

Upton St Leonards Life *incorporating Church News*

Issue 69

May 2020



*Stay at Home, Protect the
NHS and Save Lives*



**Are you
sure you
planted
Fox
Gloves?**

**Do you
need help
during the
Coronavirus
Crisis? - See
page 2**

Help in Upton

USL Support Available

Helpline No : 07930 821108

Just a reminder that we have a helpline for anyone who needs assistance with things like shopping etc.

These Upton Businesses have offered to do food deliveries to your home. **We do urge vulnerable people and over 70's make use of this rather than visiting the shops.** You can pay for your goods by phone, and it means fewer people actually in the premises.

THE VILLAGE SHOP - Call 618189

PORTWAY FARM SHOP - Call 613255

THE CAKERY - Call 07570 765578

For other help, please call the Helpline 07930 821108

Morrisons Doorstep Deliveries

A delivery service was set up in April for elderly and vulnerable people enabling them to place an order over the phone.

You can choose from a Food Box or place an order from a selection of 45 essential groceries. The order is then matched to a local store who delivers it to the customer the following day.

To use Call 0345 611 6111 and select option 4 to order a Food Box or 5 to place an order for Doorstep Delivery.

The Lady Downe Trust

COVID-19

If you are a resident of Upton St Leonards Parish or some neighbouring areas and are experiencing financial hardship due to the virus emergency (maybe waiting for Government Assistance Scheme, Universal Credit etc), The Lady Downe Trust may be able to help you with limited financial relief.

To apply for a grant please complete an application form which you can request from the Clerk.

The Lady Downe Trust



Safety from Fraud

As already covered last month, there are more than 50 people in Upton who have volunteered to support people in the community eg delivering medicines and food.

We strongly encourage people NOT to take up offers of help from elsewhere unless they are a known family member, friend or neighbour.

When you use the USL Helpline, the person answering the phone will ask you suggest a password, e.g. the name of a relative, and the person then asked to help you should know that password.

During these difficult times unfortunately criminals will try to take advantage of the situation.

This could include bogus callers on the doorstep, scamming phone calls and emails.

A recent example was an email that had the Virgin Media logo stating their service was due to be suspended and asking the receiver to phone a number to reinstate it. This could lead to requests for personal information and access to your computer.

BE CAREFUL!

Update on Helpline Activities

In the first four weeks of lockdown the helpline received about 150 calls for help. Most calls were to collect shopping or prescriptions. There are about 6 or 7 elderly people living on their own who are getting daily telephone calls from a volunteer. All this adds up to a large amount of help needed and responded to.

Many thanks again to the volunteers taking on these vital tasks and answering the helpline phone.

If you are stuck at home and need cash, most banks now are running a service where a friend or volunteer can collect cash for you. You ask the bank for a voucher (a barcode) for the amount you want. The voucher, which can only be used once, is sent to you by text, email or post. The volunteer or friend takes that to the Post Office, which issues the cash specified in the voucher. So you don't need to give your card or PIN to a volunteer or friend.

When the weather is good, how about sitting in your front garden, watching the world go by. You can chat with anyone who passes by, staying, of course, at least two metres apart.

What's been happening in Upton?

VILLAGE WELCOMES AND FAREWELLS

We have had many changes in Churchfield Rd in recent years and wish to welcome: -

Neville and Sophie Coldrick , currently refurbishing the house but staying with the original 'look'.

Ashley and Emma Naylor and family, were looking for a 'Forever Home' and are currently extending. Ashley had visited Upton as a boy and liked the sense of space. Grandma lives down the road.

Lynn and Barrie Davies and family have extended their house and the children are involved with local Brownies and Beavers. Recently when removing bedroom wallpaper they came across writing saying "Val and Kevin wallpapered this room while Bill played cricket with the boys". Unfortunately it was not dated. Grandparents also live down the road.

Sarah and John Wickens. Sarah is passionate about gardening, all very evident by the stylish front garden. John is keen on boats. Upton is ideal for them because John works for the Willow Trust and it's the convenient side of the river.



A recent Parish Council Improvement

For those who have been travelling in and out of our village recently, you will have noticed the signs which the Parish Council have funded both as a nice welcome to visitors, but also to encourage safe driving speeds through Upton.



Fly Tipping!!

Unfortunately there are always people who when there are difficult circumstances try to take advantage and fly tipping is an example.

This is a reminder that if you see any waste that has been dumped please either report to Stroud District Council (via stroud.gov.uk) or to our Parish Clerk on uslclerk@btinternet.com or via the phone on 01452 621688 or 07977 560114

If you see anyone in the act of doing this try to take details like person's description and vehicle registration as there have been successful recent prosecutions which are the best deterrent!

Do you need help around your home?

"Being local, I'm a very Handy Man!"

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What's Coming Up?

The BMI events shown below are based on the hope that we will at some point soon see an end to the current lockdown situation!!

BMI Summer Quiz

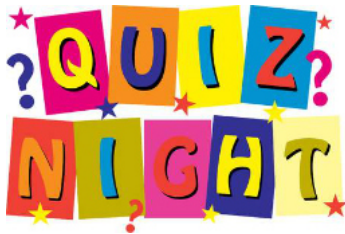
(Each team must have two club members and cards will be checked on the night)

Saturday 20th June 2020

at 8.00p.m.

with Eric our Quizmaster

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



BMI Sunday Jazz Club

Sunday 19th July 2020

1.00-3.00p.m.

With "John Beckingham"



VILLAGE DIARY

MAY

- 5 Tue Rubbish and Food Waste Week. Garden Waste for those with brown bins
- 10 Sun Copy Date for May issue of USL Life
- 12 Tue Recycling and Food Waste Week
- 19 Tue Rubbish and Food Waste Week. Garden Waste for those with brown bins
- 26 Tue Recycling and Food Waste Week

When Activities are due to be up and running again, contact Paula Quinn to get your event in the diary

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w: www.churchdowncomputers.co.uk

We are all in this together!

Recent comments from village residents

Really enjoying 'Family Time' together. Having a plan and sticking to it keeps us from thinking about the future or worrying about finances. Enjoying the quietness, Upton gardens, local walks and wild flowers.

I'd like to say THANK YOU' to our Village Shop and the Helpline and Helpers. I feel I'm a nicer person now and I think everybody else is as well.

I walk every day, grateful for the dryness of lanes and paths, bluebells and wild garlic taking over from celandine and myosotis, the thrush's song, and sunny weather.

We're happy to 'Stick to the Rules' implicitly. It's certainly brought out the best in us reigniting gratitude for family and friends and our spiritual path. Keeping a routine is essential and when anxious thoughts come remember "This too will pass."

We asked around the village how people were coping with the Coronavirus Lockdown. Was there anything positive/good? Has it changed you and how are you coping with natural anxieties? A very big THANK YOU to all who responded. Here's a mixture of replies edited because of similarities or limited space.

At first I panicked, particularly about my mum who is 99 and lives with us. My husband and I fill the days tackling 'put-off' tasks, repairing, gardening, repainting etc. I still wake up in a panic but I say my prayers and once we've made a plan for the day including regular stops for drinks and meals, the worry-thoughts disappear, it's working very well. What'sApp and Skype are a blessing for contacting friends and family.

A friend's husband gets the shopping for four people every week, I'm one of them; family and friends ring for a chat. All this kindness makes up for any worry about the future.

I miss the outdoor gym, my back is getting rounder and so is my belly.

What we love is the community feel in the street for The Upton CLAP for the NHS on Thursday evenings. Not only do we clap, there's plenty of HIP HIP HOORAYS as well as whistling and lights flashing on and off in front windows. Last week we heard fireworks. The best thing is EVERYONE IS SMILING!

We're finding Lockdown difficult; we cannot visit our pregnant daughter but very grateful for Face-Time. We can't

see my 93 yr old mother-in-law either; luckily we can ring her every day. The upside is, I have time to pursue my painting and poetry.

Can't believe the silence! At dawn I head for the quiet fields of Upton just as the sun rises behind Nuthill. Nothing's better than Spring in Upton and the promise of sunshine. The first week I came across two resting horses watching two deer trying to decide the best way to get into the next field. Another day I stopped to listen to a woodpecker; as ever, you can hear them but can't spot them in the trees, you only see them as they fly away.

I miss the sound of children playing in the school playground. Children's laughter and the noisy joy of outdoor playing is one of the joys of living near the school. The best thing now is the peace that silence brings.

A friend's son is 'frontline', which must be so hard for parents, but he says he's 'just doing his job'; when I hear that and then see on TV the sunbathers in parks and the overflowing food trolleys, just for a moment I find it very frustrating but I tell myself, "It was ever thus."

At first I was worried about lack of contact but gratitude slowly crept in because my family are ok. Now I know our food banks are empty and it hasn't hit the poorer countries yet; just because I'm ok doesn't mean it's ok.

I'm really enjoying Radio 4's poems, not only great poems old and modern but the most splendid voices!

Missing hugs from grandchildren. Worry mixed with pride for family members in NHS

Sadness for losing friends and concern for families facing financial trouble.

The quietude, the bursting forth of Spring and daily walks along our many footpaths, THANK YOU USCAN. The amazing brightness of the night sky, the pink moon that wasn't really pink, a time to reconnect with friends and neighbours, Upton at its best.

Even so, we are left with the question, how long will it last and how will it have changed our world?

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What can people do during the crisis?

Healthy Living - Millie Barnes

It's good to see so many people out walking and taking their exercise outdoors around the village. I first started "walking for health" many years ago and am still reaping the benefits now that I get to do it every day. What is walking for health you may ask and does it differ from going for a walk? The answer is yes. Going out for a walk has many benefits, it gets us into the fresh air and we get some exercise, moving our bodies in a purposeful way. If we walk in the early morning light that enters the back of our eyes, which is healthful and lifts our mood.

Walking exposes us to sunlight that is essential for Vitamin D. If we listen to our bodies we will know that we feel better after going for a walk. Children get the opportunity to explore their world when you take them outdoors. When we walk with others, our conversations give us that essential connection to others that is so necessary for wellbeing. When we return from a walk we feel invigorated and ready to take on the world again.

In short, walking is good for our health. Walking for health is only slightly different in that it is a faster pace of walking. When I walk I try and walk as fast as I can in comfort, swinging my arms by my side, I focus back on my pace every five minutes as we naturally slow down without realising it.

There are many apps available to use on our phones that measure our speed, km by km or mile by mile. I use Mapmywalk. What are the benefits of walking for health? The biggest one is improving our blood pressure. When I first noticed my BP was creeping up I decided to try walking for health and was very surprised to find in just twelve short weeks my BP reduced significantly. I walked just 40 mins 3 times a week. It's very easy to see if this works for you. Record your B/P at home after resting for 5mins, record your reading, then record it again after waiting 3 mins, repeating this once more. Record the lowest reading of B/P and your pulse. Measure your B/P every week or two and record the results on your phone in the Health App. This gives you a permanent record that can be shared with your health care professional.

In obesity appropriate weight loss brings down raised B/P. Many 80 year olds are in much better physical and mental health than some 65 year olds. Now is a good time to focus on improving our health. Reducing sugar and alcohol has a significant affect on our health. Good immunity is a key factor in fighting viruses. Those with hypertension and diabetes 2 are at much higher risk of poor health in the future. These are two conditions that respond well to lifestyle changes. Food For thought.

We look forward to having our Healthy Living meeting again in the near future.

Keeping in touch

Are you unable to make much contact with a friend or relative in a care home, because of isolation rules? If you have a smart phone or home computer it is fairly easy to set up a video call, using Skype, WhatsApp or Facebook (and there are other apps). The staff at the care home will know what to do at their end to connect you - ask them.

One of the the Village phone / computer clinic team can help you set up your end if you don't know how to do that:

Video phone calls using these apps are free, but you need an internet connection.

And of course it goes without saying that video calls are a great way to keep in touch with anyone!

Helping Others

The Parish Council Chairman and Clerk asked Andy Russell to set up the USL Support Group. He quickly called upon the help of Millie Barnes and others and created the USL Support Group on 17th March.

Each day a different volunteer looks after the phone on a rota (approximately 12 people) so that no one person is overloaded with requests for help. Those answering the phone make notes which Andy compiles into a spreadsheet several times a week for recording purposes.

It is of course strictly confidential.

Guidelines were written up and given to each of the 50+ volunteers to safeguard both themselves and the people they were helping, either in the form of collections, deliveries, etc. In the early weeks of lockdown there was a 'fear' that the USL Helpline would be overrun with prescription collections but within 10 days or so both Abbeymead and Abbeydale had started up their own Helplines, thus ensuring that no-one had too far to travel.

The number of calls now seems to have settled down and the system is working well.

The Parish Council has agreed to meet any expenses that the Helpline incurs - ie the purchase of the dedicated phone etc.

What can people do during the crisis? - cont'd

ON BEHALF OF UPTON WI

Sadly, at this most difficult time, I was diagnosed with breast cancer and since then I have to stay human free until further treatment is well underway. The time I have now has made me think: of pub lunches, concerts, theatres (not NHS ones!), outings, history group, and of course, WI. Well, fellow WI ladies, look at the front cover of your WI programme: we are "Inspiring Women". So, get inspired, so when we can all be together, we will be full of new ideas. Here are some ideas of mine.

Plan to do something each week you have never done. Have a weekly or monthly project. Gardeners, get a couple of flower pots, put your used teabag in the bottom, fill with any soil and grow something you have never grown before, maybe purple carrots, kalettes, garlic, purple parsley. Let your best seedlings grow and when we have our October meeting, we can all see, and you can have a special Sunday lunch on October 11 with your home-grown veg.

Teach your partner a new skill or learn a new one yourself. Cook something you have never cooked before, maybe beetroot and ginger cake, duck breast with walnut and date stuffing. Find ingredients that have been forgotten in the back of cupboards. Sort your cupboards out – that's another job you can do.

Sit at a window you never look out of much, get some pencils and paper and draw. It may just be a bit of blossom, a bird, a leaf, or even just a view, next door's roof with birds, or a lamb in the fields gambolling over rough grass. Write a poem or even an article for the next USL Life.

Plan your day with some time for exercise – maybe a run up and down stairs. You can even be sitting down for exercise but move every part of yourself if you can.

Do some birdwatching, look at what is in your garden, list and name plants you can see. Re-plan how you'd like your garden. Weeds are only weeds if they are plants you do not like or want. Six dandelions together with forget-me-nots around – pretty. Bees love them. Look in the shed or junk room. Find the grandchildren's plasticine or some putty and make a dish or pot to collect used tea bags. Start knitting, you can order wool, needles and patterns online or by phone. We had a speaker from the Family Haven in February. Their website shows things they want, maybe you can make items in their list, or find them in your cupboards. I hope this has got you thinking. Please stay safe and as well as you can. Keep smiling and do something different every week. WI will start again, don't know when, but it will be the first Monday of a month sometime. Best wishes to all.

Angela Harris

Footpaths

For obvious reasons, the footpaths of the Village are being used like never before. Thanks to the USCAN footpath maintenance team the paths are in a pretty good state. USCAN has a booklet of walks - if you want a copy, cost £1, contact me, Andy Russel. (The booklet, currently in its sixth edition, dated 2017, is due to be updated later this year).

Our Nutty Badgers Explorer Scouts Group is also preparing online walks and maps which you can download to your phone. The first few walks have just been published <https://nuttybadgers.org.uk/home/walks-around-the-village/> by leader Stewart Tedaldi.

I had hoped by now I'd be able to put out good news about access to Prinknash from the Village. Potential routes have been discussed with the landowners and there was a lot of goodwill that should have made possible at least one new access, but the progress has been halted by the shutdown.

Please be respectful when walking across fields with horses and livestock. Stay to the path and do not touch the animals. Dogs must be on a lead. And do remember, that with so many people using the paths for exercise, the latches, gates and stiles will be touched by lots of walkers. I suggest you should wear gloves, avoid touching your face and wash your hands thoroughly when you get home.

If you spot a problem with a footpath, please contact me.

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St Leonard's Church News

Website: www.uptonstleonardschurch.co.uk

Priest in Charge: Rev Clodagh Ingram

Curate: Rev James Turk



Rev James Turk writes

The times, they are a changing.

I am writing this on Easter Sunday afternoon at home in my study. I must admit I was surprised to be asked to write a piece for the magazine this month if I am perfectly honest, pleasantly surprised I might add. Trying to think ahead too far is hard right now, and life is certainly very different, and church life is no exception. All the normal things we do as a worshipping community in this country have been put on hold for the time being. Churches are closed and we are denied our usual services and sacraments. I have been attempting to keep the St Leonards community spiritually nourished via a WhatsApp group. Each week I post a service that I recorded in my study or in my conservatory, a most awkward arrangement and not one I am used to or have much experience with. But I am beginning to get used to it and the congregation are encouraging and appreciative. I am wondering as I write this if things are different by the time this magazine goes to print...time will tell.

We all seem to be in a time of waiting right now, waiting for the coronavirus pandemic to end so we can get on with our lives, and this goes for Christians and non-Christians alike. It feels like we are very much a part of history, reluctantly so, but I wonder if soon children will be learning about the Coronavirus Pandemic in school history classes and asking questions about what it was like during those days. What will I say if asked that question by a young person in a few years' time?

These days have been challenging, and they continue to challenge us, but when this is over, and when we reflect on the experience, I hope we can say we have learnt a bit more about ourselves and about society. I hope we will continue to reflect more about what love and kindness mean considering just how important those two things have been in recent weeks. And as a church community we have learnt the importance of prayer, there has been a real movement of people praying in our community throughout this pandemic. People praying for all sorts of things and asking for prayer in return, and this has made my heart sing! I hope we will continue to be a people of prayer in our actions and not just our words. Recently there has been a real sense of Jesus drawing close to us during this time, and I hope we can draw on that experience in the days, weeks, months to come.

Every generation has reason to believe that it is living in a period of historical challenges. Whether it is wars, pandemics or natural disasters, humanity has been tried

during many periods of crisis. The question is how much do we learn from this experience?

Let us have hope, faith and the ability to assimilate the lessons that the experience of the last weeks and months has offered us about what is most important to us. The world is changing, but the love we receive from God is never changing, and he is the rock we cling to in challenging times. I pray you may all experience that certainty and hope right now.

God bless you all.

James

Please Note:

In line with Government restrictions the church is closed until further notice.

If you would like to join in services being held on line please text James and ask to be added to the Friends of St. Leonards Whatsapp Group

Tower Floodlighting 23 May 2020

In memory of Heather and Daniel. Mother and brother of Emma. I miss you so much everyday and wish you were here to see my children Harry, Georgina and William grow up.... I know you'd be as proud of them as I am!

Not a day goes by that we don't think of you and I know auntie Didi and Chris miss you just as much!

Hope Nanny Sandra and Grampy Harry are looking after you up there!

All our love, always and forever!! Your Emma Lou xXx

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

St Leonard's Church News

Website: www.uptonstleonardschurch.co.uk

John Baker

On Friday March 27th it was the funeral of John Baker, who was a long standing member of Upon St. Leonards congregation. Due to the coronavirus it was not the funeral the family had planned for celebrating the life of John. However, in glorious sunshine the Rev. James Turk under government guidelines was able to conduct a very special and personal service around the grave with John's widow Carol, their three sons and John's brother Paul. Prior to John passing away and before the restrictions were in place James was able to visit John at home and anoint him and spend some quiet time in prayer with him. To then follow it through to take his funeral was very special and meant a lot to Carol. When the current state of affairs is over there will of course be a proper memorial service celebrating the life of John. Carol would like to thank everyone for all the love and support she and the family have received and for all the wonderful cards too and a very special thank you to James for all his support throughout.

Who's Who at the Parish Church

Priest in Charge

Rev Clodagh Ingram

Curate: Rev. James Turk

Churchwardens: Keith Robbins

Vacancy

PCC Secretary: Sarah Kent

Church Treasurer

Vacancy

Baptism & Wedding Enquiries

Church Administrator: Jenny Cunningham

Safeguarding: Dorothy Cox

Bell Tower Captain

Charlie Burnett

Mother's Union:

Kate Gale

Church Cleaning Rota:

Claire Appleyard

Church Flowers: Jenny Cunningham

Whilst the church building itself has been closed complying with the governments' directive the churchyard itself with Glevum Way running through it has remained open. With all the daffodils in full bloom and especially the primroses, the churchyard offers a place of tranquillity and calm enabling people to visit the resting place of their loved ones and to reconnect with God and nature at its best. Adhering to the 2metre distance rule people have stopped and paused in their daily walk to appreciate God's creation and we say a big thank you to all those people who have helped to keep the churchyard looking so good and cared for.






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Something to occupy the children!! . . .



UPTON SHOW NEWS

Hopefully the coronavirus may be over by the time of the show and we may be able to go ahead. Below is a further section of the schedule which includes the children's classes. This will give time to practice their entries!

SECTION "H" - CHILDREN

Children can only enter classes in their correct age group

Age of child as at 31st August 2020 to be quoted on all entry forms

All class prizes 1st - £5, 2nd - £2, 3rd - £1 kindly donated by the Lady Downe Trust

Group 1 – Under 5 years

Class

- 187 A hand print of a tree (max A4)
- 188 Make a face on a paper plate



Group 2 – Ages 5 – 7

Class

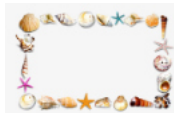
- 189 Make a flower face mask
- 190 Make 4 pieces of "rocky road"
- 191 Make a vegetable monster
- 192 Make a potato print pattern
- 193 Make a paper plate animal



Group 3 -Ages 8 – 11

Class

- 194 Make a bird from cup-cake cases
- 195 An item made from a craft kit
- 196 A colour photo "Having Fun" - max 7" x 5"
- 197 Make a shell photo frame
- 198 Make a decorated felt purse
- 199 A decorated trainer
- 200 Handwriting – write your favourite joke in your best handwriting



Group 4 – Ages 12 – 16

Class

- 201 5 flapjacks to your own recipe
- 202 A colour photo "Wildlife" - max 7" x 5"
- 203 A hand puppet made out of any material
- 204 Design an outfit for the Olympic team (max A4)
- 205 Make a felt animal

UPTON SHOW NEWS

206 Write a short story (max 50 words) to include the following words:-
trainer, muddy, marmalade, gravy, track, climate, medal, magician

SECTION "J" - YOUNG GARDENERS

Children can only enter classes in their correct age group – age of child as at 31st August 2020 to be quoted on all entry forms. Prizes for classes 1st - £2, 2nd - £1

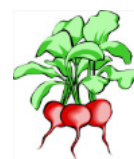
A £5 prize will be presented to the exhibitor with the highest points total in each group in this section.

The Royal Horticultural Society Junior Competitor's "Award of Merit" will be presented to the best exhibit in each age group

Group 5 – Ages up to 11 years

Class

- 210 Radishes, 3
- 211 Courgettes, 2 (between 100mm and 150mm long)
- 212 Runner Beans, 5
- 213 Lettuce, 1 with roots
- 214 Cress – exhibited in growth – NOT CUT
- 215 Any other vegetable not mentioned above
- 216 Tomatoes, 3



Group 6 – Ages 12 – 16

Class

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



If you have any spare BOOKS for the book stall or UNWANTED NEW ITEMS for the Tombola, please let us have them for our fund-raising stalls.

Please contact any committee member – we will collect.

We will also be grateful to receive any soft toys for the TEDDY TOMBOLA

Information

VE Day

Due to the Coronavirus emergency, the national and local celebrations for the 75th anniversary of VE Day have been postponed.

It is hoped that all the events planned can be moved to the weekend of 15-16th August depending on how our situation develops.

Comments shown below are from Peter Macey who experienced VE Day.

On V.E.Day a victory party was organised and a bonfire lit and effigy of Adolf Hitler placed on top.

It was probably our mothers who gave up their food coupons to make sure that there was enough food for the party

An old upright piano was played with everybody singing the good old songs like Roll out the Barrel and the most the popular tune at the time "You are my Sunshine." Then came the dancing with the okey cokey etc.

A good time was had by all. The party lasted well into the night.

I never felt that we had an unhappy childhood. What we didn't have we didn't miss

See more memories on Page 13



Upton St Leonards Headteacher appointment

At the beginning of March (sorry we missed it for the April newsletter) the School governors announced the appointment of Miss Sarah Daly to be the Headteacher. Sarah had been acting Headteacher for some months.



Local Information online on Facebook



There's a new Facebook page called Upton St Leonards Community - do have a look there to see current news.

Don't forget to look at the USL Village Store and the Portway Farm Shop Facebook pages - they have up-to-date information about what you can buy, opening times, etc.

The logo for John Weygang Optometrists, featuring a stylized eye.

John Weygang
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The logo for Cedar Motor House Ltd, featuring a stylized tree and the letters 'A A' in a blue square.

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A photograph of the Hill Farm Cottages, a long, single-story building with a tiled roof and a small garden area in front.

Feature Article

Recollections of Land Girl Linda Hicks in conversation with Linda Munnoch

Coming up with ideas for feature articles each month takes time and patience waiting for the god of inspiration to strike, but sometimes it's right under your nose all along, and it was thanks to Mandy - one of our wonderful Coffee Morning organisers – whispering in my ear one Monday morning “*did you know that Linda was a land girl?*” – that I'm privileged to be telling you her story. Very apt in-light of the fact that VE 75 celebrations in the village are now put on hold for the time being due to 'social distancing' and so giving us the time to reflect on those days of make do and mend, digging for victory and being kind to your neighbours.

Stoicism : meaning, endurance of hardship without complaint; patience, fortitude, calmness and Dunkirk Spirit - just some of the words used to describe how our nation coped during those years of deprivation.

In the summer of 1946 Linda Hicks was a 17 year old working at Blinkhorns (later part of the John Lewis empire) when her friend Audrey said “let's go join the land army and do our bit” so they enlisted and found themselves in Thornbury working the land. They hoed and tilled a field owned by a Mr De Sallis she recalls, who had bought the field specifically for growing fruit and veg for the war effort.



They planted potatoes and greens in the soil and tended the quickly erected greenhouses full of cucumbers and tomatoes from dawn 'til dusk, often aided by German prisoners from the camp down the road. They lived in lodgings from Monday to Friday, and returned home each weekend to Gloucester.



Linda doesn't recall her wages but admits philosophically that her memories are fading now. According to the information I've gleaned from the Imperial War Museum website, land girls were to be paid directly by the farmers a wage of 28s

(shillings) a week and from this 14s was deducted for board and lodging. The wages for male agricultural workers were 38s per week – I know! Mr De Sallis only allowed the girls to have a bath once a week, and so, when they came in each evening, they had to wash off the mud in cold water.



The winter of 1947 was particularly hard with heavy snowfalls and freezing temperatures so by the time planting season had come around it was too late, so the land was sold, and their duty ended.

Linda and her beloved husband Brian were married in 1948. Sadly, he passed away 3 years ago, but a new generation of five great grandchildren - all girls - is springing up around her. Their futures are not mapped out yet, but today there are more life choices for women than ever before.

She remembers the time fondly and she gave us access to her wonderful photographic record. Thank you so much for allowing us to share your story Linda.

The Women's Land Army was a British Civilian organisation created during WWI and revived in WWII so that women could work in agriculture while the men were called up to the military and were commonly known as Land Girls. Women were initially asked to volunteer but from December 1941 could be conscripted.

At its peak in 1944, more than 80,000 women were in the WLA. The organisation was eventually disbanded in 1950. If you'd like to learn more, check out [iwm.org.uk\(history\)what-was-the-womens-land-army](http://iwm.org.uk(history)what-was-the-womens-land-army).

*** As this article is going to press, Farmers are calling for an army of Land Girls – and boys – to help pick fruit which will rot in our fields and orchards this year due to the travel*



restrictions in place on our seasonal workers. The expected offer is £15 per hour and they need - 40,000 workers!!

Linda as she is now

Arts Page

Memories of VE Day, 5 May 1945, from local residents:

I was living in **N.E. London** and was upstairs with my sister when we heard the news. We rushed downstairs only to fall over each other at the bottom!

I was in **Oxford**, training to be a Midwife having survived the bombing in Birmingham. I remember that I was on duty, we were very busy. All the bells were ringing.

I was 13 and lived in **County Durham**.

I remember the miners coming home from the pits bringing bits of wood to build an immense bonfire. There were no fireworks but the ARP wardens had magnesium flares for training purposes; they set these off and nearly blew the bonfire apart!

I was on holiday in **Cheshire** staying with my aunt and uncle who were market gardeners. I was invited by the village children to their street party. We had sandwiches and jelly.

We lived in an industrial town, in the midst of streets bordered by the railway line on one side and the armaments factory on the other. We played in the bomb craters that surrounded us. When the war ended everyone brought out the food they had saved especially for this occasion. We all enjoyed a big party.

I lived in **Gloucester** and I remember trains hooting and bells ringing. We hadn't heard the bells for six years.

I lived in the centre of **Gloucester** near the Cathedral so I remember the sound of the Cathedral bells.

We lived on the Portway, **Upton St Leonards**. We children heard the news and all gathered at Portway Farm and walked together down to the village recreation ground where there was a big bonfire.

I lived in **Oldbury** in the **West Midlands** where we had been bombed due to local heavy industry.

My mother called out to us that, as it was VE Day, the schools had been closed. My sister was 4 years older than me and we did not believe mother. So, I walked to my school and my sister cycled to hers, only to find that the schools were deserted and my mother had spoken the truth!

Flags were put in windows. I made a Red, White and Blue poster which I put in our window. I had to make some more for the neighbours when they saw mine. I heard bells ringing on the radio. Later all the children got together and formed a parade and we marched around the streets making as much noise as we could banging dustbin lids, saucepan lids – anything that could make a noise. All the houses were lit – the blackout had been taken down.

I lived in **Brithdir** in the **Rhymney Valley**. I was out walking with a friend. We were high up in the mountain when, all of a sudden, we heard the Pit hooters sounding, bells ringing and the fire engine bell sounding. We were very frightened and thought that there had been an accident in the mine.

We started to race down to the village. When we got there we found that everyone was out in the streets shouting "The war is over. The war is over". People were in and out of their houses making tea and bringing out food. It was like a giant, spontaneous party.

Thank you all for your memories.

This month's poem was written in 1919 at the end of the First World War. It seems to capture the mood of exhilarating release felt by everyone following the Armistice

EVERYONE SANG by Siegfried Sassoon (1886 – 1967)

**Everyone suddenly burst out singing;
And I was filled with such delight
As prisoned birds must find in freedom,
Winging wildly across the white
Orchards and dark green fields; on – on – and
out of sight.**

**Everyone's voice was suddenly lifted;
And beauty came like the setting sun:
My heart was shaken with tears; and horror
Drifted awayO, but Everyone
Was a bird; and the song was wordless; the
singing will never be done.**

BOOK REVIEW

Fashion on the Ration : Style in the Second World War by Julie Summers

This book was published in 2015 and focuses on the fashion style during the 1940s. It covers themes like parachute silk, utility clothing, make-do and mend and clothing coupons. It is not a story of drabness and misery but of colour, inventiveness and determination to carry on regardless of shortages and constraints.

Fashion and clothing are an interesting aspect of the social history of the Second World War, during a time of uniformity on the one hand and individual expression on the other. The author uses letters, diaries and archives to great effect. Happy Reading!



Some Local History Page

What was happening in Upton 100 years ago April – May 1920

In the Church the Clergy was The Rev. Canon A J Brewster and The Rev C Ind. Churchwardens were Major J D Birchall MP and Mr C Eshelby. The Sexton was Mr Mills.

There was an ongoing Organ Fund to raise money to refurbish the organ..

In the school Miss Winnie Leach was leaving to get married after teaching in the school for 17 years.

The Village Hall: The hall was opened on the 10th April.

A sale of Farm and Garden Produce was held in Upton School on the 8th April. The proceeds of the sale were to go to The Village Hall Equipment Fund. (£400 was needed to fit out the hall).

Fitting out the hall required chairs, floor covering, window curtains, electric light. Mr Fielding is to provide the engine for the electric lighting, the Rector has given money for the purchase of a piano and Mr Frank Smith has given a table for the Committee Room.

The first function in the hall after the opening was a dance with fancy dress optional.

Light refreshments were provided and dancing lasted until midnight. During the interval a parade was held. The Upton Band with the assistance of a gramophone provided the music.

The Annual Parish Meeting was held on April 16th. Questions on housing were discussed, the District Council have bought 3 acres of land near the Nurses House (Churchfield Road) and tenders for 6 houses have been issued.

Warning notices are to be posted warning people against throwing refuse such as old cans and bottles in the Wheatridge Road.

A request to allow allotment holders to be allowed to plough owing to planting being delayed due to bad weather was opposed. See below how Churchfield Road has changed over 100years!!

Then



Now



A health warning from 1892 Parish Magazine

“The lecture on water was given by Embrey. He strongly urged the use of filters where there was any doubt about the purity of the water. These could be procured at a small cost. Speaking of the Upton water he said it was of a hard nature and recommended certain remedies which will be given in another magazine”.

Do you save your Upton Life Magazines? Here is an idea from 1892

“Messrs Partridge and Robins will bind last years magazines in a special cover for 1/6d (approx. 7p) if sent to them direct.” Messrs Partridge and Robins had a shop in Barton Street. In 1892 160 copies of the Parish Magazine were circulated each month at one penny each.

with thanks to Mike Stratford

A Big Thank You

On behalf of everyone in Upton, I would like to offer my massive thanks to all those volunteers who have been delivering food and medicines since the early days of this crisis. Also to the individuals who are running the support group each day, including manning the phones on a weekly rota and taking calls from people who need help. And not forgetting neighbours who have been helping people who need support and this is very much appreciated.

Portway Farm and the Post Office have been fantastic in keeping open and delivering essential groceries to elderly and vulnerable residents.

Thank you to all who have observed the strict rules of the current lockdown which is helping to keep everyone safe. Many of us have used the recent good weather to work in our gardens which is helping to pass the time and although difficult, most have refrained from having bonfires (See page 18 for guidance).

It is also appreciated that when people are playing music outside the volume has been kept at a sensible level to avoid disturbing neighbours.

Lastly, I would like to thank those residents who are doing their bit by mowing some of the public grass areas outside their properties as Stroud District Council have had to suspend grass cutting. This will ensure that the village does not become overgrown and scuffy. The Parish Council have paid for some extra grass cutting which will also help.

Looking at how our community has risen to the challenge during such a difficult time makes me proud to live in Upton and is really an extension of the good work that happens throughout the year. Stay safe everybody and let us hope that we will soon be able to get together for some sociable fun.

Keith Pearson, Parish Council

Keeping in Touch and Staying Safe

In this period of social isolation it is more important than ever to keep in touch with family and friends.

Using IT makes this easier for those of us willing to embrace what's on offer. Many will use WhatsApp and Messenger and Zoom is the new kid on the block which I am getting to know gradually. It offers free chats and can accommodate many users at once in a meeting setting. I have found myself reverting to Skype which I haven't used for years and I am pleasantly surprised at the quality of both picture and sound. If you use a laptop you can in most cases connect the laptop to your TV screen and this gives the effect of the people you are talking to on Skype, the impression that you are all in the same room having a normal chat. This can especially benefit older people and little ones speaking to Grandparents or favourite family and friends. We have got into the habit of having a virtual coffee with people every morning and I find it's lunch time before I know it.

I hear that many families are playing board games more during the crisis and this is a good social engagement. I have found the time to listen to talking books while out on my daily walk, something new for me. Spring cleaning the out of the way places in our homes has a huge psychological impact on our well being. An empty loft and tidy garage is uplifting and getting round to all those chores we put on the long finger is somehow rewarding once we get stuck in. Arranging the many photos we take these days into some kind of order, be it date order or otherwise is highly satisfying. One ambition I hope I find the time for is ringing everybody who sent me a Christmas Card last year and having a nice conversation with them.

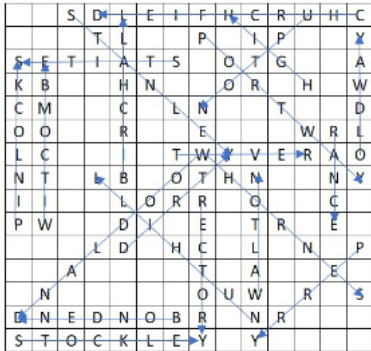
It has been a privilege to help villagers with the USL phone helpline, a simple idea with more volunteers that we could have dreamed of, thank you one and all, you are all angels in time of need. The social distancing offers us many opportunities, not least to appreciate what we have and value family, relationships, friends and the lovely community we live in. We are blessed with a village shop, beautiful church grounds to walk around, listening to the birds singing. May we hold onto these values in the coming months and years.

Millie Barnes

Quizland

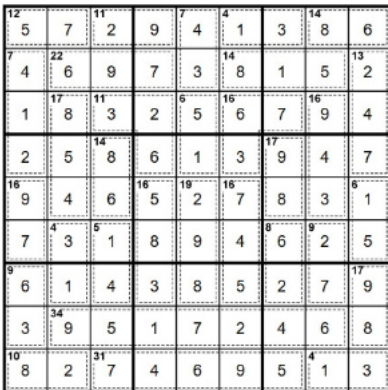
Answers to April Quiz

Circular Quiz: Birch-all, All weather, Weather cock, Cock-pit, Pit bull, Bull Elephant, Elephant man, Man-age, Age range, Range-r, R-over, Over all, All seeing, Seeing double, Double quick, Quick-silver, Silver birch.



Answers to Wordsearch

Answers to Sudoku



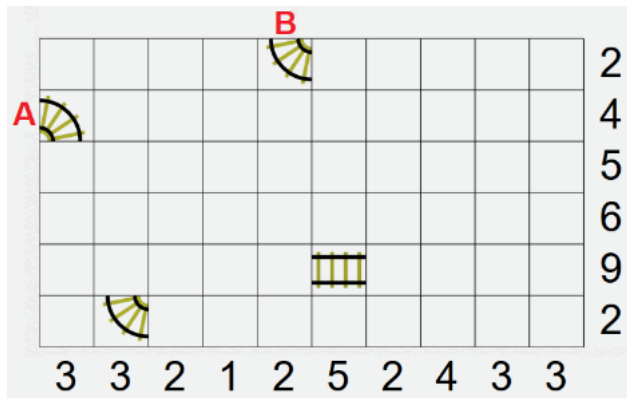
New Quiz for May

All the answers have UP or TON in them. E.g a type of melon: CanteloPE

- 1 Rock
- 2 A fan
- 3 A pair
- 4 Toffees
- 5 For tea!
- 6 On a cuff
- 7 Mulligatawny
- 8 Tomato sauce
- 9 No money left
- 10 A set of things
- 11 Diana Ross' group
- 12 Attribute of skin
- 13 A government takeover
- 14 South African meaty snack
- 15 Someone who eats too much
- 16 Administrative areas of Switzerland
- 17 Song-writer and member of Atomic Kitten
- 18 He deduced the laws of gravity and motion
- 19 At the tower entrance to the Village Church
- 20 American novelist who wrote the "Rabbit" series

Puzzle for May

Train tracks: Lay tracks to enable the train to get from A to B. The numbers indicate how many sections of rail go in each row and column. There are only straight and curved rails. The track does not cross itself.



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Various

Would you like to thank someone for their kindness during the current crisis?

If yes, please drop us a line either through our website usllife.co.uk or pop a letter into the village hall postbox. Remember our cut off for the June edition will be 10 May.



A Poem from Ted

We pass each other in the street,
And cross the road when e'er we meet,
And observe the two-metre distance when we
speak.

We are only allowed out a short time per day,
We can shop or exercise but must not stay,
A handshake or embrace is not allowed,
And we must never form a crowd.

We cannot stand and idly chat,
And talk of things like this and that,
We can't aspire to dizzy heights,
And no longer put the world to rights.

My theory is: like the Light Brigade
Someone a grave mistake has made,
And like the valiant six-hundred
We know somewhere some fool has blundered.

Thanks from the Editor

To everyone who made a contribution to the May Newsletter please accept my thanks.

If anyone thinks they have anything of interest to include in our newsletter during these difficult times we would be pleased to receive your items.

Send via website www.usllife.co.uk or through the village postbox in hardcopy. Inclusion as always is subject to editor discretion.

Peter W

A bit of humour

When you walk along High Street do you look out for the cartoons Sara Hemming draws and displays for all to see on a board in her front garden? They are invariably funny, wonderfully drawn, and always topical. Here's the current one – a laugh in terrible times:



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Guidance

Bonfires

If after having carefully considered the alternatives you still decide to have a bonfire, there are some guidelines.

- Only burn dry material.
- Never burn household rubbish or anything with plastic, foam, paint, or rubber in it
- Never use old engine oil, methylated spirits, or petrol to light or encourage a fire. Not only does this make smoke, it is also very dangerous.
- Avoid lighting fires in unsuitable weather conditions such as damp, still days
- Avoid times when the wind will blow smoke over roads or into neighbour's gardens.
- Avoid burning when people want to enjoy their gardens such as at weekends or Bank Holidays.
- Never leave a fire unattended or leave it to smoulder.

Bear in mind the law of statutory nuisance mentioned above; regular smoky bonfires - or even a single one which is very polluting - could be regarded as a statutory nuisance and result in a legal notice being served on you by the Council.

Recycling/Waste Collections

12 ways to help our waste crews during the Coronavirus (2 April 2020)

Things you can do to help our waste crews so we keep running as normal during the Coronavirus pandemic.

1. Please don't put too much waste out. Extra bags won't be collected, so make sure your waste fits in your grey wheelie bin. If you have beige bags instead of a wheelie bin, crews will take a maximum of three bags on collection day.
2. Anyone who has, or suspects they have, Covid-19 should double bag their soiled tissues and cleaning cloths and store them for 72 hours before presenting in their wheelie bin or beige sack. Please do not put tissues or used face masks in your recycling box. These should go in your general waste.
3. Minimise waste where you can. There are lots of tips to help you reduce food waste at: www.lovefoodhatewaste.com
4. Recycle as much as you can. Check the guide on our website for full details

5. Fold all cardboard to the approximate size of your recycling box. Larger pieces take up more space in the recycling trucks, resulting in more trips, and wasted time and fuel, so they may not be collected until made smaller.

6. We're unable to take orders for extra or replacement receptacles so our staff can concentrate on keeping other essential services running. The two exceptions are replacement residual (grey) waste bins and receptacles for new build properties that haven't previously had any containers. We're still trying our best to deliver these. If you don't have a recycling box, please improvise by using a storage box or laundry basket of a similar size; please just ensure it will be safe for the operative to lift. If you haven't got a food waste bin then you can use your small food caddy.

7. New bulky waste bookings have been temporarily suspended. We know it's not ideal but please keep large items at home until we're able to start the service again.

8. The household recycling centres ('the tip'), operated by Gloucestershire County Council, are all closed on government advice. Please keep hold of everything you would have disposed of there until they re-open.

9. When your wheelie bin, food bin and recycling box and bag have been emptied please wash your hands after taking them in. Crews have enhanced hygiene systems in place, but we're all still advised to wash our hands frequently.

10. Please avoid using our textile banks, which are not accepting further donations at this time.

11. Avoid overfilling your garden waste bin. We know gardens are receiving lots of love and attention at the moment, but please don't overfill bins. If you have too much for your bin, don't force it in, try and wait for the next collection.

12. Please keep your distance. Stay at least two metres away from everyone, including the crews. They really appreciate the public's support - so a cheery smile and wave will make their day.

Thanks for your support

Obituaries

John Baker – a personal tribute

At the end of March one of my best friends was laid to rest in Upton Churchyard. The occasion was made all the more sad because, due to the restrictions, only a very few of his closest family members were near the graveside. I watched from a distance, with Keith Robbins. John had been ill for four years, during which time his devoted wife Carol looked after him. John and Carol have been friends of Rachel and me for very many years. Many of you will have seen us together in the BMI and around the Village. We frequently holidayed together, including an unforgettable two month trip to New Zealand and Australia fifteen years ago. We will miss John so very much.



John and Carol lived for many years in the Village. He was a founder member of one of the Village Probus Clubs. He was also, for a time, the Worshipful Master of Glevum Masonic Lodge, and a past president of Gloucester North Rotary Club. He was a keen rugby fan and in his younger days played for Old Centralians. He was a faithful member of St Leonard's Church.

There will be a memorial service for John at the Church when that becomes possible.

Ruth Simm

It is with great sadness that we report that Ruth Simm, a Village resident for so many years, died on February 23 at the care home near Guildford where she has been living for the last three years. She would have been 90 in July.

Ruth and her husband David (who sadly died in January 2019, a week short of his 91st birthday) lived for nearly 50 years in Perry Orchard, moving in when their home there was first built in 1968.

They both loved Upton and made many friends there over the years, having been heavily involved in the life of the Village, through the School PTA, Tennis club, yoga and art classes and latterly the village's Probus groups.

Their sons, Iain and Peter would like to thank everyone for the many messages of sympathy they have received. It is hoped to hold a service of remembrance in the village for Ruth and David, when circumstances allow.

Sadly we report the recent deaths of two Perry Orchard residents. John Day died just before Easter, and we send our condolences to his widow, Hazel.

John and Hazel's next door neighbour Liz Brownhill has also died very recently, in her 99th year. Many Village people will know John Day and Liz Brownhill - both were very active in the community.

The editor next month will be Andrea Dawson



UPTON ST LEONARDS LIFE

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

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

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Barbara Swindin
Peter Wilson
Company Secretary: Cliff Alderman
Treasurer: Owen Stinchcombe
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Christina Caldwell
Linda Munnoch
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Official Notice about the Parish Council:

The Council Office in the Village Hall will be closed and the Clerk will be working from home and is contactable by **email** uslclerk@btinternet.com or **telephone 01452 621688 or 07977 560114.**

The Wonders of Nature

You may have seen the "Pink Moon" during the evening of Tuesday 7 April.

It is caused by the earth's atmosphere, when the moon is at its closest point to the earth.

The name comes from the Northern Native Americans who call April's full moon the Pink Moon, after a species of early blooming flower called the Wild Ground Phlox.



Upton in bloom - a couple of local examples



Upton School showing their support for the NHS

