

Upton St Leonards Life

incorporating Church News

Issue 100

December 2022



On behalf of everyone on the team, a big **Thank You** to everyone who has made a contribution to our village newsletter which has reached its 100th edition. Your efforts have been and continue to be much appreciated.



Linda



Jim



Paula



Ann



Andrea



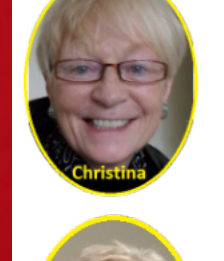
Peter



Jane



Jenny



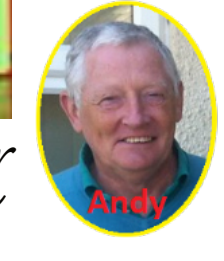
Christina



Catherine



Barbara



Andy

A very Happy Christmas and New Year to all in Upton from everyone on the newsletter Team

Editorial

We are near the end of 2022 and have enjoyed another full year of social activities and events in Upton.

These include amongst others, weekly exercise classes, regular weekly coffee get togethers (Monday/Thursday), two great village shows, musical performances, ladies singing in choirs, lots of entertainment at our local social club (BMI) and recently the latest excellent play put on by our Am-Dram group, the Upstagers.

We are so lucky to live in such a lovely active community where so much happens. Many of the things mentioned would not happen without a core of willing volunteers, so on behalf of all residents in Upton, I would like to express our thanks to those people who make a difference to people's lives, week in and week out.

Peter

What's Been Happening in Upton?

UPTON ST LEONARDS WI REPORT MONDAY 7TH NOVEMBER 2022

Dull November brings the blast, then leaves are whirling fast, this verse resonates with the season of autumn mists and mellow fruitfulness.

Our ladies were greeted by President Angela Harris, including visitor Ann Howe. Members were asked for any memorabilia or photographs to add to our centenary display.

Angela opened the AGM with a report of last year's monthly meetings of which our varied speakers were well received. The "Harvest" lunch was an enjoyable occasion as was the "Strawberry Tea Party", kindly hosted by Jan and Chris in their lovely garden on a very hot summer day.

All members were thanked by Angela for their support during the past year and also the committee, naming each individual, plus the work we do as a team to keep Upton WI moving forward.

Lynne Cook has moved to Hucclecote and therefore, is stepping down from the Committee. Treasurer Jane Watkis gave a balance of our account and Secretary Pam Ridgell gave her yearly report. Once again we were all thanked by Angela and members. Pam presented a lovely bouquet of flowers to our President.

We ended on a high note of "golden oldies" of archive films; even one of Her late Majesty The Queen trying to cut a cake with a huge sword!!

We meet again on Monday, 5th December at 2pm in Upton St Leonards Pavilion for a presentation of "Jazz at Christmas" by John Beckingham. All ladies very welcome.

Kathy Quant

Recent events at the BMI

On Saturday 22nd October, approximately 60 members enjoyed an entertainment evening with our regular favourite duo, Bak II Bak. Everyone agreed it was a great evening with a fabulous atmosphere on the night.

The following Saturday, 29th October, 40 BMI bingo members came along for a lunch and afternoon bingo session. Lorraine did us all proud with a tasty cottage pie and vegetables followed by a delicious sticky toffee pudding and custard.

All agreed it was an ideal way to spend a few hours on what was a dreary afternoon weatherwise, with the advantage of the lunch and bingo being completely free.

Saturday 12th November saw the return of "Michael Ian Brown" who entertained BMI members for the third time, singing and playing music from the 50's to the present day. This was another most enjoyable evening.

What's Been Happening in Upton?

Upstagers - Curtain Up for Murder - October 2022

The Upstagers Amateur Dramatic Society enjoyed a very well earned encore as the curtain came down on their final show of the play "Curtain up on Murder" on Saturday 29th October. The cast built up the suspense throughout the play as the audience tried to unravel the plot and guess "whodunnit" but in the final few minutes the excellent twist to the plot was suddenly revealed and everyone gave a sigh of relief as they realised no one had "dun" anything!



It was a great show with a lot of laughs and was enjoyed by all. Well done, the Upstagers – can't wait for the next show next March.

TWYVER WI MEETING 14 NOV 2022

This was our annual general meeting and was attended by 27 members.

We had a pretty good idea of the proceedings thanks to emails from Val and Millie and the first order of business was for President Monica to thank all members who contributed to the well running of our Group Rally. Our Wild West afternoon was a great success. A synopsis of the year's events brought each month's meetings back to our memory banks. After the President's report, secretary Val began by thanking Monica for putting her artistic talents to the fore and making the event so memorable. Val continued the meeting by reminding us of the recorded minutes and thanked all those who had contributed in the past year to the smooth running of our WI. Next it was Millie's turn with her Treasurer's Report of which most of us had prior knowledge, and she thanked Penny who had been a great help during the handover of her appointment to Treasurer. Millie is in the process of simplifying our banking arrangements and bringing us more into line with current technology. Our accounts are with the Independent Examiner and will be available over the next few days and we are currently solvent.

The re-election of our committee was then discussed and all three previous candidates were willing to be re-elected and after a show of hands, made so in record time!

Other committee vacancies have been filled and we look forward to a stable new year's membership. We mulled over the memories of our dear Queen whose passing has had such a profound effect on us all but we will never forget the marmalade sandwich in her bag and her chat with Paddington.

Order of business was concluded and Handbag Bingo brought us laughter and surprises – oh! what we ladies carry around in our handbags! Questions were asked of each member in a quiz which turned up some surprising answers and wine, cheese and nibbles were served.

There will be no meeting next May due to the Coronation, so it is suggested that it be held in August instead. Details will be shared at a later date. Our meeting in April falls on Easter Monday, which is our scheduled meeting date and after a show of hands will probably go ahead but to be affirmed. Details later. The meeting was brought to a close. Our next meeting will be 12th December, all welcome.

LM

Upton Ladies Probus

For our October meeting, Ladies Probus members were treated to a lovely morning at the BMI by TLC (Twyver Ladies Choir) who sang a variety of songs from the 60's up to the present. The choir was accompanied by Sylvia Ardron, choir mistress, who arranged the programme. Afterwards members and choir had a delicious lunch at Bowden Hall.

We will be welcoming Martin Fry for our November meeting for a Seasonal Show of Photographs to Music.

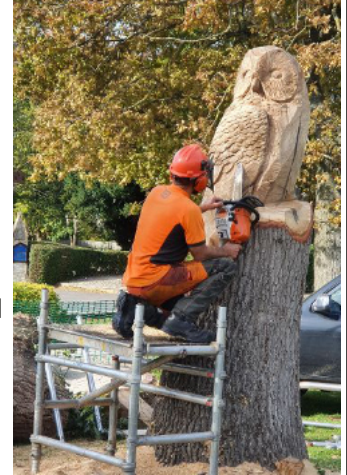
There is no meeting scheduled for December but we will welcome everyone back in January 2023

What's Been Happening in Upton?

Quercus (hewn from oak wood)

The old oak tree (on the village green) as we knew it, is no more and in its place we have a wonderful creation by artist Daniel Cordell. Daniel lives in Devon and takes his art all over the world.

I was lucky to be passing as the artist got to work. First the top part of the tree was removed by heavy lifting equipment to be used later as the iconic bench, then the artist got to work with his tools. Watching the 'creature' emerge from out of its chrysalis, hewn by this craftsman by hand and blade was mesmerising. The skill of the artist and his knowledge of his ancient craft were sheer joy to watch. I asked him how long he had been doing this. He went to university to study art and when he left, realised that this was what he wanted to do, so through trial and error and no formal training he embarked upon his craft. He told me he'd had many failures and left a trail of attempts behind him but learned through his mistakes and, watching him at work was pretty spectacular. The face seems animated, the feathers almost appear to ruffle in the breeze and the claws clinging to the perch make it come alive.



The Tawny Owl (*Strix aluco*) also called the brown owl, is known throughout folklore and legend symbolizing transformation and change and a guide through hard times. It is also regarded as a symbol of wisdom and knowledge. It is common to woodland areas across Europe as far as Siberia and makes it's nest in a tree cavity where it feels safe and concealed to breed. It does not migrate and fiercely guards its territory, so much so that young birds leaving the parent nest will often starve if they cannot find a vacant territory of their own. This is why it is so important to preserve our trees and woodlands.

They are nocturnal and fly and glide silently through the night, dropping out of the air to seize their unsuspecting prey. This owl has been known to catch smaller owls but it in turn can fall prey to eagle owls and hawks. Its call has been associated with bad omens and even death, and the double hoot call and well known 'Twit Twoo' that captivates us is actually the male and female responding to each other.

I caught up with Daniel a couple of days later as he was putting the finishing touches to the bench, smoothing it with a sander and feeling with his hand to ensure there were no splinters. A very apt and fitting memorial to our wonderful late Queen.

Take a look at Daniel's website www.dancordell.co.uk to see his other amazing creations and there are lots of sites with information on owls and what they have meant to various religions and beliefs over the centuries.

On behalf of village residents, a big thank you to the Parish Council for making such spectacular use of a tree stump which would have probably been cut down eventually and the Village Hall Committee for their financial contribution. Also thanks to Nigel Murrell who has offered to treat the wood so it is protected from weathering.

Oaks are the stuff of legend and our tawny owl will stand for many years to come

Linda Munnoch



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What's Coming Up in Upton?

POST CHRISTMAS/NEW YEAR QUIZ

FOR MEMBERS AND SIGNED IN GUESTS

SATURDAY 7TH JANUARY 2023 @ 8.00p.m.

£1.50 PER PERSON FOR TEAMS OF UP TO 6

(MINIMUM £6 FOR TEAMS UP TO 4)

ALL PROFIT ON THE NIGHT WILL BE DONATED TO THE BMI CHARITY FOR 22-23

“THE CT SCANNER APPEAL @ CHELTENHAM HOSPITAL”

PLEASE ADD YOUR NAME TO THE BOOKING SHEET BY THURSDAY 5TH JANUARY, TO ENSURE THAT THERE ARE SUFFICIENT COPIES OF THE QUIZ SHEETS AVAILABLE TOGETHER WITH TABLES ON THE NIGHT



Events at the BMI during December

Saturday 10th December

Traditional Christmas Lunch for BMI Pensioners

(Fully booked)

Saturday 17th December

Christmas Draw

8.00p.m.

Saturday 24th December

Christmas Eve Entertainment Night

“Buck and the Tasty Tones”

(Open to BMI members and signed in guests)

8.00p.m. till late

Saturday 31st December

New Year's Eve

Entertainment Night

8.00 – late

Dance and be entertained by “Ian Oliver”

Tickets £15 including a drink on arrival

(members only)



Tea & Chatter Invitation:

Tea and Chat are holding their Christmas get together on

15th December when mince pies, tea and coffee will be served, and carols will be sung! All welcome.



The Way Through the Woods by Rudyard Kipling (1865 – 1936)

They shut the road through the woods
Seventy years ago.
Weather and rain have undone it again,
And now you would never know
There was once a road through the woods
Before they planted the trees.
It is underneath the coppice and heath,
And the thin anemones.
Only the keeper sees
That, where the ring-dove broods,
And the badgers roll at ease,
There was once a road through the woods.

The Heart of the Wood Anon

My hope and my love,
we will go for a while into the wood,
scattering the dew,
where we will see the trout,
we will see the blackbird on its nest;
the deer and the buck calling,
the little bird that is sweetest singing on the
branches;
the cuckoo on the top of the fresh green;
and death will never come near us
for ever in the sweet wood.

From Laon and Cythna by Percy Bysshe Shelley (1792 – 1822)

So as I stood, one blast of muttering thunder
Burst in far peals along the waveless deep,
When, gathering fast, around, above and under,
Long trains of tremulous mist begin to creep,
Under their complicating lines did steep
The orient sun in shadow: - not a sound
Was heard; one horrible repose did keep
The forests and the floods, and all around
Darkness more dread than night was poured upon
the ground.

Hark, 'tis the rushing of a wind that sweeps
Earth and the ocean. See! The lightnings yawn
Deluging Heaven with fire, and the lashed deeps
Glitter and boil beneath: it rages on,
One mighty stream, whirlwind and waves upthrown,
Lightning, and hail, and darkness eddying by.
There is a pause – the sea-birds, that were gone
Into their caves to shriek, come forth, to spy
What calm has fall'n on earth, what light is in the
sky.

London's Burning (It is thought that this refers to the Great Fire of London 1666)

London's burning, London's burning.
Fetch the engines, fetch the engines.
Fire fire, Fire Fire!
Pour on water, pour on water.

The Soaking by Ivor Gurney 1890 – 1937

The rain has come, and the earth must be very glad
Of its moisture, and the made roads, all dust clad;
It lets a veil down on the lucent dark,
And not of any bright ground thing shows its spark.
Tomorrow's grey morning will show cowparsley,
Hung all with shining drops, and the river will be
Duller because of the all soddenness of things,
Till the skylark breaks his reluctance, hangs shaking,
and sings.

EPIGRAMS from winners of the Nobel Prize

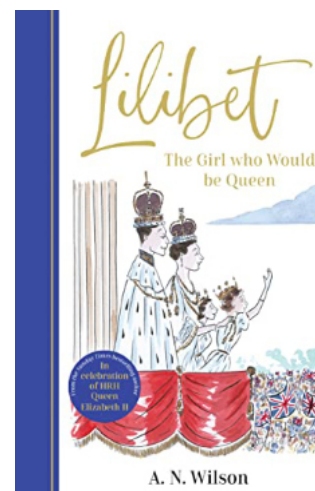
There are many injustices in the world but there is
one of which no one speaks, which is that of
climate. Albert Camus. Literature 1957

If you thought that science was certain, well that's
just an error on your part. Richard Feynman.
Physics 1965

BOOK REVIEW

Lilibet: The Girl Who Would Be Queen by A. N. Wilson. Published May 2022.

Looking back through her long life on the eve of
her Platinum Jubilee, Queen Elizabeth II
reflected on the pivotal moments that made
her the monarch – and the woman – she was.
It is well illustrated and could be a perfect
Christmas present.



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Happy Christmas

*From everyone at
St Leonard's
Church*



*Everyone is welcome
to join in our Christmas
celebrations and services*

*We look forward to
seeing you*

Services and Events for December

| | | |
|--|-------------|--|
| Sunday 4th <i>2nd Sunday in Advent</i> | 8.00 am | Holy Communion |
| | 10.00 am | Morning Worship |
| Tuesday 6th | 10.30 am | Chipmunks Nursery Christmas Service |
| | 2.30 - 4.00 | Advent Course in the old schoolroom |
| Thursday 8th | 4.30 pm | Brownies & Rainbows Christmas Service Refreshments afterwards in the old schoolroom |
| Sunday 11th - <i>3rd Sunday in Advent</i> | 10.00 am | Holy Communion |
| Tuesday 13th | 2.30 - 4.00 | Advent Course in the old schoolroom |
| Wednesday 14th | 9.00 am | USL Playgroup Christmas Service |
| Thursday 15th | 9.00 am | USL Primary School Christmas Service |
| Friday 16th | 7.30pm | Christmas Carol Concert Gloucester Brass and Twyver Ladies Choir |
| Sunday 18th - <i>4th Sunday in Advent</i> | 10.00 am | Holy Communion |
| | 6.00 pm | Christmas Carol Service |
| Tuesday 20th | 2.30 - 4.00 | Advent Course in the old schoolroom |
| Saturday 24th <i>Christmas Eve</i> | 4.00 pm | Children's Nativity service |
| | 11.00 pm | Midnight Holy Communion |
| Sunday 25th <i>Christmas Day</i> | 10.00 am | Holy Communion |
| Sunday 1st January - <i>New Years Day</i> | 10.00 am | Holy Communion |

Nativity

Saturday 24th December - 4.00 pm in the church

We would like to welcome children (young and old) to our Nativity service. Please come along dressed as who you would like to be in the story, we don't mind how many Marys, Josephs, Wisemen or even donkeys and sheep turn up, and we will be pleased to welcome you if you come dressed as you!



Everyone is welcome, come and listen to the story of how it all began!

You're invited to Follow the Star as we explore the meaning of Christmas together



Explore 12 days of reflections, starting

24th December 2022

Each day, read or listen to a Bible passage, short reflection and prayer in a way that suits you:

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- Sign up to get the reflections by email for free
- Tell your smart speaker to 'Ask the Church of England for today's Follow the Star reflection'
- Call the Daily Hope free phone line to listen each day 0800 804 8044

To get the app or sign up to emails, visit

Cofe.10/FollowTheStar

Remembrance Sunday

Over 200 people gathered at the Upton St Leonards memorial on a beautiful sunny morning to remember the men who gave their lives in two world wars.



The service was led by Rev Philippa and after the names of the men had been read out wreaths were laid by local councillor Keith Pearson, the Scouts Brownies and Rainbows.



Following on from this, the service was completed in church with Holy Communion being taken.



Carols around the village

Members of Gloucester Brass Band will be playing carols around the village on

Friday 23rd December

Starting at 6.30 from the Old Schoolroom and returning there at 7.30 for Mulled Wine and Mince Pies

Donations to Gloucester Foodbank



There will be a 'Christmas Card' in church again this year if you would like to donate to The James Hopkins Trust instead of sending individual cards

The trust has been our charity for this year and to date £700 has been raised

Craft & Chatter

Christmas Sale

Thursday 15 December

10 am - 12.00 noon



Your Church Needs You!

The PCC still need positions to be filled

A second Churchwarden

Treasurer

and

Secretary

If you feel this is something you would like to do and you are interested to learn more please contact either Rev. Philippa or Gill Howell for more information

Christmas Message from Rev. Philippa



Dear friends in Upton St Leonard's,

One of my favourite comedians on the TV is Michael McIntyre – have you ever seen him? Of course, everyone's sense of humour is different, but he makes me laugh a lot! One of the reasons I like his comedy is because it's all based on his observations from life – highlighting some of the crazy things we sometimes say and do – and he gently pokes fun at those – and himself, of course. Recently he was talking about how at this time of year we say 'Surely it can't be December already?' to which his answer is 'Well yes, we've had all the other months, you see, that's how it works. If we were into December straight after April, you'd have a point! Another thing he says is 'I don't feel Christmassy (if that's a word) yet.'

I wonder what makes you feel that it's really December, or makes you feel Christmassy?

For me, one of the things that used to make me feel it really was December, was receiving an Advent calendar, with the little doors to open every day of December until Christmas Eve. When I was a child you opened a door and looked at a picture, or had a verse from the Bible telling you about the Christmas story. Nowadays you can buy Advent calendars which have a chocolate to eat every day, or perhaps a little individual bottle of gin (I did actually see this in a shop) or maybe a beauty product. I'm swimming against the tide of commercialism here, but I think Advent calendars should focus on what Christmas is all about – the story of God coming into our world in the form of a human baby, to show us how to live in love and peace together.

So I've got plans for 3 sorts of Advent "calendars" this year and perhaps you would like to join me with one or all of these?

- My first plan is to read the book of Luke, starting on December 1st – or if you receive this magazine later than that you'll have to catch up! There are 24 chapters in the book of Luke, and if you read a chapter a day, you will have not only read the Christmas story but the Easter story as well. You can't really read one without the other, because of course the reason Jesus

was born and came to live among us, which we celebrate at Christmas, was to die for us, and then be raised from the dead – which we remember at Easter. One chapter a day, with your cup of tea or coffee.

- My second plan is to put aside an item of food a day for the foodbank, for the 24 days of December, - – eg some tinned soup, a pack of mince pies, some shampoo and so on - although with this you have to work a little bit ahead, because the foodbanks like to receive these items in time for Christmas – so perhaps get them to your foodbank (or someone you know who knows about the foodbank) by December 20th, but still put in 24 items. If we stop to consider for a moment how much we are going to be buying and consuming over the Christmas period, one item a day isn't very much, is it?

- My third and final plan is to send a Christmas card with a short personal message in, through the post (if there isn't a postal strike)to one person a day for the 24 days leading up to Christmas. Ian and I receive lots of 'round robin' letters from our friends and family, each year, which are great and save a lot of work, but you can't beat the personal touch. I'm particularly going to think of people who might be feeling lonely or sad and not 'Christmassy' for various reasons.

I wonder which of these ideas appeals to you ? Are you keen to read more of the word of God? Are you a letter writer? Are you an organised shopper? I'm going to try all 3, which may be a bit ambitious – ask me after Christmas if I managed it.

Whichever you do, may God bless you and your family and friends this Christmas, and may he use you to be a blessing to others.

With love and prayers from

Rev Philippa x

PS I believe there is an Advent calendar which combines a Bible verse a day with a chocolate! It's called the Real Advent calendar 2022 and it's made by the Meaningful Chocolate Company.



<https://meaningfulchocolate.co.uk/pages/real-advent-calendar>

There is a list on page 12 of items currently needed by the food bank

Mothers Union

In October, the meeting took the form of a "Members' Afternoon", and everybody brought and read a poem covering all aspects of nature, some reflective and some humorous. As the Branch leader was away the meeting was led by Margaret Bishop from St Oswald's Coney Hill, thank you Margaret.

For the December meeting members are invited to join in a communion service at St Oswald's Coney Hill on Wednesday 14th December 10am at St Oswald's Church, Coney Hill. Seasonal refreshments will be served after the service

Kate Gale - Branch Leader

Priest in Charge Vacancy

Interim Minister:

Rev Philippa Donald

Philippa's parish days are Tuesday, Wednesday and Sunday.

Please feel free to leave a message for her on other days and she will respond when she is next in the parish

Churchwarden

Gill Howell

Baptism and Wedding Enquiries

Jenny Cunningham

If you are unable to come to church and you would like to receive Holy Communion at home at any time, please contact:

Rev Philippa



November 500 Club Winners

| | | |
|-----------------------|--------|--------|
| 1 st Prize | £30.00 | No. 31 |
| 2 nd Prize | £20.00 | No. 29 |



Tower light dedications

Please note the deadline for the Church pages is the 8th of the preceding month

In an effort to conserve resources the church lights will only be lit between the hours of

5pm and 9 pm during the winter

The Tower Lights are sponsored in loving memory of Joe Stubbs, still very much missed by his family and friends.

The Church Tower is lit on the 16th December 2022 in memory of Julie Wilson, who passed away 10 years ago. With love from Pete and all the family, never forgotten and always in our hearts.

Remembering with love and many happy memories on the 23rd December, my husband Pete on his birthday, Jenny x

The Church Tower is lit on the 24th December in loving memory of Reginald William Crawford, husband and father, remembered daily and forever in our hearts. Julia and Barbara



The Food Bank is always in need of contributions and if you would like to donate any items you can either leave your donations at church or in the Village Shop/Post office.



Most needed items at present are:

| | |
|---------------------|----------------------|
| Tinned fruit | Jars of pasta sauce |
| Tinned custard | Single toothbrushes |
| Tinned spaghetti | Toothpaste |
| Tinned vegetables | shampoo toilet rolls |
| Tinned tomatoes | bars of soap. |
| Tinned potatoes | Seasonal goodies |
| Tinned rice pudding | |

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View from the french windows

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USL Village Store



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Your Village Store and Post Office
SHOP LOCAL

We stock locally sourced fruit and veg, meat, milk, bakery goods and Fat Toni pizzas. Groceries, toiletries, snacks, sandwiches, drinks, cards and stationery and many more items.

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Feature Article - Jane R

The Christmas Present That Keeps on Giving

Over the years I have received some lovely Christmas presents – jewellery, clothes, ornaments, and handmade Christmas decorations including a Christmas stocking. Along came December 2006 and my husband was desperately looking for one extra gift for me, finally he settled on a card making kit. Such an innocent looking box contained everything needed to make ten cards. Little did my poor husband know what he'd started!

The first card I made was for my Mother-in-law's birthday, I sat at the kitchen table and carefully followed the instructions. Sadly I can't remember exactly what it was like but looking back to that time it would have been quite amateurish. Luckily, she loved it and was very touched with being the first person to receive one of the cards.

Through 2007 I made the 10 cards, through 2008 I made 34, and over the next couple of years I experimented with various techniques. These included using stamps with coloured inks and with embossing powders that required heating to make the powder set, and iris folding, a paper craft technique involving folding strips of coloured paper in such a way that the centre of the design forms an iris which is reminiscent of the iris diaphragm of a camera lens. I also started experimenting with recycling cards we received and in the early days this mainly involved using the pictures almost as they were.



As the title of this feature says, this present is the one present that keeps on giving, and for me there are three main reasons for this. The first is that family and friends know I will always be happy to receive card making bits and pieces as presents, and these vary vastly in price meaning everyone could afford them. One year I received a die cutting and embossing machine, I was so excited as this meant I could add more dimensions to the cards I made. Though not another present, but rather a way to further add to my designs, I started using the computer to print text on the front of a few cards, as well as for inserts to make it easier to personalise the verses or wishes inside.

The second reason is that card making allows me to really design and tailor the cards to people's interests. For example, using favourite colours, coordinating colours with favourite teams for sports themed cards, or using favourite seasons for gardening themed cards. It also means every card I give to family and friends is unique and personal, plus I can give cards for events and occasions not commercially available. Sometimes I have an idea in my mind for weeks before starting to cut, emboss, stamp, quill or fold. I then lay out all the pieces roughly where I plan to place them, although it can take another several days before I'm happy enough to stick anything! The result however, plus sense of achievement, makes it worth the effort

The third reason is that this hobby allows the creativity I didn't realise I had to grow and flourish. I now mix colours and textures with more confidence, and have a good idea of when to layer and when not to layer. The way I recycle cards we receive has evolved, especially since having the die cutting and embossing machine. I often use packaging from chocolate boxes and beauty products as well as wrapping paper, buttons, and ribbons

Because making cards is one of my favourite things to do I have made about 220 cards this year and about double the number I need. So, I sold a few on Etsy and even more at the Spring Show, which has allowed me to buy a couple of dies and an embossing folder.

Finally a word for my husband, I know I drive you mad spreading all my card making bits and pieces out on every available surface when I am in creating mode but thank you for that original present which has given me, and continues to give me, so much pleasure.



Jane R

Information

Grazing Muzzles / Dont Feed Horses

One of the stables has reported that almost as soon as a grazing muzzle was put on a horse, someone trespassed on their property and cut it off. The photos show a muzzle and the strap that was deliberately cut to remove one.



Grazing muzzles are used on horses to reduce the amount of grass that is consumed, as too much can kill them. In the wild they would not have had access to as much lush green grass as we provide in our fenced off paddocks, so for some horses their bodies cannot cope with it. If you see a horse wearing a muzzle you should make no attempt to remove it. It is not starving and can still eat. The muzzle is there for the welfare of the animal.

If you are concerned about the welfare of a horse or other animal, then contact the landowner. Please never feed horses and other animals that are not yours.



Parish Council Report - November 2022

We have submitted an application for financial support to install vehicle activation signs (VAS) which show the speed of moving vehicles. We are now waiting to hear if we have been successful as many have been submitted by councils. We expect to hear back sometime in the first half of 2023.

The Tree carving and bench were mentioned including the positive feedback received from residents.

Allotment Winners 2022 Presentation

The presentation to the winners of the best kept allotments was made by Chairman Keith Pearson to the well deserved people shown below.



Mrs L Barr
Perry Orchard



Mr S Barnes
The Stanley

Morrisons Poppy Appeal



A big thank you to everyone who supported and helped with the Morrisons RBL Poppy Appeal 2022 collection, which raised

£6890.02

Jenny

4th NOV WINNERS (at the Village Hall)

Shaye was the lucky winner who guessed the teddy was called Sophie.

Toby won nearest to the correct number of 119 sweets in the jar and the other winner who guessed the treasure was buried at the bird park, was Edwin.

Well done to all of you.

Information - cont'd

Are you Carer Aware?



Gloucestershire Carers Hub are commissioned by Gloucestershire Council along with the NHS to provide a free of charge service to support informal, unpaid Carers across Gloucestershire (People looking after a loved one/family member/friend or neighbour). As part of our service we offer Advice, Information, Guidance and Support.

If you are a carer, you can join the Carers Hub by calling **0300 111 9000**.

Gloucestershire Carers Hub is helping Carers to self-identify and recognise where they can find support. There are **6.5 million carers in the UK** and more than **63,000 in Gloucestershire**. With **1 in 10 people having caring responsibilities**, it's likely that everyone knows someone who is an informal, unpaid carer, but may not be aware of it.

Carers can wear one of our Carer Aware badges to help other people identify carers. Registered Carers can also request a Carer Aware Discount Card to allow them to access discounts. The card offers a discrete way for carers to identify themselves to registered discount providers or to access other concessions.

Businesses and employers who are Carer Aware can recognise Carers, support them within their organisations and signpost them to Gloucestershire Carers Hub. If you would like to find out more about the free Carer Aware Training or our toolkit for employers email us careraware@peopleplus.co.uk or call **0300 111 9000**.

If you are a business owner you could help carers by providing discounted access to your services We would be happy to list your business on our pages once you have signed up to offer a discount. Email us at careraware@peopleplus.co.uk or call **0300 111 9000**.

For more information visit our website at <https://gloucestershirecarershub.co.uk/>

Update on the Breast Cancer Tea Party

18 Aug 2022

After our great success in August for the Breast Cancer Charity, a lady who works as a Customer Services Administrator for Lloyds Bank approached me to say that in some cases Lloyds Bank will match Charitable Donations. Nicky Bradbury, who lives in Perry Orchard, is that lovely lady.

As a result of our approach, the Bank have donated another £500 bringing the total to £1003.00.

A very big thankyou to Nicky for putting us forward and a big thankyou to Head Office Lloyds Bank.

Carol Evans



Rental Available in Upton

A handsome 3 bedroom end of terrace Cotswold stone cottage has become available to rent in Upton St Leonards. It's furnished, well presented & full of character features.



Contact Ian for pictures & further information on 07833 295478

Viewing by appointment only please

Reader Feedback for Nov Edition

Dear Andrea

I would like to congratulate you and your publishing team on a beautifully presented "Upton St Leonards Life" magazine which was so fitting for Remembrance Sunday. Thank you.

Kathy Quant

DECEMBER

| | | | | |
|----|-----|---|-------------------------|-----------------|
| 1 | Thu | Tea and Chat..... | Old School Room..... | 2.00-4.00p.m. |
| 4 | Sun | Tennis Club Members Morning..... | Tennis Courts..... | 10.00a.m. |
| 5 | Mon | Coffee Club..... | BMI..... | 10.00a.m. |
| 5 | Mon | Upton WI | Pavilion..... | 2.00p.m. |
| 5 | Mon | Parish Council Meeting..... | Pavilion..... | 7.30p.m. |
| 6 | Tue | Recycling and food waste week | | |
| 6 | Tue | Needles & Pins..... | Village Hall Annex..... | 9.45a.m. |
| 6 | Tue | Badminton..... | Village Hall..... | 8.00-10.00p.m. |
| 7 | Wed | Wednesday Probus | BMI..... | 10.00a.m. |
| 7 | Wed | Upstagers Amateur Dramatics..... | Village Hall..... | 7.30p.m. |
| 7 | Wed | Bell Ringing Practice..... | Church..... | 7.30p.m. |
| 7 | Wed | Bingo..... | BMI..... | 8.00p.m. |
| 8 | Thu | Tea and Chat..... | Old School Room..... | 2.00-4.00p.m. |
| 10 | Sat | BMI Pensioners Lunch..... | BMI..... | 12.00p.m. |
| 10 | Sat | Copy date for January issue of USL Life | | |
| 11 | Sun | Tennis Club Members Morning..... | Tennis Courts..... | 10.00a.m. |
| 12 | Mon | Coffee Club- Christmas Lunch..... | BMI..... | 10.00a.m. |
| 12 | Mon | Twyver WI | Village Hall..... | 7.30p.m. |
| 13 | Tue | Needles & Pins..... | Village Hall Annex..... | 9.45a.m. |
| 13 | Tue | Tuesday Probus..... | BMI..... | 10.00a.m. |
| 13 | Tue | Rubbish and food waste week | | |
| 13 | Tue | Badminton..... | Village Hall..... | 8.00-10.00p.m. |
| 14 | Wed | Bell Ringing Practice..... | Church..... | 7.30p.m. |
| 14 | Wed | Upstagers Amateur Dramatics..... | Village Hall..... | 7.30p.m. |
| 14 | Wed | Bingo..... | BMI..... | 8.00p.m. |
| 15 | Thu | Craft & Chatter..... | Old School Room..... | 10.00-12.00p.m. |
| 15 | Thu | Tea and Chat..... | Old School Room..... | 2.00-4.00p.m. |
| 16 | Fri | Christmas Concert..... | St Leonards Church..... | 7.30p.m. |
| 17 | Sat | Christmas Draw..... | BMI..... | 8.00p.m. |
| 18 | Sun | Tennis Club Members Morning..... | Tennis Courts..... | 10.00a.m. |
| 19 | Mon | Coffee Club..... | BMI..... | 10.00a.m. |
| 19 | Mon | Abbeydale Garden Club..... | Village Hall..... | 7.30-9.30 p.m. |
| 20 | Tue | Recycle and food waste week | | |
| 20 | Tue | Needles & Pins..... | Village Hall Annex..... | 9.45a.m. |
| 20 | Tue | Badminton..... | Village Hall..... | 8.00-10.00p.m. |
| 21 | Wed | Wednesday Probus..... | BMI..... | 10.00a.m. |
| 21 | Wed | Upstagers Amateur Dramatics..... | Village Hall..... | 7.30p.m. |
| 21 | Wed | Bell Ringing Practice..... | Church..... | 7.30p.m. |
| 21 | Wed | Bingo..... | BMI..... | 8.00p.m. |
| 23 | Fri | Carols around the village | | |
| 24 | Sat | Christmas Eve Entertainment Night..... | BMI..... | 8.00p.m. |
| 25 | Sun | Christmas Day | | |
| 26 | Mon | Boxing Day | | |
| 27 | Tue | Rubbish and food waste week | | |
| 31 | Sat | New Year' Eve Entertainment Night..... | BMI..... | 8.00p.m. |

JANUARY

| | | | | |
|---|-----|-----------------------------------|-------------------|----------|
| 2 | Mon | Upton WI | Pavilion..... | 2.00p.m. |
| 7 | Sat | Post Christmas/New Year Quiz..... | BMI..... | 8.00p.m. |
| 9 | Mon | Twyver WI..... | Village Hall..... | 7.30p.m. |
| 9 | Mon | Parish Council Meeting..... | Pavilion..... | 7.30p.m. |

- 10 Tue Copy date for February issue of USL Life
- 16 Mon Abbeydale Garden Club..... Village Hall..... 7.30-9.30p.m.
- 19 Thu History Group "The Medieval Tudor Barber Surgeon" - John Putley Village Hall..... 7.45-9.15p.m.

F E B R U A R Y

- 6 Mon Upton WI..... Pavilion..... 2.00p.m.
- 6 Mon Parish Council Meeting..... Pavilion..... 7.30p.m.
- 10 Fri Copy date for March issue of USL Life
- 13 Mon Twyver WI..... Village Hall..... 7.30p.m.
- 20 Mon Abbeydale Garden Club..... Village Hall..... 7.30p.m.

To place an entry in the Village Diary, please contact Paula Quinn

Weekly courses

This section lists the courses that run every week.

| Activity | Day | Venue | Contact | |
|---------------|-------------------|--------------------|------------------|--------------|
| Yoga | Mondays 10am | Village Hall Annex | Lara Bricknell | 07876 764425 |
| Pilates | Wednesdays 9.30am | Pavilion | Philippa Barker | 07861 727198 |
| Pilates | Thursdays 1pm | Village Hall Annex | Philippa Barker | 07861 727198 |
| Pilates | Fridays 9.30am | Village Hall Annex | Philippa Barker | 07861 727198 |
| Dance Workout | Tuesdays 7pm | Pavilion | Debra Law | 07505 761420 |
| Art Class | Tuesdays 2pm | Village Hall Annex | Christine Hughes | 01452 614227 |

The chair-based Pilates is not running at the moment, due to the unavailability of the leader. However it will restart as soon as possible - please contact Angela Harris to keep in touch.

Christmas and New Year Events



- Saturday 10th Traditional Christmas Lunch for BMI pensioners. Ticketed event.
- Monday 12th Christmas Lunch for the BMI Coffee Club. Ticketed event.
- Friday 16th Christmas Concert with Gloucester Brass in the Church
- Friday 23rd Carols around the village with Gloucester Brass
- Saturday 24th Christmas Eve Entertainment Night at BMI (members and signed guests)
- Saturday 31st New Year's Eve Entertainment Night. Ticketed event for members only)



Climate Group Update

The group has now got together and started to look at what ideas are out there and what we should be focusing on.

Thanks to those who have volunteered - much appreciated!

We have already discovered that there are 17 climate groups already up and running in the Stroud District area so we will be exploring what can be learnt from them over the coming months.

Some useful information is shown in the box below to raise awareness of the cost of running household appliances.

We will be sharing any suggestions we find that may be easy wins such as:

- Turning down heating by 1 degree could save on average £80 per year
- Instead of using a tumble dryer(if you have one), drying clothes outside when the weather is suitable based on 3 washloads per week could save an estimated £10 per month

Next month we will be looking at where investment can be made to save energy thereby reducing heating bills eg home insulation.



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: Peter Wilson
 Editors: Andrea Dawson
 Andy Russell
 Barbara Swindin
 Peter Wilson
 Company Secretary: Cliff Alderman
 Treasurer: Owen Stinchcombe
 Feature writers: Christina Caldwell
 Linda Munnoch
 Ann Morphew
 Jane Reed
 Church pages: Rachel Middleton
 Clubs / Societies / Organisations: Catherine McLean
 Diary: Paula Quinn
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 Pam Tickner
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PRICE OF POWERING YOUR APPLIANCES

| Appliance (with avg power rating) | Cost per hour | Appliance | Cost per hour | Appliance | Cost per hour |
|-----------------------------------|------------------|-------------------------|-------------------|--------------------------|---------------|
| Electric shower (9000 W) | 51p per ten mins | Grill (1500 W) | 51p | Freezer (150 W)* | 5p |
| Immersion heater (3000 W) | £1.02p | Iron (1500 W) | 51p | Fridge (150 W)* | 5p |
| Kettle (3000 W) | 17p per ten mins | Toaster (1000 W) | 6p per ten mins | Heating blanket (150 W) | 5p |
| Tumble Dryer (2500 W) | 85p | Microwave (1000 W) | 5.7p per ten mins | Desktop computer (140 W) | 5p |
| Electric heater (2500 W) | 85p | Electric mower (1000 W) | 34p | Games console (120 W) | 4p |
| Oven (2100 W)* | 71p | Vacuum cleaner (900 W) | 31p | LCD TV (120 W) | 4p |
| Washing machine (2100 W) | 71p | Dehumidifier (450 W) | 17p | Laptop (50 W) | 2p |
| Oil-filled radiator (2000 W) | 68p | Towel rail (350 W) | 15p | TV box (40 W) | 1p |
| Hairdryer (2000 W) | 11p per ten mins | Plasma TV (350 W) | 12p | DVD player (40 W) | 1p |
| Hob (2000 W) | 61p | Fridge-freezer (300 W)* | 10p | Extractor fan (20 W) | 1p |
| | | | | Broadband router (10 W) | 1p |

*The costs above are based on a unit price for electricity of 34p per kWh (average direct debit rate) which is the price cap after Oct 1, 2022 as announced by the Government on Sept 12. The actual power rating will depend on the size and specifications of the appliance.

Next month's editor

Barbara Swindin



Use the postbox at the Village Hall or via the "Contact Us" box on our web page

Obituary

With sadness, we report the death of Margaret (Peggy) Sullivan. Peggy and her husband were long-time residents of the Village. They were regulars at the Church and Peggy was a member of the Mother's Union.

She kept a most beautiful garden at her house in Bondend. Peggy was able to stay there, despite failing health, until a couple of years ago.

A big welcome to Matthew, Sarah and family who have recently moved into Twyver Close



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What's Been Happening in Upton? - Cont'd

Remembrance Sunday Parade

It was wonderful to see such good support for the Remembrance Parade on Sunday 13th November including the Scouts, Brownies and Rainbows. The service was led by Reverend Phillipa.



A Mother's Lament

Too late for my son
This eleventh hour
The battles lost or won
By countries seeking power

He will not fulfill his desires
This eleventh day
His body lies with others in
smouldering pyres
Their souls with god I pray

I said my goodbye
My sobs hidden behind a smiling
front
He gave his self and with a final
sigh
He left before the eleventh month

Val Doll

Advent Windows

The Village will again be decorated with Advent windows during December. Thanks to Michelle King, the organiser.

As last year, the map showing where the windows are will be on sale, to raise money for the Upton School PTA. Please do purchase a map, and enjoy spotting all the windows on a walk round the Village! The picture below shows some of the Advent 2020 displays.



BMI Flower Displays

This year the growing season has seen a wonderful display of flowers at the BMI Club.

How uplifting for those who use the club or happen to live nearby - it has been a constant pleasure. The choice of plants was excellent and to fully appreciate what is on offer requires a visit to the rear of the building.



Much work went into creating the displays so a big "Thank You" to the steward Brian and his supportive wife Lorraine. More of the same next season please!!

Horley Bosley