

# **The Villager**

**Minsterworth News**



## **Rainbow above St. Peter's**

By Arlette Lane  
In late August 2018

# **October 2018**

Price 30p  
Edition 192

**Dear Readers,**

Even more 4\* bores in October (see p4). People are starting to move into the Affordable Housing. Give them a real welcome to Minsterworth at the Coffee Morning on Saturday 27<sup>th</sup> October if you haven't already by then.

**Paula**

**Closing copy date for the November edition is Monday 15<sup>th</sup> October 2018**  
*but earlier is even better!*

All items for consideration to:-

Paula Ruffley, Editor The Villager  
Tel: 01452 751226.

E-mail: [thevillager@minsterworth.org](mailto:thevillager@minsterworth.org)

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

**KERBSIDE**

**BLUE bin & caddy**  
**(recycling)**  
Tuesday 9  
Wednesday 23

**RECYCLING - OCTOBER**

**GREEN & BROWN bin & caddy**  
**(landfill) (garden)**  
Tuesday 2  
Tuesday 16  
Tuesday 30

**Mobile library**

**Friday 19<sup>th</sup> October**

**10.00 – 10.30**

**outside school**

## **Coffee Morning at Minsterworth Village Hall**

Saturday 27<sup>th</sup> October

10am – 11.30am

The Village Hall will open for Minsterworth people and their friends to get together, have a drink and a chat. Meet the new people who have moved into the Affordable Housing, they're invited!

Free entry

*Funds raised for Minsterworth Village Hall*



Thank you to everyone who has knitted poppies and who are still knitting!!

We need to meet to see how many poppies we have created

Everyone is welcome to come together on:

Wednesday 3<sup>rd</sup> October 2018 at 7pm

At Kingstag (Cathy's house)

Please bring your poppies with you

An idea of the numbers would be helpful, please, but all are very welcome.

Cathy: 07546 497203 / 01452 750701

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## October Severn Bores

Date	Day	Time	Tide	Prospect
9	Tue	08.53	9.7	***
9	Tue	21.10	10.0	****
10	Weds	09.33	9.8	***
10	Weds	21.50	10.0	****

## Resurfacing the A48

The surface of the A48 will be renewed some time from mid-October onwards.

This includes the particularly bad section from Oakle Street to the dual carriageway and also from Church Lane to the Apple Tree.

Precise dates will be advised in due course and there will be night time road closures in place for the works at various times during the period 8<sup>th</sup> to 26<sup>th</sup> October.

Look out for e-mail messages from Minsterworth Village Hall.

Don't take life too seriously. You will never get out of it alive.

- Elbert Hubbard

Middle age is when, whenever you go on holiday you always pack a sweater.

- Denis Norden

I can sing as well as Fred Astaire can act.

- Burt Reynolds

## AN OBITUARY PRINTED IN THE LONDON TIMES

Today we are mourning the passing of a beloved friend, Common Sense, who has been with us for many years. No one knows for sure how old he was, since his birth records were long ago lost in bureaucratic red tape.

He will be remembered as having cultivated such valuable lessons as:

- knowing when to come in out of the rain.
- why the early bird gets the worm.
- life isn't always fair.
- and maybe it was my fault.

Common Sense lived by simple, sound financial policies (don't spend more than you can earn) and reliable strategies (adults, not children, are in charge).

His health began to deteriorate rapidly when well-intentioned but overbearing regulations were set in place. Reports of a 6 year old boy charged with sexual harassment for kissing a classmate; teens suspended from school for using mouthwash after lunch, and a teacher fired for reprimanding an unruly student, only worsened his condition.

Common Sense lost ground when parents attacked teachers for doing the job that they themselves had failed to do in disciplining their unruly children. It declined even further when schools were required to get parental consent to administer sun lotion or an aspirin to a student.

Common Sense lost the will to live as churches became businesses; and criminals received better treatment than their victims.

Common Sense took a beating when you couldn't defend yourself from a burglar in your own home and the burglar could sue you for assault.

*Continued on p7*

*Continued from p6*

Common Sense finally gave up after a woman failed to realise that a steaming cup of coffee was hot. She spilled a little in her lap and was promptly awarded a huge settlement.

Common Sense was preceded in death;

- By his parents, Truth and Trust.
- By his wife, Discretion.
- By his daughter, Responsibility.
- And by his son, Reason.

He is survived by his 5 stepbrothers;

- I know My Rights.
- I Want it Now.
- Someone Else is to Blame.
- I am a Victim.
- Pay me for Doing Nothing.

Not many attended his funeral because so few realised he was gone. If you remember him, pass this on. If not, join the majority and do nothing.

My anonymous contributor

## **GIVE LOVE IN A BOX THIS CHRISTMAS - SHOEBOX APPEAL**

Once again a huge thank you to everyone who played a part in sending a magnificent 133 shoe boxes to children last year. Following on from this success we are once again collecting for the charity 'Teams4U' who run this Christmas appeal in relation to a long term commitment to children. This includes financing pre-school programmes to support their education and development.

If you would like to take part in this worthwhile charity, we have explanatory leaflets and would be happy to let you have one. Please contact us and we will pop one over to you.

Gift suggestions for a child are:

Hygiene items – school writing equipment and paper – a soft toy – a small ball – puzzle - jewellery – hair accessories – sweets – hat, scarf and gloves- new socks/underwear.

Or you may prefer to fill a shoebox for the family. Gift suggestions are:  
Candles – t-towels – plastic utensils – bowls and cups – soap – washing up cloths – cloths pegs

We will once again be collecting them at the beginning of November – please see next month's magazine for exact dates/locations to collect leaflets/drop boxes off.

Thank you in anticipation

Our phone numbers are: Elaine Incher 01452 750140  
01531 821385

Jayne Stephens



# St Peter's P.C.C.

## **The Whist Drive**

The 'Beast from the East' seems to be in the dim and distant past now, and at the August whist drive we were glad to be able to keep the outer door open so as to try and keep cool. A pleasant evening resulted in £58.50 for church funds. As always, thank you to all who helped in any way.

The October whist drive is on Monday 2<sup>nd</sup> October, starting at 7.30pm at Minsterworth village hall.

## **200 Club**

The winners of the August draw were as follows:-

£50	No. 148	Sid Penman
£20	No. 194	Roy Pritchard
£10	No. 125	Adrian Hawkins

## **Church Service times & Flower rota October**

<b>Date</b>	<b>Time</b>	<b>Service</b>	<b>Flowers</b>
1 <sup>st</sup>	11am	Harvest Celebration	Pat Haisell-Neves
8 <sup>th</sup>	11am	Holy Communion	Pat Haisell-Neves
15 <sup>th</sup>	5pm	Evening Prayer	Julie Fisher
22 <sup>nd</sup>	9.30am	Holy Communion	Julie Fisher
29 <sup>th</sup>	10am	Holy Communion At Blaisdon Church	Anne Cowdrey

## **Minsterworth Reading Group**



On Wednesday 3<sup>rd</sup> October we will review 'The Chilbury Ladies' Choir' by Jennifer Ryan.

Ring Vicki on 07515 255685 for further information.



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**Exon Domesday: Living (and Paying Taxes) in  
William the Conqueror's England**  
**A talk by Dr Chris Lewis,**  
**Dept of History, King's College London**  
**Friday 30<sup>th</sup> November 7pm**  
**at Minsterworth Village Hall**

Domesday Book is England's oldest public record and the end-product of an intense and unprecedented survey of landed property across the whole country undertaken for William the Conqueror twenty years after the battle of Hastings. The Domesday Survey was launched at Gloucester, while King William was holding court at Christmas 1085 in the royal palace that now lies beneath Kingsholm.

Exon Domesday is the oldest part of the Domesday archive to survive, older by a few months even than Domesday Book itself. It surveys the manors of south-western England, providing details of peasants and livestock, woods, watermills, fisheries, and more. It also includes a surprisingly fascinating and much less well known set of tax accounts for the south-west from 1085-6. Dr Lewis and colleagues in London and Oxford are engaged on an in-depth study of the 500-odd pages of the Exon Domesday manuscript, which belongs to Exeter Cathedral.

We are delighted that Dr Lewis has agreed to repeat the talk that he gave at Gloucester Cathedral in February 2018 – there were people queuing at the door at that event, unable to get in, so Minsterworth is honoured to have its very own presentation! It was excellent in February, so I'm looking forward to hearing the talk again.

**Tickets £10 available from Roger or Norma on Glos 750260**

Medieval biscuits and hot punch (non-alcoholic) served on arrival (or tea + coffee if you prefer)

# Thomas IT Consultancy Limited

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## Cleaning the microwave

- Place 2 teaspoons of baking powder in a microwave-safe bowl.
- Put the bowl in the microwave on full power for 2 to 3 minutes.

The baking powder will absorb the odours, while the steam will loosen the caked-on food and oil on the walls of the microwave.

Remove the bowl and wipe the microwave down with a damp cloth.

For extra freshness why not add some lemon juice.

**OVER FARM MARKET**  
1982

Marrows, courgettes, sweetcorn, beetroot and more in season now

10% off at Over Farm Market with this ad

Offer code: Minsterworth Villager

[overfarm.co.uk](http://overfarm.co.uk)

The advertisement features a central illustration of a brick barn with a sign that reads 'OVER FARM MARKET'. The barn is surrounded by various farm-related items and people. To the left, a white van is parked with a sign that says 'Delicious Dairy Produce'. To the right, a red car is parked with a sign that says '10% off at Over Farm Market'. The background shows a field with pumpkins and a person holding a basket. The overall scene is a vibrant and busy farm market.



## Our visit to Imperial War Museum London on Sunday September 16<sup>th</sup> 2018

Thanks to all those who purchased tickets for this very interesting visit. We raised in excess of £500 for the R.B.L.

Please consider joining Minsterworth and District R.B.L., help us to arrange more very interesting day visits and help to retain our Legion branch. We meet in Minsterworth Village Hall on the second Wednesday of the month at 7.30pm except August and December.

### Military History

- Oct 3<sup>rd</sup> 1943 - Landings at Termoli (40 Commando R.M.)
- Oct 8<sup>th</sup> 1990 - First WRNS serve at sea on HMS Brilliant
- Oct 21<sup>st</sup> 1805 - Battle of Trafalgar

Terry Bourne, Chairman  
Minsterworth & District R.B.L.

## Oeufs en cocotte

Eggs in pots

Serves 4

150g crème fraîche

4 eggs

Handful chopped dill

Nutmeg

Salt & pepper

2 ramekins to serve

Preheat the oven to 180°C

Season the crème fraîche with salt & pepper & a

pinch of nutmeg

Place a heaped tablespoon of crème fraîche in the bottom of a ramekin plus some dill

Crack an egg on top

Add a second tablespoon of crème fraîche. Add a

pinch each of salt, pepper & nutmeg. Repeat with 3 more ramekins. Place the ramekins in a baking dish, add luke warm water to halfway up the outside.

Bake for 15 mins or until the egg yolks are set to your liking.

Garnish with a teaspoonful of salmon roe or a dash of Tabasco



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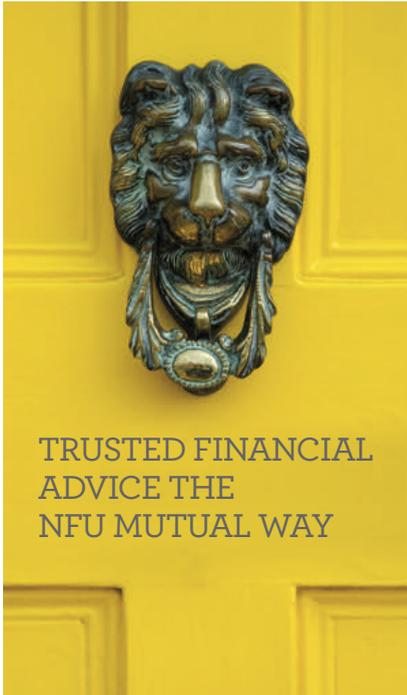


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## Comin thro' the rye! by Robert Burns

O, Jenny's a' weat, poor body;  
Jenny's seldom dry:  
She draiglet a' her petticoatie  
Comin thro' the rye!

Coming thro' the rye, poor body,  
Coming thro' the rye  
She draigl't a' her petticoatie  
Comin thro' the rye!

Gin a body meet a body  
Comin thro' the rye,  
Gin a body kiss a body —  
Need a body cry?

Gin a body meet a body  
Coming thro' the glen,  
Gin a body kiss a body —  
Need the warld ken?

Gin a body meet a body  
Comin thro' the grain;  
Gin a body kiss a body,  
The thing's a body's ain.



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“Conjunctivitis.com – now that’s a site for sore eyes”

Tim Vine

“I have kleptomania, but when it gets bad, I take something for it.”

Ken Dodd

“How come Miss Universe is only ever won by people from Earth?”

Ross Noble

“I want to die like my father, peacefully in his sleep, not screaming and terrified, like his passengers.”

Bob Monkhouse

# The Tewkesbury Borough Plan

## Proposed Settlement Boundary for Minsterworth

Those of you who have been following the minutes of the Parish Council over the past few months will realise that, at the request of Tewkesbury Council (TBC) we have been attempting to delineate a reasonable 'settlement boundary' for Minsterworth village. Planning permission for housing is more likely to be granted within the settlement boundary, although it does not mean that planning permission would automatically not be granted in other areas.

The draft plans are to be announced and voted on by TBC on 29<sup>th</sup> September 2018, after which the settlement boundary should be available to view on the TBC website. The plans will then be open for comments from any resident during the following 6 weeks, in addition to being discussed at the October Parish Council meeting.

This is an important step in the planning process for Minsterworth, and your opportunity to comment on the future of planning decisions.

### Probiotics? So what?

So what are they? Probiotics are living micro-organisms taken by millions of people to boost their microbiome or to restore their gut ecosystem after a course of antibiotics. But do they work?

Immunologist Eran Elinav of the Weizmann Institute of Science in Israel, and colleagues, sampled the microbiome of healthy volunteers directly using endoscopies and colonoscopies. Most other microbiome research relies on faecal samples as a proxy for gut microbes.

They then fed 15 of the volunteers either a commercially available probiotic supplement or a placebo.

The outcome was striking. For a start, the microbes found in faeces were not representative of those that had colonised the gut. "Relying on faecal samples as an indicator of what goes on inside the gut is inaccurate and wrong" says Elinav.

*Continued on p20*

# *Minsterworth Village Hall*

*Registered charity 255668*



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**In aid of Minsterworth Village Hall and St Peters Church**

# Charity Fashion Show

**Thursday 22<sup>nd</sup> November at 7PM**

@Minsterworth Village Hall

£10 ticketed entry

(including a complimentary Prosecco)

Tickets can be purchased in advance from:

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Tel: 07889 198790

**Arlette Lane**

Holly Cottage

Tel: 07926 986247



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# FOR YOUR DIARY

October 2018

<u>Date</u>	<u>Event</u>	<u>Page</u>
2	St Peter's PCC Whist Drive	9
3	Minsterworth Reading Group	9
3	Poppy handover	3
10	Minsterworth Royal British Legion	13
27	Village Coffee morning	3

Recycling Collection dates	2
Mobile Library dates	2

*...continued from p17*

## **Probiotics? So what?**

The researchers measured what happens to the microbiome of people who take probiotics in the hope of restoring their microbiome after antibiotics. Volunteers took an identical course of antibiotics and were then assigned to one of three groups. The microbiome of the first group was allowed to recover by itself, whereas the second group was given probiotics. The third group was treated with a dose of their own original pre-antibiotic microbiome by a faecal microbiota transplant (FMT).

Probiotic bacteria readily colonised the gut of everyone in the group taking Probiotics after antibiotics had cleared the way. However, the researchers were surprised to find that this prevented the return of the person's normal microbiome for up to six months. "The probiotics very potently and persistently prevented the original microbiome returning to its original situation," says Elinav. "This was very surprising and alarming to us. This adverse effect has not been described to date."

The opposite effect was observed with the volunteers given a dose of their own pre-antibiotic microbiome via FMT. Their native gut microbiome returned to normal within days.

So just eat normally after antibiotics & don't spend loads on Probiotics, they might harm you!