12 4AA

What's that bird? **23rd July - July 2016** **2:00pm - 4:00pm**

Event aimed at everyone.
Free.

Whatever your experience come along and improve your bird identification skills.
Tower Hide, Seaton Wetlands Colyford to Seaton Road
NEAREST POSTCODE EX12 2SP, PARKING AVAILABLE THROUGH SEATON CEMETERY

Full summer programme is online at www.eastdevoncountryside.co.uk Many events need to be booked in advance by booking online or calling the Countryside Team on 01395 517557.

Full details on all stories and the latest news on my website www.trinitymatters.co.uk

Cllr Ian Thomas – Trinity Ward, East Devon District Council

Inform - Consult – Participate

Mobile: 07884 494474

email ian.thomas@trinitymatters.co.uk

Facebook : www.facebook.com/CouncillorIanThomas

Twitter : @CllrIanThomas



1st Lym Valley Scout Group

Everyone has been out and about this last month and the whole group has been taking part in joint activities like the AGM, Uplyme Fete and Civic Parade. We had our group AGM and managed to find a Cub Scout leader. Welcome to Paul Weldin who has joined the team. We still need more assistant leaders, if you think you could help let us know.

We raised £249 for group funds at the fete. Thank you to everyone who supported us and came along and smashed a few plates!

The Beavers celebrated the Queen's Birthday by having a party and went pond dipping at Seaton Wetlands. They took part in the Uplyme fete parade and also the Lyme Regis Civic parade with the rest of the group. This month they will be grass sledging, making posters for the RNLI and having games on the Beach.

The Cubs have been focussing on the First Aid badge, cooking and rock pooling. They have been out and about with plenty of walks and outdoor activities. The cubs are an important part of the group and have room for girls and boys aged 8-10. If you have a son or daughter who would like to join please contact Joe Street at lymvalleycubs@yahoo.com.

The scouts went on a cycle camp last month. We stayed at Exeter Scout HQ at Marsh Barton and cycled all the way to Exmouth along the cycle path. They had a brilliant time though some of the leaders 'body parts' thought differently!! We also went rafting at the Cobb some of the rafts didn't last very long.



Scouts in front of New Scout Trailer at Cycle camp

This month we will finish the term by doing some campfire cooking, photography and games on the beach.

If you would like to join the Beaver, Cubs or Scouts or be involved in any way, please do not hesitate to contact me.

Yours in Scouting

Karen Yelland

Beaver and Scout Leader

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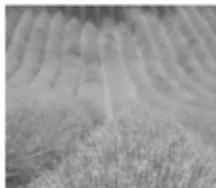
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some Sequence

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chat.



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June 8 & 22 July 6 & 20

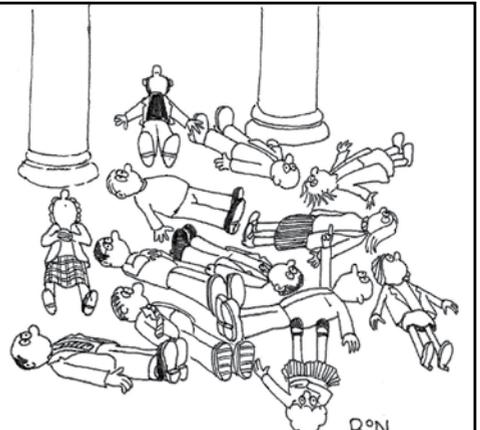
Supporting **The Baby Bear Project** which sends
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Durban, where the babies were
going home wrapped in newspapers.



14th July St. Camillus de Lellis
- patron of the sick

Sometimes those who suffer are best
at helping others in a similar situa-
tion. Discharged from the Venetian
army with an incurable leg wound,
St. Camillus (1550 – 1614) founded
a religious order called the Ministers
of the Sick (the Camellians). In their
Holy Ghost Hospital in Rome, and by
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Reader	Roger Grose	22107
Church Administrator	Frances Apolon	444499 (Church Office)
Churchwardens	Russell Kingsbury	443947
	Marilyn Kent	07885859946
Hon Treasurer	Phillip Tolhurst	678475
Adult Safeguarding Advisor	Morag Kingsbury	443947
Child Safeguarding Advisor	Brenda Soldan	553269
Health & Safety	Annie Thurgood	24318
Church Membership	Mike Maccoy	442321
Pastoral Co-Ordinator	Roger Grose	22107
Junior Church	Margaret Trafford	443252
Under 5's	Esther Stansfield	07803253355
Connected Church (Zambia Water Project)	Russell Kingsbury	443947
Festival Choir	Adrian Pearson	442902
Bell Ringers: Tower Capt.	James Booth	443687
Flower rota	Felicity Langford	440996
Saturday Football	Robin Hodges	445180
Mrs Ethelston's School Head	Michaela Kite	442210
Church News Update	Carol Linsley	444499
Parish News Editor	Robin Hodges	445180
	<i>Redlands, Lime Kiln Lane, Uplyme, Lyme Regis, Dorset, DT7 3XG</i>	

Email:

administrator@uplymechurch.org.uk
youthwork@uplymechurch.org.uk
parishnews@uplymechurch.org.uk

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All telephone numbers are STD code 01297 unless otherwise stated.