

# Shirenewton

## Parish Magazine

### November 2015



Price: £1

## FROM THE VICARAGE

Julian E LI White

At this time of the year I usually ramble on about the significance of Harvest Festival. I inevitably come to the conclusion that, even in predominately rural areas like ours, 'Things ain't what they used to be'. I tend to lament the fact that, rather like the Christmas observance, the occasion has often been eroded of time-honoured gravitas by flimsy and shallow interpretations. Sentimental as I doubtless am, I miss the message of Harvest as being a time of reflection upon the importance of nature and the sanctity of human labour. To state the obvious, things are constantly changing and, as I grow older, I feel a certain liberty to choose the interpretation or aspect which most accords with my way of feeling.

Things change and things need to be refreshed. Within the church cycle I have witnessed such (as already mentioned) in terms of Christmas. I am also concerned by other important occasions and the prevailing attitude towards them. Where, for example, is the support in respect of Remembrance Sunday? Down in Mathern Church, for instance, we have seen a distinct change in the last fifteen years. From a fully attended service on the day we are drifting towards a position where a number of traditional features will not be present this year and the numbers present in noticeable decline. Add to this the demise the other year of the local ATC (who held a valued position in the ceremony), a VJ Day service at the War Memorial in which I was involved where few present would feel comfortable if the event was hosted in the local church, and one is led towards asking "Why?" Is it not true, for example, that the occasion is as much significant for contemporary society (where many risk their lives in conflict abroad) as it is for those who suffered in the now distant hardships presented by WW1 and WW2?

Attitudes have changed over the years and it is not necessarily that people have forgotten or lessened their commitment but they tend to express it in different ways. The church, I believe, must recognise this and not presume that what catered to the need yesterday is still relevant today. We must always be open to new interpretations.

I mention this because I was present a few weeks ago at a session where the elected leaders (the PCC) of Shirenewton Church met for the best part of a day to deliberate on the situation and to propose ways in which the local church could become relevant to the issues of here and now and, hopefully, for the future as well. They are to be congratulated. I think that every church community should take similar steps to appraise what they represent and offer.

Of course, not everything discussed and proposed at the meeting will come to fruition. The unexpected, the under-researched and well-meaning ignorance will often lead to frustration. But full credit should be extended in respect of the intention and objective.

Do we have the courage to change? Do we have the honesty to admit that we may be out of touch?

## **200 CLUB**

The 200 club winners for October are

1st prize Carole Seal

2nd prize Andy Williamson

3rd prize David Prosser

4th prize Pauline James

## **MANY THANKS**

"I would like to thank everyone for your kind thoughts and best wishes at this difficult time " Mrs Winnie Jones

## **VELINDRE COFFEE MORNING**

Maureen and her helpers would like to thank everyone who attended and donated to this event.

A grand total of £716 was raised

Many thanks - Maureen Moody

## **THE SAYSELL CENTRE**

After consultation with John Saysell and Sally Saysell, the PCC has decided to call the room attached to the Church the Saysell Centre. Until now it has been described as the Church Room, but the PCC is keen to recognise the work of John Saysell in building the Centre, and the dedication of Allan Saysell in looking after it and maintaining it.

The Saysell Centre is a lovely venue in the centre of the village and is available for hire for a variety of uses. To book the Centre, please contact Glynis MacDonald on 01291 641818.

## **ST. PETER'S NEWCHURCH**

### **Dates for your Diary:**

Saturday, 7<sup>th</sup> November Earlswood Hall 11am – 4pm Autumn Fayre

Sunday, 20<sup>th</sup> December St Peters Church Carol Service and Nativity

Please come and join us at these events. It's a chance for some retail therapy with refreshments in November, and then start the Christmas season traditionally with our Nativity and Carols the Sunday before Christmas. Thank you all for your generous support!

## **THE ALPHA COURSE**

The Alpha Course started on Monday 19th of October 2015 at the Shirenewton Recreation Hall. This is an informal course for all who attend Sunday Services and family, friends and neighbours who you would like to invite, including those who come to those wonderful church social events but do not attend the services. You can drop-in/drop-out of the course as suits your busy schedule. Alpha is a series of 11 interactive sessions that freely explore the Christian faith. Alpha is for you and everyone else in Shirenewton, Earlswood, Mathern, Mounton, St Pierre and elsewhere.

The talks are designed to encourage conversation and explain the Christian faith in an open, friendly and informal environment. No question is out of bounds and you and your friends and neighbours can talk about as much or as little as you want.

It is free!

Each evening will start at 7.30 with a welcome and some food. A 30 minute video of Nicky Gumbel will be shown in which he talks about the subject for that evening and then we have the opportunity to talk about it and ask questions and get them answered. The evening will finish around 9.00pm.

Many thanks

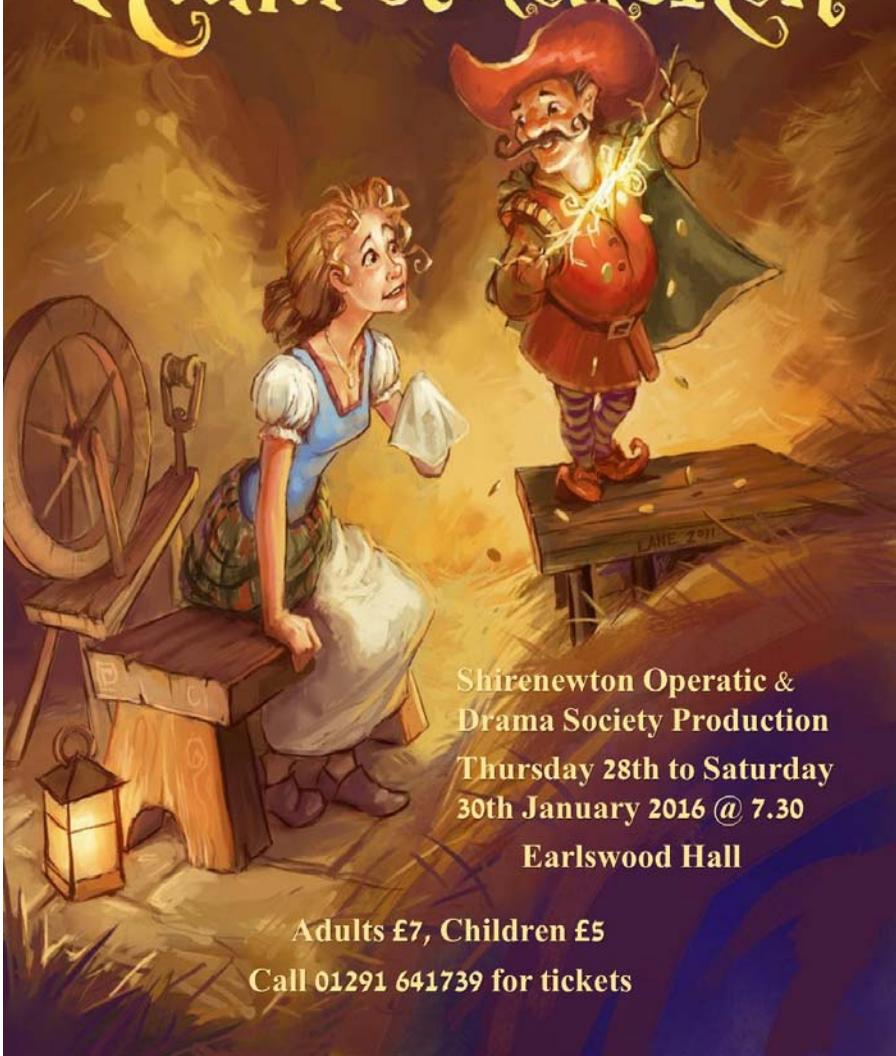
*Bill*

Bill Clark

WJH CLARK, Beaulieu House, Shirenewton, Chepstow, Monmouthshire NP16 6RG

Tel: 01291641783; Mobile: 07890945187

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# ShireWinterFest

## Acoustic Music Festival

Saturday 21st November 2015

7pm - 12am

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

In support of: Shirefest 2016 Charity Fund Raising Music Festival

# Remembrance Sunday



Sunday 8<sup>th</sup> November 2015  
The Service will start at 10:50  
at  
Shirenewton War Memorial  
and will continue in the Church.  
All welcome.

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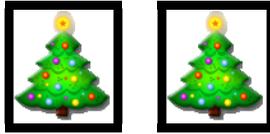
## Shirenewton Church - ADVENT FAIR!



Come along for Coffee, Cake and a lovely selection of  
Homemade Christmas Goodies  
with our young Sunday Clubbers running  
some of the stalls

**Sunday 6th December 11.00ish - 12.30ish**

The money raised will go 'Abraham's Children in Crisis' a charity  
that helps war-affected children in Gaza, regardless of their  
faith or creed.



**Carols Around the Village  
Christmas Tree.**

with Chepstow Town Band

Friday 11<sup>th</sup> December @ 6.30ish

in the Tredegar Arms Car park

The Collection will again, go to support 'Abraham's Children in  
Crisis' in Gaza.

Oh and bring a torch. And some gloves.

And a warm hat. And loud voices.

If it's raining we will decamp into Shirenewton Church

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**Our Christmas Praise Service**



Come along to a light service of Christmas Praise where we tell  
the Christmas Story through poems, readings and our favourite  
Carols.

Sunday 20<sup>th</sup> December 10.00.



## **'Carols and Christingles' Shirenewton Church.**

**4.00 on Christmas Eve**

Everyone is welcome to this lovely warm  
family-friendly service

Refreshments of the mulled wine and mince pie variety served  
afterwards in the Church Room

Collection to The Children's Society

And if anyone would like to join in, be a shepherd, an angel or  
a king or even a villager, Shirenewton Sunday Club would be  
delighted to see you. Just come along to Sunday Club at the  
Shirenewton Church Room on a Sunday at 10.00.

You would be more than welcome For more details, ring Dr  
Kerry Baker (Sunday Club leader) 641 925

## **REMEMBRANCE SERVICE**

**Earlswood and Newchurch Memorial Hall**

Sunday 8th November at 10:30 am.

Service by the Rev. John Waters

# CHRISTMAS VILLAGE MARKET.

November 21st.

10.am - 12pm.  
Shirenewton Rereation Hall.

Our usual stalls  
plus...

Troggi  
Sparkling  
Perry

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Creams

Father  
Christmas

Christmas  
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...and more!

# SHIRENEWTON COMMUNITY COUNCIL

## Extracts from the minutes of the October meeting

There is still a vacant position for a Community Councillor for the ward of Shirenewton – **if you are interested in applying for this vacancy, please contact the Clerk** (details below).

### Planning applications considered

1. DC/2015/00556 Bluebell Farm, Blackbird Farm Road, Earlswood

Replacement and relocation of existing garage and pool house.

Council noted that the proposed garage is smaller than the original, but that the poolhouse, which is to be demolished and rebuilt, will be a 50% increase on the original footprint. The proposal will not affect neighbours. The Council's recommendation is for approval.

2. DC/2015/00373 Bluebell Farm, Earlswood

Amendments to approved planning permission DC/2014/00121

The Council's recommendation is for approval, with the following observations:

- That there is proper provision for the management and disposal of waste;
- That previous biodiversity recommendations are still relevant;
- That previous planning conditions should be complied with;
- That this remains a family concern and not a commercial business.

3. DC/2015/00965 Barn on Old Road, Buckwell Farm, Penycamawr

Conversion of barn to dwelling.

Council noted that the property is well hidden by hedging; that the proposal would not increase the footprint of the property; that, if approved, there would be a small loss of agricultural land, but that there would be an improvement to the visual impact. The Council's recommendation is for approval with the following observation:

That Public Right of Way 380/184 is protected and maintained.

4. DC/2015/01064 Rhewl Farm, Shirenewton

Discharge of Condition 4 (details of the external finishes of the inverter stations and centre station, and details of any internal fencing, hard standing areas and access roads, the details of connection cabling and any signage), and 8 (lighting during construction) relating to previous application DC/2014/00939.

The Council's recommendation is for approval with the following recommendations:

- That the access via Trelenny Lane is unsuitable for construction traffic and access should be via the Crick Road as previously proposed.

5. DC/2015/01065 Rhewl Farm, Shirenewton

Non-material amendments to previous application DC/2014/00939

The Council's recommendation is for approval with the following observations:

- Council has serious reservations about the lighting during construction as lighting at night would mean work being undertaken on site causing noise and disturbance. Also that a number of badger setts have been recorded on site and lighting would cause disturbance to them.
- That the access via Trelenny Lane is unsuitable for construction traffic and access should be via the Crick Road as previously proposed.

6. E6840/C/15/3132722 Enforcement Appeal, Ridge House Stables, Earlswood  
Council agreed on the response to be issued to the Planning Inspectorate.

7. DC/2015/01046 Yew Tree Cottage, Mynyddbach

Extension to detached garage for non-residential purposes. Storage only.

The Council's recommendation is for approval with the following recommendation: to be used as garage/storage for the private use of Yew Tree Cottage only, not for residential purposes.

8. DC/2015/01151 Hallam House, Old School Lane, Mynyddbach

Single Story side utility room extension. Two new rear foldaway doors.

Council noted that the proposal matches the roofline and finish of the original property and that there were no objections on the Mon CC website. The Council's recommendation is for approval.

**The monthly police report** – There had been no criminal activity reported during September and two calls to Brookacre. Council was reminded that 'Hoggin the Bridge' would take place on Sunday 18 October and that 16 additional police officers from Newport would also be on duty.

**Items of local concern –**

**Best Kept Village** – once again, Shirenewton had excellent results this year in the 201 - 400 population category of the competition, winning Best Kept Village, Best Kept Village Hall, Best Kept War Memorial, joint winner of Best Kept Churchyard and the Tredegar Arms was runner up in the Best Kept pub section - didn't we do well?

Community Councillors congratulate all the people in the village that worked hard at strimming, mowing, planting and tidying to make the competition such a resounding success.

*Continued on Page 14*

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Update on traffic calming scheme - the main concerns from members of the public were that the installation does not slow traffic; the excessive noise of traffic on the 'cobble', (particularly tractors and trailers); that 30mph is too fast for traffic to pass through a village with no pavements. The original Working Party had not signed off the final plan for the scheme and had particularly requested that the surfacing should not be noisy, there had been no discussion on 'cobble'.

The Chair reminded members of the public that the installation is not yet complete. The Clerk advised of a response from Paul Keeble, Highways Dept, Mon CC – that vehicle activated 20mph signs/20mph rondels are yet to be installed, plus white lining in the centre of the village. C Cllr Down had also responded to advise that following the bedding in of the installation there will be a speed/volume survey to judge the effect. Also that he is in touch with the police to organise a public meeting to try and implement a community speed watch initiative.

A Working Party was set up to monitor and feedback on the traffic calming scheme, consisting of three members of the public, Cllr B Moore and one further Councillor (tba). The Working Party may make direct contact with Highways and will report back to monthly Council meetings.

Council was further advised by Highways that there is no plan for resurfacing the road through Mynyddbach in the near future.

Dates of next meetings: Monday 2 November and Monday 7 December at 7.30pm at the Recreation Hall, Shirenewton. The first 15 minutes of meetings are open to the public to raise issues with the Council.

Find more information in the draft copy of the minutes on the Community Council notice boards. Previous minutes of meetings can be found on the Council's website [www.shirenewtoncc.org.uk](http://www.shirenewtoncc.org.uk)

Contact the Clerk to the Community Council -  
Mrs Hilary Counsell  
Tel: 01291 421307  
E-mail: [Shirenewtoncc@gmail.com](mailto:Shirenewtoncc@gmail.com)

## FAIRTRADE NEWS



Traidcraft, the company who supplies the goods I sell, has worked this year on 37 projects in 22 different countries. In the annual development review details of 4 new projects are sketched out.

### 1 Jute : Empowering Women Ensuring Livelihoods (JEWEL)

Jewel will empower 4,000 extremely poor women working in Bangladesh's jute sector and benefit the lives of around 20,000 people, through training and advice.

### 2 Flourishing in Vulnerable Environments (FIVE)

FIVE will help around 6,000 smallholder farmers in Kenya work together to gain new skills to combat climate change. It will improve livelihoods for around 30,000 people with a projected 50% increase in income.

### 3 Sustainable Farms, Sustainable Futures

This project is about reducing poverty and improving living conditions for 4,000 cotton farmers in Odisha, India. These farmers are from disadvantaged tribal and lower caste communities.

### 4 EqualITEA

The next stage of the EqualITEA programme is launching to help 3,000 farmers earn a better income and transform their lives. The people are living in real poverty - over 60% are illiterate, 63% are in debt and there are high levels of malnutrition (about 43%). Families spend around 50% of their income on food.

As we in the rich developed world approach the annual spending bonanza of Christmas, it is a salutary thought that many in the developing world continue to work so hard for so little reward. Imagine spending 50% of your income on food, and still not having enough to feed your family properly.

As ever I am trying to persuade people to try different fairtrade products, all produced sustainably and ethically - dried fruit and nuts, cleaning products (with sustainable palm oil), rubber gloves, biscuits, olive oil and coconut products among many many others. See the Traidcraft catalogue for more info or look online. There are many fairtrade outlets now, offering ideas for Christmas presents too.

Marion McAdam 641 316 msm316@gmail.com

## HARVEST

The first Sunday in October saw Shirenewton celebrating Harvest Festival. We offered our thanks in a Family Service most ably and amusingly led by Jane and Glynis.

The service struck an excellent balance between the traditional – We ploughed the fields and scattered with gusto – and consideration of the concerns of modern living, which can seem very far removed from that image of bucolic charm.

As usual, we had a splendid array of local (and not so local) produce, donated by our community, to admire and discuss. Well done to Ben for gamely guessing what everything was even though he wasn't feeling very well!

There were thought provoking pieces on supporting local farmers, using local, seasonal produce and on the stewardship of our environment, encouraging biodiversity and the importance of working with and not against nature.

In Glynis' inimitable way we explored the Parable of the Sower and what it was Jesus might have meant. There were some telling sketches about the seeds which fell on the path, in the stony ground and in the weed patch. I am happy to relate that Glynis claims she had no one in mind when she wrote her sketches! That didn't stop most people from guiltily identifying with more than one of her characters though!

The collection from the service and the proceeds of the Harvest Auction will go to the Christian Aid Harvest Appeal, which provides hardy seeds, tools and training to women in remote and drought stricken parts of Africa, such as the Sahel in Mali. This enables the women to grow crops that are not reliant on the rains, allowing them to feed their families and with a little luck have a surplus to sell.

At the end of the service, we all collected packets of wild flower seeds put together by the Sunday Club and sowed them in prepared patches in the wildflower area of the churchyard, so hopefully next year we will be nurturing some bee friendly biodiversity of our own.

Harvest lunch this year was a Bring and Share celebration in the Church Room and on a smaller scale than we have been able to enjoy in Earlswood Hall. We know that some people are saddened that we were unable to meet as usual, but hopefully over the winter someone will be moved to offer to lead the team organising the traditional gathering.

Although on a smaller scale, the food was no less tempting and delicious and through everyone's generosity we could easily have fed a much larger crowd! The company was as convivial as ever and the event was much enjoyed.

Dave Cornwell took on his accustomed role, extorting eye-watering sums from the well fed and watered company in exchange for harvest produce. Helped, no doubt, by a small glass or two of something a little stronger than water, everyone was very happy to offer over the odds. We raised a total of £205 - thank you to everyone who donated and bought produce.

Particular thanks are due to Jane and Glynis, for producing the service, Jo Tomlins for organising lunch and Dave for acting as auctioneer.

## STARGAZING

There are no planets to be seen in the evening sky this month. However there are good views of planets in the early morning sky. Brilliant Venus lies to the east with slightly less bright Jupiter above it. Mid-month the planet Mars lies between them. On the 7<sup>th</sup>, the Crescent Moon, Venus and Mars cluster together.



The seven stars of the Plough lie to the North in the evening. Those of us with particularly good eye-sight can see that Mizar, the star that is the second along the handle of the plough, is in fact a double-star.

The “W” of Cassiopeia lies nearly overhead. In Roman mythology Cassiopeia was queen of the ancient kingdom of Aethiopia. She was chained to her throne as a punishment for being boastful, and placed in the heavens to sometimes hang upside down. The band of stars making up the Milky Way runs through Cassiopeia.

The Milky Way is best seen from the countryside, away from city and even village lights. There have been no really large telescopes of the type used by professional astronomers in the UK for 40 years or more. This is at least partly due to the effects of street lighting. Britain’s main optical telescopes are sited on a high mountain away from towns on the island of La Palma in the Canaries.

The Leonid meteor shower is due on the nights of 17<sup>th</sup> and 18<sup>th</sup> November – you may be lucky enough to see meteors, often called shooting stars, in the vicinity of the constellation Leo. Leo rises in the East around midnight. Meteors are caused by tiny grains of dust burning up as they enter Earth’s atmosphere. The dust particles result from the break-up of comets, and travel in swarms around the Sun around the same orbit as the original comet.

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## GARDENING CORNER

Although work in the garden from the growing perspective has virtually come to a stop now, there are still plenty of things to be doing without having to look too far! All of our hedges bar one, which was left for the benefit of dormice, were cut at the end of July into August. These now need a final tidy up to keep them smart for the winter. The one that didn't get cut will also be sorted as most self-respecting dormice will probably now be dormant in warm spots underground no doubt dreaming of a nice, warm early spring with lots of pollen and insects on the menu. All the hedge cutting needs to be well planned, in order not to damage any resting places of this endearing little mammal. I have often found summer nests high up in the hedges, so I do all that I can to leave them intact, with as much protection as possible. This often results in a 'bump' in the hedge level, but that's a small price to pay.

It is now time to start clearing and digging those vegetable areas not carrying a winter crop. These will be weeded and manured and left for the worst of the weather to break the soil down and hopefully kill off the maximum number of pests. I won't manure some beds as these will carry root crops next year – fresh manure and root crops only result in forked stems, which kind of defeats the whole idea. I usually try to weed through the flower beds if the weather is dry. It's no good trying to do this whilst the soil is wet as you do far more harm than good by destroying the soil structure. It's far better to stay warm inside the house and wait for a nice dry spell. I try to avoid cutting the old flower stems down if possible, as these may provide food for some birds and certainly shelter for many of the beneficial, over-wintering insects such as ladybirds.

I have just bought a load of timber for building some new raised beds and repairing those that have gone past their best. Currently this is stacked in the small tunnel out of the rain, so that it can dry enough to be treated with timber preservative. I can then start to build or repair the beds during the winter months ready for next year. The idea of the extra beds is to give me more flexibility. This is because several are planted with flowers for cutting purposes and so are technically 'out of production' from the vegetable point of view. In addition it will allow me to rotate the crops more than I can at the moment. Several of them have become contaminated with club root, which affects all the greens family (cabbage, cauliflower etc.), and this means that I can only realistically grow these crops in a small number of the beds, which obviously increases the risk of them becoming contaminated as well. The raised beds in the tunnel need refreshing, so I intend to dig the soil out of these and use it to fill the new beds up, and then fill the tunnel beds with new soil and compost from our store in our top field. The tunnel beds have grown peppers and tomatoes for several years now and the crops are beginning to show signs of suffering as a result. The soil is now sick of the sight of these crops, so a change is as good as a rest as they say. Hopefully fresh compost will give them a new lease of life. I still haven't made my mind up as to whether the tunnel cover itself will need replacing this year. It isn't looking

too good, and maybe a bad gale or heavy snowfall (should we get them!) will do me a service by making up my mind for me.

We have some nice late and over-wintering crops in several of the raised beds. The current mild weather means that I'm still on caterpillar watch, but with colder nights forecast, hopefully this problem will soon go away. I have cleared a couple of beds and manured them already, simply because I wanted to get the garlic and a few early onion sets in. These should really be planted by the end of October if possible as the wet and still relatively warm soil will encourage them to get established quickly. Garlic needs a period of cold weather to help the bulbs develop. We had little success with early carrots – the slugs eating the tops off before I realised. The carrot fly then decimated the next sowing, despite efforts to protect the roots from these nasty little pests. In desperation I sowed once more, this time in the big tunnel. Touch wood they seem OK and we are currently picking lovely, young roots which are so sweet. The fact they are steamed less than 20 minutes after being picked is no doubt a bonus.

We are currently picking the squash and pumpkins, ready for final ripening on a windowsill somewhere. The onions and shallots have been drying in the small greenhouse and these will soon be bagged and stored in the garage. These will join the potato crop which was stored last month. I selected a number of small tubers whilst bagging, and these have been stored in trays ready to provide the seed for next year's crop. No doubt the assistant head gardener will turf a few more out as being 'unpeelable' during the winter, but these will be added to the store and only the best selected for next year.

Talking of next year, the seed catalogues have been arriving regularly through the letter box. All I need now is a wet day and a few hours spare to browse through them and select next years' sowing stock. The milder weather means that I have had the chance to look through the six bee hives and take steps for closing them down for the winter. Following the warning about hives starving, I started a programme of feeding those hives that had little in the way of stores. I had taken a couple of supers full of honey off several weeks ago. The intention being to spin the honey off and jar it up ready for consumption. Unfortunately this isn't going to happen as I have had to distribute the honey back through those hives that need it. With colder weather just around the corner it is necessary to stop feeding them sugar syrup, as they are unable to dry it off enough to seal over for storage. Poorly stored syrup would only end up causing disease problems, so best avoided. In addition I have removed all the queen excluders as this will allow the bees to move around the hive with the queen protected, as they consume their supplies. Empty supers have also been removed and I will shortly put a cover inside the hive to help keep the warmth in a little – but not too much to cause problems. The bees ideally need a healthy flow of air in order to keep them disease free. Hopefully the winter will be kind to us. What we need are nice crisp cold days, small amounts of rain, but not mild and wet conditions as these will only result in the bees consuming their stores early, and then most likely starving. An early, warm spring would also be good! As you can see, I don't ask for much! Happy gardening until next month. Steve and Felicity Hunt.

## 1ST SHIRENEWTON BROWNIES

1st Shirenewton Brownies have been having lots of fun so far this Autumn term. At the end of September we visited the home of the Woolaston Bassetts just outside Chepstow. Basset hounds are scent dogs and are known for being slow and methodical. This enables the hunt staff and their followers - who are on foot rather than on horseback - to keep in contact with the hounds and watch them work. It is a great way to enjoy the countryside and a breath of fresh air! The brownies were really excited to meet so many dogs - 23 in all, which owner/huntsman Norman Matthews told us were '11 and a half couples'. The brownies were all eager to learn each of the dogs' names and ages and Norman and Ashley were both more than happy to oblige, along with a little of each dog's story. The pack only formed a year ago with just 6 hounds and many of the others have come from other packs, although there has been one litter born in the year and when we visited another litter was imminent. (post visit update: Jubilee gave birth to 8 healthy pups!).



The Woolaston Bassetts follow a scent trail which is often layed for them by a cross country runner from the nearby Rifles Regiment. Their second season started on the 24th of October and they will be starting from the Huntsman in Shirenewton at the end of this month (November). Huge thank you to Norman and Ashley for allowing us to come and visit!

In our final session before half term Brownies met at Cadira Beeches for a twilight walk in Wentwood, including some den building and finishing with toasting marshmallows over a fire pit, yum! Melting marshmallows between our choccie biscuits went down well with our mugs of hot chocolate! Definitely one of our favourite activities!

1st Shirenewton Brownies is currently considering the future ... We run from the Rec on Tuesday evenings 6-7.30pm and currently have spaces for girls aged between 7 and 10 to come along and join us. If your daughter is interested please register her with girlguiding via their website [www.girlguiding.org.uk](http://www.girlguiding.org.uk) and go to 'parents' then 'register your daughter'.



## SAMFAL - PONIES AND GATES!

Some of you may be aware that earlier this year some Welsh Mountain Ponies escaped from the SAMFAL site much to the amusement and enjoyment of a Mynyddbach resident who was celebrating the Chinese Year of the Horse, we hope that this event brought her much luck!

Not everyone has enjoyed a visit by the Ponies in recent years, piles of Rose Fertiliser on the drive can be irritating and messy, unless you grow roses, and they do have the habit of putting their feet in places they shouldn't.

As a result SAMFAL have had to make some changes to the gates in an effort to keep them from roaming around the village. This has taken the form of locking the double gates and restricting the opening of the pedestrian gates. The gap is designed to stop Ponies from getting out whilst allowing humans to get in, it may have been a little tight at first but we have modified the gap. Although there is no



official right of way through the SAMFAL site we do encourage people and children to walk the site and exercise their dogs but please bear in mind this is a concession. The many springs and waterlogged ground make it impossible to mow all the grass with machines. Ponies however can eat their way through the site in a matter of a few months, leaving it ready for the spring flowers to grow and flourish. They are an essential part of the SAMFAL management scheme. In the past we have tried many means to ensure the gates shut, but wooden gates in the rain and sun do not always perform as designed and crafty Ponies take every opportunity to escape.

## Shirenewton W.I September & October'15



The **September** meeting was addressed by Ted and Margaret Bird who have kindly donated their time to promote 'Operation Christmas Child', which is the world's largest children's Christmas project. The information on 'how to pack your shoebox gift' was clear and precise. There is still time to make up a 'shoe box' for more details and guidelines please use the website: [www.operationchristmaschild.org.uk](http://www.operationchristmaschild.org.uk)



The **October** meeting - Jaci Crocombe, editor of Chepstow Matters, explained that she had some background as an editor in Community magazines and it only seemed natural to continue when she moved into the Chepstow area. The small **free** informative magazine is published every month and delivered on a rotational basis so that every home receives one per quarter. Further copies are available from the library and some coffee shops. If you would like to catch up with what's on around your area the website: [www.mattersmagazines.co.uk](http://www.mattersmagazines.co.uk)

The next meeting will be held on 12<sup>th</sup> November, 'Christmas Card making', all ladies of all ages are very welcome, please contact:

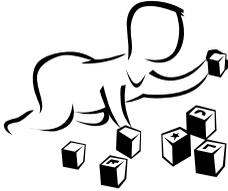
Carol Jones (President) 641791

Jane Butterworth (Secretary) 641 704

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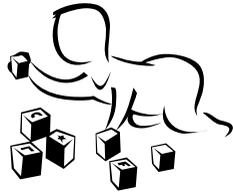


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## SHIRENEWTON CHURCH WEBSITE

Shirenewton Church Website  
[www.shirenewtonchurch.com](http://www.shirenewtonchurch.com)

Last month I mentioned the entrance of 'Ransomware' targeted at Android users and made the statement: 'iPhone/iPad users are safer at the moment but the same advice applies'. Needless to say as the Parish mag went to press the technical news was full of the fact that Apple's App Store had apps infected with XcodeGhost malware!

So my advice is to run an anti-virus on your phone. There are free apps. I personally use the premium (i.e. paid for) version of 'Lookout' which is available on both the Android and iPhone platforms. My wife uses the free variant. There are many others. Just do a web search and read the reviews. Remember, I use an anti-virus program and I don't do anything like internet banking from my phone. If you do use your phone for internet banking I'd strongly recommend you run something.

The day after I sent last month's missive off to Terry, the Xiaomi Miband Bluetooth Smart Bracelet arrived. I've been wearing it every day since and I'm actually quite impressed. The battery life is stunning (still charged at 79% after 11 days) and it's reasonably accurate. On a walk around Trellech my phone GPS registered exactly 6 miles. The band which relies purely on wrist action recorded it as 5.8 miles. It's not brilliant for everything. Clearly, if your cycling (down the gym or otherwise) your wrists aren't working and therefore you're not working according to the band. Conversely, I gave an online presentation for 1.5 hours in which I gesticulated a lot (I know they couldn't see me but it helps bring life to the presentation) and the band thought I'd done 1.5 miles! It's also strangely motivating. I've been seen pacing the family room floor during the news to get the last few hundred steps I need to reach my 8,000 steps per day goal! As general indication of the level of activity you've had in a day I think it's excellent. A very well spent £15. They are available via Amazon, Aliexpress or Banggood – all via [shirenewtonshopo.com](http://shirenewtonshopo.com) naturally.

As we come up to Christmas and people start buying gifts please purchase through the [shirenewtonshop.com](http://shirenewtonshop.com) website. Currently we are down this year (running at about £500) and a big push is need to break the £1,000 mark.

Safe browsing  
David Cornwell  
[webmaster@shirenewtonchurch.com](mailto:webmaster@shirenewtonchurch.com)

**Peter Such**  
**Agricultural Services**

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## Nerys's Natty Nosh



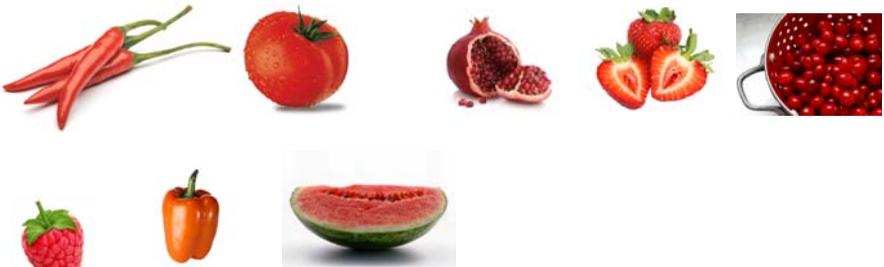
### *What Colour is Your Plate?*

Dieticians like to base their healthy eating plate on:-  
1/3 starch, **Carbohydrates**; bread, noodles, pasta, couscous, rice.

1/3 **Fruit and vegetables of different colours.**

1/3 **Protein**; lean meat, poultry, fish, eggs, tofu, beans, pulse, nuts and seeds.

The meaning of the colour



### *Red and pink foods*

Almost all red fruits and vegetables contains lycopene, which encourages healthy colon and reduces the risk of prostate cancer. Berries are rich in ellagic acid which improves the immune system. They have anti-viral and anti-cancer properties. They slow down the aging process.



### *Purple and Blue.*

The colour found in red grapes promotes a healthy heart. Blueberries and blackberries contain ellagic acid which can prevent cancer. Blueberries in particular have been proven to reduce mental decline, including Alzheimer's.

## Green



All dark green fruit and vegetables help to keep our vision healthy. Dark leafy vegetables may help to reduce certain cancers.

## Yellow and Orange



The main antioxidants found in orange fruit and vegetables are carotenoids, which are essential for healthy skin, eyes and respiratory tracts. These foods reduce the risk of certain cancers and heart disease.

## White



Onions and garlic contain nutrients that can reduce the risk of certain cancers. Mushrooms are high in antioxidants, which are known to reduce the risk of heart disease. Oats and flaxseed is known to lower cholesterol, prevent kidney disease and balance hormones. Nuts and seeds contain anti-inflammatory compounds.

## My Supper



Green lettuce  
Green Avocado  
Orange carrots  
Red tomato

Protein  
Boiled egg  
Chicken  
Prawns



And a bowl of strawberries.

Why don't you do a food plate diary to see the colour of your plate? Alternatively ask your children to intervene and keep a food colour diary. Could be fun and informative at the same time.

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## CHRISTMAS COMMISSIONS

I find it somewhat disturbing that already shops are stocking festive 'goodies' for the Christmas season! But in my line of work, people tend to leave it to the last minute to enquire about a painting for a loved one of a parent, child, or a beloved pet or favourite view as a special gift for Christmas. Sadly, they've left it too late! Unlike photography, oil painting commissions or detailed drawings take time to produce. So if you're thinking of a special treat for a loved one this season, please give me plenty of time!



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## LOCAL CONTACTS

*If you know of any changes or omissions please contact the Editor Terry Walters  
Telephone 01291 641338 or email [terencewalters@hotmail.com](mailto:terencewalters@hotmail.com)*

### Church of St. Thomas à Becket Shirenewton

<b>Rector</b>	Revd. Julian White	01291 622317 <a href="mailto:jel.white@btinternet.com">jel.white@btinternet.com</a>
<b>Parish Priest</b>	Revd. Nansi Davies	01633 400519
<b>Lay Eucharistic Minister</b>	Gill Lambert	01291 641175
<b>Parish Visitor Co-ordinators</b>	Revd. Nansi Davies	01633 400519
	Diane Marlow	01291 641407
<b>Church Wardens</b>	Sally Saysell	01291 641369
	Andrew Baker	01291 641925
<b>PCC Secretaries</b>	Bill Clark	01291 641783
<b>PCC Treasurers</b>	Kevin Bounds	01291 641818
<b>PCC Members</b>	Mark Broughton	01291 641797
	Charles Eickhoff	01291 641716
	Janet Horton	01291 641783
	Dr James Leney	01291 641271
	Jane Smith-Haddon	01291 641525
	Frances Gray	01291 622465
<b>Gift Aid Secretary</b>	Ruth Savagar	01291 641411
<b>Organists</b>	Karen Millar	01291 650521
	Ruth Savagar	01291 641411
<b>Sunday Club</b>	Kerry Baker	01291 641925
<b>Tower Captain</b>	Mike Penney	01291 650653
<b>Church Hall Booking</b>	Glynis MacDonald	01291 641818
<b>Safeguarding Officer</b>	Dr. Kerry Baker	01291 641925
<b>Church Flowers</b>	Maureen Moody	01291 641524
<b>Parish Magazine Editor</b>	Terry Walters	01291 641338
<b>200 Club</b>	Bob O'Keefe	01291 641686

### Church of St Tewdrics's Mathern

**Secretary and Church Warden** Monnica Williams [monnica.williams@virgin.net](mailto:monnica.williams@virgin.net)

### MP/Monmouth CC & Community Council Representatives

<b>Clerk to Community Council</b>	Hilary Counsell	01291 421307 <a href="mailto:shirenewtoncc@gmail.com">shirenewtoncc@gmail.com</a>
<b>Shirenewton Ward:</b>	Vacancy	
	Vacancy	
	Mario Lenza	01291 641333
	Phil Moles	01291 641521
	Beverley Moore	01291 641532
<b>Mynyddbach Ward</b>	Lynne Prosser	01291 641666
	Ian Moore	01291 650766
<b>Newchurch West</b>	Ian Martin	01291 650014
<b>Earlswood Ward</b>	Paul Harris Chair	01291 650871
	Ken Morton	01291 650268
<b>MCC for Shirenewton</b>	Graham Down	01291 621846 <a href="mailto:grahamdown@monmouthshire.gov.uk">grahamdown@monmouthshire.gov.uk</a>
<b>Member of Parliament</b>	David Davies	020 7219 8360 <a href="mailto:daviesd@parliament.uk">daviesd@parliament.uk</a>

## Police Neighbourhood Watch Contacts

**Comm. Police Officer** Louise Thorpe 01633 642068  
louise.thorpe@gwent.pnn.police.uk  
**Shirenewton & Mynyddbach** Beverley Moore 01291 641532

**Earlswood** Sue Leat 01291 641207

## Other Local Organisations

**Beavers** Julie Hitchcock 01291 650548  
**Brownies** Bev. Leaf 01291 641680  
Jaci Crocombe 01291 641681  
**Church Fete** Seirian Edmonds 07980 757802  
andyandseze@aol.com  
**Earlswood Hope** Mrs Sylvia Jeremiah, Mr Raymond Jeremiah 01291 641726  
**Earlswood & Newchurch West Memorial Hall**  
Glynis MacDonald 01291 641818  
glynis.macdonald@btinternet.com  
**Earlswood Valley Methodist Chapel**  
Avril Smith 01291 650733  
**Gaerllwyd Baptist** Mrs E Remnant Brooklands, Usk Road NP16 6SA  
**Girl Guides** Helen Cann 01291 650835 cannhelen@gmail.com  
**Recreation Association** Gordon Hughes 01291 641356 gordon.hughes3@tesco.net  
**Recreation Hall booking** Beryl Saysell 01291 641637  
**St Peters Church Newchurch**  
Enid Heritage 01291 622708  
**Shirenewton Local History Socty**  
Dorothy Brabon 01291 641376 brabonnl@hotmail.com  
**Shirenewton and Mynyddbach Fields Association Ltd (SAMFAL)**  
Alison Broughton: alison.broughton10@gmail.com.  
**Shirenewton & Mynyddbach Initiative for Local Enterprise (SMILE)**  
Charles Eickhoff 01291 641716 eickhoff@shirenewton.org  
**Caerwent Group Mothers Union**  
Rosemary Carey 01291 425010 crcandkili@tiscali.co.uk  
**Treasurer** Auriol Horton 01291 641844 aur10l@btinternet.com  
**Shirenewton Operatic and Dramatic Society (SODS)**  
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glynis.macdonald@btinternet.com  
**Shirenewton Play Group** Beverly Lindsay Shirenewtonplaygroup@gmail.com  
**Shirenewton Primary School**  
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**Shirenewton Tennis Association**  
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**Shirenewton Toddler Group** Jude Langdon 07981 368213  
Paula Rimmer rimmerpaula@mac.com  
**Fairtrade/Traidcraft** Marion McAdam 01291 641316  
**Womens Institute (WI)** Carole Jones (President) 01292 641791  
Jane Butterworth (Secretary) 01291 641704.

## DIARY DATES

<b>November</b>	<b>Event</b>	<b>Location</b>
2 7:30pm	Community Council Meeting	Recreation Hall
7 11—4pm	St Peters Newchurch	Earlswood Hall
8 10:50am	Remembrance Sunday	Shirenewton War Memorial afterwards in the Church
12 10:30am	Remembrance Service	Earlswood & Newchurch Memorial Hall
12 7:10pm	Shirenewton Women's Institute	Recreation Hall
21 7:00pm	Acoustic Music Festival and Hog Roast	Huntsman Hotel
<b>December</b>	<b>Event</b>	<b>Location</b>
6 11:00am	Advent Fair	Shirenewton Church
7 7:30pm	Community Council Meeting	Recreation Hall
11 6:30pm	Carols around the Christmas Tree	Tredegar Arms Car Park
20 10:00am	Christmas Praise Service	Shirenewton Church
20	Carol service & nativity	St Peters Church Newchurch
21 10:am	Christmas Village Market	Recreation Hall
24 4:00pm	Carols and Christingles'	Shirenewton Church
<b>January</b>	<b>Event</b>	<b>Location</b>
28—30	Rumpelstiltskin Pantomime	Earlswood Hall

# St Thomas a Beckett Church, Shirenewton

## Readers and Sides Persons

<b>Date</b>	<b>Sunday Service</b>	<b>Readers</b>	<b>Sides Persons</b>
1st November	All Saints Day	Bob Grattan Kevin Bounds	Bob Grattan Kevin Bounds
8th November	Remembrance Sunday	Mark Broughton Diane Marlow	Mark Broughton Diane Marlow
15th November	Second Sunday Before Advent	James Loney Frances Grey	Graham Lambert Claire Lewis
22nd November	Sunday Before Advent	Pat White Jane Smith- Haddon	Jane Smith- Haddon Claire Lewis
29th November	Group Service		
6th December	Second Sunday of Advent	Bob Grattan Margaret Lock	Bob Grattan Margaret Lock
13th December	Third Sunday of Advent	Mark Broughton Ruth Savagar	Mark Broughton Claire Lewis
20th December	Fourth Sunday of Advent	Bill Clarke Janet Horton	Bill Clarke Janet Horton
24th December	Midnight Mass 11.30 pm	Andrew Baker Sally Saysell	Claire Lewis Graham Lambert
25th December	Christmas Family Service 10.00 a.m.		The Children



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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](mailto:terencewalters@hotmail.com)

The cost of the Magazine is £1 per issue/10 issues for £10. Copies are delivered free by local distributors to those who have pre-paid. Monthly copies are available at the Church.

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The views expressed are those of the contributor.

**Deadline for December 2015 issue is 9:00am 23rd November 2015**