

Shirenewton

Parish Magazine

May 2015



Price: £1

FROM THE VICARAGE

Dear People of the Parish,

I recently attended a church meeting where I stayed awake!

On the surface, things did not look too hopeful – Shirenewton Church was convening a meeting to further discuss MAPping plans. If you have little or no idea what this means, MAPping stands for *'Mission Action Planning'*. This is something that has been knocking around for a few years now. Shortly after I was appointed Area Dean (don't worry, after eight years I have passed this role on elsewhere), MAPping was very much the buzz-word in church circles. This involved seemingly endless meetings, most chaired by earnest young bearded men, who liberally employed jargon such as 'Focus Groups, and 'Parish Strategy'. I, being somewhat cynical, dismissed much of this as yet another attempt by the church to be *relevant* to contemporary society and, uncomfortably, realising that they were out of touch with many needs and aspirations of said society. In addition (and many of us were shifting around nervously) we were facing the fact that the church was haemorrhaging members and fast approaching bankruptcy. No change, then, from what I had seen since ordination some thirty-five years ago.

Many parishes (although they will deny it) have long since abandoned MAPping and the *challenging* literature, which accompanied the process, left fading and gathering mildew in some corner of a shambolic Vicarage.

I was startled, therefore, to find that this was not the situation at Shirenewton. Startled and – dare I say it? – increasingly excited when party to developments which were characterised by freshness of presentation and clarity of objective.

The main thrust of Shirenewton's vision of MAPping appears to be the importance of engaging those 'outside the church' as much as affirming those 'inside' and little to do with wrapping up the ecclesiastical establishment in cotton-wool and preserving it to await the cloying dust of ages to settle.



Central, in many ways, to the Shirenewton vision of MAPPING was the importance of the local church not only engaging with the surrounding community but making both feel that they were journeying together and breaking down the assumptions of 'them' and 'us' which has existed for so long.

A few years ago (when you get to my age make that "30 years ago"), I purchased a captivating, well-researched and humorous book entitled *Yesterday in Country Church and Churchyard*. It was argued that for many centuries the local church was heavily involved in local community social expression – there! How is that for a piece of PC jargon which goes to show that no one is immune? This included, among other questionable activities, refusing to conduct the marriage ceremony of a local couple unless they first agreed to be in receipt of 'Bride-Ales' (i.e. the traditional reception which followed afterwards) supplied by – a frequently dodgy – cleric and dubious Churchwardens (not, of course, that we have any of these!).

I have also droned on endlessly (as the congregations of Mathern, Mounton & St. Pierre will testify) about how, if all those who have been Christened in St. Pierre over the past fifteen years – candidates only, mark you – attended church on a regular basis – we would need a building three times the size of the present one to accommodate them.

Taking the above two examples as fairly typical, then we have an obvious disconnect between church and society. If the sensitive approach to MAPPING, as evident in the approach of Shirenewton's Parochial Church Council, helps to address the situation then such an initiative deserves to be applauded. Well done, Shirenewton PCC.

With every good wish and blessing,

Julian White
(Rector)

NEWS FROM ST PETERS, NEWCHURCH

Events in 2015

Do you enjoy singing?
St Peters, Newchurch invites you
to join in
Songs of Praise
Thursday 14th May
At 7 pm

Saturday 18th July 2015

Thursday 17th September 2015

Saturday 7th November 2015

Family fun day at Church Farm

Harvest Festival followed by harvest supper

Autumn Fayre

St Thomas á Becket Church Shirenewton

200 CLUB WINNERS FOR APRIL

1st prize	Allan Saysell
2nd prize	Angharad Thomas
3rd prize	Nansi Davies
4th prize	Archie Morris

FROM THE REGISTERS

The Funeral of Phyllis Elaine Jones 1918 - 2015

MONEY FOUND IN MYNYDDBACH

I'm pleased to be able to advise everyone that the money I found (US\$985) has been reunited with its original owner who, by way of thanks, made a donation to the Church. A large bundle of US\$ lying by the road in Mynyddbach – who'd have thought it! It all happens in Mynyddbach.

CHEPSTOW LADIES TANGENT

Would like to extend a warm welcome to any one interested in coming to hear a talk by Mrs Emma Saysell about the work of the St David's Hospice Care.

Coffee and tea will be served with a small charge of £3
in the Shirenewton Church room
Wednesday 13th May at 7 pm for 7.30 start

WHIST DRIVE MAY 2015

Whist Drives – An Important Diary Note for potential Whist Players-

Whist Drives at the Recreational Hall Shirenewton will resume on the 8th May and continue on the second Friday of each month until the end of the year. We would love to see some more new faces. We are open from 7 p.m. and start playing at 7.30 promptly – we have a 15-minute break for light refreshments and then play on till approximately 9.45 depending on the number of tables playing. We also have a raffle in aid of The Recreation Hall funds. Please come and support us as it is an important source of income for the Hall.
Auriol Horton. 01291 641844





Charity Music Festival
Saturday June 6th
The Huntsman Hotel

2 Live Music Stages
Stalls, BBQ And More...
From 1.30pm to Midnight

Follow the full progress on

www.shirefest.org

And

FACEBOOK

SHIRENEWTON CHURCH FETE

13th June 2015

A fun day out for all the family
games, activities, stalls,
entertainment, grand prize draw,
refreshments and lots of lovely local cakes!

Planning for the fete is underway and the new fete committee would really welcome any offers of help as we have a number of stalls in need of manning. Full support & training will be given!

If you would like a chat about how to get involved or to understand what it is all about, please email or call:

Mark Tomlins

marktomlins@me.com

07545 189464

SHIRENEWTON COMMUNITY COUNCIL

Shirenewton Community Council Extracts from the minutes of the April meeting.

Planning applications considered:

1. Appeal E86401N1412229840 (DC12014/00939) Rhewl Farm, Shirenewton.
Provision of photovoltaic solar park and ancillary infrastructure.

Council agreed to recommend refusal to the Planning Inspectorate using the same points as previously made to Mon CC.

2. DCI2014101185 Land adjacent to Clearview Court
Amended layout.

Council noted the recommendation of approval to the amended plan that had been submitted before the closing date of 19.3.15.

Monthly Police Report

Police Report: The monthly report had been distributed prior to the meeting, it reported one theft of two post boxes from Earlswood and advised of several heating oil thefts in the areas of Tintern, Itton and Devauden. There had been four calls to Brookacre during the month.

Inspector Thompson explained that she had met with other agencies regarding how to tackle the traffic issues and will be undertaking education, followed by enforcement. A press release in March which was also sent to motorcycle magazines, facebook, twitter and OWL, gave the message 'ride safely and in accordance with the law'. There was increased police presence on the B4235 over the Easter weekend and it was recorded that between the hours of 10 am - 3.30pm, there were 168 vehicles (including motorcycles) travelling at average speeds of over 70mph. Police revisited one week later and recorded 62 vehicles, none of which exceeded the speed limit.

Inspector Thompson confirmed that the police initiative will continue through the spring and summer months. Also that CSO L Thorpe has compiled an Operation Order to request additional funding and resources to support this. She further confirmed that from feedback received the public had appreciated the effects of the increased police presence.

David Davies then continued and advised that he will carry on with this issue if elected in May, or hand the issue over. He acknowledged the problems and agreed to commend to Ian Johnson, Police & Crime Commissioner, that he funds continued support of the police initiatives.

Input from the public present highlighted the unique problem with motorcycles at weekends and holidays. It was acknowledged that the police had taken the issues on board and were taking steps to find solutions, but that Monmouthshire Highways Dept. does not accept there is a problem, although they could provide help with speed limits and double white lines. Mr Davies offered to accompany Cllr C Down to a meeting with the Highways Dept, to request further support.

Speed, noise and inconsiderate driving were all issues that concern local residents. Council were advised of a successful initiative in Powys that involved creating a 50mph speed limit on a long stretch of road, with a speed/noise monitoring unit in place.

Inspector Thompson confirmed that there will be an update on the progress of the initiative each month in the Police Report.

The Chair thanked Mr Davies and Inspector Thompson for their input to the meeting.

Other points of interest:

Best Kept Village Competition 2015 - In view of the success of last year's entry after the collaborative efforts of village residents, Council resolved to enter the competition again this year. Cllr Hughes was thanked for the efforts he made last year but Councillors were sorry to learn that he will be unable to offer support this year, so Cllrs B Moore, M Lenza, L Dyke and the Clerk agreed to help.

Update on traffic calming proposals - County Cllr Down was unable to attend

Best Kept Village Competition 2015

The Community Council is entering Shirenewton in the competition again this year and is looking for support from residents. The support given last year was fantastic and not only did we win Best Kept Village in our category, but Best Kept Village Hall, Best Kept War Memorial and Best Kept Churchyard. Judging takes place between 1st and 30th of June and the judges make two visits during the month. We will be getting in touch with those that helped last year, and will hopefully also have more offers of help.

If you can help with strimming, trimming, litter picking or general tidying up please contact the Clerk on **01291 421403** or shirenewtoncc@gmail.com

the meeting, but feedback from P Keeble, Highways Dept., Mon CC was that a spell of good weather was required to lay the textured surfacing material and that the programme, along with the funding, would carry over to the new financial year. Work is planned to take place at the end of April.

Continued on page 10

Continued from page 9

Telephone kiosk -the proposed long term lease must be compliant and registered with the Land Registry, completion of Form AP1, copy of lease and £40 fee required. Council resolved to continue with registration.

Wildflower planting - Mon CC has selected sites for wildflower planting at the entrance to Home Farm, Cock-a-Roosting triangle and Gaerllwyd bus stop.

Applications for grant funding in 2015/16 -please note annual donations will no longer be made by the Council and all grant requests from organisations within the community must be made on an application form available from the Clerk. Applications to be returned by 30 June 2015.

WWI Exhibition and Flower Festival in the church on the weekend of 17/18/19 April.

In addition to funding £75 for the hire of the church room for the Exhibition, Council agreed to a further £25 to sponsor a flower arrangement for the Festival.

Welsh Government reminder to visit CADW local heritage sites - Children have a 'Kids Go Free' day on 17th May and a month long 'Open Doors' Festival will give free entry to all during September.

Date of next meeting- the Annual Meeting followed immediately by the ordinary meeting on

Monday 11 May 2015 at 7.30pm at Shirenewton Recreation Hall.

Contact details: Clerk to the Council - Mrs Hilary Counsell

Tel: 01291 421307 Email: shirenewtoncc@gmail.com

Website: www.shirenewtoncc.org.uk

SHIRENEWTON LOCAL HISTORY SOCIETY

Registered Charity No. 1090167

We held our March meeting at the Huntsman Hotel, Shirenewton. Our speaker for the evening was Dr Ann Benson who spoke on the subject of 'Troy House'. A very interesting subject as this house housed a family who spent time at court and took part in events that influenced our national history.

The village's World War 1 Commemorative Week-end took place at the Church Room, with flower displays in the Church and an exhibition in the Church Room. The Church flowers were glorious, filling the church with colour and perfume. The W.W.1. Exhibition retold the history of the war in chronological order, with details of the men from our village who appear on the War Memorial. We had artefacts such as helmets, medals and a favourite with the children a regimental bugle. This week-end was organised jointly between the Shirenewton Community Council, St Thomas a Becket Church and Shirenewton Local History Society and all who were involved were pleased to see so many people attend, some travelled from as far as Shrewsbury to attend this event. We would like to thank everyone who helped with this event.

Dates for your Diary:

- | | |
|----------------------------------|--|
| Tuesday, 28 th April, | Meeting at the Huntsman Hotel at 7.30 pm
Talk entitled 'The Lost Lake' given by Steve Clarke |
| Sunday, 10 th May, | 'Beating the Bounds of the Parish', Rogation Sunday
2.00 pm meeting at the Church, Tea & Refreshments.
All very welcome. |
| Monday, 11 th May, | Archive Meeting, Recreational Hall, 2.00 pm – 5.00 |

Everyone welcome at the above events

Further information on our web-site: www.shirenewtonlocalhistorysociety.co.uk

SHIRENEWTON WI APRIL 2015

Spring has definitely sprung early this year. It's nice to feel some real warmth and not to worry about rain coats. There is a down side of course having to go out and water plants especially those in pots and tubs and keeping an eye on the night temperatures when plants are out early.

Dr Rhian Morgan was our speaker at our meeting on the 9th April.

Dr Rhian Morgan works as the Public Engagement officer at the Wales Gene Park and the Heath, Cardiff. She gave us a very interesting and informative talk on genetics and genomes in everyday life. Few people can have failed to notice all the reports and articles in the media. Almost everyday there seems to be something about genes, genetic problems, genetically modified plants etc.

However few people not directly involved probably understand all they hear, so it was good to have information and be able to ask questions and get understandable explanations. Getting the message of genetics across is very important, as it effects all of us and the decisions made by and for us.

Dr Rhian Morgan gave us an insight into all the areas currently covered and researched and would be happy to come again if we want information on a specific topic.

On Saturday 9th May we are having a coffee morning 10am-12pm at the Recreation Hall in aid of St. Davids Foundation. See advert on Page 20

Thursday May 14th is our AGM 7:15 pm at the Recreation Hall.

In June we are planning a visit to the BBC in Cardiff Tuesday 16th in the afternoon.



STARGAZING

The five stars forming the “W” of Cassiopeia lie to the north in the evening night sky. Constellations usually have Ancient Greek names – the name Cassiopeia was used by Ptolemy, a great Greek astronomer living in Egypt when it was part of the Roman Empire around 100 AD. On the other hand the majority of stars have Arabic names – Arabic Astronomy was centred on Baghdad from about 800 to 1200 AD. Unusually the middle star of Cassiopeia is called Tsih, named by Chinese astronomers. This star has been used as an easily identifiable reference during space missions. Its traditional name in Welsh is Llys Dôn, which means the Court of Dôn, a character in the Mabinogion folk tales.



Other prominent Spring constellations are the familiar seven stars of Ursa Major, commonly called the Plough (a traditional Welsh name is Y Sospan, which hardly needs translating), which is now overhead in mid-evening, and Leo the Lion in the southern sky.

The stars appear fixed with respect to each other, but over long periods of time the star patterns change. The pattern of stars we call the Plough looked very different many years ago, and will look very different in the distant future.

There are three planets on view in the evening sky this month. The brilliant planet Venus, by far the brightest object (apart from the Moon) in the night sky, lies to the west at dusk. On the 21st Venus is joined by the crescent Moon. Jupiter is higher in the sky to the south-west. The crescent Moon sits just below Jupiter on the 23rd. The planet Saturn is slightly yellowish in colour and not particularly bright. It is low in the sky to the south and on the 31st the almost full Moon is to the right of the planet.

GWENT WORLD WAR ONE TRAVELLING EXHIBITION & CHURCH FLOWER FESTIVAL

*World War One exhibition and Flower Festival raised £415.10
for Help for Heroes! - Well Done!*

When the Shirenewton Historical Society arranged for the Gwent World War One mobile exhibition to come to Shirenewton, there was a very high level of interests in Shirenewton and Mynyddbach, and much anticipation. The Church was delighted when the Church Room was chosen as the venue and was very happy to respond to the call for assistance when they were asked if they could provide teas and coffees and cakes for people visiting the exhibition.

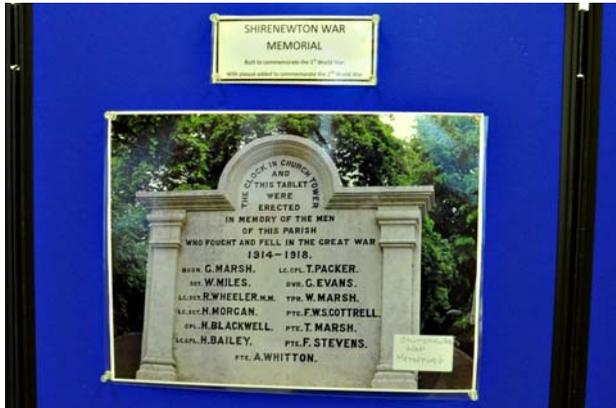
This major attraction in the Church Room prompted some of the PCC and friends to think about creating an opportunity for local people to offer their own commemoration, and so they arranged a Flower Festival in the Church at the same time. So whilst the exhibition was being set up on Thursday 16th April in time for opening on the morning of Friday 17th April, the flower shops and nurseries and hedgerows and forest walks were being stripped of their greenery and foliage and plants and perennials as the flower arrangers got to work.



When the exhibition and the flower festival opened on Friday, there was general amazement at the great attention to detail and interest at both events. The Gwent World War One exhibition told the story of the War in a series of panels showing information which ranged from the first action of the war involving Gwent (the seizure of the German liner *Belgia* in Newport); on to the first to fall (the loss of Gwent sailors when *HMS AMPHION* hit a mine); the Belgian refugees (1,000 took refuge in Gwent); Christmas 1914; Gwent's blackest day on 8th May 1915 when the 1st and 2nd battalions of the Monmouthshire Regiment were decimated; and the slaughter on the Somme on 1st July 1916 when two thirds of the 2nd Battalion South Wales Borderers were killed in one day.

There was information about merchant seamen keeping Britain fed; conscription; miners at war; food rationing which started in June 1917; the role of women in munitions factories, as nurses and on the trams; stories about the 10 Victoria Crosses won by men from Gwent. There were also individual memorials to local men with details about their lives and deaths, and the location of their graves, each accompanied by a small posy of flowers.

The last few panels contained information about the peace when the Armistice was signed and announced on 11th November 1918; and the cost in lives of those who paid the ultimate sacrifice; and of those who returned with damaged bodies and minds from the horrors of the trenches or the battles at sea. And the final panel was about Remembrance, and why we should never forget those who gave their lives and their loved ones so that we could live in a better world.



Meanwhile the Flower Festival in the Church took "In Memory" as the theme, and mirrored many of the ideas in the Church Room. Outside the main door Lt Col Andrew Baker had created two "Welcome" displays, and in the entrance porch Karen Millar on behalf of the organists had produced an amazing creation called Lacrymosa which included the music from Mozart's requiem mass on a long paper tape' dedicated to all the women who waited, hoped, loved and grieved; Andrew Baker's second display "Spring" made use of flowers growing out of an army boot and shell casing in a clever representation of the devastation caused by war, dedicated to his great uncle; and Annabel Hancock's "For Those In Peril On the Sea" incorporated a ship's wheel, dedicated to the Merchant Seamen who lost their lives.



Moving inside the Church Rose Robinson decorated the font with "Baptism", dedicated to the Royal Flying Corps; Winnie Jones used a corner table to great effect with "If I Should Die...", dedicate to those who lie in a foreign field; Hilary Counsell produced "Regimental Colours – South Wales Borderers" on behalf of Shirenewton Community Council, and dedicated to all the soldiers of Shirenewton; and Year 6 of Shirenewton Primary School called their display "We Will Remember Them" and filled a panel with poems and thoughts about the First World War, the injured, and those who never returned.



Shirenewton Guides dedicated "Anything to Remind Them of Home" to Captain John Irvine of the Argyll and Sutherland Highlanders and Private George Marr who was a machine gunner. Janet Horton remembered her and her husband's relatives who returned from the war in "The Fortunate Ones"; Sandra Hollis and Claire Lewis dedicated "Anzac Centenary" to Robert Atkinson of the Royal Marine Light Infantry; and Shirenewton Sunday Club created "Remember The Soldiers" and dedicated it to Rifleman Nash who lost his life in Afghanistan in 2008.

Shirley Bonsey for the Women's Institute dedicated "Women in Wartime" to the women who served on the home front; Barbara Davies created "South Wales Borderers" in memory of Edward Davis and his brother-in-law Charles Greenway; Nerys Wilson created "Alice" on the altar of the Lady chapel; and Maureen Moody produced "Remember with honour" dedicated to The Fallen. Moving into the chancel, Jane Leney and John Montague dedicated "For Whom the Bell Tolls" to Private Frederick Stevens, a bell-ringer from the Parish, who was killed in action on 4th November 1616, and cleverly incorporated hand bells and a half-muffled bell clapper, alongside a display set in a bell; Joann Tomlins dedicated "Cymru am Byth" (Wales Forever) to the 32 Welsh Guardsmen who lost their lives on HMS Sir Galahad during the Falklands Conflict; and a team from Deacons Florists decorated the main altar with "Peace on Earth".

Moving back down the south side of the Church, Alison Broughton created "Ins Some Forgotten Field" for Shirenewton and Mynyddbach Fields Association, dedicated to the Accrington Pals, 11th Battalion East Lancashire Regiment; Gillian Lambert and Margaret and Chris Sturcke produced "The Spirit Overcomes" presented in four elements – Destruction, Re-growth, Order and Triumph, complete with origami dove, dedicated to her Grandparents on the home front; "For the Heroes of the Sea" was created by Sue Jones and dedicated to George Marsh;

“Norma” was created by Barbara Walters and dedicated to her sister-in-law who loved her garden; Glynis MacDonald used the area in front of the plaque to the Fallen to create a spectacular “It’s a Long Way to Tipperary” on behalf of the Shirenewton Operatic and Drama Society, dedicated to those who never came back; and finally Cynthia Smith donated “O Sing Marching Men, Till the Valleys Ring Again” created by Maureen Moody and dedicated to Frank Fouracre of the Royal Artillery.



It was an enormous amount of effort to organise these two events, which attracted people from all over the area over the three days they were open, and raised several hundred pounds for Help for Heroes. We are all very grateful to Dorothy and Phil Brabon for setting up the travelling exhibition; to Jane Smith-Haddon, Glynis MacDonald and Janet Horton for organising the flower festival, to all the many people who were involved in the providing flower displays, and also to those helped out serving endless teas and coffees, cakes and biscuits to those who visited the Church Room and the Church; and not forgetting the

washers up and the people who dismantled everything again afterwards. And of course to everyone who came along and supported both events.



Earlswood Village Hall



**Come along to a traditional
'Skittles and Games Evening'**

Saturday 9th May 7.30pm

Adult £8:00

Child £5:00

Price includes a Ploughman's Supper.

There will be a Licensed Bar featuring

Bob the Barman's Speciality Beers

Tickets from :

Christine Stanley 641 616 chris@earlswoodmarketing.com

Glynis MacDonald 641 818 or glynis.macdonald@btinternet.com#

Louise Dyke 650 076 louisedyke607@btinternet.com

Come and join us!

21st June



+



This is a date to put in your diaries !

**Earlswood Hall's Annual Mid-Summer Walk
up to the top of Gray Hill**

And back.

Followed by Afternoon Tea in the Hall

£5 per person

Good Dogs welcome

Wanted

The members of Earlswood Hall Committee are looking for a Cleaner for light duties to clean the hall just for a few hours per month. A sort zero hours contract really...

For more details ring Christine Stanley on 641 616 or Glynis MacDonald on 641 818.

And yes, we do have a Henry.



Thank you

I would just like to say thank you to all those loyal readers who have said how much they enjoyed my unofficial notes on the Shirenewton Community Council meetings. I have been writing them for several years now (almost as long as some of the meetings seemed to last) but I shall miss writing them in an odd way.

Almost as much as I'll miss the money.

Maybe I'll write a play instead...

Glynis MacDonald

SHIRENEWTON W.I



**WILL BE HOLDING A
COFFEE & CAKE MORNING ON
SATURDAY 9th MAY 10am – 12pm
AT SHIRENEWTON RECREATION HALL
ALL PROCEEDS TO ST DAVID'S HOSPICE
WHO ARE CELEBRATING
35 YEARS OF CARE**

**PLEASE COME ALONG AND ENJOY A COFFEE
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with shelter or possibility of one.**

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Would possibly suit a retiree who is interested in “pottering” to keep paths, borders and shrubs tidy, also maybe a little light digging. Perhaps a couple of hours occasionally to suit with other work commitments

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Husdvarna Sovereign Rotary Lawn Mower
with
Briggs & Stratton 148cc petrol engine



£60

Terry Walters 01291 641338

TWO LITTLE BOYS

Two little boys, ages 8 and 10, were excessively mischievous. They were always getting into trouble and their parents knew all about it. If any mischief occurred in their town, the two boys were usually involved.

The boys' mother heard that a preacher in town had been successful in disciplining children, so she asked if he would speak with her boys. The preacher agreed, but he asked to see them individually.

So the mother sent the 8 year old first, in the morning, with the older boy to see the preacher in the afternoon.

The preacher, a huge man with a booming voice, sat the younger boy down and asked him sternly, "Do you know where God is, son?"

The boy's mouth dropped open, but he made no response, sitting there wide-eyed with his mouth hanging open.

So the preacher repeated the question in an even sterner tone, "Where is God?"

Again, the boy made no attempt to answer.

The preacher raised his voice even more and shook his finger in the boy's face and bellowed, "Where is God?"

The boy screamed and bolted from the room, ran directly home and dove into his closet, slamming the door behind him.

When his older brother found him in the closet, he asked, "What happened?"

The younger brother, gasping for breath, replied, "We are in BIG trouble this time,

(Wait for it)

GOD is missing, and they think we did it!"

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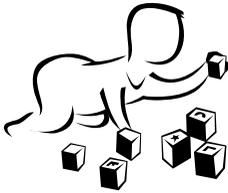
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SHIRENEWTON TODDLER GROUP



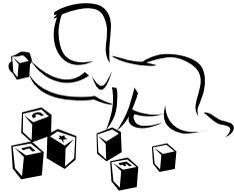
Meet every Thursday

(Term Time Only)

at The Recreation Hall Shirenewton 1.30 to 3.00 pm

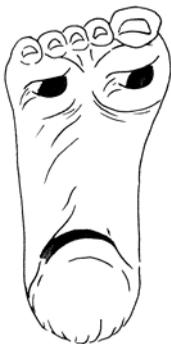
Age range 0 to pre-school

A nice cupper, chat, toys, crafts,



*"Scenes of Shirenewton" by Barbara Davies Tel. No. 01291 641553
Cards for sale @ £1:50 each including envelope*

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NERYS'S NATTY NOSH

In our increasingly busy world, more and more people, teenagers and even babies are suffering from food allergies. For certain people, allergies can cause many common medical conditions, such as asthma, eczema, arthritis, migraine, sinusitis and irritable bowel syndrome. Anyone who has had to change their diet for health reasons will know what an impact this has on day to day life. There are clear diagnostic tests for food intolerances. As a family who suffer from food allergies I have had to adapt many recipes to suite our needs. I've spoken to people from the village who have similar complaints and have shown an interest in the cookery page.



This recipe has been adapted for their benefit.
Gluten free, dairy free or simply a delicious chocolate cake.

Chocolate Fondant Cake- Serves 10

Ingredients

200g (7oz) plain cooking chocolate or dairy free chocolate
75ml (3fl oz.) milk or Soya milk
175 (6oz) very soft unsalted butter or Pure Soya (dairy free)
175 (6oz) golden caster sugar
175 (6oz) ground hazelnuts or ground almonds
50g (2oz) plain flour or gluten-free flour
5 eggs, separated

Icing

100g (3½ oz.) chocolate or dairy free chocolate
15g (½ oz.) butter or Pure Soya
25g (1oz) blanched hazelnuts, toasted and roughly chopped

Method

- 1 Pre heat the oven to 180 C, 350F, Gas Mark 4.
- 2 Grease and line a 23cm (9inch) round tin.
- 3 Melt the chocolate and milk in a large mixing bowl, stirring occasionally until smooth.
- 4 Add the butter, sugar, ground nuts, and flour and egg yolks. Stir until well combined.
- 5 In a separate bowl, whisk the egg whites until stiff (like a meringue mixture).
- 6 Carefully fold half of the egg whites into the chocolate mixture then add the rest of the egg white folding gently.
- 7 Put the mixture into the prepared tin and level the surface.
- 8 Bake in a preheated oven for 30 minutes or until the surface feels firm to the touch. Leave to cool completely in the tin before turning out.
- 9 To decorate the cake, melt together the chocolate and butter and spread over the top. Sprinkle the chopped hazelnuts around the top edges of the cake. Leave to set. Refrigerate.

Enjoy!

NERYS'S NATTY NOSH

Carrot cake -gluten free

Carrot cake is a very popular culinary treat. This is a beautifully moist gluten free recipe I serve to my family.

Ingredients

3 tbsp. Pine nuts
2 medium carrots
75g/3oz golden sultanas
60ml/2¼fl oz. rum
150g/5oz caster sugar
125ml/4½fl oz. olive oil, plus extra for greasing
1 tsp vanilla extract
3 free-range eggs
250g/9oz ground almonds
½ tsp ground nutmeg, or to taste
½ lemon, finely grated zest and juice



Mascarpone cream (optional)

250g/9oz mascarpone
2 tsp icing sugar
2 tbsp. rum

Method

- 1 Preheat the oven to 180C/350F/Gas 4. Line the base of a 23cm/9in round spring form cake tin with re-usable non-stick silicone liner or baking parchment and grease the sides with olive oil.
- 2 Toast the pine nuts by browning in a dry frying pan; the oven alone is not enough to scorch out the paleness. Set aside.
- 3 Grate the carrots in a processor (for ease) or with a coarse grater, then sit them on a double layer of kitchen paper and wrap them, to soak up excess liquid. Set aside.
- 4 Put the golden sultanas in a small saucepan with the rum, bring to the boil, then turn down and simmer for 3 minutes.
- 5 Whisk the sugar and oil until creamily and airily mixed.
- 6 Whisk in the vanilla extract and eggs and, when well whisked, fold in the ground almonds, nutmeg, grated carrots, golden sultanas (with any rum that clings to them) and, finally, the lemon zest and juice.
- 7 Scrape the mixture into the prepared cake tin and smooth the surface with a rubber spatula. The batter will be very shallow in the tin.
- 8 Sprinkle the toasted pine nuts over the cake and put it into the oven for 30–40 minutes, or until the top is risen and golden and a skewer inserted into the centre comes out sticky but more or less clean.
- 9 Remove from the oven and let the cake sit in its tin on a wire rack for 10 minutes, then un- spring and leave it on the rack to cool.

For the mascarpone cream, mix the mascarpone with the icing sugar and rum. To serve, transfer the cake to a plate. Put the mascarpone cream in a bowl teaspoon alongside the cake, for those who want. **Enjoy!**

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PCC Treasurers	Kevin Bounds	01291 641818
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Mynyddbach Ward	Lynne Prosser	01291 641666
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Newchurch West	Louise Dyke	01291 650076
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DIARY DATES

May	Event	Location
8th 7:00pm	Whist Drive	Recreation Hall
9th 10:00am	Shirenewton WI Coffee Morning	Recreation Hall
10th 2:00pm	Shirenewton Local History Society Beating the Bounds	Meet at the Church
11th 2:00pm	Shirenewton Local History Society Archive Meeting	Recreation Hall
11th 7:30pm	Community Council Meeting	Recreation Hall
13th 7:00pm	Chepstow Ladies Targent	Shirenewton Church Room
14th 7:00pm	Songs of Praise	St Peters Church Newchurch
14th 7:15pm	Shirenewton WI AGM	Recreation Hall
June	Event	Location
6th 1:30pm	Shirefest Charity Music Festival	Huntsman Hotel
12th 7:00pm	Whist Drive	Recreation Hall
16th Afternoon	Shirenewton WI, Cardiff BBC Visit	Cardiff BBC

	Saint Thomas a Beckett Shirenewton	Sunday Services	Start 10.00 a.m. Unless stated otherwise
Date	Service	Readers	Sides-persons
10 th May	Sixth Sunday of Easter	Bob Grattan Mark Broughton	Bob Grattan Mark Broughton
17 th May	Seventh Sunday of Easter	Bill Clarke Wendy Baker	Bill Clarke Wendy Baker
24 th May	Pentecost	Jane Smith-Haddon Margaret Lock	Jane Smith-Haddon Margaret Lock
31 st May	Group Service at Shirenew- ton Trinity Sunday	Andrew Baker Sally Saysell	Claire Lewis Graham Lambert
7 th June	First Sunday after Trinity	Bob Grattan Wendy Baker	Bob Grattan Wendy Baker
14 th June	Second Sunday after trinity	Ruth Savagar Cynthia Smith	Claire Lewis Cynthia Smith
21 st June	Third Sunday after Trinity	James Loney Kevin Bounds	Kevin Bounds Graham Lambert
28 th June	Fourth Sunday after Trinity	Mark Broughton Janet Horton	Mark Broughton Janet Horton



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EDITORIAL INFORMATION

Published: by The Church of St. Thomas á Becket Shirenewton

Editor: Terry Walters 01291 641338 email: terencewalters@hotmail.com

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Deadline for June 2015 issue is 9:00am 25th May 2015