

# *Upton St Leonards Life* *incorporating Church News*

Issue 25

September 2016



*USL Life celebrates its 2<sup>nd</sup> birthday in September - see Page 8*

## **Upton St Leonards Annual Show**

**Upton St Leonards Village Hall and Grounds**

**Saturday 10<sup>th</sup> September 2016 from 2pm - 4.30pm**

**Many classes including Fruit & Veg, Flowers, Home Cookery, Crafts, Photography, and Children's Sections**

**Musical Entertainment - The Cotswold Big Band**

**A family fun afternoon with Skittles Competition, Raffle, Hot Dogs, Tombola, Ice Creams, Refreshments and Side Stalls**

**Details from Peter Macey or Carol Evans**

<http://uptonstleonardsshow.com>



**USL Coffee Club - our first meet up was a great success. See Page 2**



# What's Been Happening in USL?

## First Meeting of USL Coffee Club

The new Coffee Club got off to a great start at the BMI on Monday 1 August. It was really well supported with 29 people attending!

All who attended enjoyed the opportunity to meet up informally, catch up with old friends and make some new ones.

The photos on the front page show how much chatting was taking place around the room and everyone was made to feel welcome.

If you haven't managed to join in yet do come along and enjoy this wonderful new social gathering. Coffee, Tea and Biscuits are available at a modest cost.

The Club will be meeting every Monday morning and all are welcome. Hope to see you there soon.

Marilyn and Millie

## Summer Skittles at BMI

After an enjoyable seven weeks of skittles, the final was played on Friday 5<sup>th</sup> August. The two teams competing were Sarah's Gang and Scottie's Lot. The competition winners were eventually Sarah's Gang who were worthy winners. The game was very close with the final scores being 316 to 311.

Sarah also had the highest women's score of 68 which also beat the men's highest score won by Graham Anderson with 66.

The "Knuckles Cup" was once again presented by Pat Brown together with trophies for each member of the winning team and medals for the runners up. The evening ended with a buffet in the BMI.

The photo shows the winning team together with Pat.



## UPTON ST LEONARDS WI

There was no meeting of Upton WI in August. Instead, members enjoyed a canal trip with a cream tea on the Queen Boudicea.

Our next meeting is on 5<sup>th</sup> September at 7.30 at the Village Hall when our speaker will be Fiona Waring talking on 'The Land Girls'. We expect this to be a most enjoyable talk and visitors are very welcome.

THE WINNER OF PERRY ORCHARD ALLOTMENT SUNFLOWER COMPETITION 2016 IS ROBERT BOON PLOT 9

PLEASE ATTEND THE UPTON ST LEONARDS SHOW ON THE 10<sup>TH</sup> SEPTEMBER FOR YOUR PRIZE





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# What's Been Happening in USL? - Cont'd

## BMI Pig Roast - 13 August

Blessed with dry warm weather, the Annual BMI Pig Roast took place on Saturday 13th August. The warm weather brought the villagers out and extra tables and chairs had to be provided for the outside space. Mike Long and his team of helpers did us proud and all the Roast was snapped up by 9pm and the bar staff were kept busy all night.



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# What's Coming Up in USL?

## Upton St Leonards Show - 10 September 2016

Come and support our Annual Show run by a team of hard working and willing volunteers who have created another excellent 'not for profit' event in our village.



**VOLUNTEER!**

There is still time to offer a couple of hours support for the show, e.g. we are still looking for people to help with stalls etc. You won't be on your own and will be doubled up with another person so come along, meet other village residents and make new friends !

We rely on people of all ages "having a go" and their efforts are reflected in the breadth and quality of exhibits you will see on the day.

We are very fortunate that we will once again be entertained by the Cotswold Big Band. They really are worth coming to see, so let's hope for a sunny day and not too much wind ! You can enjoy their music whilst munching a hot dog or licking an ice cream.

It's a lovely day out and there is something for everyone so please bring your families and have a great afternoon.

**If you would like to know more about our show or you think you could help out please contact the Show Secretary, Peter Macey**

**A DATE FOR YOUR DIARY!      They're on the Loose!      Track them down!**

## **UPTON ST LEONARDS GNOME HUNT    SUNDAY 2<sup>nd</sup> OCTOBER 2016**

**STARTING AND FINISHING at the Village Hall. (Pushchair friendly)**

**CLUE MAPS ISSUED between 1.30pm & 3:30pm. £4. per map**

**Refreshments in the Hall from 1.30pm – 5.30pm**

**All funds will be split between Cheltenham & Gloucester charity FOCUS**

**(Funds for Oncology Centre Users & Supporters) and St Leonards Church.**

**If any Families or Businesses would like to sponsor £20 for a GNOME please contact**

**Marilyn Bannister**



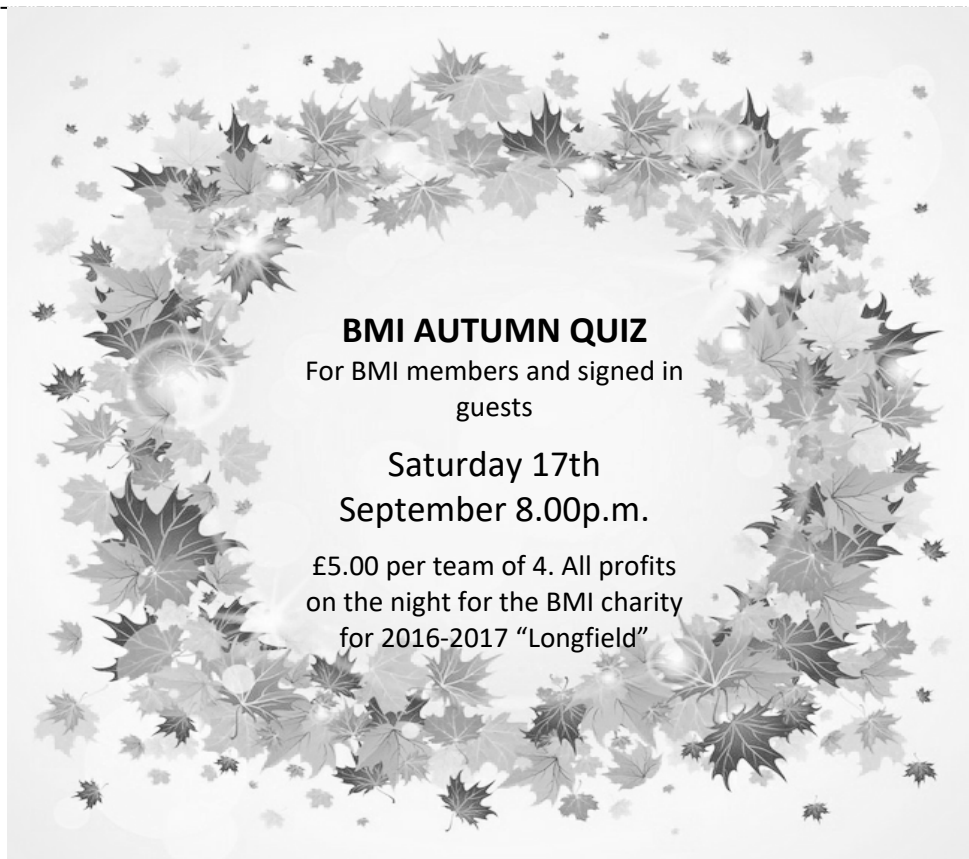
**Delicious cakes**

**Prizes**

**GNOME Selfies**

**Raffle**

# What's Coming Up in USL?



## LONGFIELD HOSPICE

Longfield (formerly Cotswold Care Hospice) was formed in 1987 by a Health Visitor and a Macmillan Nurse. Its aim has always been to support people with a life-limiting illness.

In 1989 Longfield, a five bedroomed house in Minchinhampton, was purchased as a base. The current building is still in the same location. In 2008 a purpose-built facility was opened costing £2.3million and in 2010 an extension to the building was completed to provide more space for day therapy patients.

Longfield now offers day therapy, counselling, peer to peer support, hospice at home, support for family and carers, art for health, fatigue and breathlessness therapy and drop-in services.

This year the BMI (Birchall Memorial Institute) in Bondend Road has chosen to support Longfield in a variety of fundraising events in memory of Jenny Long. The next event is The Autumn Quiz which will take place on Saturday 17 September at 8pm. So far this year £103 has been raised for the Hospice.

Fundraising is vital to the success of the work of Longfield. The nearest Longfield Charity Shop is at 37 Hucclecote Road. Further details of the work of Longfield and volunteering and fundraising opportunities are on [www.longfield.org.uk](http://www.longfield.org.uk)



## History Group

"The next meeting of the Village History Group will be on Thursday 15th September starting at 7.45pm and not at 7.30pm as advertised. A talk on Chedworth Roman Villa will be given by Mr Nick Humphris.

The membership for the year is now £7.50 with the visitor fee being £3.00." Thanks.

Mike

# Information

## September in the Garden

As late summer progresses into autumn the temperature is generally cooler and the days are noticeably shorter.



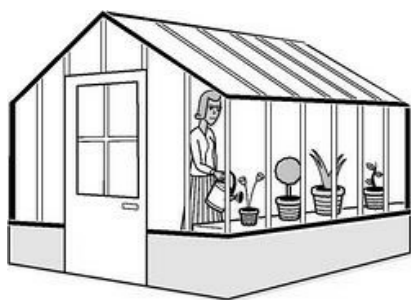
### Flowers

Continue to feed and deadhead your **hanging basket** and **container plants** - they will often keep going until the first frosts. Try autumn-sowing **hardy annuals** for bigger plants next year. Start to divide **herbaceous perennials** as the weather cools. Fill gaps in borders with **autumn flowering plants**. Plant **hyacinth** and **amaryllis** bulbs for forcing, to ensure a crowd of colourful blooms at Christmas. Perfect for a home made Christmas present! Plant spring-flowering bulbs such as **daffodils**, **crocus** and **hyacinths** now. September is a good time to plant new **perennials** as the soil is still warm but there is generally more rainfall. With wetter weather arriving this month, it's the ideal time to order **trees** and **shrubs**. They will grow vigorously next spring if planted this autumn. Keep **deadheading** annuals and perennials to extend their performance. Prune any **late-summer flowering shrubs**. Keep **Camellias** and **Rhododendrons** well watered at this time of year to ensure that next year's buds develop well.



### Vegetables

**Keep harvesting crops.** Pull or cut off the foliage of **maincrop potatoes** at ground level 3 weeks before lifting them to prevent blight spores infecting the tubers as you lift them. This will also help to firm the skins of the potatoes. Spread **newly dug potatoes** out to dry for a few hours before storing them in a cool dark place. Help your **pumpkins** ripen in time for Halloween by removing any leaves shadowing the fruits and place them on a piece of slate or wood to raise them off the wet soil and prevent rotting. Keep feeding and watering **French** and **runner beans** to make the most of them. Continue harvesting little and often to prevent them setting seed. Start the **autumn cleanup**. Remove any old crops that have finished and clear away weeds to leave your plot clean and tidy for the winter. When **beans and peas** finish cropping simply cut the plant away at ground level, leaving the roots in the soil. These crops fix nitrogen which is slowly released into the soil as the roots break down. Pot up some **mint** and **parsley** for the kitchen windowsill, to use through the winter. Cover your **brassicas** with **netting** to prevent birds making a meal out of them. The end of this month is the perfect time to start planting **garlic bulbs** for cropping next year. Start planting **autumn onion sets**.



### Greenhouse

**Empty pots** - old compost and decaying plant material can harbour unwanted pests in your greenhouse and provide ideal shelter for them over winter. **Clean out your greenhouse** to reduce the risk of pests and diseases next year. Don't forget to **remove the shading** from your greenhouse towards the end of the month so that your plants receive the maximum amount of light. **Water early** on in the day so the greenhouse is dry by the evening. Damp, cool nights can encourage botrytis.

**Close vents and doors** late in the afternoon to help trap in heat overnight. This will ensure your plants crop for as long as possible.

# Upton St Leonard Lives

**SYLVIA ARDRON** - Who is Sylvia, what is she?

The first thing I noticed as I entered the Ardron's home was the piano, lid open and music on the stand. The next was, as soon as Sylvia began talking about music her enthusiasm was infectious.

This love of music began, "as far back as I can remember. Our family made our own music, mother played the piano and my father sang. Sunday afternoons were spent round the piano singing together, music was part of our family life". Sylvia's sister was seven when she started piano lessons and Sylvia was so eager to learn that she was sent too. "I loved it!" The piano teacher told her parents she had a natural talent for sight reading, she was five years old. During her school years Sylvia played at assemblies, joined school orchestras and sang in choirs.

While training to be a nurse, music took a back seat until Sylvia met Keith and discovered he was a keen singer. When married, they joined a large choir in Bristol and since then Sylvia has been part of the big choir world. They moved to Canada, joined a church choir, sang in a madrigal quartet, entering competitions and performing, and it was there that Sylvia learned to play the organ.

Back in the UK in 1985 the Ardrons came to USL, and wanting to be part of village life went to St Leonard's Church and joined the choir. Over time Sylvia became the organist and choir director and started a junior choir. In 2002 the new vicar at St Leonards didn't want a choir so Sylvia offered to freelance organ play for local villages at Cranham, Cobberly, Brimsfield and Matson. The choir, keen to keep singing together met weekly at the Ardron's house and The St Leonard's Singers were born. They still meet weekly, give concerts locally and last year were invited to sing Evensong at Gloucester Cathedral and are honoured and excited to be asked again this year.

Three years ago Sylvia was approached by Twyver WI to start a choir so they could enter a National Competition to find the best WI choir. "Terribly bad at saying 'no' and a gut reaction of 'this is going to be an awful lot of work' I agreed." Twenty five women turned up for the first rehearsal, some couldn't sing but wanted to learn, most hadn't sung in a choir but their enthusiasm was huge. Twelve choirs entered from Glo'shire and the Twyver WI sang with such verve they were one of three choirs put forward to the next round. An enormous amount of work followed and although highly praised and the only new choir to reach the second round they didn't get through. Once again, the choir didn't want to stop singing together and when asked if she would continue to lead them, Sylvia, who can't say 'no' when it comes to singing said 'yes' and The Twyver Ladies Choir was born. Last Christmas the St Leonard Singers and the Twyver Ladies Choir held a joint concert at the Village Hall which sold out. Look out for future concerts in USL Life.

Sylvia has been singing in the Three Choirs Festival of Gloucester, Hereford & Worcester and the Gloucester Choral Society since 1985. The Three Choirs Festival is 300 years old, making it one of the oldest music festivals in the world, so it's not surprising that Sylvia feels both proud and honoured to have been part of it. People come from all over the world to experience the grandeur of the choirs and orchestras in a cathedral setting. "It's a joy and a fantastic thing to be chosen to perform these timeless musical masterpieces with great orchestras, to face that splendid west window and sing your heart out."

Now retired after 40 years nursing, Sylvia is on the team of Mindsong, a charity which began in 2007 as an outreach project of The Three Choirs Festival. Mindsong trains volunteers and nursing home Activity Co-ordinators to run their own singing sessions. It believes in the all round benefits of singing to help memory, lower blood pressure and generally feel good and have fun. They now have 120 singing volunteers and are extending their work to include Worcester. "Being involved in Mindsong is perfect for it combines my love of singing and nursing. Twice a year residents and carers are invited to an afternoon of singing at Chapter House. It can be a bit chaotic with all the wheelchairs but it's amazing for the participants, you only have to see the joy in their faces."

So what is Sylvia most proud of in her long association with music? "Our one daughter plays the cello and the other the piano and violin and both sing. A neighbour once said to me 'no wonder your children are musical, I could hear you singing to your bump through the adjoining wall.' And it's true I did."

The above is a very small window into Sylvia Ardron's life, a larger window would reveal Keith and Sylvia's daughters musical achievements, and the many people whose lives have been enriched by Sylvia's tuition, generosity and dedication to pass on the joy and pleasure of singing.

Thank you Sylvia for agreeing to be featured in USL Life. Above all, Thank you for The Singing.

The Features Team



# Information - cont'd

## Lady Downe Trust

August is the month of exam results, so where are yours taking you to - an apprenticeship, college, university, a job? Whichever is your direction, some cash in hand is always helpful in starting off. Perhaps for books, tools, uniform, a laptop, the list can be endless and it's daunting. The Lady Downe Trust however can help you on your way with a grant of £500. The easiest way to apply is by e-mail to ladydowne@btinternet.com. For further information go to our website www.ladydowne.org. There is a meeting of the Trust on Monday 13th September, so hurry, apply now.

## USL Life celebrates its 2<sup>nd</sup> Anniversary!

Well, our village newsletter has now been running for two years and I can only speak for myself but that time has flown by - I must be getting older?

I hope you have all enjoyed the read so far. One of our key objectives was to keep everyone in USL informed, whether it be a road closure or the Diary of Village events. One benefit fed back to us has been an increased attendance at village events which is great.



As a team we have also tried to include items of interest including a focus on people and showing just how much activity goes on in the village.



It's your newsletter and we would welcome any ideas on future content, so get in touch and let us know if you would like to see anything specific covered.

My thanks as always go to the great team of people I work with ( 49 of us ) who contribute in different ways to developing, producing and delivering USL Life to your door each month.

I would encourage you to support our advertisers wherever possible as they are our life blood.

Thanks also to USL Parish Council who supported this venture from day one and continue to do so.

Peter Wilson

Chairman



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## CHURCH NEWS

### Rev Robbin writes

*Dear Friends,*

I've just returned from a wonderful evening service, third in a series of four, for our cluster of east Gloucester parishes. It's a wonderful sharing with our near neighbours and also an important indicator of the way forward as cooperation becomes the order of the day. Over fifty folk gathered for prayer and singing and reflection. We were joined by the Twyver Ladies Club singers and also by Reader Sue Rodman of Hucclecote, our preacher. Many thanks to the "home team", including Sheila Thomas (who also amazingly stepped in at the last minute when an organist didn't turn up), Rachel and Trevor Hall and Dorothy Cox as well as others who provided delicious goodies for the reception afterwards. Upton offers a traditional Evening Prayer service on the third Sunday of each month and is considering expanding that if there is a demand for it.

As summer draws to a close, I find it hard to believe that my time in Upton is also about to finish. My last service here will be September 18, followed just over a month later on Saturday, October 22 (4.30pm at the cathedral- all welcome!) by my farewell to the diocese (and to the UK, as I'll be retiring and returning to California a week later). I want to offer thanks for the warm welcome I've received and the many opportunities I've been given to become involved in church and village life. Rest assured that you all will remain in my prayers as you continue through this time of transition.

Now is an important time for the Upton St. Leonard's parish. Please pray for and support those who have responsibility for discerning the way ahead.

Blessings,

Robbin



Bell ringers from USL and Barnwood ring all 8 bells to welcome worshippers

### CHURCH CALENDAR - SEPTEMBER

Sunday 4th

8.00am Holy Communion  
10.00am Family Service  
12.00pm Baptisms

Tuesday 6th 9.30-11.30 Church open for coffee & chat

Saturday 10th

10.00am Church Open - This is the date for the Annual Historic Churches sponsored bike ride / walk.

Sunday 11th

10.00am Communion 4 All

Tuesday 13th 9.30-11.30 Church open for coffee & chat

Sunday 18th

10.00am Communion 4 All  
Revd Robbin Clark's last service with us.  
NO evening service

Tuesday 20th 9.30-11.30 Church open for coffee & chat

Saturday 24th

7.30pm Jazz in the Village Hall  
See the separate advertisement.

Sunday 25th

10.00am Holy Communion

Tuesday 27th 9.30-11.30 Church open for coffee & chat

### Who's Who at the Parish Church

**Priest-in-Charge:**

Vacancy

**Churchwardens:**

1 Keith Robbins  
2 Vacancy

**PCC Secretary:**

Roy Roberts

**Church Treasurer:**

Vacancy

**Deanery Synod Representative:**

Dorothy Cox

**Bell Tower Captain:**

Roger Fry

**Mothers' Union:**

Rachel Hall

**Church Cleaning Rota:**

Claire Appleyard

**Church Flower Rota:**

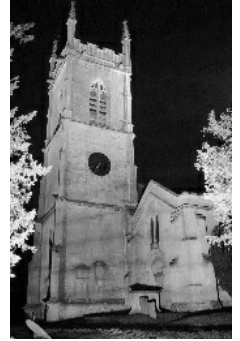
Evelyn Rumsey

**Electoral Roll Officer:**

Naomi Stanley-Gunn

## CHURCH NEWS

### Tower Floodlighting Sponsorship Details



On Sunday 4th September, the Tower Lights are lit in celebration of the baptism service of Connor Bhaiyat taking place in the Church that day. Kindly sponsored by his loving parents, Charlotte and Javed and family.

On Thursday 8th September 2016 the Tower Lights are lit in remembrance of Norma Brinkley, who passed away 23 years ago this day. Kindly sponsored by her son, Alan Brinkley.

The Tower Lights are lit on the 13th September 2016 in loving memory of Viv Pirie on what would have been her 30th Wedding Anniversary to her loving husband Bob. Sponsored by Bob.

On Saturday 17th September the Tower Lights are lit in celebration of the 12th birthday of Ellie Davies. Kindly sponsored by her grandparents Keith and Brenda Davies.

The Tower Lights are lit on Saturday 24th September to congratulate Rue Harding Edgar and Julian Fitter of Abbeydale on the birth of their daughter in July. Much love from Grandparents Susie Harding Edgar and Lesley and David Fitter of Staites Orchard.

*If you or your family wish to have the lights sponsored in celebration of a birthday or anniversary or for a loved one's life or any other reason then please contact Matthew Gibbs for more details.. There is no set amount for this, just what you would like to give to the Church in order to help cover running costs. If you are able to gift aid any donation this will help us too. Please note that the deadline to ensure a dedication gets in this newsletter is the 10th of the preceding month.*

### CHURCH OFFICE - CLOSED

As from 1<sup>st</sup> October, any enquiries about baptisms and wedding bookings should be made by telephone to Rachel Hall or by e-mail to Jenny Cunningham

### OCTOBER DATE FOR YOUR DIARY

The Harvest Festival Service will be held again in the Perry Orchard allotments on 9<sup>th</sup> October at 11.00am. There will be an auction of harvest produce, with all proceeds towards Church funds. We look forward to seeing you at this unusual open air service.

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### Church repairs: Update

We are trying to complete outstanding tasks identified in the 2014 quinquennial report (architects report on the state of the church building) before the next quinquennial in 2019. We have identified 43 separate tasks! As readers will be aware, this has been complicated by two more significant problems that have come to light - flooding caused our central heating boiler to fail and the vestry flat roof has leaked.

Our church is a listed building (Grade 2 star) so there are many regulations to comply with and this causes significant (and frustrating) delays waiting for approvals and then actually getting the work done. And of course the issue of cost for specialist contractors and when jobs cannot be done by volunteers; finding sufficient funds is a continuous problem.

So how are we getting on? Completed tasks include painting the oil tank and two church outside doors, repairing the sunken floor by the Snell memorial and monitoring the tilt of the Snell monument itself, replacing slipped or missing slates, a temporary repair to vestry roof, painting the metal struts to the tower pinnacles, and remove debris from tower gutters.

What are we still working on? Our main focus is threefold. For essential warmth, repairs to the central heating system are progressing well. Having dried out

the vestry followed the leaks we have done some re-plastering and re-decorating. We will be replacing the felt-covered vestry roof with a robust fibreglass covering. Externally the churchyard improvements include ongoing grass cutting (thanks to the many volunteers), removing unwanted trees, and repainting window protection grills. Our next steps include various measures to improve safe access to the tower, replacing many rotten parquet floor tiles beneath carpet tiles and the major task of obtaining a Heritage Lottery Fund grant to replace much of the church roof and improving drainage.

So how can you help? In recent weeks we have opened the church on Tuesday mornings (0930-1130) when we have a coffee morning combined with various work parties. This provides an opportunity to discuss our repair work over a free drink with just voluntary contributions which have already raised over £40 towards repair costs. Everyone is welcome to join us. And if you are able to help by volunteering expertise or just enthusiasm - and even donate a few pounds here and there - you will be doing a great service to St Leonards. Thank you.

Mike Blanch

### Churchyard Tales 3

Busy, busy, busy and on one of the hottest days in July too! Remember that really hot Tuesday? Churchwarden Keith and I had planned to re-instate the mesh that protects the windows along the south aisle. They had been ripped off and the windows smashed when the church had been broken into. We got off to a good early start knowing the sun would be in full force a little later on. Just as we were sizing up the first pane of mesh a couple of visitors came into the churchyard asking us if we knew where Jenny Long had been buried. Keith knew Jenny and the exact location of her grave so naturally went to show them. Back to the mesh - but then Eddy Spence came to very kindly paint the struts which support the pinnacles in the bell tower. (*Thank you very much Eddy.*) Back to the mesh - but then the electrician arrived and wanted access to the boiler room. (*We sooooo want the heating to be fixed before the winter!*) Then the architect came to discuss the sinking floor in the Snell Tomb area of the church. Back to the mesh - but it was definitely time for a quick coffee, (*thank you Mike Blanch*) and a brief chat with our delighted visitors from Bracknell and their connections to Jenny Long and their relations Mr Sam Bubb and his daughter Mrs Joan Bayliss of Court End Portway. Having summoned Trevor and Rachel Hall, Rachel was able to talk to them about their relations as they had lived next door to them from 1937. Trevor had the foresight to bring an old photo album and was able to produce pictures of their relations. (*Thank you to Mike Stratford for copying the appropriate photos enabling them to have their own pictures to take home.*) And finally, in the now blazing sun, we managed to fix the panes of mesh back where they belong and make a hasty retreat to the cool church for more coffee!

Sheila Thomas

The Messenger, September 2016

**the messenger**

From the Diocese of Gloucester



### Action for refugees, by the Revd Cate Williams, Mission and Evangelism Officer

Over the past year there has been a strong expression of interest from around the Diocese in understanding how best to help refugee families coming to England. Lots of people have been involved

in practical tasks, such as painting houses for new arrivals or donating furniture. To date, eleven families have arrived in Gloucestershire. I am delighted to report that the government has recently launched a scheme that will enable a community to "sponsor" the welcome of a refugee family into their local community. The scheme has been welcomed by Archbishop Justin Welby.

Churches, in partnership with their wider community, or in partnership with another church and community, are being encouraged to consider whether they can offer this support for a family. It is a significant commitment in both time and money (approximately £10k) which shouldn't be underestimated, but is a real possibility for any group that sees this as a significant expression of their Christian discipleship. The aim is to enable a good welcome and stable start for families coming to England until the state is able to provide long term security. It is also important to put in place appropriate, qualified support for these families, which is why we are working locally with GARAS (Gloucestershire Action for Refugees and Asylum Seekers) on this initiative.

Secondly the Children's Society are encouraging us to think about how to be inclusive communities in ways that enable people to feel truly welcomed and at home within their new locality. Building inclusive local community is a recurring theme in my work - if we can learn how to draw on spiritual resources in God to break down the barriers that divide us, that has huge potential for the thriving of local communities, and the wellbeing of individuals. It also is a fabulous demonstration of the difference that faith can have in our lives.

Thirdly, Christian Aid is encouraging us to 'Change the Story' that is being told about asylum seekers in our nation. If you have a positive story to tell, big or small, please make sure it is told in the media. It really does have potential for changing attitudes in our local communities.

Links for all three campaigns as well as GARAS's suggestions for how people might help are available on the diocesan website [www.gloucester.anglican.org/church-outreach/social-action/refugee-action](http://www.gloucester.anglican.org/church-outreach/social-action/refugee-action)

### Archdeacon Robert to be the new Bishop of Tewkesbury

Robert Springett, who has been Archdeacon of Cheltenham since April 2010, will be ordained and consecrated as Bishop of Tewkesbury.

The role of the Bishop of Tewkesbury covers the whole Diocese of Gloucester. In practice, this means that he will act as the assistant bishop for the Church of England in and around Gloucestershire, working alongside Bishop Rachel.

Robert said: "I am deeply honoured and humbled to have been invited to be the next Bishop of Tewkesbury. This is such an exciting time for the Diocese of Gloucester as we renew our vision and focus our efforts afresh on sharing the good news of Jesus Christ through our parishes, schools, fresh expressions and chaplaincies."



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# Information - cont'd

## Revised Waste System

Dear Parishioners

As you may now be aware the Waste collection system is about to change.

Part of the overall changes taking place was that on 1<sup>st</sup> July Veolia ceased to hold the Waste contract for our District. The new Contractor is now a company partly owned by Stroud District Council. Most of our local District Councils have a share in the company, so we now have a greater say in any future changes required to the service than before.

You will have hopefully all received an explanatory leaflet and letter from Stroud DC explaining what will happen over the next couple of months or so.

The main message is that we all must recycle as much as we can, reducing the residual waste, which will now be collected fortnightly from a new Grey wheelie-bin. Your food waste cooked or raw will be collected every week from a small lockable bin that will be provided. Should you wish to use it there is also a smaller kitchen caddy for your daily use. You will also note that you can line your food waste bin with either a plastic bag or a paper one. This can now be done because the processing plant has a bag splitter and separator so the food waste can be used to create other products without contamination.

I am asking you all to please embrace the new system and let it settle in. If after a while there are any suggestions for any improvements please don't hesitate to let us know.

Don't forget there is also now a green waste collection service that ensures that all green waste is recycled and does not go to landfill. All details are on the Council Website.

Keith Pearson, District Councillor

## ABBEYDALE GARDEN CLUB

For members of the Abbeydale Garden Club, August is one of the highlights of the calendar, where everyone is encouraged to enter the Club's Mini Show. Vegetables, fruit, flowers and herbs were all on display as well as photographs and handicrafts.

Members and visitors alike participated in a 'horticulturally themed' quiz whilst the judges were busy deciding on who was worthy of the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places.

The overall winner of the Mini Show was Andrew Nicholl, seen in the picture on the left, accepting his prize from Club Chairperson, Anne Evans. In 2<sup>nd</sup> place was Hilary Drinkwater and in 3<sup>rd</sup> place was Pat Mayer. Congratulations to everyone!! Hope to see you again at the USL Show on 10<sup>th</sup> September.



Anyone wishing to come along will find a warm welcome on the 3<sup>rd</sup> Monday of every month at 7.30pm. On September 19<sup>th</sup> our speaker will be David Swinson who will speak to us on the Wonders of Westonbirt. Details from Maggie Theakston.

# Information - cont'd

## Message From Parish Council

### WHAT IMPROVEMENTS COULD WE MAKE IN THE VILLAGE?

Your Parish Council would like to get YOUR ideas on a local project that would benefit the Village. A one-year modest increase in the Parish element of Council Tax could be used to pay for a permanent facility for which grants could also be obtained. The Village Green is an example of one idea already implemented.



Speeding is an increasing problem. So, for example, flashing vehicle-activated signs could be erected to warn motorists that their speed is above the limit and display their actual speed.

Vehicle Activated Sign

OR we could enhance an open area – such as the Woodland Green grassed area behind the Post Office – and make it more family-friendly as an open-air meeting area, with seats and tables.



OR a zebra crossing (in conjunction with Highways) in Churchfield Road by the Post Office



OR (*FILL IN THE BLANK WITH YOUR OWN IDEAS.....*)

A rise of £5 per household (less than 10p per week) for one year only would provide approximately £6000 for a local project. Ideas will be considered by the Parish Council in the Autumn. As the precept (Council Tax element) is calculated in December; the project could be implemented from Spring 2017 onwards.

### **IDEAS PLEASE.....IDEAS PLEASE..... IDEAS PLEASE..... IDEAS PLEASE**

**EMAIL - to ROY BALGOBIN [uslclerk@btinternet.com](mailto:uslclerk@btinternet.com) or discuss in person at your Parish Office which is open on Tuesday and Thursday mornings ( 0830 - 1030 )**

**Please make sure we receive your ideas ( ideally with contact details ) *before the next PC meeting on 3 October. Thank You.***

**USL Parish Council**

# Information - cont'd

## September News from your Community/Village Agent, Gill Cannon 07776 245767 gcannon@villageagent.grcc.org.uk

Although I am not one, this month I would like to remind you about the role of our Specialist Village Agents. They are a team of Village and Community Agents who have received additional training to work with people over 18 who are affected by cancer. This can be the patient or their families and carers. They have a wealth of knowledge about the information, support, practical and financial help that is available both locally and nationally.

This is also a good opportunity to write a little about the most common cancer found in men; prostate cancer. In the UK, about 1 in 8 men will get prostate cancer at some point in their lives. Older men, men with a family history of prostate cancer and Black men are more at risk. If you are worried about your risk, or are experiencing any symptoms, go and see your GP. They can talk to you about your risk, and about the tests that are used to diagnose prostate cancer.

Cancer of the prostate is often slow-growing and symptoms may not occur for many years. Men with early prostate cancer may not have any symptoms, as these only occur when the cancer is large enough to put pressure on the urethra. The prostate can also become enlarged due to a condition called benign prostatic hyperplasia (BPH), which is non-cancerous.

The symptoms of benign (non-cancerous) enlargement of the prostate and prostate cancer are similar. They can include any of the following:

- difficulty passing urine
- passing urine more frequently than usual, especially at night
- the feeling of not completely emptying your bladder
- needing to rush to the toilet to pass urine
- blood in the urine or semen (this is not common)
- pain when passing urine or ejaculating (this is rare).

If you have any of these symptoms, it's important to have them checked by your doctor.

### Other symptoms

For a small number of men, the first symptom of prostate cancer may be pain in the back, hips or legs. This is because prostate cancer can sometimes spread to the bones. Although there are many other reasons for this kind of pain, it's a good idea to let your GP know about any pain you haven't experienced before.

If you would like to talk to your Specialist Village Agent please let me know and I will introduce you.

Cotswold's Cancer Support Group : 07703 477391 [contactpcsg@gmail.com](mailto:contactpcsg@gmail.com). There is also a support group for Prostate Cancer partners. Information available at <http://www.cotswoldsprostatecancer.org>

Information for this article is taken from the Macmillan and Prostate Cancer UK websites.



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# Sport

## Four Anniversaries and a Birthday.....

Anniversaries and birthdays are often a time to look back on past glories and to look forward with anticipation to what the future might bring. We recently celebrated the Queen's 90<sup>th</sup> birthday and the occasion was marked in June with the very successful Village Day. The USL Badminton Club was represented at that event, with a stall manned by present members and lots of past members coming to pay us a visit.

It was 10 years after the birth of Princess Elizabeth, 80 years ago, that the Badminton Club was founded in Upton St. Leonards. Like the now Queen Elizabeth II, the Badminton Club is still going strong after all these years. A mix of ages and abilities ensure varied games, played in a competitive but fun atmosphere. The club doesn't enter teams into a league, instead focusing on providing an opportunity to play at a social level, without the pressures of league matches. Over the years, though, some members have gone onto greater things in the world of badminton.

One such member was Mike Tredgett. 35 years ago Mike, a former player at USL Badminton Club won the All England Mixed Doubles title, with his partner, Nora Perry, for the 3<sup>rd</sup> time in 4 years. Winning a thrilling 3 game match, 10-15, 18-14, 15-10. Mike enjoyed a successful international career, with one of the highlights being the 1978 Commonwealth games where he won 3 gold medals in the mixed doubles, men's doubles and mixed team events.

Just over 21 years ago Mike returned to Upton St. Leonards Badminton Club for a special reunion and presentation. The hand embroidered banner which now hangs in the Village Hall was returned to the club by the sister of Reginald Jeffcutt. The banner was first presented to the club back in 1938. Mr. Jeffcutt was one of the founding members of the club and he designed the banner in honour of his brother Royston who won the club cup at the age of 14.

The final anniversary is more of a personal one. It is nearly 21 years since I started playing at the badminton club. My wife had seen a poster advertising the club in the doctor's surgery while taking our first born son to the baby clinic. That little baby is now playing at the club, along with his younger brother!

Looking forward, we need to keep encouraging new members to continue the club that the founding members so enthusiastically created. We always welcome new players to come along to the Village Hall on a Tuesday evening between 8:30pm and 10:30pm. We are holding an open evening on Tuesday, 20<sup>th</sup> September, for new members to come along and find out more about us, and any past members are welcome to pop in and share their experiences with the latest generation of the badminton club.

**Tony Sharpe, USL Badminton Club**



## Upton St Leonards Tennis Club

### Dunlop Gloucestershire Summer Tennis League 2016

Our three teams are nearing completion of their matches for the Dunlop Gloucestershire League with varying degrees of success!

**Men's Doubles Division 4B - Currently in 1<sup>st</sup> position having won 55% of their matches.**

**Ladies Doubles Division 2A - Currently in 6<sup>th</sup> position having won 33% of their matches.**

**Ladies Doubles division 4B - Currently in 5<sup>th</sup> position having won 37% of their matches.**

Very well done to the men! Keep going ladies, there's still time to win a few more points before the season comes to an end!

Meanwhile 'fun' tennis continues to flourish, so whatever your age or ability; if you feel like dusting the cobwebs off your old racquet or maybe trying tennis for the first time, why not give it a try?

Club night; Tuesday, from 6pm (whilst the lighter evenings prevail) and Sunday mornings from 10am. You will always find a very warm welcome!





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

# VILLAGE DIARY

## MONTH

### SEPTEMBER

1	Thu	Senior Circuits.....	Pavilion.....	9.30-10.15a.m.
1	Thu	Tai Chi.....	Village Hall Annex.....	9.30-10.30a.m.
5	Mon	Yoga.....	Village Hall Annex.....	10.00-11.30a.m.
5	Mon	Coffee Club.....	B.M.I.....	10.00-12.00p.m.
5	Mon	Yoga.....	Village Hall Annex.....	12.15-1.45p.m.
5	Mon	Zumba.....	Upton St Leonards School.....	6.30-7.30p.m.
5	Mon	Parish Council Meeting.....	Pavilion.....	7.30p.m.
5	Mon	Upton WI.....	Village Hall.....	7.30-10.00p.m.
5	Mon	Fitness Training (2 separate sessions).....	Village Hall Annex.....	6.00-7.30p.m.
6	Tue	Needles & Pins.....	Pavilion.....	9.30-12.00p.m.
6	Tue	Badminton.....	Village Hall.....	8.30-10.30p.m.
7	Wed	Wednesday Probus.....	B.M.I.....	10.00a.m.
7	Wed	Pilates.....	Pavilion.....	9.30-10.30a.m.
7	Wed	Stitchers.....	Village Hall Annex.....	10.30-12.30p.m.
7	Wed	Pavilion Painters.....	Pavilion.....	2.00-4.00p.m.
7	Wed	Upstagers Amateur Dramatics.....	Village Hall.....	7.30-9.30p.m.
7	Wed	Bingo.....	B.M.I.....	8.00p.m.
7	Wed	Tai Chi.....	Village Hall Annex.....	8.00-9.30p.m.
8	Thu	Senior Circuits.....	Pavilion.....	9.30-10.15a.m.
8	Thu	Tai Chi.....	Village Hall Annex.....	9.30-10.30a.m.
10	Sat	Copy Date for October issue of USL Life		
10	Sat	Upton Show.....	Village Hall.....	2.00p.m.
12	Mon	Yoga.....	Village Hall Annex.....	10.00-11.30a.m.
12	Mon	Coffee Club.....	B.M.I.....	10.00-12.00p.m.
12	Mon	Yoga.....	Village Hall Annex.....	12.15-1.45p.m.
12	Mon	Fitness Training (2 separate sessions).....	Village Hall Annex.....	6.00-7.30p.m.
12	Mon	Zumba.....	Upton St Leonards School.....	6.30-7.30p.m.
12	Mon	Twyver WI.....	Village Hall.....	7.30-10.00p.m.
13	Tue	Needles & Pins.....	Pavilion.....	9.30-12.00p.m.
13	Tue	Tuesday Probus.....	B.M.I.....	10.00a.m.
13	Tue	Badminton.....	Village Hall.....	8.30-10.30p.m.
13	Tues	Lady Downe Charity		
14	Wed	Pilates.....	Pavilion.....	9.30-10.30a.m.
14	Wed	Stitchers.....	Village Hall Annex.....	10.30-12.30p.m.
14	Wed	Pavilion Painters.....	Pavilion.....	2.00-4.00p.m.
14	Wed	Upstagers Amateur Dramatics.....	Village Hall.....	7.30-9.30p.m.
14	Wed	Bingo.....	B.M.I.....	8.00p.m.
14	Wed	Tai Chi.....	Village Hall Annex.....	8.00-9.30p.m.
15	Thu	Senior Circuits.....	Pavilion.....	9.30-10.15a.m.
15	Thu	Tai Chi.....	Village Hall Annex.....	9.30-10.30a.m.
15	Thu	Get Together Club.....	Village Hall.....	2.30-4.30p.m.
15	Thu	History Group -"Chedworth Roman Villa".....	Village Hall.....	7.45-9.15p.m.
17	Sat	Autumn Quiz.....	B.M.I.....	8.00p.m.
19	Mon	Yoga.....	Village Hall Annex.....	10.00-11.30a.m.
19	Mon	Coffee Club.....	B.M.I.....	10.00-12.00p.m.
19	Mon	Yoga.....	Village Hall Annex.....	12.15-1.45p.m.
19	Mon	Fitness Training (2 sessions).....	Village Hall Annex.....	6.00-7.30p.m.
19	Mon	Zumba.....	Upton St Leonards School.....	6.30-7.30p.m.
19	Mon	Abbeydale Garden Club.....	Village Hall.....	7.30-9.30p.m.
20	Tue	Needles & Pins.....	Pavilion.....	9.30-12.00p.m.
20	Tue	Badminton.....	Village Hall.....	8.30-10.30p.m.
21	Wed	Pilates.....	Pavilion.....	9.30-10.30a.m.
21	Wed	Wednesday Probus.....	B.M.I.....	10.00a.m.
21	Wed	Stitchers.....	Village Hall Annex.....	10.30-12.30p.m.
21	Wed	Pavilion Painters.....	Pavilion.....	2.00-4.00p.m.
21	Wed	Upstagers Amateur Dramatics.....	Village Hall.....	7.30-9.30p.m.
21	Wed	Bingo.....	B.M.I.....	8.00p.m.
21	Wed	Tai Chi.....	Village Hall Annex.....	8.00-9.30p.m.
22	Thu	Senior Circuits.....	Pavilion.....	9.30-10.15a.m.
22	Thu	Tai Chi.....	Village Hall Annex.....	9.30-10.30a.m.
26	Mon	Yoga.....	Village Hall Annex.....	10.00-11.30a.m.
26	Mon	Coffee Club.....	B.M.I.....	10.00-12.00p.m.
26	Mon	Yoga.....	Village Hall Annex.....	12.15-1.45p.m.
26	Mon	Fitness Training(2 sessions).....	Village Hall Annex.....	6.00-7.30p.m.
26	Mon	Zumba.....	Upton St Leonards School.....	6.30-7.30p.m.
26	Mon	Camera Club.....	Village Hall.....	7.00-9.00p.m.
27	Tue	Needles & Pins.....	Pavilion.....	9.30-12.00p.m.
27	Tue	Tuesday Probus.....	B.M.I.....	10.00a.m.
27	Tue	Badminton.....	Village Hall.....	8.30-10.30p.m.



28	Wed	Pilates.....	Pavilion.....	9.30-10.30a.m.
28	Wed	Stitchers.....	Village Hall Annex.....	10.30-12.30p.m.
28	Wed	Pavilion Painters.....	Pavilion.....	2.00-4.00p.m.
28	Wed	Upstagers Amateur Dramatics.....	Village Hall.....	7.30-9.30p.m.
28	Wed	Bingo.....	B.M.I.....	8.00p.m.
28	Wed	Tai Chi.....	Village Hall Annex.....	9.30-10.30p.m.
29	Thu	Senior Circuits.....	Pavilion.....	9.30-10.15a.m.
29	Thu	Ladies Probus.....	The Lasket Gardens and Lunch.....	8.45a.m.
29	Thu	Tai Chi.....	Village Hall Annex.....	9.30-10.30a.m.
29	Thu	Get Together Club.....	Village Hall.....	2.30-4.30p.m.

Regular weekly events not listed below this line

OCTOBER

3	Mon	Upton WI.....	Village Hall.....	7.30-10.00p.m.
3	Mon	Parish Council Meeting.....	Pavilion.....	7.30p.m.
8	Sat	Entertainment Night.....	B.M.I.....	8.00p.m.
10	Mon	Copy date for November issue of USL Life		
10	Mon	Twyver WI.....	Village Hall.....	7.30-10.00p.m.
17	Mon	Abbeydale Garden Club.....	Village Hall.....	7.30-9.30p.m.
24	Mon	Camera Club.....	Village Hall.....	7.00-9.00p.m.
26	Wed	Ladies Probus.....	B.M.I.....	10.15a.m.
27	Thu	Get Together Club.....	Village Hall.....	1.00-4.00p.m.
29	Sat	Entertainment Night.....	B.M.I.....	8.00p.m.

NOVEMBER

7	Mon	Upton WI.....	Village Hall.....	7.30-10.00p.m.
7	Mon	Parish Council Meeting.....	Pavilion.....	7.30p.m.
10	Thu	Copy date for December issue of USL Life		
10	Thu	Upstagers - A Fete Worse than Death.....	Village Hall.....	7.30p.m.
11	Fri	Upstagers - A Fete Worse than Death.....	Village Hall.....	7.30p.m.
12	Sat	Upstagers - A Fete Worse than Death.....	Village Hall.....	7.30p.m.
14	Mon	Twyver WI.....	Village Hall.....	7.30-10.00p.m.
17	Thu	History Group - "Gloucestershire Picture Quiz".....	Village Hall.....	7.45-9.15p.m.
21	Mon	Abbeydale Garden Club.....	Village Hall.....	7.30-9.30p.m.
23	Wed	Ladies Probus.....	B.M.I.....	10.15a.m.
24	Thu	Get Together Club.....	Village Hall.....	2.00-4.30p.m.
28	Mon	Camera Club.....	Village Hall.....	7.00-9.00p.m.

**Contact Paula Quinn to get your event in the diary**

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# Upton School Year 5 Writing Competition

## Congratulations to James McMahon who came runner up with his story about a walk.

It was a dark gloomy night, but I had decided to go on a walk to get some photos of the local wildlife. It was the bats I was after as they only come out at night. I had with me my trusty camera, a torch and a double-decker for emergencies. I was hoping that I would get lucky and be able to take some photos quite quickly as I didn't really like the dark. It was a bit creepy walking through the woods in the dark. I heard the rustling of leaves, cries of animals in the distance and the wind whipping through the trees like swirling ghosts. It may have been my imagination, but I really had this sense of being followed.

I had heard that the bats lived in a cave in the middle of the woods and that was where I was heading. Apparently, many of them would fly out to feed and the entrance to the cave was always busy at night with the comings and goings. As I get close to the cave I can feel the air moving around me as things fly past me. Then a strange thing happens. The hairs on the back of my neck seem to rise and I get a very strange feeling. A feeling of danger, a sixth sense. Something bad is going to happen. I turn a corner and see a gaping hole with bats whizzing in and out. There standing in the mouth of the cave was a human-like creature. It had fangs dripping with blood and it seemed to be feeding on a fox. I tried to scream but nothing came out. I tried to run, but my body didn't move. I just stood watching, hoping that the creature did not notice me as it devoured the fox. It turned and entered the cave leaving the remains of the fox which was quickly descended on by hundreds of bats.

Now was my chance, I turned and started running, only to trip over a log and let out a gasp. A gasp that the creature must have heard as it came racing out of the cave and looked at me with big deathly bloodshot eyes. This creature couldn't have been human. I knew then that my life was at risk, my only chance was to run like the wind to the safety of the town. I ran, the branches of trees smashing into my face and brambles scratching me all over, my torch casting shadows in the trees. I was terrified - could I ever escape this monstrous creature?

I got to a bridge crossing the river and there was the creature standing in my path. As ugly and terrifying as I remembered. What would I do now? I needed to cross that bridge now it was the only way to get to the safety of town. I shine my torch at the creature to get a better look and the creature let out a blood-curdling scream. I realised that it didn't like the torch so I aimed it into the eyes and the creature continued to scream. I got closer. Now the creature was the one terrified and backing away. All of a sudden there was a flash and the creature transformed into a bat, screamed one more time and then flew off. I got a few shots of the bat on my camera but thought it best to get back to the safety of the town.

My walk back to town was uneventful, which I was pleased about. My heart was still pounding and I was feeling quite queer. What was it that I had seen I wondered? Should I go back and find out? In the end I decided to see if anyone in the town could help with these questions. So I stopped off at the local Inn. That's when I heard all about the legend of the **Vampire Bats**. Perhaps I won't go walking alone in those woods at night again.

## An honoured chair??

Remember those green velvet high-backed chairs once in the BMI Lounge, but considered too uncomfortable?

They are now used/stored in the training room of the Village Hall. Like something out of a fairy tale, the chairs were considered just right for a prince!

When the Prince of Wales attended a concert at the recent Three Choirs Festival, his staff requested high backed upholstered chairs, and our chairs were whisked out of their retirement to Gloucester Cathedral, with one becoming the Prince's throne for an evening.

Perhaps we should attach the three feathered crest to the chair in memory of the occasion!



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## SWING with The Glevum Big Band

Saturday September 24<sup>th</sup>

7.30-10.30pm in the Village Hall

Come and join the fun

£10 per ticket, to include a ploughman's supper and soft drinks

(It's BYO if you want alcohol)

Profits towards the church building fund

Tickets from Rachel Hall or Dorothy Cox  
Hurry - this could be a sell out!

### The Upstagers

Put a date in your diaries for our next production

## "A Fete Worse than Death"

( a comedy )

10 / 11 / 12 November 2016

Upton Village Hall

Performance starts at 7.30pm



### UPTON ST LEONARDS LIFE

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

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