

Upton St Leonards Life *incorporating Church News*

Issue 63

November 2019



Elegy written in a country churchyard by Thomas Gray:

*The curfew tolls the knell of passing day,
The lowing herd winds slowly o'er the lea,
The plowman homeward plods his weary way,
And leaves the world to darkness and to me.*

The churchyard at the hub of our village:
photos taken from the top of the church
tower by Andy Russell.



Macmillan Coffee Mornings

Another huge success!
Back page

**Cricketer of the
Year!**

Sports Report
Page 19

Remembrance

is featured in the
poetry and prose on
Page 14

Editor's Comment

November is the month when we pay particular attention to the people who sacrificed their lives in one way or another in the course of wars and whom we wish to remember as having contributed to the subsequent peace so many of us have enjoyed. In this year's November edition of USL Life we are taking the theme of life and death in the wider context of the whole community and have included various poems and other items on these subjects. A short course about Dignity in Dying pioneered by Mary Russell earlier this year at the Pavilion was extremely interesting as well as being very practical. Not only did we learn many useful things, but we also realised that it might be helpful to focus a little more on our mortality before unforeseen circumstances force us to do so. We hope that the words of the various authors quoted here will be of interest to many of you and give you some comfort when thinking of loved ones who are no longer with us. USL resident, Ted Gardner, wrote the poem below after the recent loss of his wife. We cherish the past, but hopefully we can cherish the future too, however tough the present may be.

YESTERDAY

written by USL resident, Ted Gardner, 2019

Dwell not upon your yesterday
for yesterday is past.
Plan only for tomorrow, for today
it will not last.

And how long will tomorrow last
before it goes away?
We can only look forward.
Looking back's a waste of time.

And say goodbye to yesterday
if the future is looking fine.
Look forward to tomorrow.
Ponder not on what is past
For you cannot change history
once the die is cast.

In years to come we will look back
on today's events and such
And wonder why we worried so
for it never came to much.

Remembrance Day

There will be a short service at the
War Memorial
on Sunday 10 November at 10.50am
All welcome




ROYAL BRITISH LEGION POPPY APPEAL 2019

From this year onwards the red poppy will be used to acknowledge not only the sacrifice of the Armed Forces community from Britain and the Commonwealth, but also the innocent civilians who have lost their lives in conflict and acts of terrorism.

The sale of poppies at Morrisons and house-to-house will be taking place at the beginning of November as usual. It's not too late to volunteer to help with this. Contacts are Jenny Cunningham or Jim Browne .

Please give generously.




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What's coming up?

Bonfire Night



Tuesday 5th November

Tickets Adults £4.50 Child £2.50
Family £12 (2 adults & 2 children)

Gates open: 5.30pm
Bonfire lit at 6.30pm
Village Hall



PLEASE BE CONSIDERATE WITH YOUR BONFIRES AND FIREWORKS AND DON'T FORGET THE DANGER THEY CAN CAUSE TO ANIMALS.

A NIGHT AT THE BMI

Saturday 9 November, 8pm - late
Dancing to the music of ever popular
IAN OLIVER

HISTORY GROUP

A talk on Mary, Queen of Scots
Thursday 21 November
7.45pm at the Village Hall

SEE ALSO PAGE 16 FOR EVENTS OVER THE FESTIVE PERIOD



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right hand side. Collection service available.*

Reminders!



VILLAGE ADVENT WINDOWS 2019

Can you set up a display in your window this year?

Last year we had a wonderful display of windows to visit as part of Christmas in the Village. Even better this year?

If you'd like to contribute a window, please contact Karen Morris.

You will be assigned a date in December, and your window display is "opened" on that day, and all days after up to Christmas.

In the December edition of USL Life we will be publishing a map of the Village showing where each window can be seen.

Christmas is coming!



SHOEBOX APPEAL 2019

Gifts for vulnerable children and families

If you would like to help with the Shoebox Appeal 2019, here are some options:

Sponsor a shoebox and I will fill it with all the items that can be included OR

Fill a shoebox, and include a donation towards the cost of transport (this is usually £5) OR

Bring a shoebox to church on the 17th November, where they will receive a blessing and we will think about the children who will eventually receive the shoeboxes (I am hoping there will be 100 boxes in church).

After the service on the 17th November, I will take the shoeboxes to the processing centre, from where they will begin their journey towards the children who will receive them.

Please contact me if you would like further information. Thank you.



CHRISTCHURCH ABBEYDALE CHRISTMAS FAIR

Saturday 23 November 10 - 2pm

Light Refreshments

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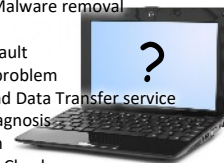
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A heartfelt thank you from a recipient of the Lady Downe Award

I was awarded a grant from the Lady Downe Trust some years ago having applied to secure some extra funding for a trip to Sri Lanka as part of my medical training. During my 4th year of study at Bristol University, students were encouraged to use the time allocated for their 'elective' to experience medicine somewhere totally different. I was interested in paediatric medicine at the time and chose to visit Sri Lanka having never visited this part of the world. I spent 4 weeks at the Kandy General Hospital with the funds that I had received being used to pay for my flights and accommodation while I was away. I had an incredible experience, both on a cultural and educational level and without the financial help this wouldn't have been possible. My time away gave me a really unique experience of healthcare in a developing country and consolidated my interest and enthusiasm for paediatric medicine. I have since gone on to qualify as a consultant paediatrician and am in no doubt that this early exposure was an essential part of my journey. I do hope to return to Kandy one day - it is such a beautiful city and the people are so kind and welcoming. I feel huge gratitude to the Lady Downe Trust for contributing to this experience all those years ago and would encourage anyone needing extra funding for education or training to apply.

The author of this thank you note wishes to remain anonymous.

What's been happening?

TWYVER WI Meeting 14 October 2019

Chair Monica reported that the Evening at Bowden Hall's 'Hello Hello' was wonderful and enjoyed by all. Our charity for this year is to be the Nelson Trust Happy Handbag - old handbags are collected and can be filled with various items of great necessity for homeless women, i.e. deodorant, combs, brushes, toothbrushes etc. This is a very worthwhile charity and we ask all members to please support this worthy cause. Don't forget next month is our AGM.

The previous weekend was the commemoration of the Centenary of the Gloucestershire Federation of the WI., and was attended by Val, Monica and Penny along with the members of our WI choir at Gloucester Cathedral. Our wall hanging was on show along with various other items to be admired. Our ladies described the event as quite magical. Thanks to Irene and Val for the lovely photos.

Our speaker for the evening was **Rob Hemming** on '**The Trouble with Trivia.**' Rob was born in Birmingham in 1956 and educated at Prince Henry's Grammar School, Evesham; he dropped out of University and spent the next

25 years in a variety of jobs, including farmer, local government officer, truck driver, salesman, decorator, patio designer, classic car restorer, personal trainer and printer before realising he was unemployable! This insight rekindled his old love affair with creative writing - writing not only a column for the local magazine but *Shazam*. This book was published in regard to his local theatre, and he is currently working on his latest project - a Crime Thriller.

Rob felt he needed something else to occupy his mind so after taking a Mensa Test to see if he had the right credentials, he began taking part in television Quiz Shows and has been a contestant on shows such as Mastermind, Weakest Link, Bob's Full House, The Chase, and Brain of Britain and he regaled us with stories of various contestants and the process of applying for entry. Although he regrets never having won, he loves the adrenaline rush and the challenge. He was happy to know he would be highlighted in this publication and be famous for a month!

Next meeting 11th November, all welcome.



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What's been happening?

AUTUMN QUIZ @ THE BMI

The autumn quiz, on Saturday 21st September, was once again a popular evening with over 80 participants in 18 teams. Some of the questions were challenging, but then we all need to test our brains now and again!

The winning team on the night were "Wilkie's Wonders" with a score of 214, which was 18 points ahead of the runners up, "The Simpsons." Many of the other scores were close.

The quiz and raffle on the night raised a total of £193.20 for the BMI Charity Fund for Gloucester Young Carers and The Air Ambulance, so again we thank Eric for his expertise in arranging the quiz and for everyone who participated on the night.

The next quiz will be the "Post Christmas/New Year Quiz" on Saturday 12th January 2020.

UKULELE EVENING

A great time was had by all at the recent Upton WI Ukulele evening. The event was well supported and the audience was superbly entertained by Gloucester Strings, joining in with the singing right from the start with some taking to the dance floor. Refreshments were available throughout the evening - well done to Upton WI for arranging such a successful evening. *Pam Tickner*



SILVER SUNDAY TEA PARTY

A good afternoon was had by all who attended the Silver Sunday tea party held at the Village Hall on 6 October. There was tea and cake in abundance and the singer kept us all entertained with classic songs that I am sure we all remembered. Thank you to everyone who came along and made it a successful event. Special thanks must go to the helpers in the kitchen, the Guides, (two called Lucy and two called Lauren), who came along to serve our guests, the lovely people who donated cakes and The Four Roses for their raffle prizes and finally to the Parish Council for funding the singer. Even though the event was free to attend, generous donations were made, amounting to £80 and this will go to The Silverline charity.



UPTON WI OCTOBER REPORT

All ladies were welcomed by President Lynne. Birthday cards were distributed.

We had received a thank you letter on behalf of Hearing Dogs for Deaf People and also from Teckels, who had received our boxes from the show.

A few of our ladies had been to Frampton on Severn to see the Severn Bore, a wall of water ridden by surfers, rush before them with a roar, but it was not the highest ever bore, because the river was so swollen. Jackie kindly cooked some delicious bacon butties for the occasion. Thanks to Angela for organising this event.

We lost out in the WI County Quiz, but nevertheless had a fun evening. Then on Saturday 5th October the Gloucester Strings Ukulele Band had us tapping and dancing to a fully packed audience of family, friends and visitors. The Ukulele Band in their snazzy, jazzy shirts gave us an evening to remember. Drinks and nibbles were served by Upton WI ladies and there was a good raffle. Thanks to Judy for organizing this event.

Judy is holding a Christmas workshop on 14 November. All other news in the GFWI Newsheet.

As speaker Liz Spurway introduced us to the subject of 'fused glass', eye-catching, coloured objects caught our attention.

Liz is an artist and furthered her interest by attending a summer school at Marlborough College ten years ago. It was clear that Liz's love has grown for all things glass.

Glass is very flexible when heated to high temperatures and is then cut and moulded into fantastic shapes. Blue glass is Liz's favourite. Using bullseye glass, which expands at 90 degrees, she fuses 2 or 3 layers of transparent or opaque glass in the kiln.

For her demonstration Liz used powdered glass or "frit" granules to give a rougher texture to the test piece. This was placed in a microwave for 8 minutes for us to see a streaky or clear colour develop over textured glass. Streaks of light danced on the beautiful glass as we watched an artistic genius at work.

Many questions were asked, but, possibly, to understand this complicated subject, we need to attend a workshop ourselves. Kathy gave a vote of thanks on behalf of all our members for a truly entertaining evening.

We meet again on Monday 4th November at 7.30pm for our AGM followed by a talk from Angela Harris. All ladies very welcome to attend.
Kathy Quant



BMI RACE NIGHT

On Saturday 12th October, over 70 people came to the BMI for a fun night of horse racing. It may not be the "Cheltenham Gold Cup" but we all cheered on our favourite wooden horse in the skittle alley. Mike Long was aided by Mary and friend. Mike Barnfield and Sarah handled the betting.

There was lots of competition when the horses were auctioned! It's not often you get to own a race horse! Thanks to everyone who dug deep into their pockets, and together with a raffle, a total of £370 was raised on the night towards the BMI charities for 2019-2020, an amazing amount.

Everyone who participated on the night should be congratulated, and, of course, it could not go ahead without their continued support. It would be nice to see some new faces supporting our worthy causes.

From June until the present date over £1000 has already been raised for Gloucester Young Carers, and the Air Ambulance, and we are well on the way for our target of £1000 for each charity to be reached by the end of May 2020.

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This month's feature:



Katkinz Rescue Centre by Christina Caldwell

Jane Ballard loves cats; in her childhood home there were usually ten cats. Currently she has 14 of her own as well as the residents in Katkinz Rescue Centre which she runs from her home here in USL.

In 2012, Jane volunteered with 'Cats Protection' and in 2014 with 'Animals Lost & Found'. "The more I worked with animals, the more I realised that my chief concern was welfare, particularly cat welfare. Because of the huge need in Gloucestershire to help stray, abandoned, sick and pregnant cats, I set up 'Katkinz Rescue Centre' earlier this year." Katkinz networks with all the Gloucestershire animal help agencies.

"Every cat that comes to Katkinz is deflead, wormed, neutered, microchipped and assessed before rehoming. Stray or abandoned cats go into 'isolation' before full vet clearance. All cats have their own pen and equipment and are observed over at least a week to ascertain temperament, habits, and dietary preferences. Currently

Katkinz has 17 pens, a maternity unit and family unit. Some special breeds or traumatised cats need special attention so new owners may need 'acquaintance sessions' prior to taking their new pet home.

Katkinz is on Facebook where it recruits volunteers and new owners. Homes are also found through vets, previous adopters, neighbours and friends. Jane is very appreciative of all the volunteers and Upton 'Seniors' for knitting 'kitty-blankets' and giving 'kitty-cuddles'. When I called to interview Jane, she'd had nine carrier-bags of wool donated that morning. which will go to 'Seniors' in Upton and in local nursing homes to knit 'kitty-blankets'. All knitters are sent a picture of the cat with 'their' kitty-blanket. Some local ladies who can no longer manage to have their own cat visit Katkinz for a 'kitty-fix', a time to cuddle a cat.

Katkinz is self funded. Jane and volunteers raise funds through Re-Homing, Photo Displays and sales of cat paraphernalia at Charity Fun Days, Car Boot sales and Village Shows. They also run Pub Quizzes.

BOOK REVIEWS - letter to the Editor from USL Life reader, Phillip Bennett

Having read and enjoyed this book, I was delighted to see in the October issue of USL Life a review of **Walking Home by Simon Armitage**. I see that thoughts on other books are welcome, and would very much like to recommend two books that I have recently had the pleasure of reading. The first, **Barefoot At The Lake by Bruce Fogle** (yes, he is the father of Ben Fogle) is a delightful childhood account of summer events during the year 1954, when his family and friends decamp to their summer home at Long Point on Lake Chemong in Canada. It is not only a beautifully written boy's-eye view of the landscape of his youth, **Barefoot at the Lake** is also delightfully funny, with a moving wisdom at its heart. I found this book enchanting and relaxing, and it evoked memories of less troubled times past.

The second review by Phillip is on page 16.

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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 Clodagh Ingram writes

As I write in the middle of October we continue to be held in the grip of uncertainty as to whether the beginning of November will find us in unknown territory or still in the midst of the long uncertain wait for the

outcome of the negotiations around the manner in which Britain and Europe uncouple themselves.

The almost moment by moment news reporting over these many months has kept the uncertainty and animosity surrounding the whole situation front and centre in our lives. We are living through circumstances which on the whole are outside of our control. We can live one of two ways. We can live fearfully or we can live hopefully.

One of my favourite passages of scripture brings comfort:

For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope. Then when you call upon me and come and pray to me, I will hear you. When you search for me, you will find me; if you seek me with all your heart, I will let you find me, says the Lord, and I will restore your fortunes and gather you from all the nations and all the places where I have driven you, says the Lord, and I will bring you back to the place from which I sent you into exile.

Jeremiah 29.11-14

We all need a future and a hope, our nation needs a future and a hope and these ancient words of scripture encourage us to call on God and search him out and he will find us and restore us.

If you don't know what to think or do about the post 31st Oct situation I offer you this prayer to pray. A Prayer for the Nation:

**God of hope,
 in these times of change,
 unite our nation
 and guide our leaders with your wisdom.
 Give us courage to overcome our fears,
 and help us to build a future
 in which all may prosper and share;
 through Jesus Christ our Lord.
 Amen.**

Clodagh

St Leonard's Day Sunday 3rd November 10.00 St Leonard's Church

Sunday 3rd November is a Special day for St. Leonard's Church and this year we are inviting the Members of Staff, Governors and School Council to join us in celebrating Upton St. Leonard's Primary School. The invitation isn't just to the above mentioned groups. We would love any pupils and parents past and present to join with us in our celebrations.

There will be tea and coffee served after the service and a buffet, served at 12.00 noon.

*A warm welcome awaits you.
 Please come along - we would love to see you.*

Church Calendar for November 2019

Sun 3	8.00 am	Holy Communion service
	10.00 am	St Leonard's Day Service
Mon 4	4.00 - 4.30	Evening Prayer
Tue 5	9.30 - 9.50	Morning Prayer
	9.50 -12.00	Coffee & Chat
Wed 6	4.00 - 4.30	Evening Prayer
Sun 10	10.50 am	Act of Remembrance followed by a service in church with speaker Mike Stratford (Local Historian)
Mon 11	4.00 - 4.30	Evening Prayer
Tue 12	9.30 - 9.50	Morning Prayer
	9.50 -12.00	Coffee & Chat
Wed 13	4.00 - 4.30	Evening Prayer
Sun 17	10.00 am	Communion Service
	4.00 pm	Evening Prayer
Mon 18	4.00 - 4.30	Evening Prayer
Tue 19	9.30 - 9.50	Morning Prayer
	9.50 -12.00	Coffee & Chat
Wed 20	4.00 - 4.30	Evening Prayer
Sun 24	10.00 am	Communion Service
Mon 25	4.00 - 4.30	Evening Prayer
Tue 26	9.30 - 9.50	Morning Prayer
	9.50 -12.00	Coffee & Chat
Wed 27	4.00 - 4.30	Evening Prayer



Diana & Keith Robbins



On November 7th 1959 Diana Hancock and Keith Robbins tied the knot in St. Aldate's Church Gloucester. The bride's two sisters Gloria and Jeanette and Sheila Robbins were Diana's bridesmaids and Michael Robbins acted as Best Man to Keith. 60 years and three children (Michael, Debra and Richard) and two grandchildren later they are still happily married and living in Upton St. Leonard's where they have lived since 1997'



Congratulations to you both and love and best wishes from all your Church family and friends



Following last years display of poppies for Remembrance, the Churchyard team of Sheila, Jennie and Gill decided to go a bit bigger this year. We asked for help from our church family, villagers, members of Stitchers group etc and we have been so fortunate to get donations of poppies amounting to over 1000.

Some of them are being sewn into banners that will go onto the hedge at the back of the memorial, we will have our usual banner on the tree as you enter the churchyard and also we are lining the path with small ones as well. This year we have

included purple poppies to represent all the animals that were killed in the wars.

As last year, we are lucky to have the assistance of Viv Bick who stitches the banners together and helps us put up the display.

As usual the gates will be decorated; also the wall leading round the churchyard.

We would like to say a huge thank you to all the ladies that have knitted for us this year, as without your help our display would not have been possible.



Gill Howell

Remembrance Sunday

10th November 2019

10.50 am at the War Memorial
Followed by a service in church
with speaker Mike Stratford

Local Historian
All Welcome



Thank you to everyone who came to hear

Chloe Reynolds Concert

Chloe Reynolds at St Leonard's on Friday 11 October.



We were treated to something really special and it was easy to see why Lulu has described Chloe as having "the voice of an angel".

As a Christian, Chloe's songwriting reflects everything we experience in life, hopes and fears, joy and heartbreak, against a backdrop of empowerment and faith.

In between each song she talked about her own faith and how it has guided her life and continues to influence and inspire her songwriting. There were many stand-out moments but her song "Broken Beautiful" which reached No. 1 in the UK Christian Charts and also "Arise" from her latest album Arise, received a rapturous reception. Chloe's final song, "Just You and Me", made a significant and lasting impression on many people, with captivating lyrics that spoke of faith, God at the centre of her life and her beautiful voice. We just didn't want it to end. Check out Chloe's music at chloereynoldsmusic.com and prepare to be inspired!

Chloe is an ambassador for the Christian charity Compassion, (Releasing Children from Poverty) Nearly 385 million children are currently living in extreme poverty. This charity aims to find sponsors for children living in poverty, to give them the education opportunities and life



Continued on page 11

St. Leonard's Church News

Website: www.uptonstleonardschurch.co.uk



Christmas Services and Events 2019

Sunday 15th December

4.00 pm Carol Service

Friday 20th December

Gloucester Brass Band

Concert in Church

Tuesday 24th December

4.00 pm Nativity

11.00 pm Christmas Communion

Wednesday 25th December

10.00 am Christmas Celebration with
communion

Sunday 29th December

4.00 pm New Year Celebration

Sunday 5th January

8.00 am Communion

10.00 am Epiphany Celebration
(Follow the Star)

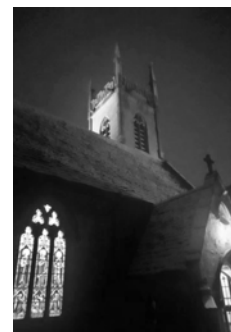


*Continued from
page 10*

chances they deserve. Chloe reminded us that we get used to the fact that we have a car to drive, clothes to put on

and food to eat. These simple things put us in the top 5% of the world's richest population - a thought-provoking fact. Chloe was delighted that two people decided to sponsor a child during the evening.

It was a truly memorable evening and if you weren't able to attend this time, don't worry, Chloe will be back at St Leonard's next year! Date to be confirmed in 2020. Good luck to Chloe for the rest of her UK tour.



The ticket sales and donations at the concert, over £700, will go towards the upkeep of St Leonard's - thank you to everyone who supported this event.

For more information on sponsoring a child please go on to the website:

<https://www.compassionuk.org/sponsor-a-child>

Tower Floodlighting

The Tower Lights were lit in loving memory of Edward Calver, who passed away on 27th September 2018. He is sadly missed by Ruth and all the family.

On the 2nd November, the Church Tower is lit in loving memory of Evelyn. A very special lady who is missed by all her family.

The Church Tower is lit in remembrance of the 97th birthday of Evelyn on the 6th November. With love from all the family.

On the 7th November, the Church Tower is lit in celebration of Keith & Di Robbins Diamond Wedding Anniversary.

The Church Tower will be lit on Saturday, the 9th November in memory of James Bruntnell Williams. With love from Yvonne and family.

On the 22nd November, the Church Tower is lit in memory of Sally Tucker, who died on the 29th August 2019. Sadly missed by her husband Bob.

On the 26th November, the Tower Lights are lit in loving memory of Dave Appleyard, who passed away 1 year ago today, kindly sponsored by his wife Clare.

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. 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

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

pccsecretary@uptonstleonardschurch.co.uk

Church Treasurer

Vacancy

Baptism & Wedding Enquiries:

Church Administrator - Jenny Cunningham

Deanery Synod Representative

Dorothy Cox

Bell Tower Captain:

Charlie Burnett

Mother's Union

Rachel Hall

Church Cleaning Rota

Claire Appleyard

Church Flowers

Jenny Cunningham

Harvest Festival



Despite the unpredictable weather on 29th September the Harvest Festival service went ahead as planned in the allotments in Perry Orchard. We just managed to fit in the Blessing before the heavens opened.



Mothers' UNION

The next meeting is on

Thursday November 21st

2.00 pm

Members readings and poems at St Oswald's Church Hall

All are welcome

Operation Christmas Child

Most of the shoe boxes will have been collected and will be in Church on Sunday 17th November. Anyone who still has a box is welcome to bring it along to join the others for a blessing and for us to remember the children who will eventually receive the shoe boxes.



For more information, please contact Jenny Cunningham on 615858.

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1st Upton St Leonards

This year has seen a number of changes in our Scout Group so I thought it was time we contributed an article to USL Life. Most people in the village will hopefully be aware of the Cubs, Scouts, Beavers and Explorers who have met at the Village Hall for the last 30 years and contributed so much to the life of the village and the surrounding area. They may not be aware that the Scout Group, which now includes two Beaver Colonies, a Cub Pack, a Scout Troop and an Explorer Unit together with a further Beaver Colony and Cub Pack who meet in Coopers Edge, is now the largest of the 18 Scout Groups in the Gloucester Scout District with more than 120 young people and 18 adults on its books.

While we take our inspiration from Baden-Powell and his book, "Scouting for Boys", Scouting in the UK is now fully co-educational, meaning we welcome boys and girls, men and women, in all our sections. Although we know our young people come to us to have fun and spend time with their friends, we nonetheless aim to ensure that every child follows a structured progressive programme that encourages them to learn a range of skills that they may not have the opportunity to experience at school or at home and year by year to develop these skills to higher levels and in greater depth, often without realising it, hence our recently adopted emphasis on "skills for life". However, we also aim to share with our young people the values of Integrity, Respect, Care and Belief as expressed in the Promise that every member makes when they join the Movement which are reinforced in all our projects and activities.

The Scout Group recently held its Annual General Meeting at which we reviewed each Section's activities over the last year. For example, the Beavers had been on their torch walk (always a favourite), visited the fire station, shared skills with one another and explored the world around them. The Cubs went camping near Wotton-under-Edge, held a sleepover at Go Bananas in Stroud and spent a busy weekend exploring central London while in their weekly meetings they enjoyed a wide range of games and activities, collected bottle tops for recycling and were taken on a guided tour of Gloucester City Centre. The Scouts have been rebuilding their numbers following a change of leadership but had still managed to take part in an incident hike on Rodborough Common, the winter night hike "The Cotswold Marathon" which takes place in February each year, and camped with hundreds of other

Scouts and Guides in Cirencester Park sharing in lots of different activities, games and experiences for the youngsters to enjoy. The Explorers went on an expedition to Devon and took part in a range of activities on and around the North Devon coast as well as some challenging and thought-provoking activities at their weekly meetings.

In the coming months we plan to offer more (indoor) sleepovers for the younger members and camping trips and expeditions for the older ones in addition to their weekly programme. In particular, we shall once again be taking an active part in the Remembrance Day commemoration here in Upton on 10 November and will be putting on some suitable activities for our members, the Rainbows, Brownies and Guides and their families in the Village Hall before joining the rest of the community at the War Memorial for the Act of Remembrance itself.

The fantastic thing is that this is all arranged and delivered by a dedicated team of volunteer leaders who give their time and energy every week to ensure there are plenty of new and exciting things for our members to participate in. However, we would greatly appreciate more willing hands to share the various tasks so if helping with any of our Sections appeals to you (especially the older ones) please let me know. We encourage flexible volunteering so you don't need to commit to every week. In addition, we also have a committee of trustees to oversee the work of the Group and its finances and could do with at least two more members to join the committee. However, most importantly the committee is currently lacking a Chair and this is a role we desperately need to fill. You do not have to be a parent or former Scout. Anyone with an interest in the development of young people and sympathy with Scouting's aims and values would be welcome. Further details can be provided. Simply call or email me - details below.

We want the Scout Group to be a valued part of the Upton St Leonards community. We are proud of our roots in the village and our connection with its people. If you have an idea for how the Scouts may be able to support the life of the village and the surrounding areas, please let me know.

Thank you for your interest and support.

Paul D. Trott
Group Scout Leader

Life by Charlotte Bronte

Life, believe, is not a dream
 So dark as sages say;
 Oft a little morning rain
 Foretells a pleasant day.
 Sometimes there are clouds of
 gloom,
 But these are transient all;
 If the shower will make the roses
 bloom,
 O why lament its fall?
 Rapidly, merrily,
 Life's sunny hours slip by,
 Gratefully, cheerily
 Enjoy them as they fly!

**Going without saying by Bernard Donoghue,
 born 1945
 (In memoriam Joe Flynn)**

It is a great pity we do not know
 When the dead are going to die
 So that, over a last companionable
 Drink, we could tell them
 How much we liked them.

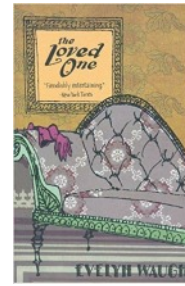
Happy the man who, dying, can
 Place his hand on his heart and say:
 "At least I didn't neglect to tell
 The thrush how beautifully she sings".

Elegy by Chidioc Tichborne (1563 – 1586)

My prime of youth is but a frost of cares;
 My feast of joy is but a dish of pain,
 My crop of corn is but a field of tares,
 And all my good is but vain hope of gain;
 The day is past, and yet I saw no sun,
 And now I live, and now my life is done.

My tale was heard, and yet it was not told,
 My fruit is fallen, and yet my leaves are
 green,
 My youth is spent, and yet I am not old,
 I saw the world, and yet I was not seen:
 My thread is cut, and yet it is not spun,
 And now I live, and now my life is done.

(The 28 year old Chidioc Tichborne wrote this poem as he awaited execution for his part in the Babington conspiracy to assassinate Elizabeth 1 and replace her with the Catholic Mary Queen of Scots.)



BOOK REVIEW

The Loved One: An Anglo-American Tragedy by Evelyn Waugh, published in 1948, is a short, satirical novel about the funeral business in Los Angeles, the British expatriate community in Hollywood and the film industry. It was adapted in 1965 into a film which features many familiar Californian filming locations together with new characters and scenes. The novel is short and full of witticisms and euphemisms. It satirises the American way of death and depicts a world where love, reputation and death cost a very great deal.

**And the days are not full enough
 by Ezra Pound (1885 – 1972)**

And the days are not full enough
 And the nights are not full enough
 And life slips by like a field mouse
 Not shaking the grass.

Some 'thoughts' on life and death.

Death is not the greatest loss in life. The greatest loss is what dies within us while we live. Norman Collins 1915 – 1990.

Life does not cease to be funny when people die, anymore than it ceases to be serious when people laugh. George Bernard Shaw 1856 – 1950.

Here are some items that one of our USL residents would like to recycle. If you are interested in any of them, please contact Mrs. Chris Ellson.



- 1) baby buggy in good condition hardly used.
- 2) Baby swing seat with rope and fittings in used but sound condition.
- 3) two pine adjustable shelf units.

HADWEN HEALTH PARTICIPATION GROUP

Hadwen Medical Practice is now known as Hadwen Health. The Patient Participation Group met in September and I can now update you on progress being made.

A new practice web site will be launched on 4th November, so do have a look and see what applies to you and your family. One of the aims of the new site is to promote self-care and direct patients to other services in a more user-intuitive way.

Flu Clinics: Letters have been going out to patients to confirm:

- That the clinics are all day, and their session is x to y time. Patients are encouraged to come at any point in their hour slot in order to spread out the queues.
- There will NOT be any 'mop up' clinics, so if patients cannot make the clinics offered, they will need to arrange a flu jab with their local pharmacy.

Dates: 16th November (Over 65s), 14 December (under 65s)

The Practice plans to employ two paramedics providing urgent same day home visits to patients. If they are not out seeing patients, they may provide triage in the surgeries. They also have plans for a Social Prescriber and a Clinical Pharmacist to be employed in due course.

Did Not Attends: Latest data shows improvement in the 'Did Not Attend' figures.

Staff confirmed several patients have been removed from the practice list for frequent DNAs. So effective steps are being taken.

Phone calls to patients who have missed appointments are being made on the same day or the next day to understand why the appointment was missed. It is harder for the patients to ignore a phone call than a letter, which is easier to put to one side and ignore.

Staff plan to increase the number of patients signed up for text message reminders. This should help improve awareness and further reduce DNAs. Have you signed up yet?

Hadwen's Health Garden is looking good and should start to see improvement next year. This a community garden for those who are grieving, as working together with others with similar experiences is very healing. Contact the surgery to get involved.
Millie Barnes

Next month there will be an article about how to keep healthy: EAT REAL FOOD. In the meantime you may be tempted to indulge: see our NAUGHTY FOOD ITEM on page 16.

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Christmas and New Year Calendar

Seasonal Events

Saturday 7 December	BMI Pensioners Christmas Lunch (advance ticket only)
Monday 9 December	Coffee Club Christmas Lunch at BMI
Thursday 12 December	Get Together Club Christmas Lunch at Bowden Hall
Saturday 14 December	BMI - Christmas Draw and Carol Singing
Saturday 21 st December	BMI - Afternoon Entertainment for BMI Club Members' children
Tuesday 24 December	Church - Nativity
Tuesday 24 December	BMI - Christmas Eve Entertainment – Members and signed in guests
Tuesday 24 December	Church - Christmas Communion
Weds 25 December	Church - Christmas Celebration with Communion
Tuesday 31 December	BMI - New Year's Eve Entertainment – Members Only (Ticketed Event)

AND NOW FOR SOME FUN! - STIR-UP SUNDAY!

Have you noticed the arrival of Christmas Puddings on our supermarket shelves? Always a sign that Christmas is coming, but perhaps you're thinking of making your own. If so, the time has almost come: traditionally the Pudding is made on Stir-up Sunday at the end of November. But how did this tradition arise?

The link with the Anglican Church seems to come from centuries ago. The expression comes from the collect for the day in the 1549 Book of Common Prayer and the first line is: "Stir up, we beseech thee, O Lord, the wills of thy faithful people..."

So what has that to do with cooking? It was perhaps in Victorian times that the words and traditions of the day were linked and the family would come together to stir the many ingredients into our famous pudding.

At some point it became traditional to stir in a silver sixpence (today a 5p coin is the nearest thing we have for the job), but A WORD OF WARNING HERE: IF YOU DO

PUT A COIN OR OTHER METAL OBJECT IN, MAKE SURE YOU DON'T PUT THE PUDDING INTO THE MICROWAVE AT ANY STAGE!!!

The good fortune intended for the person who finds the coin will turn into a sudden and possibly dangerous DISASTER.



A homemade Christmas Pudding can be absolutely delicious, so good luck to all who have a go at making one and enjoy the fruits of your labour. Bon appétit!

(A great British tradition not perhaps shared by our neighbours across the Channel.)

SECOND BOOK REVIEW BY PHILLIP BENNETT (continued from letter on page 8)

The second book I would thoroughly recommend is **Finding Gobi by Dion Leonard**, a true story of a little dog and an incredible journey. In the scorching heat, across the plains and over the Tian Shan mountains, Dion Leonard was competing in a gruelling 155-mile ultramarathon race through the Chinese Gobi Desert when a stray dog started running with him. The lovable pup, who earned the name 'Gobi', proved that what she lacked in size, she more than made up for in heart, as she went step for step with Dion over the treacherous landscape.

A truly heartwarming story. I borrowed both books from Hucclecote Library.

Phillip Bennett

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

1	Fri	Pilates.....	Village Hall.....	11.30-12.30p.m.
3	Sun	Tennis.....	Pavilion.....	10.00a.m.
4	Mon	Yoga.....	Village Hall Annex.....	10.00-11.30a.m.
4	Mon	Coffee Club.....	BMI.....	10.00-12.00p.m.
4	Mon	Yoga.....	Village Hall Annex.....	12.15-1.45p.m.
4	Mon	Fitness Training (2 sessions).....	Village Hall Annex.....	6.00-7.30p.m.
4	Mon	Parish Council Meeting.....	Pavilion.....	7.30p.m.
4	Mon	Upton WI.....	Village Hall.....	7.30-10.00p.m.
5	Tue	Rubbish and Food Waste Week/Garden Waste for those with Brown Bins		
5	Tue	Needles and Pins.....	Village Hall Annex.....	9.45-12.15p.m.
5	Tue	Badminton.....	Village Hall.....	8.30-10.30p.m.
6	Wed	Stitchers.....	Pavilion.....	10.00-12.00p.m.
6	Wed	Healthy Living.....	Pavilion.....	7.00p.m.
6	Wed	Bingo.....	BMI.....	8.00p.m.
6	Wed	Upstagers Amateur Dramatics.....	Village Hall.....	7.30-9.30p.m.
6	Wed	Bell Ringing Practice.....	Bell Tower.....	7.30-9.00p.m.
7	Thu	Copy Date for December issue of USL Life.....		
7	Thu	Senior Circuits.....	Pavilion.....	10.00-10.45a.m.
7	Thu	Tai Chi.....	Village Hall Annex.....	9.30-10.30a.m.
7	Thu	Pilates.....	Village Hall Annex.....	1.00-2.00p.m.
7	Thu	Fitness.....	Pavilion.....	6.00p.m.
8	Fri	Pilates.....	Village Hall.....	11.30-12.30p.m.
9	Sat	Entertainment Night.....	BMI.....	8.00p.m.
10	Sun	Tennis.....	Pavilion.....	10.00a.m.
10	Sun	Copy Date for December issue of USL Life		
11	Mon	Yoga.....	Village Hall Annex.....	10.00-11.30a.m.
11	Mon	Coffee Club.....	BMI.....	10.00-12.00p.m.
11	Mon	Yoga.....	Village Hall Annex.....	12.15-1.45p.m.
11	Mon	Fitness Training (2 sessions).....	Village Hall Annex.....	6.00-7.30p.m.
11	Mon	Yoga.....	Pavilion.....	6.45p.m.
11	Mon	Twyver WI.....	Village Hall.....	7.30-10.00p.m.
12	Tue	Recycling and Food Waste Week		
12	Tue	Needles & Pins.....	Village Hall Annex.....	9.45-12.15p.m.
12	Tue	Brownies.....	Pavilion.....	5.30p.m.
12	Tue	Badminton.....	Village Hall.....	8.30-10.30p.m.
13	Wed	Stitchers.....	Pavilion.....	10.00-12.00p.m.
13	Wed	Healthy Living.....	Pavilion.....	7.00p.m.
13	Wed	Bingo.....	BMI.....	8.00p.m.
13	Wed	Upstagers Amateur Dramatics.....	Village Hall.....	7.30-9.30p.m.
13	Wed	Bell Ringing Practice.....	Bell Tower.....	7.30-9.00p.m.
14	Thu	Senior Circuits.....	Pavilion.....	10.00-10.45a.m.
14	Thu	Tai Chi.....	Village Hall Annex.....	9.30-10.30a.m.
14	Thu	Pilates.....	Village Hall Annex.....	1.00-2.00p.m.
14	Thu	Fitness.....	Pavilion.....	6.00p.m.
15	Fri	Pilates.....	Village Hall.....	11.30-12.30p.m.
17	Sun	Tennis.....	Pavilion.....	10.00a.m.
18	Mon	Coffee Club.....	BMI.....	10.00-12.00p.m.
18	Mon	Yoga.....	Village Hall Annex.....	10.00-11.30a.m.
18	Mon	Yoga.....	Village Hall Annex.....	12.15-1.45p.m.
18	Mon	Fitness Training (2 sessions).....	Village Hall Annex.....	6.00-7.30p.m.
18	Mon	Yoga.....	Pavilion.....	6.45p.m.
18	Mon	Abbeylea Garden Club.....	Village Hall.....	7.30-9.45p.m.
19	Tue	Rubbish and Food Waste Week and Garden Waste for those with brown bins		
19	Tue	Needles & Pins.....	Village Hall Annex.....	9.45-12.15p.m.
19	Tue	Brownies.....	Pavilion.....	5.30p.m.
19	Tue	Badminton.....	Village Hall.....	8.30-10.30p.m.
20	Wed	Stitchers.....	Pavilion.....	10.00-12.00p.m.
20	Wed	Ladies Probus.....	BMI.....	10.00a.m.
20	Wed	Bingo.....	BMI.....	8.00p.m.
20	Wed	Upstagers Amateur Dramatics.....	Village Hall.....	7.30-9.30p.m.
20	Wed	Bell Ringing Practice.....	Bell Tower.....	7.30-9.30p.m.
21	Thu	Senior Circuits.....	Pavilion.....	10.00-10.45a.m.
21	Thu	Tai Chi.....	Village Hall Annex.....	9.30-10.30a.m.
21	Thu	Pilates.....	Village Hall Annex.....	1.00-2.00p.m.
21	Thu	Fitness.....	Pavilion.....	6.00p.m.
21	Thu	Ramblers.....	Pavilion.....	7.30p.m.
21	Thu	History Group - Mary Queen of Scots.....	Village Hall.....	7.45- 9.00p.m.
22	Fri	Pilates.....	Village Hall.....	11.30-12.30p.m.
24	Sun	Tennis		
25	Mon	Coffee Club.....	BMI.....	10.00-12.00p.m.
25	Mon	Yoga.....	Village Hall Annex.....	10.00-11.30a.m.

25	Mon	Yoga.....	Village Hall Annex.....	12.15-1.45p.m.
25	Mon	Fitness Training (2 sessions).....	Village Hall Annex.....	6.00-7.30p.m.
25	Mon	Yoga.....	Pavilion.....	6.45p.m.
25	Mon	Camera Club.....	Village Hall.....	7.00-9.00p.m.
25	Mon	Lady Downe Trust.....	Upton St Leonards School.....	7.30p.m.
26	Tue	Recycling and Food Waste Week		
26	Tue	Needles & Pins.....	Village Hall Annex.....	9.45-12.15p.m.
26	Tue	Brownies.....	Pavilion.....	5.30p.m.
26	Tue	Upton Show AGM.....	Pavilion.....	7.30p.m.
26	Tue	Badminton.....	Village Hall.....	8.30-10.30p.m.
27	Wed	Stitchers.....	Pavilion.....	10.00-12.00p.m.
27	Wed	Bingo.....	BMI.....	8.00p.m.
27	Wed	Upstagers Amateur Dramatics.....	Village Hall.....	7.30-9.30p.m.
27	Wed	Bell Ringing Practice.....	Bell Tower.....	7.30-9.30p.m.
28	Thu	Senior Circuits.....	Pavilion.....	10.00-10.45a.m.
28	Thu	Tai Chi.....	Village Hall Annex.....	9.30-10.30a.m.
28	Thu	Pilates.....	Village Hall annex.....	1.00-2.00p.m.
28	Thu	Get Together Club.....	Upton St Leonards School.....	2.00p.m.
28	Thu	Fitness.....	Pavilion.....	6.00p.m.
28	Thu	Ramblers.....	Pavilion.....	7.30

Regular weekly events not listed below this line

DECEMBER

2	Mon	Parish Council Meeting.....	Pavilion.....	7.30p.m.
2	Mon	Upton WI.....	Village Hall.....	7.30-10.00p.m..
7	Sat	BMI Pensioners Lunch.....	BMI.....	12.00p.m.
9	Mon	Coffee Club Christmas Lunch.....	BMI.....	Time tba
9	Mon	Twyver WI.....	Village Hall.....	7.30-10.00p.m.
10	Tue	Copy Date for January issue of USL Life		
12	Thu	Get Together Christmas Lunch.....	Bowden Hall.....	12.00 for 12.30.
14	Sat	Christmas Draw and Carols.....	BMI.....	8.00p.m.
16	Mon	Abbeyle Garden Club.....	Village Hall.....	7.30- 9.45p.m.
21	Sat	BMI Members Children - Entertainment Afternoon.....	BMI.....	4.30-7.00p.m.
23	Mon	Camera Club.....	Village Hall.....	7.00-9.00p.m.
24	Tue	Christmas Eve Entertainment.....	BMI.....	8.00p.m.
31	Tue	New Year Entertainment.....	BMI.....	8.00p.m.

JANUARY

6	Mon	Parish Council Meeting.....	Pavilion.....	7.30p.m.
6	Mon	Upton WI.....	Village Hall.....	7.30-10.00p.m.
9	Thu	Copy Date for February issue of USL Life		
11	Sat	Post Christmas/New Year Quiz.....	BMI.....	8.00p.m.
13	Mon	Twyver WI.....	Village Hall.....	7.30-10.00p.m.
20	Mon	Abbeyle Garden Club.....	Village Hall.....	7.30-9.45p.m.
25	Sat	Entertainment.....	BMI.....	8.00p.m.
27	Mon	Camera Club.....	Village Hall.....	7.00-9.00p.m.
30	Sat	Get Together Club.....	Village Hall.....	2.30-4.30p,m,

Contact Paula Quinn to get your event in the diary

Rhys James Fencing

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Sports Report

Cricket Club Presentations

The Cricket club had its annual presentation evening at the Ridge and Furrow on 12 October. All children who played in the Under 9, Under 11 and Under 13 teams received a medal. For the older youth team and adults, awards were given for best bowler, best batsman and outstanding contributions. Many of the cricket club players live outside the Village, but it is only right that USL Life should mention that our one and only Rahul Odedra, of the Post Office and Village Shop, has put his considerable cricketing skills to good use at the club, and he was awarded the batting and bowling awards for the Wednesday team, and was also voted Players' Player for the Saturday 1st XI. A popular member of the club. Congratulations Rahul! More next year please.



Rahul Odedra, cricket champion, proudly holds his awards.

The editor for our December issue 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:

This month's editor: Barbara Swindin
 Editors: Andrea Dawson
 Andy Russell
 Barbara Swindin
 Peter Wilson

Company Secretary: Cliff Alderman

Treasurer: Owen Stinchcombe

Feature writers: Teresa Clarke
 Christina Caldwell
 Linda Munnoch
 Ann Morpew

Church pages: Rachel Middleton

Clubs / Societies / Organisations: Catherine McLean

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Macmillan Coffee Mornings

At the **VILLAGE SHOP**, despite showers of rain, the Coffee Morning extended into the afternoon, not finishing until about 4pm! Rahul Odedra has confirmed that the grand sum of £900.92 was raised. Thank you to all who contributed so generously. Thanks to all who helped organise this event and to all the participants for their generosity.



The “workers”(L to R): Jenna, Laura and Jodean (3 of the 4 Roses) from Upton Builders; Trudi and Debbie of Trucuts; Seeta from the Village Shop. A particular thank you to each of them.

VALLEY LANE COFFEE MORNING

Mandy & Ian from Valley Lane again hosted a very successful Macmillan coffee morning. There was an amazing number of fabulous raffle prizes and yummy cakes, all adding up to a cheerful occasion, enjoyed by many. The wonderful sum of £350 was raised.

