

The Villager

Minsterworth News



Globe Thistle – Simon Ruffley

September 2023

Edition 250

Dear readers,

Lots to do again in Minsterworth in September. Find out about a history of our local, usually secretive, GCHQ on p3. The very first of the exciting new Crafternoons p7, shame you'll miss it if you're working! P10 brings the much anticipated & ever-popular Pop-up Farmers Market to Minsterworth - on a Saturday so everyone can come.

Speaking of popular, many people braved the rain to share Liz Duff's 90th birthday celebrations on p12. Find out about Nigel Clack's ideas of how to live in a Quantum World p13. Oh & Sherry isn't all 'Harveys Bristol Cream', do come along to Simon's Sherry tasting on Friday 27th October p16, find out about the diversity of Sherry and be converted. Make sure your car's secure, also on p16.

There are LOTS of large Severn Bores in September, see p18 and come to see a moonlight one preceded by a BBQ p19.

P25 sees the conclusion of Julian Oxley's childhood in Newnham and a plane crashed into a house, not a road in 1963 on p26.

Paula

All items for consideration to: -

Paula Ruffley, Editor The Villager E-mail:

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Deadline is ALWAYS 10th of the month before the magazine is published, so for October it's Sunday 10th September.

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

KERBSIDE RECYCLING September 2023

GREEN & BROWN bin & caddy (landfill) (garden)		BLUE bin & caddy (recycling)	
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.

A HISTORY OF GCHQ

An illustrated talk by David Abrutat
GCHQ Historical Section

Friday 8th September 2023

6-30pm at Minsterworth Village Hall

We all know about GCHQ, that funny dome shaped building on the edge of Cheltenham that no-one is supposed to talk about! This is an ideal opportunity to find out a bit more about the work that goes on within the building to keep us safe. Dr David Abrutat is the Departmental Historian at GCHQ, and so is an ideal person to deliver this talk.



The doors and bar will open at 6-30pm so please join us for a short social, with the talk starting at 7-00pm.

We hope that you can join us for what will undoubtedly be an interesting evening!

Tickets (£5-00) are available on the Village Hall website (*preferred option please*), or from rogerblowey@hotmail.co.uk , 07768 451071

RIDDLE

I can be written,
I can be spoken,
I can be exposed,
I can be broken.
What am I?

Answer on p23

Gardening tip

If your wisteria refuses to flower you should cut it back to six buds in the Autumn then in March prune back to 2 buds on new wood. Then feed it and give it a good talking to!

Anon

Contentment is knowing you're right. Happiness is knowing someone else is wrong. - Bill Bailey

I have written the only diet book that I believe needs to exist, and here it is: CHAPTER ONE: Eat a bit less. CHAPTER TWO: Move about a bit more. THE END. - Miranda Hart

There's no panic like the panic you momentarily feel when your hand or head is stuck in something. - Peter Kay

A spa hotel? It's like a normal hotel, only in reception there's a picture of a pebble. - Rhod Gilbert

Comic Sans, Helvetica and Times New Roman walk into a pub. The landlord yells, "Get out! We don't serve your type in here!" - Bill Bailey

M.B

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Cross hatching on the A48 adjacent to the exits from Elver Close and Hectors Farm Development

Roger Blowey

Many of you will have seen the cross hatched area recently installed on the A48 outside Elver Close.



When the Parish Council asked exactly what the road markings were supposed to achieve the response we received from Highways was inconclusive. All of this is especially frustrating in view of the recent west bound accident west of Elver Close and close to the entrance of Hygrove Lane'. The Parish Council continues to push for improvements and agrees that significant progress at both ends of our Village is slow.

When the two developments were being planned a few years ago the adjacent landowners offered Highways land free of charge so that the A48 could be

widened and central islands and safe crossing places installed. The offer was declined.

We continue to push for the 50mph red roundels that were promised if we installed the village entry gates, and for the 'speed camera' warning signs if we installed our own speed camera. Residents will have hopefully noted the 'planters' now positioned at the west end Village gates in the hope that it will advise drivers that they are about to enter a residential area.

A man takes his sick Chihuahua to the vet. They're immediately taken to a back room. Soon, a Labrador walks in, sniffs the Chihuahua for 10 minutes and leaves. Then a cat comes in, stares at the Chihuahua for 10 minutes and leaves. Finally, the vet comes in, prescribes some medicine and hands the man a £250 bill.

"This must be a mistake," the man says. "I've been here only 20 minutes!"
"No mistake," the vet says. "It's £100 for the lab test, £100 for the cat scan and £50 for the medicine."

Boredpanda.com

The Harvey Centre Calendar – September 2023	
MON	<p>Tan House Choir Weekly from 7:00 to 9:00pm Telephone 01452 750128 to join or find out more.....</p>
TUES	<p>Memory Café: every 4th week on a Tuesday 11:00am – 1:30pm. No Charge Next Café Tuesday 12th September</p> <p>Safe space for dementia patients, their partners, families or carers to enjoy coffee, crafts and lunch. For further info call 01452 750128</p> <p>NEW - Crafternoons Tuesday 26th September - Decoupage - £15.00 per person Spaces Limited - To book contact roger.ingham@btinternet.com</p>
WED	<p>Community Café @ The Harvey Centre</p> <p>The drop-in community café will re-open from 10:30 am to 12-30pm from Wednesday 6th September - Lifts can be arranged if you are unable to make it under your own steam</p> <p>Main Hall: Strength, Balance and Mobility Class Weekly from 10:00 to 11:00am</p> <p>Telephone 01452 234005 or email info@farrphysio.co.uk Leave telephone number / email address and a member of the team will then contact you to arrange.</p> <p>Book/DVD/ Audio Books exchange available 11:15am to 12:30pm</p>
THUR	
FRI	<p>Art for Wellbeing Weekly from 10:00 to 12:30pm - From Friday 8th September</p> <p>£20 for a 4 week block (£5.00 per session)</p> <p><i>Please pop along or Telephone 07525 330364 to book a place</i></p> <p>Book/DVD/ Audio Books exchange available 10:00am to 12:30pm</p>

CRAFTERNOONS

are coming to the Harvey Centre
this September

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.



DECOUPAGE TUESDAY SEPTEMBER 26th 2-4.30pm with Ann

POTTERY TUESDAY OCTOBER 31st 2-4.30pm with Karen

ENAMELING TUESDAY NOVEMBER 21st 2-4.30pm with Katie

In just one session make beautiful things to take home with you.

DECOUPAGE TUESDAY SEPTEMBER 26TH

Ann will introduce us to the art of DECOUPAGE

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.

ASH DIEBACK REPLANTING SCHEME 2023

Roger Blowey

Gloucestershire County Council are again offering small whip trees **free of charge** to residents of Minsterworth. The trees will be available during the period November 2023 to March 2024 BUT we have to place our order **BY EARLY SEPTEMBER 2023**.

The tree types available have not been specified, so I presume they are the same as last year, namely hazel, hawthorn, beech, oak, cherry and field maple.

Please let me know how many trees you would like by sending an email to rogerblowey@hotmail.co.uk by 10th September 2023. Later in the year you may need to supply very brief details of where the trees have been planted, e.g. garden hedgerow etc, so when we get to that stage please take a picture where the trees are planted and send it to me.

Minsterworth 200 Club

The result of the August draw was as follows:-

£50 No. 158 Keith Edwards
£20 No. 167 Jennifer Scrivener
£10 No. 068 Bill Mogg

At the end of the 200 Club year there were vacancies to be filled, which have now been taken. Thank you to all who have renewed their subscription or have now joined the 200 Club. A special thanks to Mary Cooper, Jo Lee, Ann Mogg, Bev Robinson, and Liz Savage for collecting the subscriptions. A full membership for 200 Club year has meant that a cheque for £1,200 has been handed over for church funds.

Whist Drive

Thank you to all who helped and attended the August whist drive. This time there were enough attendees to make up 7.5 tables. The result was £84 for church funds.

The next whist drive is on Monday 4th September, 7.30pm at Minsterworth Village Hall. You are most welcome to come and try your hand.

Church service times and flower rota

3 rd September	11am	The 11 o'clock	Beverley Robinson
10 th September	9.30am	Holy Communion	Beverley Robinson
17 th September	5pm	Evening Worship	Gill Payne
24 th September	10am	Holy Communion	Gill Payne



Minsterworth & District Royal British Legion

As I reported in last month's Villager, we reluctantly postponed our annual day trip this year due to the lack of support. We sincerely hope that we will be able to arrange a trip next year.

You are all very welcome to attend our next meeting which will be held at 7pm in the Legion Room in the Village Hall on Wednesday October 11th. Come along and suggest some venues for our day trip next year.

MILITARY HISTORY

9 th	1943	-	Invasion of Italian Mainland
13 th	1759	-	Capture of Quebec
15 th	1976	-	WREN officer training moves to Dartmouth
29 th	1758	-	Admiral Nelson born

Terry Bourne – President
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DONATIONS PLEASE FOR VILLAGE TABLE ON SATURDAY 9TH SEPTEMBER

There will another 'residents table' at the car boot/farmers market on Saturday 9th September, where villagers can donate goods for sale p10. As with the June car boot sale, the income will be split jointly between the Church, the Village hall and the Harvey centre.



If you have any small items you can donate, please bring them along to the village hall from 10—00am on Saturday 9th September, or if you can't make it on that day, contact me in advance on 07768 451071 or rogerblowey@hotmail.co.uk and we can arrange storage and/or collection.

It was a lovely social event in June, so please pop around for a short while to have a browse at what's on offer at the stalls, and/or a coffee and chat on the patio.



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Liz Duff's 90th birthday celebrations



Teaching days at Newent

Liz was an English teacher before she retired and has a love of poetry.

Here we show an extract from 'Each Moment is Precious' by Pat A Fleming.

'Don't let your mind wander
To what's coming next.
Cherish this moment
And give it your best.

Live in the moment,
Just take it all in.
Pay attention to everything,
Right there and right then.

Don't let tomorrow
Make you rush through today,
Or too many great moments
Will just go to waste.



Celebrating with friends and family



A chorus of Happy Birthday

And the person you're with,
In that moment you share,
Give them all your focus;
Be totally there.

Laugh till it hurts,
Let the tears drop.
Fill up each moment
With all that you've got.'

Living in the Quantum World

Nigel Clack

Hi, for more than 10 years I have been learning how to get healthier and a lot of the knowledge has ended up not coming from the conventional “eat less, exercise more” approach. So, I decided quite a few years ago that I wanted to help others with this extra knowledge and start up a business as a health coach. I’m now able to do that and would like to share some of the information for you to use or investigate further. I’m going to be writing a series of Villager articles that will vary between facts and myth busting, or a focus on one topic.

My approach is often based on the latest science – Applied Quantum Biology. That may sound a bit deep for a Villager article but essentially, it’s about particles like electrons and protons that control how our biology reacts to our environment, like light, food, water, technology, stress, movement, everything... I am also a qualified Personal Trainer, who specialises in natural movement and Applied Neurology (via Z-Health) which I will elaborate on at another time.

Did You Know ...

The benefits of sunlight and circadian rhythms

- The eyes have receptors for UV light (OPN5), which allows blood cells to be affected by the UV and helps the blood to flow better and therefore reducing blood pressure (amongst other things).
 - Sunglasses were mass produced from 1929 and initially not with UV blocking properties. In recent decades sunglasses, spectacles and windows have all been produced with UV blocking properties which affect this natural process. We have evolved without them for a lot longer. Cats and dogs don’t wear them.....usually!
 - Blocking the UV light in the eyes would also cause a mismatch in light signalling between our skin (which also has some receptors) and eyes, therefore, the brain doesn’t know the strength of the sun and will not provide enough melanin to help tan and protect us to a degree.
- When the sun shines on us it uses the cholesterol in our skin to start the process of making Vitamin D (which was later discovered to be a hormone – Secosteroid Hormone D)
 - This would naturally help to balance your cholesterol levels to an extent.
 - The sun also hydrates you at a cellular level.
- Circadian rhythms are a sleep-wake pattern influenced by light and dark, as well as food timing. The brain receives signals based on the environment and activates certain hormones, alters body temperature, and regulates metabolism to keep you alert or draw you to sleep.

Continued on p14

Continued from p13

- It's the blue part of the sun's spectrum that controls our body clock, it changes throughout the day. The sun of course also has lots of other colours that change too, including the invisible; UVA, UVB and IR (Infra-Red) which has an anti-inflammatory effect.
- Modern artificial lighting like fluorescents, LEDs and screens are higher in the blue range and fool our bodies into thinking it's around noon all day. This can affect many natural processes including reducing the amount of circulating melatonin, which as well as helping us sleep is a major anti-inflammatory hormone and helps to prevent cancers and most other conditions.
- It is worth considering using blue light blocking glasses, or software on your devices at night like IRIS for computers, or changing your phones settings to be more orangey or red. You can search online for these settings or get in touch with me, and I can recommend some that I use.
- Over 50% of sunlight is red and infra-red (42%) which have many benefits to us, that is why having access to the full spectrum of sunlight on a regular basis is important.
 - This has led to a lot of research into these wavelengths, initially with lasers and more recently with Red & IR LEDs, which you might know as infra-red therapy or treatment. In fact there are over 7,000 studies looking into how this new technology can be used, called Photo Bio Modulation.
 - Benefits from using infra-red healing lights have been found in pain mitigation, bone growth, Alzheimer's, Parkinson's and many more areas.
 - I try and take a balanced view of everything, technology can be beneficial as well as harmful, so I'm not anti tech, but it is a therapy and is usually only needed because we haven't lived in an ideal environment.

In future articles I'll be sharing some hints and tips on things you can do to help reduce the impact of modern life and create a new blueprint for health. I aim to supplement this article with a local talk to take these subjects deeper and wider.

If you'd like to get in touch to find out more or would like links to research that supports some of the information in this or future articles, then please get in touch.

Cheers, Nigel Clack

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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 or alternatively contact Simon Ruffley on 07847 560629.

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

Suspicious incident with cars in Churcham

Gloucestershire.police.uk

Roger Blowey



Gloucestershire
Constabulary



Suspicious circumstances

There was a suspicious incident in Churcham on 17/08/23 where several insecure vehicles were entered and an untidy search was conducted, however, nothing was taken from the vehicles.

Please can I ask that you all remain vigilant and lock your vehicles when you are leaving them unattended. Please report any similar incidents should they occur.

Reports can be made via the on-line reporting form on Gloucestershire Constabulary website or by calling 101.

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A Horse Walks into a Bar... He approaches the bartender and says, "If there is a triangle with three sides labelled x, y, and z, and x and z are perpendicular to each other, which side is the hypotenuse?"
The bartender thinks for a moment, then replies, "Y, the long face."

Boredpanda.com

How many ears does Spock have? Three. The left ear, the right ear, and the final front-ear!

How did Darth Vader know what Luke got him for Christmas? He felt his presents!

What do you call a bear without any teeth? A gummy bear!

Two pieces of fruit sat on a hill, suddenly another piece of fruit rolls past. One fruit turns to the other and says: 'Wow look at that man-go.'

The Severn Bore

Remember to keep your distance from other people and take care



Month	Date	Day	Time	Tide (m)	Prospect
Sept	1	Fri	09:45	9.6	**
	1	Fri	22:04	10.2	****
	2	Sat	10:27	9.8	***
	2	Sat	22:44	10.1	****
	3	Sun	11.05	9.6	**
	3	Sun	23.22	9.7	***
	29	Fri	21.00	10.1	****
	30	Sat	09.22	9.9	***
	30	Sat	21.35	10.3	*****

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FUNDS REMAIN AVAILABLE FROM THE MINSTERWORTH PAROCHIAL CHARITIES

Roger Blowey

We still have funds available for distribution from the charities. The John Hiatt Charity sponsors younger people, and the Joseph Winkle charity is intended to assist people in any age group.

Funds from both charities are limited to hundreds rather than thousands of pounds. Financial assistance from the John Hiatt charity could be towards items such as books, educational travel or equipment or from the Joseph Winkle charity, towards wheelchairs, personal alarms, stair lifts, bathroom aids and taxis for hospital visits. Please apply to rogerblowey@hotmail.co.uk or phone 07768-451071. All applications will be considered by the trustees and treated with strict confidence.

The establishment of the parochial charities was an act of kindness from Minsterworth residents many years ago, so perhaps making use of their funds should be considered as a mark of respect to the original donors.



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Nicky Milligan's adventures in Tibet

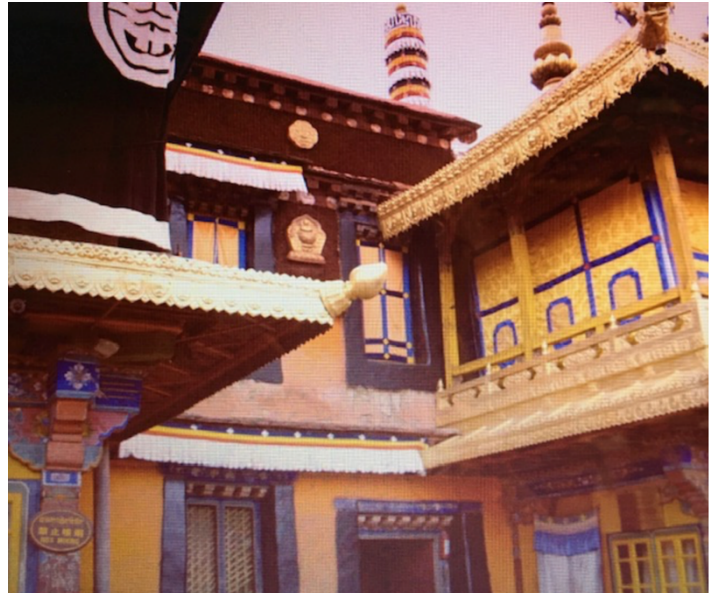
Nicky Milligan

In around 2015 I had retired and was curious to see the world. Inspired by reading 'Seven Years in Tibet' a friend and I decided to visit Tibet. The Lhasa railway stopped in China in the Uyghur region where there is now ethnic cleansing and no-one can visit. Coming across the mountains on the railway the Chinese authorities blocked the remaining phones and made sure we could not identify where we were. Anyway...it was an adventure!



Teaching and debating session at the Monastery... very lively and rather noisy!

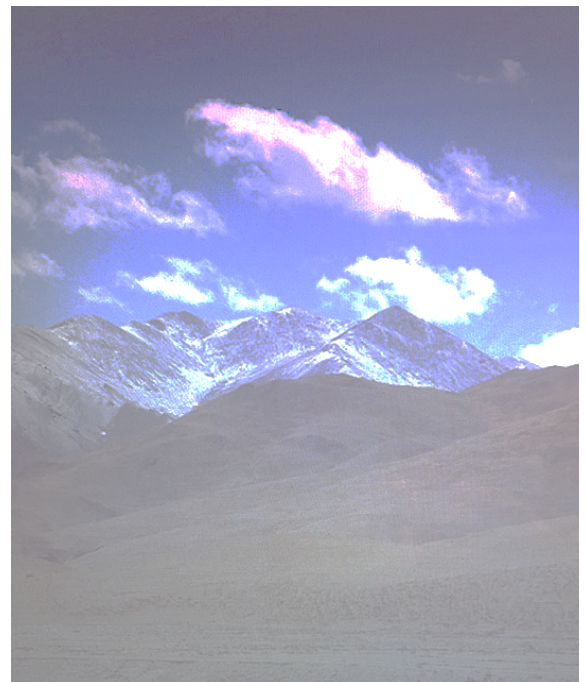
We were so high in altitude that we were told to take our own food because boiling point was lower.



Street view in Lhasa



Summer palace, now managed by the Chinese...Tibetans begging nearby, a situation resulting from the Chinese occupation



View of the mountains from the Lhasa Express train

Interestingly the railway went up to even higher altitudes... and oxygen was available in the carriages. All map information was blocked on the few phones that had not been automatically switched off.



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- o "Opportunities don't happen, you create them."

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Answer to riddle on p3

NEWS



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A Childhood in Newnham Part 3

Julian Oxley

This is the third and final of three parts about Julian's childhood in Newnham-on-Severn.

When I was ten, I began having organ lessons at St Paul's Church in Gloucester. In Newnham the elderly pipe organ in St Peter's Church was good for practice, better still after it was completely rebuilt in 1955. Although still in situ, it has since been superseded by an electronic version complete with drums and other "refinements". Later I repaid its free use by deputising for services and giving the occasional recital. I still visit St Peter's to tend the graves of my parents and maternal grandparents.



I spent many hours cycling round the highways and byways within a wide radius of Newnham and came to know them very well. Sometimes the hilly terrain was a challenge – just a basic three gears in those days!

Later, while training as an accountant I spent some three years travelling into Gloucester every weekday by rail – quick, cheap, convenient. This arrangement was seen off by Dr Beeching when Newnham station closed on 31st

October 1964. I had just married and with no suitable properties available in the village and the travel situation compromised (the bus journey took over twice as long as the train and cost more) moved to the outskirts of Gloucester.

Though sad to leave Newnham almost sixty years ago, would I want to move back there now? I don't think so. Nearly all the shops, the pubs and the railway station are gone, there is nowhere to park, and the pavements once so busy with chattering people are relatively empty. The Victoria Hotel, closed in 2007 and once a favourite "watering hole", is still an eyesore

sixteen years on. Add to that the clutter of parked vehicles disfiguring the surroundings, and of course the steep part of the main street is not so easy when you get older! The new housing development at the Gloucester end will add significantly to the traffic on the A48, which everyone will use to go to work and shop, promoted by the Forest of Dean Council into which area the village now falls. Once upon a time Newnham residents would have been



horrified to be considered part of the Forest, the village having been part of Gloucester Rural District until 1974.

Alas, when walking round the village now the sense of decline is palpable. There is certainly community activity, but not like it once was. Up the Dean Road was the WI "Hut" which catered for a variety of activities, even on one occasion a complete costumed (and very professional) full performance of "Twelfth Night", with vicar Robert Mansfield as Sir Toby Belch and

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station master Jim Timms as Malvolio! Nearby there remains an ancient dog/animal pound, once carefully tended, now sadly derelict and overgrown. And on a recent visit even the Town Clock in the High Street had stopped. But I guess thousands of villages around the country have suffered similar fates; even here in Minsterworth much has been lost in the last few years. And as for the deterioration of Gloucester city in the last 75 years, the least said the better.

Yet it's still possible to recapture the old atmosphere with a walk along the Cliff, along Church Road (what we called "The Back"), or along The Green with its fine views up towards the Forest and down the river. I can then recall with pleasure and gratitude the happy days of my childhood.

Gloucester Plane Crashes

Roger Blowey / Gloucester History 2007

The plane crash landing on the Golden Valley bypass on Thursday 3rd August 2023, was certainly spectacular, and fortunately no-one was injured, but it's not the only crash that has happened in Gloucester.



On 27th March 1963 an aircraft took off from Staverton, as part of a training exercise. On its return the crew reported a total engine failure. The pilots were unable to control the aircraft and it made a crash landing on the top of the roof of a house on the north side of Tuffley Avenue. On this occasion the crew were not so lucky. Both pilots were killed, although fortunately the three ladies in the house all had miraculous escapes, with little more than a few cuts and bruises. A subsequent investigation attributed the cause to pilot error. We have yet to learn the cause of the Golden Valley crash.

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HELPFUL COMMUNITY LINKS

Minsterworth Neighbourhood Watch – join by e-mailing 64lettie@gmail.com

www.minsterworthparishcouncil.org.uk

www.minsterworthvillagehall.org – booking, recent events

www.facebook.com/MinsterworthGlos/

St. Peter's church – 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

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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

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