

Upton St Leonards Life

incorporating Church News

Issue 115

March 2024



Upton St Leonards

49th Spring Show



We are delighted to invite you to USL's
Spring Show



Saturday 16 March

Doors open at 2pm

Prize presentations at 4pm



Schedules are available from the Post Office, or visit
Parish Council / Village Hall website
Come and see exhibits, craft stalls, have a cup of tea
& cake, as well as a go at the raffle

Admission – Adults £1, Children 50p

MARCH is . . .

- St David's Day
- St Patrick's Day
- Cheltenham Races
- Mothers' Day
- Spring flowers
- USL Spring Show
- Easter
- Easter eggs



Clocks spring forward
Sat-Sun 30/31st

Upton St Leonards 48th Spring Show

Saturday 16 March

At the Village Hall. Doors Open 2pm

Even if you have never 'shown' before, why not exhibit your cookery, craft, flower, photography skills? The full schedule of classes is available from the Post Office and is on the Parish Council - Village Hall website. Here's a snapshot of some classes:

Photography Section

Village highlight
Relaxation
Action shot
Pet(s) having fun
The Owl of USL
Black & White – The Moon

Flowers, Plants & Bulbs

Home Produce

Preserves & Pickles

Arts & Handicrafts

Children's Classes

Age 7 and under

Draw your family
Decorate a plant pot
Make a vehicle from recycled materials

Age 8-16 years

Draw and name your own superhero
Make a useful item from recycled materials

Any child age group

Something I have made from Lego using my own design
Cooking - Marshmallow crispy squares
A photo I have taken – countryside

Can you help us?

Volunteers are needed on the day from 1:30pm to help run the event: manning the door, helping in the kitchen, selling raffle tickets, etc.

Cakes & Raffle prizes – Any donations of cakes and raffle prizes for the day will be very gratefully received.

Craft Stalls – If anyone would like to have a craft stall for the event, these will be rented at a rate of £10 per table.

Enquires and offers of help to Sarah Desforges

LITTER

The centre of the Village remains mostly free of litter, thanks no doubt to individuals who actually pick up any they see.

The roads into the village were very littered, as bad as I have seen. But a big effort from members of the footpath team and other volunteers has cleared them all, and it has made a big difference. Something like 40 (yes!) black bags of the stuff was collected. Added to that we had more fly-tippers leaving their junk. Big thanks to all those who reported fly-tipping and picked up litter, and thanks to the very good team at Stroud District Council who responded quickly and took fly-tipped waste and the collected litter away very promptly.

Anyone can report fly-tipping using the Stroud District Council website. It only takes a couple of minutes.

Please help to keep our Village tidy! Andy Russell

At the BMI during January

On Sunday 14th, three comedians and host Nik Hill were once again welcomed to the BMI. It was a thoroughly entertaining evening with plenty of belly laughs! Exactly what we all needed during those first few weeks of January after all the Christmas and New Year festivities had gone. The next comedy night will be on Sunday 26th May. Tickets will be available for this in due course.

We were entertained on Saturday 20th by local band "Over the Hill". The music was great, it was a shame that not more people turned up on the night.

The first jazz lunch of the year took place on Sunday 21st, with Diane and Emma from Cygnet. It was very busy and it was good to welcome them back. The jazz is a regular event every two months. They will be back again on Sunday 17th March.

History Group

At the January meeting of the History Group, Edward Wyatt gave us a fascinating account of the Dyer Edwardes family, who owned the Prinknash estate between 1888 and 1928.

In much earlier times the estate had been the property of the Abbot of Gloucester, but under Henry VIII's dissolution of the monasteries it passed into private ownership.

Thomas Dyer Edwardes Snr was a wealthy landowner and he purchased the estate in 1888. His son, also Thomas Dyer Edwardes, inherited it not long after, and was responsible for considerable alterations to the house, garden and park, leaving it much in the state we see it now. He also paid for extensive restoration work at Cranham Church, where there is a memorial plaque dedicated to him. His initials TDE can be seen on some of the artefacts. It was this Thomas who gifted the estate to the Benedictine monks of Caldey Island, who then moved to Prinknash.

That was interesting enough, but Thomas Dyer Edwardes Jnr's only child, Lucy Noël, has a fascinating story as well

which Edward Wyatt went on to tell at the history group. She married the Earl of Rothes. The countess was for many years a popular figure in London society, known for her blonde beauty, bright personality, graceful dancing and the diligence with which she helped organise lavish entertainments patronised by British royalty and members of the nobility. She was long involved in charity work throughout the U.K. She was also a strong supporter of the suffragette movement.

In 1912 her husband, Earl Rothes, had travelled on business to the USA, and on 10 April Noël boarded the *Titanic*, bound for New York, to meet up with him. She became a heroine of the tragedy, helping to command a lifeboat, in concert with Able Seaman Jones. Noël handled the tiller of the boat, steering it clear of the sinking liner, and later assisted in rowing it to the rescue ship, all the while encouraging other survivors with her calm decisiveness and optimism. She has been portrayed in most of the films of the *Titanic* including the 1997 James Cameron version.

Who knew!

Andy Russell

Janet Carr

Ladies Probus

Our first meeting of the year was the annual Charity Bring & Buy sale. This year all proceeds were destined for the Church Roof Appeal. The raffle & sale together raised almost £220 (total amount remains to be finalised) which was fantastic – and everyone enjoyed the chat!

The new programmes for 2024 were distributed & should provide some interesting meetings for the year. We also welcomed several new members.

In February, Wendy Stafford is going to tell us all about Artpad, flowers in glass, which sounds very intriguing.

March's speaker is Patrick Howell who is going to tell us all about his Overland Journey from London to Hong Kong via the Trans Siberian Railway. This sounds like a proper long distance travel adventure, but without leaving the comfort of the BMI! Please come & join us at 10am at the BMI on Wednesday 27th March. Our brief AGM will also be held on this date.

CRIME REPORTING

Andy Russell

We no longer seem to get reports from local police at the monthly parish council meetings, so the information about levels of crime in the area takes a bit of looking for. Upton St Leonards is a low crime area, of course, but there is a website to see figures for your area, and it shows a couple of thefts from vehicles in the village in December. The community Facebook page has reports of two cars being stolen in Abbeymead / Abbeydale recently - it is thought both of these may have involved electronic scanners to interrogate and copy radio signals from keys.



If you have 'keyless' keying systems, it is advisable to keep your keys, when not in use, in a so-called 'Faraday cage', which blocks all radio signals in and out. Most commonly the cage is a soft pouch lined with metal mesh, readily

obtained from motoring stores. (warning – mine has a double pocket inside and the key must be in the inner one).

A reminder about garden tools and sheds: Spring is a peak time for thefts of garden machinery. Make sure yours are securely locked up.

Not reported in local crime figures, because these crimes are not related to area, is the rise in fraud, relating to credit card, banking, supply of goods. But fraud is now among the most costly crimes in the country. Fraudsters get ever more clever in their attempts to get what is yours. Please be suspicious of every unexpected phone call or email. If a caller tells you he is from your bank and believes there has been a fraud, the caller is most likely to be the fraudster! Put the phone down and call your bank, using the number on the bank's correspondence or website (not the number given to you by the caller).



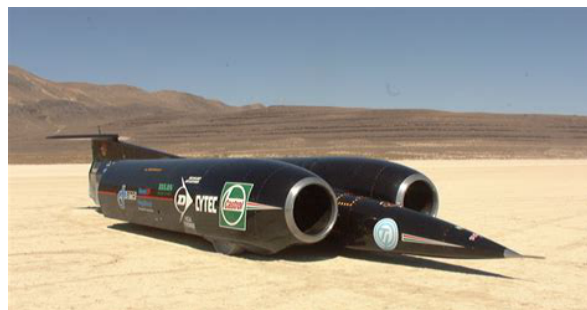
Upton WI had a celebratory cake and flowers for their longest serving member, Margaret Jones, who joined in 1972, over 50 years ago.

Upton WI

It was a delight to welcome Professor Chris Pearce, an engineer whose career included work on Thrust SSC, the vehicle that currently holds the land speed record and the first land vehicle to go faster than sound.

Chris (who lives nearby and is a member of Christchurch Abbeydale and known to quite a few villagers) put together a talk on the history of the land speed record, which he was pleased to present at Upton WI. The subject piqued the interest of a few non-members who attended!

The first 'official' speed record was set by an electric taxi, in France, in 1896, at just over 39 mph. Records tumbled quickly in the first half of the 20th century as combustion engines improved. By the end of WW1 133 mph had been achieved. In 1964, Donald Campbell's famous 'Bluebird' recorded just over 403 mph. From then on record seeking 'cars' used rocket engines, no driving wheels. Chris was part of the engineering team that designed the Thrust SSC which finally achieved the feat of travelling faster than sound in 1997. Its average speed over the measured mile in both directions was 763 mph, still the record.



Thrust SSC

Chris was thanked by Kathy Quant. At the end of the meeting Margaret Jones cut a cake celebrating over 50 years as an Upton WI member - no present member beats that!

We meet next on March 4 at 2pm at the Pavilion and the talk will be on Riding for the Disabled. All are welcome. Kathy Quant

Twyver WI

Annie Lapington talked to us about the Gloucestershire Young Carers organisation. She is a Volunteer Community Ambassador for them. Her interest began many years ago when her daughter had mental health problems following the births of two boys, twins, and she stepped in to support her family. She was alerted to Young Carers who provided support and help as the boys grew up and it has had such a positive impact on their lives that her eldest grandson is now carrying on the work of this organisation founded 30 years ago this year.

It is estimated there are more than 7,000 young carers in Gloucestershire between the ages of 8 and 24 – in fact she said there are young carers in Upton at the moment and we would never know. The charity supports young people who are caring for their families. The organisation aims to reduce the impact of the caring role on as many young people as it can by providing respite support, trips and residentials so they can take a break. The carers obtain information and advice, gain one to one support and opportunities to work alongside volunteers, and help with their own school or college work if appropriate.



The Gloucestershire Young Carers supports more than 1,000 young carers at any one time; one third of these are looking after someone with mental health, one third are caring for someone with a physical disability and many are supporting a family member with substance misuse issues. As her talk came to an end, Annie showed us a film of a young carer from the Forest. It was heart-rending and when she asked if we had any questions the room was silent, we were all struck dumb.

The organisation is based at Twigworth Court Business Centre. You can find out more by calling them, 01452 733060, or looking at their website, see below. They have to raise £1million every year to keep going, so you can help by making a donation, spreading the word, nominating them for support by your club, society or company. They are doing amazing and most necessary work among people who are usually unnoticed, but who need help and support.

Next meeting is 11 March. Visitors and potential new members are made welcome, come along and support your local WI. Linda Munnoch

Website: glosyoungcarers.org.uk

The Hope(ful) Diamond Caper

Many villagers were highly entertained by the UpStagers' performance of the comedy 'The Hopeful Diamond Caper.' The Friday and Saturday performances were just about sold out. I thought they didn't quite reach the excellence of their previous three or four performances, but there was still a lot to applaud this time. Martin Smith's



portrayal of detective Dick Thinman stood out for me, particularly in the last *denouement* scene. 'Fingers' Graziano, played by Keith Heald, was a convincing mobster, and his moll Pinkie, played by Diana Chisholm complemented the stereotype.

The plot hinged around the disappearance of Baroness Montegue's huge diamond ring during a cruise on the SS Princess Susan. I loved a moment when all the possible culprits were assembled in the bar, being addressed by detective Thinman, who showed that each person present had a motive for stealing the diamond. But there was one character in the line-up whom the audience had only seen before among a small crowd of passengers without speaking parts - walk-ons. When the detective got to her she stood up with the brief line: "it couldn't have been me, I'm only an extra."

The play was set in the 1930's and the costumes were just right. The set was superb, with wonderful Art Deco motifs - you can see this and the costumes in the photographs on the back page of this magazine. Thanks so much to the director, all the cast, backstage crew, front-of-house, for making this an enjoyable evening. It is always a huge amount of work putting on a performance, and we are really lucky to have the UpStagers putting these shows on so regularly. Look out for the UpStagers' next performance 4, 5 and 6 July!

What's coming up?

LENT LUNCHES

Lent lunches - £6 - continue every Thursday on March 7, 14 and 21 in the Old School Room.
The menu is soup, bread, cheese, a hot drink and friendship.
(There are Lent Lunches also at St Augustine's, Matson on Fridays)

Health Improvement Course

Millie's Living well courses continue on March 18 and 25,
7.30-9.30pm at the Pavilion

Call/WhatsApp Millie to register

History Group

Thursday 21 March at 7.45pm

Village Hall

Inns & Traffic in the Coaching Age, a talk by Nicholas Herbert



Lambs on the Loose!

Once again those pesky lambs will be all over the village on Sunday 17 March, 10am-2pm.
Can you find them?

Join us and have a wonderful time with your family and friends to round up the lambs and solve the clues.

Scenic pram friendly trail around the village with fun, refreshments and a chocolate tombola back at the school hall.

A prize with every map purchased (no limit to the amount purchased).
£3.50 per map, available to purchase on the day from the school hall.

We look forward to seeing you!



Lots of events at the BMI in March!

For members and signed in guests

Tuesday 12 March Cheltenham Festival



**Dress up and watch the opening day
in the BMI lounge.**

A two course lunch will be available at
12.30, costing £15 - steak and ale pie,
sticky toffee pudding.
Lunch must be pre-booked.

Saturday 9 March at 8pm Entertainment Night with Michael Ian Brown



Sunday 17 March at 1pm Sunday lunchtime Jazz with Cygnet Duo



Saturday 23 March at 8pm Spring Quiz by Andy R

QUIZ

QUIZ

Please add your name to the booking sheet
in the BMI by Thursday 21st March
£1.50 per person (Minimum £6 per table)



Sunday 24 March at 2pm

A 'jam' session. An afternoon of
music with various local
musicians and an open mike!

TWIDDLE RACING – UPTON VILLAGE HALL – 18 MAY

This will be an evening to remember whilst also Fund Raising for the Village Hall. Come along and let's see your 'Twiddling Skills' as a Jockey or perhaps Sponsor a Race or a Horse or both.

A lovely supper will be provided for everyone including a sweet and liquid refreshment at the Bar.
More details to come in April's magazine including how to purchase your tickets for the night.
Please save the date in your diaries for an evening of frivolity and, who knows, a few winners.

Advertising



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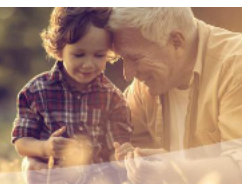
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For the latest offers, specials and news see Facebook @PortwayFarmShop

OPEN
Tuesday to Friday
9am to 5.30pm

Saturday
8am to 3pm

Closed
Sunday & Monday

USL Village Store



Mon-Fri
7am-7pm

Sat
7am-6pm

Sun
7am-12pm



Your Village Store and Post Office

SHOP LOCAL

We stock local fruit, veg, meat, milk, bread, lardys and cakes. Groceries, toiletries, snacks, sandwiches, drinks, cards and stationery and many other surprising items.

SUPPORT LOCAL!

Rahul and Seeta
Churchfield Road 01452 618189

Arts Page

March 1st is St David's Day and this month the Arts Page is dedicated to the Welsh people and their land as portrayed by Welsh Poets.

FARM CHILD by R. S. Thomas 1913 – 2000

Look at this village boy, his head is stuffed
With all the nests he knows, his pockets with flowers,
Snail-shells and bits of glass, the fruit of hours
Spent in the fields by thorn and thistle tuft.
Look at his eyes, see the harebell hiding there;
Mark how the sun has freckled his smooth face
Like a finch's egg under that bush of hair
That dares the wind, and in the mixen now
Notice his poise; from such unconscious grace
Earth breeds and beckons to the stubborn plough.

FARM WIFE by R. S. Thomas

Hers is the clean apron, good for fire
Or lamp to embroider, as we talk slowly
In the long kitchen, while the white dough
Turns to pastry in the great oven,
Sweetly and surely as hay making
In a June meadow; hers are the hands,
Humble with milking, but still now
In her wide lap as though they heard
A quiet music, hers being the voice
That coaches time back to the shadows
In the room's corners. O, hers is all
This strong body, the safe island
Where men may come, sons and lovers,
Daring the cold seas of her eyes.

A WALL by Dannie Abse 1949 – 2009

In a field in the county of Glamorgan.
You won't find it named in any guidebook.
It lies, plonk, in the middle of rising ground,
forty-four paces long, high as your eyes,
it begins for no reason, ends no place.
No other walls are adjacent to it.
Seemingly unremarkable, it's just there,
stones of different sizes, different greys.

Don't say this wall is useless, that the grass
on the shadow side is much like the other.
It exists for golden lichens to settle,
for butterflies in their obstacle race
chasing each other to the winning post,
for huddling sheep in a slanting rainfall,
for you to say, "This wall is beautiful".

Letter to the Editor: Last month's Poetry page included the ditty "Whether the weather be fine . . .", wondering if this could be by Benjamin Zephaniah. Well I knew this rhyme in my childhood, before Mr Zephaniah was born. It is simply traditional, by "Anon", according to a couple of compilations I looked up.

QUOTATIONS

"Lack of money continues to pour in" - Dylan Thomas

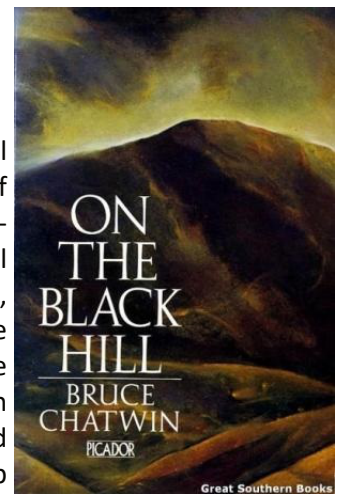
Evening on the olden, the golden sea of Wales
When the first star shivers and the last wave pales.
O evening dreams. - James Elroy Flecker

Fluellen (Shakespeare's version of Llewellyn) in Henry V, is proud and nationalistic. After the Battle of Agincourt he emphasises the Welsh roots of the Monmouth-born King - "I do believe your majesty takes no scorn to wear the leek upon Saint Tavy's day". Henry V replies "I wear it for a memorable honour. For I am Welsh, you know good countryman".

BOOK REVIEW

On The Black Hill by Bruce Chatwin

Published in 1982, the novel setting is the border of Herefordshire and Radnorshire and the central characters are Welshmen, with the surname Jones. The book focuses on the relationship between twin bothers, Lewis and Benjamin, who grow up isolated from the course of twentieth century history. The themes of unrequited love, repression and social pressure mean that the novel is a challenging read. It was adapted for the stage in 1986 and into a film in 1987.



	<p>The Painswick Music Society has just announced its 2024 programme of four concerts, starting 16 March. These always involve top artists - this year, for example, the concert on April 20 features the internationally renowned singing group Voces8.</p> <p>For details of the concerts, prices and membership options, see www.painswickmusicsoc.co.uk, or email tickets@painswickmusicsoc.co.uk, or call Edward Bowron</p>
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Rev Helen Champion

Saint Leonard's Church

Churchfield Road
Upton St Leonards
Gloucester
GL4 8AT



Rev Helen is available Tuesday, Thursday &
Sunday

Website: www.uptonstleonardschurch.co.uk

Services for March 2024

3 rd March	8.00 am	Holy Communion
	10.00 am	Morning Worship
10 th March	10.00 am	Holy Communion
		Mothering Sunday
17 th March	10.00 am	Holy Communion
Upton Saint Leonards Primary School Easter Services		
Mon 18 th March	9.00 am	USL School Phase 1
Wed 20 th March	9.00 am	USL School Phase 2
	2.00 pm	USL School Phase 3
24 th March	10.00 am	Holy Communion
		Palm Sunday
Thurs 28 th March	6.00 pm	Maundy Thursday
		Meal in the school room
		Followed by a short service
Friday 29 th March	2.00 pm	Good Friday
		Reflective service in church
31 st March	10.00 am	Easter Sunday
		Celebration Service



Parish Priest:
Rev Helen Champion

Churchwarden:
Gill Howell

Church Administrator:
Jenny Cunningham

Parish Safeguarding Officer
Sue Downey

PCC Secretary
Kay Hutton



Lent Lunches
In the Old School Room
Thursday
At 12.00 noon



Home made soup and bread followed by cheese and biscuits with fruit and tea or coffee, available in the schoolroom

The charge for the lunch will be £6.00, which will go to church roof fund.

Maundy Thursday Meal

Followed by a short service

6.00 pm

Thursday 28th March

The Old School Room

Please contact Gill for more information and to book a place



Good Friday Walk

Come along and join us for a walk

to

Prinknash Coffee Shop

Prayers and reflections on the way up

Refreshments at the top

Meet at the allotments 9.15 am

If you are unable to join in the walk meet us outside the coffee shop, the walk usually takes approximately 1 hour



Gloucester Deanery

Easter Sunday

Morning climb up Robinswood Hill

Meet at the top

6.45 am

For those who would like to do the dawn watch

World Day of Prayer 2024



Friday 1st March 10.30am at

Matson Baptist Church, Matson Avenue,

Matson, Gloucester GL4 6LA.

The service this year has been written by the Christian women of Palestine, long before the terrible situation that now exists.



Firstly, I would like to say a huge thank you for such a lovely welcome into the village. I'm sure Brian and I will be very happy here. It's also lovely that there are new beginnings taking shape all over the village. I can't wait for the new coffee shop to open and I'm sure many of you feel the same way. There's nothing better than a coffee with friends, or even on your own to get a few minutes of peace. I'll be finding time to be in there when it opens so do say hello if you spot me.

There are other new beginnings in the things starting to grow again. It's a delight to see the blossom on the trees and I'm waiting for the daffodils to put a beautiful yellow glow across the village. There are some in my garden, just in my sight as I look out of the office window. Daffodils are some of my favourite flowers because they introduce me again to my favourite season of spring.

And, of course, spring leads us into the wonderful mystery of Easter - another celebration of life! But, as you will know, first there is Lent, 40 days of journeying toward the death of Jesus, but with the knowledge of the hope and promise of life. If you do manage to set aside a little time this Lent season, let your mind ponder on the Easter story and know that God's promise of hope and life is for all of us.

Happy ponderings and don't forget to say hello!

Helen



Children's Corner



The Triumphal Entry
Word Search

The Triumphal Entry

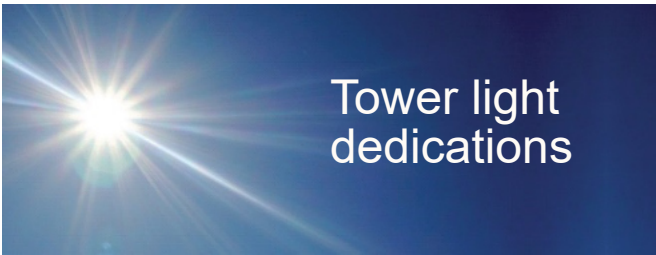
A very large crowd spread their cloaks on the road, while others cut branches from the trees and spread them on the road. Matthew 21:8 (NIV)

Based on Matthew 21:1-11



C L O A K S N J T E M K I N G
 E E Y S Y E J E R U S A L E M
 P X K H K N H B K D K F K D J
 H D D O M P X L B I E F P Q L
 M O P W O E L E S S P H J A Y
 O S S R N I X S L C H X O R U
 U C P A F N A S E I Y F N I U
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 E M D B R A N C H E S L U I U

RIDING	LORD	HOSANNA
BRANCHES	DISCIPLES	DONKEY
CLOAKS	JESUS	GENTLE
VILLAGE	JERUSALEM	MOUNT
SPOKEN	FULFIL	KING
BLESSED	OLIVES	FOAL
	PROPHET	COLT



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

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

The weather in early February proved to be a challenge to the church roof once again, the rain was pouring in during a recent storm and caused damage to some of the pews in the worst affected areas. We can only pray that nothing worse happens before we have raised enough for the repairs.



Our thanks to everyone who has donated so far and our grateful thanks to those who are working so hard to raise the money needed so urgently,



500 Club Winners for February

First Prize	£30	No. 52
Second Prize	£20	No. 65



Mother's Union



The year started for the Upton Mothers' Union Branch in their new venue and was well attended, all there to "Meet The Diocesan President"

Doreen McLellan. She commenced by relating her background in MU and how she had become involved first as a member, then Branch Leader leading on to Deanery Leader. She then joined the Trustee board and at the commencement of the pandemic became Diocesan President. She gave members a short insight into how the organisation works in the Gloucester Diocese, followed by details of the proposed SW Cluster taking in the eight dioceses from Winchester over to Truro which would be managed from a central board. This proposal is because some dioceses can no longer provide enough members to form a Trustee Board, something that at present is not a problem in

Gloucester. A decision will be made later in the year as to whether our Diocese decides to partake. To finish, after a slight technical hitch the film "MU Impact" was screened showing how the MU operates all over the world. Figures show that worldwide, 3.4 million people benefited from MU work. Afterwards the members enjoyed a cuppa and New Year Nibbles.

The next meeting will be held in the Old School Room, Bondend Road, Upton on Thursday 21st March at 2.30pm (later time due to Lent Lunches). The speaker will be Bob Coles, Chairman of the Gloucester Talking Newspaper, and visitors are always welcome.

Kate Gale
Branch Leader

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View from the french windows

This month's feature article is on the subject of RECYCLING

Written by Cliff Alderman, it reports some of the research he has done on the subject, working in the USL climate group.

For the last few months I have been on a crusade to improve what I recycle, understand where I can do this and purchase products that use recyclable materials. The following may be obvious and well-known to you but I bet there are one or two "I didn't know that!" responses.

I apologise for using web links because so much of the information is online but it would mean printing an entire magazine just on this topic. A really good source of information is 'Recycle Now' which also links with Stroud District Council's (SDC) Waste Wizard. Both sites, especially Recycle Now, are excellent. The web links are at the bottom of the page.

Compostable plastic, e.g. from magazine wrapping, must NOT be placed in your green bin. This only composts well in industrial composting.

Black plastic, e.g. ready meal food trays but also bottle tops, may not get sorted by recycling centres as some machines do not recognise the black plastic and it ends up in landfill. Changes are afoot to rectify this however. Maybe don't buy them?

A lot of supermarkets have receptacles to collect the soft plastics, e.g. film lids, crisp packets, food pouches, plastic bags and sweet wrappers. Waitrose in Stroud has excellent bins to the left of the entrance. Apparently, you can empty the bag of its contents and use said bag again. Tesco in Stroud has a tall wire crate/trolley in a corner of



the entrance lobby for this but you'll have to sacrifice a bag. Morrisons has a bin for soft plastics but what can go in it is very limited. It is tucked to the left of the entrance doors as you walk in. Check the Recycle Now website for local supermarkets and what they recycle – some are better than others.

Supermarkets also recycle batteries, smaller electrical items, e.g. toasters and Britax water softener cartridges! There's probably other things too but there was no written information at Waitrose, Tesco and Morrisons to refer to. I have emailed customer services to point this

out. Their websites didn't have a lot of information either. I'm disappointed by the lack of advertising about what supermarkets can and do recycle. The bin for batteries at Morrisons is by the cafe entrance.

Small items such as bottle tops should often be left on because otherwise they fall off the conveyor belts and cause further waste and blockages. Plastic milk bottles say leave on. Screw top wine bottles leave on. Beer bottle caps unfortunately go as general waste.

Clean foil that scrunchies into a ball can be recycled but not foil-like packaging that springs back when scrunched. I now save foil of all sizes in a separate box and then scrunch it into a fist-sized ball or larger to avoid it getting "lost" along the conveyor belt.



REUSE 
REDUCE
RECYCLE

There are 7 types of recyclable plastic (next page) but only four can be recycled in your green bin. The SDC Waste Wizard notes tell you which: these are plastics with triangle symbols 1,2,5 and 6 (but you need good eyesight for some containers so look carefully).

Blister pill packs are usually type 3 - PVC, not recyclable in the kerbside collection. However, some chemists can take them, I know of Superdrug (pharmacy branches) and Boots.

All material should be cleaned by e.g. rinsing off bits of sauce or food. Please remove sticky labels or strips of tape from cardboard and put these in your black bag rubbish.

Food waste, if not composted at home, is used to make heat energy after it leaves our kerbsides. Every little helps!

Web links referred to are:

> **Recycle now:** <https://www.recyclenow.com/>

> **SDC Waste Wizard:** <https://www.stroud.gov.uk/environment/bins-rubbish-and-recycling/recycling>

Books, especially paperbacks, can be taken to Sue Ryder charity shops as they get money for recycling them.

I have been in contact with SDC and it seems that they are in the process of producing a number of short educational videos for residents to help them recycle more effectively. Council Tax bills will also have a leaflet that explains what plastics can be recycled at the kerbside.

I have also arranged for Chloe Turner, Chair of the Environment Committee at Stroud District Council, to come to Upton to talk about waste management and I hope that I can get enough of you to attend, with questions and observations, to make this a worthwhile effort.

Chloe will be with us on the evening of Tuesday 14 May, from 7.30pm in the Pavilion.

Please try to come to hear her.

Plastic resin codes



These identify the type of plastic resin used to make the item by providing a 'Resin Identification Code'. It is represented with a 'chasing arrows' symbol surrounding a number between 1 and 7 that defines the resin used.

- 1 - PET, used for drinks bottles and some food packaging: Widely recycled
- 2 - HDPE, used for cleaning product bottles, milk cartons, etc: Widely recycled
- 3 - PVC, used for car parts, window fittings, etc: Not easily recyclable
- 4 - LDPE, used for plastic bags and wrapping, etc: Recycle at specialist points
- 5 - PP, used for some tubs and trays etc: Widely recycled
- 6 - PS, used for takeaway boxes, disposable cutlery, etc: Not easily recyclable
- 7 - Other, used for crisp packets, rice packets etc: Recycle at specialist points



If you were at the Upton St Leonards Show last year, you may have met some members of the Cotteswold Naturalists Field Club (CNFC) on our table there? Founded in 1846, the CNFC is for anyone with an interest in the natural history, environment, antiquities and cultural heritage of Gloucestershire, the Cotswolds and elsewhere.

Between October and May the Club meets twice monthly for stimulating talks, and in the summer months we organise interesting guided walks, day trips and longer excursions. The talks take place in Box Village Hall and the Painswick Centre. See below for the upcoming Painswick lectures.

So far this year we have two planned excursions in April; to a textile conservation studio in Bristol and a guided tour of working farm buildings in Frocester; these surviving from the monastic medieval estate of Frocester. We are also developing plans for a day trip to Hellens House and Kempsey Church and another to Salisbury,

among others. There will also be a longer excursion to West Norfolk and North Cambridgeshire. Excursions are usually members only events and charged at cost. Lectures are open to non-members, no booking required- £5 for visitors, £2 for members, including refreshments.

Membership of CNFC is only £25 per annum or £40 for two or more people at the same address. If you'd like to find out more, please contact Clare Woodman, see below.

The lectures at The Painswick Centre, Bisley Street (1st Wednesday of the month at 2.30pm) are:

- March 6: Restoration of the Cotswold Canals, John Newton.
- April 3: Casting Stones at Napier's Bones, Malcolm Watkins
- May 1: Road Travel and Transport in Georgian Gloucestershire: Turnpikes and the Improvements of Roads, Nicholas Herbert.

The lectures at Box Village Hall are on the 3rd Tuesday of the month.

Lots more details from:

Website: <https://cotsnatsfield.club/> and Facebook

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MARCH

3	Sun	Tennis Club Members Morning.....	Tennis Courts	10.00am
4	Mon	Coffee Club	BMI	10.00am
4	Mon	Upton WI.....	Pavilion	2.00pm
4	Mon	Parish Council Meeting	Pavilion	7.30pm
5	Tue	Needles & Pins	Village Hall Annex	9.45am
5	Tue	Tuesday Probus	BMI	10.00am
5	Tue	Rubbish and food waste week and garden waste for those with brown bins		
5	Tues	Badminton	Village Hall	8.00-10.00pm
6	Wed	Upstagers Amateur Dramatics	Village Hall	7.30pm
6	Wed	Bell Ringing Practice.....	Church.....	7.30pm
6	Wed	Bingo	BMI	8.00pm
7	Thu	Lent Lunch.....	Old School Room	12.00pm
9	Sat	Entertainment Night	BMI	8.00pm
10	Sun	Mothering Sunday		
10	Sun	Tennis Club Members Morning.....	Tennis Courts	10.00am
10	Sun	Copy date for April issue of USL Life		
11	Mon	Coffee Club.....	BMI	10.00am
11	Mon	Twyver WI	Village Hall	7.30pm
12	Tue	Recycling and food waste week		
12	Tue	Needles & Pins	Old School Room	9.45am
12	Tue	Cheltenham races Lunch at the BMI	BMI	12.30pm
12	Tues	Badminton	Village Hall	8.00-10.00pm
13	Wed	Wednesday Probus	BMI	10.00am
13	Wed	Upstagers Amateur Dramatics	Village Hall	7.30pm
13	Wed	Bell Ringing Practice.....	Church.....	7.30pm
13	Wed	Bingo	BMI	8.00pm
14	Thu	Lent Lunch.....	Old School Room	12.00pm
16	Sat	Upton Spring Show	Village Hall	2.00pm
17	Sun	Sunday lunchtime Jazz	BMI	1.00-3.30pm
17	Sun	Tennis Club Members Morning.....	Tennis Courts	10.00am
18	Mon	Coffee Club.....	BMI	10.00am
18	Mon	Abbeydale Garden Club	Village Hall	7.30-9.30pm
19	Tue	Rubbish and food waste week and garden waste for those with brown bins		
19	Tue	Needles & Pins	Village Hall Annex	9.45am
19	Tue	Badminton	Village Hall	8.00-10.00pm
20	Wed	Upstagers Amateur Dramatics	Village Hall	7.30pm
20	Wed	Bingo	BMI	8.00pm
20	Wed	Bell Ringing Practice.....	Church.....	7.30pm
21	Thu	Lent Lunch.....	Old School Room	12.00pm
21	Thu	History Group – Inns & Traffic in the coaching age	Village Hall	7.45-9.15pm
23	Sat	Spring Quiz.....	BMI	8.00pm
24	Sun	Tennis Club Members Morning.....	Tennis Courts	10.00am
24	Sun	Open mike 'jam' session	BMI	afternoon
25	Mon	Coffee Club.....	BMI	10.00am
26	Tue	Recycling and food waste week		
26	Tue	Needles & Pins	Village Hall Annex	9.45am
26	Tue	Badminton	Village Hall	8.00-10.00p.m
27	Wed	Ladies Probus	BMI	10.00am
27	Wed	Upstagers Amateur Dramatics	Village Hall	7.30pm
27	Wed	Bell Ringing Practice.....	Church.....	7.30pm
27	Wed	Bingo	BMI	8.00pm
28	Thu	Craft Club	Old School Room	10.00-12.00pm
29-1 Apr		Good Friday, Easter weekend and public holidays. Clocks go forward at 2am on Sunday morning		
31	Sun	Tennis Club Members Morning.....	Tennis Courts	10.00am

APRIL

1	Mon	Upton WI.....	Pavilion	2.00pm
8	Mon	Parish Council Meeting	Pavilion	7.30pm
8	Mon	Twyver WI	Village Hall	7.30pm
10	Wed	Copy date for May issue of USL Life		
15	Mon	Abbeydale Garden Club	Village Hall	7.30-9.30pm
15	Mon	USL Life Magazine - Company AGM	Old School Room	7.30pm
20	Sat	Entertainment Night	BMI	8.00pm
24	Wed	Ladies Probus	BMI	10.00am
25	Thu	Craft Club	Old School Room	10.00-12.00pm

M A Y

6	Mon	Upton WI.....	Pavilion	2.00pm
6	Mon	Coffee Club.....	BMI	10.00am
10	Fri	Copy date for June issue of USL Life		
11	Sat	Entertainment Night	BMI	8.00pm
13	Mon	Twyver WI	Village Hall	7.30pm
13	Mon	Parish Council Meeting	Pavilion	7.30pm
14	Tue	Recycling - Chloe Turner, SDC.....	Pavilion	7.30pm
16	Thu	History Group – The Jet Age Museum and Aviation Art..... by David Hunt	Village Hall	7.45-9.15pm
18	Sat	Twiddle Racing	Village Hall	Time tba
19	Sun	Sunday Lunchtime Jazz	BMI	1.00-3.30pm
20	Mon	Abbeylea Garden Club	Village Hall	7.30-9.30pm
26	Sun	Comedy Night	BMI	8.00pm
27	Mon	Bank Holiday		
30	Thu	Craft Club	Old School Room	10.00-12.00pm

Contact Paula Quinn to have an event mentioned in the diary

Weekly courses

This section lists the courses that run every week.

Activity	Day	Venue	Contact	
Yoga	Mondays 10am	Village Hall Annex	Lara Bricknell	07876 764425
Art Class	Tuesdays 2pm	Village Hall Annex	Christine Hughes	01452 614227
Dance Workout	Tuesdays 7pm	Pavilion	Debra Law	07505 761420
Chair-based Pilates	Wednesdays 1.30pm	Pavilion	Angela Harris	
Yoga	Wednesdays 6.30	Village Hall	Kat Hill	07507 971578
Seniors Fitness	Thursdays 10am	Pavilion	Deb Locke	07738 104404
Tai Chi	Thursdays 10am	Village Hall Annex	Christina Caldwell	
Pilates with Sam	Fridays 9.30am	Village Hall Annex	Sam Slatter	07894 757360

Who do I contact?

A list of useful numbers and websites / email addresses

- Parish Council matters: Parish Clerk (Roy Balgobin / Tracy Slator) 01452 613117, or 07977 560114, uslclerk@btinternet.com
- Stroud District Council, for reporting street lights out, fly-tipping, information about bins and recycling etc: 01453 766321 or their website www.stroud.gov.uk
- Power cut - 0800 6783 105

- Gas leak emergency - 0800 111 999
- Severn Trent Water - 0800 783 4444
- Police non-emergency - 101
- NHS non-emergency - 111
- GP out-of-hours service - 0300 4210 220
- Credit card or bank fraud, cards lost or stolen - 159 (this connects you to your bank, a single, simple number so you don't have to remember your bank's number)

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News from the Badminton Club



Every Christmas our members raise money for a local charity by giving donations instead of exchanging Christmas cards. Once all suggestions have been made one is chosen at random, this time it was the food bank. We are a small club at the moment so were very pleased to raise £60 and to donate 8.15kg of food.

(The badminton club meets every Tuesday in the Village Hall at 8pm, new players are always welcome).

IAN JAMES. It is with regret that we report the death of Ian James. Ian and his wife Keri were long time residents in Six Acres. Ill health forced them to move to nursing homes. Kerry died last summer and Ian died in early February. Our condolences go to Rhys and Louise and other members of Ian's family and his friends.

DOROTHY CARROLL. Sadly we also report the death of Dorothy Carroll. Dorothy started her married life in Six Acres in the Village, and returned to live in Whornes Orchard in later life. She took a very active part in the church and other village organisations, being churchwarden for quite a few years. The last few years of her life were spent in Sidmouth, and, we are told, she continued to get a copy of USL Life from a friend, keeping up her interest in the Village.

A new poem from Ted Gardner

This Once was Upton

Once again my friends I have been asked
To relate to you a distant past;
This golden village I call home,
And the places where I used to roam.
Where I used to swing on meadow gates
Has been by houses now replaced.
I know that things don't stay the same,
And we won't see those fields again.
The footpaths where I used to wander
Up to the woods and way up yonder
(are not gone!)
There's not many places I don't know
Where local folk just don't go,
But if you should look towards the hills
There you may see me wandering still.

UPTON ST LEONARDS LIFE

Web site <https://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: Andy Russell
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Peter Wilson
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Linda Munnoch
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Next month's editor - Andy Russell



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Scenes from the UpStagers performance of “The Hopeful Diamond Caper”
Pictures taken by our ‘staff’ photographer Jim Browne. Read a write-up on page 5

