

Upton St Leonards Life *incorporating Church News*

Issue 12

August 2015



It's August and that means time for the BMI's Annual Pig Roast !!



This year's Pig Roast will be taking place at the BMI on Bondend Road
Saturday 8th August. Mike Long will be there as usual with his happy band of helpers, to cook delicious pork for his hungry customers.

This is always a popular event so bring family and friends and maybe meet some new people along the way. It is advisable to come early and we look forward to seeing you there.

The pictures were taken at last year's pig roast.

Focus on Local Business

This month we take a look at ...

CEDAR MOTOR HOUSE LTD

Those who have been in the Village for some years will remember the "Bikes & Pieces" cycle repair shop, run from his dad's garage in Bowden Cottage by Tim James when he was still a young lad. This was an early start as a mechanic, following in his father's footsteps. His father is of course Barry James, who set up Cedar Motor House in Cheltenham in 1968. Tim got his formal training as a vehicle mechanic with the Army, and in 1994 he left the Army to join his dad's company. The business moved to its current location at Grove Court on Upton Hill in 1998, with Barry in charge, Tim as assistant, mother Meg doing the admin work; very much a family business. When Tim married Val, she also joined the business, and since Barry and Meg retired, Tim and Val have been the directors.

A first impression, when one walks in to the workshops, is how clean it all is. There is still the smell of oil and cars, but gone are the days of greasy grit on the floors, filthy overalls and grimy hands. Tim says: "to stay in business, garages have to move fast to keep up, and nowadays we are heavily computerised, as, of course, the cars are." Part of keeping up and growing was a large investment in equipment and training to be able to do MOT testing. Cedar Motor House now has 5 car lifts, spread over 4 workshops at Grove Court, and employs 4 other mechanics. Vehicle servicing, diagnostics, clutch and tyre fitting are areas that they specialise in.

They are members of the Good Garage Scheme and have been ranked among the top 5 garages for excellent customer service and feedback in the country several times. The personal touch and village connections remain very important to Tim and his business. He collects and returns cars he is asked to service or repair from the owners' homes, and Cedar Motor House has customers in the village who have been with them ever since the business was first set up.



Tim and Val James



Letter to the Editor

Our regular correspondent, The Villager, writes: "What a wonderful symbol of Village Life the Birchall Memorial Institute (BMI) is! It was given to the Village by the Birchall family in memory of John Dearman Birchall. Nowadays we see people on their way to the BMI from a wide area around, ladies often in their finery and gentlemen looking very dapper.

A small problem though with the annual Pig Roast poster which we see everywhere: we really enjoy the event, but seeing the happy face of Percy Pig makes me feel quite guilty -- any chance of turning him around and just showing his curly tail, then we won't have to look him in the eye!! Seriously, BMI, thanks for the great service you give to us, for your support to charities and for helping to keep our village so alive."



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What's been happening in Upton ?

Get-Together Club celebrates 4th July

What a lot of fun was had at our recent Club meeting when we held a "July 4th Celebration".

We were lucky to have San'n'Tone, local Line Dance teachers, to provide the music and entertainment. Their enthusiasm and fun approach was much appreciated by all. Cowboy hats and neckerchiefs were worn and the Village Hall was decorated with American flags to create the "Hoe Down" atmosphere.

Members were able to try their hands, and feet of course, at Line and Partner Dancing. Many joined in and thoroughly enjoyed themselves. Non-dancers were able to take part in an American Quiz.

Our usual catering of traditional afternoon tea was put aside for this July 4th Celebration. Hot dogs, chocolate brownies, blueberry muffins, cookies and Dime bar slices were on the menu. So truly American themed refreshments were provided. Cries of Yee ha! with plenty of laughter were heard coming from the Hall all afternoon!

We now look forward to our next meeting which will be Bingo, and there will be Strawberry Cream Teas.



Jackie Clouting



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What's been happening in Upton? - Cont'd

June's Village Day

Well, as we reported in the last issue of USL Life, our very first Village Day has been and gone. We had a very successful day in spite of the weather. At least the rain was in small doses, during which there was a roaring trade in teas and cakes not to mention the BMI !!

From the reactions and comments from many people, which have been so very positive, we believe everybody had a good time.

Due to the amazing hard work by a lot of folk and the many kind donations from individuals and local businesses, **we managed to raise a sum of £2300**. This amount will be shared between the Village Hall and Church Funds. A result which makes it all worthwhile.

Special thanks go to Hatton Court Hotel, Bowden Hall Hotel, Brickhampton GC, Lilleybrook GC, Walls Ice Cream, Peter Hickman, Fred Jones, Barbara Sproston and Rachel Hall for raffle prizes.

And we can't ever let Sally Ponting move house! We could not have managed without the use of her garage for storage in the run up to the day!

We have already held a meeting to discuss what worked well on the day and what could be improved upon for next year. It will be the Queen's 90th birthday in 2016 and celebrations will be planned nationally – we hope to tie into that.

One thing that was identified was the need to have more helpers for this event. We intend to have a meeting in the autumn to begin to plan for 2016 and would welcome any assistance from an early stage. So if you would like to join us or maybe have some suggestions and ideas for next year, please call Carol Evans or Keith Pearson.

Of course we mustn't forget to thank all those who turned out on a less than perfect day weather-wise to support us.

The Village Day Organising Committee

Some feedback from Y6 pupils at the Primary School:

I really enjoyed everything especially the burgers. Also I enjoyed the maypole dancing. I thought it was very entertaining.

Ethan Hughes

I really liked it at the Village Day because I got to help out with the Guides clearing away the tables at the café and I had lots of fun with my friends and watched the dog show. My friend's dog came second

Lauren Wallace

I really enjoyed it the whole day. I particularly liked the races for young children and the maypole dancing. I really liked the raffle as well, my Nan won a night at Hatton Court!

Louis Tomes

I really enjoyed the whole day. I did a competition for a bit of a laugh and I ended up coming home with a set of bowls (I had to try to hit a small white ball). I liked the football activity as well, even though I came second.

Billy Cockle

I liked the dog show because my friend's dog won twice!

Morgan Hill

I really enjoyed it at the Village Day. I especially enjoyed the football one because it was really fun. I also thought that the races were very good and I enjoyed playing the coconut shy.

Gabriel Williams

I took part with my dog Snoopy in the dog show. I entered him into Most Handsome, Waggiest Tail and the Carrot and Water competition. He came second in the Most Handsome and the Carrot and Water contest. In the Waggiest Tail, he refused to wag his tail even when we gave him some treats! I really enjoyed the Village Day!

Lorelie Roberts

Upton St Leonards Playgroup Fair - 12 July

The Playgroup Committee demonstrated their commitment to their pre-school customers by planning and running a fund-raising Summer Fair at the Village Hall on Sunday 12 July.

Entry was free for adults but, at the gate, there was the temptation of a summer raffle with excellent prizes. The first attraction for all ages was a Gloucestershire Fire and Rescue Service Fire Engine with friendly firefighters ready to demonstrate their work. The overcast sky did not detract from the variety of Stalls filling the Village Hall field. There were mini-golf, bouncy castles, a bottle stall, face painting, roll a penny, tombola, glitter tattoos and hook-a-duck.

Our Junior Reporter, Samira, then discovered even more fun inside the Village Hall. She particularly enjoyed the Photo Booth where she dressed up in a splendid pink hat and had her photo taken with a highly topical Minions background. The resulting photograph will surely take pride of place in Samira's bedroom.

We should congratulate all the willing Volunteers who worked so hard to make the Summer Fair a success. They provided a valuable service with a smile.

What's been happening in Upton? - Cont'd

TWYVER WALKERS' JULY WALK

Twyver Walkers braved the elements and other hazards on their recent walk between Alderton, Alstone and Dixton; three quiet villages beyond Tewkesbury. As well as showers, we encountered curious cows, overgrown footpaths, obscured waymark signs and fields of waist-high corn.

The walk was varied as we trekked through fields and along roads and tracks, with views over The Malverns and May Hill. The effort was well worth it however, for the welcome at The Gardeners Arms and their excellent food.

Well done everyone!!

Pam Tickner



Police Report (Upton St Leonards)

This report covers the period 19-29th June 2015.

The good news was that there had been no Anti Social Behaviour incidents during the period.

However there has been 1 burglary, 1 theft from a shed / barn and a further 4 thefts, 3 of which were from insecure cars with items of value on display such as SatNavs, Briefcases, designer sunglasses, work bags and keys.

In addition to the above, another Burglary has recently taken place through forced entry resulting in the homeowner's car being stolen.

The key messages from our PCSO Khim Mortimer are :

- Fit an alarm system to your home and turn it on when you go to bed and when you leave the house
- Join your local Neighbourhood Watch Scheme if not already in it
- Do not leave valuables in sight in your cars and make sure cars are locked when you leave them

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What's been happening in Upton? - Cont'd

GNOME HUNT - 11th July

Wow! What a great afternoon, the weather couldn't have been better, the village and fields were buzzing with Gnome Hunters of all ages. The Hall was packed with returning hunters enjoying homemade refreshments served by a great team of ladies. A really great atmosphere and we were pleased with the support this fund raising event received.

The total has reached £1,600 to date, which will be split equally between two good causes. I know the local charity FOCUS – Funds for **O**ncology **C**entre **U**sers and **S**upporters based in Cheltenham Oncology will be so pleased and use it in helping people suffering from cancer visiting our Gloucestershire Hospitals. Also, St Leonards Church will be grateful for this money to help with repair work.

We have had positive feedback and many requests to make it an Annual event, so next year WATCH THIS SPACE! We are lucky to live in such a lovely village and so near to the countryside to explore its beauty.

Many thanks to all the local businesses, families and friends who have generously sponsored the GNOMES including :
Morrisons, Unilever UK Ice Creams, HP Air Systems, Roger Brown, John Weygang Optometrists, Bourne Baking, Sarah Hemmings - Physical & Sports Injury Clinic, Cedar Motor House Ltd, Christchurch Abbeydale Craft Circle, Roseville House Dental Practice, Chipmunks Day Nursery, Portway Farm Shop, Sugar Loaf, Timewatch, Daniel and Oliver, BMI, Dinghy Buyer Direct, Knit and Natter Ladies Group, Bath Clothing, Mercure Gloucester, Bowden Hall Hotel, Partners and Staff at Brockworth surgery, the James family, the Stratford family, the Stephenson family, the Gibbs family, the Lee family, the Bennett family, the Coombs family, the Hay family, the Barnes family, the Hawksworth family plus many others who wish to remain anonymous.



We also wish to thank the Police for their support and Megan, Pauline, Denise, Sandra, Marian, Viv, Val, Caroline, Rich, Terry, Jeff, the residents of Upton St Leonards who kindly hosted our Gnomes and all the GNOME HUNTERS.

Best wishes Marilyn, Mike and Family



Upton WI report

The history and benefits of Tai Chi were explained and demonstrated by Robert Agar Hutton at our meeting in July. We all joined in a short exercise. A number of members had taken part in events over the last month - Diane had been to the Buckingham Palace Garden Party, Lynne was our delegate at the AGM at the Royal Albert Hall, Marlene told us about the trip to the Guide Dogs Centre, Helen enthused about the Highnam Court Garden Party and Pauline, Sue and Pat visited the Synagogue in Cheltenham. We have two events planned for the Autumn - a trip to Oakham Treasures in Bristol and a lampshade making workshop. Our speaker in August is Paul Evans with poems on farming and village life. Visitors would be very welcome to attend.

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CHURCH NEWS



Dear Friends

Summertime and the livin' is easy, is an aria composed by George Gershwin for the 1935 opera, Porgy and Bess. The lyrics are by DuBose Heyward from the novel Porgy on which the opera was based.

Gershwin's highly evocative music mixes elements of jazz and the song styles of Negroes in the southeast United States from the early twentieth century. Summertime is one of the most covered songs in the history of recorded music, with more than 33,000 covers by groups and solo performers.

We read in the Psalms that it was God who set all the boundaries of the earth; he made both summer and winter.

We have enjoyed a few days with some summertime weather recently and although it rained somewhat on the Village Day it was a great success and the rain also dried out in time for our Songs of Praise on the Village Green.

Now the schools have broken up, some families will be enjoying summer holidays either in England or further afield.

By the time you read this I will have been working at the Royal International Air Tournament in Fairford and then camping with a Pioneer church at the New Wine Festival in Shepton Mallet - feeling positive, I anticipate wall to wall sunshine but will be taking my waterproofs and wellies, just in case!

I am delighted that in recent weeks we have had a chance as church members to serve the community in various ways by helping out at the Village day and hosting the Songs of Praise on the Green. I have heard this week that a profit of around £2300 was raised at the Village Day overall. Keith Pearson has informed me that our parish church will receive a cheque for £1125 and I would like to pass on our thanks and appreciation. Well done and grateful thanks to everyone concerned for all the hard work you put in.

Although our membership is small and we only have on average 17 regular worshippers at a service, the commitment and support that is shown towards the community is recognised and greatly valued.

During August we shall again be sharing our evening services with local churches in the area; each taking a turn in hosting and inviting gifted preachers. These services have proved to be very popular and I hope to see many familiar and new faces on August Sunday evenings. Our turn will be on Sunday August 16th. The diary above shows the full schedule.

Finally, as many of us enjoy a summer break, let's not forget those who cannot have a holiday because of poor health, poverty or an inability to take time off work as well as those who live in areas of conflict, where survival, freedom and the hope of a safer, peaceful life are their priority.

A prayer for this Summer

As we rejoice in summer recreation,
bless, loving God, those whose lives feel destroyed.
As we find a stillness for rest and refreshment,
bless, loving God, those whose lives are defined by relentless care.
As we delight in new places visited on holiday,
bless, loving God, those imprisoned by poverty of wealth or ambition.
As we find adventure in activities both fun and frightful,
bless, loving God, those for whom illness and incapacity have become barriers.
As we find refreshment from routines and daily rituals,
bless, loving God, those whose lives can never find free space or time.
In the name of your son Jesus Christ, this is our prayer. Amen.

August Church Diary

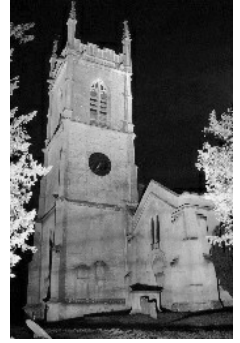
(Correct at time of printing but subject to change - please check details in pew sheets)

SUN 2nd	NINTH SUNDAY AFTER TRINITY
8.00am	Holy Communion BCP
10.00am	All Age Worship (non-Communion)
12.00pm	Baptism Service
6.30pm	Evening Service at St Lawrence's Barnwood
SUN 9th	TENTH SUNDAY AFTER TRINITY
10.00am	Communion4All
6.00pm	Evening Service at St Oswald's Coney Hill
SUN 16th	ELEVENTH SUNDAY AFTER TRINITY
10.00am	Communion4All
6.00pm	Evening Service at Upton St Leonards
Tue 18th	10.00am Holy Communion and Coffee Morning
SUN 23rd	TWELFTH SUNDAY AFTER TRINITY
10.00am	Holy Communion (Common Worship)
12.00pm	Marriage Thanksgiving Service
6.00pm	Evening Service at Christchurch, Abbeydale
SUN 30th	THIRTEENTH SUNDAY AFTER TRINITY
10.00am	Communion4All
6.00pm	Evening Service at St Philip and St James, Hucclecote

(Please note evening services shown are all at 6.00pm except on 2nd August, at 6.30 on that date)

Every blessing
Christine

Tower Flood Lighting Sponsorship Details August



On Wednesday 12th August the Tower Lights are being sponsored by Brenda and Keith Davies, in celebration of the 9th birthday of their grandson, Charlie Davies who lives in the village.

The Tower Lights will be lit on the 13th August in loving memory of Viv Pirie, who would have been 53, from her loving husband Bob and with deepest love from Gill & Max her parents.

On Saturday 22nd August the Tower Lights will be lit in memory of our mother, Gwyneth Cannon, Home Farm, who passed away 10 years ago on 22nd August, 2005. Kindly being sponsored by David and Jo, Diane and Tom and Jane and Ken (Canada).

On Sunday 23rd August the Tower Lights are sponsored by Dave and Val Knight in celebration of their 40th wedding anniversary

If you or your family wish to have the lights sponsored in celebration of a birthday or anniversary or for a loved one's life or any other reason then please contact Matthew Gibbs. There is no set amount for this, just what you would like to gift to the Church in order to help cover running costs. If you are able to gift aid any donation this will help us too.



Cathedral City, City Cathedral

Dean Stephen reflects briefly on the role of the cathedral in the city of Gloucester.

A cathedral is firstly the place where the seat of the bishop rests, the cathedra, and so a cathedral is naturally the mother church of the diocese. But any cathedral is also in a unique relationship with the city that is often only called a city because of having such a major church at its heart. This is true in Gloucester where the cathedral still dominates the landscape and still has a unique role in the life of the whole city. Civic and secular events take place here and people come and go on a daily basis, rather than just for an occasional diocesan service.

The Heart of Gloucester is the name for the first phase of **Project Pilgrim**, the project to improve and restore parts of the cathedral, and it is what we seek to be. Amongst all our development plans and events, what holds us together is the offering of public worship 365 days a year. In this way, we seek to be a place of prayer and a place for all. We pray daily in turn for each parish, school, fresh expression, chaplaincy in the diocese. But we also pray daily for the city and the diocese in which we are set. You are welcome to join us any day, we are always here. That is our job as your cathedral.

Project Pilgrim -- what you thought

Thank you to everyone who gave their responses to the initial design proposals for Project Pilgrim, the project to improve and restore parts of the cathedral. Almost 400 people answered a questionnaire and others joined with focus groups and attended presentations.

- 87% of you said they were supportive of the project
- 84% believed that the transformation of the car park into a public space would provide a better setting for the Cathedral
- 87% were supportive of putting solar panels on the Nave roof
- 93% were supportive of our plans to restore the Lady Chapel
- 95% were supportive of using the Tribune Gallery as a place to tell the stories of our building and history.

44% also wanted reassurance about parking solutions. Rest assured, we are fully aware of how important this issue is and will make sure we find viable and sustainable alternative parking for key stakeholders before any building work begins at the end of 2016. To find out more visit www.gloucestercathedral.org.uk

CHURCH NEWS

SONGS OF PRAISE ON THE VILLAGE GREEN

Accompanied by the rousing music of the Gloucester Brass Band, over 100 members of the congregations of St Leonards, St Oswalds (Coney Hill), St Lawrence (Barnwood) and Christchurch (Abbeydale) joined together singing Songs of Praise on the Upton Village Green on Sunday evening 28 June.

A lovely setting as many were heard to say and, suitably, the weather held fine, although rather breezy. The sun even came out during the final hymn "Abide with me, fast falls the eventide". And to finish the evening, scones with clotted cream and strawberries were enthusiastically devoured.

And finally, if we counted the congregation, Band, the family of four visiting from the Netherlands who stopped to listen and join in, and even the passengers of the car who stopped at the War Memorial to listen to a complete hymn, there were altogether some 131 singers, players and spectators joining in Praise. We must not forget Marlie the dog who persuaded his master to give him a break during his walk home and join in the hymns (Marlie didn't sing, though)!

Roy Roberts – St Leonard's PCC



VANDALISM OR THEFT IN THE CHURCHYARD

There have been at least two recent incidents of theft or vandalism in the Churchyard where flowers or plants have been removed from grave plots. Understandably, this is extremely distressing for people who visit and carefully tend the plots of their loved ones.

Please do keep an eye open when you walk through the churchyard, and report anything suspicious that you see to the police - phone 101, and let a church officer know.

Upton 500+ Club

The June Draw winners were:

1st Prize: Chris Stanley

2nd Prize: Neil and Penny Owen

3rd & 4th Prize: Trevor and Rachel Hall

The July Draw winners were:

1st: Myra Williams

2nd: Neil and Penny Owen

3rd: Margaret Sullivan

4th: Margaret Jones

Thank you to everyone who has joined the 500 Club so far. If anyone would like to join, the membership forms are at the back of the Church. Upton 500 Club raises funds for the Church.

Upton 500 Club Committee.

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CHURCH NEWS

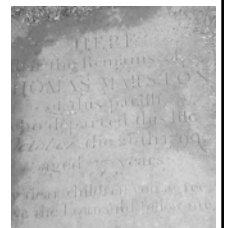
Update on The Church Restoration Programme

Since David Knight's article in the April USL Life we have been working on plans for the restoration work required to the Church and Churchyard, as recommended by the Quinquennial (QUI) review which is conducted every 5 years. As David mentioned there is considerable work to be done – and it will be both extensive and expensive!

The Church architect has been very helpful, visiting recently to explain in detail his QUI report to Rev Christine and the Parochial Church Council, and to recommend how best to take the necessary work forward - which will cost in the region of £300,000 - of which repairs to the church roof in various places will be the most expensive and time consuming. Various grants will be applied for and inevitably that is a long process but for part of that, we need to demonstrate that funds have been raised locally – so **we need to raise at least £25,000** as soon as possible.

We will be highlighting plans for this in next month's USL Life – and any ideas and offers of support will be very welcome - but in the meantime a big THANK YOU to the support from the Village Day and recent Gnome Hunt, which have helped to give a great start to the repair fund kitty. Inevitably it is expensive to run the church building - and that is a daily challenge - but these running costs and the income needed will be kept separate from funds received for the restoration work.

In the meantime, thanks to summer weather and the tireless work of USCAN and other volunteers (a well deserved special mention to Matthew G, Mike B, Sheila T and others of course), we have been able to make significant improvements to the state of the churchyard. More needs to be done in tidying up the trees and we have received a professional report which will enable us to get permission from the Diocese to carry out the more substantial work. At ground level (literally) much of the clearing of ivy and grass has made visible parts of the churchyard hidden for many years. Just close to the South Aisle wall (*the side of the church nearest to the Rec*) Sheila removed a large patch of grass only to discover a "hidden" gravestone. It is for Thomas Marston "who departed this life October the 26th 1799 aged 77 years" (see picture) – are any readers related or know of the family? We would be interested to hear!



And Finally – please keep visiting the Church and the ever-improving churchyard this summer, and if you can start putting some pennies and pounds away, we will be advertising our fund-raising plans very soon. Thank You!!

Roy Roberts – PCC Secretary

Strawberry Tea

Supporting Breast Cancer Care

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More details from Val Doll

breast
cancer
care

Who's Who at the Parish Church

Priest in Charge:

Reverend Christine Birkett 627828

The Rectory, 12 Bondend Road, GL4 8AG.

rev.christine@uptonstleonardschurch.co.uk

Usual parish working days are Tuesdays and Fridays

Churchwardens:

1 Keith Robbins

2 Vacancy

PCC Secretary:

Roy Roberts

Church Treasurer:

Vacancy

Deanery Synod Representative:

Dorothy Cox

Bell Tower Captain:

Roger Fry

Mothers Union:

Rachel Hall

Church Cleaning Rota:

Claire Appleyard

Church Flower Rota:

Evelyn Rumsey

Electoral Roll Officer:

Naomi Stanley-Gunn

CRICKET REPORT

Our main Saturday adult teams are having a great season. Both teams top their Divisions in the League. Our 1st team won their first 6 games, then had a bit of a wobble and lost 2, but they have won the 3 games since. The 2nd team lost the opening game of the season, but have won every game since. By contrast the Wednesday team, having been promoted at the end of last season, has found the higher level too tough and has won only 2 games and lost the other 8 (this league has finished - we will be relegated). The junior sides are very inexperienced and have lost nearly all their games, but it is great to see the kids enjoying themselves, and with more coaches the Junior section is actually in great shape.

The project to re-build practice nets is going ahead, and we have received news of a couple more grants, meaning the target for funding is within sight. We hope building will take place at the end of August or beginning of September. Huge thanks to a few Villagers who have made very generous donations following the articles in USL Life and the Citizen newspaper. We could do with more! Contact Andy Russell 610002.

On SUNDAY 30 AUGUST, starting at 11am and going on until the evening, we shall be having our annual 6-a-side tournament. This is great fun - lots of very short and exciting games between 6 teams battling for the Mount International Ultrasound Trophy. And raising plenty of money for the club through the bar and BBQ that we run. Do come along, have a beer and a hot dog (from the Farm Shop, of course) and watch the fun.

Twenty of our juniors had the great pleasure of forming the Guard of Honour at the Cheltenham Cricket Festival on 14 July, for the Gloucestershire - Hampshire T20 match. The pictures below show them on parade!



Starting "Big" School

Written by Kaye Redman

Is starting school still daunting for some children? Or are most little ones practised at being away from mum or dad for periods of time? How times have changed! In the past many children stayed at home with mum until they started school, and this could mean that everything was very strange for them to begin with, being in one room most of the day, not having mum around to ask for help, being with lots of other children – some of whom would be strangers!

Now, many children attend play group or nursery before going to school and learn to take the rough and tumble of play early on. Some spend time away from home with grandparents or other relatives. Compared with years ago, these days many mums work and small children have to be cared for by others. Rather than stories, painting and trips to the shops or the park with mum, many children will be doing these things with other carers. So a positive outcome of this is that these children will be more used to managing many things away from mum – getting dressed and undressed, going to the toilet, cutting up their own food, putting on their socks and shoes and asking for help when it is needed. Surprisingly, though, a 2013 report by the Centre for Social Justice revealed that some children fall behind at school because they start Reception unable to respond to their own name!

Children can feel very shy and a little anxious about 'big school' and parents may see a reaction to this – a few tears or tantrums, not settling at bedtime or back to 'thumb-sucking' and baby talk. Quite natural you would say in the circumstances, and with reassurance and time these traits will surely reduce. Sometimes discreetly letting the teacher know that the child is anxious about one thing or another is wise and will alert the staff to being supportive and reassuring.

Further practice with your child at skills required to manage the day can help. Before school begins, chatting about what happens in the school day provides a story, and words to describe a new experience about to happen. There are numerous books with stories about starting and being at school and reading a story together with your child can provide mutual comfort about the near future!

Your local book shop can recommend or, alternatively, you will find recommendations on the internet. For the parents or carers, there are survival guides and books explaining what learning is like in schools today. Only recently a new version of the national curriculum came into effect! Each child is different and some children settle into 'big' school easily, whilst others will need that extra reassurance that parents and carers are able to give.

Village Information

Parish Council Meeting - Monday 6 July

A Police Report was given - see page 5.

A Boundary Review has recently concluded that the number of councillors representing the Stroud District in the County Council will be unchanged.

The building works at the new Community Centre next to Coopers Edge School have been completed. The Coopers Edge Trust will be signing a 5 year management lease and it is anticipated the centre will be open for business before summer ends. Facilities include a sports hall with two badminton courts.

A Community Orchard is being set up on the Stanley allotments site. Mike Richardson is now setting up a management committee for it.

A review of all land owned by the Parish Council is now taking place to ensure everything is registered with the Land Registry.

Councillor Morris shared the positive results of a recent Allotment inspection and that judging for the "Best Kept"

allotment had been concluded. The Council thanked Mike Stratford for his work as the Judge.

The Clerk reported that the Canopy over the Pavilion door would be installed shortly together with repairs to the door surrounds.

Councillor Wilson thanked the Clerk for achieving the resurfacing of the path next to the Village Green in time for the Village Day. The repair work on the path near Rooksmoor will be completed by end of the summer. The Parish Council will be meeting a representative of the Highways Agency to try and resolve some other issues in the village.

The Village Day was discussed and everyone agreed that it had gone well considering the weather conditions. The efforts of all involved had raised over £2k which would support the Village Hall and Church repairs.

It was agreed that there would be no increase in fees for sports clubs using the Recreation Ground facilities.

M5 Motorway Noise - latest position

Keith Pearson, our local District Councillor, has been continuing his pressure on our behalf regarding action to reduce the noise levels from the M5 traffic.

A recent response has been received by Neil Carmichael's office confirming that he is working together with other local MPs to achieve a positive outcome for all residents affected by the current noise levels (e.g. including other parts of Gloucester located near the motorway).

The Highways Agency has been asked to carry out a survey on the noise levels affecting local residents and to produce a report by the end of this summer. The report will include detailed works required and a timetable for completion.

Any updates will be shared via USL Life as they are received.

CALLING ALL YOU VEGETABLE GARDENERS !!

Did you know that we have two Allotment Sites in Upton, one in Perry Orchard and the other in The Stanley?

As we still have a few plots left, why not give it a try, nothing like the taste of your own vegetables straight from 'plot to pot'.

Contact Roy Balgobin at the Village Hall Office on Tuesday and Thursday Mornings 9-11am. Alternatively ring Carol Evans for Perry Orchard or Peter Macey for the Stanley.



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We have put as much in here as space permits.
Events happening weekly are only shown for
the first month or so

VILLAGE DIARY

AUGUST

3	Mon	Fitness Training (2 separate sessions)	Village Hall Annex	6.00-7.30p.m.
3	Mon	Upton WI	Village Hall	7.30-10.00p.m.
4	Tue	Tuesday Probus	B.M.I.	10.00a.m.
4	Tue	Badminton	Village Hall	8.30-10.30p.m.
5	Wed	Pilates	Pavilion	9.30-10.30a.m.
5	Wed	Stitchers	Pavilion	10.30-12.30p.m.
5	Wed	Bingo	B.M.I.	8.00p.m.
5	Wed	Upstagers Amateur Dramatics	Village Hall	7.30-9.30p.m.
5	Wed	Tai Chi	Village Hall Annex	8.00-9.30p.m.
6	Thu	Senior Circuits	Pavilion	9.30-10.15a.m.
6	Thu	Tai Chi	Village Hall Annex	9.30-10.30a.m.
6	Thu	Zumba	Village Hall	7.30-8.30p.m.
8	Sat	Annual Pig Roast	B.M.I.	7.30p.m.
10	Mon	Fitness Training (2 sessions)	Village Hall Annex	6.00-7.30p.m.
10	Mon	Twyver WI	Village Hall	7.30-10.00p.m.
10	Mon	Copy Date for September issue of USL Life		
11	Tue	Badminton	Village Hall	8.30-10.30p.m.
12	Wed	Pilates	Pavilion	9.30-10.30a.m.
12	Wed	Second Wednesdays	Village Green	9.30a.m.
12	Wed	Stitchers	Pavilion	10.30-12.30p.m.
12	Wed	Wednesday Probus	B.M.I.	10.00a.m.
12	Wed	Bingo	B.M.I.	8.00p.m.
12	Wed	Upstagers Amateur Dramatics	Village Hall	7.30-9.30p.m.
12	Wed	Tai Chi	Village Hall Annex	8.00-9.30p.m.
13	Thu	Senior Circuits	Pavilion	9.30-10.15a.m.
13	Thu	Tai Chi	Village Hall Annex	9.30-10.30a.m.
13	Thu	Zumba	Village Hall	7.30-8.30p.m.
17	Mon	Fitness Training (2 separate sessions)	Village Hall Annex	6.00-7.30p.m.
17	Mon	Abbeyle Garden Club	Village Hall	7.30-9.30p.m.
18	Tue	Tuesday Probus	B.M.I.	10.00a.m.
18	Tue	Badminton	Village Hall	8.30-10.30p.m.
19	Wed	Pilates	Pavilion	9.30-10.30a.m.
19	Wed	Ladies Probus - Walk / & or Coffee Rococo	B.M.I.	10.15a.m.
19	Wed	Stitchers	Pavilion	10.30-12.30p.m.
19	Wed	Bingo	B.M.I.	8.00p.m.
19	Wed	Upstagers Amateur Dramatics	Village Hall	7.30-9.30p.m.
19	Wed	Tai Chi	Village Hall Annex	8.00-9.30p.m.
20	Thu	Senior Circuits	Pavilion	9.30-10.15a.m.
20	Thu	Tai Chi	Village Hall Annex	9.30-10.30a.m.
20	Thu	Zumba	Village Hall	7.30-8.30p.m.
24	Mon	Fitness Training (2 separate sessions)	Village Hall Annex	6.00-7.30p.m.
24	Mon	Camera Club	Village Hall	7.00-9.00p.m.
24	Mon	Lady Downe Charity		
25	Tue	Badminton	Village Hall	8.30-10.30p.m.
26	Wed	Pilates	Pavilion	9.30-10.30a.m.
26	Wed	Stitchers	Pavilion	10.30-12.30p.m.
26	Wed	Wednesday Probus	B.M.I.	10.00a.m.
26	Wed	Bingo	B.M.I.	8.00p.m.
26	Wed	Upstagers Amateur Dramatics	Village Hall	7.30-9.30p.m.
27	Wed	Tai Chi	Village Hall Annex	8.00-9.30p.m.
27	Thu	Senior Circuits	Pavilion	9.30-10.15a.m.
27	Thu	Tai Chi	Village Hall Annex	9.30-10.30a.m.
27	Thu	Get Together Club	Village Hall	2.30-4.30p.m.
27	Thu	Zumba	Village Hall	7.30-8.30p.m.
30	Sun	Cricket 6-a-side tournament, with bar and BBQ	Cricket Ground	start 11am
31	Mon	Fitness Training (2 separate sessions)	Village Hall Annex	6.00-7.30p.m.

Regular weekly events not listed below this line

SEPTEMBER

7	Mon	Upton WI	Village Hall	7.30-10.00p.m.
7	Mon	Parish Council Meeting	Pavilion	7.30p.m.
9	Wed	Second Wednesdays	Village Green	9.30a.m.
10	Thu	Copy Date for October issue of USL Life		
12	Sat	Upton St Leonards Flower Show	Village Hall	2.00-5.00p.m.
14	Mon	Twyver WI	Village Hall	7.30-10.00p.m.
17	Thu	History Group - Roman Gloucester	Village Hall	7.30-9.00p.m.
21	Mon	Abbeyle Garden Club	Village Hall	7.30-9.30p.m.
24	Thu	Get Together Club	Village Hall	2.30-4.30p.m.
28	Mon	Camera Club	Village Hall	7.00-9.00p.m.
28	Mon	Lady Downe Charity		
30	Wed	Ladies Probus	B.M.I.	10.15a.m.

OCTOBER

5	Mon	Upton WI.....	Village Hall.....	7.30-10.00p.m.
5	Mon	Parish Council Meeting.....	Pavilion.....	7.30p.m.
10	Sat	Copy Date for November issue of USL Life		
12	Mon	Twyver WI.....	Village Hall.....	7.30-10.00p.m.
14	Wed	Second Wednesdays.....	Village Green.....	9.30a.m.
19	Mon	Abbeylea Garden Club.....	Village Hall.....	7.30-9.30p.m.
26	Mon	Camera Club.....	Village Hall.....	7.00-9.00p.m.
28	Wed	Ladies Probud (details to be advised)		
29	Thu	Get Together Club - Pie and Peas.....	Village Hall.....	1.00p.m.

To get your event included in the diary, contact Paula Quinn

Pets' Corner

As the summer months draw on and autumn beckons, here are my thoughts for you all, in no particular order.

Rabbit owners must keep vigilant for fly strike (when bluebottles lay eggs on mucky bottoms) as this is a devastating condition. We often see poorly rabbits which appear well in the morning but are sick by the evening, crawling in flesh-eating maggots. There are various preventatives available. Myxomatosis is more likely in the summer months so vaccination is recommended, especially for rabbits with outdoor runs.

Cats will often drink from ponds and dishes filled with rain water. In my opinion they prefer it. During periods of drought (like we had in June and some of July) these water sources dry up as pond levels drop. Urinary problems are then more likely as cats drink very little at the best of times.

Fleas and ticks will remain a problem, fleas especially as the summer progresses. It's an old adage, but prevention really is better than cure. Whilst shop bought products are effective to an extent, they miss parts of the lifecycle so here is another cliché: you get what you pay for.

Noise phobias particularly affect dogs and various medications and strategies can alleviate a lot of the suffering. Thunderstorms are more likely at this time and preparations for the autumn firework season should be considered.

Leptospirosis, known as Weil's disease in people, is a nasty disease, sometimes fatal. A new strain of this has been found in Somerset and South Wales (possibly elsewhere too) so ask your vet about it, particularly if your dog spends a lot of time in water. I currently think the extra risk is low but my Practice has now upgraded the vaccine to include the new strain.

Cliff Alderman


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Upton St Leonards People

This month we are featuring Joan Ashton

'Auntie Joan' has been an influential figure in the lives of many of our young citizens for many years now, having started out at our local playgroup as a volunteer in September 1980. Her ability to 'tickle the ivories' for sing-a-long sessions made her an invaluable member of the team, along with her gregarious personality and love and empathy for young children. Even now, some 35 years later, she still pops into the playgroup at least once a week.

But, there is more to Joan Ashton than meets the eye. Joan has dedicated a lifetime of service to the British Red Cross and talking to her and listening to her recount her memories was awe-inspiring.

Joan originally hails from Middlesex and at the age of 16 decided on a career in engineering draughtsmanship though her heart was really in nursing. It was a difficult choice between financial stability and philanthropy and did not sit easily in the mind of young Joan. Having come from a nursing background (her aunts were nursing sisters) and also engineering, to follow in her father's footsteps, this was always going to be a hard decision to make. However her father was killed in a tragic industrial accident the year before the war and as nursing was pretty poorly paid, in order to contribute to the family, engineering won the day.

However, it's thanks to the matron at the Enfield Teaching Hospital, who, on hearing of Joan's dilemma from her aunts, suggested that she could train with the Red Cross as a volunteer which also offered a wider range of courses in the profession and Joan's love of the Red Cross and volunteering was born. Working during the day and volunteering at night, nursing in the hospital, Joan realised her dream and achieved the best of both worlds. It wasn't long before her skills were called upon when war broke out as all available medical personnel were in the front line of duty.

Near the Enfield hospital there was a camp, Cuffley, where prisoners-of-war were held, mostly air force personnel. Their wounds were treated by the Red Cross nurses, alongside British men and women from the air force and army services, who were brought in with horrific injuries, including major traumas from broken glass.

The hospital where Joan was based was 5 miles from her home and required her to take 2 buses to get there. After a long day in draughtsmanship she made her way for the night duty, then at the end of her shift she was straight back to work the next day! She managed to get some sleep every other night as long

as the need arose. She still remembers the red glow in the night sky over London as the bombing went on.

In the following years Joan's life was pretty much set on the path of her volunteering, this being the main focus along with her day job and being a housewife.

She came to Upton in 1979 with her husband and became an Instructor/Leader of the Red Cross in Painswick, teaching nursing and first aid.

The British Red Cross is an invaluable organisation and is called upon in outbreaks and emergencies; they fill in gaps in our healthcare, for example in a flu epidemic. From the original 12 members who started the Painswick branch, there are 2 left, Joan being one of them. She still renews her certificate to practice every 3 years and intends to do so as long as possible. What is more, she is still called upon for duty in her uniform.

You may not be aware but the Red Cross is not just for war zones but can offer help through referrals to the public at large; e.g. loans of wheelchairs, various medical equipment, assistance with nursing patients returning home from hospital, etc. The current Gloucestershire HQ is at the Waterwells Business Park.

Joan went to the International HQ in Geneva in the 1990's and whilst there, she also visited the World Health Organisation (WHO) next door and was enthused by her visit.

She has been awarded many medals for her services, including long service, 60 and 65 years medals, the Badge of Honour for service and was President of the Gloucestershire branch for a year.

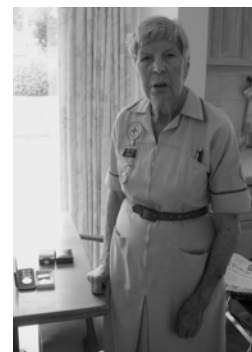
Joan has had a full life but still manages time for a few hobbies and remembers fondly playing tennis and badminton when she was younger.

I asked her did she have any advice for us young'uns? She thought for a moment and then said "caring and always thinking of others, and above all, keep learning".

Joan is sure that maintaining a youthful attitude has prolonged her life. The playgroup children have been a big part of her life and they have loved her; many still come and say hello years after their pre-school days are over.

What an amazing lady! Joan you are an inspiration to us all; we salute you!!

Linda Munnoch



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Help, Help, Help!

THE BIG TAKE DOWN

When the Upton Flower Show finishes at about 5 o'clock there is a lot of clearing up to do.

In the main marquee there are 120 tables to take down and stack and the PA system to put away. There are the tables and chairs in the Village Hall and the Lady Downe annex to put away. There are 5 mini marquees and the entry gate tent, all owned by the Flower Show, to dismantle. A group of good people can do it all in an hour and a half at most (otherwise it's 2 days and a visit to GRH for the elders on the committee!!) If you can volunteer please contact Peter Macey on 615308.

With grateful thanks Colin Freshney, President, Upton Flower Show

Personal Column

The family of John Wood wishes to express sincere thanks to all friends and neighbours for their sympathy, support and the many cards received during their recent bereavement.

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