

Upton St Leonards Life *incorporating Church News*

Issue 101

January 2023



Happy New Year to all our readers!



Upton in White - December 2022



Photos by Keith Ardron

News, views and a plethora of verse and prose - something for everyone! This month's specials include:

***Owl-inspired poems written by our own villagers - pp. 3 and 15;
Gardens p.6; Upton 100 years ago p.12; Health awareness p.13;
Keeping Upton tidy p.15; Hints about heating our homes p. 19***

As we move forward into the New Year and the reign of King Charles, we have just one last tribute which has waited in our archive since the recent death of our late Queen Elizabeth. This poem was sent in by villager, Mrs. J. Fisher.

God reached out to Her Majesty
And whispered, "It's time to rest
You served your country always
Did your very best."

As her family gathered to say goodbye
There was Paddington, by her bed
He raised his hat and slowly bowed
"I'll miss you Ma'am" he said.

With heavy heart we'll remember
Our gracious loyal Queen
She served us well ... her nation
The best there's ever been.

Over 70 years of service
Many challenges along the way
Events, processions and meetings
Something different every day,

But she carried herself with grace
Humility and kindness too
And inspired us to make a difference
In everything we do.

Now we look towards the future
And the challenges it brings
Our new monarch, as head of state
God save the King!

Editorial

Many thanks to all those of you who have contributed to this edition, to the proof readers and all who distribute the magazine around the village whatever the weather.
Barbara

Cooper's Edge School is looking for a non-parent governor. If you would be interested, please contact the school.

What's Been Happening in Upton?

Ladies Probus

In our November meeting, Mr Martin Fry treated us all to an evocative slide show, accompanied by some haunting music & poetry. Martin set the Christmas theme beautifully for us all.

We don't have a meeting in December - as we're all too busy preparing for that festive period!

But please join us for our first meeting of 2023 on 11 January for our annual Bring & Buy Charity Morning. For this event, Margaret, our outgoing President, has nominated the charity as Crohns & Colitus UK - a very worthy cause.

We will be meeting at 10.15am for a 10.30am start in the BMI on Wednesday 11 January 2023.

Janet Carr

Tea and Chat

Why not come along on Thursday afternoons to our Tea and Chat Group held in the old School Room next to the BMI. We are a friendly bunch and would love to meet you. Tea and coffee on offer and biscuits too, for a small donation!

By the time this goes to press we will have had our last meeting for 2022, mince pies will have been served and we will have wished each other a Merry Christmas.

We look forward to meeting you at our first meeting of 2023 on Thursday 12th January. We wish everyone a Peaceful New Year.
Jackie Clouting

First photo below



TWYVER WALKERS

On December 1st, thirteen ladies met for mulled wine and a wonderful assortment of the first Christmassy morsels of Stollen, mince pies and other delicacies; kindly hosted by Pauline Sugdon.

This strengthened everyone's resolve to venture out once more into the murky mist that lay ahead as we embarked on our walk up to the Prinknash café. It appeared that the weather had not deterred anyone from setting out and we were lucky to find a table to accommodate us all. The café continues to thrive and is a very popular spot ... and the cheese scones are to die for!!!
Photo (below R)

UPTON WI

Christmas spirit filled the air as our president Angela Harris welcomed our guest speaker John Beckingham (well known to villagers for his jazz performances at the BMI).

His singing and musical career began as a chorister, rising to head chorister at Gloucester Cathedral, where he sang in 3 Three Choirs Festivals. Sitting at his keyboard, sporting a red shirt, John began to explain and play chords basic to the music of jazz.

Jazz, as we know, is exciting, rhythmic, toe tapping, happy music, originating from workers in America's cotton fields in the deep south. Gospel music, marching bands, Cajun, the blues and rag-time all come together in jazz. John played a favourite hymn 'The Old Rugged Cross', and other songs. As jazz evolved, styles changed. The Big Band era began in the late 19th century. Louis Armstrong, the 'godfather' of jazz was born in 1901. Born to a large family, in poverty, in New Orleans, Louis

was raised by his maternal grandmother. A great influence in his young life was Professor Peter Davis, and through him Louis found his love of jazz.

John Beckingham played some recordings of Louis Armstrong's trumpet playing, and we also heard music of Scott Joplin, Duke Ellington and Count Basie.

In the 1930's the US Military engaged big bands to entertain troops, and we heard Glen Miller's 'In the Mood' with our feet tapping.

John finished with Christmas songs and he was warmly applauded. Kathy Quant gave a vote of thanks. Then mince pies and stollen were served.

We wish all our readers a very happy Christmas and a January, for a quiz. All are very welcome.

Kathy Quant

What's Been Happening in Upton?

Fashion Show at the BMI

On Thursday 24th November the lounge was full of members and friends who came to a fashion show courtesy of Z's Beautique. Based in Twigworth, Zoe sells a range of clothing to suit all ages together with a wide range of accessories. Information can also be found online.

Clothes were modelled by four BMI members, two of whom are also on the newsletter team, Linda Munnoch and Paula Quinn, together with their friend Jaquie Mathews. Many of our readers will remember the fourth model, Iona Robins. Iona was the only one of the four with any previous modelling experience and has in the past been a "Miss Gloucester".

It may have been a little nerve racking for the models to begin with, but everyone soon got into the swing of it. P.Q.

See page 20 for picture.

TWYVER WI DECEMBER 2022

Our last meeting of 2022 - on a very cold and frosty evening but, surprisingly, quite a large contingent of members arrived in good time after braving the roads and pavements.

In a change of programming it was decided that our Speaker would be starting off the evening in order for him to make it home before the roads got too dangerous. And so, Paul Evans settled down and began his entertaining 'Stories, poems, readings and chat – all with a Christmas flavour'. Starting off with Advent 1955 by John Betjeman, followed by a poem on a School Nativity with the immortal line – "Have you come from afar? No, I came in my dad's car!"

We had poems from Dylan Thomas, Pam Ayres, John Osborne (a farmer from Bath) and Frances Talbot, a local poet whose handwritten poems came into Paul's possession and of which he is extremely proud. He told the story of how his aunt lived in Painswick and he spent many a happy hour there and how a visitor often came calling, had cake and tea and then left; when Paul asked who this gentleman was, it turned out to be Laurie Lee of Cider with Rosie fame. We had a recitation of gobbledegook by Stanley Holloway and to finish off - a thought provoking poem 'Be nice to your turkeys...'

We had a nice, relaxing hour with Paul and then the formality of business took over during which it was announced that Nicola is to take over the Treasurer's role from next year. Millie was thanked for her service over the past year as she passes on the mantle.

We enjoyed mulled wine, mince pies and nibbles and all agreed it had been a fun way to spend the evening.

BMI Pensioners Christmas Lunch

It was an extremely chilly day on Saturday 10th December when eighty BMI pensioners arrived for their annual Christmas lunch at the BMI. However once inside the atmosphere soon changed to warmth as they took their seats for the afternoon enjoyment.

Members of the committee took drinks orders for everyone prior to their traditional three course Christmas lunch prepared by Lorraine and Brian. This is always one of the most enjoyable and busiest days of the year and the first of the Christmas and New Year events at the club.

Mike Long, the president, made his annual speech and thanked the committee and Lorraine and Brian for their hard work in organising the event. After lunch there was entertainment provided by Kenny and a raffle. All agreed that they had had a wonderful afternoon, a great way to prepare for the festivities. It is often said that this is the start of Christmas for many. P.Q.

The Owl on the Green

A tribute by Ted Gardner

On our village green once stood an oak tree.
The proudest of oaks that you ever did see.
Then one day there came the foulest of storms:
It split our oak tree and ruined its form.
Measures were taken, the upper boughs topped,
Forlorn it stood, its beauty cropped.
A few months passed by with our oak in this state
While the village committee decided its fate.
They engaged an artist, a man of great skill
With chainsaw and chisels he set to with a will
And where our oak tree once stood, an owl now stands
Created by a man with beauty in his hands.
The detail of carving is really most clever
And the whole village knows it will be here for ever.
The foulest of storms might have cost us a tree,
But we know this owl forever will be our 'Upton'.

Our first meeting of 2023 on the 9th January will be an open meeting! Open to all gentlemen, ladies and non-members alike for an entertaining evening about Big Cat Sightings in Gloucester. There will be a charge of £3 at the door – check out the information from Nicola in this edition. L.M.

What's Coming Up at the BMI?

POST CHRISTMAS/NEW YEAR QUIZ

For members and signed in guests

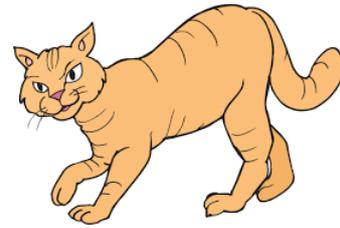
Saturday 7th January 2023 @ 8.00p.m.

£1.50 per person for teams of up to 6

(minimum £6 for teams up to 4)

All profit on the night will be donated to the BMI charity for 2022-3, the CT scanner appeal @ Cheltenham Hospital

Please add your name to the booking sheet by Thursday 5th January, to ensure that there are sufficient copies of the quiz sheets available together with tables on the night



BIG CATS

Twyver WI warmly invite you to our January meeting. The speaker is Frank Tunbridge the local and national expert on Big Cats in Gloucestershire. We are sure this will be a fascinating evening.

The talk starts at 7.30pm on Monday 9th January 2023 in Upton St. Leonards Village Hall.

Entry fee £3 on the door.

We hope that you will come along.

All are welcome

Sunday 15th January 2023

Comedy Night @ the BMI

From 8.00p.m.

A night of stand up comedy hosted by Gloucester's Award Winning Act Nik Hill

featuring

Samantha Day

Roger Swift

Demitris Deech

A great line up to grace the BMI Club, which

promises to be an entertaining night

Open to members and signed in guests

BMI

Sunday Lunchtime Jazz

JG Jazz and Swing Trio

Sunday 22nd January 2023

1.00-3.00p.m.

Open to members and signed in guests

SUNDAY 20TH NOVEMBER 2022

1.00-3.00P.M.

Open to members and signed in guests

What's Coming Up in Upton?

ABBEYDALE GARDEN CLUB

at

Upton Village Hall

3rd Monday each month -7.30p.m.

Lots of fun with like-minded folk
Hints and tips, talks and presentations
Summer show and plant swaps
Pop in and say hello..... no need to be an expert
Or Contact Val

**WELCOME TO THE
FIRST MEETING OF THE NEW YEAR
MONDAY 16 JANUARY**



If you are interested in gardens/
gardening, see also Fashion and
Nostalgia on the next page.

NOT TO BE MISSED!

THE MEDIEVAL BARBER SURGEON

A talk by John Putley

COME ALONG TO THE HISTORY GROUP FOR OUR FIRST TALK OF THE NEW YEAR AT THE VILLAGE HALL ON
THURSDAY 19 JANUARY AT 7.45 PM

SAVE THE DATE

Saturday March 25th 2023 Spring Show at the Village Hall

The photography classes for the show are:

King of the castle

Street life

Fruits of my labour

Summer loving

Hills and dales

Brrr! (black and white only)

Hello (children only)

The charity class will be announced later. All other classes remain the same and further information will be announced.

FASHION and NOSTALGIA

Just as fashion comes and goes in the worlds of clothing and interior design, so it does with plants and gardens. I realised this recently when I looked out of my kitchen window and saw the blackbirds feasting on the red berries of my large cotoneaster which is holding up most of my garden fence.

This rather unfashionable shrub reminded me of gardens and plants post war and the memories I have of them; and with the nostalgia came the realisation of the great changes in gardens and plants that have evolved over the last 60 – 70 years. I associate cotoneaster with pebble-dashed, semi detached, bay windowed houses, with the shrub trained up under the bay windows.

Gardens in the post war period followed a familiar pattern with lawns, borders and hedges, mostly at right angles to each other. All front gardens had borders, mainly with hedges, which were more often than not privet with the distinctive smell of its flowers. Lawns always grew daisies; how else would we have known how to make daisy chains? Gardens had gates with a path leading to the front, garages were rarer then. The plants in the borders as I remember them were sweet williams, snapdragons, wallflowers and lupins, and in the autumn michaelmas daisies. Standard roses were very fashionable – they are not often seen today, but are visible in great quantities in the Gardens of Remembrance at Gloucester Crematorium. Other roses commonly grown were Peace and New Dawn.

Who can now remember flowering currant with its distinctive smell and always the first shrub to flower in the spring. My grandmother grew asparagus for its fern like qualities, not as a vegetable. Popular trees were jasmine, forsythia, lilac, laburnum and Japanese cherries. I remain fond of cotoneaster and have it propping up all the fences in the garden. For the sake of nostalgia I also train up under my kitchen window. I now know that from the same family of plants come hawthorn, pyracantha and rowan.

Looking at gardens today a lot has changed. Now a large proportion of front gardens are open plan, few gates are seen. A lot of room is given to driveways and access to a garage and often gravel or tarmac provide extra parking space. Pots and borders are filled with different plants – geraniums, begonias, pansies, violas. Daisies and dandelions are rarely seen, but forget-me-nots and ivy still survive and spread.

We are sure that many of our readers will have memories of other plants familiar to their childhood; please let us know as we would be pleased to print your reminiscences.

This feature was sent in by Ann Morphew.

Recycling Christmas Cards

Please recycle your Christmas cards to raise money for the Cobalt Unit, Cheltenham. If possible, the whole card, not just the fronts. The Cobalt Unit had raised £25,000 in 2022 up to November from recycled Christmas, birthday and everyday cards! You can drop off your cards (not after 13 January, please) at the following addresses in the Village:

BMI	Upton Mill, 60 Bondend Road	Upton Post Office
	68 Woodland Green	4 Whornes Orchard

Samaritan's Purse Shoeboxes 2022

Over 300 shoeboxes were brought to Upton Church, and these were part of the nearly 20,000 from the county. Very many thanks for all the knitting, sewing, fun toys, as well as hygiene and stationery items we received.

To note for the boxes later this year: we were very short of wow / fun items for boys aged 10-14. If anyone has a contact for bulk purchases of deflated footballs with pumps, calculators, small torches, Rubik cubes or such like items, please contact me.

Jenny Cunningham

A winter month – will it be wild and harsh? The poets we quote this month predicted or described a hard, cold winter.



WINTER NIGHT by Roy Fuller (1912-1991)

– a poem written during World War 2.

An owl is hooting in the grove,
The moonlight makes the night air mauve,
The trees are regular as crystals,
The thawing road shines black as pistols,
And muffled by the quiet snow
The wind is only felt to blow
Dread bird that punctually calls!
Its sound inhuman strangely falls
Within the human scale; and I
Am forced to place, besides the cry,
The moon, the trees, the swollen snow,
Reluctantly with what I know.
Even the road conveys the sense
Of being outside experience;
As though, this winter night of war,
The world men made were man's no more.

BLASHEY-WADDER by Jen Hadfield

At dusk I walked to the postbox,
and the storm that must have passed you earlier today
skirled long, luminous ropes of hail between my feet
and I crackled in my waterproof
like a roasting rack of lamb.

And across the loch,
the waterfalls blew right up off the cliff
in grand plumes like smoking chimneys.

And on the road,
even the puddles ran uphill.

And across Bracadale,*
a gritter, as far as I could tell,
rolled a blinking ball of orange light
ahead of it, like a dungbeetle
that had stolen the sun.

And a circlet of iron was torn from a byre
and bowled across the thrift.

And seven wind-whipped cows
clustered under a bluff
and I mean more'n wet weak hail
on a bastard wind.

(*Bracadale is on the Isle of Skye)

EPIGRAMS

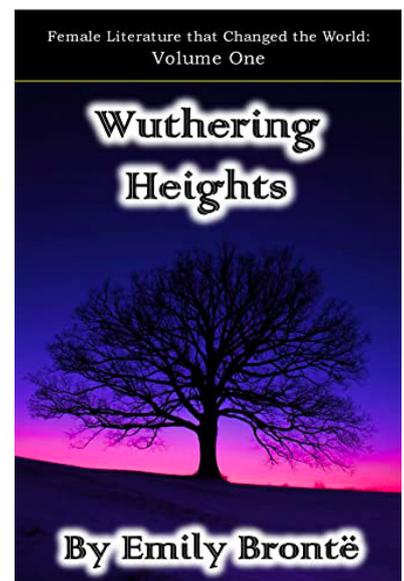
To be able to fill leisure intelligently is the last product of civilisation – Bertrand Russell from "In Praise of Idleness".

We haven't got the money, so we've got to think – Ernest Rutherford, Physicist and Atom Splitter.

BOOK REVIEW

Wuthering Heights by Emily Brontë

This novel was published in 1847 by Emily Brontë under her pen name Ellis Bell. It concerns two families of the landed gentry living on the West Yorkshire moors, the Earnshaws and the Lintons, and turbulent relationships with Earnshaw's foster son, Heathcliff. At publication it was controversial for its depiction of mental and physical cruelty, including domestic abuse. It also challenged Victorian morality and religious values. Most of the story is told by a housekeeper although Brontë uses several narrators to place the story in perspective. There have been many films and television series made in many languages, including Japanese, Spanish and French. Theatre and Opera adaptations and a Musical have also been produced. The best-known creative work inspired by Emily Brontë's story is probably Kate Bush's 1978 song "Wuthering Heights". Bush was strongly influenced as a teenager by the 1939 Laurence Olivier/Merle Oberon film. A perfect book for the cold, dark nights of January!



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St Leonard's Church pages

Priest in Charge **Vacancy**

Interim Minister:

Rev Philippa Donald



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

Churchwarden

Gill Howell

Baptism and Wedding Enquiries

Jenny Cunningham



Services for January 2023

Sunday 1 st January	10.00 am	Holy Communion
Sunday 8 th	10.00 am	Holy Communion
Sunday 15 th	10.00 am	Holy Communion
Sunday 22 nd	10.00am	Holy Communion
Sunday 29 th	8.00am	Holy Communion
	10.00am	Morning Worship, led by the Flourish Team

The PCC still need positions to be filled
A second Churchwarden, Treasurer and Secretary

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



St Leonard's Church is desperately in need of a new roof and during 2023 our aim will be to try and raise some of the money for this purpose. Every effort will be made to preserve your beautiful church which has been a place of worship since the late 11th century.

A 'Friends of St. Leonard's' group was discussed last year to aid in the upkeep of the village church and there is more information about the group on the next page.



December 500 Club Winners

1 st Prize	£30.00	No. 43
2 nd Prize	£20.00	No. 69

The winner of the special Christmas draw will be announced in February edition



Tower light dedications

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

In an effort to conserve resources the church lights will only be lit between the hours of
5pm and 9 pm during the winter

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 five years ago. A much loved Wife, Mother, Grandmother and Great-grandmother. Never forgotten and always in our hearts.



Once again this year we were able to go into St Leonard's Primary school and help the children make their Christingles, always a lovely way to start the Christmas preparations, the excitement of the children is infectious. The older boys and girls remembered well from previous years and the younger ones were reminded or learnt all about a Christingle, some of which were lit at a special service in school on Monday 6th December with Revd. Philippa.



The Open the Book Team have been able to start telling stories to the children again after a long break during the COVID years. The team were able to return in October and they now go into the school once a month to tell stories and act them out during assembly, ably assisted by a few of the pupils.



If any one is interested in joining the team please get in touch (saintleonardsrachel@gmail.com)

On a bright, snowy December day, we were very pleased to be able to welcome the school children and teachers into church for their Christmas carol service, the first time since the pandemic.

Friends of St Leonard's

There was a meeting held in church last March to explore the idea of a "Friends of St Leonard's" group. Around 20 potential members came to the meeting, and we hoped others would join once the group was formed. It's disappointing to have to admit that I have done nothing since the meeting about getting a group going, and now I feel I am not really in a position to take this idea further. We need a new leader! Come and talk to me, or Revd Philippa, or Dave Knight, if you could help.

Andy Russell



Samaritan's Purse

Shoe box appeal 2022

Just a few of the many shoe boxes delivered to Saint Leonard's church ready for their onward journey



Rev. Philippa



Dear friends in Upton St Leonard's,

First of all, may I wish you a very HAPPY NEW YEAR ! and send you my good wishes, thoughts and prayers for all that is to come in 2023. I hope and pray that it will be a good year for you, and for those you love.

But of course, we all know that this coming year, as every year, will bring good times and less good times, good experiences and less good experiences for us all. That's the nature of being human. If we look back at the year that has just gone we can see this. Life goes up and down and sometimes we feel as if we are on a roller coaster and it's wonderful and thrilling, and exciting, and sometimes we feel like it's going too fast and we feel a bit queasy and we'd like to get off for a bit. And sometimes on the 'flat bits' of the ride, we can get a bit bored on the roller coaster and want a bit of a change!

This year will bring change in the church here in Upton St Leonard's, as I will be leaving you, and retiring on Easter Day – April 9th – please do come to church that day, so I can say thank you in person, for allowing me to walk with you for the last eighteen months. I've so much enjoyed being with you all! It's been such a privilege and a joy to do this and in a way I'm sorry I can't be with you for longer, but I knew that my post here as Interim Minister was always going to be short – that's the nature of the word 'Interim' – it means 'for a time.'

During my 'time' here there have been talks and meetings in the Diocese about what might happen next, once I have left Upton, and I do believe that very gradually a plan is beginning to emerge. I must admit it's been rather a slow process, and it has not moved forward as quickly as I would have wished. My prayer has been that you would know what the plan was, looking forward, by the time I left you. So please, if praying is something you do, keep praying that this will happen in the next 4 months! And if praying isn't something you do, please send positive thoughts out over the Diocese. The worshipping community is alive

and well in Upton St Leonard's, in lots of different ways and we want this to continue in the future.

Thankfully we do not wait alone for the future to unfold. Jesus has promised in his word, that he will always be with us and never leave us.

In the New Testament Jesus told his followers, his disciples:

'I am with you always, even unto the end of the world. Do not let your hearts be troubled and do not be afraid.'

He spoke those words to his disciples just before he left them, to go to be with his father, God, in heaven. It might seem a bit odd that he would be saying 'I am with you always' as he left them. But what he meant was 'I will always be with you in your hearts, guiding you on, listening to your prayers, teaching you through my word and filling you with my Spirit, which will give you peace and courage and love for others, and joy. You don't need to be afraid, for I will always be there.'

So even though 2023 looks a bit unknown for us here in Upton St Leonard's at the moment, we do not need to fear because Jesus is with us, and he will lead us on step by step. All we have to do is allow him to take our hand and trust in him.

And I said to the man who stood at the gate of the year: "Give me a light that I may tread safely into the unknown." And he replied: "Go out into the darkness and put your hand into the Hand of God.

That shall be to you better than light and safer than a known way."

Christmas broadcast by King George VI 1939

As the year begins, and we wait to see what will unfold, in our lives and in the life of the church here, let us trust in God and his promise of his presence with us.

With my love and prayers,

Rev Philippa x

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



Mothers' Union

In November the Branch had an illustrated talk from Sheila Pugh about the work of the "Mercy Ships" operating off the west coast of Africa. Founded in 1978 by Don and Deyon Stephens, they have worked in more than 55 countries, providing services valued at more than £1.3 billion. They have two fully equipped boats ready to do a variety of operations and to dispense medical advice and training. In advance of the ship's arrival teams go inland to find and triage likely patients who could benefit from the organization's efforts. A variety of procedures are carried out including the correction of cleft palates, which commonly occur in Africa, cataracts, skin grafting after burns, limb deformities, removal of tumours, repairs following difficult home births and many more. Further details of their work can be found on their website. There are opportunities for young people to volunteer to work, possibly as a gap year experience on the ships. At the end the speaker and her husband were delighted to receive donations from the members.

The next meeting will be our AGM on Thursday 19 January 2023 followed by a "Fun Quiz" and will be held at St Oswald's Church Hall, Coney Hill Road, Coney Hill at 2.30pm. Do come along to hear about what we have been up to during 2022.

Kate Gale - Branch Leader

Mothers' Union is a global Christian movement working with people of all faiths and none to develop communities, strengthen families and advocate for change. With over 4 million members worldwide, we aim to put our faith into action, as we work together for a better world. [www.mothersunion.org]

Clerk to the Trustee Board and Administrative Assistant to Diocesan President.

10 hours per week, school term time only.

Salary: Living wage

Start date: early 2023

Based in the Mothers' Union Office on Tuesdays and Fridays

(open from 10.00am to 1.00pm); remaining hours flexible working. You will be required for 6 sessions per year to attend meetings of Trustees (4) and Diocesan Council (2) to take Minutes. These sessions are part of your weekly working hours and are currently held on Wednesdays.

The successful applicant needs to:

- be able to take accurate Minutes at meetings

- be computer literate with experience in WORD and EXCEL
- be able to work on own initiative
- possess a good telephone manner and have a friendly and welcoming demeanour, since the role involves being the public face of Mothers' Union
- undertake other tasks, occasionally, as directed by the Trustee Board

Membership of Mothers' Union is not a pre-requisite of this post, but you will be expected to acquire a working knowledge of the organisation itself and the structure of the Anglican Diocese of Gloucester.

If this position interests you, please send a letter of application and your CV to:

Doreen McLellan (Diocesan President)

doreen.mclellan@yahoo.co.uk

Margaret Edwards (Trustee for Governance)

tlk2margaret@yahoo.co.uk

Mothers' Union Office:

7a Millers Green, Gloucester. GL1 2BN

Charity Number 249912

Website - <http://mugloucester.org.uk>

New Year's Quiz 2023

1. What is the famous song everyone sings on New Year's Eve?
2. Who wrote the words?
3. When exactly, is Twelfth Night?
4. What did my true love send me on the '12th day of Christmas' – just the 12th day, not the whole song!
5. How many gifts does the lady receive in total ?
6. What do the Scots call New Year ?
7. Name a country that does not celebrate New Year
8. What were the names of the 3 wise men?
9. What gifts did the wise men bring?
10. What did those gifts represent ?
11. What day of the week was New Year's Day 2020, the year of the pandemic?
12. What name was given to the predicted computer meltdown on New Year's Day 2000?

Answers in next month's magazine,

Rev Philippa

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Looking Back 100 Years

Congratulations Upton Life on reaching 100 issues and to all those who produce and deliver this very worthwhile document. It is now free whereas the Parish Magazine in 1922 was three half pennies.

Upton in 1922 was getting back to something like normal after the terrible loss of so many men during 1914/1918 and afterwards. The Rector was Rev W E Eliot but he died on 7th August 1922 to be succeeded by Rev M Tanner. The Electoral Roll at the church contained 338 names. Money was collected for the repair of the bells and Mr Bond of Burford had been employed to work on them. Mrs C de Lisle Wells had donated £1.1s towards the repair. A pair of owls had been seen nesting on the church tower; now of course we have one permanent one on the green.

Evening classes were held in the Village Hall and at Jun's House in the High Street. These included dressmaking, dancing classes and boys' woodworking.

Mr John Millard was elected Chairman of the BMI. He had lost two brothers in the First World War.

In April a fancy dress dance was held to raise funds for the Village Hall. The winner was a Mrs Howe, dressed as "Put and Take", not sure what that means? The tennis courts were officially opened by Mrs J D Birchall who was President of the tennis club.

The old institution of supplying cloaks to the schoolchildren from Bowden Hall was to stop. This had been an annual tradition in the winter since Lady Downe in 1850. A garden fete was held at Bowden Hall with one event being "Bicycle Gymkhana" (would health and safety allow this now?). Tickets for the event were available from Miss Eva Mills at Birch Tree Cottage.

Records of Upton St Leonards by Archdeacon Scobell were on sale for 1/- per copy.

As far as I can work out the 200th edition of Upton Life should be issued in April 2031.

Happy New Year

Mike Stratford

PARISH COUNCIL NEWS

Drains

The PC have asked Highways to check drains which we have concerns about. This work was due to be carried out before Christmas and any actions will be shared in USL Life as they happen.

New Dog Bin

A new dog bin has been installed at the entrance to the field opposite the new cottage in Bondend Road.

Pavilion Rendering

The PC are still trying to establish a correct specification for the work together with suitable contractors for tendering of the work. Cladding as well as repair are being considered.

Budget for 2023/24

The budget for the coming year was agreed. It covers all expected expenditure e.g. village maintenance/ Pavilion repair etc. This

will mean an increase of 3% on the precept but we are still one of the lowest in the district even compared to smaller villages.

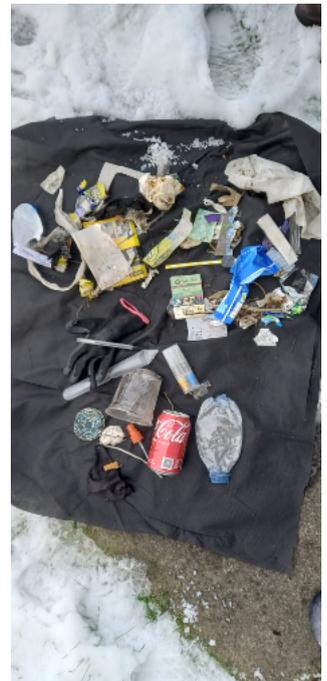
A417 Missing Link

This road improvement (at the Air Balloon) has been given the go ahead. Preparatory work will begin in early 2023 and construction will start later in 2024. Several videos are available on YouTube for those who are interested.

New Road in Upton

A notice of intent was issued on 24 November 2022 informing the public of the naming of the new road, Monica Sims Close, which will be part of the planned housing development adjacent to Bowden Hall Farm. Objections were invited.

Pete Wilson



See next page: Litterbug

This photo shows some of the litter the boys collected!

Health Awareness - How good is your hearing?

When we become aware that our hearing might be deteriorating, we need to consider the steps that are necessary before undertaking a hearing test.

Step 1:

We need to ensure our ear canals are free of wax. Hard impacted wax can dull our hearing, so a check to ensure the canal is clear is essential before a test is carried out. This can be done in two ways; an appointment with your local GP medical practice or a visit to an independent hearing aid test centre, found in most town centres. You can even have a visit in your own home for those who are less mobile. Advice on drops to soften wax is available from your local pharmacist. Interesting to learn that GPs do not get paid for this service!

Royal National Institute for Deaf People (RNID) has a hearing test online which can give you an initial quick assessment:

<https://rnid.org.uk/information-and-support/take-online-hearing-check/check-hearing>

Step 2:

Do I need a hospital based hearing test? Again providers on the High Street will carry out a test for free and advise you on the need for a hearing aid or not. If you do need a hearing aid you then have a choice: NHS hospital based hearing test and NHS hearing aids (your GP needs to refer you to this hospital based service) or consider if you wish to purchase from an independent provider, the choice is yours. The people I speak to about their satisfaction with hearing aids is 50:50, I find 50% are very happy with the NHS and 50% prefer the independent providers. The choice is yours. I personally would try the NHS first and see how I get on.

Many hearing aids have an app for mobile phones that allows you to control the settings, for instance turning down background noise in a

restaurant or at a rugby match.

There are other aids that help a family where one member has hearing loss. Amplicomms TV 2500 Digital amplified TV Listener allows the person with hearing loss to watch and hear the TV at a higher volume without disturbing the rest of the family in the room or house. This can work very well and is easy to set up. Other makes may be available.

You can get rechargeable hearing aids that don't need batteries, and can be charged up overnight. These are similar to ear pods for listening to music, they come in a small box that charges up by using a USB interface.

If you have concerns it is advisable to source hearing aids sooner rather than later as the hearing centre in our brain can deteriorate if not stimulated.

Millie Barnes

Litterbug

Those of us who have been watching the World Cup will have been aware of the diligence shown by the Japanese fans clearing up detritus in the stadia after their matches and other teams' games. What an inspiration!

Back in the summer two small boys armed with litter picking rods arrived full of enthusiasm at my door: "Grandma, can we do a litter pick please? Please!?" They had decided to do this as a result of being reminded to be a responsible citizen and so the two eco warriors and I set off fully armed, plastic bag at the ready. We started out in my little front garden, where we probed and prodded at soil to discover embedded sweet wrappers (cast aside by people walking by) that had 'wormed' their way in, and we carried on round into the green area on the way to the village shops. After about 20 minutes we had extricated a sizeable haul, ranging from a plastic bottle to a pen and other pieces of trash, which may have been recyclable, but unfortunately, because of their deterioration and contamination, not so. The Keep Britain Tidy movement

began after a Resolution in 1954 by the WI, brought about by campaign "to preserve the countryside against desecration by litter". This movement still exists today although is now operational as a charity funded organisation. Local authorities can still issue fines of up to £150 for environmental offences such as dropping litter, including food, cigarette butts and chewing gum. Two million pieces of litter are dropped each day and the cost of cleaning streets and the countryside now exceeds over £1 billion per year – just think what could be done with that money!

Be aware of new legislation to ensure the end of fly tipping: all householders are responsible for ensuring that any waste produced on their property by contractors is disposed of safely and legally. If waste is dumped illegally, it could be traced back to you. So, before employing a company on any project, check out their credentials with the Environment Agency.

Let's start the New Year with our own resolution, to Keep our Village Tidy.

Linda Munnoch

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JANUARY

2	Mon	Coffee Club.....	BMI.....	10.00a.m.
2	Mon	Upton WI	Pavilion.....	2.00p.m.
3	Tue	Recycling and food waste week		
3	Tue	Needles & Pins.....	Village Hall Annex.....	9.45a.m.
3	Tue	Badminton	Village Hall.....	8.00-10.00p.m.
4	Wed	Wednesday Probus	BMI.....	10.00a.m.
4	Wed	Upstagers Amateur Dramatics	Village Hall.....	7.30p.m.
4	Wed	Bell Ringing Practice.....	Church.....	7.30p.m.
4	Wed	Bingo.....	BMI.....	8.00p.m.
5	Thu	Tea and Chat	Old School Room.....	2.00-4.00p.m.
7	Sat	Post Christmas/New Year Quiz	BMI.....	8.00p.m.
8	Sun	Tennis Club Members Morning.....	Tennis Courts.....	10.00a.m.
9	Mon	Coffee Club.....	BMI.....	10.00a.m.
9	Mon	Twyver WI.....	Village Hall.....	7.30p.m.
9	Mon	Parish Council Meeting	Pavilion.....	7.30p.m.
10	Tue	Needles & Pins.....	Village Hall Annex.....	9.45a.m.
10	Tue	Tuesday Probus.....	BMI.....	10.00a.m.
10	Tue	Rubbish and food waste week		
10	Tue	Copy date for February issue of USL Life		
10	Tue	Badminton	Village Hall.....	8.00-10.00p.m.
11	Wed	Ladies Probus.....	BMI.....	10.30a.m.
11	Wed	Bell Ringing Practice.....	Church.....	7.30p.m.
11	Wed	Upstagers Amateur Dramatics	Village Hall.....	7.30p.m.
11	Wed	Bingo.....	BMI.....	8.00p.m.
12	Thu	Tea and Chat	Old School Room.....	2.00-4.00p.m.
15	Sun	Comedy Night	BMI.....	8.00p.m.
15	Sun	Tennis Club Members Morning.....	Tennis Courts.....	10.00a.m.
16	Mon	Coffee Club.....	BMI.....	10.00a.m.
16	Mon	Abbeydale Garden Club	BMI.....	7.30-9.30 p.m.
17	Tue	Recycle and food waste week		
17	Tue	Needles & Pins.....	Village Hall Annex.....	9.45a.m.
17	Tue	Badminton	Village Hall.....	8.00-10.00p.m.
18	Wed	Wednesday Probus	BMI.....	10.00a.m.
18	Wed	Upstagers Amateur Dramatics	Village Hall.....	7.30p.m.
18	Wed	Bell Ringing Practice.....	Church.....	7.30p.m.
18	Wed	Bingo.....	BMI.....	8.00p.m.
19	Thu	Tea and Chat	Old School Room.....	2.00-4.00p.m.
19	Thu	History Group – The Medieval Tudor Barber Surgeon	Village Hall.....	7.45-9.15p.m.
22	Sun	Tennis Club Members Morning.....	Tennis Courts.....	10.00a.m.
22	Sun	Sunday lunchtime Jazz	BMI.....	1.00-p.m.
23	Mon	Coffee Club.....	BMI.....	10.00a.m.
24	Tue	Rubbish and food waste week		
24	Tue	Needles & Pins.....	Village Hall Annex.....	9.45a.m.
24	Tue	Tuesday Probus.....	BMI.....	10.00a.m.
24	Tue	Badminton	Village Hall.....	8.00-10.00p.m.
25	Wed	Upstagers Amateur Dramatics	Village Hall.....	7.30p.m.
25	Wed	Bell Ringing Practice.....	Church.....	7.30p.m.
25	Wed	Bingo.....	BMI.....	8.00p.m.
26	Thu	Craft & Chatter	Old School Room.....	10.00-12.00p.m.
26	Thu	Tea and Chat	Old School Room.....	2.00-4.00p.m.
29	Sun	Tennis Club Members Morning.....	Tennis Courts.....	10.00a.m.
30	Mon	Coffee Club.....	BMI.....	10.00a.m.
31	Tue	Recycling and food waste week		
31	Tue	Needles & Pins.....	Village Hall Annex.....	9.45a.m.
31	Tue	Badminton	Village Hall.....	8.00-10.00p.m.

FEBRUARY

6	Mon	Upton WI	Pavilion.....	2.00p.m.
6	Mon	Parish Council Meeting	Pavilion.....	7.30p.m.
10	Fri	Copy date for March issue of USL Life		
11	Sat	Fun Horse Racing Night.....	BMI.....	8.00p.m.
13	Mon	Twyver WI.....	Village Hall.....	7.30.p.m.
20	Mon	Abbeydale Garden Club	Village Hall.....	7.30-9.30p.m.
22	Wed	Ladies Probus.....	BMI.....	10.30a.m.

MARCH

6	Mon	Upton WI	Pavilion.....	2.00p.m.
6	Mon	Parish Council Meeting	Pavilion.....	7.30p.m.
10	Fri	Copy date for April issue of USL Life		
13	Mon	Twyver WI.....	Village Hall.....	7.30p.m.
16	Thu	History Group – Llanthony Priory – Liz Griffiths.....	Village Hall.....	7.45-9.15p.m.
20	Mon	Abbeydale Garden Club	Village Hall.....	7.30-9.30p.m.
22	Wed	Ladies Probus.....	BMI.....	10.30a.m.

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

Weekly courses

This section lists the courses that run every week.

Activity	Day	Venue	Contact	
Yoga	Mondays 10am	Village Hall Annex	Lara Bricknell	07876 764425
Pilates	Wednesdays 9.30am	Pavilion	Philippa Barker	07861 727198
Pilates	Thursdays 1pm	Village Hall Annex	Philippa Barker	07861 727198
Pilates	Fridays 9.30am	Village Hall Annex	Philippa Barker	07861 727198
Chair-based Pilates	Wednesdays 1.30pm	Pavilion	Angela Harris	
Dance Workout	Tuesdays 7pm	Pavilion	Debra Law	07505 761420
Art Class	Tuesdays 2pm	Village Hall Annex	Christine Hughes	01452 614227

Note that the chair-based Pilates restarts in the new year, on 4 January.

The fall of the old oak tree on the green and creation of the owl have inspired a second villager to pen some verse. Here we are pleased to publish this poem by Val Doll:

Welcome

Welcome wise owl to your home on the green,
Though a sad day it was when we lost our oak,
Where the birds used to chatter and preen
And there was welcome shade for all passing folk.

But now a new role for our noble tree,
A forever home, wise owl has been told,
His gaze to the hills will see friends fly free
On the distant ancient Cotswolds.

Loneliness will never be yours, dear friend,
For on a grand seat hewn from the same wood
Admirers with their mobiles – all the trend -
Sit and photo' wise owl where once our oak stood.



IN MEMORIAM

Paul Rosewell, who died recently, was one of the directors of USL Life. We send our condolences to Diana and their family and hope to include an obituary in next month's edition.

Climate Group Update

Home Insulation

Rather than post facts and figures in our newsletter about home improvement, we thought it useful to see who may be interested in learning more about insulating their homes.

Many people have already made these changes and are benefiting from the annual savings.

If your property still has the ability to be improved and you would be interested in attending an event in the village to find out more, send an email to p.wilson3@blueyonder.co.uk and the climate group will see if this can be arranged with an appropriate speaker.

A simple example is to insulate your loft and this probably provides the best pay back on investment, as expected savings for a 3 bed semi-detached home is £150 pa. After approximately 3 years you would recover your costs and then save that amount each year (depending on cost of supply/fit).

Heating Systems: Some simple tips for getting the most from your heating system:

- Have your boiler serviced on an annual basis (approximate cost £60-80).
- Fit a Magnetic Filter to your system which will remove metal particles circulating and reduce corrosion.
- Use radiator Thermostatic Valves to control the temperature in each room - especially if you are living on your own in a 3-4 bedroom home.
- Check radiators are warm at the top as they may need to be bled using a simple valve key (available from DIY stores) which releases trapped air.
- Consider installing a Condensing Combi Boiler (there are other options available) if yours is getting to the end of its life. Older boilers may only be 60% efficient whereas a new Combi boiler (based on current regulations) has to be at least 92% efficient so another area of potential savings.
- Reduce the heating flow on a Combi boiler from 80°C to 60°C can reduce gas usage by up to 9% (advice from EDF)
- Consider installing a Smart Thermostat which provides extra control eg the day can be divided up into 6 time zones so the heating is only on when you need it. An example cost of a Hive unit (there are many on the market) using Amazon is £155 plus £120 installation. British Gas estimate that improved control through such a device could save around £130 pa.

The Climate Group are 7 people from the village who have got together to see if there are any good ideas that can be used to reduce our collective impact on the wider climate. We hope some of the energy ideas will also support reducing household bills. We aim to meet up every couple of months and have already started to look at what other more established groups have been doing. Any useful information will be shared through our newsletter.

If there are any specific subjects or areas of interest you would like us to look at please let me know by email.

Pete Wilson



UPTON ST LEONARDS LIFE

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

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

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Next month's editor



Andrea Dawson

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MONDAY MORNING COFFEE CLUB

On Monday 12th December, forty members of the Monday Coffee Club enjoyed their Christmas lunch at the BMI. We would all like to thank Lorraine and Brian together with their helpers for a great time. It was a lovely atmosphere, good food & really special to share the time with our friends.

We appreciate the continued success of the Coffee Club, the friendships that have been made, the support of the BMI Committee and the kindness of Lorraine and Brian. Wishing everybody a peaceful, Healthy & Happy 2023, Mike, Marilyn, Mandy & Gill.

PS Coffee Morning will take place on Monday 2nd January 10 -12pm

Just a few of the diners are in the pictures (Right).



CHRISTMAS CONCERT

The Brass Band and TLC singers in the Church



Many thanks to Upton Builders for the wonderful display of Festive Lights around our Village Shop and Post Office area.