

# Upton St Leonards Life incorporating Church News

Issue 36

August 2017



## LORD'S TAVERNERS CRICKET

- Played in the rain
- Packed evening dinner
- Minibus purchase completed
- Result!

*Thanks to the Cricket Club, the Parish Council, the School and those who bought tickets or gave donations of money and time!*

With rain forecast, the game was started 30 minutes early, and a 25 over game was completed, playing through the rain. Darren Gough was unable to play through injury, but he signed autographs, chatted to the junior cricketers, let himself be included in selfies. At the dinner he spoke about his cricket and his dancing, and there were something like 140 guests. With ticket sales and



**Darren Gough (Yorkshire & England)**

and auctions of some big gifts, the money raised completed the purchase of yet another green mini-bus, destined for the Peak Academy, Dursley. Pictures from the game and dinner will appear in next month's newsletter.

## The Upton St Leonards Show



Sat 9 Sept  
... is just 40 days away!  
You need to get cracking on all that baking and jam making, get the knitting finished. Plan your vegetable and flower displays. Sort out your craft and photographic entries, etc.

See page 7

## The BMI Annual Pig Roast

Saturday 12th August  
7.30pm

Good Food  
+ Good Drink  
+ Good Company  
= A good night for everyone !!

Come along & join the party !!

## What's been happening?

### The BMI Charities 2017-8

The BMI Committee has announced that donations at events will be shared between two charities for the 2017-8 year:

**MAGGIES**

and

**GLOS AIR AMBULANCE**

In a future issue we will have articles about these.

### B.M.I. Summer Quiz

The B.M.I. Summer Quiz was held on Saturday 1st July. Despite only 10 teams attending, this was still a most enjoyable evening with Eric our regular quiz master.

The teams on the night were fairly evenly matched and in fact the winning team and the runners up only had 1 point different. "In It to Win it" were the winners with 203 points and "The Brownes and Browns" had 202.

Over £110 was raised for the 2017-8 Charities (see left). It would be fantastic if we could equal or beat last year's total!

The next quiz will take place on Saturday 14th October.

## What's happening in Upton in August?

It's not a quiet holiday month! A few of the big events in the Village this month are . . .

- On Saturday 12th the BMI has its annual pig roast. Yum, yum. This is always a popular event. It starts at 7.30pm. See the announcement on the front page.
- On Sunday 20th at 6pm it's "Songs of Praise on the Green", with Gloucester Brass accompanying the singing. This has been going for 3 or 4 years now, and some of the neighbouring churches join in. Look at the Church pages for more details.
- For 3 nights starting Thursday 31st the Upstagers have devised a new format of short play and quiz to entertain us. Sounds intriguing! See their full page ad on page 6.
- And early in September, Saturday 9th to be exact, it's the Village Show once again.



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## What's been happening?

### Monday Coffee Club...



... is one year old. This has been a very well used and appreciated new village activity, and every Monday on average about 40 people turn up. For quite a few this has become an unmissable part of their week, and a great new activity for some who felt there was little for them in the Village.

So congratulations and thanks to Marilyn and Millie for starting it up; to the BMI for use of the lounge; to Mike, Marilyn and Mandy who organise it each week; and to Alec who serves the tea and coffee and has to wash up after.

On Monday 31 July there will be a birthday cake!

### ... & Tuesday in Church

The Church Tuesday Coffee Club was started at about the same time, so it is also a year old, and is similarly a great success. Not quite so many as the Monday club, so it is a bit quieter, but still there have been as many as 20 or so. Recently Reverend Clodagh has started the time off with a short service of Morning Prayer - and this has added to the feeling of fellowship and caring. Mike Blanch took the initiative to set this up and does much of the brewing and cleaning up himself. Danny Stephenson regularly provides some eats.

**You don't have to be a BMI member to go to the Monday coffee, and you don't have to be a church member to go to the Tuesday coffee!**



### Phone and Computer Clinic

Another recent service available in the Village - and going really well. We haven't encountered problems we were unable to help with yet (OK there is one that's still puzzling us, a bit esoteric and there was a work-around rather than a solution).

The more formal classes haven't quite had the take-up we might have hoped, but we will keep going and try to select subjects of use to you. If you have an idea for a seminar, let us know. We have been asked about backing up data, and so the next seminar will be a practical one on getting rid of some of the junk on your phone, computer or tablet and backing up your data. This will take place in September or October - see the next issue for details.

Meanwhile, at least one of us is usually at the Monday coffee club, or we can come to your home, just e-mail or call:

Richard West

Andy Russell

Jane Reed

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# A Great Afternoon out

*courtesy of last year's Upton Show*

Jenny Cunningham and Evelyn Rumsey won a raffle prize at last year's Upton Show. It was tea for two, plus use of the leisure facilities, at the Hallmark Hotel, near the ski slope. Jenny writes "we declined the use of the leisure facilities!

We were made to feel very welcome when we arrived and shown to a table, and very quickly a pot of coffee was brought to us. We were aware that we were surrounded by quite a large number of women in white dressing gowns and white slippers. On asking the couple sat next to us, we realised they were all there for a "Pamper" session which also included afternoon tea.

When our food arrived, it was displayed on a 3-tier cake stand. A choice of sandwiches, four cream cakes and on the top of the cake stand were two scones,



with a pot of jam and a pot of cream - well, where to begin! But we managed it.

We didn't think things could get any better, having had a wonderful time, with the staff being very attentive. We were chatting about Mum's 95th birthday later in the year, and the staff must have overheard because they then presented us with two glasses of bucks fizz, believing it to be Mum's birthday that we were celebrating!

**Thank you so much Upton Show, it was a truly memorable afternoon and a wonderful prize to win."**



## Perry Orchard Allotments Summer Barbecue

The bunting was up on Sunday 9th July, a lovely summer day, with unbroken sunshine. The ideal day to forget about the weeding and watering, and focus instead on relaxing and enjoying the "fruits of our labour."

We all gathered together with a fine selection of barbecue meats and salads and far too many irresistible desserts. All this washed down with a few glasses of wine.

The summer barbecue is an ideal time to meet other allotment holders, and all those there had a lovely afternoon.

(Photos by Phil Keene)



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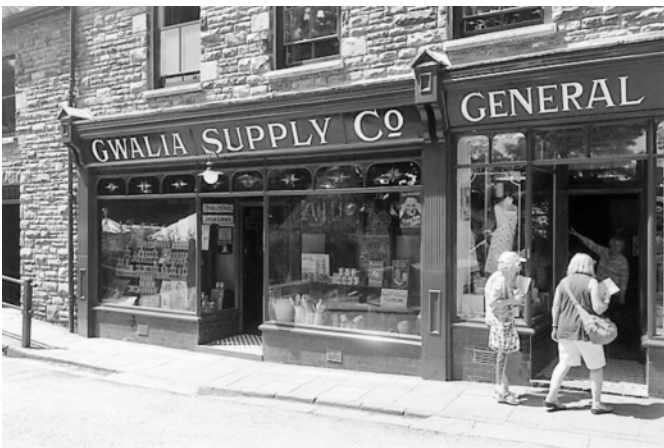
## LADIES PROBUS visits ST FAGAN'S

Ladies Probus Club members plus an assortment of husbands, partners and friends went on an extremely hot day in June to St Fagan's National History Museum, Cardiff.



Opening in 1948 St Fagan's has built up a collection of some 50+ buildings brought in from various locations in Wales. Spread over approximately 102 acres the buildings show how the people of Wales lived, worked and spent their leisure time.

All ages of Welsh history are represented in the collection, from the Iron Age fort, Bryn Erye. St Teilo's Church from Llandeilo, dated about 1530, containing all the elements of a late medieval Catholic church. Kennixton Farmhouse originally from the Gower dates around 1610. Oakdale Workmen's Institute from 1917. Its original location was near Caerphilly. It was moved and opened at St Fagan's in 1995. The Rhyd-y-car iron workers' houses are from Merthyr Tydfil. This group of six houses and gardens show life in this tight knit community at six different times in their history between 1805 and 1985. And Gwalia Stores, a grocery shop from Ogmores Vale, opened in



1880, became known as "The Harrods of the Valleys". It is as it was in 1920.

St Fagan's Castle and Courtyard are currently being refurbished and are due to reopen in the summer of 2017. Currently under construction are the Llys Llywelyn Medieval Court, Taff's Well Police Station, the Vulcan Hotel and a new main building and galleries. Improvements are also being made to the cafés and toilets.

Although the day was very hot and frequent stops for shade and ice cream were required, the ladies and their guests thoroughly enjoyed their visit and thanks go to our current President, Penny Owen, for organising this trip.

Teresa Clarke

## UPTON WI

The main item at the July meeting was a talk by Matthew Gacek. After being a teacher for thirty years he wanted a change and decided to settle in Cornwall. His wife saw an advert for a couple to work there - no further details! He rang the number to get no further information but agreed anyway to go for an interview. It turns out the job was gardener for 140 acres, and a housekeeping job for his wife, at Caerhays Castle! He later moved to inside work and eventually ended up as chief butler, and with only a few helpers it was very hard work. He helped with everything including cleaning and sorting laundry, laying the table for breakfast, lunch, tea and dinner.

We thoroughly enjoyed his talk. Next month our speaker is Mandy Hayes from Clarins, who is giving a make-up demonstration.

Lots to do in October: Clay Pigeon or Air Rifle Shooting on 5th October; a walk at Wyck Rissington on 14th; a Creative Paper Cutting workshop on 19th; and a walk on Painswick Beacon starting from The Royal William on the 25th. On Nov 2nd there is a trip to "Crafts for Christmas" at the NEC, Birmingham.

We welcome visitors and as you can see there is plenty going on so please come along. It's always the first Monday in the month.

Diane Thomas

**Please note our class at the Upton Show in September is a decorated SHOEBOX (not "Show box" as in the show schedule), containing tins or dried food and toiletries and socks for the homeless, to be donated.**

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**Village Hall**

**on**

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# The Upton St Leonards Show



Schedules giving all the classes are now available at the Village Store and online at the show's website:

<http://uptonstleonardsshow.com>

2.00 to 4.30 pm

\*\*\* New for 2017 \*\*\*

## There will be a Produce Sale



Any donations of produce from your allotments, or preserves, plants etc. would be gratefully appreciated for sale on the day

50% of the proceeds will go to the Foodbank



## Do you have a few hours to spare?

The Show is looking for helpers on the day.

This could be for a couple of hours in the morning getting tables and chairs sorted, or helping to run the Tombola or selling ice creams in the afternoon, helping dismantle stalls etc.

Please contact Peter Macey if you can help.

## Wanted - you!

- Do look at the schedule of classes, and consider entering something. There's bound to be at least one class - a photo, or a craft item, or something you can put in for. It's not all about prize veg or stunning flowers!
- Please come along on the day; bring your friends and relations. Enjoy the afternoon out meeting and chatting with others.

## Wanted Pre-loved Teddies

Do you have any pre-loved "Teddies" that may be looking for a new home? There will be a "Teddy Tombola" at the Show and we are looking for any donations of teddy bears in good condition.

Contact Dom Everiss



## CHURCH NEWS

### Welcome to Revd James Turk



#### Congratulations to James Turk, our new Curate -

he was one of 7 new Deacons ordained by Bishop Rachel on 16<sup>th</sup> July in front of friends and congregations from across the county. On behalf of the congregation of St Leonards, James's sons Oliver and Joshua, escorted by Churchwarden Keith, presented their newly ordained father with a New Testament.

The picture on the left shows James with his family and the Bishop. On the right is the new team - Clodagh and James.



### We Will Remember Them

Continuing our series on the death toll in WW1, this month is the 100<sup>th</sup> anniversary of the death of two more young men from Upton St Leonards.

#### Francis George Smith

Francis was the son of George William and Louisa Mary Smith. He was born in the Village in 1897. He served in D Company of the 8th Battalion of the Loyal North Lancashire Regiment, a Private with service number 33883. He was killed on Monday 6th August 1917, aged 19, in fighting that led up to the Third Battle of Ypres now known as Passchendaele. He has no known grave and his name is recorded on the Menin Gate at Ypres.

#### Ernest Frank Williams

Ernest was the son of Arthur Williams, of Ladysmith Cottages Upton St Leonards. His father was from Gloucester, but Ernest was actually born in London in 1897. His mother Bertha died while Ernest was still a young boy. The family moved back to Upton St Leonards where his father remarried. Ernest was enrolled in the school in 1903. He enlisted in Gloucester on 21st April 1915 at age 17 and served in the 5th Battalion of the Gloucestershire Regiment, a Private with service number 3241342. He died on Thursday 16th August 1917, aged 19, in the lead up to the Third Battle of Ypres. He is buried in New Irish Farm Cemetery north east of Ypres.

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### *Rev Clodagh writes*

Northern Ireland has been much in the news over the past few weeks and today, as I write, it is the 12 July; one of the most significant days in the Northern Ireland calendar. The date that marks the biggest of the Orange Order marches which takes place to remember the Battle of the Boyne. The battle where William III, the Dutch-born Protestant better known as William of Orange or King Billy, defeated the Catholic King James II in County Meath in July 1690.

Today the Twelfth of July celebrations bring visitors from afar who come to experience a celebration of Protestant religion, heritage and culture. During my childhood and until more recent years the marching season always brought huge tension often culminating in violent clashes between the two communities in Northern Ireland. There were no tourists in those days. Northern Ireland has been a much divided country for many years, on one side are those, mostly referred to as Catholics and on the other side, those referred to as Protestants but in reality the division is between Nationalists and Unionists. On the whole, the Nationalists, wanting to live as part of a united Ireland and the Unionists wanting to remain part of the United Kingdom. The divide has always been identified along religious lines but people of faith do not go around killing and harming others, but somehow it is easier to talk about Catholic and Protestant than Nationalist and Unionist.

As a child in the seventies, I was raised among the nationalist community by law abiding parents who longed to see justice and peace. I attended peace marches and prayer rallies as people cried out for an end to injustice and violence. I lived in the city known by Nationalists as Derry and by Unionists as Londonderry and by a local comedian as Stroke City because the road signs read 'London/Derry'. Derry was divided along sectarian lines, the Nationalists living on the City side and the Unionists on the Waterside. The river Foyle running through the middle of the city acted as a natural barrier between the two communities and there was a single bridge. Those who came from the other community were those who 'lived over the bridge'!

Since taking up my post in Upton I have been reminded of that sense of division and segregation in an unexpected way. On a number of occasions, at the end of a service when I have the opportunity to greet people I have not met before they drop their voice and say apologetically, 'I'm from over the bridge', to which I have replied how lovely, so am I. (I live with my family in Hucclecote.) I think my response has surprised people and I have realised that in some way my presence in Upton makes it ok for others to also be from 'over the bridge'.



The original Upton St Leonards parish, one of the largest in the country, has been divided. Not by ideology or nationality but by the motorway back in the 1960's but somehow that physical barrier has caused a division within which people have identified themselves as different from those who live on the other side. And as in my home city that's the same whichever side one lives on.

I was ordained a priest in Gloucester Cathedral in June 2011, within a week of a new pedestrian bridge opening in my home city. Named the Peace Bridge, its purpose is to help improve relations between the largely unionist 'Waterside' with the largely nationalist 'City side', by improving access between these communities. At the time one of my cousins, Michael, who still lives in the city, wrote to me telling me that there was a parallel between my being ordained at the same time as the peace bridge opened.

I was raised in the Roman Catholic tradition; and I am now an Anglican, which at home would be identified as Protestant. I was born and spent my childhood in nationalist Ireland and now live in England. I have been crossing bridges for a long time and what I have discovered is that 'those on the other side' turn out to be more like me than I could possibly imagine.

I want to invite you to journey with me as we cross the bridges that divide us, divide us from our neighbour and divide us from God our heavenly Father who loves us and invites us into relationship. A relationship made possible when we turn to Jesus and recognise that he will show us the way to cross the bridge that separates us from God and one another.

*Clodagh*

## CHURCH NEWS

### CHURCH CALENDAR FOR AUGUST

On Sunday evenings in August, as usual, there are combined services (usually in the form of "Songs of Praise") with the neighbouring churches.

- Tue 1st 9.30-9.50am Morning Prayer  
9.50-12.00 Coffee & chat in Church  
7.00pm PCC Meeting
- Sun 6th 8.00am Communion (Revd Clodagh)**  
**10.00am Family Service with Baptism (Revd Clodagh)**  
**6.00pm Combined service at St Oswalds, Coney Hill**
- Tue 8th 9.30-9.50am Morning Prayer  
9.50-12.00 Coffee & chat in Church
- Sun 13th 10.00am Communion (Revd Clodagh)**  
**6.00pm Combined service at St Lawrence Barnwood**
- Tue 15th 9.30-9.50am Morning Prayer  
9.50-12.00 Coffee & chat in Church
- Thu 17th 1.00pm Wedding
- Sun 20th 10.00am Communion (Revd Clodagh)**  
**6.00pm Songs of Praise on the Village Green**
- Tue 22nd 9.30-9.50am Morning Prayer  
9.50-12.00 Coffee & chat in Church
- Sat 26th 2.00pm Wedding
- Sun 27th 10.00am Communion (Revd Ian Calder)**  
**6.00pm Combined service at St Philip & St James Hucclecote**
- Tue 29th 9.30-9.50am Morning Prayer  
9.50-12.00 Coffee & chat in Church

### Who's Who at the Parish Church

#### Priest-in-Charge:

Revd Clodagh Ingram

Clodagh is available to be contacted  
Sundays through to Wednesdays.

#### Curate:

Revd James Turk

#### Churchwardens:

- 1 Keith Robbins
- 2 Rachel Hall

#### PCC Secretary:

Roy Roberts

[pccsecretary@uptonstleonardschurch.co.uk](mailto:pccsecretary@uptonstleonardschurch.co.uk)

#### Church Treasurer:

Vacancy

#### Baptism & Wedding Enquiries:

#### Church Administrator:

Jenny Cunningham

[jennycunningham46@googlemail.com](mailto:jennycunningham46@googlemail.com)

#### Deanery Synod Representative:

Dorothy Cox

#### Bell Tower Captain:

Charlie Burnett

#### Mothers' Union:

Rachel Hall

#### Church Cleaning Rota:

Claire Appleyard

#### Church Flower Rota:

Evelyn Rumsey

#### Electoral Roll Officer:

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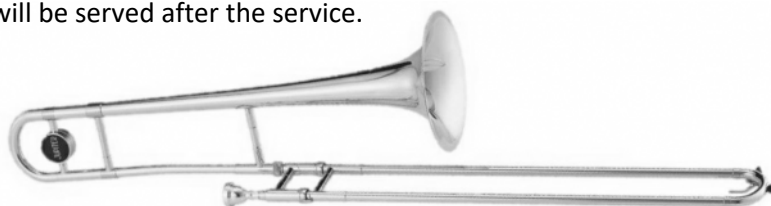


## *Songs of Praise on the Village Green* *Sunday 20<sup>th</sup> August at 6pm*

Once again we will welcome the community and neighbouring churches to our annual Songs Of Praise service on the Village Green at Upton St. Leonards on Sunday 20 August at 6pm. The music will be led once again by Gloucester Brass conducted by Mark Knight.

This will be the fourth year we have all got together for an outdoor service, which has proved very popular. Last year the weather was against us and the "Village Green" had to be replaced by a service inside the Church. Hope for brighter weather this year.....!

Refreshments will be served after the service.



## CHURCH NEWS

### Visit to St Leonards Church by Coopers Edge School

On Monday 10th July St Leonards Church opened its doors to sixty pupils from Coopers Edge School. The children walked from their school to the Church and were greeted by the bells ringing.

They were welcomed by Revd Clodagh Ingram and provided with refreshments, and were then divided into six groups for a tour around the Church.

Station one, at the font, introduced them to baptism; then a Bible story by the 'Open the Book' team; a talk on communion and worship; singing in the vestry; prayer and lighting candles; and finally station six, a demonstration of bell ringing.

When each group had visited all the stations everyone gathered together to sing the chorus of 'All things bright and beautiful' which they had learned in their group visit. Revd Clodagh concluded with a prayer.

The children then left for a picnic on the Village Green and a walk back to school - quite a day out for them and a great experience!

A lovely visit to the church, and thank you to everyone involved.

Coming up in September

### *Harvest Festival - open air service*

Sunday 17<sup>th</sup> September, 11am, in the Perry Orchard Allotments

With Gloucester Brass

We carry on this "new tradition" of an open-air service in the allotments  
A great occasion and celebration in a great location!



### ORGAN REPAIR - UPDATE

We have been very encouraged by the positive response to our plan to make the very necessary repairs to the organ, and for the generous donations already received, some given anonymously too! Thank you to you all...you know who you are! We are hoping to proceed with the repairs in the autumn.

We are still some way short of the funds needed. If you wish to donate, please mark your contribution "Organ Fund", and hand it in at the church or put it through Keith Robbins' letterbox at 11 Staites Orchard. Cheques should be payable to Upton St Leonards PCC. Thank you again. Sheila Thomas

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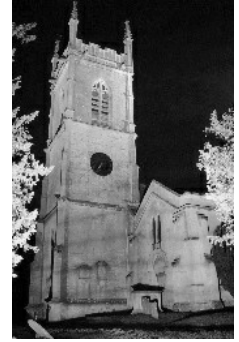
## CHURCH NEWS

### Tower Floodlight Sponsorship - August

The Church Tower Lights were sponsored on the 19th July in memory of Chantelle, on her 20th birthday, by her loving family.

On Sunday 6th August, Upton St. Leonards Church Tower Lights are being lit to celebrate the baptism of Elliott Thomas Baxter. Sponsored with love on this special day by his parents Angela and Andrew.

On Saturday 12th August the Tower Lights are lit in celebration of the 11th birthday of Charlie Davies. Kindly sponsored by his grandparents Keith and Brenda Davies.



*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 Jenny Cunningham. There is no set amount for sponsoring, 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. To get the announcement here in time, please note that the deadline is the 10th of the preceding month.*

## STUART SINGERS

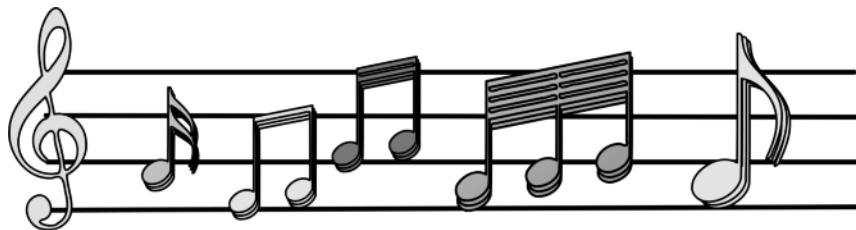
Musical Director: Helen Sims

Accompanist: Barrie Cooper, LRSM

present



## A Concert



In aid of St Leonards Church

at

**The Village Hall**

**Saturday 30th September**

**at 7.30p.m.**

A Programme of Mixed Music

Tickets £10 (includes a glass of wine or soft drink)

Available from Rachel and Dorothy

## 'The USL-8' Church Bells.



You may have heard the Upton St Leonards bells (aka 'The USL-8') more frequently in the last few months. This is because a new Tower Captain has taken over with the intention to ring the eight bells as regularly as possible, however, in order to achieve this ringing we currently have to rely on many people living outside of the parish.

Church bells are rung for a variety of reasons, to call people to worship, weddings, funerals and both local and national celebrations.

Few non-ringers have knowledge of what goes on in the tower and how the bells are rung : but it is so different to the Mars Bar advert !!.

The bells are swung full circle as one of a 'peal of bells' which is peculiarly 'English'. This style of ringing is also true for countries where the English have had influence in history such as Australia, New Zealand, Kenya, USA,

Canada. There are approximately 6,000 peals of bells in the UK. The ringing community throughout the world welcomes visiting ringers and also inquisitive non-ringers.



The movement, or momentum, of a bell whilst being rung can be dangerous and so relatively simple skills/techniques in ringing have to be taught to ensure safe handling of bells; this is normally passed on to new ringers by the Tower Captain or a nominated competent person.

The majority of the USL bells, which weigh between 4 and 15cwt (100kg and 3/4 ton), were cast in 1728 and others at later dates in the 19th century. It will not be too many more years before we celebrate the 300th anniversary of some of these bells.

Ringling a Church bell is mainly about technique and not so much about physical strength, and training begins using the lighter bells.

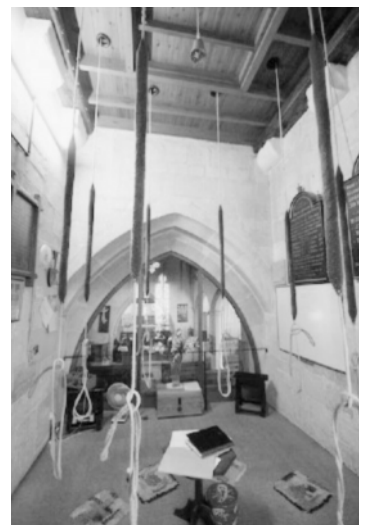
Ringers' ages range from 9 to 90 but if you feel full sized Church bells might not be for you then USL also holds a fine set of handbells.

The new Tower Captain, Charlie, also rings at St Lawrence, Barnwood. In collaboration with other competent ringers and also with the kind co-operation of the Tower Captain at Barnwood we are able to teach new ringers, or refresh skills of 'returning' ringers who have not rung for some time. Barnwood has installed a simulator that means additional teaching sessions can also be held there, by arrangement, usually on Friday evening.

USL practice is held on a Wednesday between 7.30 and 9.00 p.m. Everyone is welcome, please come along.

For the residents of USL it is important that the Church bells are kept ringing now and in the future and if you think you might be interested then come along to one of our Wednesday practice evenings or open tower days (details to follow).

Please contact the Tower Captain, Charlie Burnett, for information.



**The Church bells will made available, as an event of the USL Show. Open to all. Come along and experience handling bells and to learn more about the activity. Saturday 9th September, from 2-5pm.**

## *Pets' Corner*

I am often asked if our pets require annual vaccinations. Yes, is the simple answer. We do not see many of the infectious fatal diseases any more. Those who don't vaccinate are relying completely on others who do to reduce outbreaks of disease.

Kittens can be vaccinated from 8 weeks of age and require two visits 3-4 weeks apart for the core diseases: cat flu (2 viruses), feline parvovirus and feline leukaemia virus. Puppies can be vaccinated from 6 weeks of age, and will have 2-3 visits finishing at 10-12 weeks of age on average. For cats and dogs annual vaccinations should then be the norm. I mentioned last time the vaccination visit resembles a MOT and this is when we will remind you about fleas and worming.

Worming four times a year is best practice (more frequently in young puppies and kittens) predominantly for roundworms with tapeworms, a feature if fleas and lice are about, or if the cat eats small rodents. Lungworms, like tapeworms, require an intermediate host and the worry in young dogs especially is that they do eat slugs and snails and these are the intermediate hosts for lungworm.

Fleas lay their eggs on the animal. The eggs then fall out into the environment (the house especially) and complete the lifecycle in 3 weeks to 3 months depending on conditions (warmth and humidity). So treating for adult fleas on the animal will almost always fail to control an infestation, as 95% of the lifecycle is off the animal. But newer products are now killing adult

fleas so quickly and persisting for many weeks, so the eggs don't get laid and environmental control can be achieved. The one I favour is a tablet for dogs and a spot on for cats that now gives 84 days continuous protection.

Neutering should be the norm in my opinion. Unneutered male cats often fight, spray foul smelling urine and make a nuisance of themselves. Unspayed female cats will get repeatedly pregnant adding to the stray and feral cat population. Unneutered male dogs will often become frustrated, and have a tendency to exert dominance which can lead to aggression. They are prone to prostatic disease, testicular tumours and lumps around their bottoms, all preventable by neutering when young. Unspayed bitches can get pregnant (obviously) but are also prone to false pregnancy, mammary cancer and uterine (womb) disease as they age, again all preventable if spayed when young. Weight gain is common post neutering but is entirely down to excess calorie intake. It needs to be reduced after the operation.

Finally, basic early training. Very simply, start early, be consistent, and start how you mean to carry on. If one of you likes the dog jumping up or on the sofa, and the other one doesn't, conflicts will occur. When training, use positive rewards and direct attention to positive things. A bit like raising children.....

Next time I will feature advice on pet insurance, fireworks and common poisons.

Cliff Alderman



## *What to do in your garden/allotment in August*

August is a month to harvest your vegetables and fruit and enjoy what you have grown. You can still sow summer lettuce, radish and rocket etc. as the ground is lovely and warm.

Carry on watering regularly. Irregular watering can cause problems such as splitting of tomatoes and vegetables. A healthy crop of beans requires lots of water.

Carrot fly is still around, and watch out for aphids. Also look out for fungal spots on beans and pea pods. Now is the time for blight to hit potatoes and tomatoes, last year I lost 15 tomato plants and the tops of all my potatoes.

You should now be able to harvest and dry onions thoroughly before storing and if you can plait them all the better for showing later.

Update on my soya beans: I'm still waiting to see a good crop and the plants are much shorter than I thought they would be. I think next year I will try something else and report on that!

Happy Gardening

Carol Evans

# Lifelong Learning

You may look back on school life through the haze of nostalgia, or a mizzle of dread, but the days of spelling charts and rote-learning are over. No more soulless hours trawling through libraries for obscure facts about oxbow lakes for Geography projects, pupils now 'Google' and a myriad of images pop up. Educators nowadays have many teaching aids at their disposal. Learning has escaped from the confines of the classroom and is open to all ages, at any stage in life.

One of the most accessible ways to learn is online and many courses are free. All you need is a laptop or a local library with internet access and there's information at your fingertips. If you need help with computing skills, ask a friend to check out **Age UK** on their website(1 - see below). You can learn to play musical instruments at **Online Courses** (2), or find recipes at the **BBC** (3). If you want to try crochet but can't get out to a class, visit Lucy's colourful **Attic 24** (4). See how to juggle on **YouTube** (5) - or find whatever you seek. Want something more academic? Then **MOOCs** it is. 'What does that mean?' you ask. 'Massive Open Online Courses' of course!

**MOOCs** are online, distance-learning courses, from colleges and universities worldwide. It doesn't matter where you live or whether you're housebound, you can travel the world from the comfort of your sitting room. There are free 'taster' courses in a multitude of subject areas, which often only last a few weeks. The Open University's **FutureLearn** (6) hosts courses from universities worldwide.

**FutureLearn** offers such subject areas as: Business Management; Literature; Study Skills; Creative Arts & Media; Language & Cultures; Politics & the Modern World;

Health & Psychology; Teaching; Tech & Coding; Law; History; Nature & Environment; Science; Engineering & Maths. How about two weeks on 'Innovation: The Fashion Industry' with the University of Leeds? Or try 'How to Read Your Boss' with the University of Nottingham; 'European Culture and Politics' with the University of Groningen or three weeks on 'Dementia' with the University of Birmingham for example and all for FREE! **BOCs** - Badged Open Courses are similar but unlike **MOOCs**, they are perpetual and available to dip in and out of to suit your timetable (7). **OpenLearn** courses are available from (8).

Some courses require you to submit short assignments but you can also learn study skills if you haven't been in formal education for a while. You can also pay to upgrade and gain a certificate.

There are other **MOOCs** sites to explore e.g. **Coursera** (9) and **OxfordX** (10). **Oxford University Department of Continuing Education** also offers online courses (11).

If you want degree level study, The Open University famously offers online diplomas, graduate and postgraduate degrees (12). Many brick universities now offer online options too. Increasing numbers of school leavers are choosing online degree study. Although still pricey, it's cheaper as you can live at home and even earn a living. It's not an easy option to juggle life and study but it's very rewarding. There are also loans for students of up to the age of 60yrs.

Online learning is fun, brings new friendships and wider horizons and is often free - why not give it a go?

## Internet links for the web sites mentioned above

- 1 <http://www.ageuk.org.uk/work-and-learning/technology-and-internet/computer-training-courses/>
- 2 <http://www.onlinecollegecourses.com/2012/10/07/30-great-places-to-learn-a-new-instrument-online/>
- 3 <https://www.bbcgoodfood.com/>
- 4 <http://www.attic24.typepad.com/>
- 5 <https://www.youtube.com/watch?v=UVJMw1kO55s>
- 6 <https://www.futurelearn.com/>
- 7 <http://www.open.edu/openlearn/get-started/badges-come-openlearn>
- 8 <http://www.open.edu/openlearn/>
- 9 <https://www.coursera.org/>
- 10 <https://www.edx.org/school/oxfordx>
- 11 <https://www.conted.ox.ac.uk/about/online-courses>
- 12 <http://www.open.ac.uk/>

If you go to the online version of this USL Life newsletter (usllife.org.uk), the links above will be "live", i.e. click on them to get to the relevant web page.

## CLUBS, GROUPS, etc., CONTACTS LIST

Abbeylea Garden Club.....Maggie Theakston  
 Badminton.....Tony Sharp  
 Cricket Club.....Andy Russell  
 Fitness and Senior Circuits.....Deborah Locke  
 Football.....Jon Jennings  
 Get Together Club.....Jackie Clouting  
 History Group.....Mike Stratford  
 Little Mouslings.....Emily Salcombe  
 Mothers Union.....Rachel Hall  
 Needles and Pins.....Lesley Greysmark  
 Pavilion Painters.....Jill Fleming  
 Petanque.....Jane Arnold  
 Pilates.....Rob Sharpe  
 Playgroup.....Registration Team  
 Probus Ladies.....Mandy Garstang  
 Probus Upton Men.....Jeremy Dancey  
 Probus Upton Twyver Men.....Paul Rosewell  
 Rabbit Club.....Rose Vye  
 Stitches Group.....Rachel Hall  
 Tai Chi.....Toni Pennells  
 Tennis Club.....Maureen Snell  
 The Upstagers .....Ann Pearson  
 WI Twyver.....Margaret Buckley  
 WI Upton.....Diane Thomas  
 Yoga.....Jan Walters  
 Yoga.....Caroline Pashby  
 Zumba Toning.....Regina Spence  
 Rainbows.....Paula Axten  
 Brownies.....Abbie Fairs  
 Brownies.....Beth Gill  
 Guides.....Rachael Willerton  
 Beavers.....L. Atkinson  
 Cubs.....Rose Trott  
 Scouts.....Paul Emmett  
 Explorers.....Chris Patterson

So we get it right whenever we print this list, please keep sending any changes & corrections to our contact for clubs and organisations: Catherine McLean, 619346 or cmclean@gmail.com,

USL Life, on behalf of the village, is delighted to send CONGRATULATIONS to



Holly and Garry  
 on the safe arrival of  
 Pippa Rose - 6lbs 7oz

The newest / youngest resident of the village.

*Editor: We'd love to print more "personal" items like this - a birth, exam success, significant anniversary, marriage, moving into or out of the Village, etc. - just let one of us know.*

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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

1	Tue	Needles & Pins.....	Village Hall Annex.....	9.45-12.15p.m.
1	Tue	Tuesday Probus.....	B.M.I.....	10.00a.m.
1	Tue	Badminton.....	Village Hall.....	8.30-10.30p.m.
2	Wed	Pilates.....	Pavilion.....	9.30-10.30a.m.
2	Wed	Stitchers.....	Pavilion.....	10.30-12.30p.m.
2	Wed	Pavilion Painters.....	Pavilion.....	2.0-4.00p.m.
2	Wed	Upstagers Amateur Dramatics.....	Village Hall.....	7.30-9.30pm.
2	Wed	Bingo.....	Village Hall.....	8.00p.m.
2	Wed	Tai Chi.....	Village Hall Annex.....	8.00-9.30pm.
3	Thu	Senior Circuits.....	Pavilion.....	9.30-10.15a.m.
3	Thu	Tai Chi.....	Village Hall Annex.....	9.30-10.30a.m.
7	Mon	Coffee Club.....	B.M.I.....	10.00-12.00p.m.
7	Mon	Yoga.....	Village Hall Annex.....	10.00-11.30a.m.
7	Mon	Yoga.....	Village Hall Annex.....	12.15-1.45p.m.
7	Mon	Fitness Training (2 sessions).....	Village Hall Annex.....	6.00-7.30p.m.
7	Mon	Zumba.....	Upton St Leonards School.....	6.30-7.30p.m.
7	Mon	Parish Council Meeting.....	Pavilion.....	7.30p.m.
7	Mon	Upton WI.....	Village Hall.....	7.30-10.00p.m.
8	Tue	Needles & Pins.....	Village Hall Annex.....	9.45-12.15p.m.
8	Tue	Badminton.....	Village Hall.....	8.30-10.30p.m.
9	Wed	Pilates.....	Pavilion.....	9.30-10.30a.m.
9	Wed	Wednesday Probus.....	B.M.I.....	10.00a.m.
9	Wed	Stitchers.....	Pavilion.....	10.30-12.30a.m.
9	Wed	Pavilion Painters.....	Pavilion.....	2.00-4.00p.m.
9	Wed	Upstagers Amateur Dramatics.....	Village Hall.....	7.30-9.30p.m.
9	Wed	Bingo.....	B.M.I.....	8.00p.m.
9	Wed	Tai Chi.....	Village Hall Annex.....	8.00-9.30p.m.
10	Thu	Senior Circuits.....	Pavilion.....	9.30-10.15a.m.
10	Thu	Tai Chi.....	Village Hall Annex.....	9.30-10.30a.m.
10	Thu	Copy Date for September issue of USL Life		
12	Sat	Annual Pig Roast.....	B.M.I.....	7.30p.m.
14	Mon	Coffee Club.....	B.M.I.....	10.00-12.00p.m.
14	Mon	Yoga.....	Village Hall Annex.....	10.00-11.30a.m.
14	Mon	Yoga.....	Village Hall Annex.....	12.15-1.45p.m.
14	Mon	Fitness Training (2 sessions).....	Village Hall Annex.....	6.00-7.30p.m.
14	Mon	Zumba.....	Upton St Leonards School.....	6.30-7.30p.m.
14	Mon	Twyver WI.....	Village Hall.....	7.30-9.45p.m.
15	Tue	Needles & Pins.....	Village Hall Annex.....	9.45-12.15p.m.
15	Tue	Tuesday Probus.....	B.M.I.....	10.00a.m.
15	Tue	Badminton.....	Village Hall.....	8.30-10.30p.m.
16	Wed	Pilates.....	Pavilion.....	9.30-10.30a.m.
16	Wed	Stitchers.....	Pavilion.....	10.30-12.30p.m.
16	Wed	Pavilion Painters.....	Pavilion.....	2.00-4.00p.m.
16	Wed	Upstagers Amateur Dramatics.....	Village Hall.....	7.30-9.30p.m.
16	Wed	Bingo.....	B.M.I.....	8.00p.m.
16	Wed	Tai Chi.....	Village Hall Annex.....	8.00-9.30p.m.
17	Thu	Senior Circuits.....	Pavilion.....	9.30-10.15a.m.
17	Thu	Tai Chi.....	Village Hall Annex.....	9.30-10.30a.m.
20	Sun	Songs of Praise on the Green, with Gloucester Brass.....	Village Green.....	6.00pm
21	Mon	Coffee Club.....	B.M.I.....	10.00-12.00p.m.
21	Mon	Yoga.....	Village Hall Annex.....	10.00-11.30a.m.
21	Mon	Yoga.....	Village Hall Annex.....	12.15-1.45p.m.
21	Mon	Fitness Training (2 sessions).....	Village Hall Annex.....	6.00-7.30p.m.
21	Mon	Zumba.....	Upton St Leonards School.....	6.30-7.30p.m.
21	Mon	Abbeydale Garden Club.....	Village Hall.....	7.30-9.45p.m.
22	Tue	Needles & Pins.....	Village Hall Annex.....	9.45-12.15p.m.
22	Tue	Badminton.....	Village Hall.....	8.30-10.30p.m.
23	Wed	Pilates.....	Pavilion.....	9.30-10.30a.m.
23	Wed	Wednesday Probus.....	B.M.I.....	10.00a.m.
23	Wed	Stitchers.....	Pavilion.....	10.30-12.30p.m.
23	Wed	Pavilion Painters.....	Pavilion.....	2.00-4.00p.m.
23	Wed	Upstagers Amateur Dramatics.....	Village Hall.....	7.30-9.30p.m.
23	Wed	Bingo.....	B.M.I.....	8.00p.m.
23	Wed	Tai Chi.....	Village Hall Annex.....	8.00-9.30p.m.
24	Thu	Senior Circuits.....	Pavilion.....	9.30-10.15a.m.
24	Thu	Tai Chi.....	Village Hall Annex.....	9.30-10.30a.m.
28	Mon	Yoga.....	Village Hall Annex.....	10.00-11.30a.m.



28	Mon	Coffee Club.....	B.M.I.....	10.00-12.00p.m.
28	Mon	Yoga.....	Village Hall Annex.....	12.15-1.45p.m.
28	Mon	Fitness Training (2 sessions).....	Village Hall Annex.....	6.00-7.30p.m.
28	Mon	Zumba.....	Upton St Leonards School.....	6.30-7.30p.m.
28	Mon	Camera Club.....	Village Hall.....	7.00-9.00p.m.
29	Tue	Rubbish and Food Waste Week (and Garden Waste for those with brown bins)		
29	Tue	Needles & Pins.....	Village Hall Annex.....	9.45-12.15p.m.
29	Tue	Tuesday Probus.....	B.M.I.....	10.00a.m.
29	Tue	Badminton.....	Village Hall.....	8.30-10.30p.m.
30	Wed	Pilates.....	Pavilion.....	9.30-10.30a.m.
30	Wed	Ladies Probus.....	Prinknash Cafe - Walk from 9.30 or coffee from 10.30a.m.	
30	Wed	Stitchers.....	Pavilion.....	10.30-12.30p.m.
30	Wed	Pavilion Painters.....	Pavilion.....	2.00-4.00p.m.
30	Wed	Upstagers Amateur Dramatics.....	Village Hall.....	7.30-9.30m.
30	Wed	Bingo.....	B.M.I.....	8.00p.m.
30	Wed	Tai Chi.....	Village Hall Annex.....	8.00-9.30p.m.
31	Thu	Senior Circuits.....	Pavilion.....	9.30-10.15a.m.
31	Thu	Tai Chi.....	Village Hall Annex.....	9.30-10.30a.m.
31	Thu	Get Together Club.....	Village Hall.....	2.30-4.30p.m.
31	Thu	Upstagers - One Act Play and Quiz.....	Village Hall.....	7.30p.m.

Regular weekly events not listed below this line

### SEPTEMBER

1	Fri	Upstagers - One Act Play and Quiz.....	Village Hall.....	7.30p.m.
2	Sat	Upstagers - One Act Play and Quiz.....	Village Hall.....	7.30p.m.
4	Mon	Parish Council Meeting.....	Pavilion.....	7.30p.m.
4	Mon	Upton WI.....	Village Hall.....	7.30-10.00p.m.
9	Sat	Upton Show.....	Village Hall.....	2.00-5.00p.m.
9	Sat	"Open Day" in the Church Bell Tower.....	Church.....	2.00-5.00p.m.
10	Sun	Copy date for October issue of USL Life		
11	Mon	Twyver WI.....	Village Hall.....	7.30-10.00p.m.
17	Sun	Harvest Festival Service - Open Air.....	Perry Orchard Allotments.....	11.00a.m.
18	Mon	Abbeyle Garden Club.....	Village Hall.....	7.30-9.45p.m.
21	Thu	History Group - "Whitley Court - Up the Road".....	Village Hall.....	7.45-9.15p.m.
25	Mon	Camera Club.....	Village Hall.....	7.00-9.00p.m.
25	Mon	Lady Downe Charity Meeting		
27	Wed	Ladies Probus.....	B.M.I.....	10.15a.m.
28	Thu	Get Together Club.....	Village Hall.....	2.30-4.30p.m.
30	Sat	Church Fabric Fund - The Stuart Singers.....	Village Hall.....	7.30p.m.

### OCTOBER

2	Mon	Parish Council Meeting.....	Pavilion.....	7.30p.m.
2	Mon	Upton WI.....	Village Hall.....	7.30-10.00p.m.
9	Mon	Twyver WI.....	Village Hall.....	7.30-10.00p.m.
10	Tue	Copy date for November issue of USL Life		
14	Sat	BMI Autumn Quiz.....	B.M.I.....	8.00p.m.
16	Mon	Abbeyle Garden Club.....	Village Hall.....	7.30-9.45p.m.
23	Mon	Camera Club.....	Village Hall.....	7.00-9.00p.m.
25	Wed	Ladies Probus.....	B.M.I.....	10.15a.m.
26	Thu	Get Together Club Lunch.....	Village Hall.....	1.00-4.00p.m.

Contact Paula Quinn to get your event in the diary

**Do you need help around your home?**

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## Ted Gardener's poetry

A month or so ago, Ted was asked by a Villager why there were none of his poems in that month's USL Life. Ted's reply was: "not my fault, you have to ask the editors."

Ted must more-or-less think in rhyme, because he then sent us this:

### A COMPLAINT

Ay up, old un, it's so sad  
Thur ent no rhymes in this month's mag.

I'm so sorry, but you must understand  
Thur be 3 or 4 unpublished & in hand.,  
Some is funny and some is true,  
But if they ent printed, it's up to you  
To moan to the bloke that says where and when  
My poems will be seen again.

I promise I'll keep sending 'em in  
So they'll get printed now and agin.

*Editor: as Ted says - we have got a few in hand. The poems are very well liked and we love to put them in, but we're trying not to make it every month because we hope Ted will never feel pressure to think up something to a timetable.*

### HIDDEN TREASURES

In the gutter by my cottage  
a little flower grows;  
In winter it's just a clump of weeds,  
but in summer it really shows.

Tiny flowers of bright yellow,  
with a centre of deep red,  
The perfumes, sweetly scented,  
would grace any flower bed.  
Now also by the little ditch  
the balsam flower thrives,  
With its exploding seed heads  
when Autumn time arrives.

The purple spiny teasels grow  
in the hedgerow by the verge,  
Their seed heads feed the goldfinch  
and other little birds.

So when you walk our village lanes,  
you look, but may not see  
All of nature's beauty  
set aside for you and me.

## Flowers in my lawn

You either like small flowers mixed in your lawn, or you hate them (they're weeds!).

I don't pretend to be a gardener - I know almost nothing of the skills, techniques, what should grow where, how to tend plants, flowers and shrubs. Carol's articles (see page 14 in this month's USL Life) are almost like a foreign language to me.

But I like the flowers in my lawn, and this year there has been a spectacularly good display, in my opinion. I have the obvious common flowers - daisies and buttercups, and celandines earlier in the year. At the moment I have lots of clover, purple-blue and white, which red-rumped solitary bees and hover flies seem to love. My lawn has always had dark blue self-heal. There wasn't so much last year, but this year it is prolific. A



Self Heal

newcomer for my lawn this year was a few delicate yellow birds foot trefoil flowers. I've seen other gardens nearby with many more of these - they are very pretty. There are a



Birds Foot Trefoil

few dandelions, and of course these can be a menace, but by cutting every week the flowers and leaves are only small and never get to seed heads. I've had black medick for years, but only recently learnt the name - I



Black Medick

wonder where that comes from? This is a tiny yellow flower in the vetch family with a flower head very like a tiny clover flower, but yellow. In spring I get wild chives - and sometimes use the leaves in cooking, but lawn cutting means I seldom see the pretty blue flowers. A year or so ago a single head of bronze fennel sprouted in my front garden, right where I put the rubbish on bin days, and I just wonder if it grew from a seed from my kitchen waste? The fennel and chives contribute to a wonderful aroma when I do cut the grass.

I have never used weedkiller or fertiliser on my lawn. I probably don't cut the grass as often as others do - I don't want to chop down all those lovely flowers. But after a cut they appear again in a couple of days. Magical.

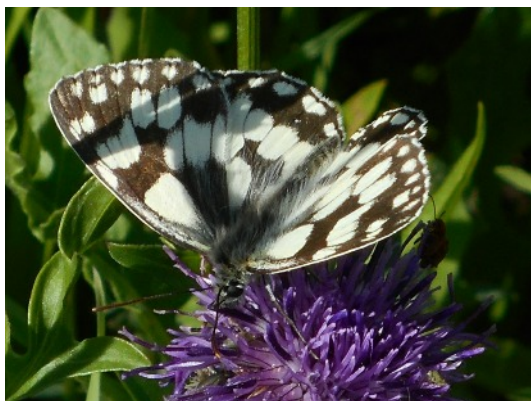
My wife reminds me that I do have another lawn, at the recreation ground - it's the cricket square. Weeds aren't allowed there. I spend far more time there than in my own garden, and fertiliser and weedkiller are freely applied.

Andy Russell

(With thanks to Jane and Nigel Cox for flower identification)

# CUD HILL

Cud Hill in July this year was magnificent for its wild flowers, birds and insects. There were hundreds of pyramid and fragrant orchids, scabious flowers (light and dark blue), rose bay willow herb and countless other flowers everywhere. Marbled white and meadow brown butterflies in profusion. Yellowhammers chanting their song.



Above: a marbled white butterfly feeding on scabious. Below: rose bay willow herb



(Pictures all taken on Cud Hill in early July by Mary Russell)



Above: Fragrant orchid  
Below: Pyramid orchid



## UPTON ST LEONARDS LIFE

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