

# Upton St Leonards Life

incorporating Church News

Issue 119

July 2024



The UpStagers Amateur Dramatic Society Proudly Presents  
An Evening Of Two One-Act Plays

**DEAD RINGER**  
By: Stuart Arden

and

**COUNTER SECRET**  
By: Clive David Lloyd Williams

at  
Upton St Leonards Village Hall  
10 Bondend Road, GL4 8AG

Friday 5<sup>th</sup> & Saturday 6<sup>th</sup> July 2024  
Doors open 7pm – Start: 7:30pm

Tickets £11  
Bar Open  
7pm – 7:25pm  
and During Interval

BOOK TICKETS AT:  
[WWW.TICKETSOURCE.CO.UK/THEUPSTAGERS](http://WWW.TICKETSOURCE.CO.UK/THEUPSTAGERS)  
OR CALL 0333 666 3366



## Celebrating The UpStagers 20th Anniversary

In honour of our founding, we are excited to present an unforgettable evening featuring two captivating one-act plays on Friday, July 5<sup>th</sup>, and Saturday, July 6<sup>th</sup>, 2024, at Upton St. Leonards Village Hall.

Join us for "Dead Ringer" and immerse yourself in Margo's poignant journey to connect with her departed husband.

In our second one-act play, "Counter Secret," prepare to uncover a web of hidden secrets and betrayal, triggering a series of enthralling events when the law intervenes.

Secure your tickets now through TicketSource: <https://www.ticketsource.co.uk/theupstagers> or by calling 0333 666 3366.



## The Upton St Leonards Show

Saturday, 14<sup>th</sup> September

Village Hall

2.00pm – 4.30pm

Full schedules of classes may be obtained from the show's website

Printed versions will be available in August

# Editorial

July, August and September are always busy months in the village calendar so please try and support the Church, the School, the Upton Show and the other various events advertised in this issue. If you're a tennis fan then Wimbledon is coming to the Brewery Quarter in Cheltenham, with comfy deckchairs and a big screen showing from 1 - 14 July and it's FREE!

We have also received a note from Martin Smith on an article in the June issue and a short poem from Kathy Quant. Thank you both.



## Outlined below is a report following the local May elections and on 4<sup>th</sup> July we have the General Election

### Changes in Upton St Leonards Parish Council 2024

Following the May elections, Upton St Leonards Parish Council has taken on a new look:

First of all, we have said goodbye to some long serving Councillors who have generously given their time and commitment over many years to ensure our village is well looked after. The longest time on the Council has been enjoyed by Graham Hayes, who stepped down after 41 years of service. The Parish Council thanked him for this and bestowed upon him the honour of the Freedom of Upton St Leonards. We have also lost the services of Roy Roberts who was on the Council for

some 16 years and our Chair, Chrissie Castle has decided to step down. Chrissie had been Vice Chair for several years before taking the Chair last year. Both Chrissie's and Roy's decisions are due to personal reasons and we thank them both and wish them well for the future.

The new Council going forward in 2024 comprises the following people:

Keith Pearson, Chair, Peter Wilson, Vice Chair and Environmental issues. David Hunt, Recreation, Mary McLachlan, Allotments, Jim Browne, Village Hall Representative, Hilary Morris, Matt Sargeant, Coopers Edge, and we welcome two new Councillors, Andrew Skelton and Cliff Alderman. All are ably assisted by our Parish Clerk, Roy

Balgobin and Tracy Slator who was recently appointed as Assistant.

We still have one councillor vacancy:

We would like to fill the final vacancy, so if you would like to contribute to the running of the council and help your parish/village, let our Parish Clerk, Roy Balgobin, know. No specific background is necessary and the current council has a real mix of people with different experiences. Roy is available at the Parish Office in the Village Hall Annex on Tuesdays and Thursdays from 1000-1200. If you are interested, Roy can discuss with you and if helpful, arrange for you to speak with an existing member of the council to understand what is involved and the time commitment.

*Peter Wilson*

*I've just read the article in the June edition of USL Life, researched and written by Mike Stratford and entitled, "Gloucestershire Prepares for D Day."*

By chance I had only recently finished reading a fictional account of a Dorsetshire family, "The Whalebone Theatre", by Joanna Quinn. This principally covers the lives of the children in a household as they grow up and begin to face the realities of WW2. I enjoyed it as a novel but Mike's article in the June issue further enhanced the understandings and impressions that I gained from it.



*I just wanted to say thanks.  
Martin Smith*

### Sunflowers

Sunflowers are like the sun

Tall and stately  
Dancing in the breeze

Catching the sun's rays

Lovely radiant flowers

Giving many sunshine hours

*Kathy Quant*

# What's Been Happening in Upton?

## UPTON WI - THE GWR

Railways and nostalgia were intertwined when our speaker, Roger Coates from Hucclecote, gave an informative talk on the Gloucestershire Warwickshire Steam Railway, run by 900 volunteers and a few paid staff.

Running for over 14 miles through the beautiful Cotswold countryside, it follows the route of a line built by the GWR between Stratford-on-Avon and Cheltenham. Like many local lines, use declined from the 1950s onward and stations and then whole lines were closed. Gotherington Station was the first to close, in 1955. Others followed, and the last to close was Cheltenham Racecourse, in 1976. A derailment ended freight transport on the line in the same year. The abandoned stations fell into disrepair and the rails were removed.



However, railway enthusiasts collected enough money to purchase the 15 miles of track between Cheltenham Racecourse and Broadway when British Rail agreed to sell it in 1981 and the long process of rebuilding the line began. Until recently the line terminated at Toddington, but 6 years ago the section to Broadway was reopened.

Today the GWSR is thriving thanks to its dedicated and hardworking volunteers. There were over 125,000 passengers in 2019. Currently they run 4 steam engines, with 4 more being repaired and restored. There are also a number of restored diesel trains. Their latest appeal is for repairs to the viaduct at Stanway where water has damaged two arches. You can support the GWSR by visiting, by becoming a member and by volunteering. The website [www.gwsr.com](http://www.gwsr.com) has much more information.

**The next meeting is on 1 July at 2pm in the Pavilion, where the talk will be on "Fraud", something of concern to us all. All are welcome.**

***Kathy Quant***

## BMI AGM



This year's Annual General Meeting of the BMI Club had an air of sadness over it, as Keith Pearson said goodbye to members, following an 11 year tenure as Chairman.

As part of a meeting which confirmed Michael Groves and Sean Chandler as new committee members, Keith gave his usual annual report outlining the successes over the past 12 months and some plans for the future. But this year, in addition he made a personal speech at the end of the meeting thanking everyone for their hard work and commitment to the club. Whilst noting being Chairman was a large commitment, it was also very rewarding. He also stated that as times change, the club must find a way of evolving to the needs of the membership, whilst keeping the basic principles of the club in place and recognising that it must be inclusive to members of all ages.

Following Keith's speech, Mike Long, who was elected Club President for another 12 months, gave a speech thanking Keith for his hard work as Chairman and then presented Keith with a cut-glass decanter and engraved glass set.

The officers of the club including a new Chairperson will be elected by the BMI committee at its next meeting on 11th June.

**Photo from the AGM can be seen on the back page.**

***Paula Quinn***

# What's Been Happening in Upton?

## LADIES PROBUS MEETINGS

Robert Burns, the Scottish poet, wrote that the best laid plans .. often go astray - and that is exactly what happened for our May meeting!

Having ensured our speaker, Steve Tilley, was confirmed for this meeting, we all became concerned when he didn't show up. It later transpired that he had experienced a personal medical emergency and as

a result was awaiting further medical intervention. We hope to book this speaker for next year - when all medical issues have been resolved.

However, our President Denise had a pre-planned quiz she was able to produce, which kept all our 'little grey cells' functioning and gave everyone the official opportunity to 'discuss' everything!

In June, our speaker, Mags Smith of the Patchwork Basket in Newent,

spoke to us about 'The Foundling Hospital in London in the 18th Century'.

**Our meeting in July has Charlene Spackman coming to talk about the James Hopkins Trust. So please come along to the BMI at 10am on Wednesday 17 July to hear all about this local charity.**

*Janet Carr*

## EVENTS @ THE BMI

There have been several events taking place at the BMI over the past few weeks. On Saturday 11th May, the ever popular "Ian Oliver" entertained members and signed in guests, and this is always a great evening.

Cygnets entertained members once again at the regular Sunday lunchtime jazz session on 19th May. Diane was joined by Chris on the keyboard. It may not have been as busy as usual, but enjoyable none the less. Diane will be back on Sunday 21<sup>st</sup> July with Emma playing keys.

The comedy night on Sunday 26th May, hosted by Nic Hill was an enjoyable evening with lots of laughs once again, and on Saturday 8th June, it was a welcome return of "Summer Night City". One hundred members danced and sang along to the band as they played all our favourite songs at their "Abba Tribute Night."

*Paula Quinn*

## TWYVER WI

This month we welcomed Rhiannon Parker, Fraud Protection Officer, from the South West Regional Organised Crime Unit, who came with good advice on how to Stop Fraud.

Rhiannon visits fraud victims and finds them in disbelief that they have been so 'stupid' to fall for such scams. Her advice first and foremost is to **Take Five** That is to take five minutes after a call or a contact is made to calm yourself, ask yourself is this what the person I know would say, does it sound like them and if you're still unsure try to contact them by any other means available for confirmation if they are in trouble or needing assistance such as funds, in any way.

Only 41% of this type of crime is reported because people are embarrassed.

**Next Rule is Tell Two;** Telling other people gives you time to think it through. Phone spoofing is on the increase when the caller ID looks like a local number – don't be fooled and never phone them back as they leave the line open to make you believe you are calling someone else for verification. Report it to ACTION FRAUD which is attached to City of London Police where all information regarding scammers is collated. Dial 7726 for nasty texts (spells SPAM) or if you do inadvertently give out any bank details ring 159 and you will be able to connect to your bank in order to block the account. Find out more at [www.takefive-stopfraud.org.uk](http://www.takefive-stopfraud.org.uk)

This was followed by a report from Nicola, our delegate at the NFWI Annual Meeting on 5<sup>th</sup> June at the Royal Albert Hall. The Speakers for the Event were there to talk about and show support for women in abusive relationships. Mel Brown

(Mel B from the Spice Girls) Nazir Afzal, OBE, who has many accolades for women's support, and actor Timothy Watson who is currently in a story line in the Archers relating to this subject, were the advocates which was chaired by Victoria Derbyshire.

The main business was to vote on the Public Affairs resolutions and the Dental Health Resolution was adopted as a campaign mandate. The next face-to-face meeting will be held in 2027.

The next Twyver WI meeting will be held on Monday, 8<sup>th</sup> July at 7.30 in the Village Hall.

All are welcome.

*Linda Munnoch*

# What's Coming Up in Upton?



The Upstagers will present

Two One Act Plays  
'Counter Secrets' by Alan Robinson  
&  
'Dead Ringer' by Stuart Arden

Friday 5<sup>th</sup> and Saturday 6<sup>th</sup> July

## Upton St Leonards Village History Group

AGM followed by a talk by

Edward Wyatt on Margaret Marden  
(1802 - 1891)

A local nurse lady's maid  
**Come and Join us**

**Thursday, 18th July 7.45 - Village Hall**



**Entertainment Night**  
With Aaron Cook  
From 8pm  
**Saturday, 20<sup>th</sup> July**



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EMMA BREESE  
1pm  
BMI Club  
8 Bondend Rd,  
Upton St Leonards,  
Gloucester GL4 8AG  
Sunday  
21st July



Two events are being staged at the Rococo in July

The Comedy of Errors  
4 - 6 July; 7pm  
and

A Magical Evening of Opera  
19 July; 6:15 - 9:30 pm

# What's Coming Up in Upton?

## PHOTOGRAPHIC COMPETITION for 2025 CALENDAR "ST LEONARDS PARISH CHURCH THROUGH THE SEASONS"

Autumn, Winter, Spring and Summer

Photos can be submitted from 1<sup>st</sup> July '24. Final deadline for entries is 16<sup>th</sup> September '24

- Photos should be pdf or jpeg format.
- Email entries to [jowraisetherooft@gmail.com](mailto:jowraisetherooft@gmail.com) giving the name of photographer, child's age (if applicable) total donation made to the Parish Council account.

### Account details:

A/c number: 40821691.

Sort code:20-20-15.

Reference: PC/your surname & initial.



**Raise the Roof**  
**The Church Roof Fund**

- **There are two categories - adults and children.**  
Adult - £5 donation to the appeal fund for the first photo and £2.50 donation per photo thereafter.  
Children (up to the age of 14 years) - first photo free and £2.50 donation per photo thereafter.
- The best 12 photographs from each category will be used in a 2025 calendar. The calendars will be sold and proceeds will be added to the appeal fund.
- The competition is open to amateur photographers only and photographs should not be edited in any way. Copyright remains with the photographer.

*Jo Wilson*

## Open Garden at Hardwicke Farm Watery Lane, USL Sunday, 7<sup>th</sup> July; 2pm

**Parking available**



**Robert & Norma** offer a warm welcome to opening their beautiful garden at Hardwicke Farm for the afternoon of Sunday, 7th July.

From a profitable dairy farm in the 19th century to an intensive pig and poultry farm in the 1960s, Hardwicke Farm has seen many changes over the years.

Semi-derelict in the 1970s, since 1986 Robert and Norma have worked to transform a patch of open ground with a dead apple tree into a garden, made a pig-sty into a pergola shaded by wisteria, the base of a derelict barn into a courtyard and planted

a two-acre deciduous wood filled, in due season with snowdrops, primroses, daffodils, bluebells and wild garlic. A wandering stream planted with irises has replaced a ditch.

Whether Sunny or wet there is plenty of cover in the barn.

**So why not join us and help raise**

**some money for the 'Raise the Roof Fund' with the aim of replacing the leaking roof on our ancient church. Please bring chairs/rugs and take your time and enjoy an interesting and peaceful space. All welcome to come and see the changes.**

**Price on the door £5.00 pp. Well behaved Children welcome.**

**Regretfully no dogs.**

**Refreshments: Teas/coffee/squash and cake for a small donation.**



## OPEN INVITATION Tuesday, 16<sup>th</sup> July To the Residents of Upton St Leonards

The year 6 children of Upton St Leonards Primary School would like to invite you to come to our school

on the afternoon of Tuesday, 16<sup>th</sup> July to watch our final school play as students at the school.

The doors will open at 1:15p.m and the invitation is open to anyone who lives within the village. Please come and enjoy what is sure to be a wonderful and humorous production!

**Pete Tidmarsh**

**Class Teacher, Personal Development Team Member and Computing Subject Lead in liaison with Cliff Alderman**

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# Arts Page

When thoughts perhaps turn to travel destinations and holidays we offer poems referring to Curacao, Omaha, Hull – less well known – ending with Venice.

## Curacao by Earle Birney (1904 -1995)

I think I am going to love it here  
I ask the man in the telegraph office  
the way to the bank  
He locks the door and walks with me  
insisting he needs the exercise

When I ask the lady at my hotel desk  
what bus to take to the beach  
she gets me a lift with her beautiful sister  
who is just driving by in a sports job

And already I have thought of something  
I want to ask her sister

## Limited by Carl Sandburg (1878 -1967)

I am riding on a limited express, one of the crack trains  
of the nation.  
Hurling across the prairie into blue haze and dark air go  
fifteen all steel coaches holding a thousand people.  
(All the coaches shall be scrap and rust and all the men  
and women laughing in the diners and sleepers shall  
pass to ashes.)  
I ask a man in the smoker where he is going and he  
answers: 'Omaha'.

## For William Harrison, Mariner (in Hesse Cemetery, Hull)

### Anonymous

Long time I ploughed the ocean wide,  
A life of toil I spent;  
But now in harbour safe arrived  
From care and discontent.

My anchor's cast, my sails are furled,  
And now I am at rest;  
Of all the ports throughout the world,  
Sailors, this is the best.

## BOOK REVIEW - Rose of Tibet by Lionel Davidson (1922 – 2009)

This is a 1962 adventure novel featuring a London teacher, Charles Houston, who makes a perilous journey to Tibet in the hope of rescuing his vanished brother. The story is set at the time of the Chinese invasion of Tibet in 1950. The book, his second novel of nine, has been praised by Graham Greene, Daphne du Maurier and Anthony Horowitz. Happy reading!

## From Childe Harold's Pilgrimage by Lord Byron (1788 – 1824)

I stood in Venice, on the Bridge of Sighs,  
A palace and a prison on each hand:  
I saw from out the wave her structures rise  
As from the stroke of the enchanter's wand:  
A thousand years their cloudy wings expand  
Around me, and a dying glory smiles  
O'er the far times, when many a subject land  
Looked to the winged Lion's marble piles,  
Where Venice sat in state, throned on her hundred isles!

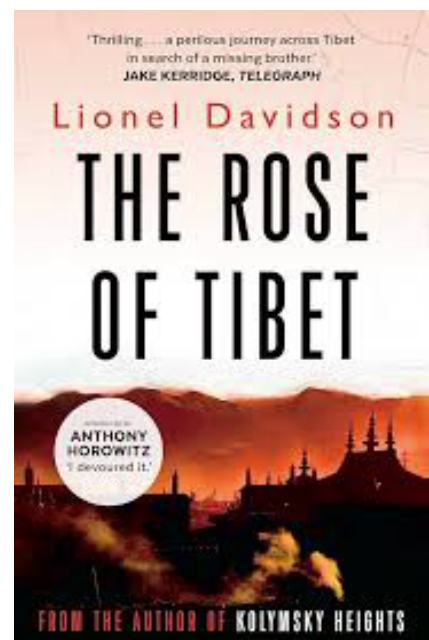
## EPIGRAMS

I look upon Switzerland an an inferior sort of  
Scotland.

*Sydney Smith – English Clergyman and  
Essayist 1771 -1845*

The people of Crete unfortunately make more  
history than they can consume locally.

*Hector Hugh Munro (Saki) 1870 – 1916*







Rev Helen Champion

# Saint Leonard's Church

Churchfield Road  
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Rev Helen is available Tuesday, Thursday & Sunday

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

How exciting to be coming into the season of the Olympic Games again toward the end of the month! Are you one of those people who has tickets to go to Paris and see for yourself? Or do you have the TV already lined up with what you want to be watching? Or are you dreading the back-to-back sports coverage? I'm not a particularly sporty person but I love to watch the Olympics. There is definitely something special about the Olympics and the spirit that dwells within the athletes and the stories that come from it.

In the 1992 Olympics in Barcelona, the British runner Derek Redmond, was a favourite to win a medal in the 400m final. But halfway through the semi-final he tore his hamstring and then fell to the ground. He didn't just lay there, he climbed to his feet and began to hop on his left foot, determined to finish the race. His father ran from the stands, put his arm around his son, and helped him across the line.

In the Book of Hebrews, the author tells us to 'run with perseverance the race that is set before us.' We each have our own trials and tribulations to overcome in the race that is called Life. Perseverance isn't always easy and, on occasion, we will fall. But we have a father in God who is always alongside us. We never have to try and finish the race alone because he is there with us, supporting us every step of the way and waiting to pick us up when we fall.

I hope the GB team win many medals - we certainly have some fantastic athletes!

*Rev Helen Champion*



Helen will be licensed as our Priest-In-Charge

*on*

*31st July at 7 pm*

*at*

*St Leonard's Church*

*by*

*Bishop Robert.*

All members of the community are welcome to come to the service to celebrate with us as Helen is formally installed into her post here in the village.

## *Services for July 2024*

<i>7<sup>th</sup> July</i>	<i>8.00 am</i>	<i>Holy Communion</i>
<i>14<sup>th</sup> July</i>	<i>10.00 am</i>	<i>Celebration Service</i>
<i>21<sup>st</sup> July</i>	<i>10.00 am</i>	<i>Holy Communion</i>
<i>28<sup>th</sup> July</i>	<i>10.00 am</i>	<i>Holy Communion</i>
	<i>3.00 pm</i>	<i>Brass Band concert</i>

## *Tuesday Morning Prayer*

**9.30 am**

**In the Rectory**

**Bond End Road**

**Everyone is welcome**

## *Good News from St James & St Philips*



Following a successful interview day on 3rd May, we are delighted to announce that we have been able to appoint the Rev'd Joe Mottram as our new Priest in Charge. This appointment is subject to the usual HR procedures.

Joe is currently based in the Thameshead Benefice within this Diocese. He and his family will move over the summer and we hope that his licensing will be in early September.

Joe is very much looking forward to working with us here in Hucclecote and in our partnership with Upton St Leonards. Please do pray for him and the family at this exciting time.



The Archdeacon's visitation service for our churchwarden, Gill, was on Wednesday 12th June at 7:30 pm at St Andrews Church, Churchdown.

Gill has been invited to join the Company of St Kyneburga by our Bishops. Congratulations and how wonderful! The Company of St Kyneburga is a group of people who have served the Diocese for a long period of time with distinction and deserve to be recognised.

The St Kyneburga award was given during the evensong service at the Cathedral on Monday 17th June.

Gill expressed her gratitude for this award and wishes to share the honour with all those who have joined her in serving the Parish so well over the years.

*Make the most of the summer!*

Some suggestions to get out and about in the Diocese taken from the Messenger, Gloucester Diocese

**Ride + Stride – Saturday 14 September**

Ride + Stride is an event where participants travel between churches in their diocese via cycling, walking, running, or other methods, to raise money for Historic Churches Trust and a church of your choosing. This nationwide fundraiser offers a safe way to explore and support local churches and chapels. Visit <https://ghct.org.uk/ride-and-stride/take-part> to get involved.

**Gloucestershire Historic Churches Trust – cycling and walking routes**

GHCT has created some cycling and walking routes to help explore some of our Gloucestershire and Bristol churches. Visit <https://ghct.org.uk/walking-cycling-routes> to see them.

**Churches Conservation Trust – walking routes**

Find downloadable walking routes from the Churches Conservation Trust including routes around Sapperton, Cirencester and the Cotswolds. Visit <https://www.visitchurches.org.uk/visit/tours-and-trails/walks.html>.

**Guided Cathedral tours**

Gloucester Cathedral has a range of expert-led tours throughout the summer. Climb 269 steps to the tower, explore the crypt, and uncover its rich heritage. For all the details visit <https://gloucestercathedral.org.uk/visit/things-to-see-and-do/guided-tours>.

*Who's Who in the Church*

**Parish Priest:**

**Rev Helen Champion**

**Churchwarden:**

**Gill Howell**

Interment and burial of ashes enquiries

**Church Administrator:**

**Jenny Cunningham**

Wedding & Baptism Enquiries

**Parish Safeguarding Officer**

**Sue Downey**

**PCC Secretary**

**Kay Hutton**






**Tower light dedications**

*Please note the deadline for the Church pages is the 8<sup>th</sup> of the preceding month*

*If you or your family wish to sponsor the lights in celebration of a birthday, an anniversary, for a loved one's life or for any other reason then please contact Jenny Cunningham for more details. Please note that the deadline of the Church News is the 8<sup>th</sup> of the preceding month.*

Clive and Julie Winstanley are sponsoring the Tower Lights on the 9<sup>th</sup> July in celebration of their youngest grandson Thiago's 1<sup>st</sup> birthday, also on the 22<sup>nd</sup> July for his cousin Blake's 11<sup>th</sup> birthday, which he shares with Prince George.



Our favourite Brass Band  
*Gloucester Brass*

Concert in church

3.00 pm

Sunday 28<sup>th</sup> July

*Ticket prices will be advertised in Pew News*



*500 Club Winners for June*

First Prize	£30	No. 54
Second Prize	£20	No: 67



### *Mother's Union*

In May, members enjoyed hearing about Rev Marilyn Sharland's time as a Chaplain on cruise ships. She spent four years in this role and told us all about one particular World cruise, travelling west around the globe via both the Panama and Suez canals. Unlike previous chaplains, she wished to hold daily sessions and prayer times in addition to the usual Sunday services. Both were much appreciated by the passengers, especially when during the cruise there were sadly seven deaths and one suicide. When they reached Australia, she was able to spend a few days with her family. There were fun and games as they crossed the equator, and the highlight was the sunrise Easter Day service on deck when over 200 passengers attended. She explained that couples can no longer be married by the Captain of the

ship at sea but that the ship must be docked with a registrar from that country in attendance. Also, burials at sea are no longer permitted.

It was good to have some visitors with us, so please watch out for any speakers that interest you, as all will be greeted with a warm welcome at any of our monthly meetings featuring a talk.

The next meeting is on Thursday 18th July for our annual "Bring and Share" lunch in the Old School Room at 1:00pm (note earlier time than usual). We are all very much looking forward to each other's company and Margaret's famous non-alcoholic fruit punch!

Kate Gale – Branch Leader

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# Upton Show

## Saturday 14<sup>th</sup> September 2024

The children's entries are always popular at the Upton Show, and we all look forward to seeing how creative they can be. Below are the details for their competition this year which allows them all to prepare their entries.

### SECTION "H" – CHILDREN

Children can only enter classes in their correct age group

Age of child as at 31<sup>st</sup> August 2024 to be quoted on all entry forms

All class prizes: 1<sup>st</sup> £5, 2<sup>nd</sup> £2, 3<sup>rd</sup> £1, kindly donated by the Lady Downe Trust

#### Group 1 – Under 5 years

##### Class

- 187 My handprint pattern
- 188 My painting of a rainbow

#### Group 2 – Ages 5 to 7 years

(Award No 24 for exhibitor who obtains the highest number of points in Classes 189-193)

##### Class

- 189 Model of a car using a shoe box
- 190 A painting or drawing of my favourite animal
- 191 A paper lantern
- 192 A paper plate butterfly
- 193 In your **best** handwriting write out the following:  
**In the last week of the holiday, I was feeling glum.**  
**I could hardly wait for school to start – neither could mum.**



#### Group 3 – Ages 8 to 11 years

(Award No 25 for the exhibitor who obtains the highest number of points in classes 194-200)

##### Class

- 194 Make a vegetable/fruit person
- 195 An item made from Lego
- 196 Design an "Olympic" medal
- 197 A photograph of a holiday activity
- 198 A garden on a plate
- 199 An item made from a kit
- 200 In your best handwriting write out the following:  
**Round and round the rugged rock, the ragged rascal ran. How many R's are there in that?**  
**Now tell me if you can.**

#### Group 4 – Ages 12 to 16 years

(Award No 26 for the exhibitor who obtains the highest number of points in classes 201-206)

##### Class

- 201 A photograph of a sporting event
- 202 A drawing done on a computer or i-pad, printed out. Maximum A4
- 203 Design a t-shirt for Team GB
- 204 A decorated photo frame
- 205 4 chocolate brownies from your own recipe
- 206 Write a short story (maximum 50 words) to include the following words:  
**trainers, start, medal, track, high jump, water bottle, javelin, gymnastics**

### SECTION "J" – YOUNG GARDENERS

Children can only enter classes in their correct age group – age of child as at 31<sup>st</sup> August 2024 to

be quoted on all entry forms. Prizes for classes: 1<sup>st</sup> - £2, 2<sup>nd</sup> £1

A £5 prize will be presented to the exhibitor with the highest points total in each group in this section. The Royal Horticultural Society Junior Competitor's "Award of Merit" will be presented to the best exhibit in each age group

#### Group 5 – Ages up to 11 years

- 210 Radishes, 3
- 211 Carrots, 3
- 212 Runner or French Beans, 5
- 213 Sunflowers, 2 stems
- 214 Cress- exhibited in growth – NOT CUT
- 215 Any other vegetable not mentioned above
- 215 Tomatoes, 3

#### Group 6 – Ages 12-16 years

- 217 Radishes
- 218 Courgettes, 2 (between 100mm and 150mm long)
- 219 Runner Beans, 5
- 220 Lettuce, 1 with roots
- 221 Cress – exhibited in growth – NOT CUT
- 222 Any other vegetable not mentioned above
- 223 Tomatoes, 3

*The committee would be grateful to receive any items for the tombola/bottle stall and cakes for the refreshments.*

*We would also appreciate any volunteers to help set up and clear on the day. If you need any information, please contact Kate Brooks*

# July's Feature Article - Walking Sticks

Words by Ted Gardner as told to Ann Morphew for USL Life

Once again my friends I have been asked  
To regale you all with part of my past.  
My subject matter is walking sticks  
They may be long, short or of various mix.  
Over the years I've made quite a few,  
Some wood is old and some wood is new.  
The first one I made was for my Dad,  
From an old Christmas Tree someone had  
Thrown out with the rubbish to wither and rot,  
It was too good for that so I had a plot  
To file it and stain it and carve it a lot;  
It was for my Dad's birthday of 65 years,  
And like all other years,  
He said, "Thanks my son. Cheers".



## Walking Sticks

Together with other boys in Upton we wandered the woods and fields freely. We were always searching the hedgerows for suitably shaped branches to use for our games, bows, arrows and sticks for fishing rods. I realise now that I was always interested in the shape of sticks and liked to fashion them with my own carvings. Perhaps this love as a boy of fashioning wood was the beginning of my interest in Walking Sticks, which of course were used by many more people in those days.

Quite a long time passed after my teenage years before I carved my first stick. I was working for the Gas Board and just finished the job. As I left I noticed a Christmas Tree lying on the lawn in front of the house. The owner was throwing it out but he let me have it. I put it into the back of the van, later I cut off all the side branches, filed down the main stem, carved, polished and varnished it. It was Spruce, not ideal walking stick material, but I managed to carve out a squirrel, a snake, a frog and a harvest mouse. I gave this stick to my father for his 65<sup>th</sup> birthday. I fashioned another stick from a Christmas tree and carved a snake along part of it and attached part of a discarded Roe Deer antler as a handle. These two sticks were the only ones I made from Spruce; my preferred wood has always been Hazel.

A few years later whilst walking in the Forest of Dean with my wife, I made a unique find. We always looked into the hedges and it was there that I had tremendous good luck – I came across a perfect strangled Hazel branch. This happens to a growing Hazel branch which also has a growing wild honeysuckle spiralling around it. After a few years the honeysuckle dies leaving the imprint of the spiral embedded in the Hazel stick. It must have been years old. I treasure this find. I kept it for several years before I varnished it and added a handle – another part of the Roe Deer antler.

Since then I have made and fashioned several sticks – all Hazel wood. It is the best wood if it is mottled and striking. I have carved a snail, an elephant and of course, used parts of the Roe Deer antler. I have also carved a stick showing a crab, fish and a snake and made a right-handed stick for a friend. I also made a plait from a Hazel stick which I kept for my own use; it has a natural knob for a handle.

In my garden I found a shrub growing with two straight stems very close to each other. I bound them together for a couple of months, cut them, screwed them together in parallel and wrote Psalm 23 – my favourite – along the stem. I put an antler as a thumb stick on the top as a handle.

I still love handling wood. I have never asked for payment for my walking sticks. I have been happy to fashion them for friends as needed. I am now the oldest member of an Archery Club and I fish every year and belong to an Angling Club.

*Photographs of Ted's sticks can be seen on page 20*

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Dates, times, venues and contacts for the Yoga, Pilates and Art etc. classes that run every week can be found over the page.

# VILLAGE DIARY

## JULY

1	Mon	Coffee Club	BMI	10.00a.m.
1	Mon	Parish Council Meeting	Pavilion	7.30p.m.
1	Mon	Upton WI	Pavilion	2.00.p.m.
2	Tue	Tuesday Probus	BMI	10.00a.m.
2	Tue	Recycling and food waste week		
2	Tue	Needles & Pins	The Old School Room	9.45a.m.
2	Tue	Tennis Club Members Evening	Tennis Courts	6.00p.m.
2	Tue	Badminton	Village Hall	8.00-10.00p.m.
3	Wed	Upstagers Amateur Dramatics	Village Hall	7.30p.m.
3	Wed	Bell Ringing Practice	Church	7.30p.m.
3	Wed	Bingo	BMI	8.00p.m.
5	Fri	Two One Act Plays by the Upstagers	Village Hall	7.30p.m.
6	Sat	Two One Act Plays by the Upstagers	Village Hall	7.30p.m.
7	Sun	Tennis Club Members Morning	Tennis Courts	10.00a.m.
8	Mon	Coffee Club	BMI	10.00a.m.
8	Mon	Twyver WI	Village Hall	7.30p.m.
9	Tue	Rubbish and food waste week/Garden waste for those with Brown bins		
9	Tue	Needles & Pins	Village Hall Annex	9.45a.m.
9	Tue	Tennis Club Members Evening	Tennis Courts	6.00p.m.
9	Tue	Badminton	Village Hall	8.00-10.00p.m.
10	Wed	Copy date for August issue of USL Life		
10	Wed	Wednesday Probus	BMI	10.00.a.m
10	Wed	Upstagers Amateur Dramatics	Village Hall	7.30p.m.
10	Wed	Bingo	BMI	8.00p.m.
10	Wed	Bell Ringing Practice	Church	7.30p.m.
14	Sun	Tennis Club Members Morning	Tennis Courts	10.00a.m.
15	Mon	Coffee Club	BMI	10.00a.m.
15	Mon	Abbeydale Garden Club	Village Hall	7.30-9.30p.m.
16	Tue	Recycling and food waste week		
16	Tue	Tuesday Probus	BMI	10.00a.m.
17	Tue	Needles & Pins	Village Hall Annex	9.45a.m.
17	Tue	Tennis Club Members Evening	Tennis Courts	6.00p.m.
17	Tue	Badminton	Village Hall	8.00-10.00p.m.
17	Wed	Ladies Probus	BMI	10.00a.m.
17	Wed	Upstagers Amateur Dramatics	Village Hall	7.30p.m.
17	Wed	Bell Ringing Practice	Church	7.30p.m.
17	Wed	Bingo	BMI	8.00p.m.
18	Thu	History Group – AGM and talk on Margaret Malden by Edward Wyatt	Village Hall	7.45-9.15p.m.
20	Sat	Entertainment Night	BMI	8.00p.m.
21	Sun	Tennis Club Members Morning	Tennis Courts	10.00a.m.
21	Sun	Sunday Lunchtime Jazz	BMI	1.00-3.30p.m.
22	Mon	Coffee Club	BMI	10.00a.m.
23	Tue	Rubbish and food waste week/Garden waste for those with brown bins		
23	Tue	Needles & Pins	Village Hall Annex	9.45a.m.
23	Tue	Tennis Club Members Evening	Tennis Courts	6.00p.m.
23	Tue	Badminton	Village Hall	8.00-10.00p.m.
24	Wed	Wednesday Probus	BMI	10.00a.m.
24	Wed	Upstagers Amateur Dramatics	Village Hall	7.30p.m.
24	Wed	Bell Ringing Practice	Church	7.30p.m.
24	Wed	Bingo	BMI	8.00p.m.
24	Thu	Craft Club	The Old School Room	10.00-12.00p.m.
28	Sun	Tennis Club Members Morning	Tennis Courts	10.00a.m.
29	Mon	Coffee Club	BMI	10.00a.m.
30	Tue	Recycle and food waste week		
30	Tue	Needles & Pins	Village Hall Annex	9.45a.m.
30	Tue	Tuesday Probus	BMI	10.00a.m.
30	Tue	Tennis Club Members Evening	Tennis Courts	6.00p.m.
30	Tue	Badminton	Village Hall	8.00-10.00p.m.
31	Wed	Upstagers Amateur Dramatics	Village Hall	7.30p.m.
31	Wed	Bell Ringing Practice	Church	7.30p.m.
31	Wed	Bingo	BMI	8.00p.m.

## AUGUST

5	Mon	Upton WI	Pavilion	2.30p.m.
5	Mon	Parish Council Meeting	Pavilion	7.30p.m.
10	Sat	Copy date for September issue of USL Life		
10	Sat	Pig Roast	BMI	7.00p.m.
12	Mon	Twyver WI	Village Hall	7.30 p.m.
14	Wed	Ladies Probus	BMI	10.00a.m.
19	Mon	Abbeydale Garden Club	Village Hall	7.30-9.30p.m.
26	Mon	August Bank Holiday		
29	Thu	Craft Club	The Old School Room	10.00-12.00p.m.

## SEPTEMBER

2	Mon	Upton WI	Pavilion	2.30p.m.
2	Mon	Parish Council	Pavilion	7.30p.m.
9	Mon	Twyver WI	Village Hall	7.30p.m.
10	Tue	Copy date for October issue of USL Life		
14	Sat	Upton Show	Village Hall	2.00p.m.
15	Sun	Sunday Lunchtime Jazz	BMI	1.00-3.30p.m.
16	Mon	Abbeydale Garden Club	Village Hall	7.30-9.30p.m.
21	Sat	Autumn Quiz	BMI	8.00p.m.
25	Wed	Ladies Probus	BMI	10.00a.m.

**Contact Paula Quinn to have an event mentioned in the diary**

## 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
Art Class	Tuesdays 2pm	Village Hall Annex	Christine Hughes	01452 614227
Dance Workout	Tuesdays 7pm	Pavilion	Debra Law	07505 761420
Chair-based Pilates	Wednesdays 1.45pm	Pavilion	Angela Harris	
Yoga	Wednesdays 6.30	Village Hall	Kat Hill	07507 971578
Tai Chi	Thursdays 10am	Village Hall Annex	Christina Caldwell	
Pilates with Sam	Fridays 9.30am	Village Hall Annex	Sam Slatter	07894 757360
Seniors Fitness	Fridays 10am	Pavilion	Ian Preston	07306 334222

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# Hadwen Update

- The Hadwen Patient Participation Group met in May. The practice has recruited a new salaried GP who starts in August.
- The friends and family tests which give feedback from patients were favourable on the whole, any negative comments can also be valuable for training and learning.
- Two GPs will be taking maternity leave later this year and their posts will be advertised at the appropriate time.
- Ian Robinson was presented with a leaving gift and card to mark his retirement after leading the team for 14 years and overseeing some major developments in the business. We wish him well in this new chapter of his life.
- Hadwen held a very successful Health and Wellness Day which was well attended with over 200 patients. These days will be repeated in the future, as will smaller events on a particular subject.
- Hadwen are introducing a named GP project slowly with those turning 70 being invited to join the scheme first. It is hoped, in time, that planned reviews will be booked with their named GP.
- Patients will be contacted by text or letter inviting them to join the project. It will take some time to be rolled out but should show benefits to both patients and GPs. Information will be available on the website in due course.
- Appointments can be made online from a text message only but any face to face appointment can be changed to a digital appointment by a phone call for a FaceTime appointment if a patient is unable to get to the surgery, due to other circumstances such as traffic or work commitments - just contact the practice to request this.
- All blood results are available to patients on the NHS App and it saves time for staff if patients use this facility. Any irregular results will be raised with the patient, but generally no news is good news.
- If you request medical attention and staff are due to ring you back - if this does not happen, please contact the practice again as staff will only try twice to contact patients in this instance.
- If you are unable to get an appointment when you feel you need it, do contact the Glos Health Access Centre in Quayside House. Tel 01452 336290. They may be able to help.
- Note that the 111 service is always there to advise on services available to meet your needs 24/7, either online or by phone.
- GPs are now providing over 25% more appointments now than before the pandemic but the demand is growing all the time.
- The hospital now has "digital letters" available for those receiving secondary care. Go to [www.gloshospitals.nhs.uk](http://www.gloshospitals.nhs.uk). search "digital letters".
- If you have received good care do let the practice know. It

gives the staff a morale boost and if you are unhappy with the service send an email outlining your concerns - this provides learning opportunities for the team.

**Millie Barnes**  
**PPG Chair**



## UPTON ST LEONARDS LIFE

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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 - Andy Russell



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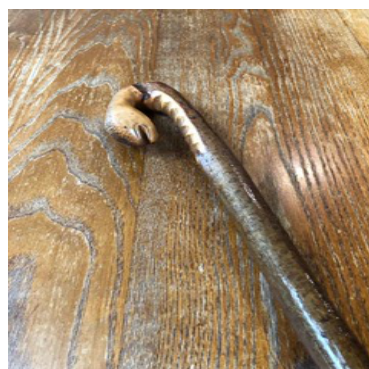
## Our thanks go to Keith Pearson



Keith Pearson retired as Chairman of the BMI Club after the AGM on Friday 31st May. He has spent 13 years on the Committee with 11 of them as Chairman.

The photo is Club President Mike Long, presenting Keith with a framed certificate and a crystal whisky decanter and glass.

*Words and photograph courtesy of Jim Browne*



**Ted with a selection of his hand carved walking sticks**

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