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June 2021



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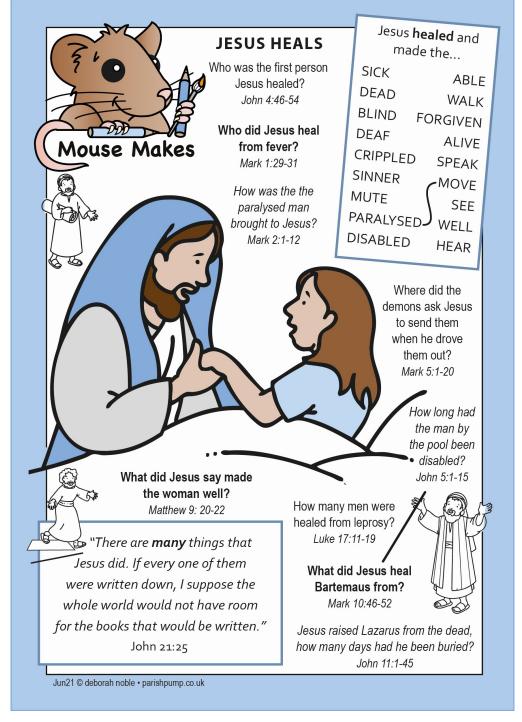
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WESTON SENIORS

Weston Seniors' Coffee morning resumes on Monday, 12th July at 10.30am

We look forward to welcoming you back for coffee, cake and chat.

Anna, Valerie, Viv and Peter



Those who cry over spoilt milk

What happens when you spill a cup of coffee? Does the minor irritation ruin the rest of your day? Or do you simply clear up the mess and not give it a second thought?

Our brains respond in different ways to minor negative experiences. Now a study by psychologists at the University of Miami has found that the way in which your brain responds may even impact your long-term psychological well-being.

Psychologists refer to this as 'spill-over', which is the extent to which small negative experiences affect your mood and your day-to-day life. Not surprisingly, people who fixate on small things are less happy.

As one psychologist said: "Basically, we found that the persistence of a person's brain in holding on to a negative stimulus is what predicts more negative and less positive daily emotional experiences."

Don't make decisions on an empty stomach.

Scientists at Harvard have found that when you have higher levels of the body's hunger hormone, ghrelin, in your system, you are more likely to be impulsive. This means that you will be liable to make poor decisions, tending towards instant gratification rather than long-term achievement.

In one experiment, hungry women with a higher amount of the hunger hormone chose to receive £20 the same day, instead of £80 in two weeks' time.

So, ghrelin may well "play a broader role in human related behaviour and decision making, such as monetary choices."



VILLAGE HISTORY

The Railway Station - Part 1

In the history of the village school, I mentioned in Part 6 that pupils were set the challenge of measuring the distance from the school gate to the railway station: 1 mile and 8 chains, according to the school diary! This prompted one recent newcomer to Weston to comment that they didn't know the village ever had a railway station. As it closed some 60 years ago, only very long term residents will have any first hand memories of this service, which has prompted me to look back at another facility now lost to us.

After the crossroads with Buckle Street, the B4035 Bretforton road snakes its way up and over the old railway line. The track is long gone, as is the station, with the site now occupied by CRH Plant. But what brought trains to Weston?

The 19th century saw a period of railway 'mania'. In 1830 there were just 125 miles of track, but by 1871, this had increased to over 13,000 miles. One reason for this vast expansion was the lack of Government regulation or intervention. Anyone with sufficient financial means (or the capacity to borrow funds) could form a railway company, raise capital and put forward an application for a Railway Bill to Parliament which, if passed, would enable land along the proposed route to be compulsorily purchased and work commenced.

There was no grand master plan, with individual routes being developed by companies formed for a specific purpose. One of these was the Birmingham & Gloucester Railway Company. Running via Cheltenham and Bromsgrove, this service was opened in sections and completed in August 1841.

Closer to Weston, the Oxford, Worcester and Wolverhampton Railway Company constructed their line from Wolvercote (near Oxford) to Evesham, and began running trains in June 1853. Local stations were Mickleton (subsequently renamed Chipping Campden) and Honeybourne. This is essentially the main line still running today, although Camden station closed in 1966.

A number of schemes to serve the Vale of Evesham were floated, but it was not until 1902 that work began to connect Cheltenham and Honeybourne. However, before we look at the history of that line, upon which Weston was one of the stations, I am going on a slight detour and take a closer look at construction of the mile long tunnel on the line between Moreton-in-Marsh and Honeybourne. Work started in 1846, but progress by the contractor was slow and resulted in the Railway Board eventually ordering their Chief Engineer, Isambard Kingdom Brunel, to take over the project himself.

This proved easier said than done!

Next month: The Battle for Campden Tunnel. Any comments to tonykemp@clara.co.uk

North Cotswold U3A alive and zooming

With restrictions in place for the last 13 months and preventing meetings to take place in Weston-sub-edge village hall, members of the North Cotswold U3A have continued to meet via Zoom meetings.

Chairman Chris Selby writes: Over the last few months, we have also managed to Zoom a number of Open Meetings and a Quiz, which have all been extremely well attended-who says the older generation are not tech-savvy?

Although many activities have had to be cancelled owing to Covid-19, some groups are still running, the North Cotswold u3a is open to new members. No qualifications are offered and no qualification is required other than that you are not in full-time work. There's no age restriction either! Come and join us to learn, laugh and live!

When we can meet again the Open Meetings on the second Thursday of the month will be held in the newly refurbished Willersey village hall.

Another reason to celebrate is that, believe it or not, this is the North Cotswold u3aJubilee Year. Twenty-five years since the formation of our u3a is a fantastic achievement and certainly one worth celebrating.

Future Zoom meetings:-

Thursday 10th June at 2pm. 'A Life in Theatre' with Nick Wilks

Website:-

https://u3asites.org.uk/north-cotswold





A group of elderly British tourists were touring Holland by bus. They stopped at a cheese farm where a young guide led them through the process of making cheese from goat's milk. She showed the group a lovely hillside where many goats were grazing.

"These," she explained, "are the older goats put out to pasture when they no longer produce."

She then asked, "What do you do in Britain with your old goats?"

A spry old gentleman answered: "They send us on bus tours!"

Making changes

There are some things we change often, and others rarely. All businesses want customers and clients who return again and again, without making a fuss and who do not 'shop around'. Do you 'shop around' or are you steadfastly loyal, whether you are valued or not?

Take a minute to think about how loyal you are to your supermarket, bank, doctor, insurer or energy supplier. Some of these we change often without a thought, and some not so. Many of us are skilled at getting the best deal and haggling. There is nothing wrong with that, and we should certainly be good stewards of what we have. This applies to both our home and church. We should shop around to get the best offer for our families or the congregation. When was the last time your church got several quotes for electricity or insurance?

If you think about the list above, there are some things we would rarely change. We tend to keep the same bank, and the same usually applies to doctors and other professionals. Some of these are simply not easy to change! Banks are supposed to make it easy to change accounts, but it rarely is. We would not give a second thought to doing the week's shop somewhere different, but business likes customers who are loyal, so they introduce reward schemes to encourage us to always buy things from them. All businesses depend on reputation and loyalty is to be valued. If we get a good experience, we should cherish it. If not, then tell them.

What should we look for when shopping around? How about asking yourself the following questions: 'Is it really a good deal?' 'Are there hidden extra charges?' 'How long are you tied

into the deal for?' 'How difficult will it be to change supplier?'

If you want to renew a contract or if you are a new customer, it is usually easy. But try to cancel and they make it difficult; you often have to telephone to explain why. If you say you do not want to renew because you have a better quotation elsewhere, then you may suddenly get a better deal.

David Pickup

We all like to receive a compliment from time to time. As Robert Orben, former script writer for President Gerald R. Ford once said, "A compliment is verbal sunshine."

Another American, Leo Buscaglia once observed: "Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn someone's life around."

At a funeral service, nice things are usually said of the deceased. While these comments are comforting for the relatives, did the same folks ever bother to say these kind things to the person themselves, when they were alive, to show them how much they were appreciated?

Sadly, not everyone seems able to compliment others. Perhaps they never received compliments when they were young, or perhaps they feel that to compliment someone else is to somehow put themselves down. For whatever reason, such people miss out on a whole lot of pleasure in life.

Whenever we see something that is worthy of a compliment, why not give it, and bring 'a little verbal sunshine' into someone else's life!

Home alone, wanting a gnome

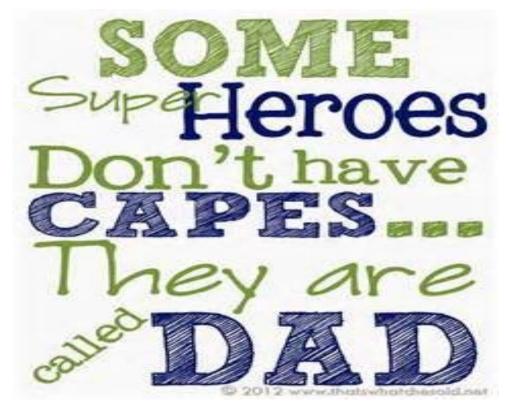
Do you yearn for a garden gnome? You are not the only one.

Since last year's lockdown, garden centres have been reporting a 'massive upswing' in ornament sales, due to people being forced to spend more time in their gardens. Gnomes top the list of most-wanted ornaments, with a near 100 per cent increase in sales over the past two years.



There was even a gnome crisis a while back, when the Suez Canal got jammed, and thousands of gnomes on their way to UK gardens could not get through.

Don't forget Father's Day on Sunday, 20th June 2021.



The man who invented the saxophone

It was 175 years ago, on 28th June Jesse Boot, the British pharmacist and saxophone.

quickly became known for his brilliant to the Nation'. inventiveness and his abrasive personality, but also – to the despair of The 1st Baron Trent, as Jesse became his mother – for his brushes with death in 1929, sold his controlling interest to as a child. He fell from a height of American investors in 1920, but Boots three floors and was believed dead. continues to be a familiar name to all drank a bowl of dilute sulphuric acid Britons. Ironically John Boot had thinking it was milk, swallowed a pin, offered his close friend and business and received serious burns from a associate John Harston the opportunity gunpowder explosion. He also fell on of going into business with him, but to a hot cast-iron frying pan, was Harston had felt it was not a good struck by a cobblestone and fell into a investment. river, then several times narrowly escaped poisoning from sleeping in a Jesse Boot was a great benefactor to room where varnished furniture was the City of Nottingham. He gave land drying.

1850s but made a full recovery.

It was surprising then, that he lived He met his wife, Florence Rowe, in a until his 80th year, dying in poverty in Wesleyan Chapel in Jersey while he Paris despite his many musical was recuperating from illness. She was instrument inventions, which did not also an astute businesswoman, who bring him wealth because they were helped to develop the Boots business, copied by others, despite his patent.

invented saxatromba, saxhorn and him. saxtuba. He himself played flute and clarinet. His parents were also instrument designers.

Tim Lenton

The beginnings of Boots the Chemist

1846. that Belgian musical instrument philanthropist, died 90 years ago, on maker Adolphe Sax patented the 13th June 1931. He turned the Boots Company started by his father John a former agricultural worker - into a Born Antoine-Joseph in 1814, Sax chain of chemists branded 'Chemists

for what is now the University of Nottingham and was presented with He also contracted lip cancer in the the Freedom of the City of Nottingham in 1920.

and her home island of Jersey benefited from the couple's generosity. As well as the saxophone, which After her husband's death she received huge support from classical commissioned the glass artist René composer Berlioz, he Lalique to refit the Anglican church of the St Matthew there as a memorial to

Tim Lenton



Gloucestershire Warwickshire Steam Railway

Broadway Station Progress June 2021

Our volunteers were able to return to work at the end of March, following the easing of Coronavirus restrictions. Their main focus was initially on tidying up and gardening to make the station look good for our visitors when trains started running again in mid-April. The production and installation of spear fencing



panels on platform 2 are under way again, and the footbridge team have also been able to resume their work.

The Covid-secure train service starting from Toddington continues, but if all goes to plan from 17th May there will also be limited opportunities to book trips starting and finishing at Cheltenham or Broadway. All journeys must be prebooked via the railway's website, **www.gwsr.com**, where the latest up to date information will be available.

In addition, the café at Broadway station will be open when trains are running (Tuesday, Wednesday, Thursday and weekends) and members of the public will be able to visit and buy refreshments.

All these arrangements are dependent on there being no change to the government's 'road map', so please keep an eye on the website.

We look forward to welcoming you to our railway very soon.

John Blofield

Vladimir Putin, wanting to get on the good side of voters, goes to visit a school in Moscow to have a chat with the kids. He talks to them about how Russia is a powerful nation and how he wants the best for the people.

At the end of the talk, there is a section for questions, little Sasha puts her hand up and says "I have two questions. - Why did the Russians invade Crimea? And why did we send troops to the Ukraine?" Putin says "Good questions." But just as he is about to answer, the bell goes, and the kids go to lunch.

When they come back, they sit back down and there is time for some more questions, another girl, Misha, puts her hand up and says "I have four questions. - Why did the Russians invade Crimea? Why did we send troops to the

If you wish to place an advertisement in the Messenger for 2021 please contact the Editor on 01386 859625 THANK YOU to all those who support the magazine.

This year, Queen Elizabeth II will celebrate her milestone 95th birthday on Saturday, June 12, 2021.

On her official birthday, Her Majesty will be joined by other members of the Royal Family with a public appearance on the balcony of Buckingham Palace.

The BBC will broadcast the spectacular "Trooping the Colour" parade which moves between Buckingham Palace, The Mall and Horseguards' Parade.



Happy Birthday Your Majesty.



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In one s Neighbor his wife there?"

In one small rural village the local vet also led the local Neighbourhood Watch group. Late one night the phone rang, and his wife answered. An agitated voice inquired, "Is your husband there?"

"He is, but tell me, do you need him as the vet or the Neighbourhood Watch?" the wife asked.

"Both!" was the reply. "We can't get our dog's mouth open, and there's a burglar in it!"

A group of tourists was watching the re-enactment of an ancient Egyptian religious ritual. One pointed to the statue that was being praised, and asked a nearby local for the name of the god.

"Why do you ask?" the local man replied.

The tourist shrugged. "Oh, just idol curiosity!"

Every seven minutes of every day, someone in an aerobics class pulls a muscle.

Learn from others' mistakes. You won't live long enough to make them all yourself.

SMII

6

Sudoku Each line, column and square must contain the numbers 1 to 9. Intermediate Easv

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WE ARE GETTING THERE!

Lockdown easing on 17th May

People can meet in groups of up to 30 outdoors

Six people or two households can meet indoors with overnight stays allowed

Pubs, restaurants, bars and cafes allowed to serve customers indoors

Museums, theatres and cinema can open

Hotels, hostels and B&Bs can reopen

Adult indoor exercise classes can restart

> **BE CAUSTIOUS ABOUT HUGGING**



Gardening really is good for you

According to a recent study conducted by the Royal Horticultural Society (RHS) and two universities, people who garden every day have well-being scores 6.6 per cent higher, and stress levels 4.2 per cent lower than those who do not garden at all.

Dr Lauriane Chalmin-Pui, RHS well- This month (June) could see a sudden being fellow and lead author says, "The evidence overwhelmingly suggests that the more frequently you garden, the greater the health benefits.

same positive impact on your wellbeing as undertaking regular, vigorous exercise like cycling or running.

"Gardening is like effortless exercise: it doesn't feel as strenuous as going to The plant grows up to 2.1 metres (7ft) the gym, but we can expend similar amounts of energy."

What does your lawn say about refusal of mortgages on the land. vou?

A perfectly mown lawn may look Where are our birds? beautiful, but it is also a sign of male control.

So says Monty Don, the Gardeners' World presenter. He is wary of what he calls the 'male obsession' to achieve a closely cut lawn which is of pure and perfect grass, without any other plants in it at all. Monty Don calls such an attitude to gardening "controlling rather than embracing," and reckons it is based on a desire to get just one more "aspect of life under control".

Instead, Don urges that at least part of our lawns should be encouraged to become wildflower meadows, which are much better for the environment. He explains: "Cutting grass burns fossil fuel, makes a filthy noise and is about the most injurious thing you can do to

wildlife. Whereas, simply letting grass grow ... is probably the single most effective thing you can do in any garden of any size, to encourage, particularly, insect life, but also small mammals, invertebrates and reptiles.

Beware Japanese knotweed this summer

bumper appearance of the notorious garden pest, Japanese knotweed.

The Royal Horticultural Society (RHS) experts have warned that the April "In fact, gardening every day has the frosts either delayed or killed other plants who would have helped keep it in check. Unfortunately, the pest is very hardy, and will not have been killed off.

> tall and can destroy the foundations of houses and run riot in gardens. It can even devalue property, and lead to the

British birds are in big trouble. Eighty per cent of our most popular species are in severe decline, according to recent data from the RSPB's annual Big Garden Birdwatch.

The world's largest wildlife survey has found that 16 out of the 20 most spotted garden birds have been in decline since 2020. There are now concerns about the greenfinch and chaffinch, which were seen in their lowest ever numbers this year.

The top five birds seen in people's gardens were: house sparrows, blue tits, starlings, blackbirds and wood Only robins, blackbirds, carrion crows and the song thrush grew in number in 2020.

June 2021

"I am not asking you to take them out of the world, but I ask you to protect them from the evil one."

Jesus, St John's Gospel, chapter 17, verse 15 (NRSV)

The verse above always puts me in mind of Christ's call for us to be 'salt and light' (you can read the full story in St Matthew's Gospel, chapter 5, verses 13-16). That call has been at the heart of my relationship with God and is, therefore. central to my calling to serve as an ordained minister.

After I was first ordained, I continued to work in the Civil Service, as well as serve as a curate. This gave me a wonderful opportunity to explore and live out the integration and fusion of real life and my calling to take my faith into the world. I continued that exploration of what it meant to be salt and light in my work as a hospice and hospital chaplain, and do so now as a parish priest. Indeed, when I came here for my interview in February 2017, I spoke about that very theme in the talk that I had to give. As part of what I shared with those interviewing me, I reflected on what it meant to be salt and light, saying,

"You can't add salt to food without it making a difference. Salt is a seasoning, it adds flavour. Some might say that it brings out the true flavour of the food. We are called, in Christ's name, to be a 'divine seasoning' to everyone and in every situation that we encounter in our communities, bringing out their full potential, just as salt does in food...I pray that we would be people who are the transformational salt and light in our communities; people who radiate the light and life of Christ to such an extent that others are drawn to it and come. in time, to taste and see just how good the Lord is."

I believe that even more passionately now than I did four and half years ago.

I confess that there are times when being somehow separated from the rough and tumble, chaotic and messy brokenness of the world seems guite appealing! Perhaps you feel the same. But, as Jesus says above, that's not how it's to be for the Christian. Our calling - the calling, that is, of every baptised believer - is to be 'the divine seasoning' in the many and varied places where God has placed us. As we do so, we can have full confidence that God's almighty hand of protection is upon us.

What does Christ's call mean for you? Where will you be salt and light in the days ahead?

With love, Scott

Rev Scott Watts Team Vicar, Vale and Cotswold Edge Benefice