

# Upton St Leonards Life

## incorporating Church News

Issue 9

May 2015



## 7<sup>th</sup> May is Election Day

Candidates in alphabetical order of surname:

Conservative - Neil Carmichael

Labour - David Drew

Green Party - Sarah Lunnon

Free Public Transport Party - David Michael

UKIP - Caroline Stephens

Liberal Democrats - Adrian Walker-Smith

Independent - Rich Wilson



### Polling Day at the Village Hall

Polling booths open between 7am and 10pm.

## RENTACROWD

The pictures here and inside give a flavour of the event a few weeks ago



Head Judge of the  
'Rabbit Club'

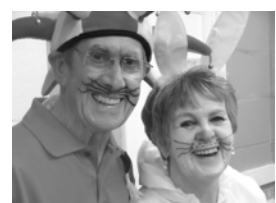
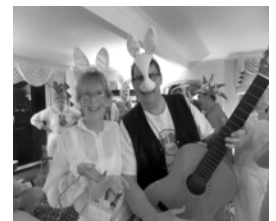
John Day.



Rentacrowd was the brainchild of Peter Jackson, a former Rector of USL church, and his wife Judy.

Now well into its third decade, this fun evening has resulted in donations being made to numerous charities and is proving as popular as ever with both young and old! Make a date in your diary for 2016!

**Rabbits  
Rabbits  
Everywhere!**



The current copy of each Newsletter and all previous editions can be found on our website

<http://www.uslife.co.uk>

# Letters to the Editor



If you would like to air your views or have been inspired by an event or simply wish to know something, please let us know. We very much want to hear YOUR thoughts.

Recently it was brought to our attention that a particular villager (and advertiser to boot) had not been receiving their own copy of USL Life! Our sincere apologies (you know who you are) for this blip in our delivery service. This can now be rectified; but as with all things, we can only respond to a situation if we know about it, so thank you for making us aware!

Some very positive comments have been received over the past months regarding the Newsletter, which of course is music to our ears, but all feedback is welcome, through the usual channels.

## Editorial Team

A big thank you to John and Millie Barnes and team for organising the Rentacrowd night on 21st March and to everyone for making us feel welcome. It was a fun evening!

We, at Updownton Abbey look forward to setting the theme at next year's 'do' which will be on **Sat. 19th March 2016** (not the same Saturday as the Spring Show which is Sat 12th March) so please, put this date in your diary and keep it free if you can.

I'll be in touch again, nearer the time.

**Julie Winstanley**



"Updownton Abbey" make their grand entrance

## SPRING SHOW:

I would like to thank the members of USL Life for printing our previous notices and spreading the word. The hall was buzzing and the show was well attended in the afternoon. It was good to see your photographer there too, capturing both adult and children's exhibits.

Thank you again for your support.

Best wishes. **Marilyn Bannister**

**on behalf of the Spring Show Committee**



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# What's been happening in Upton?

## RENTACROWD

Over 60 villagers and friends adopted their chosen fancy dress for this year's Rentacrowd evening. Based on the theme, "Upton St Leonards Village Life and its Communities" there were tables representing The Rabbit Club, The Tug of War team, UpDownton Abbey, The Upstagers and Hatton Court.

As always, a good time was had by all and a donation in excess of £50 was sent to the Cobalt Unit.



## SPRING SHOW

A very special THANK YOU to everyone who entered exhibits and attended the show this year, also to the ladies serving refreshments, donations of cakes, raffle prizes & knitted charity items, judges, craft stall holders and Rev Christine Birkett who awarded the trophies.

**From the Village Hall Social Committee**

### This year's winners were:

Photography, Best in show	Alan Rose
Home Produce	Julie Winstanley
Flowers	Lee Blackshaw
Handicrafts	Marian Croose
Children's	William Dodd



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# T.L.C Who are they?



Did you know that Upton has its own Ladies Choir? We are a group of mainly W.I. members who started singing together in October 2012. The Group was set up following a National Federation of Women's Institute "Singing for Joy" initiative. The Federation wanted to encourage ladies of all abilities to discover, rediscover and enjoy the many benefits of singing as part of a group. As part of this initiative, the Federation ran a competition to find a W.I. Centenary Choir in time for their AGM to be held at the Royal Albert Hall in June this year. The winning choir will sing a commissioned piece of music called "Singing for Joy" written by Jonathan Wilcox.

T.L.C. reached the semi-finals, singing in front of a packed Theatre Severn Concert Hall in Shrewsbury. We held our own amongst 15 other choirs and received very good feedback from the judges.

The Group enjoys singing a wide variety of music from the Beatles, Abba to some slightly more

traditional pieces. We have been happy to sing at the Gloucestershire W.I. Autumn Council Meeting held at the Centaur Centre in Cheltenham, as well as singing to the local Ladies Probus Club, our own Twyver W.I. and the village Get-together Club.

We have been very lucky to have Sylvia Ardron as our musical leader. She has been more than generous with her time and expertise. Although the competition is now over, we continue to meet fortnightly for practice and "singing for joy".

The choir is now on the lookout for an electric keyboard. If anyone has one, could they please make contact with:

Jackie Clouting



## (Twyver Ladies Choir)

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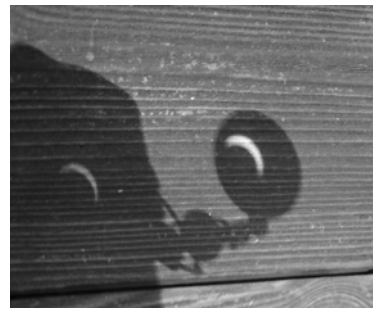


# What's been happening in Upton?

Last month we asked our readers to let us have your pictures of the Solar Eclipse. .... Here are two of the best we have received!



Courtesy of Paul Mantle



Courtesy of Andy Russell

## What's Coming up in May .....

### ANNUAL PARISH MEETING

**Tuesday, 5<sup>th</sup> May, 7.30pm**

The Annual Parish Meeting for Villagers will be held at the Pavilion at 7.30pm on Tuesday 5th May.

At this meeting attendees will hear reports on the Parish Council's activities and will be able to raise questions to the Council.

Friends for You Drop in session at the Pavilion

**TUESDAY, 12<sup>TH</sup> MAY**

**2pm – 4pm**



Please come along if you would like to find out more about befriending someone in our community or know of anyone who may benefit from this initiative.

Tea, coffee and cakes will be available.

**B.M.I.**

**AGM**

**Friday, 15<sup>th</sup> May 8pm**

Skittle Alley

All Members Welcome

**UPTON PLAYGROUP**

**Sunday 17<sup>th</sup> May**

**Village Hall 10.30am - noon**

**Nearly New Clothes & Equipment Sale**

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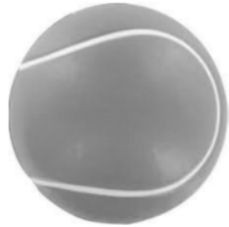
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# Anyone for Tennis?



They say we all need to keep ourselves fit in order to reach a ripe old age; exercise is the key. Those words could not be truer in the case of **Derek Allen**. Derek is an ardent member of Upton Tennis Club and has been for the past 30 years.



During this time he has acted as Secretary and regularly attended meetings with the Parish Council over tennis club matters. Nowadays he is to be found on a Thursday morning at the courts, playing in a regular doubles session with some other members.

So what is so special about all that? Well Derek was born on the 18<sup>th</sup> April 1925, yes a year **before** the General Strike, which of course means that he is still playing tennis at **90 years of age**. Derek started playing tennis some 70 years ago and is still going strong.

We should all take a leaf out of his book and get some more regular exercise no matter what our age is.



## Oh and yes, that Doubles Group

Consists of good mates  
John Calder (84)  
John Jones (82)  
and the  
Youngster of the group  
David Hunt (73).

**Remember the  
adage:  
Use it or Lose it!!**

## Club Night Reminder!!

**Tuesday; 6 pm** - At last, the clocks have gone forward and Club Night resumes once more. Come and join in the fun!

## Sunday Mornings!!

**Sunday; 10 am** - These sessions have been very well attended throughout the winter, with many of the ladies getting themselves match fit for the Team Fixtures, running from April - August.

# What's happening in Upton?

## WHAT TO DO ON THE ALLOTMENT IN MAY

**May** is a busy time in the allotment and the start of summer when caring for crops, planting and sowing can be undone with the increase of pests. Harden off plants before planting out as a late frost may threaten them.

### Top Tasks for the Month

Weeding, thinning out of seedlings, keeping everything watered, filling gaps, putting mulch around fruit bushes and putting up your bean supports. You may find the soil is not warm enough to sow certain crops but here is a suggestion of a few to harvest and sow.

### Harvesting in May

Beetroot, Salad Leaves, Lettuces, Baby Turnips, Radishes, Spring Onions, early Spinach, Rhubarb, Spring Cabbages.

### Sowing

Beetroot, French Beans, Runner Beans, Cucumbers, Sweetcorn, Brussel Sprouts, Cauliflower, Cabbages, Chillies, Peppers, Courgettes, Pumpkins, Squashes, Fennel, Kohl Rabi, Lettuces, and Salad Crops, Melons, Root Vegetables, Peas.

Carol Evans

## Fun Competition

There will be a competition for the **LARGEST SUNFLOWER!**

You have from now until the end of August before the judges, Peter

Macey and Carol Evans proclaim the winner!



Perry Orchard Allotments



### Allotment Enquiries:

Roy Balgobin Parish Clerk 621688  
Perry Orchard Allotments Manager Carol Evans  
The Stanley Allotments Manager Peter Macey

## NEWS FROM: *ABBEYDALE GARDEN CLUB*

Monday, 18<sup>th</sup> May: Our speaker is John Mason who will be giving us 'Spring Gardening Tips'.

New members always welcome. We meet on the 3<sup>rd</sup> Monday of the month in the Village Hall at 7.30 pm

For more information please contact the Secretary:

Maggie Theakston

## News from our Village Agent: Lou Kemp 07776 245767

This month I want to give you some very important information about "The Care Act 2014" which represents the biggest reformation of care and support in 60 years.

It is divided into three main parts. This means that some changes will have been introduced in April 2015 and others in April 2016.

In April 2015 the following was introduced:

- \* a new national level of care and support needs, making care and support more consistent across the country
- \* new support for carers
- \* deferred payment agreements for care costs

From April 2015, decisions made about the help you receive will consider your wellbeing and what is important to you and your family.

All councils will use the same national level of care and support needs to assess what help they can give you. This may result in you being eligible for care and support, and will make it easier for you to plan for the future. It will also give everyone peace of mind that wherever you live in the country, or plan to move within England, if your needs meet the threshold you will be eligible for support.

Anyone receiving care and support will be informed how much it will cost to meet their needs and how much the council will contribute towards the cost. You will have more control over how that money is spent. Whatever your level of need, be it physical, mental or emotional, your council will be able to put you in touch with the right organisation to support your wellbeing and help you remain independent for longer.

From April 2015, changes to the way care and support is provided in England mean carers may be able to get more help so that they can carry on caring and look after their own wellbeing.

From April 2015, all carers will be entitled to an assessment of their own needs, irrespective of whether the person they care for has eligible needs. A carer's physical, mental and emotional wellbeing will be at the heart of the assessment, which could result in practical support such as respite care, a direct payment to spend on the things that make it a little easier to carry on caring, or information about local support groups.

From April 2015 deferred payment agreements will be available across the whole of England. A deferred payment agreement is an arrangement with the council enabling some people to use the value of their home to fund care home costs without having to sell their home in their lifetime. If you are eligible, the council will help to pay the care home bills on your behalf, and you can delay repaying them until you choose to sell your home, or until after your death.

A deferred payment agreement is only one way to pay for care. You can speak to a financial adviser or seek advice from an independent organisation to find out more about the options available to you.

As part of the 2016 changes, there will also be more financial help for those who need it and people with modest means will benefit too. There will also be a new form of protection from unlimited care costs.

The Act will put a limit on the amount those receiving care will have to pay towards the costs of their care, with a cap on care costs beginning in April 2016. No one will have to pay more than £72,000 towards the care element of the costs of meeting their eligible needs in their lifetime, and many people will pay much less. This applies to people funding their own care and support, as well as those helped by the council.

Alongside the cap on care costs, extended financial support will ensure that more people are eligible for help with care and support costs. The council will assess your finances and may be able to offer extra help if you cannot afford to pay. Most people will still have to contribute something towards the cost of their care and support.

As part of the 2016 changes, the council will provide more financial help for those who need it and people with modest means will benefit too. Currently, only people with less than £23,250 in assets and low incomes can get help with their care and support costs. The changes will mean that people with £118,000 worth of assets or less, could be eligible to receive financial support if they need to move to a care home.

As you can imagine, there is far more involved than this article can cover so if you would like more information call Healthwatch Gloucestershire 01452 504989, or look at their website:  
[www.healthwatchgloucestershire.co.uk/The\\_Care\\_Act](http://www.healthwatchgloucestershire.co.uk/The_Care_Act)

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## CHURCH NEWS



Dear Friends,

This year is really getting into gear as the weather begins to warm up. The promise of light, mild summer evenings invites us to stay out in the garden and either tend or admire our emergent plots of lush ground; perhaps with a BBQ and a glass of something refreshing. It's a month of verdant growth.

It has been a busy time in the church over the past month:

We were blessed with the company and ministry of Bishop Martyn of Tewksbury during Holy Week and Easter Day; and then we sat down to prepare for our Annual Parochial Church Meeting. Of course when this article went to print we had not yet held it. However, the work in the church and churchyard continues.

There are so many folk involved in keeping a church running which includes the day to day chores as well as the unexpected and planned special occasions and I am very grateful to everyone - and there too many to mention here - who has helped to keep our church afloat.

Thank you so much.

In this 'Sweet and Merrie Month of May', there is much to celebrate, both secular and sacred.

It is National Smile Month and we also have another two bank holidays, one at either end.

We also celebrate VE Day on the eighth.

In the church calendar, on Ascension Day (14th May) we celebrate the kingship of Jesus and this year we are invited to a special service with Bishop Bob Evans at 7.00pm at St Aldates, Finlay Road. Ascension Day marks the last appearance of Jesus to the disciples after his resurrection at Easter and comes from the accounts in the Bible in Mark's Gospel and Luke's Gospel that tell of Jesus being taken up into heaven. Jesus told his disciples that he would always be with them, and promised them the gift of the Holy Spirit at Pentecost (24th May).

The Apostle Peter preached a sermon which resulted in 3,000 people becoming believers.

It celebrates the coming of the Holy Spirit in the form of flames to the followers of Jesus, as recorded in the New Testament.



**Help to feed local people who do not have the money to buy food**

**The Church is open for donations  
Friday evenings 6 - 6.30 pm  
Contact Diana Way for information**

### May Church Diary

(Correct at time of printing but subject to change - please check details in pew sheets)

- Sun 3rd FIFTH SUNDAY OF EASTER**  
8.00am – Holy Communion BCP  
10.00am – All Age Worship (non-Communion)  
12.00pm – Baptism Service
- Mon 4th 9.00 am - Morning Prayers in the Rectory
- Sun 10th SIXTH SUNDAY OF EASTER**  
10.00am - Communion4All led by Rev David Eady
- Thu 14th 7.00pm – **Ascension Day** service at St Aldate's, Finlay Road
- Sat 16th 11.30am- Wedding
- Sun 17th SEVENTH SUNDAY OF EASTER**  
10.00am – Holy Communion  
6.00pm - Evening Service
- Mon 18th 9.00am - Morning Prayers in the Rectory
- Sat 23rd 2.00pm - Wedding
- Sun 24th PENTECOST**  
10.00am – Holy Communion (Common Worship)
- Mon 25th 9.00am - Morning Prayers in the Rectory
- Tue 26th 7.30pm – PCC Meeting
- Sun 31st TRINITY SUNDAY**  
10.00am – Holy Communion

Jesus had told them to wait until the Spirit came to them. Ten days after Ascension, 50 days after the resurrection, the Spirit came.

When the disciples received the Holy Spirit and began to go out and preach about Jesus it was the Jewish festival of Pentecost. Pentecost is recognised as the birth of the Christian Church.

Since May is a month of rapid growth I think it is apt for us as individuals and a body of believers in USL to consider our part in God's plan for the Church and Jesus' Great Commission:

'All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age.' Matthew's Gospel Chapter 28 18-20

Every Blessing

Christine

### Upton St Leonards 500 Club

The committee running the 500 Club will have just one member by the end of April, due to people leaving. We used to have 5 on the committee.

If anyone would be interested in joining, particularly a treasurer, please see Rachel Hall.



### CHRISTIAN AID WEEK IS 10TH-16TH MAY

Would you be able to help deliver/collect envelopes for this very worthwhile cause? Hopefully we can cover the whole of the village this year. Please contact Rachel Hall 610521 for details.

#### Christian Aid Tea Party

Friday 15th May 2.30 - 4.30pm  
Upton St Leonards Village Hall  
Bring & Buy, Raffle, Cake Stall

#### Afraid, alone, in pain

Be the answer to Loko's prayer this Christian Aid Week.



This Christian Aid Week, you can help transform the lives of women like Loko.

From 10-16 May, churches the length and breadth of Britain and Ireland will come together to pray, campaign and raise money to improve the lives of people like Loko.

Every year, 100,000 volunteers demonstrate God's love for the poor by taking part in house-to-house collections for Christian Aid.

This fantastic witness is a chance to take the mission of the church into your community.

Loko's choice in life is simple: 'If I can't collect firewood, my children will die.'

Four times a week, in a remote corner of Ethiopia, Loko makes a back-breaking eight-hour trip to gather wood. It's a task she dreads, but she steels herself to do it because if she doesn't her children will starve.

She prays to God as she walks. 'I ask him to change my life and lead us out of this,' she says.

Just £5 could give Loko a loan to start her own business buying and selling tea and coffee, freeing her from her desperate task and allowing her to spend more time caring for her family.

Find out how you can play your part at [www.caweek.org](http://www.caweek.org)



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#### Tower Flood Lighting

#### Sponsorship Details

#### May

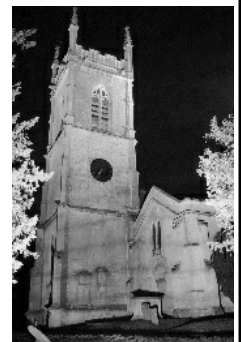
On Sunday 3rd May the Tower Lights are lit in celebration of the baptism of Jessica Rose Davis which is taking place in the Church on that day. Kindly sponsored by her loving parents, Laura and Gareth and family.

If you or your family wish to have the lights sponsored in celebration of a birthday or anniversary or for a loved one's life or any other reason, then please contact Matthew.

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 any donation, this will help us too.

If you would like to sponsor the Church Tower Flood Lights, then please contact Matthew Gibbs for more details.

Please note that the deadline of the Church News is the 10th of the preceding month.



## CHURCH NEWS



### THE NEW BISHOP OF GLOUCESTER

Her Majesty the Queen has appointed the Venerable Rachel Treweek, Archdeacon of Hackney in the Diocese of London, as the next Bishop of Gloucester.

Rachel Treweek will be the first female Diocesan Bishop in the Church of England following legislation passed last year enabling women as Bishops.

The bishop designate comes to the diocese having served previously in a number of other ministries. She is the current Archdeacon of Hackney, a role she has held since 2011.

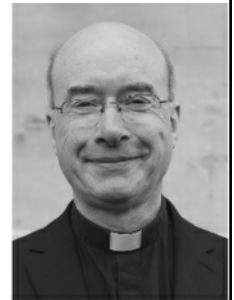
### Try Praying!

by the Revd David Deboys, Diocesan Worship Officer

Praying isn't (only) for so-called 'experts'. It certainly isn't only for clergy or monks and nuns. We've all actually prayed at one time or another – even if it was to cry 'Oh God help me!' or to exclaim 'Thank you God for this stunningly beautiful day'.

Prayer and praying are at the heart of the life of faith. Prayer may use words – and clearly our Lord taught his first followers some key words – but they are not essential. Every conscious breath is a prayer. There are many ways of describing prayer – but praying isn't an academic exercise which we simply talk about. It is a personal encounter between us and the living God. And because God is involved, sometimes we need to listen as well as sometimes speaking.

Bishop Martyn is encouraging us all to pray, and has specifically asked every church in the diocese to invite people to 'Try Praying' in the ten day window between Ascension (Thursday 14 May) and Pentecost. (Sunday 24 May). To help in this challenge, we have produced a booklet which you can request for free. It suggests a different way of praying for each of these ten days. If you haven't seen it, ask your parish priest or the Mission and Ministry Department at Church House on 01452 835544. And don't forget to Try Praying yourself before giving the booklet away!



try  
praying

### Why I am going to Try Praying this month

by James Butterworth, Acting Head of Communications, Gloucester Diocese

As an officer in the diocese, you would be forgiven for thinking I should be a fully signed-up Christian, but I came into this role not with a church background, but a curiosity to find out more.

That's why I find the Try Praying resource so compelling. It's aimed at people not dissimilar to me, who find themselves on the fringes of the church community looking in and wondering how I can "have a bit of what you've got". I'm assured it all begins with prayer.

The beauty of the resource is its simplicity: most of the suggestions can be completed at any time. Others will need a little planning, but all are easy to fit into a busy schedule. The booklet comes with a simple request— look for a God-given opportunity to offer the booklet to someone who doesn't usually come to church. Just say: "Try praying for a week and see what happens!"

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## UPDATE ON THE CHURCH BUILDING RESTORATION.

I am very grateful for the positive response I and the PCC have received following David Knight's article in the April USL Life. It is very encouraging to know that so many people in the village are supporting what we are doing in and for the Church and particularly how passionately people feel about retaining and restoring the ancient church that sits at the heart of our village.

So I thought you would like to know how we are moving things forward. A huge "thank you" to the small but dedicated team of volunteers who have worked tirelessly over the past months in the churchyard and inside the church itself. You will no doubt have seen, for example, that the entrance gates have been repainted and much work has been done to remove trees and ivy that were damaging graves. At the pathway to the Rec, an iron gate was discovered completely covered in ivy – which has now been removed – and the gate re-painted. At the west end of the church an ancient timber door – centuries old – was in danger of collapse; a local blacksmith forged new hinges and the door is now safe for another century! Inside the church my vestry/office was damp and dingy. It has now been re-plastered, painted, has a nice new carpet and is fit for purpose. Indeed Bishop Martyn, on his recent visit at Easter, remarked how smart and cosy it was; do come and visit!

There's still a huge amount to do, of course, and we do need financial and practical help. Thanks to your responses we now have a small team of village folk who are planning a programme for the works highlighted in the architect's official report. On the financial front we are investigating the various opportunities for grants – and thanks to the Chancellor's recent Budget



The picture shows Sheila Thomas removing ivy from gravestones outside the vestry. You might also notice the absence of a row of 4 unkempt yew trees, recently removed; only the stumps remain, behind her. These trees were too close to the wall, both endangering the foundations and blocking out lots of light.

announcement of a further £25M national fund for church repairs, we hope to bid successfully through the Diocese for a share of that, primarily for the major roof repairs. There is also a variety of funds to target for the many smaller items such as plastering and fixing wire guards to windows.

**HOW CAN YOU HELP THIS MONTH?** Well, we will hopefully have the weather for a good spring clean of the churchyard and inside the church, so **PLEASE COME ALONG on SATURDAY 9 MAY** (VE DAY Weekend) at 10 am until mid/late afternoon – or for as long as you can spare. We will be sprucing up the graveyard and Remembrance garden, and clearing ivy from gravestones. Inside we aim to start repairing pews, sorting out problem carpets, and starting some low level repairs to the fabric. We look forward to seeing you on 9 May – and of course at any of our Sunday services.

Thank you and God Bless

Christine.

### Who's Who at the Parish Church

(This list was printed before the Annual Church Meetings at the end of April, when officers might have changed)

**Priest in Charge:**

Reverend Christine Birkett 627828  
The Rectory, 12 Bondend Road, GL4 8AG.  
rev.christine@uptonstleonardschurch.co.uk  
*Usual parish working days are Tuesdays and Fridays*

**Churchwardens:**

1 Keith Robbins  
2 Vacancy

**PCC Secretary:**

Ceri Darley-Jones

**Church Treasurer:**

Vacancy

**Deanery Synod Representative:**

Dorothy Cox

**Bell Tower Captain:**

Roger Fry

**Mothers Union:**

Rachel Hall

**Church Cleaning Rota:**

Claire Appleyard

**Church Flower Rota:**

Evelyn Rumsey

**Electoral Roll Officer:**

Naomi Stanley-Gunn

# World War 1 Centenary Commemorations - May 1915

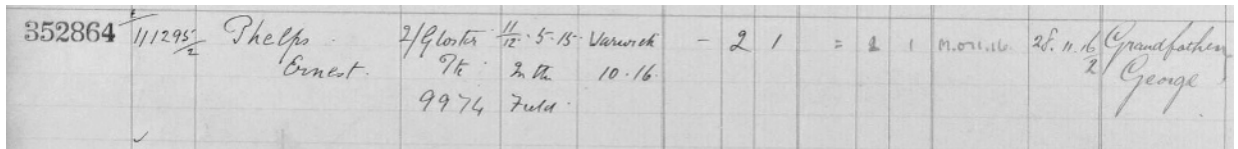
## ***We Will Remember Them***

This month 100 years ago saw the tragic loss of WALTER IRELAND and ERNEST PHELPS, two Upton schoolfriends who died in the same battle within two days of each other.

**WALTER IRELAND** was a Private (number 7739) in 2<sup>nd</sup> Battalion The Gloucestershire Regiment. Walter was born in September 1887. He lived on Matson Pitch and he attended Upton School from 31<sup>st</sup> January 1898 and left in 1900. He worked in a timber merchant's yard in Gloucester before the war. He enlisted in Bristol and joined the 2<sup>nd</sup> Battalion Gloucestershire Regiment. The battalion was in China at the start of the war and arrived in France during the second week of December 1914. He was wounded on 6<sup>th</sup> February 1915 near Ypres; he returned to the front and was killed during heavy fighting near Hill 60 on 10<sup>th</sup> May 1915. He was aged 27 and left a widow and two children. His body was never found; he has no known grave and is named on Panels 22 and 34 at the Menin Gate Memorial, Ypres.

**ERNEST PHELPS** was a Private (number 9974) in 2<sup>nd</sup> Battalion The Gloucestershire Regiment. Ernest was born on 29<sup>th</sup> March 1893 and he lived on The Pound in Upton. Like Walter he attended Upton School starting on 16<sup>th</sup> May 1898. Until he signed up, Ernest was a farm labourer in the Village. He enlisted in Gloucester into the 2<sup>nd</sup> Battalion and was killed in the same battle as Walter, near Hill 60 south of Ypres on 12<sup>th</sup> May 1915, aged 22. His body was never found; he has no known grave and is named on Panels 22 and 34 at the Menin Gate Memorial, Ypres.

The image below shows an Army ledger record, made about 18 months after his death, of 2 shillings and 1 penny handed to his grandfather George Phelps. This is money that was probably found among the few personal items he left behind in his billet or camp.



Since our article in April's edition commemorating Arthur Birchall we understand that members of the Birchall family - from Scotland and England - visited St Leonards Church, the churchyard and War Memorial, and were very pleased to see that the memory of their family's heroes remains well preserved.

In May, Roy Roberts will be travelling to France on a "Battlefield Tour" and hopes to take some photos of the Menin Gate plaques and other memorials to Upton men, for inclusion in future USL Life editions.

Please let us know if you find out more about the 37 men listed on our War Memorial; we aim to publish details in a small booklet and on the Parish website in due course.

Roy Roberts (USL Parish Council)  
Mike Stratford (USL History Group)

## **PARISH COUNCIL NEWS - see also on page 5 the notice of the Annual Parish Meeting**

### **REPORT FROM THE PARISH COUNCIL'S APRIL MEETING**


By the time you read this, the sacks of builders waste which were dumped on Nut Hill, causing a blockage, will have been removed. The Parish Council is urging the authorities to pursue the culprits with all possible vigour - this was an extremely serious case of fly-tipping.

The Parish Council is having the stain and varnish on the bench on the Village Green renewed. There have been so many requests for memorial plaques on the bench that the original space allocated is nearly full already. Roy Simpson, who built the bench, will add a new row to take more. If you want a memorial to a relative or friend, contact the Parish Clerk, Roy Balgobin.

There are now some vacant allotments. If you would like to take one on, contact Roy Balgobin.

The Parish Council is determined to step up its efforts to lobby for reduction of noise from the motorway. It is hoping to get a combined appeal with Hucclecote and Abbeymead / Abbeydale. In the last USL Life it was reported that Councillor David Hunt had been interviewed by Channel 5 about the motorway noise. Though it is good that this could mean more exposure to the problem, the Council regrets that the interview will be over-sensationalised by being placed in one of the episodes of Channel 5's new series "Britain's Horror Homes" which started in early April.

**PARISH WEBSITE:** We are delighted to announce that the new Website for USL is now up and running. The web address is <http://www.uptonstleonards-pc.gov.uk/>

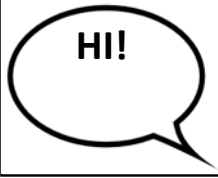
 Training for the Village Defibrillator will be held at the Village Hall Annexe on Wednesday 27 May at 7pm.

Those groups involved in any sort of physical activities in USL (including the Recreation Ground) and any other interested parties are encouraged to contact Roy Balgobin to register a place.

The potential use of this equipment is not only for people playing vigorous sport but anyone who is unfortunate enough to experience a Cardiac problem.

Please support this important investment made by the Parish Council on your behalf.

Contact details for Roy Balgobin: 621688 usclerk@btinternet.com



# Today we are talking to Ray and Gill from The Clothes Press

Hi, my name is Ray Jones and with my business partner, Gill Collier we run the Clothes Press in Upton St Leonards.

The Clothes Press has existed as a business for around 25 years and has been located in USL for the last 8 years. Our location in the village works for us as the area we cover spans a 5 mile radius around Gloucester and Cheltenham.

Being a local village-based business, we offer a friendly, speedy service. This includes free collection and delivery of items which is particularly useful for people who may not be feeling well or who have mobility issues.

In fact we provide a complete laundry



service including washing, ironing, dry cleaning as well as alterations and repairs. On average we can turn items around within 3 days. Where needed we can offer a 24 hour service. We believe our pricing is competitive so why not try us out?

Our shop opening hours are 0800 - 1400 hours and if you are passing have a look in our window where we advertise special offers from time to time.

If you wish to contact us, our details are as follows:

Phone: 616477

Website: [www.theclothespress.com](http://www.theclothespress.com)

You can also find us on Facebook.



## The B.M.I's Annual Summer Skittles Competition will once again take place during the months of June, July and August.

Anyone wishing to enter a team for this 'friendly' competition can add their team name and contact number on the notice board in the B.M.I foyer.

- The teams consist of 6 players (plus up to 2 reserves).
- All players must be members of the B.M.I.
- The draw will take place on Friday, 22 May in the B.M.I at 8.30 pm
- Matches will take place on Mondays, Tuesdays, Wednesdays and Thursdays.

PLAYERS	SCORES			B.M.I TOTAL
	1	2	3	
1 KAY TEAM	6	18	15	39
2 AUBREY TEAM	6	18	15	39
3 JILL TEAM	17	15	12	44
4 GINGER TEAM	15	18	12	45
5 JULIE TEAM	12	18	15	45
6 DEBRA TEAM	11	18	15	44
7				

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# What's Coming up Later? .....

## Flower Show

*We continue to publish information about the Flower Show, to keep it in your minds.*

*The date for the show? Saturday 12 September*

The schedule of classes is available in the Post Office. Here are just a few more of the classes:

### SECTION D – HOME MADE PRODUCE – COOKERY – OPEN

NOTE: Entries for all classes except Class 113 are to be made from supplied recipes.

#### Class

- 100 MILLIONAIRE'S SHORTBREAD, 6 to given recipe
- 101 MARMALADE SYRUP CAKE, to given recipe
- 102 COOKIES AND CREAM FUDGE BROWNIES, 6 to given recipe
- 103 MASCARPONE AND BROWN SUGAR SCONES, 6 to given recipe
- 104 RICH CHOCOLATE CAKE, to given recipe
- 105 BANANA CAKE (Loaf), to given recipe
- 106 CHOCOLATE AND VANILLA MARBLE LOAF, to given recipe
- 107 SPICED FRUIT TEA LOAF, to given recipe
- 108 KEY LIME PIE, to given recipe
- 109 DATE CRUMBLE SLICES, 6 to given recipe
- 110 PEANUT BUTTER COOKIES, WOMEN ONLY, 6 to given recipe
- 111 PEANUT BUTTER COOKIES, MEN ONLY, to given recipe
- 112 SUN-DRIED TOMATO AND ROSEMARY PALMIERS, 6 to given recipe
- 113 SODA BREAD TO YOUR OWN RECIPE – A soda bread of your choice made in a domestic bread making machine.

There will be a special award for the overall winner from classes 110 and 111

Recipes, too numerous to print here, for Classes 100 - 113 can be found in the show schedule available at the Post Office or Contact Carol Evans: 849350 or Peter Macey: 615308



### SECTION DP – HOME MADE PRODUCE - PRESERVES AND PICKLES – OPEN

NOTE: Jars should be clean and clearly labelled, to include date. Waxed discs should be of the correct size and placed over the surface of chutneys and jams, waxed side down, before sealing the jar. For pickles, plastic/vinegar-proof lids should be used.

Judge's Tip – Pickles and chutneys should be at least 6 months old.

#### Class

- 120 A jar of Chutney, any kind
- 121 A jar of Pickled Onions
- 122 A jar of Blackcurrant Jam
- 123 A jar of Strawberry Jam
- 124 A jar of Raspberry Jam
- 125 A jar of Plum or Damson Jam
- 126 A jar of Marmalade
- 127 A jar of Curd
- 128 A jar of Jelly
- 129 A jar of any other fruit jam
- 130 A jar of Piccalilli
- 131 A jar of Red Onion Marmalade
- 132 A jar of Spiced Plum Chutney

Support your  
Annual  
Village  
Flower Show!



### Upton St Leonards W.I.

We meet in the Village Hall at 7.30 on the first Monday of each month. We enjoy an evening of good company and varied and interesting speakers. As well our meetings we also participate in a wealth of fun events, including outings and craft days and have recently tried our hand at indoor bowls, rifle shooting and archery. Come along and join us and receive a warm and friendly welcome.

# Village Day 2015 — Saturday 20<sup>th</sup> June 2015

There are now just **51** days to go before the fun begins. Over a period of 3 hours there will be lots to do from “hook a duck” for the little ones to skittles for the mums and dads. The afternoon fun will begin at 2.00p.m. with a procession along Bondend Road to the Village Green to include pupils from the school, a band, a giant and a beast. Once the procession arrives at the green, there will be dancing around the Maypole and Morris Dancing.

Various activities will continue in the Village Hall, B.M.I., and the Church Field and will include displays of Tai Chi, Zumba and Keep Fit. There will be children's races in two age groups, (under fives and six to ten years), stilt walkers and jugglers, old fashioned organ, and you may like to have your fortune told by “Sceptic Peg”, or try and win a coconut at the Coconut Shy!

During the afternoon you can have a go at petanque, beat the goalie or the shuttlecock target, and if it all gets too much, and you feel you need a breather, there will be an exhibition of work by local amateur artists in the skittle alley in the B.M.I. There will also be a treasure hunt and family dog show, not forgetting a raffle and tombola. Ladies (and gents if you wish) may like to wear a decorated straw hat – there's a competition for the best one on the day!

In addition to the above there will also be a “Pimms Tent”, hot dogs, tea/coffee and cakes, sweets/plants, ice creams and popcorn. We would be extremely grateful to receive donations of items for the tombola. These can be left with Jackie Lord or Ann Pearson. Alternatively they can be left with Roy Balgobin, the parish clerk, at the Village Hall on a Tuesday or Thursday morning before 11.00a.m.

Please note that Bondend Road will be closed from the Perry Orchard turning to the junction with Churchfield Road during the afternoon. There will be no parking available.

## In the evening ...

there will be a dance in the Village Hall with a band and a disco. This will be a ticketed event from 7.30-11.00p.m. Tickets can be obtained from Carol Evans, £10.00 each, to include a supper.



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We have put as much in here as space permits.  
 Events happening weekly are only shown for  
 the first month or so

# VILLAGE DIARY

## MAY

4	Mon	Upton WI – The Hedgehog Hospital – John Crowther.....	Village Hall .....	7.30-10.00p.m.
5	Tue	Needles & Pins .....	Pavilion.....	9.30-12.00p.m.
5	Tue	Annual Parish Meeting.....	Pavilion.....	7.30p.m.
5	Tue	Badminton.....	Village Hall .....	8.30-10.30p.m.
6	Wed	Pilates .....	Pavilion .....	9.30-10.30a.m.
6	Wed	Wednesday Probus.....	B.M.I.....	10.00a.m.
6	Wed	Stitchers.....	Pavilion.....	10.30-12.30p.m.
6	Wed	Pavilion Painters .....	Pavilion .....	2.00-4.00p.m.
6	Wed	Bingo.....	B.M.I.....	8.00p.m.
6	Wed	Upstagers Amateur Dramatics.....	Village Hall .....	7.30-9.30p.m.
6	Wed	Tai Chi.....	Village Hall Annex .....	8.00-9.30p.m.
7	Thu	Senior Circuits.....	Pavilion.....	9.30-10.15a.m.
7	Thu	General Election.....	Village Hall.....	7.00a.m.-10.p.m.
7	Thu	Painting & Drawing.....	Meeting Room.....	7.00-9.99p.m.
8	Fri	Yoga.....	Pavilion.....	1.15-2.45p.m.
9	Sat	Churchyard Working Party.....	Churchyard.....	from 10a.m.
9	Sat	Big Band Night and Dance.....	Village Hall.....	7.30p.m.
10	Sun	Cricket Club Open Day.....	Recreation Ground.....	12.00p.m.
10	Sun	Copy date for June issue of USL Life		
11	Mon	Yoga .....	Village Hall Annex .....	10.00-11.30a.m.
11	Mon	Yoga.....	Village Hall Annex.....	12.15-1.45p.m.
11	Mon	Zumba.....	Upton St Leonards School .....	6.30-7.30p.m.
11	Mon	Fitness Training (2 separate sessions) .....	Village Hall Annex .....	6.00-7.30p.m.
11	Mon	Twyver WI .....	Village Hall .....	7.30-10.00p.m.
12	Tue	Needles & Pins .....	Pavilion .....	9.30-12.00p.m.
12	Tue	Tuesday Probus.....	B.M.I.....	10.00a.m.
12	Tue	“Friends for You” drop-in meeting.....	Pavilion.....	2-4p.m.
12	Tue	Badminton .....	Village Hall.....	8.30-10.30p.m.
13	Wed	Second Wednesdays.....	Village Green.....	9.30a.m.
13	Wed	Pilates.....	Pavilion .....	9.30-10.30a.m.
13	Wed	Stitchers .....	Pavilion.....	10.30-12.30p.m.
13	Wed	Pavilion Painters .....	Pavilion .....	2.00-4.00p.m.
13	Wed	Bingo .....	B.M.I.....	8.00p.m.
13	Wed	Upstagers Amateur Dramatics.....	Village Hall.....	7.30-9.30p.m.
13	Wed	Tai Chi .....	Village Hall Annex .....	8.00-9.30p.m.
14	Thu	Senior Circuits .....	Pavilion .....	9.30-10.15a.m.
14	Thu	Tai Chi.....	Village Hall Annex .....	9.30-10.30a.m.
14	Thu	Painting & Drawing .....	Village Hall Annex .....	7.00-9.00p.m.
14	Thu	Zumba.....	Village Hall.....	7.30-8.30p.m.
15	Fri	Yoga.....	Pavilion.....	1.15-2.45p.m.
15	Fri	Christian Aid Tea Party.....	Village Hall.....	2.30-4.30p.m.
15	Fri	BMI A.G.M.....	B.M.I.....	8.00p.m.
17	Sun	Nearly New Clothing & Equipment Sale.....	Village Hall.....	10.00-12.00p.m.
18	Mon	Yoga.....	Village Hall Annex.....	10.00-11.30a.m.
18	Mon	Yoga.....	Village Hall Annex.....	12.15-1.45p.m.
18	Mon	Fitness Training (2 sessions).....	Village Hall Annex.....	6.00-7.30p.m.
18	Mon	Abbeyle Garden Club.....	Village Hall.....	7.30-9.30p.m.
18	Mon	Zumba.....	Upton St Leonards School.....	6.30-7.30p.m.
18	Mon	AGM for USL Life.....	Pavilion.....	7.30p.m.
19	Tue	Needles & Pins.....	Pavilion.....	9.30-12.00p.m.
19	Tue	Badminton.....	Village Hall.....	8.30-10.30p.m.
20	Wed	Pilates.....	Pavilion.....	9.30-10.30a.m.
20	Wed	Stitchers.....	Pavilion.....	10.30-12.30p.m.
20	Wed	Wednesday Probus.....	B.M.I.....	10.00a.m.
20	Wed	Pavilion Painters.....	Pavilion.....	2.00-4.00p.m.
20	Wed	Bingo.....	B.M.I.....	8.00p.m.
20	Wed	Upstagers Amateur Dramatics.....	Village Hall.....	7.30-9.30p.m.
20	Wed	Tai Chi.....	Village Hall Annex.....	8.00-9.30p.m.
21	Thu	Senior Circuits.....	Pavilion.....	9.30-10.15a.m.
21	Thu	Tai Chi.....	Village Hall Annex.....	9.30-10.30a.m.
21	Thu	Painting & Drawing.....	Village Hall Annex.....	7.00-9.00p.m.
21	Thu	History Group – Jet Age Museum – David Hunt.....	Village Hall.....	7.30-9.00p.m.
22	Fri	Yoga.....	Pavilion.....	1.15-2.45p.m.



25	Mon	Camera Club.....	Village Hall.....	7.00-9.00p.m.
26	Tue	Tuesday Probus.....	B.M.I.....	10.00a.m.
26	Tue	Badminton.....	Village Hall.....	8.30-10.30p.m.
27	Wed	Pilates.....	Pavilion.....	9.30-10.30a.m.
27	Wed	Ladies Probus Bath Visit.....	Village Hall.....	8.45a.m.
27	Wed	Stitchers.....	Pavilion.....	10.30-12.30p.m.
27	Wed	Pavilion Painters.....	Pavilion.....	2.00-4.00p.m.
27	Wed	Bingo.....	B.M.I.....	8.00p.m.
27	Wed	Upstagers Amateur Dramatics.....	Village Hall.....	7.30-9.30p.m.
27	Wed	Tai Chi.....	Village Hall Annex.....	8.00-9.30p.m.
27	Wed	Defibrillator training (see page 13).....	Village Hall.....	7.00p.m.
28	Thu	Senior Circuits.....	Pavilion.....	9.30-10.15a.m.
28	Thu	Tai Chi.....	Village Hall Annex.....	9.30-10.30a.m.
28	Thu	Get Together Club Evesham Visit.....	Village Hall.....	11.00a.m.
28	Thu	Zumba.....	Village Hall.....	7.30-8.30p.m.
29	Fri	Yoga.....	Pavilion.....	1.15-2.45p.m.

**JUNE**

1	Mon	Upton WI.....	Village Hall.....	7.30-10.00p.m.
3	Wed	Lady Downe Trustees Meeting		
8	Mon	Twyver WI.....	Village Hall.....	7.30-10.00p.m.
10	Wed	Copy date for July issue of USL Life		
15	Mon	Abbeydale Garden Club.....	Village Hall.....	7.30-9.30p.m.
20	Sat	Village Day 2015 – Family Fun Day.....	Village Hall, Village Green and B.M.I.....	2.00-5.00p.m.
20	Sat	Village Day 2015 – Dance.....	Village Hall.....	8.00p.m.
22	Mon	Camera Club.....	Village Hall.....	7.00-9.00p.m.
24	Wed	Ladies Probus.....	B.M.I.....	10.15a.m.
25	Thu	Get Together Club.....	Village Hall.....	2.30-4.30p.m.
27	Sat	Summer Quiz.....	B.M.I.....	8.00p.m.

**JULY**

6	Mon	Upton WI.....	Village Hall.....	7.30-10.00p.m.
10	Fri	Copy date for August issue of USL Life		
13	Mon	Twyver WI.....	Village Hall.....	7.30-10.00p.m.
16	Thu	History Group – Memories of Upton, & AGM.....	Village Hall.....	7.30-9.00p.m.
20	Mon	Abbeydale Garden Club.....	Village Hall.....	7.30-9.30p.m.
22	Wed	Ladies Probus.....	Village Hall.....	7.00-9.00p.m.
27	Mon	Lady Downe Trustees Meeting		
30	Thu	Get Together Club.....	Village Hall.....	2.30-4.30p.m.

**To get your event included in the diary, contact Paula Quinn**

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# MINDFULNESS



I have read many explanations of what Mindfulness is. Some say it is watching the mind. Others say that it is focusing the attention and similar to meditation. It is both of these and so much more, because it can help in so many areas of our lives.

As you can imagine there are now endless books and teachers. Oxford University offers a Degree Course. Ruby Wax recently completed a Masters from there. Mindfulness is approved by NICE and now forms part of Cognitive Therapy Training. The Lancet has reported that through imagining they can measure how much the amygdala, which is the 'feeling' part of the brain, swells when there are periods of stress and the frontal cortex, which is the 'thinking' area, shrinks. The opposite happens after regular Mindfulness practice, enabling clearer thinking and decision making.

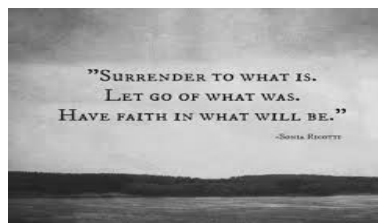
In mindfulness training the breath is used to focus the attention. This is easy because a) the breath is there and b) it will happen without effort. This absence of effort will help the attention to gently focus. All minds have habits of thinking, some helpful some unhelpful. In Mindfulness we become the gentle onlooker of our inner world as we observe the chattering and sometimes self-critical thoughts that can lead to stress. Practised regularly, Mindfulness can bring about long-term changes in well-being so that we can meet whatever life throws at us with more courage and resilience. The key ingredients are practice and a non-judgemental attitude. Most teachers recommend 20/30 minutes 5 days a week.

## Try this 2 minute exercise.

- 1) Sit on a straight-backed chair, your back erect and away from the chair, feet on the floor, hands comfortable on your lap. Relax the shoulders. Close the eyes or lower the gaze.
- 2) Focus your attention on the breathing. "Feel" the in and out as the breath enters and leaves your body. There is no need to alter its natural rhythm, just feel it come and go. In a while your attention will wander as thoughts appear on the screen of the mind; this is normal. Do not rebuke yourself or form opinions, it is good that you have noticed. The mind is peopled by thoughts, that's the way minds work. Your job is gently to return the attention to your breath, to follow the in and out of it. The mind may become calm for a while or for a long time, this is not important, just observe and gently return the attention to the breathing. After two minutes open the eyes and become aware of the room and of how you feel. Awareness and feeling, that's Mindfulness!

Mindfulness is already used in some schools to help pupils in our 'always on' world to cultivate the importance of focussing the attention, not just for learning but as a "life skill". Some police forces use it, as do some big businesses such as Proctor & Gamble. Recently MPs who practise it have set up a cross-party investigation into possible use in education for both pupils and teachers, and for training doctors and nurses. It would be interesting to see what PMQs would look like in the future if MPs were obliged to be trained in it!

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# The Camera Club



The Camera Club, which meets monthly in the Village Hall, is more correctly titled The Cotswold Monochrome Club. I went to the March meeting which happened to include its AGM.

After the AGM was concluded, the members were treated to a spectacular array of wildlife photographs taken by one of their own club members – Michael Windle.

Michael Windle is however no ordinary photographer. He has travelled to the far corners of the globe to obtain images which have won him a number of awards and his limited edition prints are collected worldwide.



Meetings are held on the fourth Monday of each month, when visiting speakers or group members show, demonstrate or discuss their photographs or photographic techniques. As a first time visitor I was made most welcome. Further details of how to contact the Club Secretary and to view the Programme for 2015 can be found at <http://cotswold-monochrome.co.uk/>

All photographers are currently being invited to submit an entry to the 20<sup>th</sup> COTSWOLD SALON, a National Exhibition of Monochrome Photography presented by Cotswold Monochrome in conjunction with the British Photographic Exhibition Awards. The exhibition to be held at Blackfriars Priory, Ladybellegate Street, promises to be one of a high calibre .

Exhibition dates: Thursday 23rd July to Sunday 26th July 2015 from 10am to 5pm daily.

*Andrea Dawson*



**UPTON ST LEONARDS  
CRICKET CLUB**

## PLAYERS WANTED!

**The Cricket Club is holding an Open Day** on Sunday 10th May from 12-2pm. This is principally to show the Club to people interested in joining to play. Many of our existing members will be there to greet you. There is a scheduled Under-13 game taking place (starts at 10am and should finish soon after midday). **We need:** adults, and young players from school years 7 and upwards; (our section for school years 4-6 is full). If you used to play, would you like to start up again? Your child / grandchild?

### UPTON ST LEONARDS LIFE

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

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

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