

Upton St Leonards Life *incorporating Church News*

Issue 79

March 2021



The lovely picture below was taken by Dean Rhodes, Assistant Manager of The Kings Head. More of his pictures can be seen on the Village facebook Page. If you are interested in obtaining any copies he can be contacted on the Upton St Leonards Facebook Page or Instagram

Sunrise over Portway



**An annual
newsletter
tradition.**

**Here is Mike Long
with his firstborn
lambs**

The flower bed outside the village shop



**A big Thank You to Upton Builders who have
made this area so nice to look at**

Also in this month's newsletter:
Page 3 - Rahul and Seeta's 5th anniversary at the Village shop

Page 4 - An Easter egg hunt
Page 7 - Cliff trains as a volunteer vaccinator

Editorial

Following on from 2020 we continue to be significantly affected by the ongoing pandemic.

Many were and still are trying to cope with financial pressures, missing contact with family and friends, the frustration of cancelled holidays and boredom due to the restrictions.

The most difficult experience of course has been for those people who have lost loved ones and in some cases were unable to say goodbye to them face to face or have family and friends to help comfort them. Our hearts go out to anyone who has had to deal with such a situation.

Those on their own may have experienced loneliness due to a lack of contact with others and the great clubs we have in Upton like the Get Together Club, Monday Coffee Club and others have been sorely missed.

We have a lovely community in Upton and as Millie (last month's guest editor) made reference to in February, lots of people have helped others. I know examples of neighbours who continue to support each other and this was happening long before Covid. The Volunteer Group behind our Helpline is another example and last year was key in getting food and medicines to those who were unable to get out, well before arrangements had been put in place by surgeries and supermarkets etc. All their efforts have been really appreciated.

Not everyone who needs support will call on what is available for different reasons but if you are reading this and are in a difficult place, I encourage you to reach out for help as there are many in Upton who will help, or tap into the Council help numbers.

Having acknowledged all of the above, some positives have come from our strange situation: -

- more people have got involved in the community to help others (e.g. our Helpline)
- an increased and hopefully lasting appreciation of our NHS
- parents spending more time with their children (e.g. homeschooling!!)
- walking has become popular as a way of using leisure time (our village walk booklet is proving popular and see page 18 from Keith Ardron where he and his wife have really gone to town!)
- fitness levels have improved through more exercise for those who are able
- connecting with and appreciating nature when out and about
- less pollution as a result of reduced travel and working from home

I am sure there are others not mentioned. Let's hope some of the positives stay with us for the future so we look back not just on a challenging time but also what good has come from everyone's experiences.

Peter Wilson



John Weygang
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What's been happening in Upton?

5th Anniversary for Seeta & Rahul at Upton Village Shop and Post Office



Seeta and Rahul arrived in Upton St Leonards on 5 February 2016 to take over the Village Shop and Post Office with their one and a half year old daughter. Rahul had been working at a Post Office in Birmingham and Seeta at a specialist college for disabled/special needs children. It was their first experience of running a business and therefore a very scary challenge.

What made them feel good was receiving a very warm welcome from everyone and they appreciated customers' patience as changes were made to layout, stock levels and opening times over the next 12 months. These included selling local fruit and veg, local milk, bakery and meat from Portway Farm Shop. Both Seeta and Rahul have enjoyed getting to know their customers since they have been in USL.

Then along came a second daughter and both girls (now 3 and 6 years old) attend the Village Nursery and Upton School. They have moved to a home in Woodland Green, and Rahul plays cricket for USL, and both feel the family are part of the community. They are looking forward to celebrating their 10th Wedding Anniversary in USL later this year.

The couple are really passionate in their support of Macmillan, the Food Bank, Book Swap and local charities and were pleased to be able to help some of their customers during the difficulties of lockdown.

They hope the shop and post office will keep going for many generations to come and wanted to express their thanks for the friendship and support they have received over the last 5 years and the years ahead.

On behalf of the village, I would like to thank Seeta and Rahul on how well they have integrated into the village community and for all their efforts to support their chosen good causes and looking after people during the pandemic.

Peter Wilson

Gloucester Food Bank Report for 2020

Despite the really difficult year, what super support has been given to the Gloucester Foodbank from the Village Community. At the beginning of the year, when some items were in very limited supply, people were sharing what they were able to purchase. This applied to the famous shortage of toilet rolls to rice and tinned meat. Hard to think this could ever have happened.

The Trussell Trust Foodbank, had to quickly rethink how they were going to work. Due to most volunteers being retired, some were not able to help due to their own vulnerability. People had to queue, socially distanced and be attended to in the very limited car park. It was soon becoming apparent that greater changes would need to be made. With the closure of schools, there was a greater demand from families struggling, those who could not work but equally were not eligible for "Furlough" money and some being made redundant and having to wait a long time for Universal Credit. The numbers and circumstances were to change again. Clients no longer come to the centre, but instead volunteers load their cars and deliver to the individual homes.

Donations have to go into isolation before being sorted and date stored. Then another period of isolation, packed into boxes in preparation for distribution. There are very strict Health and Safety rules to follow. Out of date food can not be included in a box. It is advisable to check that donated edible items have ideally at least one month's "Best Before date" left to allow for the isolation periods. The latest figures I could find at the end of last year showed 14 million living below the poverty line including 4.5m children. These figures, given they were prior to the pandemic, are startling for a country like Britain.

The splendid results for the calendar year 2020 from the Village were as follows: Village Shop Collection Point– approx. 592Kg, Upton St Leonard Primary School – approx. 221Kg, St Leonards Church (including Harvest and Christmas Card collection) approx. 336Kg. Donations instead of local Christmas Cards (St Leonards Church £247.00) and Brass instrument Players, socially distanced playing a few Christmas Carols in a few places around the Village just before Christmas Day, (£375) resulted in a donation of £575 in total.

In addition to this I know because of Covid19 lockdowns and shielding, some people have added items to go direct from their internet shops, purchased made up bags and left in local supermarkets or given monetary donations direct to Gloucester Foodbank.

A very big "THANK YOU" to everyone for this remarkable yearly total. This is another example of the very supportive community in which we live and the support given by Rahul and Seeta in the Village Shop, acting as a collection point, including those who provided books and plants to boost the donations.

Dorothy Cox



Whats coming up in Upton?

Upton School Easter Trail - please give your support

The idea of decorating an Easter window was initially raised on the USL Facebook page and received a great response with a number of people wishing to support the idea (the village Halloween and Advent windows had already proved popular in Upton).

The Easter windows are a fundraising approach for Upton School, with locals decorating an Easter window/front garden and a small charge will be made to enter the USL Schools' Easter Trail.

The trail will run during the Easter holiday (2nd to 18th April) and details for the purchasing of maps will follow shortly.

The entrance fee to display an Easter window/garden for the trail will be £5 per household. We are hoping to have a small prize for the best display as voted for by those on the trail - watch this space!

If you would like to enter, please send your name and address to me

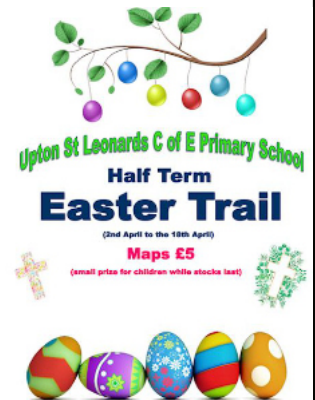
I will then provide payment details, together with some details for display.

All proceeds raised will go directly to USL School whose fundraising has taken a huge knock due to Covid so funds are very much needed and appreciated.

Thank you for supporting our school.

Michelle King

On behalf of the PTA for Upton St Leonards C of E Primary School



Let's Talk about Health - Improve Your Health Your Way

Free health and weight loss programme via Zoom

Better control of Type 2 Diabetes, remission?

- Reverse pre-Diabetes
- Reduce blood Sugar and HbA1c
- Lose weight without hunger
- Reduce B/P with lifestyle changes
- Improve health and wellbeing
- Improve your immunity
- Make new friends



Dates for March
4th, 11th, 18th, 25th
and April 1st @
7.30pm



If you have concerns about your health or you need to lose weight, this is for you. This free course is run by Millie Barnes, a retired nurse, who has put her pre-Diabetes into remission. Millie is an Ambassador for The Public Health Collaboration, Charity no 1171887. She is a Volunteer with diabetes.org.uk

Monthly Support
Group ongoing

To attend you need to message Millie saying why you wish to attend. You will need a note book, an open mind and a willingness to make changes to your lifestyle in order to regain or improve your health. Some small investment of time and commitment to set goals and stick to them is essential.

This course is not medical advice, but information and education.

Whats coming up in Upton? - cont'd

Upton Show

The Upton Show will take place on Saturday 11th September 2021, so why not plant a few seeds and enter the flower category below!

(Please note, the show will depend on the Covid 19 restrictions at the time)

To be held in the Village Hall on Saturday 11th September 2021 – 2.00-4.30p.m.

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

Health and Wellbeing (during lockdown)

Lockdown has made us aware of looking after our own health and wellbeing. Here are a few reminders to keep us focused on what can make a difference to our health.

Vitamin D

Boosting our immunity by taking vitamin D has been recommended by the Government, if you are considered clinically extremely vulnerable you can apply for a free 4-month supply of vitamin D on the NHS website. Everyone should take vitamin D as the levels of sunshine in the UK are too low to enable us to make an adequate amount to keep our immune system topped up.

Nutrition

Simple things like eating whole foods and avoiding processed foods can have a big impact on our immunity and health as a whole. Processed foods are foods that contain more than five ingredients, so check out those ordinary items in the food cupboard such as gravy granules, ketchup and sauces. Whole foods come from the farm and not from the factory. Factory foods are made to generate profit for shareholders, they are not made to nourish our bodies and boost our immunity.

Ban junk food from the house, think about the foods that have a high carbohydrate content.

Carbohydrates are turned to sugar in our bodies and if we eat too much, it is stored as fat. Carbohydrates are a non essential nutrient, unlike protein and fats which are essential for health.

If you wish to lose weight think about eating foods that have 10g of carbohydrate or less per 100g of the food. Be aware of the portion size recommended on the packet. Most people eat more than the recommended portion size so test it out with cereal.

Sleep

Sleep is an important aspect of our health. In order to get a good night's sleep of seven to eight hours it's important to have a routine around bedtime. Going to bed and getting up at the same time each day is very beneficial. Avoid bright lights in the hour or two before bedtime. Looking at devices, even e-readers, stimulates our brain and reduces the quality and length of sleep.

Avoid coffee and tea with caffeine after noon as they have a long shelf life in our bodies. Herbal teas are a great replacement and much healthier, especially green teas.

Eating

Mindful eating is very important for health, never eat on the move, always sit down and enjoy your food which you have cooked from fresh ingredients at home. Avoid snacking. If the content of your meal is good there is no need to snack in-between meals. Protein and healthy

fats keep us feeling full for longer periods. Foods with a high carbohydrate content make us hungry again in a couple of hours so we are going to need a snack to keep going. Thirst is often mistaken for hunger so try a hot or cold drink, wait 30 minutes and ask yourself "Am I really hungry?"

Sugary drinks are dangerous as we can consume a lot without realising how much sugar is in them. Plain water or flavoured water which has 0 carbohydrates is a healthier option. If you need to reduce your weight then this will have a big impact on your future health, reducing your blood pressure and decreasing your risk of disease. The string test is a great test to see if we are in

proportion or not, measure your height with a string, fold in half and see if it goes round your waist easily.

Keep Active

Getting outside each day for fresh air and exercise is a great boost to our mental wellbeing that often gets overlooked. Build a routine of going out each day and make it a habit, then you will soon find you miss it, if your plans change. If walking, then walk as fast as you can and increase your speed to enhance your health. Be mindful when you walk, listen to the birds, get into nature, walk in the fields and hills around our lovely village, leave your phone at home.

Enjoy your time in nature. Keep active in the house, move around, don't sit still for long periods. Use it or lose it is a very true saying. Enjoy your ability to move as it's a precious gift. Exercise does not make us lose weight but what you put into your mouth does.

Above all follow the government guidelines, stay home and stay safe. Use the phone and IT to stay in touch with family and friends.

Millie Barnes



Feature Article - Volunteering to be a Vaccinator

Your Welfare is Safe in My Hands!!

Last spring I signed up to the Royal Voluntary Service but for a variety of reasons did very little volunteering (well, more accurately, I fetched shopping for my surrounding neighbours). Then in mid December I got a text suggesting I sign up to be a vaccinator and pompously thinking "My Country needs me", I thought why not? I'm used to handling needles and syringes, used to sticking needles into various parts of an anatomy, I know about informed consent, B cells, T cells, inactivated vaccines, PPE, so, should be simples? Hmmm. This is my journey.

St John Ambulance is the agency coordinating and running the training and I spent two hours completing online forms. I had to give reasons for wanting to participate and any skills appropriate to the role. Applicants had to have a minimum of two A levels or equivalent and I think my veterinary degree was sufficient. I needed an enhanced security check, uploaded passport, driving licence and Birth Certificate images, asked work colleagues to verify that I am real, and booked my virtual interview for the end of January as that was the only one available. Fortunately, I managed to bring this forward to the 7th January and had a nice chat with Mike from St John online via Teams who again checked I was of sound mind. My security clearance had been authorised and my login details to the online training modules were with me within 48 hours.

And then the fun started. You will have likely heard on the news about excessive and unnecessary training requirements. Thankfully, some of the more extreme modules appear to have been shelved but I still had to cover GDPR, Equality and Diversity, Basic Life Support, Anaphylaxis and patient adrenaline treatment.

In addition, the Green Book (NHS annual info on Vaccinations), the cold chain and correct storage, the roles of Joint Committee Vaccinations and Immunisations (JCVI), NHS England, Public Health England, Medicines and Healthcare products Regulatory Authority, National Institute for Biological Standards and Control. I read about vaccinating programmes of children starting at 8 weeks of age. I watched video clips of how the vaccine works and the four areas of surveillance applied to the virus and the vaccination programme.

To be fair my entry via St John Ambulance who have undertaken to use their skills and resources, training hundreds/thousands of volunteers, has been well-run. Some volunteers have signed up to be administrators, welcoming and directing people at larger centres, and providing support to the Healthcare Professionals

(HCP). Some will be vaccinators and my training enables me to undertake all volunteer roles covering vaccination, support and first aid. The online training was split roughly in half between St John and NHS England. There was a degree of overlap in module content but that helps to cement the information.

Several modules had assessments and at least an 80% pass was required. Certificates were printed (or downloaded) as proof and once all modules had been watched and accessed (you couldn't proceed unless all was done) you applied to attend a face-to-face day of further training. This was also run by St John at the training centre at Staverton where we reviewed and discussed the practical aspects of consent, awareness of people's difficulties, signposting to specific agencies, and covered basic life support with amendments for Covid 19 (no rescue breaths for example).

We learned how to put on and take off PPE correctly and when this needs to be done. We practised giving injections into a dummy deltoid muscle (bit of pink foam which was surprisingly realistic).

No surprise really as diluting the dose correctly and using every drop is important to maximise the numbers getting vaccinated. Whilst this was very much part of my day job, all bar one training had no previous experience, being teaching assistants, working in banking, recruitment, or admin roles.

After 8 hours of training at Staverton, about 20 hours of online training and assessment I am now a proud owner of my uniform - a green St John T-shirt.

Paraphrasing the World Cup Final of 1966, do you think it's all over? Well, not quite. I have to upload a recent photo (I'm a bit upset about that because my hair isn't looking its best because, although Kathryn is talented and has saved me a few quid, it has looked better).



Volunteering to be a Vaccinator - cont'd

I then have to download an app, sign up to a minimum of two 8-hour sessions a month and finally get signed off by a HCP during my first session.

To conclude, I'm glad I've made the effort. Yes, there was a lot of seemingly irrelevant training material but ultimately this is the NHS at its worst and actually at its best, i.e. doing it right, covering all bases, making sure that the process is robust and limiting error and challenge. For example, the data on dexamethasone emanated from countless ICU centres in the UK steered by a team in Edinburgh as they provided evidence for its use. This flu-like virus was unusual in that severe and life-threatening complications, the cytokine storm, was killing people.

Glucocorticoids, like dexamethasone, are cheap and very effective in dampening down this over-reaction, like any asthmatic will testify when using their steroid inhaler. My point is that the studies and trial work performed by this National Health Service provides data that benefits us all.

A robust, well-led vaccination programme with properly trained people will add reportable, verifiable data. Simples. Again.

And, ultimately, what else was there to do?

Cliff Alderman



A couple of positive haikus

Friends still stand apart

masks are worn, hands not shaken

**Days pass, the sun shines—
change will come**

Jump for joy, spring flowers bloom,

**birds sing, vaccines are given
spirits lift.**

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St Leonard's Church News

Website: www.uptonstleonardschurch.co.uk

Photo: published with kind permission of Sara Cummings



Associate Priest:

James Turk

Please note that due to James' work commitments, calls, texts and emails will be answered evenings and weekends

Priest in Charge: Vacancy

THANK YOU TO BOTH Sara Cummings and Dean Rhodes for allowing us to enhance the church pages with their beautiful photographs of the church and surrounding area.



Mothering Sunday or Mothers Day?

Mothering Sunday began as a religious event thought to have started in the sixteenth century and had no connection to mothers at all. Historically Christians visited their mother church which was probably the main church or cathedral where they lived or the church where they were baptised.

This occasion was the fourth Sunday in Lent known as mid-Lent Sunday.

It has no connection with the American festival which is called Mother's Day and celebrated on the second Sunday of May. Traditionally it was a day when children, mainly daughters who had gone to work as domestic servants, were given a day off to visit their mothers and family.

People began celebrating Mothering Sunday and Mother's Day on the same day and the two have become mixed but they are certainly not the same thing. Commercialisation has also played its part in recent times with the introduction of cards, chocolates and flowers.

Mothering Sunday was also known as Refreshment Sunday because the fasting rules for Lent were relaxed for the day. Families would gather with freshly baked Simnel cake. Traditionally the cake would have been decorated with eleven balls of marzipan to represent the eleven disciples. Such a treat midway through Lent was greatly looked forward to.



This year Mothering Sunday falls on 14th March.

Which ever name we want to call this event we give our best wishes to Mums, Moms, Mummies and Mothers every day of the year.

Dave Knight

A Warm Welcome

To

Doris Frances Davies



Born to Katie and Owain
on

Sunday 31st January at 6.20 am
8 lbs

As well as the ongoing Sunday Worship being offered through the St Leonards WhatsApp group and email, there is now also an opportunity for you all to gather and join in Night Prayer on Wednesday evenings at 9pm. This is a short service of Bible word and prayer and lasts about 30 minutes. The service will take place on Zoom and I will be offering this via the WhatsApp group. I can also send a digital link through email if you wish. Anyone wishing to join via email will need to contact me using the usual method of phone or email and I will add their email address to my list. Each Wednesday I will send a digital 'Zoom' link which can be used to log into the live service at 9pm. No extra software is needed to access the service, just a smart phone, tablet or computer. If you have any queries, then do get in touch.



Congratulations and love
sent from all at
St. Leonard's Church



Church finances "In for a penny in for a pound"



2020 was a strange and challenging year in so many ways, not least for the finances of parish churches and even cathedrals across the land. So not many POUNDS or PENNIES were available to keep our church going.

The Church's Annual Accounts (year end 30 Dec 2020) will be reviewed at the Annual Parish Church Meeting (APCM) – usually in April. Here are a few highlights now for your information. Our normal regular income through Sunday and other service collections, plus fees for weddings and funerals was particularly sparse during the year. Generous regular giving and donations were supplemented by a very substantial and very welcome donation of £8000 by a local resident. We have managed to fully meet our commitment to the Diocese through the Parish Share of £30,391 – our largest expense by far. The work of maintaining the fabric of our Grade 2-Star listed church building and our large churchyard is relentless – the recent floods necessitated acquiring a new pump for the boiler room, for example. Thanks to Sheila Thomas and her army of volunteers the churchyard continues to be a joyful and peaceful space but necessary tree surgery and other work we have to pay for used up £2135; fortunately grants and donations of £447 helped offset this and we also will shortly have a grant of £500 from the Parish Council towards these costs.

Overall we ended the financial year "in the Black", where our income exceeded our expenses by just over £3000 - we were very blessed.. Like us all, the PCC looks forward to a brighter 2021 - in particular for the church's finances - with hopefully a few more ££££££££££££ to report next December. Thank you all for your enduring support.

Many thanks to Andy Russell who does the accounts for the church and provides valuable advice to the PCC
Roy Roberts

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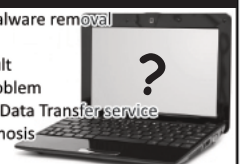


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w: www.churchdowncomputers.co.uk

Tower Floodlighting 2021

Millie and John Barnes are sponsoring the Church Tower on the 4th March when their first grandchild Amelia Rose will be one month old. The proud parents Steve and Emma Barnes live in Cheltenham, Steve grew up in Upton with his sister Karen. We pray Amelia will shine as brightly as the Tower Lights

On the 6th March, the Church Tower will be lit for John Baker in remembrance of the anniversary of his passing on the 6th and his birthday on the 12th, with love from Carol and family

On the 19th March 2021, the Tower will be lit in remembrance of my daughter Tracy Causey Coles, nee Williams. I lost my beloved daughter on this day 1 year ago. She is sorely missed by all her family and friends

The Church Tower is lit in loving memory of my husband Roy on the 23rd March, with happy memories and love from wife Sandra and all the family

Remembering my dear Dad John, a loving Husband, Father and Grampy, with love and happy memories from Jenny and all the family (24.03.1981)

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 for the Church Pages of USL Life is the 8th of the preceding month.



Photo: published with kind permission of Dean Rhodes

Guess how much I love you?
Lent 2021
'Through the Day
With Mary'



Saturday 6th March

10.00 am - 3.30 pm

A Lenten Quiet Day of prayer and reflection

led by Canon Sandra Miller

Via zoom

Donations to Discover DeCrypt welcome

Please book on line www.discoverdecrypt.org.uk



Readings for March 2021

Sunday 7th

1 Corinthians 1:18-25

John 2:13-22

Sunday 14th

Ephesians 2:1-10

John 3: 14-21

Sunday 21st

Hebrews 5:5-10

John 12:20-33

Sunday 28th

PALM SUNDAY.....

The Passion reading from Matthew chapter 26

Who's Who in the Parish Church

Priest in Charge

Vacancy

Associate Priest:

Rev. James Turk

Churchwardens:

Gill Howell

Vacancy

PCC Secretary: - Sarah Kent

Church Treasurer

Vacancy

Baptism & Wedding Enquiries

Church Administrator - Jenny Cunningham

Safeguarding

Dorothy Cox

Bell Tower Captain

Charlie Burnett

Mother's Union:

Kate Gale

Church Cleaning Rota:

Claire Appleyard

Church Flowers:

Jenny Cunningham

USL Life (Church pages) and Pew News

Rachel Middleton

Upton St. Leonard's Mothers Union



Members were informed last month that our Diocesan President, Kay Hensley's husband was gravely ill. Sadly he has now passed away so please can you keep Kay and her family in your prayers. A message of condolence has been sent on behalf of all the branch

Kate Gale
Branch Leader

Easter

Services are still being held on line and will continue until the present lockdown ends. If you would like to join in please contact Rev. James Turk

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Focus on local business in Upton - Mog's Happy Days Private Hire



Lewis Morgan, aka Mog, is one of our advertisers, and he now has quite a number of customers in the village. He's a very friendly, cheerful family man who has been driving safely for over 40 years. Like many Private Hire Operators, 2020 was a very difficult year because a lot of his hires would have been to airports and cruise terminals, weddings, sporting events and the like, and that line of work dried up completely.

Like most of us, he is eagerly awaiting the lifting of travel restrictions. In the meanwhile, he is still very happy to do local runs to hospitals, shopping, doctors, etc. Lately he's been quite busy taking his customers to have their Covid Vaccinations. As his advert says, he can carry up to 4 passengers, with plenty of luggage space.

So if you need to be driven somewhere, near or far, do give Lewis a call on 07814-947587.

Footpath Update

It is not an exaggeration to say it has been a transformational year for local footpaths and walkers.

Firstly, the number of people using the local footpaths has gone up possibly as much as tenfold in the past year. Wonderful to see so many taking to the paths for exercise and recreation.

And secondly in a year like no other, no less than 4 totally new paths have been created where there was none before and one major and one minor diversion have been put in place where they were needed*.

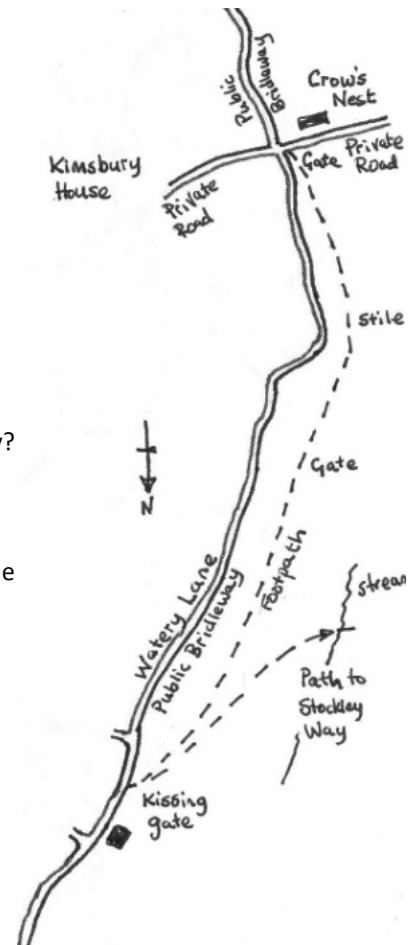
May I highlight a "path of the month"? Lots of people walk the track up Watery Lane towards Kimsbury and Painswick Beacon. The track is also well used by horse-riders and cyclists. But did you know there is a footpath that runs beside the track for some of the way? About 100 metres above the tarmac and the last house, take the kissing gate on the right, and walk up the fields following the line of the track, keeping close to the track and hedge, through a new gate, over one stile, up as far as a gate onto the Kimsbury House driveway which crosses. You then have to re-join the usual route carrying on up the hill. Walking in the field feels very different from staying on the track. It is open and light compared to being enclosed and in shadows on the track. There are new views, and it's a good place to see deer, buzzards, and I've seen a tawny owl there.

Walkers will have all noted how muddy all the paths are at the moment. Not much we can do about that except wear sensible footwear. It gets like this more-or-less every year.

Andy Russell

*These are:

- > New permissive path – between the Cotswold Way and Prinknash main entrance
- > New permissive path – lower loop to the top of Nut Hill
- > New permissive path – Monks Walk in Prinknash Park
- > New public footpath – connecting the lower Prinknash track behind Gastrell's Farm to the orchard there
- > New permissive path – by Lower Lodge, effectively a diversion of a previous permissive route
- > Minor diversion to the public footpath at Upton Mill so you no longer pass through the front garden at the mill.



School Story Competition - "My Lockdown Journey"

USL Life is sponsoring another writing competition at the school. Children have been asked to submit stories around their Lockdown experiences..

The winners will be announced in our April edition and we will print the winning story.



Arts Page

This month we consider lockdown and isolation in particular – and how we have coped, finding friendship in our community. We find that poets in the past have described such events, many years ago. We finish with a modern poem full of possibilities.

To A Lady Who Said It Was Sinful to Read Novels by Christian Milne (1805)

To love these books, and harmless tea,
Has always been my foible,
Yet will I ne'er forgetful be
To read my Psalms and Bible.

Travels I like, and history too,
Or entertaining fiction;
Novels and plays I'd have a few,
If sense and proper diction.

I love a natural harmless song,
But cannot sing like Handel;
Deprived of such resource, the tongue
Is sure employed – in scandal.

Here are four Epigrams – remarks expressing an idea in a clever and amusing way – on the topic of Friendship.

William Wordsworth wrote, "There are few reflections more pleasing than the consciousness that one has contributed in the smallest degree to diminish the anxiety of one's friends".

William Butler Yeats wrote, "There are no strangers here; only friends you haven't met yet".

Oprah Winfrey says that "Lots of people want to ride with you in the limo, but what you want is someone who will take the bus with you when the limo breaks down".

Jane Austen wrote in her book, *Mansfield Park*, –"A wet Sunday evening – the very time of all others when a friend is at hand – the heart must be opened".

On An Unsociable Family by Elizabeth Hands (1789)

O what a strange parcel of creatures are we,
Scarce ever to quarrel, or even agree;
We all are alone, though at home altogether,
Except to the fire constrained by the weather;
Then one says, "Tis cold", which we all of us know,
And with unanimity answer, "Tis so":
With shrugs and with shivers all look at the fire,
And shuffle ourselves and our chairs a bit nigher;
Then quickly, preceded by silence profound,
A yawn epidemical catches around;
Like social companions we never fall out,
Nor ever care what one another's about;
To comfort each other is never our plan,
For to please ourselves, truly, is more than we can.

Some readers will have experienced more solitude recently than they would like and John Dryden expresses it well for us.

Ode to Solitude by John Dryden (1631 – 1700)

Happy the man, and happy he alone,
He who can call today his own:
He who, secure within, can say,
Tomorrow do thy worst, for I have lived today.
Be fair or foul or rain or shine
The joys I have possessed, in spite of fate, are mine.
Not heaven itself upon the past has power,
But what has been, has been, and I have had my hour.

Sometimes by anon (1990)

Sometimes things don't go, after all,
from bad to worse. Some years muscadell
faces down frost; green thrives; the crops don't fail,
sometimes a man aims high and all goes well.

A people sometimes will step back from war;
elect an honest man, decide they care
enough, that they can't leave some stranger poor.
Some men become what they were born for.

Sometimes our best efforts do not go
amiss, sometimes we do as we meant to.
The sun will sometimes melt a field of sorrow
that seemed hard frozen: may it happen for you.

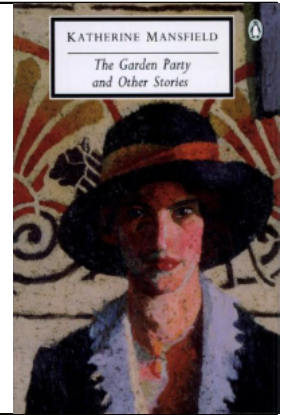
Arts Page cont'd

BOOK REVIEW:

The Garden Party and Other Stories by Katherine Mansfield (1922)

Katherine Mansfield was born in New Zealand in 1888. She first published *The Garden Party* in three parts in a weekly newspaper. The story is set in her childhood home near Wellington and is told in the words of a young girl. The themes of the story include class consciousness, death and life and illusion versus reality. A short story may be just what you need these days.

Happy reading.



WORLD POETRY DAY March 21

THE POWER OF POETRY was displayed vividly at the Inauguration of the United States of America President, Joe Biden, on 20 January 2021. This was the sixth time that a poet delivered a poetry reading at a presidential inauguration. Towards the end of the ceremony a young black woman, wearing a bright red hairband, stood at the podium and began reciting her poem "The Hill We Climb". She began:

"When day comes, we ask ourselves
where we can find the light in this never-ending
shade?"

The poet is Amanda Gorman, aged 22. In 2017 she was appointed the first United States National Youth Poet Laureate. Dr Jill Biden heard her voice at a Poetry Recital and remembered her when the Presidential Inauguration was being planned.

Amanda Gorman was in the process of composing "The Hill We Climb" when the storming of the U.S. Capitol Building took place in Washington on 6 January. She finished the poem against the background of the tumult around her and she delivered it two weeks later. In doing so, she provided the ceremony with its most memorable and heavily charged episode; its power was contained both in the poet's delivery as in the writing, and it contained hope.

Amanda Gorman read this poem with great confidence and strength and she became the voice of a new era. Her aim was to use her words to envisage a way in which her country could still come together and still heal.

"We will not march back to what it was,
but move to what shall be:
A country that is bruised but whole,
Benevolent but bold, fierce and free."

"If we merge mercy with might, and might with
right,
then love becomes our legacy and change, our
children's birthright"

"When day comes, we step out of the
shade, aflame and unafraid.

The new dawn blooms as we free it.
For there is always light,
if only we are brave enough to see it.
If only we are brave enough to be it."

Not surprisingly there was an ecstatic response to Amanda Gorman's poem and her reading of it. This occasion demonstrated as never before the power of poetry.

We have quoted some of the poem here but would strongly recommend that you listen to her reading on You Tube. It is not to be missed!



Twyver WI Report

Twyver WI held its monthly Zoom meeting on Monday, 8th February. Our speaker for the evening was Diane Green, the Community Liaison Officer at Urbaser Environmental Services which is based at Javelin Park in Haresfield. We were due to visit this impressive Energy from Waste facility, Education and Visitor Centre in late 2020, so we felt fortunate indeed, to have Diane 'come to us' instead.



We learned about the site history, its construction, how it operates and the technology used. Established in 2016 and operational from 2019 with partners Balfour Beatty, it now runs 24/7 and has continued uninterrupted throughout the pandemic. Through the various processes employed, it is able to divert over 90% of our county's residual or 'black bin bag' waste from landfill. Burning of this waste, approximately 130,000 tons a year, generates electricity for 25,000 homes in Gloucestershire and provides aggregates for the building and construction industry. The vote of thanks was given by Andrea Dawson for such an informative presentation and we look forward to the day when we can re-arrange an actual visit and learn more about this unique waste management site.



WOODLAND
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Village Tree Planting Project Update

Firstly I want to thank Upton School and all the people who have volunteered to help plant trees in the Glebe Field at our Recreation Ground in the Spring. By the time this newsletter is delivered I will have updated each person on the current position.



The Woodland Trust has been in touch to say they had a cyber attack on their computer system which resulted in a delay to confirming Spring planting arrangements. They are back online now.

As a result, we are expecting delivery of our saplings in the second half of April and once the specific date has been received I will confirm to everyone what the arrangements will be.

Peter Wilson

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Information - cont'd

Results from the M5 Motorway Pollution Survey

The November 2020 edition (Issue number 75) of *Upton St. Leonards Life* included a questionnaire that invited residents' views on the problem of motorway pollution. Approximately 950 copies were delivered and these produced 221 responses. Thank you to everyone who took the time to respond. The response rate of 23% is roughly in line with expectations and gives us a much clearer picture of the general attitude towards this problem.



All but two respondents felt that more should be done to reduce our motorway pollution and we are now using this information to press Highways England into action. Our MP, Siobhan Baillie, has also become involved and offered her support in the quest for a permanent solution. Over the coming months I hope to receive some news from Highways England and will pass this on through the pages of our newsletter.

Tony Pryce, Motorway Working Group for USL Parish Council

Village Diary

Please note, these details are still provisional due to coronavirus

MARCH

- 1 Mon Parish Council Meeting..... via zoom..... 7.30p.m.
- 2 Tue Recycling and Food Waste week
- 9 Tue Rubbish and Food Waste week. Garden Rubbish for those with brown bins
- 10 Wed Copy date for April issue of USL Life
- 16 Tue Recycling and Food Waste Week
- 22 Mon Lady Downe Trustees meeting..... Upton St Leonards School..... 7.30p.m.
- 23 Tue Rubbish and Food Waste week. Garden Rubbish for those with brown bins
- 30 Tue Recycling and Food Waste week

APRIL

- 2 Fri Good Friday
- 4 Sun Easter Day
- 5 Mon Upton WI (We hope we can meet!)..... Pavilion..... 2.00p.m.
- 12 Mon Parish Council Meeting..... Pavilion or via zoom..... 7.30p.m.

When we finally escape lockdown, contact Paula Quinn to get your event in the diary

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Diary of a Lockdown Walker - 2

Last summer Sylvia wrote in USL Life about our walks during the first lockdown period, and a few people have asked us since whether we continued with our walking after the restrictions ended in July, so here's an update.

The answer to that question is an emphatic yes, and I can say that our walking boots have never clocked greater mileage than we managed in the summer and autumn of 2020. July found us away taking a few days holiday in the Cumbrian Lakes during which we climbed to the summit of Sca Fell Pike, England's highest mountain, for the first time in 25 years (it seems to be higher these days). Incidentally, on our descent we passed a distressed St Bernard dog called Daisy which that evening made the BBC national news, as the poor animal had to be carried off the mountain on a stretcher by a rescue team (she was OK). A couple of weeks after leaving Cumbria we were hill walking in the Northumberland National Park (an undiscovered gem) and a few weeks after that exploring the South Cornwall coastal path. In between these trips we developed a taste for the long-distance National Trails closer to home, beginning in August with the Cotswold Way, the 102 mile footpath that runs along the western edge of the Cotswold Hills between Chipping Camden and Bath. We divided the route into 15 day-long walks, leaving cars at both ends of a section so we could drive back to the start each time. We felt the loveliest parts of the trail were in the northern half - particularly the section between Birdlip and Kings Stanley which runs just above the parish of Upton St Leonards of course. Descending into Bath on the final leg on a hot Saturday at the beginning of September gave us a real sense of achievement.

Missing the Cotswold Way and the routine of planning and completing the trail sections we were soon on the lookout for another long-distance footpath within a manageable driving distance of Upton, and decided on the slightly more ambitious Offa's Dyke Path that runs along the Welsh border from Chepstow to Prestatyn on the North Wales Coast - a distance of 177 miles. Much of the path follows the defensive wall built by the Mercian King Offa in the eighth century, to deter Welsh raiders. Again we divided the trail into sections - this time 22 in all - which could be done from home in a day, at least to start with. The scenery of the Wye Valley with its steep-sided wooded ridges was quite different from the gentler slopes of the Cotswold Way, which we could still see across the Severn as we made our way north. The ruins of Welsh castles along the route also spoke of the more troubled history of this border region. The walking was harder than in the Cotswolds with steeper climbs and longer daily distances to cover, but after 5 outings we had reached Hay Bluff overlooking the town

of Hay-on-Wye, having just hiked along the magnificent westernmost ridge of the Black Mountains with sweeping views across Herefordshire and Worcestershire. By then it was mid-October and days were getting shorter, and our plans met with disaster when the Welsh Government closed the English border for what they called a "fire-break lockdown": it's still closed today. Stories of English walkers on Snowdon being fined for climbing the mountain have deterred us from continuing with Offa's Dyke.

Why not try the Ridgeway? someone suggested. At least it's in England. So we did, and on October 25th set off on a cold clear morning on the first section of this historic 89 mile National Trail that runs from close to Avebury in Wiltshire to Ivinghoe in Buckinghamshire. This long-distance footpath joins up sections of the ancient trading route between Dorset and East Anglia that long predates the arrival of the Romans. From Avebury the pathway runs east along the North Wessex Downs before turning northwards along the Chiltern Hills after it crosses the Thames. The landscape is mainly rolling chalk downland, with much gentler slopes than we encountered on the Welsh borders, allowing us to increase the length of our walks which was necessary as the drives were getting longer and the daylight hours shorter. November arrived, bringing with it a second English lockdown, but mercifully unlimited travel for exercise was still allowed, so we continued our Ridgeway trek. Walking these ancient roads in November in an early morning mist, it was easy to imagine the ghosts of Saxon warriors marching westward to confront the Danish armies at the Battle of Ethandun which took place in this area in the ninth century: that Wessex victory is said to mark the first step in the creation of the Kingdom of England.

On December 12th we completed the eighth and final section of the Ridgeway, arriving at Ivinghoe Beacon on a cold but sunny afternoon not long before sunset. Just in time! Next week the dreaded 'Tiers' arrived, and we were again forbidden from travelling outside our area, and that more or less remains the case as you read this today. So we're back to those local walks again, but still thankful for where we live, and for those battered high-mileage walking boots of ours.

Keith Ardron



Births and Deaths

Mike Kenyon

Mike and Pauline and family arrived in Upton in 1970. Mike then joined the village cricket club as he was interested in sporting activities. Shortly after that, together with Tyrell Sandry, from Perry Orchard, he helped set up the tennis club. We settled in Upton in 1973 and I joined the tennis club and met Mike, together with many other villagers. We all played together for many years on club nights and in competitions.



Mike was always happy to help others and he and Pauline were involved in organising many continental coach holidays with USLGO. He also helped to run the badminton club and was a gate attendant at the Flower Show for many years. Another way of helping others was when he and John Day set up a group called the Upton Walkers. Our first walk took place on New Year's Day in 1988 and for the last 32 years Mike acted as Secretary, recording every monthly walk and its leaders. Up until now the mileage walked has exceeded 4,000 miles. The group enjoyed annual caravan holidays together as well.

Mike and Pauline liked camping and visited Norway and China, but the majority of their travels were to the USA to visit their daughter Gill and family.

Mike and I enjoyed watching rugby, alongside John Day, when we would watch Gloucester play at Kingsholm. We both retired during the 1990's and decided that as we no longer could play tennis or badminton, we would have a go at golf. This proved to be very enjoyable and for about 20 years we have been members of Gloucester Golf Club.

Mike was always interested in all things local and very supportive of neighbours if ever they needed help. Recently he had been a member of the BMI, the Probus Club, and the History Group. He enjoyed gardening, reading and Sudoku puzzles. He used to deliver copies of the church magazine and USL Life and for a long time carried out a private weekly litter pick.

Mike was 85 years of age and leaves his wife Pauline, their two children, Andrew and Gill and four grandchildren. He has been a well-liked member of the community and for all the activities in which he was involved, he will be missed by many. It has been a privilege to have known him. *(Written by Bob Howie)*

Pauline & family would like to thank neighbours & friends for their support and the many cards & messages of sympathy they have received.

Vera Pitt

Vera Pitt, from The Stanley, has sadly passed away recently. Vera was married to the late Terry Pitt and very much part of their family building business, which constructed, among other projects, their own bungalow on The Stanley, and the Village Pavilion. Vera will be much missed by her sons, grandchildren and great-grandchildren.



"Congratulations to Millie & John Barnes on the arrival of their first Grandchild, born on 4th Feb, welcome to Amelia Rose Barnes, she is a cherished addition to their family"

Diane Limbird

Diane died peacefully at Richmond House, Painswick, after losing her struggle with Mesothelioma.

Diane and her husband Jack moved to 32 Perry Orchard in 1965 and as well as bringing up children Nicola, John and Kate, they became involved in village life. They later moved to the outskirts of the Parish at Sneedhams Green and continued to be involved in Upton, including the village show and playing petanque. After Jack's death Diane moved back to Perry Orchard and joined several more village groups: the WI, Probus, the coffee club and weekly bingo at the BMI.

The family have been moved by the number of cards and kind messages received and are grateful for the friendship shown to Diane whilst she lived in the village.

UPTON ST LEONARDS LIFE

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Next month's editor

Barbara Swindin



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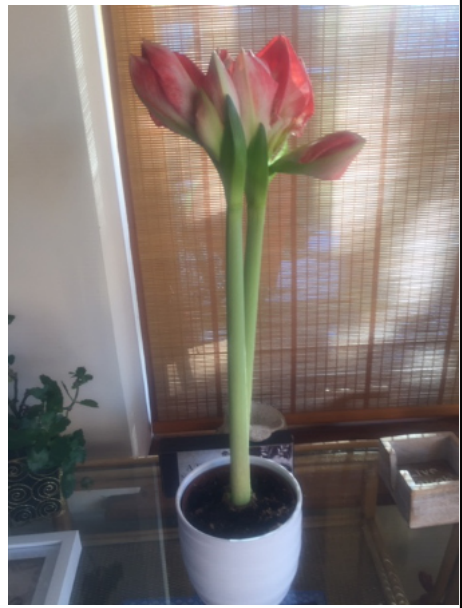
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A couple of recent winter scenes around Upton which makes us look forward to the first day of Spring on 20 March!!



Twyver WI

Unable to have normal meetings during the pandemic, Twyver WI decided that all members should receive a gift for Christmas. Each Amaryllis plant came in a box with care instructions and we duly watered and nurtured them over a few weeks. Some examples are shown below.



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