

Upton St Leonards Life
incorporating Church News

Issue 67

March 2020



Spring Show



Saturday

28 March

See page 6

17 March

St. Patrick's Day

See page 13

for poetry and prose

British Summer Time

starts on Sunday 29 March

Remember to put the clocks

forward!

Do you have any old photos of VE Day 1945? Or perhaps memories of your own or of your parents or grandparents of that memorable day?

USL Life would like to include a few relevant items in the May edition to celebrate the 75th Anniversary. If you can send us a copy of anything appropriate, please post it in the letterbox at the Village Hall and address it to USL LIFE before the end of March. Thank you.

What's been happening?

TWYVER WALKERS

Twyver Walkers, eleven ladies and three gentlemen, put their best feet forward on the most stunning of February spring days. We set off in the direction of St Margaret's Church, Bagendon, to enjoy the swathes of snowdrops in the bright sunshine. There was plenty to satisfy the historians and one of the more eagle-eyed amongst us spotted some unusual scratch markings of a manticore and a leopard on the south exterior wall. Whilst the purpose of these markings is unknown, at least we all know now, if we didn't before, the meaning of 'manticore'!

Our walk continued through winding lanes, with yet more snowdrops, and several fields where we witnessed a pair of horses racing one another, a truly delightful sight. It was almost as if someone was saying 'Ready, Steady, Go' and off they would go again, sprinting back and forth to an imaginary boundary.

After six miles, none of us were exactly sprinting, but we were all looking forward to a lovely lunch at the Bathurst Arms, which never disappoints. Many thanks to Penny Owen for providing us not only with a 'lovely' walk but sustenance along the way, in the form of a home made fruit cake. Most welcome!

See back page for photos.

GET TOGETHER CLUB

January's Get Together Meeting was a new venture for the club as we put on a Tea Dance for the members. After a hesitant start, members were encouraged to take to the floor by Trevor and Rachel Hall in the opening waltz, and Sonia and Chris with some willing committee members soon had the hall full of dancers and smiling faces, with everybody thoroughly enjoying the afternoon. Tea and delicious cakes were served before the meeting closed and members and committee agreed the afternoon had been a success.

Pam Tickner



TWYVER WI FEBRUARY REPORT

President Monica welcomed everyone to our February meeting and encouraged us to participate in some of the excellent events that are scheduled over the next few months. These included a number of walks, pearl stringing and polymer clay workshops, county skittles, an NHS evening at Edward Jenner Court and a new speakers Taster event to name but a few. Further information on all such events can be found in the GFWI Gloucestershire News.

From the five resolutions that were offered and discussed at the end of 2019, our result favoured the ending of Modern Slavery.

Our speakers for the evening were Margaret and John Buckley who presented us with an informative and often amusing talk on their visit from Southampton to Sydney on board the MV Arcadia. Of significant interest was the passage through the Panama Canal, which connects the Atlantic Ocean with the Pacific Ocean. It is 50 miles long and has only three locks. On average, it takes a ship 8 to 10 hours to pass through the canal, with a specially trained canal pilot taking navigational control. In 2010, the 1 millionth vessel crossed the canal since it first opened in 1914. Between 13,000 and 14,000 ships use the canal every year and each one has to pay a toll. Margaret and John's ship had to pay \$300,000 but the smallest toll ever paid was 36 cents in 1928 by American adventurer Richard Halliburton, who swam the canal!!

The talk concluded with some slightly shocking facts relating to the voyage as seven people on board died, six were taken to hospital and, believe it or not, three missed the boat!!!

Our next meeting will take place on Monday, 9th March at 7.30pm in USL Village Hall for a presentation by Dr Martin O'Dell on Berkeley Castle; My second home. All are welcome.

Andrea Dawson

UPTON ST LEONARDS WI FEBRUARY REPORT

Upton St Leonards WI group celebrates its 97th birthday in February, having been founded by pioneering, inspiring women in 1923. We owe thanks to these spirited women with their vision to begin the movement here in Upton.

President Angela welcomed all ladies to our February meeting mentioning the following: we had an excellent evening feeding of the swans at Slimbridge; on Tuesday 18th February we shall meet at Lily's in Gloucester for afternoon tea. Then five resolutions were read and discussed. Results of the voting will be sent to WI House.

Our speaker for the evening was Liesel Schwartz, who works as a fundraiser for the Family Haven Centre based in Gloucester. Liesel trained as a solicitor and later felt the call to help needy vulnerable people. It's known that 144,000 children are living in B and B accommodation. The Haven Centre was founded in 1988 by the wife of the Bishop of Gloucester. This Respite Centre is a 'haven' where problems are shared and solved, barriers broken down and children under five can safely play in the nursery. The Haven has been voted as outstanding by OFSTED.

Staff are on hand to help some parents and children to learn the English language. Working in partnership with Venture, instructors come to facilitate art therapy classes for parents. Twelve staff work with 25-28 children daily in a Christian multicultural setting.

The Haven is also partner with a care home for the elderly and all delight and share valued time together. Hot meals

are provided by cook Vicky. At Christmas a dinner and party is always very special to all the families. Lots of volunteers and businesses work behind the scenes and volunteers are always needed, Shining throughout is the warmth, love and friendship in abundance.

We were all moved by the talk and Marlene gave a vote of thanks on our behalf.

We meet again on Monday 2nd March at 7.30pm in USL Village Hall for a presentation by Judith Humphreys on 'The Benefits of Reflexology and Massage.'

All ladies are warmly welcome.

Kathy Quant



ABBEYDALE GARDEN CLUB – FEBRUARY MEETING

Our chairperson, Anne Evans welcomed everyone to the meeting and also extended a warm welcome to three new visitors. Our speaker for the evening was Mandy Bradshaw who delighted us with her talk entitled 'Beyond the Garden Gate' Mandy is a Cotswolds-based journalist, specialising in gardening and is a member of the Garden Media Guild. In 2018, she was named Garden Journalist of the Year in the Property Press Awards, a title that went to Alan Titchmarsh in 2019.

Her work appears in newspapers and magazines and currently she writes the monthly gardening feature for Cotswold Life magazine. Mandy also has her own website called The Chatty Gardener where she writes numerous blogs for plant nurseries and designers' websites.

Her talk gave us an insight into the many beautiful gardens of the Cotswolds, including such familiar places as Hidcote, Barnsley House, Highgrove and Highnam Court as well as lesser known places such as Stowell Park, near Northleach, Barn House, Sandywell Park, near Cheltenham and Bowling Green Lane, near Cirencester, which is part of the National Garden Scheme. We all thoroughly enjoyed Mandy's presentation which clearly showed her passion for gardening and her stunning photographic images, some of which were for sale in card form.

Next month our speaker will be Nick Morgan who will talk about Pot Plants in the Home on Monday, 16th March. Why not come along; Spring is just around the corner.

Andrea Dawson

What's coming up?

Saturday 7th March 2020
It's Entertainment Night
at the B.M.I.

with
Jon Clare
Keyboard vocalist entertainer
from 8.00pm

Open to members and signed in guests



Sunday 15th March 2020
Sunday Lunchtime Jazz
at the B.M.I.

with
John Beckingham
from 1.00-3.00pm

Open to members and signed in guests



Spring Quiz

For BMI members and signed in guests

(Please note: every team must have 2 club members. Membership cards may be checked on the night)

Saturday 21st March 2020

With Eric

@ 8.00pm

£1.25 per person for teams of up to 6
(Minimum £5 per team)

Please add your name to the booking sheet by Thursday 19 March to ensure that there are sufficient copies of quiz sheets available together with tables on the night.

All profit on the night to be donated to the BMI charity for 2019-2020
Gloucester Young Carers and Air Ambulance.

Roger Brown



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and see Alec our Steward for details.
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<http://www.bmiclub.co.uk/>
Tel. 01452 616384

New Yoga Class



There's a new yoga class in the Pavilion on Tuesday evenings, led by

Emma Jones (see emmajonesyoga.co.uk).

Emma writes: "These are welcoming and inclusive yoga classes that include dynamic mindful movement, breathing practices and meditation. My classes are delivered in a balanced way that provides clear guidance but also allow freedom to practice in a way that works for you. The classes are open to all but spaces must be pre-booked.

Contact me on 07949 121431 to book your place."

The classes start on Tuesday 10 March, 6.30-7.30pm



REQUEST FOR DONATIONS

WE ARE LOOKING FOR DONATIONS OF BOOKS AND TOMBOLA PRIZES FOR BOTH ADULTS AND CHILDRENS STALLS FOR UPTON ST LEONARDS VILLAGE DAY

ALSO HOME MADE OR BOUGHT CAKES FOR REFRESHMENTS

AND OF COURSE HELPERS ON THE DAY

GET IN TOUCH: CAROL EVANS OR KEITH PEARSON



The UpStagers

Invite you to join them on

28, 29, and 30 May

To see our comedy play

"The Old People Are Revolting"

(by Devon Williamson)

Make a note in your diary



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www.weygang.co.uk

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Spring Show

Saturday 28 March at Village Hall 2 -4pm

The full schedule is now available from the Village Shop and the Upton St Leonards Parish Council website

Here are the FLOWER CLASSES and the CHILDREN'S CLASSES; on the next page you will find the Photograph and Charity Classes already publicised in the February Edition of USL Life

Section A – flowers, plants & bulbs

- 1 A bunch of 6 Spring flowers, any variety cut from your garden
- 2 1 House plant – in flower.
- 3 1 House plant – for foliage.
- 4 1 Succulent or Cactus.
- 5 Bulbs in any type of container.



Section B – flower arranging

6. An Easter arrangement - in a basket
- 7 A tea party table centre to celebrate 100 years of the Village Hall
- 8 An arrangement to commemorate V. E. Day
- 9 A 7-bloom arrangement

Max spaces:

18"/46cms w & d

- any container 12"/30cms w & d

- any container 18"/46cms w & d

- any container 12"/30cms w & d

Children's classes:

Age 7 years & under

- 46 Design a flag for a football club – any media, A4 size
- 47 Make an Easter hat – use recycled materials.
- 48 Make a vegetable aeroplane

Age 8 - 16 years

- 49 Design a poster to advertise the opening of the village hall in April 1920, 100 years ago A4 size
- 50 Write a short story, no more than 50 words, to include beef burger, spaceman, truck, Kingsholm Rugby Ground. A5 size

Any age group

- 51 Something I have made - any media
- 52 Stained glass window biscuits - Display 6 to given recipe found on entry form

PHOTOGRAPHY CLASSES

- Village pride
- Reflections
- A close-up photograph
- Fun on wheels
- That looks tasty!
- A face full of wisdom (black & white only)
- Children's class: Ball Games

CHARITY CLASSES

Make an item suitable for a children's prize, in any medium. Items will be donated to the Donkey Sanctuary, Sidmouth.

Knit a square to a given specification* for the South African charity 'Knit a Square'. The squares are made up into blankets for orphaned or vulnerable children.

*See official schedule available from Village Shop.

A logo for Gloucestershire Gardens featuring a green leaf icon.

Gloucestershire Gardens
Grasscutting from **£15**
Hedgecutting from **£20**
For a professional garden maintenance service, get in touch for a **free quote**
www.glosgardens.co.uk
@Glosgardens @glosgardens
07789112791
rich@glosgardens.co.uk

An advertisement for curtains, blinds, and cushions, showing a window with patterned curtains and a cushion.

**Curtains
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Made to measure
and
alterations
For friendly advice
ring Val on 01452 372903
Upton resident Qualified

Reader's Comment

An interesting comment has been sent to USL Life referring to the Rev Clodagh's article in our February edition. In paragraph 4, Clodagh mentions the famous picture by Holman Hunt called 'Light of the World'. Next time you go into Church, or walk through the Churchyard, stop in the porch and look up. Here you will see a copy of the lantern referred to in the picture's title. This light was designed, made and erected by the late Mr. Eddy Dance, who was Churchwarden for many years.

Yvonne Harris, his sister-in-law, can remember the occasion when Mr. Dance had all the pieces spread out on the table waiting to be assembled. *Rachel Hall*



VE DAY AT THE BMI

There will be a special programme of events to celebrate the 75th Anniversary of VE DAY on both Friday 7 May and Saturday 8 May. More information to follow in the next edition of USL Life.

Village Litter Pick



Can you give us 60-90 minutes of your time on **SATURDAY 7 MARCH** from 10am? Meet at the Recreation Ground. We can supply bags, pickers, gloves and hi-viz jackets, or bring your own.

MEMORIAL PLAQUES



A few people have asked what has happened to the memorial plaques on the bench on the Village Green. The answer is that they have been carefully removed for cleaning and the bench will be re-varnished. Due to unforeseen circumstances, (mostly wet weather!) this has taken much longer than anticipated, and we now have to wait for drier weather before doing the bench. But be reassured, the plaques will be put back exactly where they came from.

If you want a memorial plaque on this bench, contact the Parish Clerk.

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Small Steps Environmental Change Options for us in Upton

Junk Mail - we all get it, most of us hate it and put it straight in the recycling bin, so how can we stop it?

Download this link from Royal Mail and fill it in and send off. It's Freepost:

<http://www.royalmail.com/sites/default/files/D2D-Opt-Out-Application-Form-2015.pdf>

Phone: Royal Mail to stop junk mail: 03457 740 740

Email Royal Mail optout@royalmail.com

It could take 6 weeks for the post to stop and it will only last for two years but if we all do it then....

You could also politely ask your friendly postman, but he has no authority to stop delivering it.

THERE ARE ALSO LOTS OF OTHER THINGS YOU COULD TRY - SEE BELOW



Registering with the Direct Marketing Association's 'Your Choice' scheme will help reduce the amount of marketing junk mail you get.

Contact DMA and ask them to send you an opt out form.

Direct Marketing Association

DMA House

70 Margaret Street

London

W1W 8SS

Telephone: 020 7291 3300

yourchoice@dma.org.uk

You'll start getting less junk mail in about 12 weeks.

After 2 years you'll need to fill in another form.

Register with the Mailing Preference Service (MPS) - this will stop advertising material that's addressed to you personally. You can register online at the MPS website, or you can contact them by phone or email. Mailing Preference Service 020 7291 3310

You can contact the Fundraising Preference Service if you want to stop getting marketing mail from any charity registered in England, Wales or Northern Ireland. They'll tell them to remove your contact details within 28 days. The best way to do this is to register on their website. You can register over the phone if you prefer: tel. 0300 3033 517. If you list all the charities that mail you they will contact them and stop the mail coming.

You can search for your local electoral registration office on GOV.UK.

Ask them to take your details off the 'open register' - this is a list of people and addresses that can be bought and used for sending junk mail.

If you would like your details removed from the 'open register' please contact elections@stroud.gov.uk.

If you want to stop getting mail from a particular sender, contact them directly. Include:

your full name and address, the date and this sentence: "Please stop processing my personal data for direct marketing purposes in accordance with Article 21 of the General Data Protection Regulations."

Give a reasonable date that you want the organisation to stop sending you mail - Article 21 says they should do this within 1 month.

If you get junk mail with a return address on the envelope, you should:

Write "unsolicited mail, return to sender" on the envelope. Post it - you don't have to pay.

This won't guarantee that you won't get any more junk mail, but it's a way of letting the company know that you don't want any more mail.

In future, you should check any forms that you fill in for tick boxes that say something like: 'I give permission for third parties to contact me' or 'I give you permission to contact me'. Ticking (or unticking) the boxes will prevent you from getting junk mail from that company.

If you give your contact details over the phone, make sure you tell them not to send you marketing mail or give your details to anyone else.

If each household in Upton does this, we can save a tree.

Millie Barnes

St Leonard's Church News

Website: www.uptonstleonardschurch.co.uk

Priest in Charge: Rev Clodagh Ingram

Curate: Rev James Turk



Rev James Turk writes

Have you ever wondered what people are talking about when they say they're giving something up for Lent?

Lent is the 40 days (not including Sundays) from Ash Wednesday to the Saturday before Easter. Lent is often described as a time of preparation and an opportunity to go deeper with God. This means that it's a time for personal reflection that prepares people's hearts and minds for Good Friday and Easter.

What Are the Key Days During Lent?

Ash Wednesday is the first day of Lent. You may have noticed people with a smudged, black cross on their foreheads. Those are ashes from the Ash Wednesday service. The ashes symbolise our grief for the things we've done wrong and the resulting division of imperfect people from a perfect God.

Maundy Thursday is the day before Good Friday. It commemorates the night before Jesus died, when He shared the Passover meal with His closest friends and followers.

Good Friday is the day Christians remember Jesus' death. The 'Good' reflects how Jesus' death was a sacrifice on our behalf so we can receive God's forgiveness for our wrongs, or sins.

Easter Sunday is the joyful celebration of Jesus rising from the dead to give us the opportunity of eternal life. While people still die, Jesus made the way for people to have a relationship with God in this life and to spend eternity in heaven.

What Happens During Lent and Why?

The three main things people focus on during Lent are prayer, fasting (abstaining from something to reduce distractions and focus more on God) and giving, or charity.

Prayer during Lent focuses on our need for God's forgiveness. It's also about repenting (turning away from our sins) and receiving God's mercy and love.

Fasting, or giving something up, is a very common practice during Lent. The idea is that giving up something that's a regular part of life, like eating dessert or scrolling through Facebook, can be a reminder of Jesus' sacrifice. That time can also be replaced with more time connecting with God.

Giving money or doing something good for others is a way to respond to God's grace, generosity and love. For example, some people spend time volunteering or donate money they would

Continued on next page

Church Calendar for March 2020

Sun 1st	8.00 am	Holy Communion
	10.00 am	Celebration Service
Mon 2nd	4.00 - 4.30	Evening Prayer
Tues 3rd	9.30 - 9.50	Morning Prayer
	9.50 - 12.00	Coffee & Chat
Sun 8th	10.00 am	Communion Service
Mon 9th	4.00 - 4.30	Evening Prayer
Tues 10th	9.30 - 9.50	Morning Prayer
	9.50 - 12.00	Coffee & Chat
Wed 11th	4.00 - 4.30	Evening Prayer
Sun 15th	10.00 am	Communion Service
Mon 16th	4.00 - 4.30	Evening Prayer
Tues 17th	9.30 - 9.50	Morning Prayer
	9.50 - 12.00	Coffee & Chat
Wed 18th	4.00 - 4.30	Evening Prayer
Sun 22nd	10.00 am	Communion Service
		Mothering Sunday
Mon 23rd	4.00 - 4.30	Evening Prayer
Tues 24th	9.30 - 9.50	Morning Prayer
	9.50 - 12.00	Coffee & Chat
Wed 25th	4.00 - 4.30	Evening Prayer
Sun 29th	10.00 am	Communion Service
	12.00 noon	APCM Meeting
Mon 30th	4.00 - 4.30	Evening Prayer
Tues 31st	9.30 - 9.50	Morning Prayer
	9.50 - 12.00	Coffee & Chat
Wed 11th	4.00 - 4.30	Evening Prayer

St Leonard's Church News

Website: www.uptonstleonardschurch.co.uk

Notice of Annual Meeting of Parishioners (AMP) to appoint Church Wardens

Everyone on the Church Electoral Roll or resident in the village is invited to attend followed by

Annual Parochial Church Meeting (APCM)

Open to those on the Church Electoral Roll

Both to be held at St Leonard's Church on Sunday 29th March at 12.00 noon

Holy Week and Easter Services

April 5 th	Palm Sunday	8.00 am	Communion Service
		10.00 am	Celebration Service
Monday 6 th		7.00 pm - 7.30 pm	Holy Week Reflection
Tuesday 7 th		7.00 pm - 7.30 pm	Holy Week reflection
Wednesday 8 th		7.00 pm - 7.30 pm	Holy week reflection
April 9 th	Maundy Thursday		Lunch at the BMI
	Maundy Thursday	7.00 pm	Do this in remembrance of me
April 10 th	Good Friday	10.00	Walk to Prinknash
April 10 th	Good Friday	2.00 pm	Hour at the Cross
April 12 th	Easter Sunday	10.00 am	Easter Praise and Communion



Continued from previous page

normally use to buy something, like their morning coffee. Jesus sacrificed Himself on Good Friday to bear the punishment for all our wrongdoings and offer us forgiveness. He was raised from the dead on Easter Sunday to give us an opportunity to have a relationship with God for eternity. Spending time during Lent praying, fasting and giving can make Jesus' sacrifice on Good Friday and His resurrection on Easter even more meaningful.

Lent this year begins on February 26th with the first Sunday of Lent being celebrated on March 1st. At St Leonards we will be marking Lent as a time of reflection, but Sunday will be time to gather and celebrate in worship. As always everyone is welcome to join us for our services. Whether you are young or old, steadfast in your faith or still wondering, you will receive a warm welcome at St Leonards.

James



We're Open

The Church
will be open between
9.00 am and 4.00 pm from
1st March 2020



Mothers Union

Thursday 19th March 2.00 pm
St Oswald's Church Hall, Coney Hill
With Margaret Edwards
Anglican Diocesan Link with
West Tanganyika

St Leonard's Church News

Website: www.uptonstleonardschurch.co.uk

St Leonard's Mothers' Union

At the Annual General Meeting held in January, Rachel Hall stepped down from being Branch Leader. On behalf of all the members, the Deanery Leader, Doreen McLellan presented Rachel with a pen & bouquet of flowers & thanked her for her many years of service leading the Branch. Tea & cake were served afterwards.

The Mothers' Union meets on the third Thursday of each month at 2.00 pm, from now until May in St Oswald's Church Hall & during the summer months in St Leonard's Church. Visitors are very welcome and a varied and interesting programme has been planned for the coming year.

For further information please contact:-

Kate Gale
or Jenny Cunningham



*To the glory of God
A gift to
Upton St. Leonard's Church
From the Mothers' Union of this Parish
1957*



This is the inscription on the back of this beautiful processional cross. Since that date there have been different leaders of the Mothers' Union including Rachel Hall who has just relinquished this post to Kate Gale. Rachel has always been passionate and loyal to the church and the Mothers Union wherever she has lived. At Upton St. Leonards she took over from Judy Jackson and was inducted by the then vicar Peter Jackson. Since taking that position she has been instrumental in leading the services and in inviting a variety of speakers. She has also been pivotal in organising Women's World Day of Prayer. The Mothers' Union have always provided the posies for Mothering Sunday ensuring a posy is laid on the grave of members who have passed away. The Mothers' Union has recently joined with St. Oswald's Mothers' Union enabling the monthly meetings to take place at St. Oswalds during the cold winter months and at St. Leonard's during the summer. We say a special thank you to Rachel Hall for all her dedicated hard work over the years and welcome Kate Gale who will now succeed Rachel in being the new leader of the Mothers' Union. Kate's induction will take place on Sunday March 22nd during the 10 am service, and everyone is welcome.

Mothering Sunday

March 22nd

10.00 am

Communion Service



World Day of Prayer service

at
Christchurch Abbeydale
on
Friday 6 March
at 10.30 am.



The service has been planned and written by women in Zimbabwe. They have lived with unrest for many years. We can show our support for them by hearing their stories

St Leonard's Church News

Website: www.uptonstleonardschurch.co.uk

Who's Who at the Parish Church

Priest in Charge

Rev Clodagh Ingram

Curate:

Rev. James Turk

Churchwardens:

Keith Robbins

Vacancy

PCC Secretary:

Sarah Kent pccsecretary@uptonstleonardschurch.co.uk

Church Treasurer

Vacancy

Baptism & Wedding Enquiries

Church Administrator - Jenny Cunningham

Deanery Synod Representative & Safeguarding

Dorothy Cox

Bell Tower Captain

Charlie Burnett

Mother's Union:

Kate Gale

Church Cleaning Rota:

Claire Appleyard

Church Flowers:

Jenny Cunningham

Service of Thanksgiving

On Sunday afternoon on January 19th a service of Thanksgiving for the lives of loved ones was held in the church. People who had lost a family member or friend gave their names to be written down and were then invited to help themselves to a tea-light candle in readiness to light it during the service. A short service of hymns and prayers preceded the names being read out one by one by Sarah Turk after which the congregation was invited to come forward and light their candles placing them in the cross as seen in the above picture. Quiet music was played during the lighting of the candles creating an opportunity for quiet reflection and thanksgiving. It was a very moving and comforting service acting out the verse



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

The service was then followed by welcome tea and cake!

Tower Floodlighting

2020

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

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Arts Page

We offer you an Irish Arts Page in honour of St. Patrick's Day – 17th March



The Lake Isle of Innisfree (written in 1893) by W. B. Yeats 1865 – 1939

I will arise and go now, and go to Innisfree,
And a small cabin build there, of clay and wattles made:
Nine bean-rows will I have there, a hive for the honey-
bee,
And live alone in the bee-loud glade.

And I shall have some peace there, for peace comes
dropping slow,
Dropping from the veils of the morning to where the
cricket sings;
There midnight's all a glimmer, and noon a purple glow,
And evening full of the linnet's wings.

I will arise and go now, for always night and day
I hear lake water lapping, with low sounds by the shore;
While I stand on the roadway, or on the pavements
grey,
I hear it in the deep heart's core.

W. B. Yeats won the Nobel Prize for
Literature in 1923.

Some thoughts from Irish Literary Figures

"I have come to the conclusion that I cannot write
without offending people" – James Joyce

"There is no such thing as a moral or immoral book.
Books are well written or badly written. That is all"
Oscar Wilde

"I'm only a beer teetotaller, not a champagne
teetotaller" George Bernard Shaw

BOOK REVIEW

The Country Girls by Edna O'Brien (published in 1960)

This is the first novel published by Edna O'Brien who has gone on to publish nineteen novels and many short stories. O'Brien's works often revolve around the inner feelings of women, and their problems in relating to men, and to society as a whole. The Country Girls is credited with breaking the silence on sexual matters and social issues during a repressive period in Ireland following World War II. The book was banned, burned and denounced from the pulpit in Ireland. It describes two young Irish girls who leave their convent school and move to Dublin to work and to live. Although they set out to conquer the world together they must ultimately learn to find their own way. The two girls also feature in the next two novels written by Edna O'Brien – Girl with Green Eyes (The Lonely Girl 1962) and Girls in Their Married Bliss (1964). Happy reading !!

He wishes for the Cloths of Heaven (written in 1899) by W. B. Yeats

Had I the heavens' embroidered cloths,
Enwrought with golden and silver light,
The blue and the dim and the dark cloths
Of night and light and the half-light,
I would spread the cloths under your feet:
But I, being poor, have only my dreams;
I have spread my dreams under your feet;
Tread softly because you tread on my dreams.

Rich and Rare (The Summer is coming) from Moore's Irish Melodies

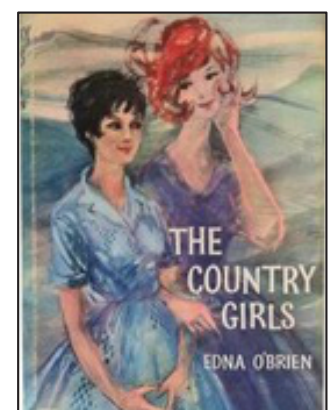
Rich and rare were the gems she wore,
And a bright gold ring on her wand she bore,
But O her beauty was far beyond
Her sparkling gems and her snow-white wand.

"Lady! Dost thou not fear to stray,
So lone and lovely, thro' this bleak way?
Are Erin's sons so good or so cold
As not to be tempted by woman or gold?"

"Sir Knight! I feel not the least alarm;
No son of Erin will offer me harm;
For, tho' they love women and golden store,
Sir Knight, they love honour and virtue more!"

On she went and her maiden smile
In safety lighted her round the green isle;
And blessed forever was she who relied
Upon Erin's honour and Erin's pride!

(The Irish poet and musician, Thomas Moore (1779 – 1852), wrote many Irish melodies. Benjamin Britten arranged some of the melodies and performed them in the 1950s with Peter Pears as soloist.)



Holly Paton talks about her work in conservation



It was while working for the charity which managed Kites Hill that Holly Paton set her heart on settling down in Upton. She and partner Garry, who is a groundworker and landscape designer, wanted a rural house with a decent sized garden. They were particularly interested in the red-bricked cottages in Churchfield Road and six years ago moved into one of the middle cottages, which they renovated themselves. They keep chickens, grow fruit and vegetables and the front garden is now a small apple orchard. They have also started a family; USL Life readers may remember our congratulations when their daughter Pippa was born in 2017.

Holly, who studied Geography at University, concentrating on conservation in her final year, now works three days a week for Bristol City Council as Leader of volunteers for 'One tree per Child' and 'Tree Bristol'. These are tree planting initiatives in Bristol parks, woodlands, streets and open spaces. Businesses in Bristol are encouraged to give employees time off work for Corporate Days to get involved in these 'greening' schemes. The planting season is from November to March and in the 2019-2020 season the aim is to plant 7,000 trees. Maintenance is carried out from April to October. Native trees are planted in woodland and hedges; street trees are a mix of native and non-native. The latter will become important because of climate change and bio security.

Holly says "I've always been passionate about the natural environment. Climate change is a massive issue and I feel honoured to be working to help with the

problems we face even if it's on a tiny scale. I love the way being in nature makes me feel happy and peaceful and I'm grateful for the opportunity to have worked for nearly 15 years teaching countryside skills. Tree planting has always been my favourite skill.

If you're considering planting a tree and greening Upton a little more, choose small easily managed trees, ones that don't cast too much shade: hazel, silver birch, magnolia and small varieties of fruit trees. For hedges which are good for wildlife choose hawthorn, cherry or dogwood.

My favourite tree is hazel with its beautiful big green leaves and catkins, and I love its versatility; it can be cut back and will regrow branches once coppiced; branches can be used as poles for runner beans, screening, weaving and supporting."

Holly is also Parish Clerk for Pitchcombe and Allotment Manager for the Perry Orchard site.

This feature was compiled by Christina Caldwell.



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FORWARD PLANNING FOR THE SUMMER

**The Upton Show will take place on Saturday 5 September 2020
2.00 - 4-30pm in the Village Hall, so why not plant a few seeds
and enter the flower category below!**

SECTION "B" - FLOWERS – OPEN
Prize for best exhibit in Section "B" - £7.50 (Award 17)

NOTE: In all classes except Class 55 and Class 57 blooms may be either mixed colours or one distinct colour.

Class

- 50 5 stems of Cosmos
- 51 5 stems of a flower of your choice, other than those already in the schedule
- 52 Vase of Asters, 5 blooms
- 53 Roses, 3 blooms with foliage attached, 3 distinct varieties
- 54 Floribunda Roses, 3 stems
- 55 Roses, 3 blooms with foliage attached, 1 variety only
- 56 Rose, one single bloom to be judged on fragrance only
- 57 Roses – one vase of one variety, one bloom at each of 3 stages, bud, exhibition and blown.
Bud to be in colour.
- 58 Three different sprays of shrubs in a suitable container
- 59 Dahlia, 3 collerette
- 60 Dahlia, 5 small cactus or semi-cactus – any variety or varieties
- 61 Dahlia, 5 small decorative – any variety or varieties
- 62 Dahlia, 5 miniature decorative
- 63 Dahlia, 5 miniature – any variety or varieties
- 64 Dahlia, 3 ball – any variety or varieties
- 65 Dahlia, 5 pompom – any variety or varieties
- 66 Dahlia, 3 water lily – any variety or varieties
- 67 Chrysanthemum, 3 sprays
- 68 Gladioli, 3 spikes
- 69 Gladioli, 1 spike
- 70 Bowl or vase of garden flowers – maximum space (610mm x 610mm). Prize money: £5, £2.50, £1.00
(Award 16)
- 71 A succulent, other than cacti (**150mm max pot size**)
- 72 A cactus (**150mm max pot size**)
- 73 One pot plant in flower (Not orchid or fuchsia) (**150mm max pot size**)
- 74 One pot plant for foliage (Not including succulents) (**pot size up to 200mm**)
- 75 One pot fuchsia (**Internal diameter of pot not to exceed 200mm**)
- 76 One specimen orchid (**Internal diameter of pot not to exceed 200mm**)
- 77 Vase of hydrangea heads, 3 stems
- 78 Fern frond
- 79 Hosta leaves – any variety – 5 in one container

Novice Classes (A novice has never won a 1st prize for flowers in any show)

- 80 Rose – one single bloom
- 81 Dahlia – 1 bloom of any kind
- 82 One pot plant, any variety (150mm max pot size)
- 83 Gladioli – one spike

NOTE: POT PLANTS – THESE MUST HAVE BEEN IN OWNERSHIP FOR AT LEAST TWO MONTHS

The mystery stone at Grove Court pictured in the February issue: Lee Christie writes: *This could be a King William III and Queen Mary II monogram, carved to celebrate the 'Glorious Revolution' of 1688 when Mary's father, King James II, was deposed, in favour of Mary and her husband William of Orange. Their monogram always interlinks their initials, i.e., a W and an M interlinked. A very interesting part of our community's history."



HADWEN HEALTH

The Patient Participation Group met in December. We discussed the new web site and how it can help us patients save time by looking online to help ourselves instead of waiting weeks for a doctor's appointment. The practice has a number of clinicians who can be a source of advice. Nurses can prescribe a number of medications. The pharmacist can advise on drug action, reactions and side effects as well as carrying out medication reviews. Physio can advise over the phone in certain cases. Our wonderful local Glevum Pharmacy offers a number of services at a moment's notice.

They are open until 11pm on week nights and start early at 8am allowing working people to have easy access. The pharmacists will advise you if they think you need to see a doctor. Ordering repeat medication from the comfort of your own home saves time for all concerned.

We can now record blood pressure readings and other information online for your doctor to assess. The new website can only help us if we become familiar with all it has to offer and we use it of course. So please take some time to look and learn and then we will all be better placed to look after our own health and know how to get help should we need it.

A new appointment system will be introduced around April/May. The 12.30 appointment release currently in place, will be withdrawn as it is not working.

There will be a 2 week changeover period which we will need to be mindful of and the Practice will tell us in time how to navigate access during that changeover when records are moved over to the new system.

Social prescribers are joining the practice and will run group sessions as well as individual face to face appointments.

Artlift is a charity that has helped patients from Hadwen to produce the mosaic 'Tree of Hope' now displayed in the entry foyer and the mosaic birds fanning out from this and up the stairs. Do pop in a take a look.

The numbers of 'Did Not Attend' were reported and showed a decrease year on year, but still too many. These are so wasteful of clinicians' time and so frustrating for the team as a whole. 2018 showed 2,040 did not attend for booked appointments and in 2019 the number was 1,993 so there is still room for improvement. The practice staff hope that text message reminders will help to reduce this number further this year.

There are various Health Reviews and Assessments available online that we can all avail ourselves of now at Hadwen Health.

Stay healthy.

Millie Barnes

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Regular weekly events are only shown for the first month here

VILLAGE DIARY

MARCH

2	Mon	Yoga.....	Village Hall Annex.....	10.00-11.30a.m.
2	Mon	Coffee Club.....	BMI.....	10.00-12.00p.m.
2	Mon	Yoga.....	Village Hall Annex.....	12.15-1.45p.m.
2	Mon	Fitness Training (2 sessions).....	Village Hall Annex.....	6.30-7.30p.m.
2	Mon	Parish Council Meeting.....	Pavilion.....	7.30p.m.
2	Mon	Upton WI.....	Village Hall.....	7.30-10.00p.m.
3	Tue	Recycling and food waste week		
3	Tue	Needles and Pins.....	Village Hall Annex.....	9.45-12.15p.m.
3	Tue	Badminton.....	Village Hall.....	8.30-10.30p.m.
4	Wed	Stitchers.....	Pavilion.....	10.00-12.00p.m.
4	Wed	Bingo.....	BMI.....	8.00p.m.
4	Wed	Upstagers Amateur Dramatics.....	Village Hall.....	7.30-9.30p.m.
4	Wed	Bell Ringing Practice.....	Bell Tower.....	7.30-9.00p.m.
5	Thu	Senior Circuits.....	Pavilion.....	10.00-10.45a.m.
5	Thu	Tai Chi.....	Village Hall Annex.....	9.30-10.30a.m.
5	Thu	Pilates.....	Village Hall Annex.....	1.00-2.00p.m.
5	Thu	Fitness (2 sessions).....	Pavilion.....	6.30-7.30p.m.
6	Fri	Pilates.....	Village Hall.....	11.30-12.30p.m.
7	Sat	Entertainment Night.....	BMI.....	8.00p.m.
8	Sun	Tennis.....	Pavilion.....	10.00a.m.
9	Mon	Yoga.....	Village Hall Annex.....	10.00-11.30a.m.
9	Mon	Coffee Club.....	BMI.....	10.00-12.00p.m.
9	Mon	Yoga.....	Village Hall Annex.....	12.15-1.45p.m.
9	Mon	Fitness Training (2 sessions).....	Village Hall Annex.....	6.30-7.30p.m.
9	Mon	Twyver WI.....	Village Hall.....	7.30-10.0p.m.
10	Tue	Copy date for April issue of USL Life		
10	Tue	Rubbish and food waste week. Garden Waste for those with brown bins		
10	Tue	Needles & Pins.....	Village Hall Annex.....	9.45-12.15p.m.
10	Tue	Yoga.....	Pavilion.....	6.30p.m.
10	Tue	Tennis AGM.....	Pavilion.....	8.00p.m.
10	Tue	Badminton.....	Village Hall.....	8.30-10.30p.m.
11	Wed	Stitchers.....	Pavilion.....	10.00-12.00p.m.
11	Wed	Bingo.....	BMI.....	8.00p.m.
11	Wed	Upstagers Amateur Dramatics.....	Village Hall.....	7.30-9.30p.m.
11	Wed	Bell Ringing Practice.....	Bell Tower.....	7.30-9.00p.m.
12	Thu	Senior Circuits.....	Pavilion.....	10.00-10.45a.m.
12	Thu	Tai Chi.....	Village Hall Annex.....	9.30-10.30a.m.
12	Thu	Pilates.....	Village Hall Annex.....	1.00-2.00p.m.
12	Thu	Fitness (2 sessions).....	Pavilion.....	6.30-7.30p.m.
13	Fri	Pilates.....	Village Hall.....	11.30-12.30p.m.
15	Sun	Tennis.....	Pavilion.....	10.00a.m.
15	Sun	Lunchtime Jazz Club.....	BMI.....	1.00-3.00p.m.
16	Mon	Coffee Club.....	BMI.....	10.00-12.00p.m.
16	Mon	Yoga.....	Village Hall Annex.....	10.00-11.30a.m.
16	Mon	Yoga.....	Village Hall Annex.....	12.15-1.45p.m.
16	Mon	Fitness Training (2 sessions).....	Village Hall Annex.....	6.30-7.30p.m.
16	Mon	Abbeydale Garden Club.....	Village Hall.....	7.30-9.45p.m.
17	Tue	Recycling and food waste week		
17	Tue	Needles & Pins.....	Village Hall Annex.....	9.45-12.15p.m.
17	Tue	Yoga.....	Pavilion.....	6.30p.m.
17	Tue	Badminton.....	Village Hall.....	8.30-10.30p.m.
18	Wed	Stitchers.....	Pavilion.....	10.00-12.00p.m.
18	Wed	Ladies Probus.....	BMI.....	10.00a.m.
18	Wed	Healthy Living.....	Pavilion.....	7.00p.m.
18	Wed	Bingo.....	BMI.....	8.00p.m.
18	Wed	Upstagers Amateur Dramatics.....	Village Hall.....	7.30-9.30p.m.
18	Wed	Bell Ringing Practice.....	Bell Tower.....	7.30-9.30p.m.
18	Wed	Petanque.....	Pavilion.....	7.30p.m.
19	Thu	Senior Circuits.....	Pavilion.....	10.00-10.45a.m.
19	Thu	Tai Chi.....	Village Hall Annex.....	9.30-10.30a.m.
19	Thu	Pilates.....	Village Hall Annex.....	1.00-2.00p.m.
19	Thu	Fitness (2 sessions).....	Pavilion.....	6.30-7.30p.m.
19	Thu	History Group – Blood Guts and a Little Bit off the Top.....	Village Hall.....	7.45-9.15p.m.
20	Fri	Pilates.....	Village Hall.....	11.30-12.30p.m.
21	Sat	Spring Quiz.....	BMI.....	8.00p.m.
22	Sun	Tennis.....	Pavilion.....	10.00a.m.
23	Mon	Coffee Club.....	BMI.....	10.00-12.00p/m
23	Mon	Yoga.....	Village Hall Annex.....	10.00-11.30a.m.
23	Mon	Yoga.....	Village Hall Annex.....	12.15-1.45p.m.
23	Mon	Fitness Training (2 sessions).....	Village Hall Annex.....	6.30-7.30p.m.
23	Mon	Camera Club.....	Village Hall.....	7.00-9.00p.m.
24	Tue	Rubbish and food waste week. Garden waste for those with brown bins		



24	Tue	Needles & Pins	Village Hall Annex	9.45-12.15p.m.
24	Tue	Yoga	Pavilion	6.30p.m.
24	Tue	Badminton	Village Hall	8.30-10.30p.m.
25	Wed	Stitchers	Pavilion	10.00-12.00p.m.
25	Wed	Ladies Probus	BMI	10.00a.m.
25	Wed	Bingo	BMI	8.00p.m.
25	Wed	Upstagers Amateur Dramatics	Village Hall	7.30-9.30p.m.
25	Wed	Bell Ringing Practice	Bell Tower	7.30-9.30p.m.
26	Thu	Senior Circuits	Pavilion	10.00-10.45a.m.
26	Thu	Tai Chi	Village Hall Annex	9.30-10.30a.m.
26	Thu	Pilates	Village Hall annex	1.00-2.00p.m.
26	Thu	Upton WI Workshop	Pavilion	1.00p.m.
26	Thu	Get Together Club	Village Hall	2.30-4.30p.m.
26	Thu	Fitness (2 sessions)	Pavilion	6.30-7.30p.m.
26	Thu	Ramblers	Pavilion	7.30p.m.
27	Fri	Pilates	Village Hall	11.30-12.30p.m.
29	Sun	Tennis	Pavilion	10.00a.m.
30	Mon	Coffee Club	BMI	10.00-12.00p.m.
30	Mon	Yoga	Village Hall Annex	10.00-11.30a.m.
30	Mon	Yoga	Village Hall Annex	12.15-1.45p.m.
30	Mon	Fitness Training (2 sessions)	Village Hall Annex	6.30-7.30p.m.
30	Mon	Lady Downe Trust	Upton St Leonards School	7.30p.m.
31	Tue	Recycling and food waste week		
31	Tue	Needles & Pins	Village Hall Annex	9.45-12.15p.m.
31	Tue	Yoga	Pavilion	6.30p.m.
31	Tue	Badminton	Village Hall	8.30-10.30p.m.
31	Tue	Tennis Club Night	Pavilion	6.00p.m.

Regular weekly events not listed below this line

APRIL

6	Mon	Parish Council Meeting	Pavilion	7.30p.m.
6	Mon	Upton WI	Village Hall	7.30-10.00p.m.
10	Fri	Copy Date for May issue of USL Life		
13	Mon	Twyver WI	Village Hall	7.30-10.00p.m.
20	Mon	Abbeyle Garden Club	Village Hall	7.30-9.45p.m.
22	Wed	Ladies Probus	BMI	10.00a.m.
25	Sat	Entertainment Night	BMI	8.00p.m.
27	Mon	Camera Club	Village Hall	7.00-9.00p.m.
30	Thu	Get Together Club	Village Hall	2.30-4.30p.m.

MAY

4	Mon	Parish Council Meeting	Pavilion	7.30p.m.
4	Mon	Upton WI	Village Hall	7.30-10.00p.m.
8	Fri	Bank Holiday - 75th Anniversary of VE Day Weekend	BMI	From 1.30p.m.
9	Sat	Charity Entertainment Night	BMI	8.00p.m.
10	Sun	Copy Date for June issue of USL Life		
11	Mon	Twyver WI	Village Hall	7.30-10.00p.m.
18	Mon	Abbeyle Garden Club	Village Hall	7.30-9.45p.m.
20	Wed	Ladies Probus	BMI	10.00a.m.
21	Thu	History Group – The Story of Painswick House	Village Hall	7.45-9.15p.m.
25	Mon	Camera Club	Village Hall	7.00-9.00p.m.
25	Mon	Spring Bank Holiday		

Contact Paula Quinn to get your event in the diary

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BEWARE!

ANOTHER RECENT SCAM IN THIS AREA

It has been drawn to our attention that two people with false identification badges have been calling at houses. In one or more instances the callers claimed to be from Severn Trent and requested access to check water pipes inside the house. BE CAREFUL.

ONLY ADMIT STRANGERS TO YOUR PROPERTY IF YOU HAVE ASKED THEM TO CALL.

Remember to put the clocks forward on Sunday 29 March!



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:

This month's editor: Barbara Swindin
 Editors: Andrea Dawson
 Andy Russell
 Barbara Swindin
 Peter Wilson

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The editor next month will be Andy Russell, contact details above

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A LOCAL TRADITION!

Upton St Leonards farmer, Mike Long, with newborn lambs.

Spring really is arriving.



Twyver Walkers on a rare sunny February day!
and the church they visited. See article on Page 2.

