

# *Upton St Leonards Life* *incorporating Church News*

Issue 53

January 2019



## HAPPY NEW YEAR !

The picture below was painted by the late John Skelton of Upton St Leonards. Some of his work was shown recently at the BMI. See the back page for more of his paintings.



# What's been happening?

## The UpStagers:

### The Farndale Avenue Housing Estate Townswomen's Guild Dramatic Society's Production of "A Christmas Carol"

I love that title. It meant, I'm sure you will have realised, we were in for a farcical account of how some not very competent am-dram enthusiasts attempt to stage the Dickens story, with lots of things going wrong. **That's the plot of the play, not a description of how the UpStagers performed it!**



It's maybe counter-intuitive, but it takes a lot of good acting, directing, stagework and other skills to bring off a play about bad acting. It was great to see how well the UpStagers managed this rather difficult task. This was Roz Faers' first try at directing a performance, and she richly deserves congratulations.

There were some superb moments:

Carol Vye's monologue which began the play was terrific, and, in terms of great farce, the scene in Scrooge's house with the faux staircase was really well done and as funny as anything I've seen on the stage in the Village Hall.

The scene in Bob Cratchitt's house, when props put out just a single chair, was just great, (*see picture above*) and how the audience laughed.

There was a great performance from Martin Atkins portraying the dodderly Mercedes (a person, not a car!).

Lighting and sound were done very well - congratulations to Paul Sysum. The plot required these to be continually going wrong, and again it took great skill to ensure they went wrong, *but exactly as scripted*. It wasn't part of the play, but the two-tone colours lighting up the pillars at

the side of the stage were a very professional looking flourish.

It was great to have a glass of wine and nibbles in the interval. Thanks very much to the front-of-house team. Congratulations and thanks to all - director, actors, stage designers, stage management and the whole production team. I was at the Friday performance which was very well attended, almost a sell-out. *Andy Russell*

## APPEAL

In last month's newsletter there was an appeal for new people to join the UpStagers, and this was repeated in the performance programme. The Village would be so much poorer if the UpStagers had to close down for lack of participants.

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## What's been happening? Cont'd

The winner of the School Short Story Competition is **Ella Jones**.

Here is her story:

It was all going so well until Candy Geek came along. Awards, friends and family. I'm Kenzi, by the way. I have a sister called Kayla and a best friend called Jazz.

It was 10.30 at night. I got a text from Jazz saying, "Meet me at the park, I need to speak to you". It took me a few seconds to realise what it meant but when I did, I picked up my phone and put on a pink jacket. I tiptoed out of the door, past my mum's room and out the front door. Luckily, Jazz only lives a few roads away from me so it's not that far. But on the way there is a bit of dodgy road so I always run past that one. As soon as I reached Jazz's house, I immediately knocked on the door.

She answers with a dark and depressed face. She shows me her phone. It's on NatterChat. A picture of her with a donkey head. "It was sent by someone called Candy Geek", says Jazz. "Who would do such a thing?", I protest. "Anyway, I have to go", I say nervously.

As soon as I got home – which was a very depressing journey – I went straight to my room and went to sleep. I woke up and got into my school uniform. When I got to school, countless people were staring at me. I had no idea what was going on. But when I got home, that's when it hit me. Two policemen were standing there holding up their name cards. One said D.I. Smith and the other said D.I. Jack. One of them said, "Kenzi, are you making the right choices on your phone?"

"I don't know what you are talking about," I say. "You have a friend called Jazz, don't you?" they ask me. "Yes," I say. "We have tracked the messages she has been receiving and they come from your phone, Kenzi Ross." "We will leave you now, and if you have anything to confess, you tell us next time we see you. OK?" he says. "OK", I say.

I went to school the next morning feeling very disheartened. I can't believe they think it's me. I would never do such a thing. Jazz doesn't come to school that day: she obviously believes the police. I think to myself, who could do it from my phone? I know it must be my sister Kayla. She is mad at me right now. Even if she did, why? She loves Jazz, she's practically her big sister. I go away and sleep on my suspicions.

The next morning the police are in my living room again. I say, "I swear to God it wasn't me." "We've checked and it's definitely not hacked, so unless someone is doing it directly from your phone, it must be you," they say. I feel so deflated, I say to myself. They then speak to my mum in private so I go upstairs. I go in to my sister's room and ask her, "was it you?" "Maybe," she replies. "I said, WAS IT YOU." "Um, yeah", she says. "How could you?" I say. "It was mum, she told me to," says Kayla.

I go downstairs and expose mum. "Why did you tell Kayla to do it?" I exclaim. "I had to teach you not to do it," she says. "I'm not 3 and I'm not dumb," I shout. "Well, you know now, don't you," says mum. "Is it all fake?" I ask. "Yes," says mum. I storm upstairs and make up with Kayla. "I'm sorry," she says.

THE END

**Well done, Ella!**

The other prize winners were:

**Poppy Kulesz (2<sup>nd</sup> prize)**

**Ben Stoneman (Highly Commended).**

Poppy's story will published in the February edition of USL Life.



## Well done Hannah!

During the autumn Hannah Saunders' Spatch and Spoon Charity Supper Club went from strength to strength and by the end of November she had achieved her target of raising the funds she had pledged to VSO to support enterprises in Tanzania where she will be spending the next 3 months on placement. So, *bon voyage*, Hannah, good luck and all the best for the following stage in your life when you return to the UK to take up your new post with Unilever. All your hard work has been rewarded and various groups of villagers enjoyed some very interesting food.



## Congratulations

to Upton resident, Graham Howell, whose name and photo appeared in the Citizen recently when he received the award of **The Gloucester Ambassador of the Year**.

## The Coffee Club

### THAT MONDAY MORNING FEELING

Oh what a different meaning those words have today. Once they meant going out to work, or housework and washing. On Mondays now those four words have a different meaning. We get up feeling liberated knowing that we are leaving past lives and customs behind us and looking forward to going out to share coffee with old friends and to make new ones.

The thoughtfulness behind the organisation, the friendly welcome, the lifts to and from the meetings, the LARGE name badges, all go to make the Coffee Club such a huge success.

Thanks to our hosts Alec and Mary who cooked the meal and thanks to the team who served us, 63 members sat down at the beautifully laid tables to enjoy our third Christmas lunch.

Our lunch ended with a visit from USL Primary School year 2 choir.

In 2017 a previous year 2 had won a prize at the Cheltenham Festival of the Performing Arts, so we knew we would be hearing some very good singing.

They entranced us with their singing and they provided a perfect end to our Christmas lunch. There was a great mixture of ages and it was uplifting to hear the very young and "those of riper years" all singing carols together.

Long may that different "Monday Morning Feeling" continue.

*Ann Morphew*



Alec Russell checks the tables before the meal; the servers are Mike, Gill, Mary, Andy, Mandy, Marilyn and Mary

## UPTON ST LEONARDS WI

*“Christmas is coming, the goose is getting fat, please put a penny in the old man’s hat”*, as the saying goes, but with Carole and Malcolm Brown, our singing for pleasure duo, they were worth more than that. As trained singers from the North of England, they have performed their repertoire to a wide variety of audiences, many being well known charities they support.

Playing and accompanying is Martin Dack, a classically trained pianist of over 30 years experience, likened to “the next best thing to an orchestra”. He is a good baritone singer and has a great understanding of the human voice.

Opening their programme, they sang *“They can’t take that away from me”* and *“Someone to watch over me”*, both by the Gershwin Brothers. Then Malcolm, dressed as a farm worker, changed the tone by singing a jovial song of *“The Spreader”*: we all joined in. A mixture of light hearted music followed, interspersed with well known favourite

carols and Christmas songs. Andrew Lloyd Webber’s *Music of the Night* and *All I ask of You* filled our senses with their powerful, mystic melodies. Finishing with *Have yourself a very Merry Christmas*, all ladies gave a very warm round of applause. Marlene gave the vote of thanks for a memorable evening of beautiful songs and singing.

Our Christmas lunch was at Bowden Hall on Thursday 13th December and our lunch club meets on January 22nd at The Swan, Coombe Hill. A trip to Kew Gardens has been organised for May 14th. We will be holding a table top sale in the Village Hall on Saturday March 16th. **Anyone interested in purchasing a table please contact Lynne Cook.**

We meet again on Monday January 7th for a talk on “Fear and Phobia of Water” presented by Ian Rampton. All ladies will be warmly welcomed.

A Happy Christmas and peaceful New Year to everyone.  
*Kathy Quant*

## Annual Pensioners Lunch at the BMI

A fun afternoon was held for 85 pensioners at the BMI on Saturday 8th December at the annual Christmas lunch. Everyone tucked into a traditional lunch, followed by a little music for dancing. The afternoon just seemed to fly past, ending at 4.00p.m.



## Healthy Living Forum

The group met in October at the Pavilion. We shared our experiences about where we were on our healthy living journey. We looked at various books written by Drs and Scientists who have researched this subject. Being diagnosed with Type 2 Diabetes is a big wake up call and it’s good not to wait until you stumble across this diagnosis by accident as one member did recently. The advantages of not having to deal with hunger when reducing your weight is a key to success and this was fully explained during our discussions. We looked at how meal plans such as HelloFresh can provide portion controlled meals. These are fun to cook and involve real fresh food, which is healthy and nutritious. Morrison locally provided a similar service called Eat Fresh, a complete meal in a box of fresh ingredients. Portion control is a big step in maintaining our health and these food boxes gives us just that.

In November we shared the latest science regarding the use of Statins - one of the most widely prescribed medications. The Healthy Living group is about self education and gives us pointers where to find the information we need to educate ourselves so we can then make informed decisions with our health are professionals about how we manage our health. We will outline the small changes to our lifestyles, which improve our health.

*Millie Barnes*

## TWYVER WI - DECEMBER REPORT

At our meeting on Monday 10 December, President Monica opened the proceedings by welcoming everyone and *Jerusalem* was sung.

The meeting began on a sombre note as we are not constitutionally a WI, due to insufficient officers to carry it on. WI Advisor Lesley Watters then addressed the meeting; she began by singing the praises of our WI and emphasised how much it would be missed if we were to fold. She asked us to think about the repercussions during our session and a decision would have to be made by the end of the evening and, if nobody stepped up to the posts, a suspension meeting would be held. She reminded everyone we were too valuable a WI to go to the wall. We

have our foundations in many years together, having been founded in 1965. We then moved on to other business:

- Our choir did us proud at a concert featuring 'Men Aloud' and a wonderful evening was had by all.
- International Women's Day is coming up next March; more information to follow.
- Ladies making hats for babies can continue with this worthwhile cause as surplus items will now go to the mother & baby unit in prison.
- At our January meeting we will be discussing resolutions for next year.
- *Bundles* is well supported and bunting is in progress for our centenary.

Preliminaries were brought to a close and we welcomed our guest speaker, Kim Boon, Channel Swimmer.

We are blessed in our area with having amazing ordinary people doing extraordinary things and Kim is no exception. Having been brought up in Upton, she showed an interest in sport from a very early age, participating in triathlon, skiing and running, but it was after a skiing accident that she began swimming for rehabilitation. She studied sports injury and sports science and is now an advocate for open water swimming as being beneficial for health. As part of her training for the Channel Swim, she had to make herself endure cold water in order to prepare her body and mind for the long hours she would be in the water.

The preparations and physical stamina required for this are mind-boggling. Kim spoke at length of seasickness and joint pains, but we were impressed by her prowess at scooping handfuls of Ambrosia Cream Rice into her mouth whilst treading water! Competitors in the Channel Swim are not allowed to touch the boat as this would result in instant disqualification, a fate which has befallen many a swimmer.

It's incredible to know that these intrepid adventurers do this swim in a narrow lane between tankers and other large vessels in the world's busiest shipping lane, having to contend with the salt water and the cold, jellyfish stings and night swimming in the dark. Kim completed her Channel Swim in 14 hours 8 minutes on 21 August 2011 and has the photos to prove it, as 'Dave', her support swimmer, had tucked a camera in his trunks, so when she crawled up the beach in France, he captured the moment for her, and minutes later she was on the dinghy back to the support boat and heading for home.

All that training for 2 minutes' glory - but such an achievement, we are in awe!!

After a speech of thanks to our speaker, we were reminded of our situation by Lesley. Then following a few moments' deliberation, we were given a reprieve at the eleventh hour as Penny Owen and Val George stepped up to save us from closure for next year at least, and we all extended our grateful thanks. Training is available to any member who would like to take on the roles in future.

Penny, our new Treasurer, reminded us that subs of £42 are due. Gifts were presented to those with December birthdays, followed by a hearty rendition of Christmas carols, fuelled by mulled wine and mince pies.

The next meeting is scheduled for Monday 14 January 2019. All welcome.  
*Linda Munnoch*

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## What's coming up?



## The sounds of a chic Parisian café

A music night at the BMI to remember

The band "Swing from Paris" are here to entertain you

Saturday 26 January from 8pm

Authentic sounds of stylish gypsy jazz and vintage swing: violin, guitars and bass, playing in the style of Stephane Grappelli, Django Reinhardt, Edith Piaf, recreating the sounds of a 1930's Parisian Café.

How about dressing up to enhance the atmosphere!

## SPRING SHOW - 30TH MARCH 2019

The photography, handicraft and charity classes for next year's show are as follows:

### Photography:

Little and large  
Opening the presents  
Fun in the sun  
The changing seasons  
Animal world  
Fascinating clouds - black and white print only  
A few of my favourite things - children up to 16 only

### Charity

A twiddlemuff to be donated to Saintbridge House Care Home.  
Pattern available online, on second page, at  
[www.repod.org.uk/downloads/Twiddlemuffs\\_Instructions\\_24-01-15.pdf](http://www.repod.org.uk/downloads/Twiddlemuffs_Instructions_24-01-15.pdf)

A sewn drawstring bag 12" x 9" to be donated to Operation Christmas Child

A knitted fairy mouse to be donated to the James Hopkins Trust.  
Pattern available from Val Doll.

The preserves and pickles classes will all stay the same as previous year's, lemon curd, jam, marmalade, jelly and chutney. Hopefully this gives everyone plenty of time to get those preserving pans, needles and cameras out so we can have a bumper amount of entries in next year's show. Full schedules will be available in January.

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## POST CHRISTMAS/NEW YEAR QUIZ

at

**THE BMI**

OPEN TO MEMBERS AND SIGNED IN GUESTS

(Please note every team must have at least 2 club members and membership cards may be checked on the night)

SATURDAY 12 JANUARY

at 8.00p.m.

QUIZ-MASTER "ERIC"

£1.25 per person for teams of up to 6 (minimum £5.00 per team). Please add your name to the booking sheet by Thursday 10 January to ensure that there are sufficient copies of quiz sheets available.

Book early as there will be a maximum of 20 teams on the night.

All profit on the night to be donated to the BMI Charity for 2018-2019 – Prostate Cancer and CLIC

## RENTACROWD

**Saturday 9<sup>th</sup> March 7.30pm at Village Hall**

**Contact Mel Williams**

**as soon as possible**

**to be sure of securing your table for this annual event**

**Theme will be announced the next week or so!**



# WANTED

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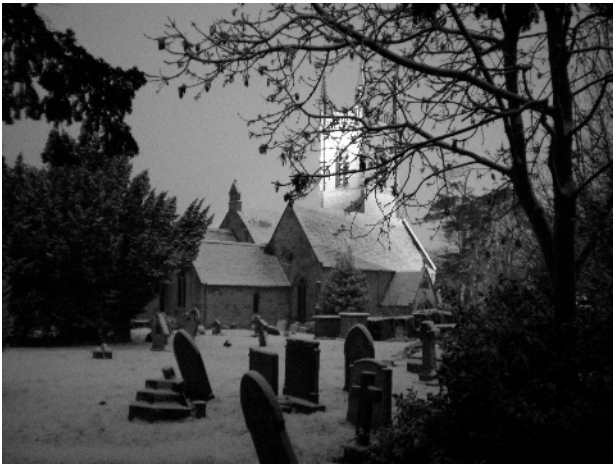
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# St. Leonard's Church News

Website: [www.uptonstleonardschurch.co.uk](http://www.uptonstleonardschurch.co.uk)



**Priest in charge:** Rev. Clodagh Ingram

**Curate:** Rev. James Turk



## *Rev Clodagh Ingram Writes*

There are often things that we want to change about ourselves or our lives and as a New Year begins many people make New Year Resolutions. January can be a really tough month for many

reasons and this year we are also facing so much political uncertainty and there seems to be very little Good News around. Our trusted sources of

information seem to be biased and we are being bombarded with the idea that if we don't like the truth of a situation we can choose to believe that it is fake news. There is a source of Good News available for all and it has been trusted by millions of people all over the world, for centuries. The source of Good News is the Bible which tells us the big story of why we are alive and of the God who created us and loves us. The problem is that we forget to open this precious source of good news and read it. Granted it's not an easy book to read. So this year I have set the church community a challenge to begin on the 1<sup>st</sup> January. The challenge is to read the Bible in 100 readings. Not to read the Bible in 100 days but to read 100 readings that will give us an overview of the Bible and help us gain some wisdom and insight about the story of the creator God who calls us into relationship with him and one another.

Depending on which statistics you look at up to 80% of New Year resolutions have been set aside by February. There are however ways of making the chances of success much greater:

\*be specific \*tell other people \*surround yourself with supporters \*break the big challenge into smaller ones \*celebrate each goal \*be kind and patient with yourself when you have a setback \*accept there will be setbacks. Twenty six people have signed up to the 100 Reading Challenge so we have much reason to be confident that we will complete the challenge: \* we have a group of people who know about the challenge we are taking up and who can encourage each other, \* we have a written guide to



help us day by day read specific passages, \* we will be supporting each other each Tuesday and Sunday when we meet together, and through a 'Whats app' group, \*we will celebrate each week that we have read another seven passages, \* we will give ourselves permission to pick up and carry on when the demands of life have drawn us away from the challenge. We are looking forward with anticipation about all that we will learn together as we set out into 2019.

Do get in touch with James or I if you would like to join in the challenge.

*Clodagh*

## *Rev James Turk writes*

For 8 weeks between September and November we hosted our first ever Alpha Course at St Leonard's. The Alpha course uses an interactive approach that freely explores the building blocks of our faith. A typical Alpha evening involves food, a short talk and a discussion at the end where we share our thoughts.

I did my first Alpha course back in 1995 and it is safe to say that it changed my life, so I was thrilled to be given the opportunity to run the course at St Leonard's and 18 people signed up to attend the first session held in late September. We met, we ate, we listened to a talk entitled "Who Is Jesus?" and then we shared our thoughts. When we finished the first session I really had no idea if people would come to the next session. Just because it had moved me so much all those years ago didn't mean everyone would feel the same way as I did. But I hoped and I prayed, and not only did people return the following week, many stayed for the whole 8 weeks.

As Christians we don't often talk about our faith. For many of us faith has been a private matter and one of the things that people articulated during the course was that they had never really thought about or discussed many of the aspects of the Christian faith. Even though they had questions, they never had an opportunity to really dig deep into finding the answers. Topics on the course



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# St. Leonard's Church News

Website: [www.uptonstleonardschurch.co.uk](http://www.uptonstleonardschurch.co.uk)

## Church Calendar for January

<b>Sun 6</b>	<b>8.00 am</b> <b>10.00 am</b>	<b>Holy Communion service</b> <b>Celebration Service</b>
Mon 7	4.00 - 4.30	Evening Prayer
Tue 8	9.30 - 9.50	Morning Prayer
	9.50 -12.00	Coffee & Chat
Wed 9	4.00 - 4.30	Evening Prayer
<b>Sun 13</b>	<b>10.00 am</b>	<b>Communion &amp;</b> <b>Confirmation Service with</b> <b>Bishop Robert</b>
Mon 14	4.00 - 4.30	Evening Prayer
Tue 15	9.30 - 9.50	Morning Prayer
	9.50 -12.00	Coffee & Chat
Wed 16	4.00 - 4.30	Evening Prayer
<b>Sun 20</b>	<b>10.00 am</b> <b>4.00 pm</b>	<b>Communion Service</b> <b>Remembering Loved Ones</b>
Mon 21	4.00 - 4.30	Evening Prayer
Tue 22	9.30 - 9.50	Morning Prayer
	9.50 -12.00	Coffee & Chat
Wed 23	4.00 - 4.30a	Evening Prayer
<b>Sun 27</b>	<b>10.00 am</b> <b>4.00 pm</b>	<b>Communion Service</b> <b>Word &amp; Worship</b>
Mon 28	4.00 - 4.30	Evening Prayer
Tue 29	9.30 - 9.50	Morning Prayer
	9.50 -12.00	Coffee & Chat
Wed 30	4.00 - 4.30	Evening Prayer

## Mothers' UNION

### Annual General Meeting

and chat

2.00 pm in the Church

Thursday 17<sup>th</sup> January 2019

As we begin a new financial year we take this opportunity to thank all who have supported St Leonard's Church financially in the past year. Our financial supporters, as with our volunteers, come from a wider group than our immediate congregation. Without the financial support we receive we would not be able to pay our bills and meet the cost of mission and ministry in the parish. We have sent out personal letters of thanks and our apologies if you have not received one. Do let us know if you have not heard from us so that we can amend our records.



*Clodagh*

*on behalf of St Leonard's PCC*

## Dates for Your Diary

**Please note there will be no Morning Prayer or Music Group on Tuesday January 1<sup>st</sup>**

### Tuesday 8<sup>th</sup> January

7.00 pm Music Group

### Sunday 13<sup>th</sup> January

10.00 am Confirmation Service

### Sunday 20<sup>th</sup> January

4.00 pm In Loving Memory Service

### Sunday 27<sup>th</sup> January

4.00 pm Word & Worship

How many sweets would it take to make 370 Christingles when each Christingle needs 4x3 sweets?



How many packets of your favourite sweets would be needed to complete the task?



Which sweet packet would provide the best value?

# St. Leonard's Church News

Website: [www.uptonstleonardschurch.co.uk](http://www.uptonstleonardschurch.co.uk)



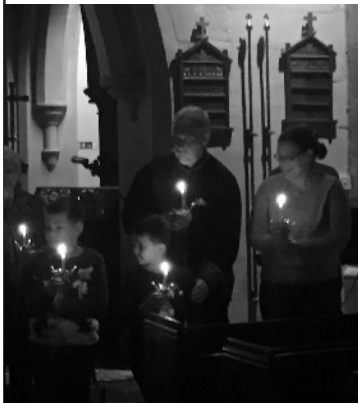
## Christingle

The Christingle Service was held on December 4th at St Leonard's Church and as the light was fading on the first Sunday in Advent we gathered together to experience this well-loved

Christmas tradition, now in its 50<sup>th</sup> year.

The service was led by Rev Ingram and Rev Turk accompanied and led the singing on both organ and guitar.

We were pleased to welcome new and not so new members to the congregation who all joined in and enjoyed the service especially when the lights were dimmed and as darkness descended the Christingle Candles were lit.



Photos: Rachel Middleton

## Tower Floodlighting

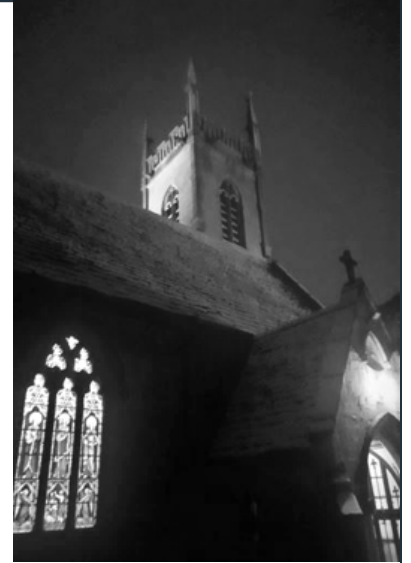
On the 12<sup>th</sup> December, the Tower Lights were lit in memory of Tony Woods. Always remembered, with love from Marilyn & Sophie and all the family.

Remembering my granddaughter Chantelle

(11.01.2011) and my husband Pete (11.01.2012) with love and many happy memories from Jenny and all the family.

The family of the late Janet Johnson are sponsoring the lighting of the Church Tower on the night of the 18<sup>th</sup> January, marking the one year anniversary of her passing.

*If you or your family would like to have the Church Tower Floodlights lit to celebrate a special event such as a birthday, anniversary, Baptism or in remembrance of a loved one please contact Jenny Cunningham for more details. There is no set amount for this, just what you would like to gift to the Church in order to help cover running costs. If you are able to Gift Aid your donation this will help us too. Please note that the deadline of the Church News is the 10<sup>th</sup> of the preceding month.*



Continued from page 9

covered questions titled, Why did Jesus die? Why and how should I pray? Why and how should I read the Bible? How does God guide us? Why and how should I tell others? What about the church? Probably the most important part of any Alpha is the chance to share thoughts and ideas on these topics, and simply discuss it in a small group. There's no obligation to say anything and there's nothing you can't say. It's an opportunity to hear from others and contribute your own perspective in an honest, friendly and open environment.

The course also includes a day away where we spent the time looking at the work of the Holy Spirit. We were offered the use of a beautiful house in the Churcham countryside, just on the outskirts of Gloucester. We had a whole day and we shared lunch together, we shared stories and we listened to talks on just what, and who, the Holy Spirit is. This is a day that I know many who were there will treasure for ever.

The Alpha course is for everyone who has questions about faith. Whether you are a believer or not, it doesn't matter. But if you do have questions then maybe consider joining us when we run the course again in the future. If you would like to know more then do get in touch with either Clodagh or myself via the email addresses printed on these pages.

*James*

# St. Leonard's Church News

Website: [www.uptonstleonardschurch.co.uk](http://www.uptonstleonardschurch.co.uk)

## In Loving Memory

*A Service of Thanksgiving for the Lives of Loved Ones*

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

Nothing in life can prepare us for the death of a loved one. Whether death results from a sudden accident or a sustained illness, it always catches us off-guard. Death is so deeply personal and stunningly final; nothing can emotionally prepare us for its arrival. With every death, there is a loss. And with every loss, there will be grief.

Grief doesn't come and go in an orderly, confined timeframe. Just when we think the pangs of anguish have stolen their last breath, another wave sweeps in and we are forced to revisit the memories, the pain, the fear. Sometimes we try to resist the demands of grieving. We long to avoid this fierce, yet holy pilgrimage. We fight against the currents, terrified of being overwhelmed, of being discovered, of becoming lost in our brokenness.

Culture tells us to move past this process quickly. Take a few days, weeks perhaps, to grieve, but don't stay there too long. Grieving can make those around us uncomfortable. Friends sometimes don't know what to do with our pain. Loved ones struggle to find adequate words to comfort our aching wounds.

Yet grief, as painful a season as it is, is a necessary part of our healing. To run from grief is to run from the very thing that can quell the pain of our loss. English poet and hymnodist, William Cowper, described grief itself as medicine. Grief cleanses the anguish from our souls and sets us back up on the path of life so we can dance. Grieving is the process God uses to bring us to a place of wholeness. Grieving is a necessary part of our journey towards healing.

Grieving can be the most difficult time for people: trying to balance the feelings of pain and loss while going forward with your everyday life. Give yourself space and time, be honest with your emotions, don't grieve alone, and don't lose hope.

*Taken from: Bible Verses for Overcoming Grief Compiled and Edited by Bible Study Tools Staff 6/6/2018*

'He heals the broken hearted and binds up their wounds.' Psalm 147:3

Come and join us and give yourself some time and space to grieve. There will be tea and cake after the service and an opportunity to ask for someone to pray with you if that would be helpful. Sunday 20<sup>th</sup> January at 4pm at St Leonard's Church.

*Clodagh*

## Who's who at the Parish Church

### Priest in Charge:

Rev Clodagh Ingram

### Curate:

Rev James Turk

### Churchwardens:

Keith Robbins

Rachel Hall

### PCC Secretary

Sarah Kent

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

### Church Treasurer

Vacancy

### Deanery Synod Representative

Dorothy Cox

### Bell Tower Captain:

Charlie Burnett

### Mother's Union

Rachel Hall

### Church Cleaning Rota

Claire Appleyard

### Church Flowers

Jenny Cunningham

### Baptism & Wedding Enquiries:

Church Administrator - Jenny Cunningham

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## OBITUARY

We are sorry to announce the death, in late November, of Monica Sims, a long time Village resident. Monica grew up in Gloucester and her parents lived in a cottage on Upton Hill. Monica joined the BBC and rose to become editor of Woman's Hour, head of children's programming, and then controller of Radio 4. She took over her parents' house and lived there - though of course she spent most of her time in London. Not very many years ago she moved to Painswick. You may have noticed in the three articles earlier this year in USL Life on "the Battle of Upton" that Monica Sims' name featured prominently. She was a leader of the group that worked to stop the boundary change proposal that would have placed Upton in Gloucester City, and having high-up contacts in broadcasting meant she was well placed to help the cause.

Well-known Village resident Meg James is Monica's cousin, and she and husband Barry moved to live in Monica's cottage when she moved out.

With huge gratitude we can announce that Monica made a legacy of £20,000 to the Village Hall Trust. Keith Pearson, chairman of the Village Hall Trust, has told us of his surprise and delight. It means the Trust can carry out longed-for ideas to improve the Hall.



We were also thankful, many years ago, to Monica, for a substantial gift for repairs to some of the table tombs in the churchyard, those of the Frankis family. Monica and Meg are descendants of the Frankises.

The picture shows Monica in 1964, when she was in charge of Woman's Hour.

## ADVENT WINDOWS

Upton St Leonards Advent Windows' premier outing was a great success! A wonderful display of effort from all the lovely people who volunteered to create a festive masterpiece. This is something I will organise again for Christmas 2019 so please look out for the notices in here if you'd like to be involved.

Karen Morris

If you would like to see the location of this year's windows, please go to

[usladventwindows.wixsite.com/home](http://usladventwindows.wixsite.com/home)



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# Arts Page

This month we focus on Scotland and offer the words of Auld Lang Syne for New Year's Eve. Don't forget to celebrate Burn's Night on Friday 25 January with whisky, haggis and bagpipes.

## Auld Lang Syne by Robert Burns (1788)

Should auld acquaintance be forgot,  
And never to brought to mind?  
Should auld acquaintance be forgot,  
And auld lang syne?

### CHORUS

For auld lang syne, my jo  
For auld lang syne,  
We'll tak' a cup o' kindness yet,  
For auld lang syne.

And surely ye'll be your pint-stoup!  
And surely I'll be mine!  
And we'll tak' a cup o' kindness yet,  
For auld lang syne.

### CHORUS

We twa hae run about the braes,  
And pou'd the gowans fine;  
But we've wander'd mony a weary fit,  
Sin'auld lang syne.

### CHORUS

We twa hae paidl'd in the burn,  
Frae morning sun till dine;  
But seas between us braid hae roar'd  
Sin'auld lang syne.

### CHORUS

And there's a hand, my trusty fere!  
And gie's a hand o' thine!  
And we'll tak a right gude-willie waught,  
For auld lang syne.



## Slate, Sea and Sky by Norman Bissell (about the Isle of Luing)

An island on the rim of the world  
in that space between slate, sea and sky  
  
where air and ocean currents are plays  
of wild energy  
and the light changes everything.

## A Visitor to Skye

Letter written by a Czech traveller, Karel Capek, in 1925. Capek's main claim to fame is that he was the first person to use the word 'robot' to describe an artificial person. He invented the term, basing it on the Czech word for 'forced labour'.

Once a week the sun shines and then the mountain peaks are revealed in all the inexpressible tints of blue; and there is blueness which is azure, mother of pearl, foggy or indigo, clouded like vapours, a hint or a mere reminder of something beautifully blue. All this and countless other shades of blue I saw on the blue summits of Cuillin, but these, added to everything else, can be seen in the blue sky and the blue bay ..... But then the clouds creep forth from the valley and the mountains, the sea turns grey and a chill rain flows from the drenching slopes.

## Book Review:

### The Prime of Miss Jean Brodie by Muriel Spark (1918-2006) – a book, a play and a film.

Muriel Spark saw her novels as long prose poems, and drew inspiration from the Border ballads of her native Scotland which she had loved as a child. Jean Brodie is a free-spirited teacher at a Scottish girls' school during the 1930s. She encourages her young pupils to embrace romantic ideals, educating them about love and art rather than hard facts. However, her controversial teaching philosophy draws the ire of the school's headmistress, Miss Mackey, and as Miss Brodie becomes entangled in a love triangle, her behaviour towards her favourite students becomes increasingly manipulative.



## Just a couple of quotations from Dr. Johnson:

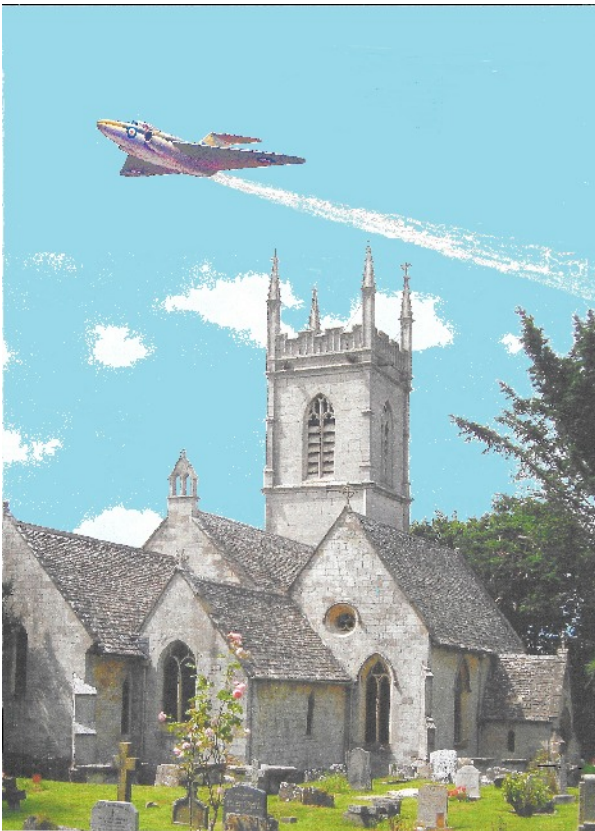
OATS: A grain which in England is generally given to horses, but in Scotland it supports the people.

NORWAY too has noble wild prospects; LAPLAND is remarkable for prodigious wild prospects, but Sir, let me tell you, that the noblest prospect which a Scotsman ever sees is the high road that takes him back to England.

## DAN FISHER PHOTOGRAPHY

We continue to highlight local businesses and this month we focus on Dan Fisher

Dan started his photography business in 2013 after photographing friends' weddings. He mainly photographs people's big day, not only locally but all over the country. He has also had news images printed in the national press and has previously shot product photography in a studio and says he's always up for a challenge! Dan moved to Gloucester in 2009 from South Wales and has recently come to live in the village with his wife, two children and dog – say hello if you see them out for a walk. Please feel free to visit Dan's website: [www.danfisherphotography.co.uk](http://www.danfisherphotography.co.uk) or get in touch with him via email : [info@danfisherphotography.co.uk](mailto:info@danfisherphotography.co.uk)



### Javelin over the church!

To find out what this is all about, see the February edition for David Hunt's article.

## WHAT TO DO WITH UNWANTED CHRISTMAS TREES ?

For a donation, the Longfield Hospice will collect your Christmas Tree, which is then shredded for recycling.

You need to register your tree with them using the web - <https://just-helping.org.uk/xmas-trees/> . . . or call 01453 886868 (option 1)





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# Nature Notes

## Our Hedgehog Garden Visitors.....

Just wondering if 2019 will bring another hot summer... If so, here are some thoughts from one local resident who was treated to some very special visitors over a few months in the summer of 2018:



*We tried our best to help and encourage them by putting out food and also during the very hot weather, water as well, as hedgehogs can become dehydrated quite quickly. To encourage their natural instinct to search for food we often hid or burrowed food so they put on plenty of weight ready for hibernation. The British Hedgehog Preservation Society (BHPS) advises you offer meaty cat or dog food, cat biscuits, food that can literally be a lifesaver, helping the hedgehogs build the fat reserves they need until they hibernate. We moved a wildlife camera around locations in the garden so as to be able to watch our nocturnal friends. Occasionally with the patio doors open we saw the hogs scurry past without a care in the world. They even mastered the cat flap into the cat hutch so as to get to the cat's food.*

For more information the BHPS have produced a video - <https://www.britishhedgehogs.org.uk/hedgehog-close-film/>

### And now for a few questions:

**Do all hedgehogs have fleas and do they need them?** Not all hedgehogs have fleas; many of those rescued have none. However, hedgehogs do not NEED their fleas to survive, that's an old wives' tale. Hedgehog fleas are host specific so while they may jump onto a cat or dog, they won't infest them.

**There's a hedgehog in my garden sunbathing, is that ok?** No, it isn't. Hedgehogs shouldn't sunbathe and if you see one doing this it is in urgent need of help. Please use gardening gloves or a folded towel to pick it up, pop it into a high sided box with a towel or fleece in the bottom, keep it warm on a covered warm hot water bottle (even in hot weather), offer suitable food and water (see above) and then call BHPS on 01584 890 801 for further advice as soon as possible.

**I've seen a hedgehog that looks 'drunk', is that ok?** Again, no, it isn't ok. Hedgehogs in this state are actually hypothermic and in urgent need of help. Please offer the first aid described above and call us as soon as possible.

**Are Hedgehogs meant to be out in the daylight?** Not usually. Hedgehogs are nocturnal, which means they shouldn't really be seen out in daylight hours. Some of the exceptions to this are pregnant females gathering nesting materials just before they give birth, or a new 'Mum' taking a break from the nest to get food and water while her young sleep. Sometimes, when the nights are short, a hungry hedgehog may forage around dusk and dawn. However, these hedgehogs would move quickly with purpose. If a hedgehog is lethargic, laid out, has flies around it, is wobbly, or gives you any other cause for concern, please call BHPS for advice on 01584 890 801.

## RAVENS

We have lived in Upton St. Leonards for many years and have always enjoyed spotting birds and looking for wildlife that visits our garden. Recently we have observed Ravens flying over, singly and in pairs. They make an occasional deep loud 'korrp' and that is when we usually look up and see them.

This bird is large, black in colour with a very heavy bill and a wedge shaped tail. We have noticed ravens being mobbed by much smaller crows who want them out of their territory and you then realise how big these birds are.

On what was one of the hottest days last summer it was very pleasing to get close to two young ravens resting in the nearby oak tree. They looked exhausted, were very quiet with their bills hanging open and stayed for some time.

We are looking forward to future sightings!

*Paul and Sue Mantle*





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	Wed	Stitchers.....	Pavilion.....	10.00-12.00pm
2	Wed	Upstagers Amateur Dramatics.....	Village Hall.....	7.30-9.30pm
2	Wed	Bell Ringing Practise.....	Bell Tower.....	7.30-9.00pm
3	Thu	Senior Circuits.....	Pavilion.....	9.30-10.15am
3	Thu	Tai Chi.....	Village Hall Annex.....	9.30-10.30am
3	Thu	Fitness.....	Pavilion.....	6.00pm
5	Sat	Rubbish and Food Waste (special collection)		
7	Mon	Upton WI.....	Village Hall.....	7.30-10.00pm
7	Mon	Yoga.....	Village Hall Annex.....	10.00-11.30am
7	Mon	Coffee Club.....	BMI.....	10.00-12.00pm
7	Mon	Yoga.....	Village Hall Annex.....	12.15-1.45pm
7	Mon	Parish Council Meeting.....	Pavilion.....	7.30pm
8	Tue	Recycling and Food Waste Week		
8	Tue	Needles & Pins.....	Village Hall Annex.....	9.45-12.15pm
8	Tue	Brownies.....	Pavilion.....	5.30pm
8	Tue	Badminton.....	Village Hall.....	8.30-10.30pm
9	Wed	Stitchers.....	Pavilion.....	10.00-12.00pm
9	Wed	Healthy Living Group.....	Pavilion.....	7.00pm
9	Wed	Bingo.....	BMI.....	8.00pm
9	Wed	Upstagers Amateur Dramatics.....	Village Hall.....	7.30-9.30pm
9	Wed	Bell Ringing Practice.....	Bell Tower.....	7.30-9.00pm
10	Thu	Senior Circuits.....	Pavilion.....	9.30-10.15am
10	Thu	Tai Chi.....	Village Hall Annex.....	9.30-10.30am
10	Thu	Fitness.....	Pavilion.....	6.00pm
12	Sat	Post Christmas/New Year Quiz.....	BMI.....	8.00p.m
14	Mon	Yoga.....	Village Hall Annex.....	10.00-11.30am
14	Mon	Coffee Club.....	BMI.....	10.00-12.00p.m
14	Mon	Yoga.....	Village Hall Annex.....	12.15-1.45pm
14	Mon	Twyver WI.....	Village Hall.....	7.30-10.00pm
15	Tue	Rubbish and Food Waste Week		
15	Tue	Needles and Pins.....	Village Hall Annex.....	9.45-12.15pm
15	Tue	Brownies.....	Pavilion.....	5.30pm
15	Tue	Badminton.....	Village Hall.....	8.30-10.30pm
16	Wed	Stitchers.....	Pavilion.....	10.00-12.00pm
16	Wed	Bingo.....	BMI.....	8.00pm
16	Wed	Upstagers Amateur Dramatics.....	Village Hall.....	7.30-9.30pm
16	Wed	Bell Ringing Practice.....	Bell Tower.....	7.30-9.00pm
16	Wed	Cricket Club AGM.....	Pavilion.....	7.30pm
17	Thu	Senior Circuits.....	Pavilion.....	9.30-10.15am
17	Thu	Tai Chi.....	Village Hall Annex.....	9.30-10.30am
17	Thu	Fitness.....	Pavilion.....	6.00pm
17	Thu	History Group - "Cathedral of Cloth" - Ebley Mill.....	Village Hall.....	7.45-9.15pm
21	Mon	Yoga.....	Village Hall Annex.....	10.00-11.30am
21	Mon	Coffee Club.....	BMI.....	10.00-12.00pm
21	Mon	Yoga.....	Village Hall Annex.....	12.15-1.45p.m
21	Mon	Abbeyle Garden Club.....	Village Hall.....	7.30-9.45pm
22	Tue	Recycling and Food Waste Week		
22	Tue	Needles and Pins.....	Village Hall Annex.....	9.45-12.15pm
22	Tue	Brownies.....	Pavilion.....	5.30pm
22	Tue	Badminton.....	Village Hall.....	8.30-10.30pm
23	Wed	Stitchers.....	Pavilion.....	10.00-12.00pm
23	Wed	Bingo.....	BMI.....	8.00pm
23	Wed	Upstagers Amateur Dramatics.....	Village Hall.....	7.30-9.30pm
23	Wed	Bell Ringing Practice.....	Bell Tower.....	7.30-9.00pm
24	Thu	Senior Circuits.....	Pavilion.....	9.30-10.15am
24	Thu	Tai Chi.....	Village Hall Annex.....	9.30-10.30am
24	Thu	Fitness.....	Pavilion.....	6.00pm
24	Thu	Pavilion.....	Ramblers.....	7.30pm
26	Sat	Entertainment Night.....	BMI.....	8.00pm
28	Mon	Yoga.....	Village Hall Annex.....	10.00-11.30am
28	Mon	Coffee Club.....	BMI.....	10.00-12.00pm
28	Mon	Yoga.....	Village Hall Annex.....	12.15-1.45pm
28	Mon	Camera Club.....	BMI.....	7.00-9.00pm
28	Mon	Lady Downe Charity.....	Upton St Leonards School.....	7.30pm
29	Tue	Rubbish and Food Waste Week		
29	Tue	Needles & Pins.....	Village Hall Annex.....	9.45-12.15pm
29	Tue	Brownies.....	Pavilion.....	5.30pm
29	Tue	Badminton.....	Village Hall.....	8.30-10.30pm
30	Wed	Stitchers.....	Pavilion.....	10.00-12.00pm
30	Wed	Bingo.....	BMI.....	8.00pm
30	Wed	Upstagers Amateur Dramatics.....	Village Hall.....	7.30-9.30pm



30	Wed	Bell Ringing Practice.....	Bell Tower.....	7.30-9.00pm
31	Thu	Senior Circuits.....	Pavilion.....	9.30-10.15am
31	Thu	Tai Chi.....	Village Hall Annex.....	9.30-10.30am
31	Thu	Get Together Club.....	Village Hall.....	2.30-4.30pm
31	Thu	Fitness.....	Pavilion.....	6.00pm

Regular weekly events not listed below this line

**FEBRUARY**

4	Mon	Parish Council Meeting.....	Pavilion.....	7.30pm
4	Mon	Upton WI.....	Village Hall.....	7.30-10.00pm
11	Mon	Twyver WI.....	Village Hall.....	7.30-10.00pm
18	Mon	Abbeydale Garden Club.....	Village Hall.....	7.30-9.45pm
23	Sat	Entertainment Night.....	BMI.....	8.00pm
25	Mon	Camera Club.....	Village Hall.....	7.00-9.00pm
28	Thu	Get Together Club.....	Village Hall.....	2.30-4.30pm

**MARCH**

4	Mon	Parish Council Meeting.....	Pavilion.....	7.30pm
4	Mon	Upton WI.....	Village Hall.....	7.30-10.00pm
11	Mon	Twyver WI.....	Village Hall.....	7.30-10.00pm
18	Mon	Abbeydale Garden Club.....	Village Hall.....	7.30-9.45pm
21	Thu	History Group.....	Village Hall.....	7.45-9.15pm
25	Mon	Camera Club.....	Village Hall.....	7.00-9.00pm
25	Mon	Lady Downe Charity.....	Upton St Leonards School.....	7.30pm
28	Thu	Get Together Club.....	Village Hall.....	2.30-4.30pm
30	Sat	Spring Show.....	Village Hall.....	tba
30	Sat	Entertainments Night.....	BMI.....	8.00

Contact Paula Quinn to get your event in the diary

**Answers to the Christmas Quiz. Winners will be announced in next month's issue.**

**ADULT QUIZ**

- 1 Once in Royal David's city
- 2 Jack Skellington
- 3 'Golden Slumbers'
- 4 Julius I
- 5 Austria
- 6 Poland
- 7 Subtitles
- 8 Archery
- 9 The Mayor
- 10 John Grisham
- 11 Delaware
- 12 Haiti
- 13 Persimmon Pudding
- 14 Banana
- 15 Christmas Crackers
- 16 364

- 17 The World is not Enough
- 18 Epsom Derby
- 19 There are 2 Christmas Islands, one in the Pacific Ocean -Kiritimati) discovered by Capt James Cook in 1777 and one in the Indian Ocean by Capt William Mynors in 1643 - both on Christmas Day.
- 20 George V (on the radio)

- 5 Shepherds
- 6 Bethlehem
- 7 St Nicholas
- 8 Carrots
- 9 Widow Twanky
- 10 Snowman
- 11 A Manger
- 12 Invisibility Cloak
- 13 The Grinch
- 14 24
- 15 Down the Chimney
- 16 Fun
- 17 Mince Pies
- 18 3
- 19 Nativity
- 20 Olaf

**CHILDREN'S QUIZ**

- 1 25-Dec
- 2 Rudolph
- 3 His elves
- 4 Santa's Little Helper (Dog) and Snowball (Cat)

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## WASTE COLLECTION CALENDAR

Green Recycling	Grey Rubbish
	Sat 5 Jan
8 Jan	15 Jan
22 Jan	29 Jan
5 Feb	12 Feb
19 Feb	26 Feb
5 Mar	12 Mar
19 Mar	26 Mar
2 Apr	9 Apr
16 Apr	23 Apr
30 Apr	7 May
14 May	21 May
28 May	4 Jun
11 Jun	18 Jun
25 Jun	

## CARDBOARD RECYCLING

- Cardboard should be packed flat and put in the recycling box where possible
- Excess cardboard should be packed flat and put underneath or next to the recycling box – please ensure it is kept dry
- Larger cardboard should be reduced in size by folding or cutting it to the approximate size of the recycling box
- Crews may not accept cardboard that is not presented in this way

UNACCEPTABLE



ACCEPTABLE



**Please note that the first Tuesday in 2019 is New Year's Day. The council has therefore rescheduled that grey bin and waste food collection to Saturday 5 January. See calendar above.**

## UPTON ST LEONARDS LIFE

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# Some more paintings by John Skelton

(see also front cover)



Next month's Editor will be Pete Wilson.

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