

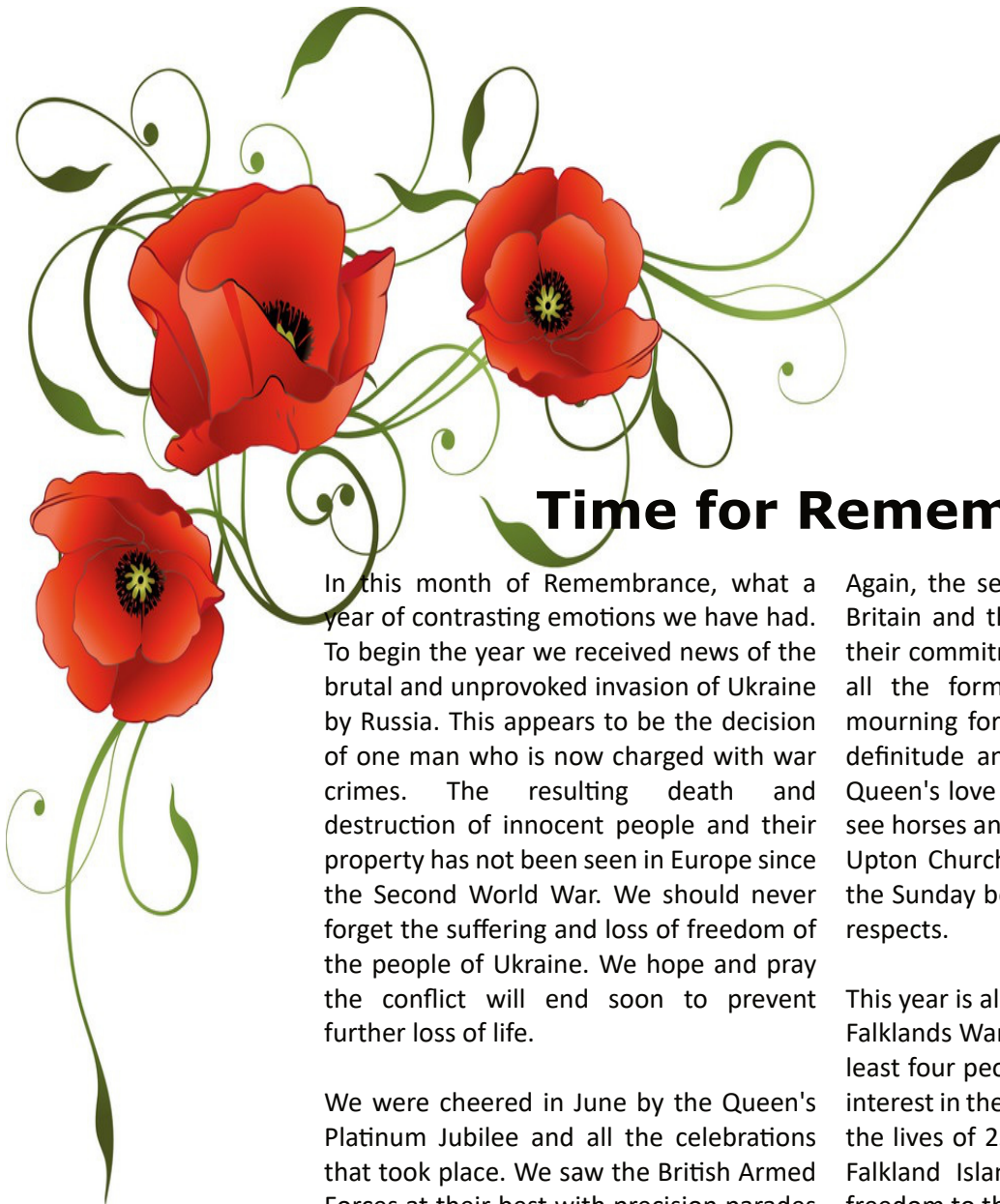
Upton St Leonards Life

incorporating Church News



Issue 99

November 2022



Time for Remembrance

In this month of Remembrance, what a year of contrasting emotions we have had. To begin the year we received news of the brutal and unprovoked invasion of Ukraine by Russia. This appears to be the decision of one man who is now charged with war crimes. The resulting death and destruction of innocent people and their property has not been seen in Europe since the Second World War. We should never forget the suffering and loss of freedom of the people of Ukraine. We hope and pray the conflict will end soon to prevent further loss of life.

We were cheered in June by the Queen's Platinum Jubilee and all the celebrations that took place. We saw the British Armed Forces at their best with precision parades and fly past. We should not forget that all the service men and women who took part are also highly trained defenders of our freedom.

Then in September we were shocked by the sudden death of our beloved Queen. This meant that King Charles III became the Armed Forces new Supreme Commander.

Again, the service men and women from Britain and the Commonwealth displayed their commitment to the late Queen, with all the formal parts of the period of mourning for the Queen carried out with definitude and respect. We know of the Queen's love of horses and it was great to see horses and ponies from the village visit Upton Church for the morning service on the Sunday before the funeral to pay their respects.

This year is also the 40th Anniversary of the Falklands War in 1982. I know there are at least four people in Upton with a personal interest in the events of 1982. The war took the lives of 255 British Service Men and 3 Falkland Islanders. They died to restore freedom to the islanders.

On Remembrance Day we will remember all those from Upton who died to preserve **our** freedom.

Mike Stratford

Ted Gardner also reflects about an Upton boy who went to war - page 8.

Editorial



What a beautiful October we have had with so many bright and dry sunny days. We can revel once more in the Autumn colours and perhaps enjoy a late holiday or spend extra days in the garden or on the allotment before winter arrives.

By the time you read this, the clocks will have gone back and the afternoons will be drawing in once more. Bonfire Night is bound to be a great night in the village especially with the addition of the Japanese Drumming by CCS Taiko, something a little different to appreciate.

I would like to thank this month's contributors outside our regular USL Life Team, Mike Stratford, Millie Barnes and Ted Gardner, all of whom are such regular contributors throughout the year, keeping us informed and enlightened in equal measure. A special thank you goes to Val Doll this month who has sent in a particularly poignant poem entitled 'A Mother's Lament'.

We have already been bombarded by the media with ways to keep warm and how to keep the energy bills down, which of course is important given rising costs but, thankfully, just around the corner we have Christmas to brighten our spirits and hopefully spending time with our families. Only 53 days to go.

Sunday, 20th November is Stir-Up Sunday, a tradition that harks back to Victorian times when the family would gather together to stir the Christmas pudding five weeks before Christmas; the last Sunday before Advent begins. In recent years, keen cooks have also used Stir-up Sunday as an opportunity to make their Christmas cakes and

mincemeat for mince pies as well.

If you simply don't have the time or the inclination to make your own, there are plenty on offer in the shops. Looking around the 'Best Buys' it is interesting to note that our local supermarket's Christmas Pud came 3rd in a recent survey, scoring 78/100 for a very reasonable £8 whereas a prestigious London store was charging £350 and scored 77/100. No contest!!

Andrea Dawson

A Mother's Lament

Too late for my son
The eleventh hour
The battles lost or won
By countries seeking power

He will not fulfil his desires
This eleventh day
His body lies with the others in smouldering pyres
Their souls with God I pray

I said my Goodbye
My sobs hidden behind a smiling front
He gave his self and with a final sigh
He left before the eleventh month.

Val Doll

News From The Stanley Allotments

What a wonderfully HOT summer we've had!! Not so wonderful for us plot holders as we have had to WATER, WATER, WATER just to keep our crops alive.



Our new plot holders have worked their socks off and have very respectable looking plots with lots of crops to gather. We have all had success with onions, cabbages, lettuces, tomatoes, carrots, beetroots and pumpkins. The runner beans, however, struggled in the hot weather but we've all had a reasonable late crop. Marrows and courgettes finished early but never mind; the butternut squash are doing really well. We are now looking

forward to our winter crops - parsnips, turnips, cabbages, cauliflowers, leeks and brussel sprouts (ugh!).

The soft fruit was amazing and now we have plenty of apples and pears to store along with a good crop of potatoes. The display of sunflowers, dahlias and gladioli has been brilliant too. We still have regular visits from rabbits, mice, rats, pigeons and moles but we have had plenty to share.



Now is the time to decide if you want to become an allotmentee as a few of our plot holders are downsizing, so put your name on the waiting list with the Parish Clerk and who knows - you could be joining us in the Spring.

**Peter Macey
Site Manager**

What's been happening in Upton?

TWYVER WI - OCTOBER

The nights are drawing in and cooling down but nothing dampens the spirit of our wonderful ladies and this night was special. We were entertained by TLC ladies choir after quite a long interlude and we were treated to some great songs from the 1950s through to the 00s.



Sporting new outfits – “new season, new look” – they began with an introduction from Sylvia Ardron their musical director, who updated us with the progress the choir has made over and since lockdown. They practised during the pandemic on Zoom and at one time there were over 50 ladies logging on! They have now recommenced vocalising in earnest, ready for the festive season.

The basis of their programme was a tribute to the late Queen Elizabeth spanning the decades of her reign from the 1950's starting with the Everly Brothers' 'Dream' and Elvis' 'Wise Men Say Only Fools Rush In'. After this engaging start we were treated to the 60s with The

Sound of Music and the Beatles' 'Yesterday', followed by 1970s 'Joseph/Any Dream' and 'What a Wonderful World' and hits from the 1980s, 90s and 00s followed in harmonious succession.

All well chosen pieces which brought a lump to the throat and a tear to the eye, an evening of nostalgia brought to us by dedicated ladies and well interpreted



with thanks to Sylvia, which lifted our spirits as each decade brought back individual memories to all our members.

Sylvia explained that their signature song – 'Why we Sing' – conveys their attitude to musicality, “music is a language and builds bridges”.

Linda Munnoch

UPTON ST LEONARDS WI - OCTOBER

Our speaker Emily Harper and her able assistant Diane spoke to us about hedgehogs. Immortalised by Beatrix Potter as Mrs Tiggywinkle, the hedgehog, this lovable character has long been a favourite for many of us.

A **hedgehog** is a spiny mammal of the subfamily **Erinaceinae**. There are seventeen species of hedgehog in five **genera** found throughout parts of Europe, Asia, and Africa, and in New Zealand by introduction. There are no hedgehogs native to Australia and no living species native to the Americas.

Emily informed us of the hedgehog's vulnerability and decline. Loss of habitat and industrial farming has driven the creatures into urban areas and domestic gardens with figures of only 900,00 remaining. Being nocturnal, they

travel long distances at night, about one hectare, in search of shelter and food. Their diet consists mostly of insects, beetles, earthworms and slugs. Cat food however is ideal for fattening up any underweight hedgehogs or hoglets. Should you find any out in the day-time or indeed, injured, help is at hand at the Frampton on Severn Rescue Centre where volunteers nurture them back to health and then return them once again to their natural habitat.

A warm round of applause followed. After a minute's silence to honour the Queen's passing, notices were given out on upcoming events. We meet again in the Pavilion on Monday, 7 November at 2pm for our AGM and Quiz. All are welcome.

Kathy Quant

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What's been happening in Upton (continued)

Craft 'N' Chatter



We enjoyed entering our Craft stall into the Upton Flower Show and the money raised is going towards a new bench to be installed outside the Old School Room. The fundraising is still ongoing. We also gained 3 new members!

The lady members worked hard last month - cutting out and designing their own creative tote bag - most of the ladies will be using them as their own future craft bags, so many lovely colourful designs.

An **OPEN COFFEE MORNING** will be held on Thursday 10th November at the Old School Room 10-12pm. Free

Admission. Come along and join us and see what we have made - many items for sale. You may even decide to join our club! Coffee, tea and cakes will be available.

The next Craft Club meeting is on 24th November 10-12pm

The December meeting is now on 15th December 2022

SEWING MACHINE - We are looking for a sewing machine for the Craft Club. If you have one in good working order that you no longer need, please contact Anita or Diana. We would be very grateful as we are in need of one to be available for our members to use regularly at the meetings.

Anita and Diana

Quiz @ the BMI

The latest quiz at the BMI was held on Saturday 24th September with Andy once again challenging us all. The winners on the night were "No Name" with a score of 115 points. Well done to them.

A total of £150 was raised on the night which will be added to the BMI Charity, the CT Scanner at Cheltenham Hospital.

The next quiz will take place on Saturday 7th January, we look forward to seeing you there.

Paula Quinn

An Evening at Brownies

The 1st & 3rd Upton St. Leonards Brownies are working towards their Performing badge, and as part of this I joined them for the evening on September 22nd. I gave a brief talk about belly dancing and taught the Pack a choreography from my dance teacher.



The Brownies learned that belly dancing is a very old style of dance possibly dating back to about 3000 BC. It's believed to have originated in the Middle Eastern countries of Egypt and Turkey, and was danced to honour the Gods at festivals, to celebrate life and special occasions. In this country, belly dancing is rather like Girl Guiding in the way that it's danced by women for women; and like Girl Guiding it builds confidence, as well as providing opportunities to be creative, express emotions, and support each other.



I showed the Brownies some of the clothes I own including four different skirts, a bra style top, and veils made from chiffon and silk. I asked them to guess both the weight (closest guess 2 bags of sugar – answer 900g) and the amount of fabric used for the gypsy skirt (closest guess 20m – answer 25m). I had borrowed enough coin hip belts for all the Brownies and Leaders, and once they were all tied in place demonstrated a hip drop, shoulder shimmy, and upward figure of eight before teaching a routine. The session was full of smiles and laughter as all

the girls mastered the basics of the choreography before demonstrating a dance move of their own, and to finish off the session everyone had the chance to experience the way a chiffon veil moves.

Jane Reed

What's been happening in Upton (continued)

The Robinswood Group Rally Yee-Haw and Dosey-Doh!!!!

Wow!! Walking into the Village Hall and seeing the transformation into a western style setting with bales of straw and a saddle at the entrance was breathtaking! The hard work by the Twyver WI committee and many helpers was appreciated by all the ladies who attended the Rally.

Twyver WI came together with five other WI groups for an amazing and uplifting Saturday afternoon on 1st October after the Covid 'drought' of companionship and repartee.

The Robinswood Group consists of Twyver, Quedgeley, Glevum, Hempsted and Severnvale WIs. We take turns in putting on a Group Social once a year within the group – and this year it fell to Twyver to put on the gathering and what a great job our organisers did!

Over 80 members in total signed up for the event and the planning began in earnest. President Monica must be lauded and given thanks and praise for the wonderful job she did of tackling this mammoth task. The theme chosen for the event was a Wild West Afternoon and wild it certainly was. We spent the morning sticking up posters and bunting, organising tables and chairs and making the hall look great. The doors were primed for opening at 2.30 and our guests arrived promptly.



Greetings were exchanged and after a glass of fruit punch and the obligatory purchase of a raffle ticket, our guests took their seats at the tables.



The Plump Hill Barn Dance and Ceillidh Band musicians set up 'shop' on the stage whilst our ladies in the backroom were dishing out the food. Thanks to Nicola who had a great windfall of apples and our erstwhile Mary Berrys, who had been busy days before making luscious apple pies (served with cream of course) along with pulled pork rolls and salad.

Our appetites were satiated and the band began to play. We Dosey-doh'd the afternoon away, in complete disarray but enjoying every moment.

The ladies looked wonderful in their wild west attire but special mention must be given to the winner of the best costume, Hazel Williams, from Glevum WI, who looked incredible and was the only lady there in saloon girl persona. "I was honoured to win the Wild West Saloon Girl in my burlesque outfit, especially as I made it myself!"

Votes of thanks were given and all agreed it had been a very successful and enjoyable afternoon. Well done our ladies!! Co-incidentally, Kathy celebrated her 85th Birthday the following day and we all wish her many more. 'Thank you to everyone who made this such a 'special' event for me'.



Linda Munnoch and Kathy Quant

See page 20 for a photograph of most of the 'Gals' that made it happen! Apologies to others not at the 'photoshoot'; they were obviously actively engaged in other duties!!

BMI'S FORTHCOMING EVENTS

Entertainment Night

At
The BMI
Saturday 12th November
 With
Michael Ian Brown
From 8.00p.m.
**(Open to BMI members and
 signed in guests)**



BMI

Sunday Lunchtime Jazz
JG Jazz and Swing Trio
Sunday 20th November
20221.00-3.00p.m.

Open to members and signed in guests

Fashion Show by Zoe



Thursday 24th November
@The BMI - 11.00 a.m.

**A raffle will be held
 On the day with the
 Proceeds for
 The CT Scanner
 at
 Cheltenham Hospital**

COFFEE CLUB Christmas Lunch



To be held at the BMI
on
Monday, 12 December
Further details in the December issue

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What's coming up in Upton? - continued

Siobhan Baillie, Conservative MP for Stroud



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Siobhan is holding a Surgery on Friday, 11th November - 2pm - 4pm in the Old Schoolroom

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Adults £4.50 Children £2.50

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Socks, Cigarettes and Shipwrecks: A Family's War Letters 1914 – 1918

The other Monday afternoon I read part of a book, loaned to me by my old friend, Mel Moore – a village boy like myself. The title of the book is Socks, Cigarettes and Shipwrecks: The writer of many of the letters is a soldier, one Ted Berryman of Upton St Leonards. One of a family of 15, he became an officer in the Garhwal Regiment, an infantry regiment of the British Indian Army.

On Sunday, 28 November 1915, Ted wrote to his mother from the mud of the trenches, the following poem.

Once more to tread with you on the path
 Along the beech strewn avenue
 Red gold, with summer's aftermath
 Against the sky's October blue.

To taste a beacon wind again
 And watch it playing with your hair
 To feel the sting of the driving rain
 And fill my lungs with Cotswold air.

To watch the straight blue smoke ascend
 When all the autumn air is still
 A sea where sky and landscape blend
 In haze the line of Malvern Hill

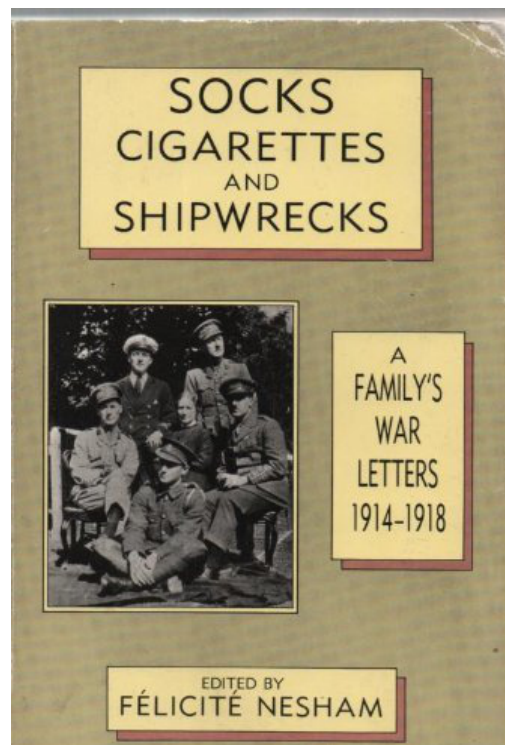
These are my dreams: no surer way
 To bring the soul of you to me
 Dreams of a sacred yesterday
 Of a tomorrow yet to be.

And when I see you standing there
 Dream – daughter of my slumbering brain
 I wake to kiss the empty air!
 Then sight and turn and sleep again.

As most of you in this village know I enjoy writing poetry but nothing I have ever written is anything like this; its sheer poignant beauty brought tears to my eyes. A village boy of over a hundred years ago, with a wonderful turn of phrase.

Ted Gardner

PS: He came home – but in war NO ONE WINS.





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St Leonard's Church News

Priest in Charge **Vacancy**

Interim Minister: **Rev Philippa Donald**

Philippa's parish days are Tuesday, Wednesday and Sunday. Please feel free to leave a message for her on other days and she will respond when she is next in the parish



Churchwarden: Gill Howell

Baptism and Wedding Enquiries: Jenny Cunningham

Dear friends in Upton St Leonard's,

November always seems to me to be all about remembering.

November 1st is All Saints Day, when we remember those saintly people who have gone before us, whether that means thinking about St Paul or St John, from Bible times, or whether it means thinking about a member of your family, friend or neighbour who was one of those 'saintly' people we have all known, and sometimes wished we were a bit more like them!

Then **November 2nd** is All Souls Day, when we remember all those whom we have personally known and loved, but who have now died, whether recently or many years ago. Even though we don't see these people any more, they always live on in our hearts and memories. This year we are holding our annual service to remember those dear to us on *Thursday November 3rd in the church at 7pm*. Information about this service is on an advertisement in these pages, and everyone is welcome.

Then **November 5th** is Bonfire Night, when we remember when someone tried to blow up the Houses of Parliament – hang on, sorry, WHY do we remember this ???! I know fireworks are fun, if we use them carefully, but really?!

Then **November 11th** is Remembrance Day, when we remember all those who gave their lives in service to our country, during times of war. We give thanks for them because without their sacrifice we would not now be living in a land where comparative peace reigns.

And of course, remembering that leads us to remember places where there is still war raging, in particular at this time the continuation of the war in Ukraine, but also unrest in Iran and so many other countries, and it reminds us to remember these places in our prayers and to do what we can to help.

Ultimately though, thinking about those who gave their lives in war, brings us to thinking about Jesus, who gave his life as a sacrifice for us, taking upon himself the sins of the world, that those who believe in him might have eternal life – life for ever – with him, after they die. And we give thanks to him for this sacrifice, all done out of love for us and our world.



And then at the end of November we have the beginning of the season of Advent, the four weeks leading up to Christmas. This year Advent Sunday is on **Sunday November 29th** and we will be holding an Advent service at 10 o'clock as usual on that day, and everyone is welcome.

At this time, we remember how God had been speaking to people through the Old Testament scriptures, and through the words of some of the Old Testament prophets, but only a very few people were listening, and of those listening, only a few understood, so God put into place another plan. He sent his son Jesus to come and live with us and among us, born as a baby, just as we are, and to experience some of what our life on earth was. Everything came together in the stable in Bethlehem on that starry night. The world changed forever because of it.

In this month of remembering, as we begin to approach Christmas, with all that that entails, let us 'remember' the ultimate thing that we are 'remembering' - the gift of our Lord Jesus Christ, who in turn offers us his gift of eternal life to all those who believe and trust in him.

With my love and prayers

Rev Philippa



All Souls Service

On Thursday November 3rd at 7.00pm

We will be holding a service in the church to remember those special people who 'we love but see no longer' – those who have died, but whom we still carry in our hearts. The Church of England name for this service is 'All Soul's Day' and we gather to remember and to light a candle for each person remembered.

Everyone is welcome to attend this service, and you can remember someone who died recently or many years ago. There is the opportunity to have their name, or names, read out during the service, if you wish, and to hold a candle as you remember.

Please join us for this quiet, reflective service, as we give thanks for those people who are dear to us and who have gone ahead of us on their journey of faith.

Rev Philippa

*Advent Course
'Meet the Nativity'*

During the season of Advent, the 4 weeks leading up to Christmas, we will be running an

**Advent Course, on a Tuesday afternoon,
in the Old Schoolroom 2.30 pm – 4.00pm.**



Advent is always a busy time of year for everyone, but as our diaries fill up and our list of 'things to do before Christmas' gets ever longer, it's also good to take a few moments out, to reflect on the season we find ourselves in – that of preparing to celebrate again the birth of Jesus, who came to this earth to live among us and show us how to live in love and peace together.

During these afternoons we will be watching a short film called '**Meet the Nativity**' (about 10 mins) about a family gathering together for Christmas, and each film clip looks at the story from a different character's point of view – a young woman, her boyfriend, her mum and her dad. Each week we will consider some questions together, about the character we are looking at, and how these questions relate to us today. Each character has their own issues and difficulties about coming together to celebrate, and these issues are all addressed, and resolved, in a very 'different' way – but I can't say any more, or it would be a spoiler!

Do come and join us, as we think about Christmas together.

The first session will be on **Tuesday November 29th**, and there will be the opportunity to enjoy tea and cake and a chat, when the session finishes!

Rev Philippa



Saturday 19th November 10.00 am - 12.00

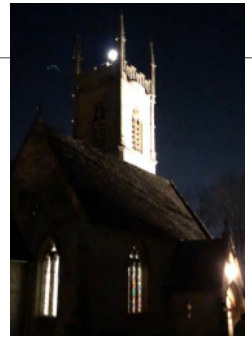
Coffee Morning

Come along to St Leonard's Church and pack a box for Samaritan's Purse



It's that time of year again when you can have the opportunity to bring some joy and pleasure to children all over the world, children who would otherwise receive no gifts, or experience the joy of receiving. For £5 a decorated shoebox will be provided for you to pack with 'goodies' that have been donated over the last year. If you would like to you can pack a photo of yourself or your family or write a note. If you want to learn more please go to their website or contact Jenny Cunningham for more information. Ready packed boxes can also be dropped off at the church on this date. We look forward to seeing you!

Tower Floodlighting 2022



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.

On Sunday 6th November, the Tower Lights are lit in celebration of the baptism of Freya Perkins, taking place in St. Leonards Church today. Sponsored with love on this special day, by her parents Daryl and Sophie, and big brother Arlo.

The Church Tower is lit in remembrance of the 100th birthday of Evelyn on the 6th November. With love from all the family.

8th November - Happy Birthday Stephanie Crowe, 80 years young today, from her husband Ian and daughter Alexandra and her family

November 9th - the Tower Lights will shine in remembrance of James Bruntnell Williams, who was born on this day in 1929. With love from all the family. Forever in our hearts.

On the 12th November, the Tower Lights are lit in celebration of the 20th birthday of my grandson Ben Davies. With much love from Nanna.

The Church Tower is lit in loving memory of Mike Kelly on the 15th November. Loved and missed by wife Pam and all the family.

The Church Tower is lit in memory of Keith, my beloved husband who passed away on the 20th November 2018. Sadly missed, always remembered by wife Brenda and all the family.

The Church Tower will be lit on the 22nd November in memory of Sally Tucker on her birthday. Sadly passed away 3 years ago, but never forgotten by all her family and friends.

On the 26th November, the Tower Lights are lit in loving memory of Dave Appleyard who passed away 4 years ago on this day - kindly sponsored by his wife Clare.

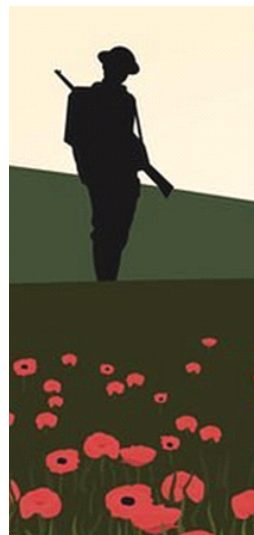
If you would like to sponsor the Church Tower Flood Lights then please contact Jenny Cunningham

Please note the deadline for the Church pages is the 8th of the preceding month

Services for November 2022

Thursday Nov 3rd at 7.00pm All Souls Service

Nov 6 th	8.00 am	Holy Communion
	10.00 am	Baptism
Nov 13 th	10.50 am	Remembrance Sunday
	6.00 pm	Said Holy Communion in church
Nov 20 th	10.00 am	Holy Communion
Nov 27 th	10.00 am	Advent Sunday
		Holy Communion
	12.00	Baptism



Sunday November 13th

10.50 am Service of Remembrance

beginning at the War Memorial (10 mins) and continuing in church.

6.00 pm Holy Communion



After the summer break Mothers' Union met for their traditional September service of Holy Communion held at St Leonard's Church. It was led by Rev Philippa Donald with members doing the readings and Margaret Hakim playing the organ. Special prayers were included for the late Queen Elizabeth II who had been Patron of the Mothers' Union for the whole of her reign.

The speaker for the next meeting to be held on Thursday 17 November at St Oswald's Church Hall, Coney Hill at 2.30pm will be Sheila Pugh from "Mercy Ships". This organisation is a global Christian charity that follows the 2,000-year-old model of Jesus to bring hope and healing to those suffering from disability, disfigurement, and disease. They deploy hospital ships and partner with African nations to transform surgical systems and provide free surgery to those most in need. Sheila has asked that, if possible, anyone attending could donate a toothbrush. As always, our meetings are open to everyone so, please do come long and hear about this very important work.

The United Nations' 16 Days of Activism Against Gender-based Violence and Abuse is an annual international campaign. It takes place from 25 November (International Day for the Elimination of Violence Against Women) to 10 December (International Human Rights Day). Mothers' Union's response to the call for 16 Days of Activism against Gender-Based Violence Global Day is centred around the disturbing figure that "1 in 3 women worldwide have experienced domestic or sexual abuse" and that Mothers' Union, as a leading women's organisation believe this to be unacceptable. It was started over 30 years ago and throughout the campaign Mothers' Union joins with over 6,000 organisations from over 187 countries to raise awareness of, and call for an end to, gender-based violence and abuse in all forms and in all societies. All our members have received a Prayer Diary for the 16 days highlighting the different types of abuse and suggested biblical readings and prayers. For further information go to www.mothersunion.org/global-day-2022.

Kate Gale - Branch Leader

The Children's Society Box Collection 2022

Anne Herring and I have recently completed the counting of money in the Children's Society boxes held by local residents. The total collected this year was £442. 03. This is the largest amount to date and an amazing result! On behalf of the Children's Society, I want to say a big "thank you" to all of you who have contributed, so generously, to the wonderful work they do.



If there is anyone who would like to hear more about the work of the Children's Society, or to have a collection box, please do let me know. I will be delighted to hear from you.

Rachel Ball



Preventing young sudden cardiac deaths through awareness, screening and research, and supporting affected families.



Coffee Morning

Saturday 19th November

10.30 - 12.30

In the schoolroom

*A big **THANK YOU** to everyone who was involved in our Harvest service – thanks to the band for the lovely music, to all those who took part in the service, and everyone who donated food for the auction or the foodbank. We raised £230 and 6 carrier bags of food went off to the foodbank as well.*



Thank you, everyone !

If you are unable to come to church and you would like to receive Holy Communion at home at any time, please contact:

Rev Philippa



October 500 Club Winners

1st Prize £30.00 78

2nd Prize £20.00 42

This month's feature article is about the River Twyver

This article is based heavily on a talk by Paul Drinkwater given at the USL History Group's September meeting. It is also available as a video from the Gloucester Civic Trust's website. My thanks go to Paul for allowing me to copy from his work.



There are a number of streams that begin at springs below the Cotswold escarpment and flow through this area into the River Severn. Horsebere Brook flows through Hucclecote and Barnwood, The Sudbrook flows through the Southern edge of the Village, past the Rec and on to Saintbridge. Between those is the Twyver, with numerous smaller feeders: beside Watery Lane; down through the grounds of Prinknash; from Pincott and past Whitley Court. These all come together by the time they reach Upton Mill.

From Upton Mill, the Twyver flows past the school and behind Staites Orchard. Then under the M5 and through Abbeymead beside the Community Centre. If you walk the path there you will notice a curious feature: that it splits into two. The left branch to the south is the original course, which flows through Abbeydale and joins the Sudbrook at Saintbridge. The right (northern) branch flows along Bittern Avenue.

This is the work of the Romans. The Romans founded their "colonia" (colony) as a place for retired legionaries to live, namely Glevum, on the higher ground where Gloucester City centre now is. It needed a water supply. The Sudbrook to the South, and Horsebere Brook to the north were some 50 feet lower than the centre of Glevum. So they intercepted the Twyver right where that split is behind the Community Centre. Here it was still higher than Glevum. The right fork that now travels beside Bittern Avenue was the Roman artificial canal or aqueduct, which carried water to the new town.

The track of the canal can be followed, looping round the contour at Coney Hill. Once into the city it's mostly culverted nowadays, but can be spotted at a few locations where it is in the open air for a few yards.

To return to its history, in early mediaeval times it was split again near the city walls to create a feed to the Abbey. This branch became known as Fullbrook. At the far side of the Cathedral is Miller's Green, reminding us that there was a mill there, fed by the Fullbrook. Over time the Twyver and Fullbrook, even though only a few miles long,

powered up to 11 water mills. Upton Mill and Commelines Mill (formerly Higgs Mill) are familiar to Upton residents today. The others have all but disappeared. The site of Stewarts Mill (also known as Elm Court) is close to the M5 on the Abbeymead side. Upper Barnwood Mill was near where the Hadwen building now is, and the brick bridge and abutments one can see from the stream-side path on the M5 side of Abbeymead Avenue were part of this mill.

During the siege of Gloucester during the Civil War, the Royalists, trying to deny water to the Parliamentarians defending the city. Once the siege was lifted the dam was removed.

Why is the Twyver called a river? It's plain for all to see that it is only a small stream! Its history above may provide a clue. It clearly was an important waterway to the people of the area, with its mills and water supply to the city. There is a conjecture, which is no doubt based on old tales, that stone for the building of the Roman town, and later the Abbey, was quarried at Fiddler's Elbow (on the A46) and was brought by cart down to the Twyver in Upton, and then floated down. To achieve this, the Romans (or later users) would have had a series of dams to raise the water levels to allow small boats to float, carrying the stone. No real archaeological work or historical source has been able to verify this conjecture. A further train of thought is that this accounts for all those mills – each one located where the dams were. And it might also explain why it is called a river – because one could float a small boat on it.

Andy Russell

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Hadwen Health Update

The Hadwen Health practice is setting up a Patient Support Course called Living Well, facilitated by yours truly, to enable Type 2 Diabetic patients, who are Hadwen Patients, to learn how to get better blood sugar control and reduce their risk of complications.

The Flyer entitled 'Living Well Course' below, outlines the support available.

There are a few places left; should you wish to join the course, please ring for more details.

You need to be able to attend all sessions and be prepared to make small lifestyle changes to improve your health. Many will know I am a Type 2 patient who has reversed my Diabetes.

Monday, 14th November is World Diabetes Day, so it's a great time to raise awareness on this condition.

Millie Barnes

The Patient Participation Group (PPG) met at the end of September and as a result, new GP hours are now in operation, so the waiting times to see a GP will be coming down and in-house pharmacy hours have also increased.

The PPG are auditing the initiative of getting the patient to see the right health care professional first time round. Healthy Lifestyles have "Weight and Go" sessions at the Community Centre and Cruise Bereavement is also doing sessions at the practice.

There are now four Social Prescribers in post. Patients have a choice of a telephone, video or a face to face appointment. Urgent cases are always seen on the day. There are three ways of ordering medication;

- online on the NHS app
- on the Hadwen Health website
- by email or by paper request.

The time for prescriptions being ready starts when the request is picked up by Hadwen.

The new One Gloucestershire Integrated Care System is worth taking a look at online

<https://www.nhsglos.nhs.uk>

this will help you understand how services are delivered in Gloucestershire.

Living Well Course

Welcomes You

Patient Support Group for Patients by Patients

Five week course to support you to regain/improve your health and wellbeing

Support with Reversing Type 2 Diabetes & Getting Good Glucose Control

Easy weight loss without feeling hungry

How can we measure our health?

What is Metabolic Syndrome?

Does snacking damage our health?

What does our B/P tell us.

How can we monitor our health at home?

What effect does the food we eat have on our health?

What is real food and what is fake food?

Does sleep make a difference to health?

How do I build healthy habit?

Am I feeding my family healthy food?

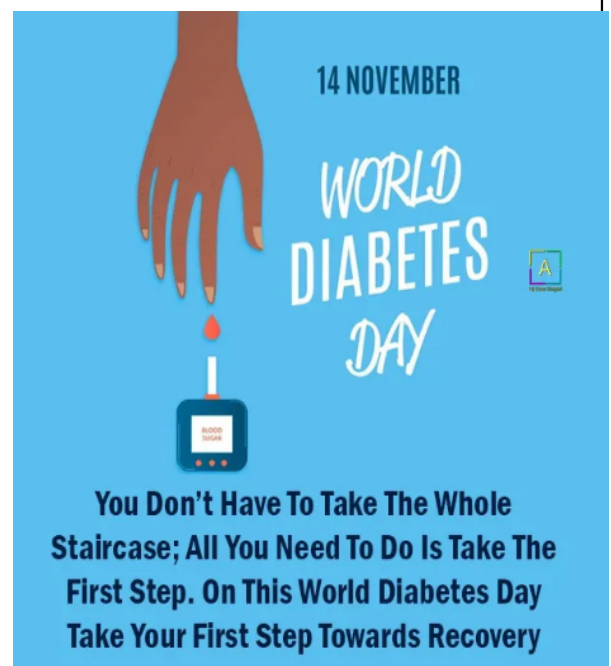
Answers to these and more

Living Well: 6-8pm at Hadwen Health - Top Floor

Nov: 15th & 23rd, 29th 2022

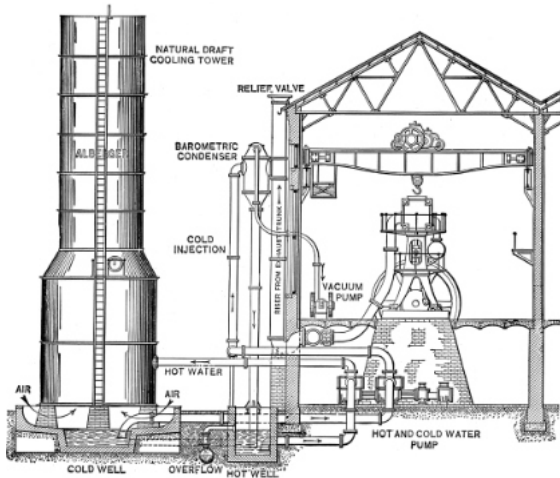
Dec: 6th & 13th 2022

Contact: Millie



The Power of Steam

As you and the world ponder the next best way to power our life in a clean green way, this is not a new consideration when you look at an entry in the Parish Magazine of September 1898.



“It is not to be wondered at that the wealth of the world now increases at a rate to which all previous history offers no parallel, when we remember that the mere mechanical efficiency of the entire population of the globe has been more than doubled by the exploitation of steam.

The power of the steam engines now at work is greater than the mechanical power that could be exerted by all the people on earth. And we must not forget that the new power, electricity, which now attracts so much attention, depends with few exceptions upon steam for its origin. All our electric motors and lights and much of the other applications of electricity depend upon steam. From this point of view therefore the age of steam shows no signs of coming to a close. Is it ever to end and what shall be its successor?

At 125 years later we are still not sure. Nuclear power heats water for steam, gas does the same. Wind power or power from the sun are both dependent on the weather. Can we survive another 125 years to work it out?

Mike Stratford



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Arts Page

Our topic this month is MUSIC. In our poems we feature the GUITAR, the TROMBONE and, last but not least, a COMPOSER.

The Guitarist Tunes Up by Frances Cornford

With what attentive courtesy he bent
Over his instrument;
Not as a lordly conqueror who could
Command both wire and wood,
But as a man with a loved woman might,
Inquiring with delight
What slight essential things she had to say
Before they started, he and she, to play.

Miss Multitude at the Trombone by J. B. Morton

If trombone music be the food of love,
Play on, Miss Multitude, assuage my hunger,
Nor heed the tale, my brawny turtle-dove,
Of Mrs Relf, divorced by a fishmonger.
Thou wert not born to burst, immortal bird,
Though gales of breath may shake thy massive
frame.
Heard melodies are sweet; leave those unheard
To instruments which daintier mouths may
tame.
Follow thy vision, laboriously pursued
From blast to blast. Play on, Miss Multitude.

Sonata by Hal Summers

Who's that with roses and with laurels crowned,
The guest of princes and the banquet's vaunt,
With whose applause the capitals resound?
This is the brilliant executant.

And who is this, obscure, ill, poor and old,
For every prize a gambler and a loser,
Friendless, despised, who scribbles in the cold
Attic at nightfall? That is the composer.

Upon her Voice by Robert Herrick

Let but thy voice engender with the string,
And Angels will be borne, while thou dost sing.

EPIGRAMS

The sound of the harpsichord resembles that of a
birdcage played with a toasting fork (attributed to Sir
Thomas Beecham)

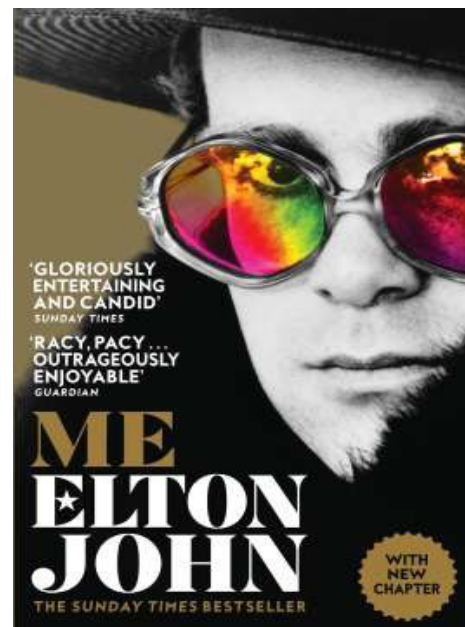
Music is the only sensual pleasure without vice. (Samuel
Johnson)

Wagner's music is better than it sounds. (Mark Twain)

BOOK REVIEW

Me by Elton John was published in 2019. It is the
autobiography of the English singer, pianist and
composer Elton John and was ghostwritten by journalist
Alexis Petridis.

The book recounts events from John's childhood in
Pinner through to his final tour. A reviewer called the
book "racy, pacy and crammed with scurrilous
anecdotes", saying "Elton makes fun of no one more
than himself".



From his 70's glam rock pomp to a settled twenty-first-century family life, the former Reg Dwight has been a consistent, iconic presence in British popular culture for the last fifty years. 'Me' is the refreshingly candid and hugely entertaining memoir of an artist who lived the rock 'n' roll lifestyle to the full.

NOVEMBER

1	Tue	Rubbish and food waste week/Garden rubbish for those with brown bins	
1	Tue	Needles & Pins.....	Village Hall Annex.....9.45am
1	Tue	Tuesday Probus.....	BMI.....10.00am
1	Tue	Badminton.....	Village Hall.....8.30-10.30pm
2	Wed	Upstagers Amateur Dramatics.....	Village Hall.....7.30pm
2	Wed	Bell Ringing Practice.....	Church.....7.30pm
2	Wed	Bingo.....	BMI.....8.00pm
3	Thu	Tea and Chat.....	Old School Room.....2.00-4.00pm
4	Fri	Fireworks and Drummers.....	Village Hall.....5.30 for 6.30pm
6	Sun	Tennis Club Members Morning.....	Tennis Courts.....10.00am
7	Mon	Coffee Club.....	BMI.....10.00am
7	Mon	Upton WI.....	Pavilion.....2.00pm
7	Mon	Parish Council Meeting.....	Pavilion.....7.30pm
8	Tue	Recycling and food waste week	
8	Tue	Needles & Pins.....	Village Hall Annex.....9.45a.m
8	Tue	Badminton.....	Village Hall.....8.30-10.30pm
9	Wed	Wednesday Probus.....	BMI.....10.00am
9	Wed	Upstagers Amateur Dramatics.....	Village Hall.....7.30pm
9	Wed	Bell Ringing Practice.....	Church.....7.30pm
9	Wed	Bingo.....	BMI.....8.00pm
10	Thu	Copy date for December issue of USL Life	
10	Thu	Craft and Chatter – Open Coffee Morning.....	Old School Room.....10.00-12.00pm
10	Thu	Tea and Chat.....	Old School Room.....2.00-4.00pm
12	Fri	Entertainment Night.....	BMI.....8.00pm
13	Sun	Tennis Club Members Morning.....	Tennis Courts.....10.00am
14	Mon	Coffee Club.....	BMI.....10.00am
14	Mon	Twyver WI.....	Village Hall.....7.30pm
15	Tue	Needles & Pins.....	Village Hall Annex.....9.45am
15	Tue	Tuesday Probus.....	BMI.....10.00am
15	Tue	Rubbish and food waste week/Garden rubbish for those with brown bins	
15	Tue	Badminton.....	Village Hall.....8.30-10.30pm
16	Wed	Ladies Probus.....	BMI.....10.30am
16	Wed	Bell Ringing Practice.....	Church.....7.30pm
16	Wed	Upstagers Amateur Dramatics.....	Village Hall.....7.30pm
16	Wed	Bingo.....	BMI.....8.00pm
17	Thu	Tea and Chat.....	Old School Room.....2.00-4.00pm
17	Thu	History Group – “Nurse Edith Cavell” – Mike Stratford.....	Village Hall.....7.45-9.15pm
20	Sun	Sunday Lunchtime Jazz.....	BMI.....1.00-3.00pm
20	Sun	Tennis Club Members Morning.....	Tennis Courts.....10.00am
21	Mon	Coffee Club.....	BMI.....10.00am
21	Mon	Abbeydale Garden Club.....	BMI.....7.30-9.30 pm
22	Tue	Recycle and food waste week	
22	Tue	Needles & Pins.....	Village Hall Annex.....9.45am
22	Tue	Badminton.....	Village Hall.....8.30-10.30pm
23	Wed	Wednesday Probus.....	BMI.....10.00am
23	Wed	Upstagers Amateur Dramatics.....	Village Hall.....7.30pm
23	Wed	Bell Ringing Practice.....	Church.....7.30pm
23	Wed	Bingo.....	BMI.....8.00pm
24	Thu	Fashion Show.....	BMI.....11.00am
24	Thu	Craft & Chatter.....	Old School Room.....10.00-12.00pm
24	Thu	Tea and Chat.....	Old School Room.....2.00-4.00pm
27	Sun	Tennis Club Members Morning.....	Tennis Courts.....10.00am
28	Mon	Coffee Club.....	BMI.....10.00am
29	Tue	Rubbish and food waste week/garden rubbish for those with brown bins	
29	Tue	Needles & Pins.....	Village Hall Annex.....9.45am
29	Tue	Tuesday Probus.....	BMI.....10.00am
29	Tue	Badminton.....	Village Hall.....8.30-10.30pm
30	Wed	Upstagers Amateur Dramatics.....	Village Hall.....7.30pm
30	Wed	Bell Ringing Practice.....	Church.....7.30pm
30	Wed	Bingo.....	BMI.....8.00pm

DECEMBER

5	Mon	Upton WI.....	Pavilion.....2.00pm
5	Mon	Parish Council Meeting.....	Pavilion.....7.30pm
10	Sat	BMI Pensioners Lunch.....	BMI.....12.00pm
10	Sat	Copy date for January issue of USL Life	
12	Mon	Twyver WI.....	Village Hall.....7.30pm
15	Thu	Craft ‘N’ Chatter.....	Old School Room.....10.00-12.00pm
17	Sat	Christmas Draw.....	BMI.....8.00pm
19	Mon	Abbeydale Garden Club.....	Village Hall.....7.30-9.30pm
24	Sat	Christmas Eve Entertainment Night.....	BMI.....8.00pm
31	Sat	New Year’s Eve Entertainment Night.....	BMI.....8.00pm

January calendar on the next page

JANUARY

2	Mon	Upton WI	Pavilion	2.00pm
2	Mon	Parish Council Meeting	Pavilion	7.30pm
7	Sat	Post Christmas/New Year Quiz	BMI	8.00pm
9	Mon	Twyver WI	Village Hall	7.30.pm
10	Tue	Copy date for February issue of USL Life		
16	Mon	Abbeyle Garden Club	Village Hall	7.30-9.30pm
19	Thu	History Group – "The Medieval Tudor Barber Surgeon"	Village Hall	7.45-9.15pm

To place an entry in the Village Diary, please contact Paula Quinn

Weekly courses - This section lists the courses that run every week

Activity	Day	Venue	Contact	
Yoga	Mondays 10am	Village Hall Annex	Lara Brickhill	07876 764425
Art Class	Tuesdays 2pm	Village Hall Annex	Christine Hughes	01452 614227
Dance Workout	Tuesdays 7pm	Pavilion	Debra Law	07505761420
Pilates	Wednesdays 9.30am	Pavilion	Philippa Barker	07861 727198
Pilates	Thursdays 1pm	Village Hall Annex	Philippa Barker	07861 727198
Pilates	Fridays 9.30am	Village Hall Annex	Philippa Barker	07861 727198
Chair-based Pilates	Wednesdays 1.30pm	Pavilion	Angela Harris	

Christmas and New Year Events

Here are some of the special events for Christmas and New Year. We will update the list in the December edition if we need to.

- Saturday 10 Traditional Christmas Lunch for BMI Pensioners. Ticketed event
- Monday 12 Christmas Lunch for the BMI Coffee Club. Ticketed event
- Friday 16 Christmas Concert at 7.30pm with the Gloucestershire Brass Band in the Church
- Friday 23 Carols around the village with the Gloucestershire Brass Band
- Saturday 24 Christmas Eve - Entertainment Night. Open to BMI members & signed in guests
- Saturday 31 New Year's Eve - Entertainment Night - Ticketed event for BMI members only.



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OBITUARY

Doreen Ibbetson

Doreen Ibbetson, was born in Leeds on 2nd March 1929, daughter to Archie and Mary Hughes. At the age of 21, Doreen married Peter Ibbetson at Headingley, in March 1951. In 1956 their first son, Paul, was born. The family relocated to Manchester in 1959 as part of Peter's employment within the Electricity Authority. Shortly after Tim, their second son, was born.

Doreen trained as a teacher and commenced work in 1969 as a Maths teacher. Peter's employment within the CEEGB and its centralisation at its new headquarters in Barnwood brought about the family move to Churchfield Road, Upton in July 1972. Shortly after the move Doreen started working as a Maths teacher at Beaufort School, Tuffley where she remained until retirement.



Following retirement, she became particularly keen on fly fishing and spent many happy hours fishing,

mainly at Witcombe Reservoir. She also enjoyed participating in local groups such as the Upton History Group and Inner Wheel along with several others. Sadly, Peter passed away in November 2002.

Doreen made it very clear that she had no intention to down-size or move house. Upton was her home and she was always very grateful and proud of this.

More recently, her greatest pleasure was attending the Monday Morning Coffee Club at the BMI where she could meet up with friends old and new. I'm sure many villagers will remember her relaxing on the bench at the front of her home enjoying the weather and watching the world go by. She used to joke that she'd been flat out all day, like a lizard in the sun. In November 2021, due to increasing frailty she moved into Magdalen House Nursing Home and passed away peacefully on 16th September 2022, leaving behind her sons, Paul and Tim, grandsons Robert and George, and great granddaughter, Aria.

A sincere thank you to all those who took time in supporting Mum in her latter years.

Tim Ibbetson

UPTON ST LEONARDS LIFE

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

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

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Next month's editor

Peter Wilson



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View from the french windows

Harvest Festival



This year our Harvest Festival Service took place on 2nd October and once again it was celebrated on the Village Green, with Gloucester Brass playing the hymns. Proceeds from the auction of the Harvest produce went to the Gloucester Food Bank. Thank you all!



Macmillan Coffee Morning



Thank you to everyone who attended our annual Macmillan Coffee Morning. We have managed to raise a staggering £1203.53. Well done to everyone involved and raised money for such a worthy cause. It would not have been possible without your cake donations and cash donations.

Many thanks for supporting us once again. It is very much appreciated. See you all for the seventh one next year. **Seeta – USL Village Store and Post Office**

Twyver WI Helpers - Yee-Haw!

