

Upton St Leonards Life

incorporating Church News

Issue 29

January 2017



**H
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Y**



Will you be taking up a new challenge in 2017?

See page 19 for Fitness inspiration!



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New Year's Toast

Here's to the new year...
May it bring more joy and success
And less grief and regret.

To our dreams...
May we never stop believing in them
And taking the actions that will make them a reality.

To our friends, loved ones, colleagues
May we take the time to let them know
How much it means to us
To have them in our lives.

Let us encourage more and criticize less,
Give more and need less.
And whenever we can,
Let us create harmony and peace.

To new beginnings...
Let us start fresh, right now,
To make this the very best year ever.

A very Happy New Year to all of us!

By Joanna Fuchs



A reminder from the Editorial Team

Your Poems Please!

We have received a good number of entries to our Poetry Competition, announced in our November issue and would like to remind you that you still have until the **10th January** to submit your entries.

Poems submitted should be your own new or unpublished material, on a subject that relates to the Village.

The winning entry will appear in the February issue and the author will win a bottle of wine.

The competition will be judged by the USL Life Editorial Team.

You can read this and previous editions on the new website: usllife.org.uk



USL Life would like to extend a warm welcome to Chris Ellson and look forward to her joining us on the newsletter team. It is very encouraging when people respond to our adverts! Chris will be producing feature articles and working alongside our existing Feature Writers.

Chris has lived in the Village for nearly 40 years and has been a Parish Councillor, Trustee and Secretary of the Village Hall. Prior to that she was Clerk to the Lady Downe Trust, so she comes with a wealth of experience and knowledge of Upton life!

We still need a person to lead on advertising sales and another editor - could this be a new venture for you in 2017?

Letters to the Editor



We would like to say on behalf of the Coffee Club a big **THANK YOU** to Alec & Mary at the BMI for an excellent Christmas lunch and all the hard work that went into making it such an enjoyable event.

Mike and Marilyn Bannister

(There will be Coffee Club as usual on Monday, 2nd January 2017 from 10am - 12)

Dear Editor

How fortunate we are to be living in this beautiful village!

I have just returned (on 12th Dec) from my 4th event in 4 days, all involving Village organisations. The community spirit is strong and there is so much to enjoy.

It is incumbent on each of us to make the most of these wonderful opportunities, to join in, support and enjoy. It is all there for the asking! The various organisations will be most pleased to see you.

Trevor Hall

Dear Editor

I'd like to use the newsletter to say a couple of heartfelt thank-you's.

Firstly, we hugely enjoyed the Gnome Hunt - what a great way of getting round the village and seeing so many neighbours. Congratulations to the organisers and sponsors.

Secondly, at the USL Show we won a champagne tea for two at Bowden Hall and we've just used our vouchers, inviting two friends to join us and we had a very memorable and fabulous afternoon.



Many thanks to Bowden Hall for donating the vouchers and the USL Show organisers.

Lynn Higgs

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What's been happening in Upton?

Christmas Lunches held at the BMI

The **Coffee Club** held its first ever Christmas Lunch in the BMI on Monday, 12th December and what a success it turned out to be! 40 very happy customers! The photographs say it all.



The Vote of Thanks was given by Stan Trickett and gifts were presented to the regular helpers by the members to show their appreciation.



On Saturday 10th December, the BMI held their **Christmas Pensioners' Lunch**. Eighty guests enjoyed a traditional three course meal and were entertained on arrival by Andy Field and his Close Up Magic. After lunch there was music and dancing with Kenny.





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Get Together Christmas Lunch at Bowden Hall

Members of the Get Together Club gathered for their annual Christmas Lunch at Bowden Hall on 12th December. The tables in the Lakeside Suite were beautifully dressed with hats, masks, crackers and other novelties, ensuring much laughter from members as they tried on hats and feather boas! A lovely seasonal meal was served and enjoyed by everyone. Coffee and mince pies were served whilst the Christmas raffle was drawn.

Bowden Hall had kindly donated Afternoon Tea for Two, as our first prize and this was won by Barbara Waite. There was much chatter and laughter and everyone felt thoroughly spoilt. Our thanks must go to the Staff of Bowden Hall who were so very attentive and kind to everyone.

Members were reminded that our first meeting of the New Year is on Thursday, 28th January at 2.30 pm. Membership fees will be collected and the new programme given out. We all look forward to another successful year of the Get together Club. *Jackie Clouting*



Get Together Committee below



TWYVER WI - DECEMBER MEETING

A new guest was welcomed to our meeting and members were thanked for bringing items of new clothing to donate to Gloucestershire Bundles, a charity providing emergency packs of toiletries, clothing and equipment to pregnant women and families who are in a crisis situation.

Our speaker for the evening was Patrick Furley who delighted us with an historical photography show, using glass slides from 1843 shown through an original 1928 electrical Magic Lantern.

Patrick's running commentary accompanying the slides showing local scenes and adverts was both fascinating and amusing. Whilst playing a record on a wind up gramophone, we learned that there was no volume control on this equipment, so the only way to reduce the sound was to place a sock in the trumpet and thus our saying 'Put a sock in it' was born!

We were also shown some of the first moving glass pictures, which no doubt caused a stir at the time but to us with our ever growing digital progress it served to remind us of how far we have advanced in our own lifetimes!

Everyone enjoyed mulled wine and festive nibbles to conclude the evening. Our January meeting is on Monday, 9th January 2017 at 7.30pm. *Andrea Dawson*

UPTON ST LEONARDS WI - DECEMBER MEETING

A warm welcome was extended to members and 4 visitors. Judy thanked everyone who had filled a Samaritans Purse Box and those who had helped at the Depot. Meg thanked all who had helped with the Poppy Collection at Morrisons. The total was £3,400, £1,000 more than last year! Jill reported that the Luncheon Club enjoyed a meal at The Edgemoor.

An interesting talk followed about "Victorian Christmas". Our speakers were in Victorian Dresses, tightly cinched in! Turkeys and Geese were bought on Christmas Eve or even Christmas Day morning. The Christmas Tree had a boy doll at the top to represent Jesus – no fairy. Prince Albert started the large tree tradition in London that is from Norway. A ½ penny post was introduced to send cards. How different from today!

Back to the present day, we were served stollen, warm mince pies and mulled wine. The speakers refused our invitation to join us because of their tight clothing!

We wish everyone A Very Happy New Year and look forward to seeing Members and Visitors on 6th February when we have a talk by Emmaus. Please note there isn't a meeting in January.

Diane Thomas

What's 'Bin' happening in Upton?



Your Collection Dates can be found at <https://www.stroud.gov.uk/media/182868/2016tuesday2.pdf>

Andy Russell has been asking a few residents how they feel about the new arrangements for waste collection. He writes: "On the whole, all those I have spoken to have had good words to say about the new arrangements.

One resident said that it was encouraging even more recycling, and that has to be a good thing. Another was pleased that the black bags have gone - most weeks he was having to clear up the mess after birds or foxes got at the black bags.

One family with two small children and lots of nappies was very anxious when the scheme started, and they have had to make one trip to the dump since the scheme started in November because there was too much for the non-recycling bin. But otherwise those I spoke to had found the capacity of the grey bins to be adequate.

Some residents have asked why the bins are left with the lids open. This

caused a particular problem one Tuesday when it was raining very hard, and the open bins took in quite a bit of water. I am told the waste collectors are instructed to leave the lids open to make a very obvious sign to the lorry driver and others in the collection team that the bin has been emptied.

There are quite a few terraced houses in Upton, and I wondered how the people there coped with so many bins - where did they keep them, and was it a serious problem? Some simply keep the bins in their front gardens. One plot I saw, with a particularly neat and well kept front garden, had a small kerbed area for the bins, standing on stone chippings; a great effort to cope, but I feel sure the owner would rather have had only plants, grass and path in his lovely garden. At two other terraced houses the occupants showed me that they were able to keep the bins in the back garden and take them out through a back gate.

The brown bin scheme has been going for a year now and a couple of those I talked to were full of praise for it - it has saved very many trips to the dump. Of course (as a letter a year ago to USL Life pointed out) the capacity is not great, but that might mean only a very occasional trip to the dump for the excess, rather than every week or so!

There have been a few complaints about the bins not being emptied completely on collection, and I would hope that is something the Parish Council can take up with the new contractors, as also the point about leaving the lid closed rather than open.

All in all, the new system has been welcomed by most. Stroud District Council has said that Upton has been its best parish for taking to the new system.

Collection Dates: If you have lost your calendar we have reproduced it on page 12, and you can also get it from the Stroud District website.

Gloucester Brass Concert

A good crowd, about 70 or so, turned out on a pleasant Friday winter's evening for the Gloucester Brass Concert in the Church. The church's acoustics are very good for brass band music, creating a warm sound that fills the space without sounding too loud.

This year the Gloucester Brass included quite a few non-Christmas items, the themes to "Great Escape" and "Game of Thrones" and a compilation from the soundtrack of Walt Disney's "Snow White", and these gave the band more scope to show off what they could do.

Then there were six or so carols for the audience to join in (once again, I am afraid, played too slowly! c'mon guys, up the tempo) plus some other favourite Christmassy pieces such as "Walking in the Air". I particularly enjoyed "Christmas Oompah" which was a medley of tunes all played in, as the title suggests, oompah style, "Away in a Manger" played with a boom - boom - boom from the bass section - great!



Lots of thanks to the Church members who provided mulled wine and mince pies, to the Gloucester Brass, and to all those who came. All profits go into supporting the Church.

Andy Russell

What's coming up in Upton

The Ladies Probus Club

are holding their annual

'Bring and Buy'

on

Wednesday 25th January 2017

at 10:30 am in the BMI

All proceeds will be going to charity

Mischievous Mice

Quick and simple to knit

See Page 16 for Pattern

These little mice are very naughty; they love to nibble on your favourite treats. They will happily eat your last cookie or slice of cake, and will even munch on the mouldy bits of cheese found down the side of your favourite armchair – yuck! Mice are the perfect stress busters. You can enjoy creating lots of lovely mice, each using a mixture of different yarns left over from other knitted toys – this is a great chance to experiment.

Yarn

Any small amounts of lightweight (DK) yarn from your stash

Needles

Size 6 (4mm) knitting needles

Size 4 (3.5mm) knitting needles

Size E4 (3.5mm) crochet hook (optional)

Gauge

22 sts and 30 rows to 4in (10cm)

Finished size

Approx 4in (10cm) from nose to tail



THE SPRING SHOW

SATURDAY, 11th MARCH 2017

Here is further notice of the photography section so you can get clicking! The exhibit subjects are:



'Pretty in pink'

'View from a Gloucester hill'

'Pampered pet'

'Dance to the rhythm'

'A village event'

A Village Scene of Upton suitable for a postcard or Christmas card (a new class sponsored by USL Life)
Black & white class: 'Shadows'

(The classes above are open to all Ages)

Children's photography section:

A photograph I have taken of any sport

Also make sure you pamper your house plants through the winter, ready for the show, and steadily create your handicrafts during the next few months for the donated items in charity open classes:

Battersea Dog & Cats Home: knit a mischievous mouse in double knitting/any colour. Pattern available from Val Doll or

<https://www.battersea.org.uk/support-us/events/knitting-kittens-club>

Chernobyl Children's Life Line. Knit a jumper to fit a 7-11 year old. Any colour/ply, using your own pattern.

RENTACROWD

Saturday 4 March 2017

Venue: The Village Hall

If you would like to know more about this fun evening or book a group table please contact Helen Tomes



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What's coming up in Upton cont'd

POST CHRISTMAS AND NEW YEAR QUIZ



With Eric
For BMI members and
signed in guests
Saturday 14th JANUARY 2017
@ 8.00 pm
£5.00 per team of 4

ADD YOUR TEAM TO THE BOOKING SHEET ON THE
BMI NOTICE BOARD

All profit on the night to be donated to the BMI
nominated charity for 2016-2017
"Longfield"

Entertainment Night at the B.M.I.

Saturday 21st January 2017



"Motown Disco" at the B.M.I.
8pm until late

Open to B.M.I. members and signed in
guests

Entertainment Night at the B.M.I.

Saturday 4th February 2017

Entertainment with
"Bak 2 Bak"
60's, 70's and Motown

Open to B.M.I. members and signed in guests
8.00 pm until late



Join the UpStagers For an evening of Murder Mystery & Supper

on
23rd, 24th, and 25th March 2017



Make a date in your diaries now!

RECENT BREAK-INS At least three homes in the Village have been targeted during November and December. Thieves have mostly gained access through patio doors at the rear of properties. These occurrences are extremely unpleasant for the victims, who can lose precious items of jewellery, or items which have been family heirlooms and can

never be replaced. Advice on protecting your home can be found on the web page below.

It is also really sad and distressing for its new owners that there was an early morning robbery at the shop. (It's of some consolation that the gang involved has since been caught red-handed at another robbery.)

<https://www.gloucestershire.police.uk/media/4142/2016-10-anti-burglary-checklist.pdf>

At the Year's Turning – Welcome 2017

Seven times a day the Benedictine monks at Prinknash Abbey stop what they are doing and come together to pray the Hours of the Divine Office here in the chapel at St Peter's Grange. The monks have done this every day since they came to Prinknash from Caldey Island in 1928. They are part of a chain of prayer and communal living stretching back 900 years starting in Italy and now all over Europe, the Americas and in the last century, Africa.



It is Sunday, New Year's Day 8pm and I have come from my home in Upton as I do most years, to welcome in the New Year. I'm alone in the silent and dimly lit public area of the chapel, waiting for the monks to arrive for Compline, the last Office of the day, and tonight is the first Compline of 2017. I can hear them now, coming from the cloistered area of the monastery which the world does not see. They bless themselves and bow towards the main altar lit with candles. The only sound is of shuffling feet and a cough or the clearing of a throat as they take their place in the pews; then stillness, and we all wait.



A single note is played on the organ. "Father, give us thy blessing", a voice sings out, "May the Almighty grant us a quiet night", the brothers respond, chanting on one note in Latin and inviting all present into the rhythm, the *cantus firmus*. Between the psalms and prayers there are long pauses when silence is as present as we are. Then, the last reading and a silent 'Our Father' and we wait for the abbot's blessing.

The final part of Compline is sung in the Lady Chapel to which the monks are now making their way, to sing the *Salve Regina*, 'Hail Mother of Mercy', which is not a chant

but a light simple melody. These, mostly old voices, sound gentle, joyful and unhurried as they sing the last song of the day. Compline is now over and once again silence takes over. Some monks go back to the pews for private prayer, others stay awhile in the Lady Chapel and others make their way back to their cells. Last man out extinguishes the candles.

As I make my way by mobile phone torch-light back to the parking area, I notice only a couple of lights left on in the monastery, because most of the community have returned to their rooms to bed. To my right, the path that leads past the grotto up to the Cotswold Way and Painswick Beacon and all the way to Bath. To the left, the lights of Upton and all of Gloucester spread out across the valley but the hills stretching to Worcester and Wales have disappeared in the darkness.

Looking up to the night sky my eyes search for Cassiopeia, Queen of the Night. I can just about make out the star, Schedar. There she shines in her place in the Milky Way millions of miles from Earth, she in her world and we in ours and I wonder what the turning of the year will bring.



Sunday is almost over, the New Year has begun. 'Hello 2017, welcome, welcome' I say, as I make my way to my car and head back to my home in Upton.

Christina Caldwell



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CHURCH NEWS

Special services in January and February

PLOUGH SUNDAY

On the 8th January at 6.00pm we will celebrate once again the traditional "Plough Sunday", with its theme of blessing on agriculture in the area.



Followed by refreshments and entertainment by Matthew Sproston on his ukelele.



REMEMBERING FRIENDS AND FAMILY

On Sunday 29th January there will be a quiet evening service of remembrance for loved ones no longer with us, and you can light a candle in their memory.

CELEBRATION OF MARRIAGE

On Sunday 12th February the morning service at 10am (non-communion) will be a service to celebrate marriage. We look forward to welcoming couples, especially those married in recent years.



*You are most welcome at
these and all our services*

CHURCH CALENDAR - JANUARY

Sunday 1st

10.00am Holy Communion
(not 8 am as previously published)

Tuesday 3rd 9.00-12.00 Church open for coffee & chat

Sunday 8th

No morning service
6.00pm Plough Sunday Service

Tuesday 10th 9.00-12.00 Church open for coffee & chat

Sunday 15th

10.00am Holy Communion

Tuesday 17th 9.00-12.00 Church open for coffee & chat

Thursday 19th Mothers' Union AGM
at 2pm at 13 Perry Orchard

Sunday 22nd

10.00am Holy Communion

Tuesday 24th 9.00-12.00 Church open for coffee & chat

Sunday 29th

No morning service
6.00pm Evening quiet service remembering
loved ones

Tuesday 31st 9.00-12.00 Church open for coffee & chat

Who's Who at the Parish Church

Priest-in-Charge:

Vacancy

Churchwardens:

- 1 Keith Robbins
- 2 Vacancy

PCC Secretary:

Roy Roberts

Church Treasurer:

Vacancy

Deanery Synod Representative:

Dorothy Cox

Bell Tower Captain:

Charlie Burnett

Mothers' Union:

Rachel Hall

Church Cleaning Rota:

Claire Appleyard

Church Flower Rota:

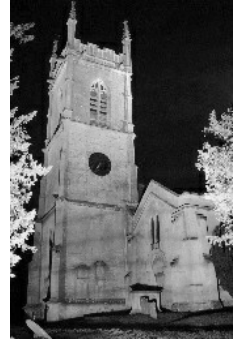
Evelyn Rumsey

Electoral Roll Officer:

Naomi Stanley-Gunn

To book baptisms and weddings please contact Rachel Hall or Jenny Cunningham

TOWER FLOODLIGHTS



As it happens, there are no sponsorships for the tower floodlights in January - but the lights will stay on all month! The sponsorship of the lights is a wonderful way of celebrating or remembering a family member or a friend.

If you or your family wish to have the lights sponsored in celebration of a birthday or anniversary or for a loved one's life or any other reason then please contact Jenny Cunningham for more details. There is no set amount for this, just what you would like to give to the Church in order to help cover running costs. If you are able to gift aid any donation this will help us too. Please note that the deadline to ensure a dedication gets in this newsletter is the 10th of the preceding month.

A Brief History of the Building - Part 2

Continuing the series started last month.

By Churchwarden Keith Robbins

The Tower was built in the 15th century, though the bottom part may well be earlier. At the foot of the tower you can see some fine examples of masons' marks. These are a triangle or cross or other shape cut into each stone, used by the stonemasons to identify their work, probably for accounting purposes. The marks can also be seen inside the tower entrance and on parts of the West wall of the nave.

Once the tower entrance was created, it became the main entrance to the church. Note the Holy Water "stoup" (bowl) carved into the exterior of the tower by the door. The original Norman entrance on the south side would then not have been used. Later a north porch was built, in half-timbered style, and this in turn became the main entrance, roughly where it is today.

This porch was rebuilt in stone in 1850 when the north aisle was extended.

In the 18th and 19th centuries there were galleries inside the church – one was over the chancel arch (the pulpit at the time was in the centre of the church), one over the tower arch (known as the singing gallery), and one along the north wall over the original narrow aisle. You can see what the tower gallery looked like because it appears in one of the paintings that now hang by the font. This was a time when posh people of the parish could "reserve" special seating for themselves. A pew in the tower gallery belonged to Saintbridge House. There were two large pews in the north gallery belonging to Bowden Hall and Prinknash, and these areas were accessed by stairs from the outside.

Adjoining the north side of the chancel is what we now call the Snell chapel, containing the Snell tomb. This chapel was originally dedicated to St. Mary (it was a "Lady chapel"), and probably built in the 13th or 14th century at the same time as the north aisle. The outer walls of the chapel indicate where the end of the original chancel was and the width of the early north aisle.

Over the centuries the chapel fell into disrepair and was the subject of much concern to the churchwardens at the beginning of the 18th century, as they did not think it was the responsibility of the parish to pay for its repair, and neither did Mr. Frankis, the impropietor, who accepted responsibility solely for the chancel*. However their problem was solved in 1742 when Sir Thomas Snell of Whitley Court agreed to rebuild the chapel on condition that he was allowed to appropriate it for his final resting place, and this was agreed.

Sir Thomas oversaw the design and installation of his own monument, completed in 1745. He actually died four years later. The very large monument, which takes up most of the space in the chapel, was carved by Thomas Ricketts of Gloucester, a sculptor of some note. The monument is regarded as an extremely fine example of Georgian memorials.

* There was (and still is in some places) a legal obligation on a particular property owner (called the "impropietor") in a parish to fund maintenance of the church's chancel, the maintenance of the rest of the building being the responsibility of the congregation, through the churchwardens.

**MOTHERS'
UNION**

The January meeting, which is our AGM, will be held in the home of Rachel Hall, 13 Perry Orchard, on the 19th January at 2.00 pm. We look forward to seeing you.

CHURCH NEWS

500 Club

It is a while since we last drew attention to the Church's "500 Club". This provides a means for anyone, you don't need to be a church member or attender, to give a small regular amount to the church, £5 per month or £60 per year, and to add

a bit of fun, there is a monthly draw to select 4 winners of small cash prizes, and one annual draw at Christmas of a £500 prize. The scheme currently contributes about £1,000 every year towards church funds. Recent winners have been:

October	November
Neil Owen	Myra Williams
Ceri Buckenham	Gerald Buck
Ann Morphew	Keith Robbins
Roy Roberts	Chris Stanley

If you are interested in joining the 500 club, please speak to one of the church officers listed in these pages.

Plough Sunday

We are celebrating and blessing agriculture, on Plough Sunday, 8th Jan, at 6.00pm

"God speed the plough"



Thank you

The Church keeps going financially because many of you commit to giving generous regular amounts, and we can rely on this income. We are most grateful for these donations, be they via the 500 club, or direct to us through a standing order or a weekly envelope. Many also Gift Aid their donations, which means we can claim back tax paid, increasing the value of the donation by 25%.

In December we sent individual thank-you letters to all regular givers. If you are a regular giver and didn't received such a letter, please accept our apologies - it means our lists of names and addresses are not as correct as they should be. Please contact one of the church officers to let us know, and we will get it right next time!

Of course we are equally grateful for all other donations, however big or small, whether it is for general church costs or special appeals, such as the building fund. THANK YOU.

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We will remember them Continuing our series marking the centenary of the death of those from Upton St Leonards who gave their lives in WWI

Frederick Wasley

This month marks the 100th anniversary of the death of Private **FREDERICK GEORGE WASLEY**.

Frederick was a Brockworth lad, born in 1882. He married Emily Swinford from Painswick and they came to live in Bondend, Upton St Leonards, where he worked as a bricklayer. In WWI he joined the 2nd/1st Royal Gloucestershire Hussars. This unit was held in reserve and as a home guard, and in 1916 it was stationed in Ipswich. Frederick died in Ipswich on 17 January 1917, aged 35, and he is buried at Brockworth church. It is quite likely that his death was as a result of illness or accident rather than wound, but the death was still while on active duty and therefore no less to be honoured. Frederick and Emily had one son who was aged 14 at the time of his father's death.

VILLAGE AGENT - GILL CANNON

Do you need

Independent Living Advice?

If you would like impartial advice about Independent Living Equipment and other aspects of independent living then there is a very useful website <http://www.livingmadeeasy.org.uk/> which covers a wide range of topics including:

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- Mobility and Walking
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- Telecare and Alarms
- Children
- Leisure



If deteriorating eyesight is making life challenging for you, then even simple day to day tasks like using a microwave can be a step too far.

There are however a number of talking microwaves on the market with tactile keys to enable you to stay independent. Other talking microwaves are available through the website <https://cobolt.co.uk> who provide products for the Blind and Visually Impaired. They are also suppliers of audible products.

If reading used to be an activity you enjoyed but now you can no longer read even the large print books then have you tried using a boom box, like the one here? You can source these via your local library if you are partially sighted and up to six book titles can be posted to you on just a single memory stick.

All you do when you've listened to the books is to post them back to the library. This is a free service.

If you wish to purchase your own boom box they cost approx £28-30.

Lost your rubbish collection dates calendar?
Here it is

WASTE BIN COLLECTION DATES			
	Recycling and food waste	Rubbish and food waste	
	↓	↓	
Food Waste & Green bins	Tuesday January 10	Tuesday January 3	Food Waste & Grey bin
	Tuesday January 24	Tuesday January 17	
	Tuesday February 7	Tuesday January 31	
	Tuesday February 21	Tuesday February 14	
	Tuesday March 7	Tuesday February 28	
	Tuesday March 21	Tuesday March 14	

NEWS FROM USCAN



The USCAN Footpath Group (we meet every Tuesday morning, currently there are 7 of us, but it is quite rare that we all turn up on any given Tuesday) has had its usual busy year. We try to keep the 22 miles of footpaths in the parish clear, check and repair stiles and gates, etc.

We also work in the Jubilee nature reserve at the Rec, in the churchyard, and on Cud Hill, and recently we have been working at the entrance to Rectory Close, preparing that area for grass.

We didn't do any large projects this year - more of steady maintenance.

One project was the replacement of a bridge on the footpath that goes behind Manor Farm from the Portway - the picture shows the result.



We get nearly all of our funding nowadays from the Parish Council - the funds cover insurance, fuel and supplies of wood, nails and tools. We also try to set aside something like £100-150 per year to build up to the cost of a petrol brush-cutter. We have 3 and these

need to be replaced as they wear out. For the past few years we have also used the Parish Council funds to hire a shredder for a few hours, for our and Villagers' use.

Just in case you weren't aware of it, the Post Office has copies of a book of walks around the Parish, cost £1.50, and postcards with the now-famous Village map. These are published by our group.

A few thanks at this time of year:

- To Mike Long who has transported us and our tools when we work at a site at the extremities of the Parish.
- To the USCAN treasurer, Owen Stinchcombe.
- To the secretary Cliff Alderman.
- To the Warner family who let us use a space in a barn for storing wood.
- To many who encourage us when they see us at work, or who let us know when paths are difficult.

If you spot a problem on a footpath, or if you want to join our team, give me a call.

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The Day the Lottery came to Upton



You never know what will happen next.....



The phone rang and a voice said “is that the Chairman of the Parish Council - this is the office of the National Lottery”. Well I knew I hadn’t won but before I could say anything else the voice continued “perhaps you would like to call this number”.

Thus in that week in January 1995 the 10th ever running of the National Lottery came to Upton. It appears that the choice was between Upton and Painswick (which didn’t have the facilities for all the BBC’s vehicles) but that didn’t stop the Painswick newspaper correspondent crying “the Lottery went downhill to Upton”.

The week then became very hectic – booking the village hall (luckily available) – arranging tickets (limited to those on the Upton electoral register with resultant letters of complaint in the Citizen from Gloucester residents) – and then came the BBC!!

I toured the village with the production assistants looking for suitable filming opportunities followed by initial filming on the Wednesday evening, not all of which was used, although the ladies of the Keep Fit class did grace the show on the Saturday. At the end of the evening the crew repaired to the BMI where there was a moment of shocked silence as the young lady production assistant came into the main (then men only) bar to join us. True to the spirit of Upton or her obvious charms she stayed.

Friday saw more filming along with the arrival of the Director and the stars of the show (Anthea Turner and Gordon Kennedy).

The Director didn’t like the look of the Village Hall stage and wanted it decorating in keeping with his view of the typical village i.e. flags representing the Scouts and Guides. In a hurry I called some contacts in the movement and met up with a friend at the Air Balloon on the Saturday morning to take delivery of flags and banners.

On the Friday evening I met with the crew for dinner at Bowden Hall to be joined by Anthea Turner who in her best Potteries accent claimed she was ‘staerving’. She had been up at 4.30 for her morning show and all she had had to eat all day was 2 bananas. Keith Floyd eventually arrived and was accommodated in a room at Bowden Hall to rest!! - until show time.

Saturday was a real hive of activity setting up the Hall, the Lady Downe Annexe where all the main equipment was and the BMI. Maureen and I were invited to join the crew and the stars for a meal in the catering bus, thoroughly enjoying the occasion at least for the company if not the food. Keith Floyd was taken to the BMI bar where he was to appear and quickly took over, refreshing both himself and all around.

Eventually the doors opened, the 200 tickets holders piled in and crowded up to the stage where the front of house man explained what would happen. The minutes ticked by towards 8 o’clock and excitement rose in the Hall but the real excitement was behind the scenes. It was of course a live show and with only minutes to go the outside broadcast signal had failed. A techie quickly discovered there was interference from Camelot’s computer and peace was restored once more – if you can call it peace.

The show went live, Mike Stratford, Chairman of the Village Hall pressed the famous button, wished everyone good luck ‘and the first number is’... In spite of calls from the audience sadly no one there won the jackpot. ..and the rest is history - except that a little while later when the Parish Council agreed to a request from the sports clubs to extend the Pavilion, I was given the task of, in effect project manager and fund raiser and we received one of the first ever group of lottery grants in Gloucestershire – some £30,000, well £31,929 to be accurate.

Colin Freshney

Parish Council News

1. The collective effort on reducing Motorway Noise on the M5 has been successful in influencing the decision makers, and work will start in March 2017 on implementing a low noise surface between junctions 11a and 12. This brings forward the planned start by at least 18 months. It is also hoped that improvements will be made to barriers where needed. The council expressed their thanks to Keith Pearson for his personal efforts behind the scenes to get us to this point.
2. Council approval was requested, and given, for a "Lords Taverners" Charity Cricket event at the Rec on 21 July 2017, being planned by Paul Mount. If it goes ahead some of the money raised will go to the Village Cricket Club to pay off outstanding loans for their new nets. (The bulk of the money raised is used by Lords Taverners to buy mini-buses for special schools.)
3. Improved lighting has been installed around the Post Office, shop, car park and paths to improve safety.
4. USL has received positive feedback on how well the village has adopted the new Waste System - best Parish in the District!
5. The Christmas Tree has been planted on the Village Green since 6 December with illuminations (as part of our Village Improvements).
6. Thanks were expressed during the meeting to Colin Freshney for his service to the Lady Downe Trust following his imminent retirement from the role after 20 years.

Twyver Ladies Choir (TLC) at the BMI

On 15th December, TLC performed a wonderful array of carols in the BMI - to a full house. They were accompanied by Sylvia Ardron on the keyboard and guests were treated to numerous well known favourites such as 'Walking in the Air' and 'When a Child is Born' to the less familiar 'Still, Still, Still' and their own version of the 'Christmas Pudding Song'! Rachel Hall and Judy Jackson both did readings and Chris Clouting did an excellent rendition of what it might be like trying to explain the Nativity Story in today's world, to his mother via smartphone! Well done to all, a lovely evening.



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Mouse Pattern For the Spring Show

Body

Using size 6 (4mm) knitting needles, cast on 7 sts, leaving approx. 4in (10cm) of yarn before the 1st cast-on st. This is used for sewing up the mouse.

Row 1 K.

Row 2 P.

Row 3 K2, kfb, kfb, k3. 9 sts.

Row 4 P.

Row 5 K3, kfb, kfb, k4. 11 sts.

Row 6 P.

Row 7 K4, kfb, kfb, k5. 13 sts.

Cont in this way until there are 31 sts.

Row 26 P.

Row 27 K.

Row 28 P.

Row 29 K1 [skpo] 7 times, k1 [k2tog] 7 times, k1. 17 sts.

Row 30 P.

Row 31 K1 [skpo] 3 times, k3 [k2tog] 3 times, k1. 11 sts.

Row 32 P.

Slip thread through all 11 sts to close and pull to form the mouse's bottom.



Ears (make2)

Cast on 3 sts using size 4 (3.5mm) knitting needles.

Row 1 Kfb, k2. 4 sts.

Row 2 Kfb, p3. 5 sts.

Row 3 Kfb, k4. 6 sts.

Row 4 Kfb, p5. 7 sts.

Row 5 K.

Slip thread through all 7 sts to close and pull in to form the base of the ear.

Save approx. 4in (10cm) of yarn to sew the ear onto the body.

Tail

Use size E4 (3.5mm) crochet hook to make a chain, leaving approx. 4in (10cm) of yarn before the 1st chain stitch.

Work 24 chains.

Thread yarn through the last sts and sew through all the chain sts until you join the initial 4in (10cm) of yarn at the beginning of the tail. These 2 yarns are used to sew the tail onto the mouse.

Alternatively, plait 3 ends of yarn together for approx. 4in (10cm) to use as the tail. Remember to leave some yarn at the end to sew the tail onto the mouse.

Making up

Body

Fold the mouse in half with both knit sides (right sides) together. Sew up from each end, leaving a gap of approx. 1in (2.5cm) in the middle. Turn the mouse the right way out so that the knit sides (right sides) are on the outside. Fill with stuffing and sew up the 1in (2.5cm) gap. Sew on the ears and the tail.

Features

Wrap a different coloured yarn several times around the nose of the mouse until it is completely covered. Knot a small piece of yarn above the nose and unravel to create whiskers. Embroider small stitches for the eyes.

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

VILLAGE DIARY

JANUARY

2	Mon	Yoga.....	Village Hall Annex.....	10.00-11.30a.m.
2	Mon	Coffee Club.....	B.M.I.....	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	Zumba.....	Upton St Leonards School.....	6.30-7.30p.m.
2	Mon	Parish Council Meeting.....	Pavilion.....	7.30p.m.
3	Tue	Needles & Pins.....	Village Hall Annex.....	9.45-12.15p.m.
3	Tue	Badminton.....	Village Hall.....	8.30-10.30p.m.
4	Wed	Pilates.....	Pavilion.....	9.30-10.30a.m.
4	Wed	Wednesday Probus.....	B.M.I.....	10.00a.m.
4	Wed	Stitchers.....	Pavilion.....	10.30-12.30p.m.
4	Wed	Pavilion Painters.....	Pavilion.....	2.00-4.00p.m.
4	Wed	Upstagers Amateur Dramatics.....	Village Hall.....	7.30-9.30p.m.
4	Wed	Bingo.....	B.M.I.....	8.00p.m.
4	Wed	Tai Chi.....	Village Hall Annex.....	8.00-9.30p.m.
5	Thu	Senior Circuits.....	Pavilion.....	9.30-10.15a.m.
5	Thu	Tai Chi.....	Village Hall Annex.....	9.30-10.30a.m.
8	Sun	Plough Sunday.....	Upton St Leonards Church.....	t.b.a.
9	Mon	Yoga.....	Village Hall Annex.....	10.00-11.30a.m.
9	Mon	Coffee Club.....	B.M.I.....	10.00-12.00p.m.
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	Zumba.....	Upton St Leonards School.....	6.30-7.30p.m.
9	Mon	Twyver WI.....	Village Hall.....	7.30-10.00p.m.
10	Tue	Copy date for February issue of USL Life		
10	Tue	Needles & Pins.....	Village Hall Annex.....	9.45-12.15p.m.
10	Tue	Tuesday Probus.....	B.M.I.....	10.00a.m.
10	Tue	Badminton.....	Village Hall.....	8.30-10.30p.m.
11	Wed	Pilates.....	Pavilion.....	9.30-10.30a.m.
11	Wed	Stitchers.....	Pavilion.....	10.30-12.30p.m.
11	Wed	Pavilion Painters.....	Pavilion.....	2.00-4.00p.m.
11	Wed	Upstagers Amateur Dramatics.....	Village Hall.....	7.30-9.30p.m.
11	Wed	Bingo.....	B.M.I.....	8.00p.m.
11	Wed	Tai Chi.....	Village Hall Annex.....	8.00-9.30p.m.
12	Thu	Senior Circuits.....	Pavilion.....	9.30-10.15a.m.
12	Thu	Tai Chi.....	Village Hall Annex.....	9.30-10.30a.m.
14	Sat	Post Christmas/New Year Quiz.....	B.M.I.....	8.00p.m.
16	Mon	Yoga.....	Village Hall Annex.....	10.00-11.30a.m.
16	Mon	Coffee Club.....	B.M.I.....	10.00-12.00p.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	Zumba.....	Upton St Leonards School.....	6.30-7.30p.m.
16	Mon	Abbeydale Garden Club.....	Village Hall.....	7.30-9.30p.m.
17	Tue	Needles & Pins.....	Village Hall Annex.....	9.45-12.15p.m.
17	Tue	Badminton.....	Village Hall.....	8.30-10.30p.m.
18	Wed	Pilates.....	Pavilion.....	9.30-10.30a.m.
18	Wed	Wednesday Probus.....	B.M.I.....	10.0a.m.
18	Wed	Stitchers.....	Pavilion.....	10.30-12.30p.m.
18	Wed	Pavilion Painters.....	Pavilion.....	2.00-4.00p.m.
18	Wed	Upstagers Amateur Dramatics.....	Village Hall.....	7.30-9.30p.m.
18	Wed	Bingo.....	B.M.I.....	8.00p.m.
18	Wed	Tai Chi.....	Village Hall Annex.....	8.00-9.30p.m.
19	Thu	Senior Circuits.....	Pavilion.....	9.30-10.15a.m.
19	Thu	Tai Chi.....	Village Hall Annex.....	9.30-10.30a.m.
19	Thu	History Group - E R Berryman, local poet.....	Village Hall.....	7.45-9.15p.m.
21	Sat	Motown Disco.....	B.M.I.....	8.00p.m.
23	Mon	Yoga.....	Village Hall Annex.....	10.00-11.30a.m.
23	Mon	Coffee Club.....	B.M.I.....	10.00-12.00p.m.
23	Mon	Yoga.....	Village Hall Annex.....	12.15-1.45p.m.
23	Mon	Fitness Training.....	Village Hall Annex.....	6.00-7.30p.m.
23	Mon	Zumba.....	Upton St Leonards School.....	6.30-7.30p.m.
23	Mon	Camera Club.....	Village Hall.....	7.00-9.00p.m.
24	Tue	Needles & Pins.....	Village Hall Annex.....	9.45-12.15p.m.
24	Tue	Tuesday Probus.....	B.M.I.....	10.00a.m.
24	Tue	Badminton.....	Village Hall.....	8.30-10.30p.m.
25	Wed	Pilates.....	Pavilion.....	9.30-10.30a.m.
25	Wed	Ladies Probus.....	B.M.I.....	10.15a.m.
25	Wed	Stitchers.....	Pavilion.....	10.30-12.30p.m.
25	Wed	Pavilion Painters.....	Pavilion.....	2.0-4.00p.m.
25	Wed	Upstagers Amateur Dramatics.....	Village Hall.....	7.30-9.30pm.
25	Wed	Bingo.....	Village Hall.....	8.00p.m.

25	Wed	Tai Chi.....	Village Hall Annex.....	8.00-9.30pm.
26	Thu	Senior Circuits.....	Pavilion.....	9.30-10.15a.m.
26	Thu	Tai Chi.....	Village Hall Annex.....	9.30-10.30a.m.
26	Thu	Get Together Club.....	Village Hall.....	2.30-4.30p.m.
30	Mon	Coffee Club.....	B.M.I.....	10.00-12.00p.m.
30	Mon	Yoga.....	Village Hall Annex.....	12.15-11.30a.m.
30	Mon	Yoga.....	Village Hall Annex.....	12.15-1.45p.m.
30	Mon	Fitness Training.....	Village Hall Annex.....	6.00-7.30p.m.
30	Mon	Zumba.....	Upton St Leonards School.....	6.30-7.30p.m.
31	Tue	Needles & Pins.....	Village Hall Annex.....	9.45-12.15p.m.
31	Tue	Badminton.....	Village Hall.....	8.30-10.30p.m.

Regular weekly events not listed below this line

FEBRUARY

4	Sat	Entertainment Night.....	B.M.I.....	8.00p.m.
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 March issue of USL Life		
13	Mon	Twyver WI.....	Village Hall.....	7.30-10.00p.m.
20	Mon	Abbeyle Garden Club.....	Village Hall.....	7.45-9.15p.m.
22	Wed	Ladies Probus.....	B.M.I.....	10.15a.m.
23	Thu	Get Together Club.....	Village Hall.....	2.30-4.30p.m.
27	Mon	Camera Club.....	Village Hall.....	7.00-9.00p.m.

MARCH

4	Sat	Rent a Crowd.....	Village Hall.....	t.b.a
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 April issue of USL Life		
11	Sat	Spring Show.....	Village Hall.....	t.b.a
11	Sat	Race Night.....	B.M.I.....	8.00p.m.
13	Mon	Twyver WI.....	Village Hall.....	7.30-10.00p.m.
20	Mon	Abbeyle Garden Club.....	Village Hall.....	7.45-9.15p.m.
23	Thu	Get Together Club.....	Village Hall.....	2.30-4.30p.m.
23-25	Thu-Sat	Murder Mystery Supper.....	B.M.I.....	t.b.a
25	Sat	Spring Quiz.....	B.M.I.....	8.00p.m.
27	Mon	Camera Club.....	Village Hall.....	7.00-9.00p.m.
29	Wed	Ladies Probus.....	B.M.I.....	10.15a.m.

Contact Paula Quinn to get your event in the diary

NOT ON THE INTERNET? CAN WE HELP?

In so many places, including this newsletter (at least two places in this issue alone) it is suggested you get further information by "visiting" a website. That has excluded quite a number of Villagers who can't - it's a new form of discrimination. If you are in this position and haven't got a neighbour or relative or friend who can get the information for you, have a word with one of the USL Life team - we can help, for example by printing the web page.

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GET FIT with DEB LOCKE!



Deb says: "I changed career 4 years ago due to health challenges so there's no excuses around me! Upon qualifying as a personal trainer I worked for Virgin Active in Brockworth before deciding to go it alone.

Since then I've completed a number of courses ranging from Olympic weightlifting, pilates/yoga fusion (PiYo) to advanced nutrition and cognitive behavioural therapy.

Exercise can be used to improve health both physically and emotionally and my referral diploma qualifies me to train clients with arthritis, COPD, diabetes, hypertension, asthma, joint replacement, back pain, obesity, stress, anxiety and depression, as well as lots of clients who have none of those problems!

I'm passionate about what I do and feel my own health battles give me an empathy with others. I'm flexible and accommodating and can work with people in their own homes as well as within a studio or gym environment. I also do a number of classes which focus on having fun while getting fit. My classes in Upton are listed below. This year I am going to be launching a charity weight loss programme in conjunction with Hallmark Hotel."

Deb was born in Abbeymead and has lived there all her life. She thinks of herself as an Upton person. She's a member at the BMI and enjoys popping in there and meeting some of those in her classes in a different setting!



It's a New Year: no better time to set aside some time each week to work on your own fitness

Come and join one of my classes, and that will give you all the encouragement you need to keep going!

Deb Locke email: DebLockePT@mail.com phone: 07738 104404
Mondays Village Hall Annex 6.00-7.30pm - Kettle bell and High Intensity Interval Training
Thursdays Pavilion 9.30-10.15am - Senior Circuits Thursdays Bowden Hall 6.30-7.00pm - Box-HIIT



Answers to the Cryptic Christmas Songs

Thanks to Alan Gresswell for supplying this little tester



1. Jingle Bell Rock
2. I Saw Three Ships
3. Hark the Herald Angels Sing
4. Let it Snow
5. While Shepherds Watched Their Flocks
6. Little Drummer Boy
7. The Twelve Days of Christmas
8. White Christmas
9. Joy to the World
10. Deck the Halls
11. O Little Town of Bethlehem
12. Silent Night
13. Away in a Manger
14. We Three Kings

