

# **The Villager**

## **Minsterworth News**



Gloucester from Elver Close  
Danny Long

**October 2023**

Edition 250

**Dear readers,**

Welcome to the October Villager – another year flying by!

Fish & chips are back p4, open your mind to sherry wine on a fun evening p5, Read about the September Parish Council p6 and sample the second Crafternoon on p7.

Teams4U launch their winter 2023 shoebox appeal, and Minsterworth Village Hall their Christmas Fayre on 2nd December p14.

Celebrate Ross and Ceri's wedding on p20. The fabulous Tony Conder returns to tell us about the Gloucestershire Odyssey p26 and there's another farm market and car boot sale on 4<sup>th</sup> November p27. As autumn gathers Nigel Clack tells us about the importance of morning sunlight on p29.

**Paula**

All items for consideration to: -

Paula Ruffley, Editor The Villager E-mail:

Tel: 07905 694612

thevillagerminsterworth@gmail.com

**Deadline is ALWAYS 10th of the month before the magazine is published**, so for November it's Tuesday 10th October.

*Responsibility is not accepted for the accuracy of submitted items  
nor the content of advertisements.*

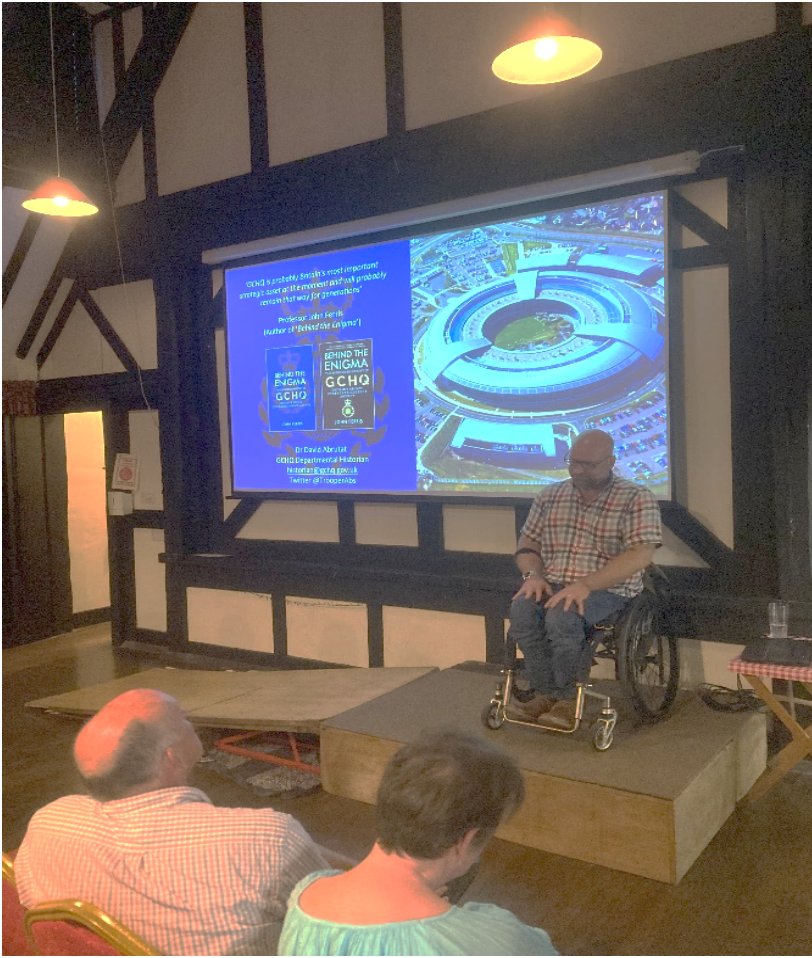
### **KERBSIDE RECYCLING October 2023**

<b>GREEN &amp; BROWN bin &amp; caddy</b>		<b>BLUE bin &amp; caddy</b>	
<b>(landfill)</b>	<b>(garden)</b>	<b>(recycling)</b>	
Tuesday	12	Tuesday	5
Tuesday	26	Tuesday	19

Please put your recycling bin & caddy out the night before, where possible. Small electrical items now collected alongside your blue bin in a standard carrier bag (**not** a bag for life) and please don't tie it up.

# GCHQ – A TALK AT VILLAGE HALL

Village Hall



Many thanks to David Abrutat (left) for giving us such a great talk about the work of GCHQ on Friday 8th September. David started his talk by describing the manual interception of cable messages during the first world war. One of these messages was a German plan (with the help of Mexico) to attack all American shipping. If Germany was successful, Mexico would be rewarded with the return of its territories of Arizona, New Mexico and Texas if it joined the conflict.

It was the interception of this message that persuaded the Americans to support the Allies in 1917, which led to the end of the war and the defeat of Germany. The story then turned to ENIGMA, and the development of Colossus, the world's very first computer, built at Bletchley Park, and then the move to Cheltenham in the

1950's. A fascinating evening. Thanks to all who attended to support.



**07976896255**

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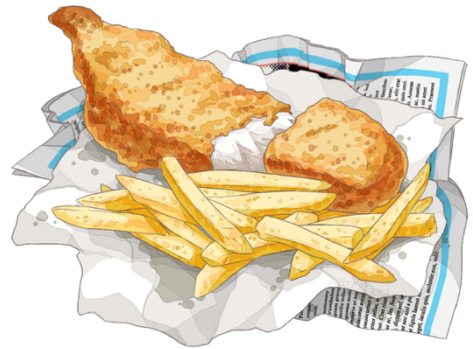




Fish, chips and a mystery  
film night on  
**THURSDAY 12th October**  
**at 7pm £15**

**Minsterworth Village Hall** BYO drinks

**PLEASE BOOK YOUR FISH  
AND CHIPS BY PHONING  
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BY TUESDAY 10 OCT**



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## A Night with Sherry

By Simon Ruffley

Friday, 27th October 2023 at 7:00pm  
in  
Minsterworth Village Hall

Are you a secret sherry drinker? Why keep it a secret? – in my opinion it is the most under-rated and value for money wine you can buy. A drink for all tastes, with and without food, why not come along to find out more...

**Tickets (purchase in advance) cost £15 each**

To book go to [www.minsterworthvillagehall.org/events-coming-soon](http://www.minsterworthvillagehall.org/events-coming-soon) or alternatively contact Simon Ruffley on 07847 560629.

Bring some spare cash too as there will be a raffle for a bottle of sherry

## VACANCY FOR PARISH COUNCILLOR

A vacancy has arisen on Minsterworth Parish Council.

This could be **your opportunity** to influence what happens in our Village.

Please apply to TBC Democratic Services

([democraticservices@tewkesbury.gov.uk](mailto:democraticservices@tewkesbury.gov.uk)) for further details

07768 451071

The council met in August for an extraordinary meeting to discuss the Planning Application 23/00631/ PIP. The council voted to not support the application for the following reasons.

- Noted a possible condition of Hawthorn House (formerly La Campagne) that the 'outhouse' could not become a residence – MPC request that TBC thoroughly investigate this with Gloucester Rural District Council records, archives & Land Registry.
- Outside the Settlement boundary
- Rainwater from this development would run across Starcroft Lane & into the ditch of Watery Lane (which cannot take any more water).
- Concerns that the foul water might join the already planned 'drainage Mound'
- Concerns for exit & egress onto the A48
- Inaccurate Planning application suggesting the building is a 1970's 4-bedroom house, because since 1960's it has been a derelict outbuilding.

**September Meeting** - September is the season where the council commence the task of cutting the Ash Dieback. Cllr Blowey has advertised for residents to apply for new whips for planting.

The council has received a request from a resident in Bury Lane to ask Highways to deal with the pot holes and appeal for the road to be resurfaced. Cllr Blowey replied they are aware of the ongoing issue and will raise with Highways.

Road safety continues to be a high priority with the council. The recent statistics from the Parish Council camera (September 2023) show that the fastest speeds are recorded around 7am but that most speeding incidents occur around 3pm. Therefore if we ever have the offer of a Police mobile speed van it would be best if they came at these times.

The council agreed to pay towards refurbishing the noticeboard at the village hall.

#### **Planning Applications**

- 23/00677/FUL Hawthorn House. Technical Details Consent for the construction of 4 dwellings. (Following Permission in Principle ref: 23/00433/PIP). Council did not support the application due to the plans submitted being incorrect, insufficient details on drainage, poor visibility for vehicles on exiting the estate and the size of the road making refuse collections difficult.
- 5 Elver Close                      23/00596/FUL Withdrawn by the appellant

**The next meeting of the Council takes place Monday 9<sup>th</sup> October  
at 7pm at the Village Hall.**

As always, all residents are very welcome to attend.

Parish Clerk: Jo Badham (07889 379024) [clerk@minsterworthparishcouncil.org.uk](mailto:clerk@minsterworthparishcouncil.org.uk)

# CRAFTERNOONS

## continue at the Harvey Centre this October

Share a fun filled afternoon where you get to find out about a craft you may never have tried and maybe discover something which will become a life-long passion.

Spend some quality time with new and old friends, take time to chat, time to learn and time for tea and cake.



### more about enamelling next month

only 1 space left

POTTERY TUESDAY OCTOBER 24<sup>th</sup> 2-4.30pm with Karen

ENAMELING TUESDAY NOVEMBER 21<sup>st</sup> 2-4.30pm with Katie

### POTTERY TUESDAY OCTOBER 24<sup>TH</sup>

Learn some of the basic skills required to hand build small pieces of pottery which don't even need a kiln. Christmas won't be far away and the elves and stockings shown here are a must. You don't need to have done this before but fun is absolutely the order of the day when working with clay. **Cost £15.00 per person.**

All afternoon sessions must be booked and paid for in advance and early booking is advised as there's lots of interest already. We will provide all materials and equipment so all you have to do is come along, learn about something new and of course have a cup of tea or coffee and a slice of delicious home-made cake. All bookings made through the Harvey Centre by ringing Roger on 07525 330364 or Sue on 0777 6666 222.



## The Harvey Centre Calendar – October 2023

<b>MON</b>	<p><b>Tan House Choir</b>  <b>Weekly from 7.00 to 9.00pm</b>          Telephone <b>01452 750128</b> to join or find out more.....</p>
<b>TUES</b>	<p><b>Memory Café</b> every 4th week on a Tuesday 11:00am – 1:30pm. <b>No Charge</b>  <b>Next Café Tuesday 10<sup>th</sup> October</b>          Safe space for dementia patients, their partners, families or carers to enjoy coffee, crafts and lunch. For further info call <b>01452 750128</b>  <b>FREE event ****Thursday 19<sup>th</sup> October 7:00pm**** FREE event</b>          Nigel Clack will be giving a talk on circadian rhythms, what they are and why we have them. This will include the comparison of effects of the sun and artificial light on our health. He will also explain the impacts of our lifestyle choices which determine the quality of our circadian rhythms. Contact <a href="mailto:roger.ingham@btinternet.com">roger.ingham@btinternet.com</a> for more details  <b>Crafternoons</b>  <b>Tuesday 24th October - Pottery - £15.00 per person</b>  <b>Only 1 space left- To book contact <a href="mailto:roger.ingham@btinternet.com">roger.ingham@btinternet.com</a></b></p>
<b>WED</b>	<p><b>Community Café @ The Harvey Centre</b>  <b>The drop-in community café open from 10:30 am to 12:30pm from Wednesday</b>  <b>Lifts can be arranged if you are unable to make it under your own steam</b>  <b>Main Hall: Strength, Balance and Mobility Class</b>  <b>Weekly from 10:00 to 11am</b>          Telephone 01452 234005 or email <a href="mailto:info@farrphysio.co.uk">info@farrphysio.co.uk</a>          Leave telephone number / email address and a member of the team will then contact you to arrange.  <b>Book/DVD/Audio Book exchange available 11:15am to 12:30pm</b></p>
<b>FRI</b>	<p><b>Art for Wellbeing</b>  <b>Weekly from 10.00 to 12.30pm - From Friday 8<sup>th</sup> September</b>  <b>£48 for a 4 week block (£12.00 per session)</b>  <i>Please pop along or Telephone 07525 330364 to book a place</i>  <b>Book/DVD/Audio Book exchange available 10:00am to 12:30pm</b></p>

## Minsterworth 200 Club

The result of the September draw was as follows:-

£50 No. 139 Betty Jayne  
£20 No. 156 Mike Cooper  
£10 No. 163 Hazel Sealey

## Whist Drive

Enough people were at the Whist Drive in September to make up 6 tables. A pleasant evening was had albeit rather hot with the late summer sunshine that we had during September. The result was £70 for the church funds. Next Whist Drive will be on Monday 2nd October at the Village Hall starting at 7.30pm. Please come along and enjoy this social evening.

## Church service times and flower rota

Date	Time	Service	Flowers
1 <sup>st</sup> October	11am	The 11 o'clock to celebrate Harvest	Group Flowers
8 <sup>th</sup> October	9.30am	Holy Communion	Group Flowers
15 <sup>th</sup> October	5.30pm	Evening Worship	Liz Savage
22 <sup>nd</sup> October	10am	Benefice Communion*	Liz Savage
29 <sup>th</sup> October		No service at Minsterworth	Jo Stait

### \*The Benefice service will be held at Highnam.

If you have donations of dried or tinned food for the Harvest Celebration Service on 1<sup>st</sup> October please bring them to the Service. These will be given to the Food Bank.



Hi, I'm Vicky and I have been a registered nurse for 22 years. I currently work in primary care as a prescribing nurse practitioner. Throughout my career I have gained a vast amount of knowledge in head and neck anatomy and have gained my minor surgery and aesthetics qualifications.

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# Minsterworth & District Royal British Legion

As I reported in the September issue of The Villager, the lack of support for a visit to Tyntesfield, the National Trust property at Wraxhall, Bristol was disappointing and a surprise considering the support for previous day trips that we have had.

Hopefully I say again that maybe a visit to a location in 2024 will be able to go ahead with plenty of indication given to a chosen venue.

Wednesday October 11<sup>th</sup> 7pm is our next meeting to which you are all invited in the Legion Room at the Village Hall.

- |                      |      |   |  |
|----------------------|------|---|--|
| Oct 3 <sup>rd</sup>  | 1943 | - | Landings at Termoli (40 Commando RM)     |
| Oct 8 <sup>th</sup>  | 1990 | - | First WRNS serve at sea in HMS Brilliant |
| Oct 21 <sup>th</sup> | 1805 | - | Battle of Trafalgar                      |

Terry Bourne – President  
Minsterworth & District RBL



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# Upside down Plum pudding

Sharon Ingham

## Ingredients

- 125g unsalted butter, at room temperature, plus extra to grease
- 250g caster sugar
- 50g runny honey
- 6 thyme sprigs
- 1 tsp salt
- 8 plums, halved and pitted
- 2 medium free-range eggs
- 100g plain flour
- 1 tsp baking powder
- 75g toasted hazelnuts, whizzed into a powder
- Crème fraîche to serve



You'll also need:

- 23cm cake tin
- Heat the oven to 180°C fan/ gas 6. Grease the cake tin with butter and line the base and sides with baking paper.

## Method

- Put 150g of the sugar in a pan over a low-medium heat to melt, swirling the pan instead of stirring. As it turns golden, add the honey, 3 of the thyme sprigs and the salt. Remove from the heat, allow to cool slightly, then pour into the lined cake tin. Move the thyme sprigs into the centre of the tin. Arrange the halved plums, cut side down, in a single layer on top (chop one or two, if needed, to fill in gaps and cover the base).
- Beat the 125g butter with the remaining sugar until pale and creamy, then add the eggs one at a time, beating the first into the mixture before adding the next. Sift together the flour and baking powder, then gently fold in with the hazelnuts using a balloon whisk. Strip the leaves off the remaining thyme sprigs and fold those through too. Pour the mix over the plums, smooth the top, then bake in the oven for 45-50 minutes until a skewer pushed into the centre comes out clean.
- Leave to cool for 5 minutes, then carefully invert the cake onto a plate. Peel away the baking paper, then cool for 5 minutes before slicing.

## THE ARTS SOCIETY WEST GLOUCESTERSHIRE

We invite you to explore the world of art and design.

Our 2023/24 programme commenced in September.

The Arts Society is a national charity seeing the arts as important in enriching our lives, through its hundreds of local groups in the UK and internationally, including our society meeting at **Highnam Community Centre, on the second Thursday afternoon of the month at 2pm.**

It offers a friendly place to increase your knowledge of the arts through a diverse range of engaging live presentations by professional lecturers and meet others who share your interest.

Recent subjects were; The Art of the Cartoonist, Banksy and Outdoor Wall Art, William Morris the Arts and Craft designer and The Car in Art and The Car as Art.



Our equally diverse 2023/24 programme includes, Cubism Explained, Imperial Calcutta Arts and Architecture and The Golden Age of Dutch Painting.

There is a rigorous selection process for Arts Society lecturers who must successfully demonstrate their knowledge and presentation skills. They will all be experts in their field, often published authors, such as the award-winning historical novelist Sarah Dunant talking about the Borgias, or TV presenters.

Find out more at: [www.theartssocietywestglos.org.uk](http://www.theartssocietywestglos.org.uk) Guests are always welcome at our lectures; you can simply come along on the day at 2pm.

We are pleased to announce our society is now a registered charity. Registered Charity No. (England and Wales) 1203052.

On 14<sup>th</sup> September we enjoyed Grace Darling and the Fine Art of Saving Lives at Sea by James Taylor. Darling was the first woman awarded the RNLI's medal for gallantry. This talk coincided with the commemorations to mark the 200th anniversary of the founding of the RNLI in 2024.

Don't miss **Thursday 12 October** Jane Gardiner on 18th Century English Porcelain - Chelsea, Worcester, Bow & Derby.

<https://www.theartssocietywestglos.org.uk/AboutUs/JoiningUs.aspx>

- *Did you hear about the mathematician who's afraid of negative numbers?*
- *A woman in labour suddenly shouted, "Shouldn't! Wouldn't! Couldn't! Didn't! Can't!"*

Answers on p28

## TEAMS4U - SHOEBOX APPEAL



Elaine Incher

I hope everyone has had a good summer, even though it has been a rather mixed one. Unbelievably it is coming to that time of year again - winter, Christmas and those who have nothing to look forward to.

Thanks to everyone who supported the appeal last year. With your help we added 79 shoeboxes to the total sent to Eastern Europe.

We are again supporting the charity 'Teams4U' who run this Christmas appeal in relation to a long-term commitment to children the world over, including financing pre-school programmes to support their education and development.

If you would like to take part in this year's appeal, leaflets will be available in due course, to collect from St. Peter's Church, Minsterworth; or I can pop one over to you - please do not hesitate to contact me. I will be thrilled to accept filled boxes, items to put in them or money to help with transportation.

Here are a few suggestions for children: hygiene items, school writing equipment/paper, soft toy, game/puzzle, jewellery, sweets, hat, scarf, gloves, new socks/underwear.

Or for a family box: candles, tea-towels, plastic utensils, bowls/cups, soap, washing up cloths, pegs.

Collection of boxes will again be in November; please give me a ring and I will happily collect them. Mary Cooper has once again said that you may leave them in the front porch at her house. If you prefer to leave them in the drive, could we ask you to put them in a plastic bag please, just in case of bad weather.

Thank you in anticipation

**Our phone numbers are: Elaine Incher 01452 750140    Mary Cooper 01452 750764**

*"Writing is like getting married. One should never commit oneself until one is amazed at one's luck." ~ Iris Murdoch*

*"A little nonsense now and then is relished by the wisest men." ~ Roald Dahl*

*"Dream as if you'll live forever, live as if you'll die today." ~ James Dean*

*"Never regret anything that made you smile." ~ Mark Twain*





Minsterworth Village Hall

# CHRISTMAS FAYRE AND FARMERS' MARKET

Saturday 2<sup>nd</sup> December

10:00am to 2pm

Arts and Crafts made in Minsterworth

Village-baked goods

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[gordon@minsterworth.co](mailto:gordon@minsterworth.co)

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## Minsterworth – ‘Service Village’ status

A note from Minsterworth Parish Council:

Over the past few months there has been a good deal of concern expressed about additional housing in the Village, and we thought that it would be worth revisiting the sequence of events that has led us to the current position.

Those of you who follow Parish Council (PC) meetings will be aware that the ‘enforced’ expansion of the village started 10 years ago when Minsterworth was allocated ‘Service Village’ status under the developing Tewkesbury Borough Council (TBC) Joint Core Strategy Plan, the JCS. The PC responded to TBC (in 2014) giving reasons as to why Minsterworth should not be the focus of significant development, such as flooding, difficult access onto the A48 due to traffic speed, and congestion going into Gloucester etc. Some development was accepted, and we moved forward with Ellis Bank.

Soon after ‘service village’ status was imposed, the PC were then asked to define a ‘settlement boundary’ for the village, i.e. areas where we thought that development might be acceptable. The PC did not agree with the TBC proposals for a ‘ribbon development’ along the A48, but favoured blocks of development extending back from the A48 in some areas, whilst leaving blocks of green space in other areas. We felt that this would help to retain the ‘rural’ appearance of the village, and at the same time keep houses away from the noise of the A48. By concentrating service village development near to the Church, Village Hall and school, we hoped that it would centralise the village, and lead to an A48 speed reduction in this area, thereby reducing traffic noise and improving road safety. After a significant amount of discussion within the PC and meetings with TBC over the ensuing 4-5 years a settlement boundary was defined – but frustratingly TBC still pass planning applications that are outside of the settlement boundary, and even if TBC object, prospective developers take their application to Appeal, and their appeal is upheld, i.e. permission is granted outside of our settlement boundary.

It has been suggested that we (= the PC) should have an NDP, a Neighbourhood Development Plan, which specifies areas in which development can take place, and the type of housing etc. The PC has looked into this in detail, attended training sessions on NDP and at one stage we requested help from village residents via an article in The Villager. Nothing was forthcoming. There are undoubtedly some benefits in having an NDP, but it would cost the PC (and therefore Minsterworth residents) around £10,000 to formulate an NDP, it would have to be revised every 5 years, and experience from other villages with NDPs is that the NDP can be overruled anyway.

We do not have a mains sewerage system, and this makes planning detail even more complex, because we have to consider the various options proposed – and you will already be aware that we have significant reservations over some current proposals! Some of you

Continued on p17



Continued from p16

may remember that in 2017 we organised a feasibility study with Severn Trent regarding installation of mains sewage along the A48. Residents would have been responsible for the costs of connecting their system to the main road. Only ONE resident responded!

Anyone wishing further detail on any of the above items can access the minutes of PC meetings over the past 10 years to see the detail of the steps that have been taken – and the HUGE amount of effort that has gone into the consideration of planning.



## **Newent and District Probud Club**

The Newent and District club is one of a nationwide network of Probud clubs for retired and semi-retired professional and businessmen. This year we celebrate our 46th anniversary. We meet on the second and fourth Tuesday of each month at 10am in the Village Hall, Gorsley, for tea & coffee, followed by a talk from a guest speaker.

Topics covered already this year have included: Tales of a Holiday Rep, Isaac Newton – Scientist & Theologian, Sleep – The Neuroscience of Snoozing, Women in a Man's World – Air Traffic Controllers, Springs & Fountains of the Malvern Hills. A very wide ranging and interesting series of talks.

October and November Topics include: The Battle of Coronel in 1914 and Everest Base Camp.

An integral part of the Club is the social programme enjoyed by members and their partners. This includes monthly pub lunches, summer garden parties, skittles evenings and theatre visits, and we are currently planning this year's Christmas Lunch.

We are a friendly bunch, so for more information about the club come along to one of the regular meetings (with no obligation), or:

Visit our website: <https://www.newentprobud.com>

Or

Contact our Club Secretary: [kelvinashby@gmail.com](mailto:kelvinashby@gmail.com)



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[www.tlautomotive.co.uk](http://www.tlautomotive.co.uk)

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## Ross and Ceri Franklin's wedding

Ross and Ceri chose to celebrate their wedding with friends in Minsterworth and shared their day afterwards on the patio at Minsterworth Village Hall.



Continued on p21

Continued from p20

On Saturday 2nd September, we were overjoyed to celebrate our wedding. The morning dawned with the traditional September mist over my dad's house in Dursley and the bridal party had a 6am start for hair, makeup and all the other things that take us girls many many hours more than it takes the boys to get ready! At 11am, I arrived at Dursley Tabernacle, a church which holds a lot of meaning to me as my parents and siblings all tied the knot there. We had a beautiful wedding ceremony and boarded the local fire engine to travel the first part of our journey back to Minsterworth. Ross and I met as serving firefighters in Gloucestershire Fire and Rescue Service, so it seemed a fitting way to depart to our reception!

We took some time as a couple and with our 2 year old son Olly to have some photos in the beautiful gardens at Minsterworth Court. Huge thanks to the Raeburn family for providing such a beautiful setting for our photos.

After a short walk in our wedding finery up Bury Lane and across the A48 (to the surprise of passers by!) we joined our guests at our reception. The sun shone, the wine flowed, the food filled everyone up and the marquee and patio provided a stunning setting for our afternoon and evening. With live music from local band Reiver's Gallows, we danced the night away!

We looked at a lot of venues before deciding on Minsterworth Village Hall and we are so glad we celebrated our wedding in Minsterworth. The setting was absolutely beautiful, but more than anything, the help and support we enjoyed from so many wonderful neighbours absolutely made our day.

Special thanks to John Garbutt for the marquee and tirelessly making sure everything ran smoothly for us. Thanks to the Singer family at Old School House for all your help in the setup and on the day, we couldn't have done it without you, particularly Mae Singer and Louise Brooks for working Front of House. To Emma and Nigel Clack for the beautiful flowers, helping with the setup and for my lovely pre wedding manicure. To Roger and Norma Blowey for the gorgeous homemade chutney that our guests enjoyed and for helping with the marquee installation and takedown. To Ruth Brooks for making the most delicious gluten and dairy free treats for guests to enjoy. To Sharon and Roger Ingham for the beautiful petals for our confetti. To Sarah McHale for arranging all of the table centre flowers and making the gorgeous bridal party bouquets. To Liz Duff for arranging the beautiful flower arrangement we used at the church and on the top table. Special mention as well to Ross' family, Jenny and Tim at Court Cottage!

We really could go on and on with the thanks and appreciation to everyone who made our day absolutely perfect. To everyone who helped in any way and to everyone who came to celebrate with us we're so grateful and glad to be part of such a wonderful village community.

From Ceri, Ross and Oliver Franklin (School Cottage)

Continued on p22





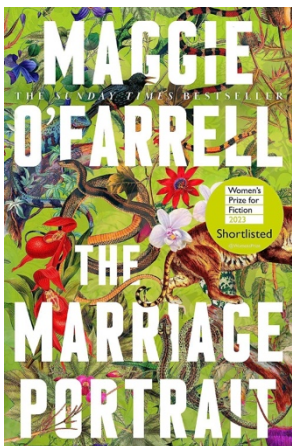
Ceri and Olly



Ceri and her bridesmaids

## Minsterworth Reading Group

Sarah McHale



### Notes on 'The Marriage Portrait' by Maggie O'Farrell

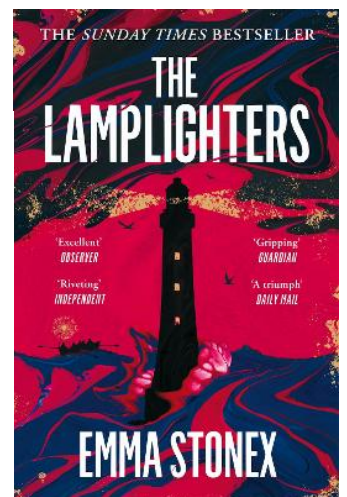
The novel is based in 16th century Renaissance Italy and focuses on the 15-year-old Lucrezia de Medici as told through the creation of the portrait which was being undertaken during the storyline. And Lucrezia would have been raised in the knowledge she would at some point be married off to an older man as part of a political match to merge two dynastical families. Like the tiger she too is caged, married to her much older, cruel, sadistic and jealous husband.

Sadly, the Duke turns out to be a mean and controlling man.

Lucrezia is a trophy wife, beautiful intelligent and talented with true artistic talent. But the couple cannot conceive the heir the Duke longs for...

O'Farrell's writing style is as complex as the story line. The characters are drawn well. I loved it and hope everyone did too.

Our next book is The Lamplighters by Emma Stonex which we will review on Wednesday 4th of October.



# Gardening by the River Severn

Sharon Ingham

This month we visit Paula and Simon's Ruffley's garden on Church Lane; Paula answers.

## When did your love of gardening start?

When I had my first garden in the Wirral. It was mostly grass and had a battered greenhouse, but my Dad, a keen gardener, kept me supplied with plants and replaced the missing glass. I enjoyed bringing colour to a blank canvas and started to notice what a wonderful little space this would be for John and Norma, my shubunkins (think early 90s).

## Which part of your garden do you enjoy / are most proud of?

I love my greenhouse & enjoy growing plants from seed. We never buy tomatoes, cucumbers or chillies in summer and I've planted basil and parsley on each side of the path inside and next year, I think, tarragon too. No greenfly ever seem to get in – I like to think it's the companion planting.

My Dad built the greenhouse on the front with power and Simon installed a drip irrigation system for me, supplied by 2 water butts filled by rain on the greenhouse roof.

Simon dug 3 veg. beds in the back garden where I grow asparagus, beetroot, parsnips and now Pink Fir Apple potatoes (taste like no other spuds!) and I swore I would never grow potatoes... You can't easily buy Pink Fir Apples in the supermarket.

## Is there a significant person / gardener who has influenced your ideas in the garden?

My Dad got me started as a child. Dad was a big believer in growing perennial flowers from seed; it's cheaper in the long run. I've been introducing some and in summer we have a mass of Japanese Anemones, which we love.



Japanese Anemone

## You grow a variety of things. How do you decide what to grow?

My inspiration comes from visiting gardens open to the public and the lovely wild open spaces on the Wirral (no, really!). Simon claims he's the 'under-gardener' as he 'just' digs holes, but the wild area in the front was his idea, which complements the pond which we both wanted and he dug to encourage wildlife. No frogs in its first year, but we're hopeful in 2024. We both want to encourage wild things in our garden.

## Which plant/flower could you not live without and why?

All things seasonal. I love asparagus when it starts to poke its first spears through the ground, raspberries for breakfast in early summer, new potatoes and herbs through the summer and parsnips and leeks in winter. So definitely not just one thing, I'm greedy.

Continued on p24



Continued from p23

### Do you have a favourite part or area in your garden?

We've spent a lot of time on the patio in the front in the last few years. It's sunny, by the pond and we have a small table & chairs. The flowers we've planted beside the pond attract lots of butterflies and bees and the blackbirds sometimes take a bath right in front of us. And, of course, we can chat to passers-by.



Flowers by the pond

### Which garden open to the public would you recommend everyone should visit?

Gosh there are lots! I suggest people take advantage of when whole villages get together to open their gardens (always special!) or Ness Botanic Gardens in the Wirral if you're up that way, or indeed any botanic gardens. We always visit them whichever city we're in anywhere in the world. See, greedy again!

*Simon & Paula*



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RESTING ON THE BANKS OF THE MIGHTY RIVER SEVERN

Why did the chicken go to the  
séance?

To get to the  
other side

Where are average  
things manufactured?

The satisfactory

A man tells his doctor, "Doc, help  
me. I'm  
addicted to Twitter!" The doctor  
replies, Sorry, I don't follow you

How do you make a tissue dance?  
Put a little boogie in it



## Garden Services

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**07812 077367**



# 'A GLOUCESTERSHIRE ODYSSEY'

Village Hall

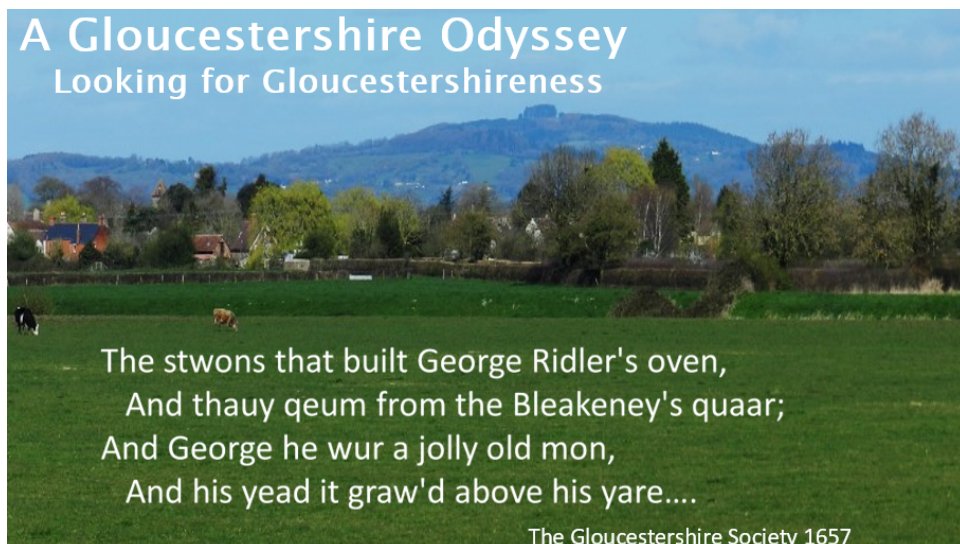
**An illustrated talk by Tony Conder**

**Friday 24<sup>TH</sup> November 2023**

**7-00pm at Minsterworth Village Hall**

This is the third talk by Tony Conder, following his excellent presentations on Gloucester Docks in January and The Severn Bore in April.

**A Gloucestershire Odyssey** looks back over 5000 years of the history of our county, how it first came into being, its history and traditions, and its landscapes and quirks. The talk involves all aspects of the county, both geographically and socially, with lots of folk tales. As in previous talks, it will be well illustrated, and presented with Tony's relaxed and light-hearted style.



Tickets (£5) will soon be available online at

<https://www.minsterworthvillagehall.org/events-coming-soon.html> or from [rogerblowey@hotmail.co.uk](mailto:rogerblowey@hotmail.co.uk), or text 07768 451071.

**PLEASE purchase your tickets in advance**, preferably on-line, because we need to know how many are coming. We had to decline further tickets sales in September.

**Wine, soft drinks and snacks available, so let's make it another nice social evening!**

## **FARM MARKET AND CAR BOOT SALE**

Village Hall

It was another lovely friendly Minsterworth event.

Many thanks to the stall holders who provided goods for sale, and thanks to you, Minsterworth residents, for turning out to support, purchase, and perhaps most important of all, have a chat and a coffee on the lovely patio that Malcolm built for us.

Food and goods made in Minsterworth – fresh garden produce (leeks, beetroot, parsnips, courgettes etc), sausages, gammon, beef and lamb, and a wide range of cakes and other locally made goods. No air miles, no supermarket profits – just fresh and local. What more could you wish for!



Thanks also for the many contributions to the Minsterworth stall (above). The proceeds will be divided equally between the Church, The Harvey Centre and the Village Hall.

### **The next Farm Market and Car boot**

will be on the morning of

***Saturday 4<sup>th</sup> November 2023***

**And then the Christmas Fayre on Sat 2<sup>nd</sup> December.**

**Please make a note in your diary.**

# OVER FARM

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Answers to jokes on p12

J1 He'll stop at nothing to avoid them.

J2 "Don't worry," said the doc. "Those are just contractions."

- I have a friend who writes songs about sewing machines. She's a singer songwriter, or sew it seams.
- Do you want a brief explanation of what an acorn is? In a nutshell, it's an oak tree.
- I just spent £1,000 for a rented limousine and found out it doesn't come with a driver. Can't believe I spent all that money and have nothing to chauffeur it.

# Morning Sunlight

Nigel Clack

Circadian rhythms, which are probably the foundation of our health, are about the light and dark cycles regulating almost all our bodies' cellular automatic processes. This month, I'm going to talk about the importance of morning sunlight.

**Did You Know ...** There are receptors in our eyes that the sun activates depending on the colour of the light. The light then effectively talks to our brain, mainly the SCN (Supra Chiasmatic Nucleus, known as the master clock) which sends signals to every cell in our body synchronising each cell's clock according to the time of day. Imagine the brain as an airport control tower, if the control staff went on strike but the pilots didn't, consider the ensuing chaos. So, if we don't get enough instructions from the sun, cells will lose synchronicity, carrying out tasks later and later; this chaos manifests as inflammation, which is associated with causing disease.

## Phases of the morning sun

- **Just before sunrise**
  - Dominant light is Infra-Red (IR), this is soothing and anti-inflammatory.
  - IR structures the water in and around our cells (99% of our cells are water). That's a future article 😊.
- **See the sunrise for 2+ minutes, you don't need to see the actual sun**
  - Dominant light is red, but Infra-Red (42% of all light) stays all day.
  - Kicks off our cells engines (mitochondria) to produce energy (known as ATP), CO<sub>2</sub>, hormones, infra-red heat, biophotons and cellular water.
  - Blue light will become more intense and trigger the hormone pregnenolone to be converted into the sex hormones oestrogen, progesterone, testosterone. However, if stress is high, you are inflamed or using artificial light before seeing the sunrise an excess of cortisol will be produced instead.
- **When the sun is 10° above the horizon, this is the most important period to be exposed to the sunlight**
  - All the visible colours and Ultra Violet A is now available.
  - Your eyes will now create hormones to do the following:
    - Go from sleepy to happy and focused.
    - Increase motivation and curiosity.
    - Improve concentration and give runners high.
    - Produce melanin – sun protection.
    - Create melatonin – for sleep when it's dark.
    - Create thyroid hormone.
    - A protein called POMC will regulate these functions depending on the body's needs at that time:
      - Appetite, inflammation, libido, pain levels, fat burning.



Continued on p30



### **How do you add morning light into your daily routine?**

- Go outside or look out of an open window during sunrise, but not too early in the summer.
- Open a window while you are cleaning your teeth or doing make up.
- Drive while not wearing sunglasses and an open window (just a crack is enough).
- Work near open windows, take calls outside where possible.
- Go for a morning walk or take a tea break outside.
- If it's dark first thing, wear blue light blocking glasses and or use dim orangey or red lights until sunrise.

### **How not to do it**

- Wake up and look at your phone or device or turn on bright LED lights.
  - The dominant colour in our tech and most lights is pure blue, so this will fool your brain into thinking it's noon and the relevant hormones won't be produced very much. This will confuse your body clock and can cause inflammation, affect your sleep, healing and fat burning at night.

### **Food**

- A higher fat and moderate protein breakfast is also known to trigger your circadian rhythms correctly and keep you fuller for longer.
- Eating within 60 minutes of sunrise is optimal but do the best you can depending on the season.
- Eating earlier and less at night allows your digestive system to be rebuilding at night rather than processing your last meal.

Types of diseases can be related to circadian disorders:

Cancer, poor metabolism, hypothyroidism, neurodegenerative disorders, migraines, insulin resistance, macular degeneration, autoimmune, skin ageing...

If you decide to experiment with the above natural processes, then ease yourself into it, choose one thing to change and increase it as you get used to it.

I hope you enjoyed this article, and if you'd like to find out more or would like some supporting research, then please get in touch. Or come to my talk at the Harvey Centre on October 19th.

Until next month, or I'll see you at the Harvey Centre!

Cheers, Nigel



[nigel@humanblueprint.co.uk](mailto:nigel@humanblueprint.co.uk)

07590 537392

NB: this article is for information only and should not be taken as health advice.

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## **HELPFUL COMMUNITY LINKS**

**Minsterworth Neighbourhood Watch** – join by e-mailing [64lettie@gmail.com](mailto:64lettie@gmail.com)

[www.minsterworthparishcouncil.org.uk](http://www.minsterworthparishcouncil.org.uk)

[www.minsterworthvillagehall.org](http://www.minsterworthvillagehall.org) – booking, recent events

[www.facebook.com/MinsterworthGlos/](https://www.facebook.com/MinsterworthGlos/)

St. Peter's church – [www.achurchnearyou.com/church/14101/](http://www.achurchnearyou.com/church/14101/) services, etc

Minsterworth Matters WhatsApp – join by texting Roger Ingham on 07525330364 immediate village interests

Harvey Centre – [www.minsterworthvillagehall.org/the-harvey-centre](http://www.minsterworthvillagehall.org/the-harvey-centre)

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## Welcome to Minsterworth Village Hall

### Why not plan your next event with us?

The village of Minsterworth can be found on the A48 to the west of the city of Gloucester, on the north bank of the River Severn nestled between the Cotswold Hills and the Forest of Dean.

### At the heart of the village is Minsterworth Village Hall.

This website is for Minsterworth Village Hall activities, clubs and events.

[www.minsterworthvillagehall.org](http://www.minsterworthvillagehall.org)

e-mail [minsterworthvh@gmail.com](mailto:minsterworthvh@gmail.com)

Tel: 01452 750492