

Upton St Leonards Life

incorporating Church News

Issue 64

December 2019

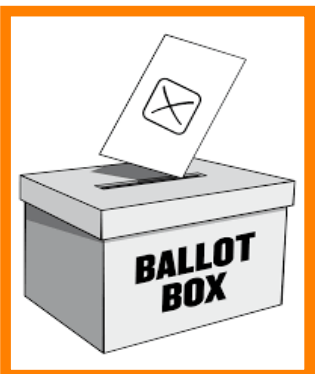


GENERAL ELECTION

Thursday,
12th December



Polling stations will be
open from 7am - 10pm



Congratulations
to Harry Lewis,
aged 7 who
submitted this
delightful painting
for the December
issue.



Also to
Jack Lewis
Aged 4
Who painted the
Snowlady



Upton St Leonards Advent Windows

See Page 20
for this year's map of the
ADVENT WINDOWS

Editorial



Back in the September issue, USL Life launched a 'Design Our Front Page' competition, for all Primary aged children. A special thank-you must go to Harry Lewis, aged 7, of Perry Orchard for painting the delightful Snowman which adorns our front cover this month and also to his younger brother, Jack, aged 4, who painted the Snowlady. Well done boys!!!

We would like to take this opportunity to wish all our readers and all those that support USL Life throughout the year, a very Happy, Safe and Peaceful Christmas.

We also look forward to receiving your answers (either in the letter box outside the entrance to the village hall or online) to the Christmas Quizzes on page 16, by 31st December. Prizes will be awarded to the first correct entries in the Adult Category (18 and over) and in the Children's Section. Prizewinners will be announced in the February issue, 2020.



Newsletter Team

Road Safety - A Matter of Concern



"I write this article on behalf of the Parish Council and local residents. It has been witnessed that several local residents are misusing the one way system along Staites Orchard. May I kindly remind those that are doing so, that they are committing a criminal offence under the Road Traffic Act.

Furthermore it is extremely dangerous.

The Police have been asked to conduct spot checks and to take enforcement action. This practice must stop immediately unless we wish to see a very serious accident."

Roy Balgobin, Clerk to the Parish Council

Keeping Safe

The Neighbourhood Teams in Upton St Leonards and Abbeydale are reminding residents to review their security systems with the darker days upon us. Ensure you have a good working PIR light system outside and double check all windows and doors are securely locked, even if you are home. Timer switches are a good idea so your house is not in darkness before you get home.

Unfortunately there have been five more burglaries in the locality so if you do see any suspicious person/s in your area or vehicles, please dial 101 or report it online at:

<https://www.gloucestershire.police.uk/do-it-online/report-a-crime-or-provide-information-anonymously/report-a-crime-or-incident/>

PCSO Lianne Hiscock's email is Lianne.Hiscock@gloucestershire.pnn.police.uk. Police Community Support Officer 9270.

Most homes in Gloucestershire need more burglary protection. Get 49 times more protection against burglary by installing a 'WIDE' combination of security devices.

A 'WIDE' combination includes:



W
Window locks



I
Indoor lights on timer switches



D
Double or deadbolts fitted to doors



E
Exterior lights on a sensor

- Window locks
- Indoor lights on timer switches
- Double door locks or deadbolts
- External lights on a sensor



This article is continued on page 3

Keeping Safe cont'd

•**Burglars look for opportunities:** They want to find empty-looking homes, where they can't be seen by neighbours and where they can get in and out quickly. Take away their opportunities by installing the 'WIDE' combination of security devices and by carrying out the following actions:

Is your back gate your weak spot?

Stop access to your back garden. It is really important. Install strong fences and gates and make sure they are kept locked. Make it difficult for burglars to climb over them by adding trellis and spiky plants. Burglars enjoy the privacy of a back garden as it allows them to spend the time they need to get into your home often by smashing patio doors.



Install CCTV or digital doorbells

Install external CCTV or digital doorbells. Burglars don't want to be seen and these devices can capture evidence which we can circulate amongst our officers and the public.



Can your neighbours see your entrances and exits?

Increase the visibility of the entrances and exits of your home. Cut back and remove any plants, bushes and high fencing that block your neighbour's view of your home. Burglars do not want to be seen as they may get caught.



Mark your property with forensic marking liquids

Use forensic marking liquids to increase the likelihood of getting your belongings back. These liquids act like DNA evidence and can be used to link recovered property back to you. Popular brands include SmartWater, SelectaDNA and ImmoBiDot. You may be able to purchase these kits at a discounted price from us at our events as well as through your local Neighbourhood Watch Scheme.



Check if valuables are on show

Check what valuables can be seen from the outside of your home. If there are items that may look tempting to a burglar remove them from view and make sure they are marked with a registered forensic marking liquid.



Wheelie bins, tools and heavy garden objects

Wheelie bins left out the front offer burglars help to get over your fences. Tools and heavy objects left out help them smash or force their way in. Put them away.



If you would like to purchase alarms for windows or sheds, or would like a home survey completed, please contact your local PCSO's Lianne and Christine. Lianne: Email : lianne.hiscock@gloucestershire.pnn.police.uk Contact – 07811418008 Christine: Email – Christine.white@gloucestershire.pnn.police.uk Contact - 07811225989



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What's been happening in Upton?

TWYVER WI REPORT – 11.11.19

A letter had been received from WI House thanking the group for their contributions to the competitions and craft displays throughout the year.

Members were reminded that Wednesday, 13th November is World Kindness day. Everyone was urged to participate. This is particularly pertinent for one of our own members who has been diagnosed with Guillain-Barré syndrome. Members were encouraged to join the volunteer rota to visit her in GRH.

The group this year are supporting a new charity entitled Happy Handbags, a smaller organisation, run through the Nelson Trust. The scheme provides a handbag containing ladies personal items to women in time of great hardship and/or homelessness. Members were asked to bring toiletry items to the December meeting. Sue Down will co-ordinate.

Our president, Monica Gray, now in her 2nd year of office, read out a synopsis of the year's events and achievements. Monica thanked individual members for their varied roles, Val George, our Secretary for her sterling work and Treasurer, Penny Owen, for ensuring a healthy balance exists to carry us into 2020. The committee were then duly elected for a further year. Appeals were made however, for additional members to

come forward and specifically for a new Treasurer to shadow Penny, who will have completed her three years in office this time next year.

Following wine and cheese, our visitor this month was Lynne Williams who had the majority of us up on the floor doing a variety of line dances. Great fun and great exercise!



Monday, 9th December is our final meeting of 2019 and everyone was asked to wear their Christmas jumpers, whilst enjoying mince pies and mulled wine. Our guest for the evening will be Helen Barry who will talk to us about Seated and Parachute exercises and relaxation!

Andrea Dawson

COLD BLOODIED MURDER



At the end of October the UpStagers Drama Group put on their 36th production in 14 years at Upton Village Hall. This time it was a Murder Mystery, presented for three nights. Each evening was well attended with some folks making new friends, sharing tables and joining in the fun.

The Murder Mystery was performed as a short play, in two acts and directed by Carol Vye. A two course meal was served and a bar was available. The audience had to try to decide who had carried out the dastardly deed, some would have said from the character of the deceased, well deserved.

This time the cast included the stage debut for Andrew Penman (Chester Drawers) who performed very well

despite almost losing his voice totally for the last night; but the lozenges worked wonders. Backstage we also had a new recruit in David Hardacre who has just joined the group. Some folks actually thought he was the murderer, because he was jealous he didn't get a part!

The preparation of the food was quite a task for those that helped and thanks must go especially to Pam Tickner and Ann Pearson, together with all those that worked so hard over the three nights.

We very much welcome the addition of Andrew Penman and David Hardacre to the Upstagers. The group, however, is still in need of some more new blood as some of the regulars have seen fit to hang up their scripts and take a rest.

Our next production will be in March 2020, when we look forward to your continued support.

Keith Pearson

A La Carte Private Hire



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What's been happening in Upton?

UPTON ST LEONARDS BADMINTON CLUB

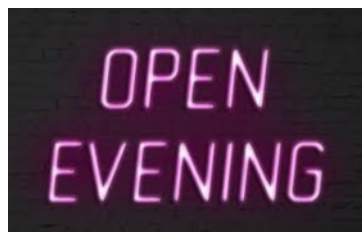
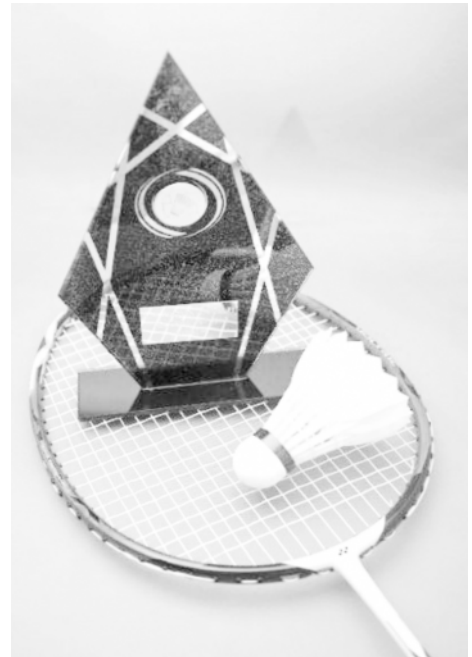
We are already looking forward to the Village Day on 6 June next year, to celebrate the centenary of the building of the Village Hall.

For many of those 100 years, since the 1930's, there has been a Badminton Club playing in the Village Hall. Visitors to the Hall may have noticed the club's embroidered banner, dating back to 1938. The Badminton Club is still going strong after all these years. A mix of ages and abilities ensures varied games, played in a competitive but fun atmosphere. The club doesn't enter teams into a league, instead focusing on providing an opportunity to play at a social level, without the pressures of league matches.

Just to add a slightly more competitive edge to the games, for those who wanted to take part, the club held its Annual Tournament in September with Trophies being presented to the winners and runners up. This year The Sharpe family did particularly well. Father and son, Tony and Will won the tournament and younger son Patrick was awarded the trophy for the Most Improved Player.

Close runners up, only four points behind, were Jeremy Boon and Marlene McCahill. Well done to all those that participated in the event.

Looking forward, we need to keep encouraging new members to continue the club and hopefully it will be around to celebrate its centenary. We always welcome new players to come along to the Village Hall on a Tuesday evening between 8:30pm and 10:30pm. There is a small charge of £2 to play but the first time you attend is always free. As well as the Annual Tournament we also hold regular social events for members.



We will be holding an open evening on Tuesday, 14th January 2020, for new members to come along, find out more about us and have a game. Any past members are welcome to pop in and share their experiences with the latest generation of the badminton club. For more information, look out for the posters in and around the Village in the New Year.

Tony Sharpe

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Sat-Sun Open all day.
<http://www.bmiclub.co.uk/>
Tel. 01452 616384

What's coming up in Upton?



Upton St Leonard's Primary School

Christmas Market

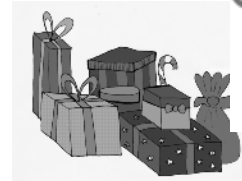
on Friday 6th December 3.30-5.00 p.m.



There will be lots of stalls, games, external sellers, raffle with great prizes

and of course

Father Christmas



Come along and support your local school.

Coffee Club Christmas Lunch
Monday, 9th December 12.00pm

In the BMI



GET TOGETHER CLUB

Will be holding their Christmas Lunch at 12.00 for 12.30pm

at Bowden Hall

On

Thursday, 12th December

TLC will sing their Christmas programme after the meal



BMI

CHRISTMAS EVE

Tuesday 24th December 2019

8.00p.m. – late

Entertainment

To **“PAUL KEYSE”**

Open to members and signed in guests



What's coming up in Upton?

B.M.I. NEW YEAR'S EVE PARTY



TUESDAY 31ST DECEMBER 2019

8.00P.M - LATE

Dancing to

“MICHAEL IAN BROWN”

TICKETS £10.00

Tickets are available for sale in the Long Bar for Club Members only. Valid membership cards must be presented for each ticket. The final date for purchase of tickets will be 14th December.

(After this date, any remaining tickets will be offered to friends and family)

Sunday 19th January 2020

Lunchtime Jazz

at the B.M.I.



With

“John Beckingham”

From 1.00-3.00p.m



**Open to members
and signed in guests**

**POST CHRISTMAS/NEW YEAR QUIZ FOR
BMI MEMBERS AND SIGNED IN GUESTS
SATURDAY 11TH JANUARY 2020 @
8.00P.M.**

£1.25 PER PERSON FOR TEAMS OF UP TO 6
(MINIMUM £5 FOR TEAMS OF UP TO 4)
PROFIT ON THE NIGHT TO BE DONATED TO
THE BMI CHARITY FOR 2019-20

GLOUCESTER YOUNG CARERS AND AIR
AMBULANCE

PLEASE ADD YOUR NAME TO THE BOOKING SHEET BY
THURSDAY 9TH JANUARY
TO ENSURE THAT THERE ARE SUFFICIENT COPIES OF
QUIZ SHEETS AVAILABLE
TOGETHER WITH TABLES ON THE NIGHT

**Entertainment Night in the Lounge
for members and signed in guests**

Saturday 25th January 2020

**Dancing to the music of
“Bak2Bak”
8.00p.m. - late**



Eat Real Food and The Healthy Living Forum

These support groups are going from strength to strength. It's so rewarding to hear the stories from members who are losing weight and improving their health, especially those who have found it hard or impossible to lose weight in the past. Eat Real Food is cheap, (no membership fees) easy to achieve and the best bit is that you don't feel hungry. It's not all about achieving a healthy weight of course.

We support people to reverse their Type 2 Diabetes, get rid of reflux, lower their blood pressure and inflammation conditions by lifestyle changes.



Did you know that only 50% of people with Type 2 are overweight? I was a normal healthy weight when I got my diagnosis! Have you had the simple blood test HbA1c? No test leaves you in the dark about your health. If the Dr says its fine, what does that mean? Know your numbers and take responsibility for your own health. Nobody else can do this for you.

What is the difference between lifespan and healthspan? Come along and find out? The dates for next year have now been booked and you can attend either Aspen Medical Centre or Upton's Healthy Living.



Aspen Medical Practice

Aspen will meet monthly on
Wed 11th Dec, Wed 22nd
Jan, Wed 19th Feb, Mon
23rd March, Wed 22nd April and Wed 27th May 2020.

The Healthy Living Forum in Upton meets monthly at the Pavilion on : Tue 10th Dec, Tue 21st Jan, Tue 18th Feb, Tue 24th March, Tue 21st April and Tue 26th May 2020.



How do we look after our health? Some of us take better care of our cars

than we do our health, checking tyres and getting a yearly service. Why is that? Would you put the wrong fuel in your car? That's exactly what some of us do with our food every day. Do we know how to monitor our Blood Pressure and do we check it regularly? A raised blood pressure can be an early warning sign that something is going wrong. We need to take care of our own health and not rely on the doctors to put things right when we mess it up with our lifestyles. Come along and educate yourself on all things healthy. As the weather turns colder, people often ask 'What can we eat that's healthy and not processed?'



Well, vegetable soup (home made) is a great lunch or breakfast dish that is filling and nourishing. Yes, that's right, soup for breakfast! Once you give up processed food and eat real food your approach to food changes and you enjoy rich

tasty food that's nourishing and full of satiety. We are currently supporting Parents with weaning their children off sugar and fake food, by introducing healthy tasty options gradually. Children demanding their favourite pasta or pizza at every meal is a frequent tale, some as young as three years of age! We have a healthy pizza base recipe, so pizza is definitely on the menu of a healthy lifestyle.

Millie Barnes

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Approved Contractor to Local social housing Association and the Diocese of Gloucester

*Merry Christmas and a Happy and Peaceful New Year
from all at St Leonard's Church*



Priest in charge: Rev. Clodagh Ingram

Curate: Rev. James Turk



Rev Clodagh Ingram writes

Three assumptions people make about Vicars:

We are busy people.

Sunday is our busiest day.

Christmas is our busiest time of year.

There is some truth in those assumptions but it's not the whole truth. As we approach Christmas this year I realised the need for an antidote to the busyness that can take over our lives. The weeks of December can be very busy for many people and we forget to include Jesus who should be front and centre of all our Christmas preparations. Equally the weeks of December can highlight all the challenges and struggles of life and it can feel like a bleak, dark time in the midst of other people's celebrations.

St Leonard's Church

will be open Sunday 1st to Tuesday 24th December.

The front door is heavy but it will not be locked.

So if you are someone who walks past the church regularly, call in. If you are visiting a loved one in the churchyard, call in. If you are coming or going from school, call in. If you have never been into St Leonard's, call in. If you are a regular member of the congregation, call in. If you love everything about Christmas, call in. If you are dreading Christmas, call in. If you have decisions to make, call in. If your weary, call in.

The days of December mark the season of Advent. It is a season of anticipation, of waiting, of expectation and of hope. Perhaps more than any other season in the Christian calendar, Advent acknowledges the already-and-not-yet nature of the Kingdom of God. Jesus came to offer us the gift of life in all its fullness. Advent reminds us that Jesus will return in judgement and to restore the whole of creation into a new heaven and a new earth; where there will be no more darkness or pain or death. We live in in-between times; Jesus has rescued us from sin and death and invites us to follow him with the promise that there is more of God's provision to come.

I am committing to 12 Hours of Prayer in St Leonard's during the first week of Advent in preparation for the busyness which lies ahead. There will be aids to prayer in the church during that week 1st – 7th December along with evening

prayer Monday to Friday at 4pm and morning prayer at 9.30 on Tuesday and Saturday morning.

This Advent call into church and have a chat with God who created you, knows you, loves you, and delights in sharing time with you.

Clodagh

Church Calendar for December 2019

Sun 1	8.00 am	Holy Communion service
	10.00 am	Celebration Service
	4.00 pm	Prayer for Advent
Mon 2	4.00 - 4.30	Prayer for Advent
Tue 3	9.30 - 9.50	Prayer for Advent
	9.50 -12.00	Coffee & Chat
Wed 4	4.00 - 4.30	Prayer for Advent
Thurs 5	4.00 pm	Prayer for Advent
Fri 6	4.00 pm	Prayer for Advent
Sat 7	9.30	Prayer for Advent
Sun 8	10.00 am	Communion Service
Mon 9	4.00 - 4.30	Evening Prayer
Tue 10	9.30 - 9.50	Morning Prayer
	9.50 -12.00	Coffee & Chat
Wed 11	4.00 - 4.30	Evening Prayer
Sun 15	10.00 am	Communion Service
	4.00 pm	Carol Service
Mon 16	4.00 - 4.30	Evening Prayer
Tue 17	9.30 - 9.50	Morning Prayer
	9.50 -12.00	Coffee & Chat
Wed 18	4.00 - 4.30	Evening Prayer
Fri 20 th	7.30 pm	Gloucester Brass Band
Sun 22	10.00 am	Communion Service
Mon 23	4.00 - 4.30	Evening Prayer
Tue 24	4.00 pm	Nativity
	11.00 pm	Christmas Communion
Wed 25	10.00 am	Christmas Celebration with communion
Sun 29	4.00 pm	New Year Celebration
Sun 5th Jan	8.00 am	Holy Communion
	10.00 am	Epiphany Celebration

During Daylight hours the church will be open Sunday 1st to Tuesday 24th December

St. Leonard's Church News

Website: www.uptonstleonardschurch.co.uk



Remembrance Sunday

The poppy display this year at Upton St. Leonard's Church clearly surpassed all expectations! We came up with the tree banner last year which was admired and respected by many but decided to go a lot bigger this year as a mark of respect. An invitation to the Upton St. Leonard's villagers, the church congregation and the Upton St. Leonard's knitting group was put out to knit poppies. It has been going on for many months and we were overwhelmed by the response with over 1,500 poppies coming in including purple



poppies to remember all the animals killed. We also received a very generous donation of poppies ready attached to black knitted strips (which is what you see on the gates at the entrance of the churchyard) from Trevor and Rachel Hall's niece Sue. Jenny Innes, Gill Howell, Viv Bick and Sheila Thomas have been busy stitching the banners and attaching them to the hedge behind the war memorial and tying the poppies to the gates and fence alongside Chipmunks Nursery. Gill Howell lined the pathway to the church with poppies on sticks and solar lights. Inscribed on each stick were the individual names taken from the memorial placard in church of men who died in both world wars. A truly magnificent display and a big thank you to all those who contributed. A few left over poppies were given to the poppy appeal table in Morrisons so none were wasted!!



Sheila

Halloween Special At Coopers Edge



Volunteers at the ready, gazebo decorated with lights, games all arranged and in place all we required were children and their parents.



Although the rain trickled down on us it did not dampen our spirits. Our hats with twinkling lights were all aglow as we waited the arrival of our guests. Soon enough the families were upon the green in anticipation! They were drawn in by the pretty lights, games and Gods armour on a dark, spooky Halloween evening.

A few families were expected yet hundreds turned up. The amazing costumes, face masks worn by the children and parents along with the cheers and laughter warmed our hearts.

Community spirit was uplifting with lots of positive feedback.

The children left full of joy, goody bags in hand on a spooky wokey night to remember.



Lynn



Alpha

Another successful Alpha Course has just come to an end. New friendships have been made, new thoughts provoked and questions answered. The enthusiasm of the people in the DVD's we watched was inspiring and the stories we heard were heartwarming.

Every week we started with coffee or tea and superb puddings and cakes which we took turns to bring along all

We have had a lovely time on the Alpha course, we've made new friends, learnt more about being a Christian and developed our relationship with God

Thought provoking, yet reaffirming of my faith, with openness and confidentiality of small group discussion sessions

accompan

ied with a chat about life and things in general.

After watching a DVD we split into smaller groups to discuss what we had just watched.

Everyone had their chance to put across their point of view, ask questions and to air

opinions. The discussion was usually slow at first but as we talked the time disappeared and all of a sudden it wasn't long enough.

We were all a bit sad that the course had finished but we are hopeful a follow-on group will be set up in the New Year.

New courses will be run during 2020 and you can be sure of a warm welcome. You don't have to be a church member you just need an open mind, questions to ask and a willingness to realise what you might be missing!

Rachel



St. Leonard's Church News

Website: www.uptonstleonardschurch.co.uk

Christmas Services and Events 2019

Sunday 15th December

4.00 pm Carol Service

Friday 20th December

7.30 pm Gloucester Brass Band
Concert in Church

Tuesday 24th December

4.00 pm Nativity
11.00 pm Christmas Communion

Wednesday 25th December

10.00 am Christmas Celebration with
communion

Sunday 29th December

4.00 pm New Year Celebration

Sunday 5th January

8.00 am Communion
10.00 am Epiphany Celebration

#FollowTheStar

Look out for the star rising above St
Leonard's Church this Christmas
time.

"It was the star that first caught their attention. It
was the star that shone out announcing to the
world; Jesus is here. It was the star that prompted
them to make that journey..."

The Wise Men understood the significance of the
star and set out to find Jesus. Christmas is the
start of the story, not the end. You're invited to
#FollowTheStar this Christmas. Sign up for daily
reflections which will lead from Christmas Eve
through the New Year and into the celebration
of Epiphany on 6th January. Follow the star and
find Jesus for yourself.

Gloucestershire Hospitals NHS
Foundation Trust

Carol Singing

AT
CHELTENHAM GENERAL HOSPITAL
& GLOUCESTERSHIRE ROYAL

Monday 23rd December

6.45pm

PLEASE MEET AT THE CHAPEL (GLOUCESTER)
OR 'BLUE SPA' CAFE (CHELTENHAM)
REFRESHMENTS AFTERWARDS

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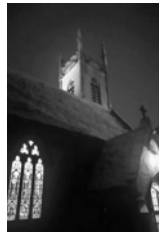
Organised by the Department of Spiritual Care

Tower Floodlighting

The Tower Lights in December are
sponsored in loving memory

of

Joe Stubbs, always in our thoughts, with love from
his loving family.



December 10th in memory of Terry Ilott on his birthday. Sponsored
with love by his wife Lesley and all the family.

Remembering with love on the 23rd December, my husband Pete
on his birthday, Jenny

If you or your family would like to have the Church Tower
Floodlights lit to celebrate a special event such as a
birthday/anniversary/ Baptism or in remembrance of a loved one
please contact Jenny Cunningham for more details. 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 your
donation this will help us too. Please note that the deadline of the
Church Pages of USL Life is the 10th of the preceding month.

In Loving Memory
A Service of Thanksgiving for the Lives of
Loved Ones

Sunday 19th January 4.00 pm

'The Lord is close to the broken hearted and
saves those who are crushed in spirit'. Psalm
34:18



St. Leonard's Church News

Website: www.uptonstleonardschurch.co.uk

Who's Who at the Parish Church

Priest in Charge:

Rev Clodagh Ingram

Curate:

Rev James Turk

Churchwardens:

Keith Robbins

Vacancy

PCC Secretary

Sarah Kent

pccsecretary@uptonstleonardschurch.co.uk

Church Treasurer

Vacancy

Baptism & Wedding Enquiries:

Church Administrator - Jenny Cunningham

Deanery Synod Representative

Dorothy Cox

Bell Tower Captain:

Charlie Burnett

Mother's Union

Rachel Hall

Church Cleaning Rota

Clare Appleyard

Church Flowers

Jenny Cunningham

Operation Christmas Shoe box Appeal 2019



Gloucester Processing Centre, ready to receive the shoe boxes to be checked and sent off to Belarus;



Some of the 'fillers' and donations I have received for the Shoeboxes



Boxes ready to go in to Church for a blessing on the 17th November. The total number of shoe boxes in church was 86 (including 33 from Upton School).

Very many thanks to everyone who supported the 2019 Shoe box Appeal

Jenny

Mothers' UNION

The next meeting is on
Wednesday 11th December 2019
10.00 am Communion Service
at St Oswald's Church



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Footpaths in the Prinknash area

The safety barrier installed on the A46 near the main entrance to Prinknash rather effectively blocked the public footpath that runs down the hillside just on the north (Brockworth) side of Prinknash. This footpath features in the USCAN walks booklet as part of a delightful circular walk from the Village up to the Cotswold Way and back.



Safety trumps footpath access at this dangerous stretch of the A46! However, we (the USCAN footpaths team) have cleared an access using the verge of the road, from the Prinknash main entrance, and passing behind the safety

barrier. We have also negotiated permission to use another route from the Cotswold Way to join up with the new access, and we will publish a map of the new route soon, once we get signs and markers in place.

Some Villagers have been using the track from Prinknash Lower Lodge, on Portway, to get to and from the Abbey and tea rooms. This was with the willing permission of the

Abbot, who wanted to ensure access. However, as you probably know, Lower Lodge is being sold, and the very bottom of the track, behind the gates, will be for the private use of the purchaser and will be fenced off.

The Abbot is keen to ensure there is some pedestrian access, somehow, from the bottom of the hill, so the footpaths team is getting together with the Facilities Manager of the Prinknash estate to see how and where another route could be made. Watch this space!

Please note that some people do walk on the roads beyond Lake House on Valley Lane. These are not public rights of way on foot or horse or vehicle. There are marked public footpaths parallel or nearby. Please use them. Unfortunately, none of the existing footpaths in the Valley Lane area connect to Prinknash.

I am hoping we can create the new routes mentioned above!



Andy Russell

Obituary

BRIAN ERNEST WARNER - 1938 - 2019



Pam, Brian's wife of 57 years and family would like to thank everyone that attended Brian's funeral in Upton Church. Your kindness and messages of support and sympathy are very much appreciated at this sad and difficult time.

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December Arts Page - December 2019

Christmas is our theme and we wish you many happy hours of reading or listening to your favourite music and words.

I heard a bird sing
In the dark of December.
A magical thing
And sweet to remember.



“We are nearer to Spring
Than we were in September”,
I heard a bird sing
In the dark of December.

Oliver Herford (1860 – 1935) also known as the American Oscar Wilde.

A lovely thing about Christmas is that it is compulsory, like a thunderstorm, and we all go through it together. (Garrison Keillor, American broadcaster and writer, born 1942).

We wish you – in the words of Mark Twain (1835 – 1910) – “Good friends, good books and a sleepy conscience, this is the ideal life!.

Combining words and music are the following poems set to music by Benjamin Britten. Music for The Oxen was written for women’s voices and dedicated to the East Coker W.I.

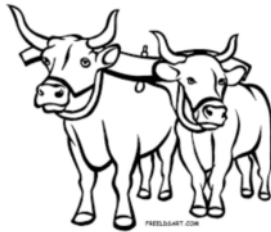
The Oxen by Thomas Hardy

Christmas eve and twelve of the clock,
“Now they are all on their knees,”
An elder said as we sat in a flock
By the embers in hearthside ease.

We pictured the meek mild
creatures where
They dwelt in their strawy pen,
Nor did it occur to one of us there
To doubt they were kneeling then.

So fair a fancy few would weave
In these years! Yet, I feel,
If someone said on Christmas Eve,
“Come; see the oxen kneel

“In the lonely barton by yonder coomb
Our childhood used to know,”
I should go with him in the gloom,
Hoping it might be so.



King Herod and the cock. Anon.

There was a star in David’s land,
In David’s land appeared,
And in King Herod’s chamber
So bright it did shine there.

The wise men stood espied it
And told the king on high
That a princely babe was born that night
No king shall e’er destroy.

“If this be truth”, King Herod said,
“That thou hast said to me,
Then the roasted cock that stands in the dish
Shall crow full senses three.”

O the cock soon thrusten’d and feather’d well
By the work of God’s own hand,
And he did crow full senses three
In the dish where he did stand.

BOOK REVIEW: The Snow Geese by William Fiennes

Published in 2001 this book provides a blend of travel writing, autobiography and reportage. This is a journey into the depths of the Canadian Arctic, following the flight of migrating snow geese. They summer in the Arctic and migrate in Autumn south to Delaware,

California and the Gulf of Mexico. We follow the journey north from Texas to Baffin Island. Fiennes’ writing is mesmerising, especially when he is describing the natural world. He has the ability to help the reader imagine things one has not seen, and to make one see familiar sights anew. Highly recommended reading as you sit by a log fire with your favourite Christmas treats on hand!

This month's feature: Growing up in Upton - Linda Davis, in her own words.



Dorothy Linda May Wright lived in Steppes House on Portway as a child. Apart from a few years in Gloucester, she's lived in Upton all her life. When Linda married Alfie Davis in 1948 they moved into Moorend Cottage in Watery Lane where she still lives.

I was born in 1924. When father went to register me he forgot which aunt I was to be named after so I was registered after all the aunts he could remember.

Our parents were kind people; father loved the garden and I loved being with him. As well as our garden we had three allotments and grew our own fruit and veg and kept pigs, chickens, ducks and turkeys. Times were hard for a long time when the men came back from war; we weren't the only family who struggled but everyone was happy that the war was over.

My father attached a saddle to the crossbar of his bike and I went with him whenever I could. In Spring we went elvering in Framilode; we'd fish all day, then cycle home and my mother made elver omelettes. We loved elver omelettes! Every day my mother plated-up dinners for the elderly couple across the road and I'd deliver them.

In those days everybody worked, my sisters helped in the house and I helped in the garden. I loved climbing trees, but it worried my father. When the snow came it was my job to feed the wild birds and look out for baby foxes. Once, I had been feeding the birds and foxes for days, but one morning I forgot the foxes and the mother fox came and stared in the window of our house; it was very scary. After that, I always checked she wasn't around before I went out. At times the snow was up to three feet deep but all the neighbours helped to clear Portway, so Mr Gosling, the coalman, could get through.

In Autumn, local cider makers left sacks to be filled with our fruit; that was hard work! We made jams, chutneys and also bottled fruit. If there was any surplus fruit, we took it to church for the women to make jams. One year there was an appeal through the churches for rosehips to make rosehip syrup for the poor and sick children in large towns and cities to help them through the winter. That year most of the village were out in the fields collecting rosehips and thinking how lucky we were to live in the country.



The best thing about school was singing. My Senior School choir won the gold cup at Cheltenham Music Festival. Carols are my favourite songs. I used to go to Gloucester and sing at people's houses, collecting money to help out at Christmas. One year I had done really well and thinking my mum would be so pleased but I was set upon by boys who stole all the money. I screamed for help and a family took me in and called the police. My parents were furious because I'd told them I was going singing with Upton girls.

Our mother shopped on Christmas Eve because the shops had then reduced their prices. Although times were hard, at Christmas everything seemed to be in abundance. I sing carols to myself now or join in with the radio. My favourite is 'Away in a Manger'. It reminds me of childhood and I think of the poor children and refugees starting life in the world today and I always remember the Christmas that we were out in the fields in Upton picking rosehips to help the poor children.

Christina Caldwell

Adult Christmas Quiz

1. In 1953, this Christmas song was Eartha Kitt's biggest hit of her career.
2. What was the traditional English Christmas dinner before turkey?
3. Which two countries are first to celebrate New Year?
4. Who invented the electric Christmas tree lights in 1882?
5. Which famous Christmas song was introduced by Judy Garland in the 1944 movie 'Meet Me in St. Louis'?
6. Which leader banned Christmas pudding and mince pies during the 17th Century?
7. What was the first Christmas song broadcasted from space in 1965?
8. During the 12th century, who traditionally left socks containing fruit and nuts at houses of the poor?
9. In which country is it a tradition to eat Christmas dinner at KFC?
10. What is the name of the tiny Pacific island that is first to celebrate Christmas?
11. Which country is home to a collection of limestone stacks known as 'The Twelve Apostles'?
12. Which British civil servant commissioned the first commercial Christmas cards?
13. Mince pies used to be known by what other name:
a. Crib pies, b. Pastry pies, c. Sweet pies?
14. Which chemical compound is traditionally used in Christmas crackers to make them bang?
15. What is 'Smoking Bishop'?
16. "I Believe in Father Christmas" incorporates a tune by which classical composer?
17. Since 1952 only two groups have had three consecutive Christmas number ones. The Beatles did it in 1963, '64 and '65. Who was the other group to achieve the same distinction?
18. Who is the sweetheart of Harlequin in English pantomime?
19. Who wrote the poem, "The Cultivation of Christmas Trees":
20. What was the name of the first US Minister to Mexico and why is his name linked with Christmas?

Children's Quiz

1. In 1948, what song was released by Spike Jones and the City Slickers?
2. Two of the reindeers are named after weather phenomena. Name the reindeers.
3. After leaving Bethlehem, to which country did Joseph, Mary, and Jesus travel?
4. Which country is the largest exporter of Christmas trees?
5. What is a female turkey called?
6. As well as icing, what 'M' is traditionally used to decorate a Christmas cake?
7. What is the name of the boy in the 1982 film 'The Snowman'?
8. What is the name of the fictional town in 'How the Grinch Stole Christmas'?
9. How many types of birds are mentioned in the Twelve Day of Christmas song? Name them.
10. Which 2019 Christmas film features a young woman named Kate who takes up a job as an elf?
11. Which Christmas film features a boy and an American steam train heading to the North Pole?
12. In which country is Lapland located?
13. Which member of the British Royal Family prepares a speech that is broadcasted on Christmas Day?
14. What was Scrooge's famous line?
15. How many times does the number 2 appear on a standard Advent calendar?
16. Can you unscramble the following word to reveal a vegetable that is eaten over the festive season: UOTPRS?
17. What gift is an anagram of ESNECNKNARF?
18. What is the name of the reindeer belonging to Kristoff in the Disney film Frozen?
19. Which red chested bird often appears on cards over the festive season?
20. What is Santa's real name?



MERRY QUIZMAS



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

VILLAGE DIARY

DECEMBER

2	Mon	Yoga.....	Village Hall Annex.....	10.00-11.30a.m.
2	Mon	Coffee Club.....	BMI.....	10.00-12.00p.m.
2	Mon	Yoga.....	Village Hall Annex.....	12.15-1.45p.m.
2	Mon	Fitness Training (2 sessions).....	Village Hall Annex.....	6.00-7.30p.m.
2	Mon	Parish Council Meeting.....	Pavilion.....	7.30p.m.
2	Mon	Upton WI.....	Village Hall.....	7.30-10.00p.m.
3	Tue	Rubbish and Food Waste Week/Garden Waste for those with Brown Bins		
3	Tue	Needles and Pins.....	Village Hall Annex.....	9.45-12.15p.m.
3	Tue	Brownies.....	Pavilion.....	5.30p.m.
3	Tue	Badminton.....	Village Hall.....	8.30-10.30p.m.
4	Wed	Stitchers.....	Pavilion.....	10.00-12.00p.m.
4	Wed	Bingo.....	BMI.....	8.00p.m.
4	Wed	Upstagers Amateur Dramatics.....	Village Hall.....	7.30-9.30p.m.
4	Wed	Bell Ringing Practice.....	Bell Tower.....	7.30-9.00p.m.
5	Thu	Tai Chi.....	Village Hall Annex.....	9.30-10.30a.m.
5	Thu	Senior Circuits.....	Pavilion.....	10.00-10.45a.m.
5	Thu	Pilates.....	Village Hall Annex.....	1.00-2.00p.m.
5	Thu	Fitness.....	Pavilion.....	6.00p.m.
5	Thu	Pilates.....	Pavilion.....	8.00p.m.
6	Fri	Pilates.....	Village Hall.....	11.30-12.30p.m.
7	Sat	BMI Pensioners Lunch.....	BMI.....	12.00p.m.
8	Sun	Tennis.....	Pavilion.....	10.00a.m.
9	Mon	Yoga.....	Village Hall Annex.....	10.00-11.30a.m.
9	Mon	Coffee Club Christmas Lunch.....	BMI.....	Time tba
9	Mon	Yoga.....	Village Hall Annex.....	12.15-1.45p.m.
9	Mon	Fitness Training (2 sessions).....	Village Hall Annex.....	6.00-7.30p.m.
9	Mon	Yoga.....	Pavilion.....	6.45p.m.
9	Mon	Pilates.....	Pavilion.....	8.00p.m.
9	Mon	Twyver WI.....	Village Hall.....	7.30-10.0p.m.
10	Tue	Copy Date for January issue of USL Life		
10	Tue	Recycling and Food Waste Week		
10	Tue	Needles & Pins.....	Village Hall Annex.....	9.45-12.15p.m.
10	Tue	Healthy Living Forum.....	Pavilion.....	7.00p.m.
10	Tue	Badminton.....	Village Hall.....	8.30-10.30p.m.
11	Wed	Stitchers.....	Pavilion.....	10.00-12.00p.m.
11	Wed	Healthy Living.....	Pavilion.....	7.00p.m.
11	Wed	Bingo.....	BMI.....	8.00p.m.
11	Wed	Upstagers Amateur Dramatics.....	Village Hall.....	7.30-9.30p.m.
11	Wed	Bell Ringing Practice.....	Bell Tower.....	7.30-9.00p.m.
12	Thu	Tai Chi.....	Village Hall Annex.....	9.30-10.30a.m.
12	Thu	Senior Circuits.....	Pavilion.....	10.00-10.45a.m.
12	Thu	Get Together Club Christmas Lunch.....	Bowden Hall Hotel.....	12.00 for 12.30p.m.
12	Thu	Pilates.....	Village Hall Annex.....	1.00-2.00p.m.
12	Thu	Fitness.....	Pavilion.....	6.00p.m.
12	Thu	Pilates.....	Pavilion.....	8.00p.m.
13	Fri	Pilates.....	Village Hall.....	11.30-12.30p.m.
14	Sat	Cricket Club AGM.....	Pavilion.....	6.00p.m.
14	Sat	Christmas Draw and Carol Singing.....	BMI.....	8.00p.m.
15	Sun	Tennis.....	Pavilion.....	10.00a.m.
16	Mon	Coffee Club.....	BMI.....	10.00-12.00p.m.
16	Mon	Yoga.....	Village Hall Annex.....	10.00-11.30a.m.
16	Mon	Yoga.....	Village Hall Annex.....	12.15-1.45p.m.
16	Mon	Fitness Training (2 sessions).....	Village Hall Annex.....	6.00-7.30p.m.
16	Mon	Yoga.....	Pavilion.....	6.45p.m.
16	Mon	Pilates.....	Pavilion.....	8.00p.m.
16	Mon	Abbeydale Garden Club.....	Village Hall.....	7.30-9.45p.m.
17	Tue	Rubbish and Food Waste Week		
17	Tue	Needles & Pins.....	Village Hall Annex.....	9.45-12.15p.m.
17	Tue	Badminton.....	Village Hall.....	8.30-10.30p.m.
18	Wed	Stitchers.....	Pavilion.....	10.00-12.00p.m.
18	Wed	Bingo.....	BMI.....	8.00p.m.
18	Wed	Upstagers Amateur Dramatics.....	Village Hall.....	7.30-9.30p.m.
18	Wed	Bell Ringing Practice.....	Bell Tower.....	7.30-9.30p.m.
19	Thu	Tai Chi.....	Village Hall Annex.....	9.30-10.30a.m.
19	Thu	Senior Circuits.....	Pavilion.....	10.00-10.45a.m.
19	Thu	Pilates.....	Village Hall Annex.....	1.00-2.00p.m.
19	Thu	Fitness.....	Pavilion.....	6.00p.m.
19	Thu	Pilates.....	Pavilion.....	8.00p.m.



20	Fri	Pilates.....	Village Hall.....	11.30-12.30p.m.
21	Sat	BMI Members Children - Entertainment Afternoon.....	BMI.....	4.30-7.00p.m.
22	Sun	Tennis.....	Pavilion.....	10.00a.m.
23	Mon	Coffee Club.....	BMI.....	10.00-12.00p/m
23	Mon	Yoga.....	Village Hall Annex.....	10.00-11.30a.m.
23	Mon	Yoga.....	Village Hall Annex.....	12.15-1.45p.m.
23	Mon	Fitness Training (2 sessions).....	Village Hall Annex.....	6.00-7.30p.m.
23	Mon	Camera Club.....	Village Hall.....	7.00-9.00p.m.
24	Tue	Christmas Eve Entertainment.....	BMI.....	8.00p.m.
31	Tue	New Year's Eve Entertainment.....	BMI.....	8.00p.m.

Regular weekly events not listed below this line

JANUARY

1	Wed	New Year's Day		
6	Mon	Parish Council Meeting.....	Pavilion.....	7.30p.m.
6	Mon	Upton WI.....	Village Hall.....	7.30-10.00p.m.
10	Fri	Copy Date for February issue of USL Life		
11	Sat	Post Christmas/New Year Quiz.....	BMI.....	8.00p.m.
15	Wed	Ladies Probus.....	BMI.....	10.00a.m.
13	Mon	Twyver WI.....	Village Hall.....	7.30-10.00p.m.
16	Thu	History Group - The Stories of Some Houses in Upton.....	Village Hall.....	7.45-9.30p.m.
19	Sun	Jazz.....	BMI.....	1-3.00p.m
20	Mon	Abbeyle Garden Club.....	Village Hall.....	7.30-9.45p.m.
21	Jan	Healthy Living Forum.....	Pavilion.....	7.00p.m.
25	Sat	Entertainment Night.....	BMI.....	8.00p.m.
27	Mon	Camera Club.....	Village Hall.....	7.00-9.00p.m.
27	Mon	Lady Downe Trust.....	Upton St Leonards School.....	7.30p.m
30	Thu	Get Together Club.....	Village Hall.....	2.30-4.30p.m.

FEBRUARY

3	Mon	Parish Council Meeting.....	Pavilion.....	7.30p.m.
3	Mon	Upton WI.....	Village Hall.....	7.30-10.00p.m.
10	Mon	Copy Date for March Issue of USL Life		
10	Mon	Twyver WI.....	Village Hall.....	7.30-10.00p.m.
17	Mon	Abbeyle Garden Club.....	Village Hall.....	7.30-9.45p.m.
18	Tue	Healthy Living Forum.....	Pavilion.....	7.00p.m.
22	Sat	Entertainment Night.....	BMI.....	8.00p.m.
24	Mon	Camera Club.....	Village Hall.....	7.00-9.00p.m.
27	Thu	Get Together Club.....	Village Hall.....	2.30-4.30p.m.

Contact Paula Quinn to get your event in the diary



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UPTON ST LEONARDS WI - NOVEMBER MEETING

A very warm welcome was given by President Lynne to our Annual General Meeting.

Anna's second card-making workshop was a great success, as was Judy's decoupage bottle workshop and an outing to the Three Shires Garden Centre.

Events for December include the GFWI Christmas Concert at Cheltenham Town Hall on December 4th and a Christmas Lunch at Highgrove on December 10th.

President Lynne conducted the AGM, reading a detailed report of the past year's activities and monthly meetings. Judy gave her Treasurer's annual report and was thanked by Lynne, as were all the committee members. Pam and Diane were welcomed onto the committee and Angela was voted as our new President.

The evening ended with a short, humorous talk by Angela of her lifelong dream of becoming a nurse, being inspired by her loving family and friends. After 33 years of her skills in nursing, Angela moved on to set up a nursing home. 'Westbourne' flourished under her management, expanding in size, and welcoming many people to be loved and cared for. A warm round of applause followed.

We meet again on Monday, 2nd December to hear our speaker, Matthew Sproston on "Life and Songs of Victoria Wood".

Kathy Quant



The editor for our January issue will be Peter Wilson

UPTON ST LEONARDS LIFE

Web site: <http://usllife.org.uk>

To contact us, use the website above or the postbox by the Village Hall main door, or use the contact details that appear below:

This month's editor: Andrea Dawson
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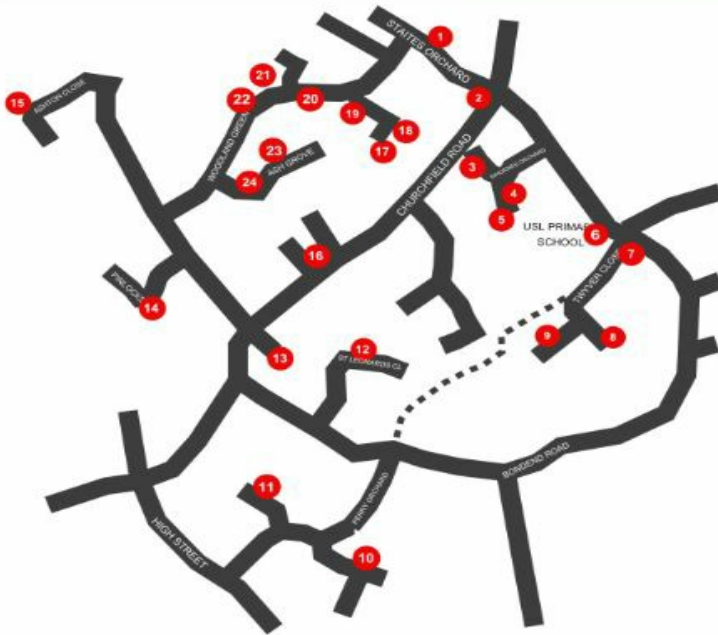
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 Clutches & Timing Belts Replaced, Top Quality Tyres,
 Batteries & Exhausts Fitted AT Competitive Prices.
 Insurance & Accident Repairs.
 Welding Service.
 Servicing for New & Used Vehicles Using Genuine Parts If Required, at Much Lower Rates than Main Agents. All Parts and Repairs Complying with Manufacturers Warranty Requirements.
 Lube Service from £89 incl VAT
 Interim Service from £129 incl VAT
 Full Service from £175 incl VAT

We are situated on Upton Hill in Upton St Leonards. Grove Court is 100 yards past the Kings Head Pub on the right hand side. Collection service available.

Map and images available on:
usladventwindows.wixsite.com/home

Upton St Leonards Advent Windows



- 1 25 Staites Orchard
- 2 Highclere Cottage, Churchfield Road
- 3 10 Whornes Orchard
- 4 2 Whornes Orchard
- 5 5 Whornes Orchard
- 6 USL Primary School - Bondend Road
- 7 Kirn, 95 Bondend Road
- 8 14 Twyver Close
- 9 3 Twyver Close
- 10 21 Perry Orchard
- 11 30 Perry Orchard
- 12 3 St Leonards Close
- 13 2 Churchfield Road
- 14 Coach House, Pinlocks
- 15 21 Ashton Close
- 16 17 Churchfield Road
- 17 19 Woodland Green
- 18 13 Woodland green
- 19 29 Woodland Green
- 20 39 Woodland Green
- 21 50 Woodland Green
- 22 56 Woodland Green
- 23 59 Woodland Green
- 24 3 Ash Grove

As an added extra this year, a Christmas window can be found at Old Barn, Valley Lane, USL from 1st Dec if you fancy a winter walk!

Remembrance Sunday - 10th November



Once again, our Village memorial was transformed into a blaze of colour, thanks to the many ladies that made this year's poppy display. It looked particularly resplendent in the bright sunshine, with the addition of a splash of purple to commemorate the lives of many animals that served during wartime.



Our Annual Poppy Appeal for the Royal British Legion took place from Monday 28th October until Saturday 9th November (12 days) at our usual place, Morrison's Supermarket.

After last year's magnificent effort in reaching a record total, we thought, that to beat that, would be impossible. But, to our amazement and the generosity of the folk from Upton St Leonards, Abbeydale and Abbeymead we smashed the record and our **Final Total was.... £8,210.10!!!**

A big thanks to my helpers this year, Richard West, Nigel Clapton, Catherine McLean, Rachel Ball and Megan James.

Jim Browne