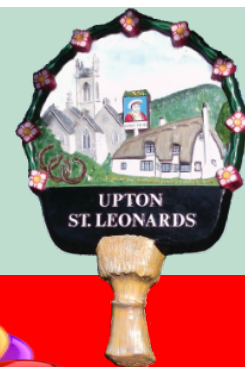


Upton St Leonards Life

incorporating Church News

Issue 89

January 2022



Happy New Year



2022

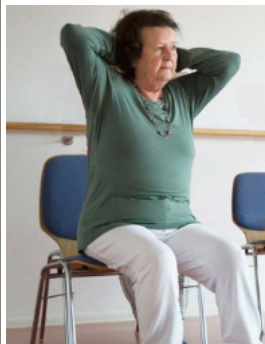
Congratulations to Herbert Gatwood who Celebrated his 100th Birthday at the BMI



'Gatty' pictured here, with son Steve
See article on page 3

Chair-Based Pilates

A new Pilates class is starting up in the Pavilion on Wednesdays at 2pm. This follows on from a very successful "trial" organised by the Upton WI that has been running since September. The members have enjoyed help from a very good instructor; so much so, that they wish to continue, and invite others to join in. This is "chair-based" Pilates rather than using a mat, and is great fun - improving movement in backs, hips, knees, arms, shoulders, necks.



Six sessions cost £30. Do come and join in. The contact is Angela Harris.

New Year is traditionally a time for making resolutions. After the excesses of Christmas and the ever present virus, we owe it to ourselves to be as fit and healthy as we can be, whether that be through nutrition and exercise or preferably both.

Two new classes that are starting up can be seen below. Why not take a look?

Health Improvement

Free Course

Support with Reversing Type 2 Diabetes & Getting Good Glucose Control.

Easy weight loss without feeling hungry.
Reduce B/P & medications with lifestyle.

You need to bring an open mind and a health diary.

How can we measure our health?

What is Metabolic Syndrome?

Does snacking damage our health?

What effect does the food we eat have on our health?

What is real food and what is fake food?

How much sugar is in everyday foods?

Can I prevent a heart attack or stroke?

Am I feeding my children healthy nutritious food?

Answers to these and more.

In the Pavilion at 7-9pm on:

Tue 11, Mon 17, Tue 25 Jan 2022

Tue 1 and Tue 8 Feb 2022

Contact Millie to book

Millie is an Ambassador for Public Health Collaboration and a retired Nurse.

With the huge number of people testing positive for Covid, The Village Helpline has been re-activated, but the

USL Helpline 07898 542 457

number has changed.

USL Helpline - 07898 542 457

At the time of writing this, everyone is most worried about the very large numbers of people testing positive for Covid, and the government might be considering further restrictions to slow the spread.

The Parish Council has therefore asked me to re-open the Helpline. It is there for you to call if you feel you are unable to go out to shop or collect a prescription, or any other activity important to you.

Please note the number has changed.

Andy Russell

EDITORIAL



As with the beginning of all new years, many of us make plans for the forthcoming months ahead and some of us still even make New Year Resolutions. As Covid is still mutating and showing little sign of abating, we must be thankful however and celebrate the amazing work done by the scientists, the producers of the vaccines and the tireless work done by the NHS. Whilst our world is much changed, we are so much safer than we were twelve months ago and this must surely give us hope and optimism for 2022.

Sometimes when we listen to the News, it can all sound rather negative and yet in everyday life it can be just the opposite. Community acts of kindness are still very much in evidence in our village and I would like to say a sincere thank you to Jeremy Warner who assisted an elderly lady in her car, when darkness fell. Driving at night can be confusing for older people and it is worth considering if you really need to make that journey beyond mid afternoon in the next few months.

Thank you too, to Mark Clutterbuck who found a purse in the bridle path and took the time and trouble to hand it into the school and also to alert the potential owner through the community Facebook page. We have all had that feeling when we've lost something and how relieved we are when it is returned to us.

Our health and well-being underpins everything we do and how best we can live our lives. You will have seen on the front page that Millie Barnes is running a free course to help those who are in need of further information on nutrition. You will also see in the Village Diary the impressive number of clubs that exist, including a new chair-based Pilates class, keep fit, sports, crafts, social clubs like the WIs, and Probus; there is something for everyone and if all you really want to do is talk to folk then the Coffee Club, Tea and Natter and the BMI will be able to fulfil that need.

From all of us here at the USL Life team we wish you all a very Happy and Healthy New Year.

Andrea Dawson

Upton Show AGM 2021



Following a very successful show this year, the 2021 Show AGM was held on Tuesday 16th November. The Committee and everyone who helped with the show, were congratulated by the Chairman for a fantastic show. The Committee was very pleased to re-elect President Mike Long, and thanked him for the support that he gives to the show every year. After many years as Chairman, Dr Tim Harbottle decided to step down and our new Chairman, Sara Hemming was elected. Committee members expressed their gratitude to Tim for everything he had done over the years and he was presented with a small gift as a token of appreciation.

The meeting continued with the re-election of the rest of the Committee, who were pleased also to welcome two new members. The Treasurer and Secretary presented their respective reports, which were both very positive. The increased attendance this year has secured the show for the next few years. The Secretary thanked the rest of the Committee members for all of their support and hard work that made this show such a success. *Next year's show will take place on 10th September 2022* and the planning will begin in February.

If anyone is interested in supporting the show either on the day or with the setting up or clearing away, please contact the Show Secretary, Kate Brooks.



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What's been happening in Upton?

Twyver WI

The December meeting was held, once again in line with the latest Government edict, i.e. members being asked to wear face coverings, tables and chairs were once again set a metre apart and windows were kept open. Members had been advised of this previously and were well wrapped up, wearing an eclectic assortment of Christmas finery. Everyone was also reminded to bring their own glasses from which to enjoy mulled wine and of course, mince pies.



Business was brief and the Secretary urged all present to

read the Resolution choices in preparation for the vote in January 2022. Once concluded, TLC assembled to entertain us with a wide medley of songs. Audience participation was encouraged to sing the more familiar carols. The vote of thanks was given by Nicola Isaacs. Birthday presents were distributed and every member was given an Amaryllis to plant and grow on, as a Christmas gift.

We meet again on Monday, 10th January in the Village Hall at 7.30pm. Please contact the Secretary, Val George, for more information.

Wishing you a Happy Healthy New Year.

Members are looking forward to their exclusive visit to Nature in Art on the evening of Wednesday 23rd March. Members plus an invited friend will be able to view the Photographer of the Year Award exhibition in addition to the other galleries.

Upton WI

The Christmas meeting of the Upton WI took the form of a musical afternoon led by the nationally known singing duo Carole and Malcolm Brown. The programme was light-hearted, and included some Christmas songs, naturally. An unusual and very amusing item was the Flanders and Swann's (remember them?) version of Mozart's Horn Concerto – "I've lost my horn, found my horn – gorn." Altogether a very pleasant afternoon.

Very best wishes for the New Year to all our members and all of you. We meet again on January 3rd at 2pm in the Pavilion to see an archive film show on "The Good Old Days." All are welcome.

As mentioned elsewhere in the newsletter, the "seat-based" pilates we have been trying since September has proved to be most successful and we are opening it up to anyone who wishes to come.

Kathy Quant

Celebrations:



Congratulations to Georgina Dawson and Paul Brown who celebrated their Wedding Day, on 17th December, 2021. Gina was born in Perry Orchard in 1982 and lived in Six Acres from 1984 until 2000, after attending Upton Primary School and The High School for Girls in Gloucester.

Herbert Gatwood's 100th Birthday at The BMI

We believe it was a first for the BMI - to celebrate a 100th birthday. This was the occasion when we celebrated the birthday of member Herbert Gatwood, (Ham to friends and Gatty to work colleagues). Gatty celebrated at the BMI with family, friends and former work colleagues.

Born in Bristol, he served in the RAF during WW2, during which time he met Marjorie at the 'Bird in the Hand' at Staverton where she was based, and they later married. After the war they returned to Bristol and he resumed his career in insurance. In the 70s he took promotion to work in Head Office and moved to Surrey. On retirement they moved to Gloucester to join their family.

A fantastic occasion was had at the BMI, enjoyed by all and thanks to the staff, Jim Browne for photos, Keith Pearson, and in particular to Alan Morris, a former work colleague and friend, who described the relationship of everyone in the room to my Father and each other, in his own inimitable way.

Steve Attwood

What's been happening in Upton (continued)

TLC and Gloucester Brass Concert

The annual concert of Christmas music given by Gloucester Brass in the Church was back again after an



enforced gap and what a concert it was! For a start, the band were not the only act on the bill, we had some numbers sung by the TLC singers, above - and that proved to be a great addition.

Many people came to listen, all masked up, of course, and there were hardly any seats left in the church nave. The church was warm. The band sounded better than ever, with more players than previous concerts. Lively fanfares and mixes of Christmas carols and songs filled the church. The audience joined in a number of carols, singing through their masks, and TLC did us proud.

Really good refreshments of warm mulled wine, soft drinks and nibbles were served by church members and there was a successful raffle. In all, over £180 was raised for much needed church funds.

Many thanks to those who did the catering, the setting out and stewarding, led by churchwarden Gill Howell. Thanks to Gloucester Brass and their conductor Mark Knight and to TLC and their leader, Sylvia Ardron. A wonderful evening, bringing us much needed Christmas cheer. If you missed it, be sure to be there in 2022.

(Pictures taken by Paul Price)

Andy Russell



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View from the french windows

What's coming up at the BMI?

Post Christmas / New Year Quiz - Saturday 8 January @ 8.00pm

£1.50 per person for teams of up to 6
(minimum £6 for teams of up to 4)

Profit on the night to be donated to the BMI charity for 2021-22 the Air Ambulance.



Please add your name to the booking sheet
by Thursday 6 January
to ensure that there are sufficient tables and
copies of quiz sheets.



Lunchtime Jazz

Sunday 23 January

At the BMI

with

John Beckingham

1.00 to 3.00pm



Open to members and signed in guests

Entertainment Night @ the BMI

Saturday 29 January

8.00pm

Buck and the Tasty Tones

Open to members and signed in guests



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What's coming up in Upton?



The UpStagers Drama Group presents



Performances at 7-30pm each evening and
2-30pm matinee on Saturday 26
Doors open 7.00pm and 2.00pm

Tickets £10 (£8 concessions)

To book tickets: www.ticketsource.co.uk/theupstagers
Or phone Ann
Refreshments available



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Time to Celebrate



1952 - 2022

The Queen's Platinum Jubilee Celebration 5th June 2022

As we all know it is the Queen's Platinum Jubilee in 2022. There has been a change to the Bank Holiday and the whole weekend of 2nd June to 5th June will be a public holiday.

It is planned to hold a celebration picnic at the Village Hall on Sunday, 5th June, the day that the nation will celebrate the event. It will be a fun day particularly for the children. There will be a bouncy castle/assault course, Punch & Judy, face painting, live music, ice cream, teas and cakes, strawberries and cream and possibly a Bucks Fizz bar; attendees to bring their own picnic/blankets etc. There will also be an exhibition in the Annexe depicting the Queen's reign, together with a celebration of the Centenary of the Village Hall itself, which we were sadly unable to celebrate in 2020.

There will also be a flower festival in the Church over the celebratory weekend. This will need helpers to come forward to make this day possible, we will also be looking for cake donations, please let us know if you can help. Contact Carol Evans. More information will follow each month as plans develop.

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SPRING SHOW

Saturday, 2 April 2022



Here's advance notice of a couple of the classes, so you can prepare . . .

Photography Classes

- Village Pride
- Reflections
- A Close Up Photograph
- Fun on Wheels
- That Looks Tasty
- A Face Full of Wisdom (black and white only)

Children's Class - up to 16 years of age

- Ball Games

Charity Classes

- Knit a Trauma Teddy to be given to children in distress. Pattern available from Jackie Lord
- Using any medium make an item suitable for a child's prize for the Spin-a-Wheel game at The Donkey Sanctuary, Sidmouth.

Parish Council Report

The Parish Council held its meeting on 6 December and the following points were discussed.

Road Safety issue

At the junction of Churchfield Road and Staites Orchard you all know there is a one-way system, going into Staites Orchard from Churchfield Road. Unfortunately it has been reported by residents that cars and people riding horses have been going the wrong way. We ask that everyone follows the one way system. The bus, turning there, needs all the room there is. It is a dangerous corner and there could so easily be an accident if people try to go against the one-way signs.

New Cycle/Footpath

Work will begin shortly on the B4063 to create a six mile route for pedestrians and cyclists which will stretch from Arle Court roundabout in west Cheltenham to London Road, Gloucester, via Staverton, Churchdown and Longlevens. This improvement is one of a few that comes under the Greener Gloucestershire initiative (details can be found on the GCC website).

Build Back Better Grant

We have applied for £2,500 to support our village celebrations for the Queen's Jubilee in June 2022.

Helping us look after Upton

We would ask all residents to help us keep on top of any local problems such as blocked drains (e.g. leaves), fly-tipping, broken paving slabs, street lighting issues by reporting via the website fixmystreet.com. If you do not have access to the internet then report to Roy Balgobin, our Parish Clerk.

Funding Support for USL Life

The village newsletter team are still trying to encourage more advertising so that operating costs are covered each year. Despite a successful fund raise in October, the Parish Council funded the gap of £1,450 for 2021.

Funding Support for the Church Grounds

The Parish Council agreed to a request from the Church for a grant of £500 to help with maintenance of the churchyard.

Funding received from The Lady Downe Trust

The Parish Council are grateful to the Trust for a £3,000 grant to help with replacement/repair of Play Equipment, surfacing and seats at the Recreation Ground.

Peter Wilson

St Leonard's Church News

Priest in Charge **Vacancy**
Interim Minister **Revd Philippa Donald**

Philippa's parish days are Tuesday, Wednesday and Sunday. Please feel free to leave a message for her on other days and she will respond when she is next in the parish.

Churchwarden **Gill Howell**

Baptism & Wedding **Jenny Cunningham**
Enquiries

Dear friends in Upton St Leonard's

Happy New Year! and I pray that 2022 will be a good year for you and for those whom you love.

Do you make New Year resolutions? I used to make them, but then I often felt discouraged at the short length of time I managed to keep them. It may have been because some of them were a bit ambitious e.g. 'I will go the gym four times a week' (no chance) or unrealistic 'I will never lose patience with members of my family again' (a bit testy) or just too much 'I'll get up earlier every morning and spend an hour in prayer' (even clergy can't always manage that one!)

So instead, a few years ago I started to think about things I hoped for, or perhaps feared, at the beginning of a new year. Hopes and Fears. For the last few years these were centred around my post as Associate Priest in the Seven Towers Benefice, and some of those are the same now that I'm with you in Upton: hope that those who come to church would be touched by God's love, and take steps forward on their journey of faith; hope that those who wouldn't usually come might be drawn to Jesus by the love of God evident in their friends' lives: fear of some of the challenges that I might meet each day in parish ministry. And some of these are personal; hope that one of my sons would find work, fear that one of my close friends might not recover from the cancer that had been diagnosed.

Hopes and fears are very much part of all of our lives.

At this time of year we remember the three Kings, as they journeyed to see Jesus, following the guidance of the star. They hoped to meet a King, whom they had waited a long time to see, and they brought gifts in anticipation of that hope – Gold, frankincense and myrrh. Gold because they believed they were going to meet a King – such a different



St Leonard's church

Website: www.uptonstleonardschurch.co.uk

kind of King! Frankincense because it represented the prayers that have been prayed for hundreds of years, as people waited for the Messiah to be born. Myrrh because they knew that this King would die, and myrrh was used to embalm bodies after death. But I expect they had fears too; fears that they would not make the journey, or be attacked on the way, or fears that perhaps they had got it all wrong after all.



But when they arrived they knew they were in the right place.

'The hopes and fears of all the years' were met in Jesus that night. That means the hopes and fears of all who had gone before, all who were there, and all who were still to come – including you and me. The presence and power of Jesus in our lives is the answer to all our hopes and fears. We can bring them all to Him. It doesn't mean that they will necessarily all be resolved in the way we might want. But it does mean that He will be with us in the midst of those hopes and fears. He has promised that he will never leave us or forsake us.

'Jesus Christ is the same yesterday, today and for ever' (Hebrews 13 v 8)

Jesus said 'I am with you, even to the end of the age' (Matthew 28 v 20)

So whatever your hopes and fears are for 2022, I hope you can trust that Jesus is with you, and walks beside you into the New Year.

With my love and prayers
Revd Philippa

Tower Floodlighting - January

- The Church Tower is lit in loving memory of Arthur Innes (28.12.1919) he would have celebrated his 102nd birthday on this day, and his wife Eliza Pat Innes (03.01.1922) who would have celebrated her 100th birthday on this day. Sadly missed by family and friends.
- Remembering my husband Pete (11.01.2012) and my granddaughter Chantelle (11.01.2011) with love and many happy memories from Jenny, Paul, Charlotte and all the family.
- The Tower Lighting is being sponsored on the 18th January in loving memory of Janet Johnson who passed away four years ago. A much loved Wife, Mother, Grandmother and Great-grandmother. Never forgotten and always in our hearts.

If you would like to have the Church Tower lit up to celebrate a special occasion or to remember a loved one, please contact Jenny Cunningham. There is no set cost, just what you would like to gift to the church to help with its running costs. To meet printing deadlines, please contact jenny by the 8th of the previous month.

REMEMBERING LOVED ONES

On **Sunday 16 January at 4pm** there will be a special quiet service in the Church dedicated to the memory of those who have died. Please come along and light a candle for someone dear to you.

Amongst those we remember will be dear ones who died in the days where we were unable to attend a funeral or memorial because of Covid restrictions.

(See also page 19)



Worship at Upton St Leonard's.

From January 2022 there is going to be a change in our pattern of worship at Upton St Leonard's.



We are going to offer baptisms at the 10.00am morning service on the first Sunday of every other month, rather than every month. So baptisms will be (if there are candidates) on the first Sunday in February, April, June, August and October, during the 10.00am morning service. On the other first Sundays in the other months, there will be a service of Morning Worship, which Rev Philippa will lead. This will not be a service of Holy Communion and will have a more contemporary feel.

When there is a fifth Sunday in the month, the Flourish Team will lead the 10.00am morning service and Rev Philippa will lead a service of Holy Communion at 8.00am.

*January Quiz
the coming of the wise men*

1. What were the names of the 3 wise men?
2. Where did the wise men go, before they went to Bethlehem ?
3. What gifts did the wise men bring?
4. What did those gifts represent ?
5. What is the name for the day we celebrate the coming of the Kings?
6. Why did the wise men return to their countries by a different route from the one they arrived on?



Thank you to Roy Simpson who made and donated the lovely stable to house our new Nativity figures. We were able to purchase these thanks to a generous donation from one of our church members. Grateful thanks to both of you.



Storm Arwen.

Recycling Christmas Cards

I will be collecting Christmas cards for the Cobalt Unit, from 28th December 2021 until the 14th January 2022. You are welcome to bring them to my home, or leave them in Upton Church porch when I will collect them before taking them to the Cobalt Unit.

If you're willing to help us by driving to Cheltenham with a car-load of Christmas cards, please can you let me know.

Thank you so much, Jenny Cunningham

A big thank you to the footpaths team who came to the rescue after a tree in the churchyard was blown down by Storm Arwen and had landed across one of the graves. Fortunately the headstone was not damaged and there was no other damage in our churchyard.

ADVANCE NOTICE: The WORLD DAY OF PRAYER will be on Friday, 4th March at St Augustine's Church Matson Avenue 10.30am. Themes: Hope Darkness to Light Peace.

Friday 10th December



What a busy day! In the morning a six strong team of ladies from the church arrived at Upton Primary School, armed with oranges, candles, sweets and cocktail sticks ready to make 400 Christingles with the children. First of all they had a Zoom get together in their classrooms when they told what the Christingle stood for and what each of the items represented. Amid a lot of sticky fingers, sticky tape and "can we eat the sweets now" the completed Christingles were produced in record time. In the afternoon Rev Philippa led the Christingle service (again on Zoom) and the children were able to light their candles, and the six very tired but very happy ladies, mission accomplished, left the school to find a comfy chair!



But for some it was only a brief respite before they were in the church singing with the TLC, together with Gloucester Brass at the Carol Concert. An enjoyable



evening was had by all who attended. Thank you to both the band and choir your efforts were much appreciated and a total of over £180.00 was raised to go into church funds.

Who's Who in the Parish Church

Mothers Union

The November meeting was well attended and included two visitors. Members brought along and shared readings and poems of their choice. There was a good variety of humour and serious topics, and Pam Ayres was featured in two as did hilarious descriptions of kindergarten nativity productions. The Branch Treasurer, Jenny Cunningham was presented with a certificate signed by the Diocesan President to mark her 50 years of membership.



The first meeting of 2022 will be held on Thursday 20th January at 2.30pm at St Oswald's Church Hall and will be the AGM and there will be a "new" Bring and Buy Stall as part of the Branch's fund raising for the year.

Kate Gale - Branch Leader

Church Treasurer - Vacancy

PCC Secretary
Pam Tickner

Safeguarding

Sue Downey

Bell Tower Captain

Charlie Burnett

Mother's Union:

Kate Gale

Church Flowers:

Jenny Cunningham

USL Life (Church pages), Pew News and Website

Rachel Middleton

The Advent Star

Once again the Advent Star was erected on the tower of St Leonard's church to shine over the village for Advent. The fourth Sunday before Christmas marks the beginning of Advent.

The word is derived from the latin "Adventus" which means "coming" and this refers to the coming of Christ.

We put the star up on a windy day which proved to be challenging.

A big thank you to Eddie Spence and Keith Robbins who braved the elements

Dave Knight

<i>Services for January 2022</i>		
January 2nd		Epiphany
	8.00 am	Holy Communion
	10.00 am	Morning Worship
January 9th		Baptism of Christ
	10.00 am	Holy Communion
January 16th	10.00 am	Holy Communion
	4.00 pm	Service of Remembrance
January 23rd	10.00 am	Holy Communion
January 30th	8.00 am	Holy Communion
	10.00am	Service to be led by our Flourish Team, on the theme of 'Making a difference.'

★ ★ ★ ★ ★ ★

December 500 Club Winners

1 st Prize	£30.00	74
2 nd Prize	£20.00	24

★ ★ ★ ★ ★ ★

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The Feature Article this month is on 'Silver Linings'

Frequently we hear sayings that ring so true for us that we suddenly realise why they have endured through the ages. One such saying 'Every Cloud has a Silver Lining' has become a truism for many of us since the COVID Pandemic separated us from the ones to whom we are closest. We have all missed the company of other humans whether it's friends and family, work colleagues or even the folk we come across at the BMI.

For some of us older villagers during the lockdowns, it was our grandchildren who we missed most; not that our own children weren't important but it felt that, the more generations we belong to, the broader we become and we feel deeply our part in the turning wheel of time and our strongest connection seems to be with the beginnings of these new little lives and their wonder at being 'here'.



Before the pandemic my grand-parenting was very natural and I rejoiced in the discovery of another little earthling full of surprise about our world and belonging to aunts, uncles and cousins and part of a collection and connection to each other. When the Covid restrictions happened and we were denied the physicality of our connection with these younger family members, while we could understand the necessity for the restrictions we very quickly discovered it was also alarmingly heart wrenching.

Since the 60s and the growing interest in psychology and all areas of mental health, scientists across the globe have investigated how relationships in general and in particular develop and evolve over time. All reports suggest that children's well-being and educational performance is boosted by 'engaged grandparents' and the benefits can last a lifetime. Using MRI scans they are now able to measure activity in the area of the brain associated with emotional empathy: recent results show that when parents' and grandparents' emotional empathy was measured, what stood out was the increased activity in grandmothers' brains as they interacted with their grandchildren. Emotional empathy is when you feel what someone else is feeling, unlike cognitive empathy which is understanding what is felt and why. Emotional empathy plays a large part in children's confidence whatever age they are; feeling empathy plays a huge part in grandparents' uncertainty of being valued in the world during the ageing process when all the areas of connectivity are tested in the ever changing world of technology and personal mobility.

An astonishing fact related to emotional research is that during the Covid pandemic and restrictions on travel, all over the world unknown to each other there was a huge network of grandparents, particularly grandmothers, longing for the time when they could see and touch their grandchildren again. Strange thoughts arrived in my head as I walked in the fields around Upton and saw younger and older sheep and I wondered if there were any grandmothers among them, but quickly realised that the older sheep had probably been somebody's Sunday roast a while ago.



Like most grandmothers I have kept many of the letters, poems, drawings and home-made birthday and Christmas cards that my grandchildren have given me over the years. My favourite says "The world's a happy place 'cos my Granny's in it".

All these cards and letters have been a great source of fun and joyful reminiscing and now I rejoice that this Christmas and New Year I am able to see my grandchildren again. As we anxiously wait for news of the latest mutation Omicron and wonder how to remain safe, we hope that the many many grandmothers and grandfathers across the globe have reconnected with their grandchildren too and that the cloud of COVID-19 has left us with a deeper sense of gratitude, a silver lining, not only for our grandchildren, but for all life on this wonderful planet that we call Earth.

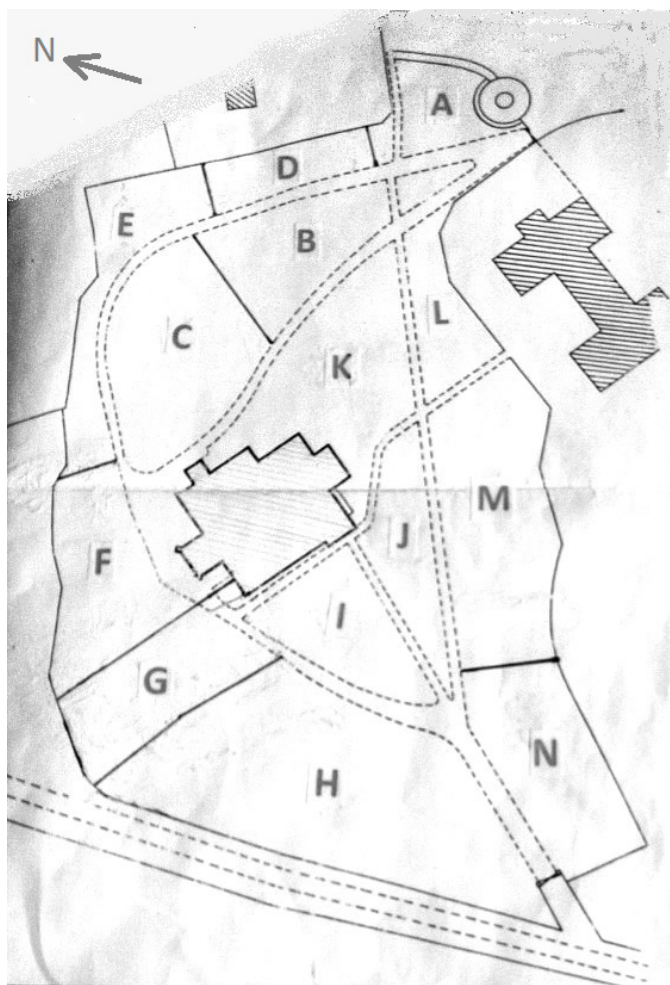
Christina Caldwell

The third report on Jeff Dawson's work surveying the Churchyard

See previous editions for the first two reports from Jeff

My Churchyard survey is complete. I have spent the last few months re-examining graves which were initially identified as being illegible. With the application of flour applied with a fine brush I have been able to identify about 20 more names. Some, however, are so badly weathered that they are impossible to decipher.

I have produced two spreadsheets. The first contains, in alphabetical order, all the names of people buried there since 1540. In total there are over 6500. The first official burial register dates from 1813. There are two others the second of which was only recently completed. There are 3200 names in these Registers.



The Churchyard has been broken down into 14 sections and these are shown in the diagram below.

The first spreadsheet gives dates of birth, death and burial, when these are available, and also identifies the section in which the particular person was buried.

Each section has been broken down into rows and these are shown on individual section maps.

The second spreadsheet consists of worksheets, one for each section and defines the row of the grave. It is,

therefore, possible to define where any person who has been identified is buried.

I have photographed each headstone and these are in an album for each section in sequence. A copy of what I have produced is with the Church.

In addition, I have scanned a number of old Documents which relate to a number of topics:-

- those relating to land leaseholders and rents
- those relating to work on the church
- letters regarding the sale of woods and land
- some letters from Lady Downe
- general material.

Among these are accounts of when the church was expanded with the addition of a South aisle in 1835 and an extended North aisle in 1845. The costs were £816 16s 3d and £993 16s 4d respectively. A new chancel was erected in around 1852, which included the purchase of an organ, the total cost of which was £1016 18s 11d. The organ cost £75. A thousand pounds then would be worth around £140,000 today, so it sounds good value for money. The work in 1835 was largely completed by a Mr Crook and that in 1845 by a Mr Cholerton.

The earlier burial Registers contain descriptions of the Church by the incumbent at the time. That in the second Register, dated January 1861, is shown below.

"A large Church, in good condition, consisting of nave with N. and S. aisles (the latter added in 1835), Chancel with North aisle, and Western Tower.

At the West End of the S. aisle is now placed a Norman doorway which was probably once on the S. side of the nave - having a solid tympanum and cylindrical mouldings upon shafts - the outer moulding is filled with hollow squares and a tympanum of chequered pattern.

The N. aisle is wide, and divided from the nave by two large pointed arches on an Early English circular pillar, and Eastward of them, two small pointed arches. This aisle has some good Decorated windows of two and three lights, and a fine long one of three lights at its West End. It has also some pretty foliaged corbels. The roof of this aisle is better than that of the Nave.

The South Aisle, built in 1835, is of late Perpendicular character and opens to the nave by three flat Tudor arches on octagonal columns, all of rather meagre character.

The Tower arch is pointed and stilted, springing from the wall. There is a narrow arch on short shafts at the East End of the N. Aisle of the nave opening into that of the Chancel and over it a trefoiled circle.

The Church and Churchyard - continued

The Chancel arch is rather straight sided, on imposts. The chancel has on the N. two different shaped arches opening to the aisle - one is of a kind of Tudor form - the other equilateral, springing from clustered [shafts].

The North Chapel seems Perpendicular. The East End of the Chapel is Early English, and has the East window of two Lancets with trefoil heads, surmounted by hoods, and one on the North side.

On the South are two windows of the same kind, and below them Sedilia with arched canopies on shafts of Early English character, with capitals and bases. There is also a plane Piscina in shape of a Trefoil. The Sacarium is fine – is laid with rich tiles, and has a very effective reredos of panelling and enriched with illuminated tiles.

The Altar is of wood, with open arches, and its cloth of fine embroidery. There is an illuminated screen North of the chancel, on which side is the Organ. The Chancel is stilled. A vestry on the South. The pulpit in the nave is new, of stone, with ogee panelling, upon a ribbed stem. The Font seems new and of Perpendicular character. The Tower in its lower part seems Decorated - having a doorway on the West and two light windows - the rest is Perpendicular: it has slight corner buttresses - two string courses - a panelled battlement and full crocketed pinnacles: large two light belfry windows of local type. The North Aisle has a good West Gable and cross.

The roofs are flagged - the material a pretty white stone.

There is a bell-cot over the East End of the nave for two bells.

The Churchyard is remarkably beautiful - surrounded by fine trees and planted with cypresses: on the South, are some handsome new schools."

Here are definitions of some of the terms used above that were new to me:

Tympanum - the semi-circular or triangular decorative wall surface over an entrance, door or window, which is bounded by a lintel and an arch. It often contains sculpture or other imagery or ornaments. Many architectural styles include this element.

Sedilia – a group of stone seats for clergy in the South chancel wall of a church, usually three in number and often canopied and decorated.

Reredos - a decorative screen behind the altar, usually highly carved.

Piscina - a stone basin near the altar in Catholic and pre-Reformation churches for draining water used in the Mass.

Sacarium - the Church sanctuary.

Ogee - showing in section a double continuous S-shaped curve; an S-shaped line or moulding.

Crocket – a projecting ornament in the form of a cusp or curling leaf placed along the outer angles of pinnacles and gables.

Bell-cot – a small or subsidiary construction frequently corbeled out from the walls of a structure and used to contain and support one or more bells.

Corbel - a projection jutting out from a wall to support a structure above it.

Compiled by Jeff Dawson

USL Life thanks Jeff for his extensive research into Upton Churchyard. It will serve as an accurate and up to date record for all of those who wish to know more about its history.

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Arts Page

We begin the year with thoughts of birth and then new life in retirement. As 2022 begins, we recommend a book which will bring you enjoyment and stimulation throughout the year.

THE NIGHT BEFORE THE LAST DAY OF JANUARY by Kona Macphee

will be remembered by a random few
for having borne it out in sheeted snow
on no exceptional stretch of motorway,
rationing the engine's gas-and-air
to intervals of heat while still more snow
slipped down, unprecedented, otherworldly;

but I'll recall it as the unslept night
before that morning-after when you lay
against my heart on the white of ward-square sheets:
a little snowflake fallen into warmth,
fragile, precise, astoundingly unmelting.
(For Caitlin born 31.01.2003)

SWINEHERD by Eilean Ni Chuilleanain

When all this is over, said the swineherd,
I mean to retire, where
Nobody will have heard about my special skills
And conversation is mainly about the weather.

I intend to learn how to make coffee, at least as well
As the Portuguese lay-sister in the kitchen
And polish the brass fenders every day.
I want to lie awake at night
Listening to cream crawling to the top of the jug
And the water lying soft in the cistern.

I want to see an orchard where the trees grow in straight lines
And the yellow fox finds shelter between the navy-blue trunks,
Where it gets dark early in summer
And the apple-blossom is allowed to wither on the bough

SOME THOUGHTS

Predictions can be very difficult – especially about the future (Niels Bohr - Physicist)

Eternity's a terrible thought. I mean where's it all going to end? (Tom Stoppard - Dramatist)

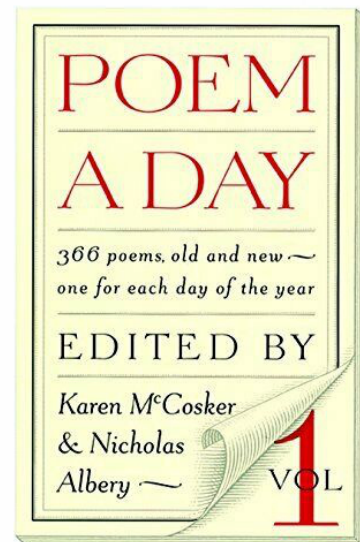
BOOK REVIEW

Here's a challenge for the New Year. The book we recommend this month is POEM A DAY, edited by Karen McKosker and Nicholas Albery with a foreword by Wendy Cope.

It contains 366 poems, old and new. These are poems to learn by heart or treasure and enjoy. Poets included in this excellent selection range from Yeats, Shakespeare and Kipling to contemporary poets such as Maya Angelou and Carol Ann Duffy.

So, a New Year's resolution could be to read and recite a poem a day. Publisher –

Vintage. ISBN 9781856194990.



JANUARY

3	Mon	Upton WI.....	Pavilion	2.00pm
4	Tue	Recycling and Food Waste Week		
4	Tue	Needles & Pins	Village Hall Annex	9.15am
4	Tue	Badminton	Village Hall	8.30-10.30pm
5	Wed	Wednesday Probus	BMI	10.00am
5	Wed	Chair-based Pilates starts (and every Wed thereafter)	Pavilion	2.00pm
5	Wed	Upstagers Amateur Dramatics	Village Hall	7.30pm
6	Thu	Tea and Chat	Old School Room	2.00-4.00pm
8	Sat	Post Christmas/New Year Quiz.....	BMI	8.00pm
9	Sun	Tennis Club Members Morning.....	Tennis Courts	10.00am
10	Mon	Parish Council Meeting	Pavilion	7.30pm
10	Mon	Copy date for February issue of USL Life		
10	Mon	Twyver WI	Village Hall	7.30pm
10	Mon	Coffee Club.....	BMI	10.00am
11	Tue	Rubbish and Food Waste Week		
11	Tue	Tuesday Probus	BMI	10.00am
11	Tue	Needles & Pins	Village Hall Annex	9.15am
11	Tue	Health Improvement.....	Pavilion	7.00-9.00pm
11	Tue	Badminton	Village Hall	8.30-10.30pm
12	Wed	Ladies Probus	BMI	10.00am
12	Wed	Upstagers Amateur Dramatics	Village Hall	7.30pm
12	Wed	Bingo	BMI	8.00pm
13	Thu	Craft 'N' Chatter	Old School Room	10.00-12.00p.m
13	Thu	Tea and Chat	Old School Room	2.00-4.00pm
15	Sun	Tennis Club Members Morning.....	Tennis Courts	10.00am
17	Mon	Needles & Pins	Village Hall Annex	9.15am
17	Mon	Coffee Club.....	BMI	10.00am
17	Mon	Health Improvement.....	Pavilion	7.00-9.00pm
18	Tue	Recycling and food waste week		
18	Tue	Badminton	Village Hall	8.30-10.30pm
19	Wed	Wednesday Probus Club	BMI	10.00am
19	Wed	Upstagers Amateur Dramatics	Village Hall	7.30pm
19	Wed	Bingo	BMI	8.00pm
20	Thu	Tea and Chat	Old School Room	2.00-4.00pm
20	Thu	History Group – Cotswold and Cornish Cream.....	Village Hall	7.45-9.15pm
23	Sun	Tennis Club Members Morning.....	Tennis Courts	10.00am
24	Mon	Coffee Club.....	BMI	10.00am
25	Tue	Needles & Pins	Village Hall Annex	9.15am
25	Tue	Rubbish and Food Waste Week		
25	Tue	Tuesday Probus Club	BMI	10.00am
25	Tue	Health Improvement.....	Pavilion	7.00-9.00pm
25	Tues	Badminton	Village Hall	8.30-10.30pm
26	Wed	Upstagers Amateur Dramatics	Village Hall	7.30pm
26	Wed	Bingo	BMI	8.00pm
27	Thu	Tea and Chat	Old School Room	2.00-4.00pm
29	Sat	Entertainment Night	BMI	8.00pm
29	Sat	Progressive Supper	Various Locations.....	6.30pm
30	Sun	Tennis Club Members Morning.....	Tennis Courts	10.00am

FEBRUARY

7	Mon	Upton WI.....	Pavilion	2.00pm
7	Mon	Parish Council Meeting	Pavilion	7.30pm
10	Thu	Copy date for March issue of USL Life		
14	Mon	Twyver WI	Village Hall	7.30pm
24	Thu	Pantomime: Dick Whittington.....	Village Hall	7.30pm
25	Fri	Pantomime: Dick Whittington.....	Village Hall	7.30pm
26	Sat	Matinee Pantomime: Dick Whittington	Village Hall	2.30pm
26	Sat	Pantomime: Dick Whittington.....	Village Hall	7.30pm

MARCH

7	Mon	Upton WI.....	Pavilion	2.00pm
7	Mon	Parish Council Meeting	Pavilion	7.30pm
10	Thu	Copy date for April issue of USL Life		
14	Mon	Twyver WI	Village Hall	7.30pm

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

Weekly courses

This section lists the courses that run every week.

Activity	Day	Venue	Contact	
Yoga	Mondays 10am	Village Hall Annex	Lara Brickhill	07876 764425
Yoga	Fridays 10am	Pavilion	Sylvia Bennett	07921 591521
Pilates	Thursdays 1pm	Village Hall Annex	Philippa Barker	07861 727198
Pilates	Fridays 9.30am	Village Hall Annex	Philippa Barker	07861 727198
Chair-based Pilates	Wednesdays 2pm	Pavilion	Angela Harris	
Art Class	Tuesdays 2pm	Village Hall Annex	Christine Hughes	01452 614227

Health Issues Explored

Millie Barnes writes:

The Government has allowed medical practices to scale back on regular health reviews in order to allow more focus on rolling out the Covid booster vaccination. This may be of concern to some, as if your health worsens during this time it may not be picked up from medical reviews or regular blood tests which are often included in these reviews. We also have a blood bottle shortage which is still in place. There are things you can do to help yourself, but it does require some focus. Self monitoring of your health is not difficult. One of the simplest is monitoring of your blood pressure. Machines, such as the one shown here, are reasonably priced and easy to use. Recording results on your phone is easy in today's world of smart phones and health apps.



Raised blood pressure is a symptom that all is not well, but it is not a disease or condition in itself. Medication for blood pressure is used to lower one's blood pressure and reduce the risk of a stroke or a heart attack. I recently visited a relative in her 70s and we recorded our blood pressures. She had a machine in the house but had not

used it as "I am on tablets so I feel I am OK". Her blood pressure was quite raised and I suggested she needed a review with her health care professional. My mantra is "what gets measured generally gets fixed". It's too late when a stroke or heart attack takes away your independence.

I am running a Health Improvement course in January and February in the Pavilion.

See the Village Diary and page 1 for dates. Do book a place and learn how to look after your health and that of your family, after all it's your most important asset. Most people spend more time taking care of their bank account than they do taking care of their health. This has health outcomes later on. Ensure you are aware and your health outcomes are good.

Have a Very Healthy New Year.

There is a YouTube video entitled "Blood Pressure: How High is Too High and How Do I Lower it Safely". You may find that the time to look at this will be a good investment in your health in 2022. This is a lecture delivered by a world renowned doctor to other doctors who specialise in a given area such as cardiovascular disease.

Spare a thought



Whilst many of us are now working from home it can be hard to focus on a task when a neighbour's dog is constantly barking. Spare a thought for your neighbours if you are a dog owner. Is your dog barking because he's shut outside in the cold in the garden? Is he spending too much time on his own? The most effective way is to consistently interrupt the barking with other diversions or distractions and ensuring your dog's basic needs are met, including adequate exercise and social interactions. Your dog will be happier and you and your neighbours will remain on good terms.

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OBITUARY - PETER FORD

We are sad to report the recent death of Peter Ford of Painswick Road. Peter died on 7th November, 2021. Before his stroke in 2013 he worked at his yard in Upton Lane, next to Commelines Mill Farm. Until he retired, Peter ran a business supplying garden sheds in the Village and was also very well known for his horse and carriage seen frequently on the Village roads and used at weddings and fetes.

Peter and his wife Jill lived in Woodland Green, following their marriage at Upton Church in 1972. Later they moved to Churchfield Road until moving back to the house where Peter was born, at Wickham Villa, Painswick Road, which at that time was part of Upton St Leonards.

Jill would like to express her thanks to everyone for their friendship, support and kindness during this sad time.

REMEMBERING LOVED ONES

On Sunday 16 January at 4pm there will be a special quiet service in the Church dedicated to the memory of those who have died.

Please go along and light a candle for someone dear to you.

In connection with this, we asked last month for names of people connected with the Village which we should print here. These and many others will be thought of at the special service.

John Day

Joan Livermore

Mike Kenyon

Colin Freshney

Les Swindin

Margaret (Daisy) Staite

Janet Johnson

Hedley Staite

Eliza (Pat) Innes

Liz Brownhill

Julie Wilson

John Baker

UPTON ST LEONARDS LIFE

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Next month's editor

Barbara Swindin



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Pensioners Lunch at the BMI



It may have been cold outside, but there was an extremely warm atmosphere in the BMI for the annual Pensioners' Lunch. Of course as we know, there was no event last year and so everyone wished to make this day extra special for all guests. Seventy BMI pensioners enjoyed a three course traditional Christmas lunch together with drinks, wine, raffle and great entertainment by Kenny.

Keith Pearson, BMI Chairman, and Mike Long, BMI President, both made short speeches and thanked the committee for arranging the lunch and service on the day, and thanked especially Brian and Lorraine for the catering.

Everyone agreed, this was one of the best Christmas Lunch and I'm sure we will all look forward to a repeat in 2022.

Paula Quinn (Words) Jim Browne (Photography)



Twyver Walkers

On a beautiful sunny crisp December morning, twelve members of the group met in Hazel Day's garden for mulled wine, mince pies and home made Pastis de Nata, a delicious Portuguese treat, to fortify us all, before setting off on the well worn path to Prinknash Abbey.