

Upton St Leonards Life *incorporating Church News*

Issue 15

November 2015



HARVEST FESTIVAL CELEBRATIONS



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

<http://www.usllife.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. Our efforts to establish a new Review Panel brought just one person forward; would you care to join her?

Thank you for such an interesting article about the Gloucester Aircraft Company on pages 11 and 12 of the October newsletter; however, my aircraft buff son Steven points out that the photograph on page 11 is not a Gloucester Meteor but is actually the E28.

My father in law, Walter Harvey, worked at GAC and did the riveting on the nose cone of the E28. Wally was the ultimate craftsman, very precise in his work and one day a man passing stopped to watch him at work. After a couple of minutes, the man asked Walter if he couldn't do the job a bit faster. Walter immediately turned round, offered the man his tools and said "if you can do it any faster then I suggest you do it yourself"! The unknown man was of course Frank Whittle. I have visited the Jet Age Museum at Staverton and had a brick engraved in memory of Walter in their Wall of Fame.

Continuing on the Jet theme and Upton, shortly after we moved to our cottage in High Street, Upton in 1959, my son Steven who had been playing happily at the top of the garden ran into the house white faced and terrified. A Gloucester Javelin had screamed overhead, seemingly just over the top of the garden shed. Steven refused to go into the garden for several days after that experience in case this monster came back. Evidently the new Javelin planes could take off from Brockworth but not land, this had to be done at Moreton Valance.

Liz Harvey

Editor: Apologies for our mistake in labelling the picture. A couple of people pointed it out and we are pleased to be able to print this letter.



On Sunday, 11th October the congregation from the Parish Church made a more than usual link with real food production when they held their annual Harvest Festival Service in the open air in the Perry Orchard allotments.

Musical accompaniment was provided by Gloucester Brass as over 40 worshippers sang the traditional harvest hymns enthusiastically, crammed into the grass plot, surrounded by vegetables, still growing. Among the harvest gifts were, most appropriately, some carrots and onions, actually picked from the ground during the service. At the end of the service coffee was served with cheese and rolls.

The produce was auctioned off, raising over £120 for the Gloucester Foodbank.

Thanks go to Rev Christine and the Parochial Church Council for thinking up the idea and doing all the hard work of getting chairs and tables out, preparing food and coffee and to Gloucester Brass for the music.

Thanks also go to Dick Powell, a most entertaining auctioneer, a former village resident, who is remembered from many years ago, doing harvest auctions in the Village Hall.

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What's been happening in Upton?



Village of the Week: Upton St Leonards



If you didn't manage to catch Dominic Cotter's interviews on Radio Gloucestershire with members of the Parish Church, the Primary School, the Cricket Club, the Flower Show and the village's own 'Mary Berry' otherwise known as Esther Bourne, then here are a

couple of photographs of some rather well known participants who just happened to be within the camera zone!

Andy Russell (left) and Carol Evans and Peter Macey (above).



NEWS FROM THE VILLAGE WI GROUPS

On Saturday 10th October, eight Twyver WI members went to Millie Barnes' home for a Jewellery Workshop with Karen Van Hoff. 'We had a fantastic and productive time' as can be seen by the photos taken on the night.



Teacher, Karen Van Hoff; standing.



Examples of earrings, bracelets and brooches made on the night.



Irene Woodstock, Hazel Day, Pauline Sugdon, Sue Down, Sandie Baker, Millie Barnes and Monica Gray.

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What's been happening in Upton - cont'd?

MORE NEWS FROM THE VILLAGE WI GROUPS

UPTON ST LEONARDS WI

Our October meeting was, as always, a great success and well attended by our members. We were given an inspiring talk by Helen Mugridge on 'Gardening for Wildlife' suggesting that by allowing part of our gardens to remain wild, we would be able to encourage birds, insects and hedgehogs to find a safe habitat and home.

Our next meeting will be Monday November 2nd at 7.30 at the Village Hall, with speaker Steve Syer from the British Heart Foundation.

Tricia Freeman

TWYVER WI

The October meeting was opened by President, Margaret Buckley who was delighted to welcome yet more new members! Our speaker for the evening was Bill Armiger who enlightened us to the plight of the homeless in our city, and the invaluable support provided by the Breakfast Club at the Cathedral which serves a full breakfast for approximately 40 people every week.

Our next meeting will be held on Monday, November 9th at 7.30 in the Village Hall. Our speaker will be Pamela Street, who will talk about all things 'musical'.

1ST UPTON ST
LEONARDS SCOUTS



SCOUTS

MEET THE PEOPLE WHO
INVENTED ADVENTURE.



CANOES AND KAYAKS

Over the weekend of 19-20 September, Gloucestershire Scouts ran a canoeing and kayaking training course on the river Avon near Defford in Worcestershire.

Scouts from 1st Upton St Leonards Scout Troop and Explorer Scouts from the Nutty Badgers Explorer Scout Unit, together with leaders from both, went along.

Saturday morning started off misty, but towards late morning the mist burnt off and the rest of the day's weather couldn't have been better. Clear blue skies and warm September sunshine.

The young people spent Saturday paddling in canoes and working towards the Scouts' new Paddle Sports Staged Activity Badge (Staged Activity Badges allow the youngsters to build on their skills in a particular area throughout their Scouting careers).

In the canoes, the trainers took the

Scouts through paddling techniques and how to paddle forward in a straight line. Some of the Scouts – and at least one leader – found that particular aspect a little frustrating!

Towards the end of the day, the Scouts went through their capsize drills. Knowing what to do in the event of an accidental dunking is, of course, vital. Thankfully the warm weather meant that capsizing and the consequent swimming weren't too traumatic.

After dinner on Saturday evening, there was a film show complete with popcorn.

Sunday started off misty, but once again it soon disappeared and the sun came out. The Scouts switched to kayaks, and went through similar exercises to the ones they'd learnt in the canoes. As well as being able to self-rescue, the Scouts were taught how to assist others when they capsize.

We were also treated to a guest appearance by a monster Stand Up Paddle (SUP) board known as a SUPsquatch. It's an inflatable, surfboard-shaped raft that's approximately 16 feet long, 6.5 feet wide and 8 inches thick. A surprisingly



large number of people can stand on (and fall off) one of these! The canoeists and kayakers took great delight in trying to ram the SUP – as did the SUPpers (?) in trying to repel them.

At the end of the course, the Scouts were presented with their "Paddle Sports – stage 3" badges. They can progress to stages 4 and 5 as well as being able to consider using canoes or kayaks when they come to do their Duke of Edinburgh Award expeditions.

Paul Emmett
Scout Leader

1st Upton St Leonards Scout Group



The Great Outdoors

What to do on your Allotment or Garden in November

There's no time to rest, but there is just enough daylight to finish clearing your plot of any old crops, to prepare for next year.

Now is the time to harvest winter cabbage, Brussels sprouts and leeks, but wait until the first frosts before harvesting Parsnips, so that the starches are turned into sugars.

General work is to dig over your plot. It is also a good time to plant fruit trees and bushes and prune your soft fruit bushes, if you haven't already done so.

This is also a good time to turn over your compost heap and clean garden tools. Hopefully one final cut of the lawns can be made but remember to carry on picking up leaves from lawns to enable good aeration.



Winners of the Allotment Competitions

BEST ALLOTMENTS

Shaun Chandler - Winner of the Best Allotment in the Stanley

Linda & Fiona - Winners of the Best Allotment in Perry Orchard



BIGGEST SUNFLOWERS

Ms R Perry - Winner of the Sunflower Competition – Stanley Allotment

Mr A Davis - Winner of the Sunflower Competition - Perry Orchard Allotment.

What's Coming up in USL?

Fireworks at the Village Hall

Thursday November 5th

Gates open 5.30pm
Bonfire Lit 6.30pm



Adults £4.00 Child £2.00
Family £10.00 (2 adults & 2 children)

Hot food, drinks, various games & tombola
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What's coming up in USL?

Bring & Buy Sale

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BMI Club, Upton St Leonards

Saturday November 7th

3.00-5.00p.m.

Arts and Crafts, Handbags, Christmas items, and lots more!

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Admission by ticket and at the door - £3.00

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on the B.M.I. notice board by 6th November

B.M.I.

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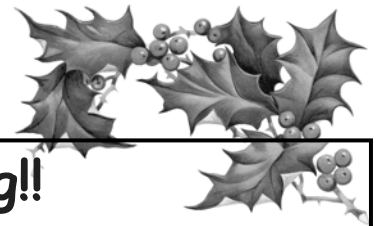
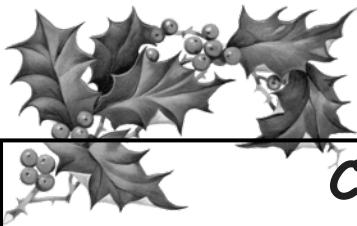
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What's Coming up in USL - cont'd?



Christmas Shopping Evening!!

Tuesday 10th November, 7.00-9.30pm
At Bowden Hall Hotel, Upton St Leonards

Raising funds for ... Upton St Leonards Primary School

There will be plenty of stalls to get all those Christmas presents,
or a treat for you!

We have 'Sugarloaf' shop, from Cheltenham's
Regent Arcade!!

Other stalls include...Body Shop, Partylite, Forever Living, Mary Kay Cosmetics, Phoenix Cards, Jewellery, FM cosmetics and fragrances, Cakes, Neals Yard, Usbourne Books, and many, many more unique gifts to choose from!

Also on the night, mini pamper treatments for you to enjoy!

Entrance is £5 on the door (or £4 if you pre buy, contact Jo)

Glass of fizz and goodie bags on arrival, subject to availability. The hotel bar will be open, so why not get a group of friends together for a great night out!

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November - the month to Remember

In Memoriam

In USL Life we have been running a series of articles about men who died in WWI, at approximately the 100th anniversary of their deaths. As it happens, there haven't been any recently - no Upton men were killed in the war in the second half of 1915.

However, in the month of November it remains always our duty to remember those who were killed fighting for their country, and for this issue of USL Life we make special mention of a WWII soldier. Special because, of course, this man's close relatives are still well known to many villagers.

Edward Thomas Higgs Rumsey

Edward Thomas Higgs Rumsey joined the 2nd Royal Gloucestershire Hussars, part of the Royal Armoured Corps. He rose to the rank of sergeant and was posted to Egypt to join the effort to drive German and Italian troops out of North Africa. British forces had entered Libya from Egypt in mid 1940, and from then on the front moved backwards and forwards with offences and counter-offences for over two years.

Sergeant Rumsey was killed, at the age of 29, on 28th December 1941, during this phase. (The decisive battle of El Alamein took place in November 1942). Sergeant Rumsey's name appears on the Alamein memorial, in Libya. He was born in the Village in 1912, the son of Harold and Charlotte Rumsey of Upton St Leonards. He left a widow Joan Rumsey and daughter Sandra aged 8 months. He is the brother-in-law of Evelyn and uncle of Jenny Cunningham.



November's Feature Article is on Kites Hill

In Upton St Leonards we are very fortunate to be surrounded by beautiful countryside, much of which is designated as an Area of Outstanding Natural Beauty, and which includes two significant nature reserves. One is Cud Hill Common, an important area of limestone grassland near Painswick Beacon, owned and managed by our Parish Council. The other is the less well known Kites Hill Reserve, also limestone grassland but including some semi-natural woodland, situated at the top of The Portway and owned by the World Land Trust (WLT).

Although some villagers have been involved with the management of Kites Hill, others may be interested to know a little more about the reserve and the WLT. After all, it is open to all of us for a walk around to enjoy the beauty of the wildflowers, trees, birds and other wildlife.

Once a farm, the reserve covers 40 acres, and as well as limestone grassland it includes one of the UK's best examples of ancient beech woodland. It is part of the Cotswold Commons and Beechwoods Site of Special Scientific Interest and is recognised at European level as a Special Area of Conservation – and on our very own doorstep!

Amongst the beech trees there are superb examples of oak and ash, and round the meadow areas, the hedges of native



species such as hawthorn, hazel and elder provide excellent habitat for many species of birds, bats and invertebrates.

In 2009 The WLT built a pond and within a short time it was colonised with native plant species, dragonflies and amphibians. Spring and early summer are probably the best times to visit to spot dragonflies such as the Hairy Dragonfly, the large Emperor Dragonfly, frogs and toads spawning and possibly Palmate Newts.

The WLT have involved The Conservation Volunteers to help manage the reserve at a local level, and work parties can be seen regularly cutting back invasive species and maintaining hedges and fences etc on the reserve.

The reserve was donated to the WLT early in the Millennium by the late Miss

Jane Pointer, who appreciated the conservation value of her farm and wanted it preserved for the future. The WLT is an international conservation charity which protects many of the world's most biologically important and threatened habitats. Since its foundation in 1989 WLT has funded organisations around the world to create reserves and give permanent protection to habitats and wildlife. Miss Pointer had visited one of their reserves abroad and was so impressed that she chose them to take on the stewardship of her land as a living legacy.

I would encourage everyone to take a walk around Kites Hill, not so much now, but particularly in spring and summer, to enjoy the beauty of the flora and fauna as well as the beautiful views over the village and local area.

WLT is always happy to provide information on the reserve and to involve local communities in their activities and so, if any villagers wish to be involved or know more about Kites Hill, you can go to the WLT website www.worldlandtrust.org, email info@worldlandtrust.org or telephone 01986 874422.

Lynne Garner

CHURCH NEWS



Dear Friends

In days gone by there used to be an old English tradition, in places close to the Welsh borders, of "soul-caking". Singers went about on All Souls Day, which is November 2nd, singing psalms and songs in remembrance of those who had died and in return, they expected cake. The singing was lamentful, as would be expected, and Shakespeare refers to it in *The Two Gentlemen of Verona*, as "puling". These soul cakes are a rather spicy short cake, rich in butter and egg and very often have a cross inscribed on the top.

November is a month to remember. November 1st is All Saints' Day when the Church remembers and celebrates those women and men of every age who have provided a glimpse of heaven on earth. On November 6th we celebrate St Leonard, also patron saint of prisoners. We will be showing the film, *The Railway Man* in church at 7pm in commemoration of those prisoners of war in Burma.

November can be a melancholy month, with the nights drawing in very fast, the strong westerly winds blowing and the leaves accumulating deeply on the lawn.

It does somehow seem to be a good time to remember our loved ones. For more than a thousand years, people have been commemorating lost relatives and friends in some way at this time.

On the 15th November at 4.00pm, here in St Leonard's Church, we will hold a service of thanksgiving and remembrance, to offer a reflective service of readings, music, prayer and thanksgiving and where, if you wish, you will have the opportunity to light a candle in memory of your departed loved one. This is an open service and all are welcome to bring with you your memories and celebrations and to join with us.

The previous Sunday, 8th November, is Remembrance Sunday where we remember those men and women who have fallen in war and we shall have our usual act of remembrance at the War Memorial followed by Holy Communion in Church and refreshments afterwards. Conscious that our servicemen and women are in action in various troubled areas of the world, we will be offering prayers for their safety and for the peaceful resolution of these conflicts.

Remembrance describes a profound process. To remember is to invite the past into the present. When we do this, people, places and shared experiences can be so valued and cherished that greater meaning, depth and joy are brought to our lives today. Remembrance can be holy ground. In 1 Corinthians chapter 11, St Paul gave instructions on how the Eucharist should be conducted in churches, i.e. in remembrance of Christ.

In this context, the New Testament Greek word for remembrance, *anamnesis*, is more than mere commemoration; it means a sacramental presence. In other words, the life, ministry, death and resurrection of Jesus Christ are so movingly

November Church Diary

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

- SUN 1st ALL SAINTS DAY**
8.00am Holy Communion BCP
10.00am All Age Worship
(Including Baptisms)
- Fri 6th St Leonard's Day**
7.00pm Film Show in Church
'The Railwayman'
- SUN 8th REMEMBRANCE SUNDAY**
10.45am Act of Remembrance at the
War Memorial followed by
Communion 4All
and Refreshments
Thu 12th 2.00pm Mothers' Union in Church
- SUN 15th - SECOND SUNDAY BEFORE ADVENT**
10.00am Communion 4All
4.00pm In Loving Memory Service
with refreshments
- SUN 22nd CHRIST THE KING**
10.00am Holy Communion
(Common Worship)
- SUN 22nd ADVENT SUNDAY**
10.00am Holy Communion

remembered and celebrated that they have the spiritual power to transform lives in the present.

In November, the clocks have gone back, it is getting dark by late afternoon and we are just one month from the light and joy of Christmas, but first we have to wait.

We often find it difficult to simply allow the future to become the present in its own time but as Christians we are called to be different and to have a wider perspective which is informed by God's Spirit.

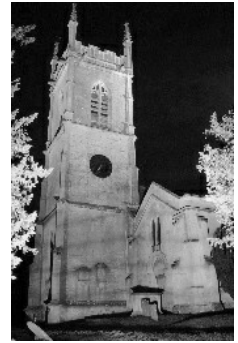
So when this month of remembering draws to a close and Advent commences,

I wish you God's blessing as together we watch and wait...

Every blessing
Christine

CHURCH NEWS

Tower Flood Lighting Sponsorship Details



On Saturday 10th October the Tower Lights were lit in celebration of the marriage of Adam and Karen Washburn that took place in St Leonards Church that day. Kindly sponsored with love by Sheila and Keith Washburn, aka Mum and Dad.

November

On Monday 2nd November the Tower Lights are lit in memory of Lance Sgt. G. W. Murrell who died of wounds 100 years ago on 2nd November 1915 in the Ypres Salient. Kindly being sponsored by his grandson, Nigel Murrell.

On Thursday 5th November the tower lights are kindly being sponsored by Chris and Angelina Gibbs in celebration of the 30th anniversary of their move to the village.

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 Gibbs on 618127 or email matthewgibbs@uptonstleonardschurch.co.uk for more details.. There is no set amount for this, just what you would like to give to the Church in order to help cover running costs. If you are able to gift aid any donation this will help us too. Please note that the deadline to ensure a dedication gets in this newsletter is the 10th of the preceding month.

Soul Cake Recipe (makes 14 large 'cakes')

(See Christine's letter on the previous page)

340g plain flour (sifted)
170g sugar
170g butter (softened & diced)
½ tsp ground cinnamon
½ tsp ground mixed spice
½ tsp ground nutmeg
1 egg (beaten)
2 tsp of white wine vinegar

Preheat the oven to 200C and grease 2 flat baking trays.
Thoroughly mix all the dry ingredients into a mixing bowl - sifted flour, spices, and sugar.
Rub in the diced butter until the mixture resembles fine breadcrumbs.
Add in the beaten egg and white wine vinegar and mix with a wooden spoon until firm dough is made; cover it and put it in the fridge for 20 minutes.
Flour a working surface and roll out the dough to 7mm thick and, using a large round pastry cutter, cut into rounds.
Place these rounds on the greased baking tray and bake in the oven for 15 to 20 minutes at 200°C until slightly coloured. Serve warm or cold.

Foundation Governor Required

A vacancy has arisen for a Foundation Governor for Upton St Leonards Church of England Primary School

If you feel that God is calling you to minister in a Church School then this may be for you?

Foundation Governors have a vital role in supporting and developing the Christian foundation of the school. Such governors must be regular church attenders as well as having an interest in schools.

Foundation governors are important members of governing body teams in church schools with a specific responsibility in terms of monitoring and developing the Christian distinctiveness of our church schools as well as a concern for standards. Please read more about Foundation Governors in Gloucester Diocese on <http://www.gloucester.anglican.org/content/pages/documents/1410262343.pdf> and contact Rev'd Christine Birkett.

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Who's Who at the Parish Church

Priest in Charge:

Reverend Christine Birkett
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:

Roy Roberts

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

Faith in the World:

Artist PJ Crook reflects on her faith

Since the dawn of time we mortals have made images, whether it be painted on a cave wall or carved in bone, trying to express the mysteries of that which we feel but cannot comprehend. So it is not surprising that this tradition has brought forth the creation of some of the most sublimely moving art forms that draw believers and non-believers alike to flock to the places where these wonders can be seen, like pilgrims of old. Thus art, the silent, universal, visual language, helped hand down Christianity through the ages long before the printing press, and still inspires us today.

Our magnificent Cathedral is Gloucestershire's most visited attraction. Within its walls the soul uplifted is totally in awe of this magnificent edifice lovingly crafted by the hands of so many to render it glorious; this is echoed throughout the churches of the Diocese. How eloquent that art inspired by Christianity can also speak to those of other creeds or none.

Working in the solitary confines of my studio is not unlike the monastic life. I feel I am in silent dialogue with my Maker, working intuitively from memory and playing with time. When the work becomes problematic I often flounder in the struggle to make it right but then as if from nowhere comes the answer; like inspiration itself sometimes mysterious and unbid. Is it this intensity of emotion between the artist and canvas that entices the viewer in to partake in the dialogue, for without the viewer the story would remain untold?

Art speaks in many different ways; two of the charities I have the honour of being patron of are Artshape (based in Gloucester) which works with the disadvantaged and COS, a conglomerate of two hundred artists, some of whom are therapists working with patients on prescription; others, like Deepspace, with schools and the community; and a group who are organising a Christian Arts Festival 8 - 24 April 2016 in Cheltenham, www.ChristianArtsFestival.org



The picture shows PJ Crook in front of a large triptych altarpiece being created for St Michael and Angels, Bishops Cleeve which already houses her Rood screen.

First female Bishop in the Lords

History was made last month when Bishop Rachel became the first female bishop to sit in the House of Lords. She is now one of the Lords Spiritual.

Bishop Rachel said: "Through the parish system, which covers every part of England, the Church of England has a detailed understanding of what is important to people's lives, and where transformation is most needed. This is the voice I seek to bring to the House, together with the wisdom and transformation which only comes from the Good News of Jesus Christ."

CHURCH NEWS

A NUMBER OF SPECIAL EVENTS COMING UP IN THE CHURCH ...

Movie Night

St Leonard's Day, Friday November 6th at 7pm
We will be showing a film in church to commemorate St Leonard, patron saint of prisoners.

The Railway Man

*A tale of torture and redemption
Starring Colin Firth and Nicole Kidman.
A former British Army officer, who was
tormented as a prisoner of war at a Japanese
labour camp during World War II, discovers
that the man responsible for much of his treatment is still alive and sets out to confront him.*



RUNNING TIME 116m Certificate 15



In Loving Memory



A service of Remembrance

Upton St Leonards Church

Sunday 15th November at 4pm



Everyone is welcome to share in our

Service for the Bereaved

Prayers, readings and meditation to give thanks for the lives of those who have died recently or long ago.

To bring comfort to the bereaved and to offer the reassurance of eternal life.

Individuals may be remembered by name during the service, and a candle lit as a memorial sign.

Refreshments will be served afterwards

St Leonards Church - Band Concert

Celebrate Christmas

with music and carols played by the
Gloucester Brass Band

11th December at 7.30pm

£5 including mulled wine and mince
pies.

Tickets from Rachel Hall
or Evelyn Rumsey

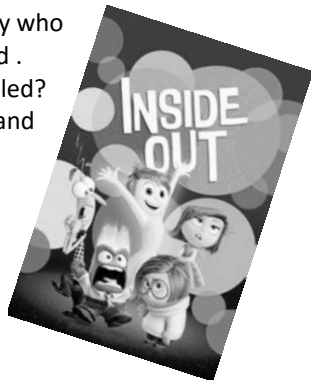
Mothers' UNION
Christian care for families

The Mothers' Union will have a special Christmas meeting on Thursday 10th December in Church at 2pm, with Christmas readings & Music & Carols

Kids' Page

Recently Bridie interviewed Niamh about the new movie "Inside Out"

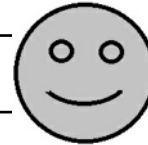
B: What is the film about?
 N: It is about a girl called Riley who has emotions inside her head.
 B: What are the emotions called?
 N: Joy, Sadness, Fear, Anger and Disgust.
 B: Were there any sad parts?
 N: Yes many.
 B: What would you rate this film out of 10?
 N: 7/10.



Ha ha ...

Two packs of crisps were strolling down the road when a car drove by and asked: "Do you want a lift?". "No thanks", the crisps answered, "We're walkers!"

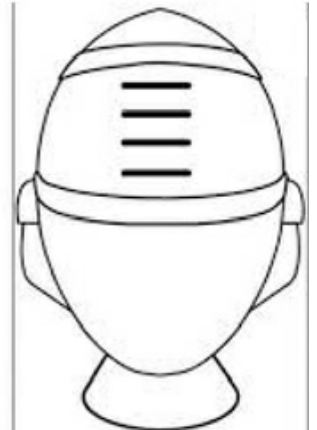
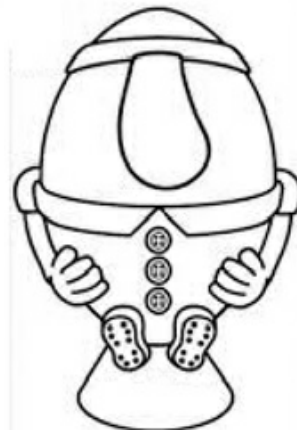
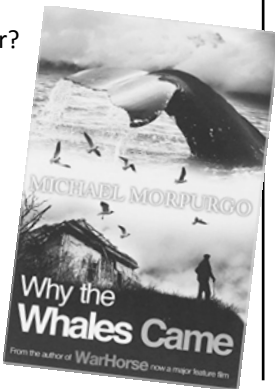
I was walking down the street the other day and a man threw a piece of cheese at me. "How dairy", I thought.



(Very Important Kids)

Amy interviewed Ceri about her favourite book.

A: What is the name of the book?
 C: Why the Whales Came.
 A: What is the name of the author?
 Michael Morpurgo.
 A: Would you recommend this book to another person?
 C: Yes and I already have!
 A: Did you enjoy this book?
 C: Yes I enjoyed the book thoroughly.
 A: What would you rate this book out of ten?
 C: I would rate this a solid 9/10.



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Stir-Up Sunday 22nd November

Many people will have fond memories of the time when families made their own Christmas pudding as part of their traditional Christmas preparations. So if you have never attempted to make one, why not give it a go on “**Stir-Up Sunday**” which this year will be on 22nd November. There is plenty of time to gather in all the ingredients!

Stir-Up Sunday is the last Sunday before the church season of Advent, and takes its name from a prayer said in the church on that day, which begins, “*Stir up, we beseech thee, O Lord, the wills of thy faithful people ...*” As well as being the intended exhortation to the congregation, the words had the unintended effect of reminding churchgoers to start making their plum pudding, so it had time to mature before Christmas Day. It is a great tradition in which the whole family can be involved. The idea is that everyone gets a turn to mix the pudding and that they make a wish during their turn.



The recipe for a traditional Christmas pudding can be found on page 15

Christmas Pudding Traditions

A Christmas pudding is traditionally made with 13 ingredients to represent Christ and His Disciples.

A proper Christmas pudding is always stirred from East to West in honour of the three Wise Men who visited the baby Jesus.

Every member of the family must give the pudding a stir and make a secret wish.

A coin was traditionally added to the ingredients and cooked in the pudding. It was supposedly to bring wealth to whoever found it on their plate on Christmas Day. This coin would have been an old silver sixpence or threepenny bit.

Other traditional additions to the pudding included a ring, to foretell a marriage and a thimble for a lucky life.



FRIENDS FOR YOU



USL Life has been promoting and supporting the “Friends For You” befriending scheme. Following our drop-in session back in May, there are now a number of volunteers from the village who regularly visit elderly people in the “Friends For You” scheme. These visits mean so much to those who are unable to get out much, or at all. With the Christmas season on its way, loneliness can be even harder to endure.

If you feel you’d like to know more about volunteering as a visitor, or, on the other side of the scheme, you know someone who would benefit from being visited, please ring Sue Black for details. Tel 01452 528491 or 07810 630167 or email sue.friendsforyou@grcc.org.uk

The scheme is organised by the Gloucestershire Rural Community Council and is sponsored by NHS Gloucestershire



Christmas Pudding Recipe

Serves 8-10

New to Christmas pudding making? Why not try making your own this year for a change?

Ingredients

110g Soft dark brown sugar
 110g Vegetarian suet
 450g Dried mixed fruits
 25g Chopped candied peel
 55g Sifted self raising flour
 110g Fresh white breadcrumbs
 25g Roughly chopped shelled almonds
 Grated zest and juice of ½ large orange and ½ lemon
 2 Large fresh eggs
 1 small cooking apple peeled, cored and finely chopped
 Half teaspoon ground cinnamon
 1 level teaspoon ground mixed spice
 4 Tablespoons brandy plus a little extra

Place the dried fruits, candied peel, apple, orange and lemon juice into a large mixing bowl. Add the brandy and stir well. Cover the bowl with a clean tea towel and leave to marinate for a couple of hours or preferably overnight. Stir together the flour, mixed spice and cinnamon in a very large mixing bowl. Add the suet, sugar, lemon and orange zest, breadcrumbs and nuts and stir again until all the ingredients are well mixed. Finally add the marinated dried fruits and mix again. Beat the eggs lightly in a small bowl then stir quickly into the dry ingredients. (This is the time to stir and make your wishes.) Turn the mixture into a 2 ½ pint lightly greased basin with a small circle of greaseproof paper in the base and leave 2.5cm head space. Press down with the back

of a spoon and cover the top of the pudding with a circle of baking parchment. Take a large piece of doubled foil, approximately 6" all round, larger than the top of the basin. Make a pleat and cover the basin pressing down the outer edges. Tie a piece of string around the top of the basin to secure the foil. Make a string handle, so it's easier to pick the basin out of the pan after cooking. Put the basin in a large steamer of boiling water and cover with a lid. Boil for 7 hours, topping the boiling water from time to time. Do not allow to boil dry. If you do not have a steamer, put the basin in a large pan on an inverted saucer. Pour in boiling water to come up to 2/3rds of the way up the sides of the basin. Cover and steam as before, topping up with boiling water so as not to boil dry. Remove the basin and allow to cool. Remove the baking parchment and foil cover and prick the pudding with a skewer and pour in a little extra brandy.



Cover the basin with fresh parchment and foil and tie as before. Store in a cool cupboard until Christmas Day. To serve, steam for an hour. Turn out on to a warm serving plate. Warm 2 tablespoons of brandy in a small saucepan. Set alight and pour carefully over the pudding. Serve with your favourite accompaniment; brandy butter, rum sauce or cream.



Primary School Open Mornings

Prospective parents can visit the Primary School during the following Open mornings:

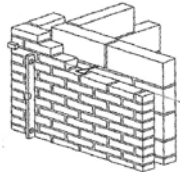
Tuesday 17th November at 9am and 10am

Or

Thursday 19th November at 9am and 10am

Please telephone 616109 to book a place.

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November News from your Village Agent

Lou Kemp 07776 245767

This month I thought it would be helpful to pass on some information I have found doing research on behalf of some Village Agent clients I visited recently. I've learnt lots about some of the different mobile phones available if you have difficulty using standard designs.

The first is called "OwnFone ". I found this looking for a phone that would be easy to use for a person who was in the early stages of dementia. He enjoys going out on his own but is beginning to feel disorientated occasionally. He also now finds it too complicated to operate a standard mobile. Anyone who finds it difficult to use a general mobile might find this really useful.

The OwnFone allows you to make and receive calls at a touch of a button. The phone is personalised with up to 12 pre-programmed numbers or images of your choice. There's no need to dial, just press a name or picture and you're connected. It arrives ready to use, costs from £40 and there are 3 price plans to choose from and no contract.

You can also contact the emergency services by pressing the 999 button 3 times (this will need to be 1 of the prechosen numbers). The OwnFone can be bought through Age UK by calling **0800 669 6644**. You will need details of how many people you want to call (up to 12) their names and contact numbers, your payment details and where you want it delivered.

I also needed to find a suitable phone that was easy to use with arthritic fingers and compatible with digital hearing aids. As always, the Gloucestershire Deaf Association (GDA) were very helpful and Samantha Quinson, the Hard of Hearing

service Coordinator, is happy to show you products at their base in Barnwood and order them for you. Postage is free and there is no VAT on their prices. Products recommended were the Doro 612 PhoneEasy (£82.94) and the Amplicomms M7000i (£64.27). Contact details at the end of this article.

In the same week I was able to help a lady who is losing her sight and is unable to use her current phone. The RNIB has a lot of information on its website. A young friend of mine, who has Macular Degeneration, agrees with them in their recommendation of touch phones, especially the iPhones. They come with a built in screen reader called VoiceOver and a screen magnifier called Zoom. They don't need extra software and come with Bluetooth refreshable braille displays. The Insight shop in Cheltenham is also a great place to go to try out products.

Lastly, there is a free Telephone Directory Service for people who are registered blind. By simply dialling 195 you can register for this service. When registered you are allocated a card and PIN which when you need a telephone number you quote your PIN and they can tell you the number for free, they can also help to dial a number for you if necessary.

There is a Blind person's tax allowance for those people who are registered blind or severely sight impaired and registered with the local council as being so. For the tax year 2015-2016 the amount is £2290. A couple can both claim this allowance. You can transfer your allowance to your spouse or civil partner if you don't pay tax or don't earn enough to use all of your allowance. This information and more can be found on the GOV.UK website.

Please contact me for any information or advice in regards to this article or to any other matter you might need help with. This is a free service for the over 50's in this parish.

Gloucestershire Deaf Association 01452 372999
Insight, Cheltenham 01242 221170
RNIB 0303 123 9999

PERSONAL COLUMN

It is sad to announce the death of villager Ruth Trickett. Ruth first came to live in Six Acres in the village in 1964 with her husband Stan and their 3 young children. In 1968 the family moved to Twyver Close where they have been ever since. Ruth had said that she'd had a good life of 83 years, a happy marriage of 59½ years and a wonderful family. She will be sadly missed by family and friends.

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

VILLAGE DIARY

NOVEMBER

2	Mon	Yoga.....	Village Hall Annex.....	10.00-11.30a.m.
2	Mon	Yoga.....	Village Hall Annex.....	12.15-1.45p.m.
2	Mon	Fitness Training (2 sessions).....	Village Hall Annex.....	6.00-7.30p.m.
2	Mon	Upton WI.....	Village Hall.....	7.30-10.00p.m.
2	Mon	Parish Council Meeting.....	Pavilion.....	7.30p.m.
3	Tue	Needles & Pins.....	Pavilion.....	9.30-12.00p.m.
3	Tue	Badminton.....	Village Hall.....	8.30-10.30p.m.
4	Wed	Pilates.....	Pavilion.....	9.30-10.30a.m.
4	Wed	Stitchers.....	Pavilion.....	10.30-12.30p.m.
4	Wed	Wednesday Probus.....	B.M.I.....	10.00a.m.
4	Wed	Pavilion Painters.....	Pavilion.....	2.00-4.00p.m.
4	Wed	Bingo.....	B.M.I.....	8.00p.m.
4	Wed	Upstagers Amateur Dramatics.....	Village Hall.....	7.30-9.30p.m.
4	Wed	Tai Chi.....	Village Hall Annex.....	8.00-9.30p.m.
5	Thu	Senior Circuits.....	Pavilion.....	9.30-10.15a.m.
5	Thu	Tai Chi.....	Village Hall Annex.....	9.30-10.30a.m.
5	Thu	Bonfire Night.....	Village Hall.....	5.30p.m.
5	Thu	Zumba.....	Village Hall.....	7.30-8.30p.m.
6	Fri	Yoga.....	Pavilion.....	1.15-2.45p.m.
6	Fri	Movie Night – The Railway Man.....	Upton St Leonards Church.....	7.00p.m.
7	Sat	Bring & Buy Sale in aid of Maggie's - Cheltenham.....	B.M.I.....	3.00-5.00p.m.
7	Sat	Autumn Quiz.....	B.M.I.....	8.00p.m.
8	Sun	Act of Remembrance.....	War Memorial.....	10.45a.m.
9	Mon	Yoga.....	Village Hall Annex.....	10.00-11.30a.m.
9	Mon	Yoga.....	Village Hall Annex.....	12.15-1.45p.m.
9	Mon	Fitness Training (2 separate sessions).....	Village Hall Annex.....	6.00-7.30p.m.
9	Mon	Twyver WI.....	Village Hall.....	7.30-10.00p.m.
10	Tue	Copy Date for December issue of USL Life		
10	Tue	Needles & Pins.....	Pavilion.....	9.30-12.00p.m.
10	Tue	Tuesday Probus.....	B.M.I.....	10.00a.m.
10	Tue	Badminton.....	Village Hall.....	8.30-10.30p.m.
11	Wed	Pilates.....	Pavilion.....	9.30-10.30a.m.
11	Wed	Stitchers.....	Pavilion.....	10.30-12.30p.m.
11	Wed	Pavilion Painters.....	Pavilion.....	2.00-4.00p.m.
11	Wed	Bingo.....	B.M.I.....	8.00p.m.
11	Wed	Upstagers Amateur Dramatics.....	Village Hall.....	7.30-9.30p.m.
11	Wed	Tai Chi.....	Village Hall Annex.....	8.00-9.30p.m.
12	Thu	Senior Circuits.....	Pavilion.....	9.30-10.15a.m.
12	Thu	Tai Chi.....	Village Hall Annex.....	9.30-10.30a.m.
13	Fri	Yoga.....	Pavilion.....	1.15-2.45p.m.
14	Sat	Entertainment Night.....	B.M.I.....	8.00p.m.
16	Mon	Yoga.....	Village Hall Annex.....	10.00-11.30a.m.
16	Mon	Yoga.....	Village Hall Annex.....	12.15-1.45p.m.
16	Mon	Fitness Training (2 separate sessions).....	Village Hall Annex.....	6.00-7.30p.m.
16	Mon	Abbeyle Garden Club.....	Village Hall.....	7.30-9.30p.m.
17	Tue	Needles & Pins.....	Pavilion.....	9.30-12.00p.m.
17	Tue	Badminton.....	Village Hall.....	8.30-10.30p.m.
18	Wed	Pilates.....	Pavilion.....	9.30-10.30a.m.
18	Wed	Stitchers.....	Pavilion.....	10.30-12.30p.m.
18	Wed	Wednesday Probus.....	B.M.I.....	10.00a.m.
18	Wed	Pavilion Painters.....	Pavilion.....	2.00-4.00p.m.
18	Wed	Bingo.....	B.M.I.....	8.00p.m.
18	Wed	Upstagers Amateur Dramatics.....	Village Hall.....	7.30-9.30p.m.
18	Wed	Tai Chi.....	Village Hall Annex.....	8.00-9.30p.m.
19	Thu	Senior Circuits.....	Pavilion.....	9.30-10.15a.m.
19	Thu	Tai Chi.....	Village Hall Annex.....	9.30-10.30a.m.
19	Thu	History Group - "Those were the Days" - 1950's.....	Village Hall.....	7.30-9.00p.m.
20	Fri	Yoga.....	Pavilion.....	1.15-2.45p.m.
22	Sun	Stir-Up Sunday		
23	Mon	Yoga.....	Village Hall Annex.....	10.00-11.30a.m.
23	Mon	Yoga.....	Village Hall Annex.....	12.15-1.45p.m.
23	Mon	Fitness Training (2 separate sessions).....	Village Hall Annex.....	6.00-7.30p.m.
23	Mon	Camera Club.....	Village Hall.....	7.00-9.00p.m.
23	Mon	Lady Downe Charity.....		
24	Tue	Needles & Pins.....	Pavilion.....	9.30-12.00p.m.
24	Tue	Tuesday Probus.....	B.M.I.....	10.00a.m.
24	Tue	Badminton.....	Village Hall.....	8.30-10.30p.m.
25	Wed	Pilates.....	Pavilion.....	9.30-10.30a.m.
25	Wed	Ladies Probus.....	B.M.I.....	10.15a.m.
25	Wed	Stitchers.....	Pavilion.....	10.30-12.30p.m.

25	Wed	Pavilion Painters.....	Pavilion.....	2.00-4.00p.m.
25	Wed	Bingo.....	B.M.I.....	8.00p.m.
25	Wed	Upstagers Amateur Dramatics.....	Village Hall.....	7.30-9.30p.m.
26	Thu	Senior Circuits.....	Pavilion.....	9.30-10.15a.m.
26	Thu	Tai Chi.....	Village Hall Annex.....	9.30-10.30a.m.
26	Thu	Get Together Club.....	Village Hall.....	2.00p.m.
26	Thu	Zumba.....	Village Hall.....	7.30-8.30p.m.
27	Fri	Yoga.....	Pavilion.....	1.15-2.45p.m.
30	Mon	Yoga.....	Village Hall Annex.....	10.00-11.30a.m.
30	Mon	Yoga.....	Village Hall Annex.....	12.15-1.45p.m.
30	Mon	Fitness Training (2 separate sessions).....	Village Hall Annex.....	6.00-7.30p.m.

Regular weekly events are not listed below this line

DECEMBER

7	Mon	Upton WI.....	Village Hall.....	7.30-10.00p.m.
7	Mon	Parish Council Meeting.....	Pavilion.....	7.30p.m.
9	Mon	Ladies Probus - 10th Anniversary Meeting.....	B.M.I.....	10.15a.m.
10	Tue	Copy Date for January issue of USL Life		
11	Fri	Gloucester Brass: Christmas Music.....	Church.....	7.30p.m.
12	Sat	B.M.I. Pensioners Christmas Lunch.....	B.M.I.....	12.00p.m.
13	Sun	The St Leonards Singers and the Twyver Ladies' Chorus.....	Village Hall.....	7.30p.m.
14	Mon	Twyver WI.....	Village Hall.....	7.30-10.00p.m.
14	Mon	Get Together Club Christmas Lunch.....	Bowden Hall Hotel.....	12.30p.m.
19	Sat	Christmas Draw and Carols.....	B.M.I.....	8.00p.m.
21	Mon	Abbeydale Garden Club.....	Village Hall.....	7.30-9.30p.m.
24	Thu	Christmas Eve Entertainment.....	B.M.I.....	8.00p.m.
28	Mon	Camera Club.....	Village Hall.....	7.00-9.00p.m.
31	Thu	New Year's Eve Party Night.....	B.M.I.....	7.30p.m.

JANUARY

4	Mon	Parish Council Meeting.....	Pavilion.....	7.30p.m.
4	Mon	Upton WI.....	Village Hall.....	7.30-10.00p.m.
9	Sat	Post Christmas/New Year Quiz.....	B.M.I.....	8.00p.m.
10	Sun	Copy Date for February issue of USL Life		
11	Mon	Twyver WI.....	Village Hall.....	7.30-10.00p.m.
18	Mon	Abbeydale Garden Club.....	Village Hall.....	7.30-9.30p.m.
20	Wed	Ladies Probus.....	B.M.I.....	10.15a.m.
21	Thu	History Group – Gloucestershire's Industrial Heritage.....	Village Hall.....	7.30-9.00p.m.
25	Mon	Camera Club.....	Village Hall.....	7.00-9.00p.m.
28	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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Tuesday December 15 at 7.30pm

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The St Leonards Singers and the Twyver Ladies' Chorus

present

An Evening of Music

Sunday December 13th, Village Hall, 7.30pm

You are warmly invited to join

The St Leonards Singers & Twyver Ladies' Chorus

led by Sylvia Ardron, for an evening of music

Seating will be at tables, for 6 or 8

Bring your own food and drink to enjoy during the interval

Tickets £5 from Catherine McLean

All proceeds will go to "Mindsong" - Music for Dementia.

This is a local charity, in which a number of the St Leonards Singers are involved, taking music to dementia sufferers.

Christmas and New Year at the BMI

Saturday 12th December

Traditional Christmas Lunch for Senior Members of the BMI with entertainment by
"Kenny"

Saturday 19th December

Christmas Draw and Carol Singing

Thursday 24th December

Christmas Eve Entertainment Night for Members
with "Eclipse"

Thursday, 31st December - New Year's Eve

New Year's Eve Buffet and Entertainment Night to welcome in the New Year
with "The Buck Stops"
(Ticketed event for Club Members)

Saturday 9th January 2016

Post Christmas/New Year Quiz Night



Future Diary Date - 2016

!THE DATE HAS BEEN SET!



Village Day 2016 will be on 11th June.

This is also the Queen's official 90th Birthday.

We want to make the day bigger and better than this year's, with things booked already like a Punch and Judy Show, Wandering Magician, Face Painting and a Queen's Commemorative Exhibition.

What we need from you to make this a day to remember is more **HELP** on the day.

You don't have to attend meetings - just call Carol Evans or Keith Pearson and pledge a little of your time.

Please note this is a Charitable Event.

UPTON ST LEONARDS LIFE

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

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

This month's editor: Andrea Dawson

Editors: Andrea Dawson
Andy Russell
Peter Wilson

Company Secretary: Cliff Alderman

Treasurer: Ian Crowe

Feature writers: Kaye Redman
Christina Caldwell
Teresa Clarke
Linda Munnoch

Clubs / Societies / Organisations: Catherine McLean

Diary: Paula Quinn

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