

# Shirenewton

## Parish Magazine

### October 2015



Price: £1

## FROM THE REGISTERS

### Funeral

Sybil Helen Huson 1922—2015

At St Thomas á Beckett on Wednesday 30th July 2015

### 200 CLUB

200 club winners for September

1st prize Simon Reuback

2nd prize Rev. Nansi Davies

3rd prize Geoff Slater

4th prize Bob Grattan

St Thomas á Becket Church

**Harvest  
Bring and Share**

in  
Church Room  
on

Sunday October 4th  
Midday onwards



Contact: Joanne Tomlins; Tel: 01291 641005

## **ALPHA COURSE**

Paul Morecombe has offered to run an Alpha Course in the community. He has discussed it with the Reverend Julian White, and he has now received the materials. He needs two or three people to assist him with the course, to lead group discussions and talk through the materials. He would like to invite people interested in helping him run the course to the Church room on Monday 19th October for a couple of hours so he can explain what is involved in helping on the course, and go through some of the materials.

He is planning to run the Alpha course every Monday evening from 19th October to 7th December, then 4th January to 18th January in the Rec Hall (except those evenings when the Community council is meeting when it will be in the Church Room). The evenings will start with people gathering from 18.45. for pizza/pasta and the course will start at 19.30. The general format is to watch a video as a group, and then break into smaller discussion groups to think about the issues raised in the video, and this is where helpers will be important in guiding the discussion so everyone gets the most out of the evening.

Please let Paul know on [paul.morecombe219@btinternet.com](mailto:paul.morecombe219@btinternet.com) if you would like to help out, and also if you would like to be involved in the course. We also need to source/sauce the pizza/pasta!

## **VOLUNTEER PR CO-ORDINATOR**

The Parochial Church Council (PCC) is looking for a volunteer to coordinate the articles it produces for the Shirenewton Parish Magazine, the Mathern Group Parish Magazine and the Monmouth Diocesan Newsletter. The requirements are to be aware of copy dates for the three publications; to be knowledgeable about people, events and activities in the parish; and to have the personality to pleasantly button-hole people, seamlessly twist their arms and painlessly extract copy from them about the events and activities in the parish - all in time to hit the copy dates. Please would volunteers form an orderly queue and contact the PCC secretary, Bill Clark, at [williamjhclark@btinternet.com](mailto:williamjhclark@btinternet.com)

**COFFEE BREAK @ THE TREDEGAR ARMS**  
**Tuesdays and Thursdays**  
**for local people**

If, like me, you work mainly from home and would appreciate the opportunity to stretch your legs for a coffee break at the Tredegar Arms Tuesdays and/or Thursdays 10.45am, I'd be glad to meet you there. (It takes me 30 mins round trip brisk walking from Old School Hill!) Landlady Julie would be glad to provide us cappuccinos and biscuits. I look forward to seeing you there.

e mail: [info@jennyjoyce.co.uk](mailto:info@jennyjoyce.co.uk)

**SAMFAL**



*We are back in October ish*

*Please:*

- Shut the gates*
- Pick up your Dog Poo and place it in the bin provided by the Spout Gate*
- Keep your Dog on the lead*

## **“Help Calais Chepstow”**

Has been set up by a lady called Emily Boyd to help collect emergency goods for refugees who are facing the winter months in camps including Calais without adequate food and shelter.

If you'd like to donate clothing, tins or camping items please contact:  
Helpcalaischepseow@gmail.com

## **SHIRENEWTON LOCAL HISTORY SOCIETY**

Registered Charity No. 1090167

Our Annual General Meeting will take place on Tuesday, 27<sup>th</sup> October at the Huntsman Hotel at 7.00 pm.

The speaker for the evening will be Prof. Maddy Gray whose talk will be entitled 'Post Reformation Tombstones with Crosses'. This talk will start at 7.30 pm. Prof. Maddy Gray is a speaker not to be missed.

Everyone welcome at the above events

Further information on our web-site: [www.shirenewtonlocalhistorysociety.co.uk](http://www.shirenewtonlocalhistorysociety.co.uk)

**FREE to a good home:** upright piano, perfect for a child learning to play. Also, a large trampoline with safety enclosure, could do with a new padded edge. We can help to dismantle/move.

Contact Alyson Ayland on: 01291 641596 for more details.

## **GAERLLWYD BAPTIST CHURCH**

Sunday 4th October - Newport Gospel Male Voice Choir lead worship at GAERLLWYD BAPTIST CHURCH. starting at 6.30PM

Service will be followed by Refreshments. All are welcome to come and join us.

### **HARVEST FESTIVAL SERVICES.**

Sunday 11th October at 6.30 pm. Service led by Natalie Howard of Magor

Monday 12th October at 7.30 pm. Service led by Rev. Eddie Jones of Caerwent.

Following the Monday service we will have our Harvest Supper and the harvest produce will be sold.

PLEASE COME AND CELEBRATE HARVEST - GIVE THANKS FOR ALL THAT GOD HAS PROVIDED.

## **REMEMBRANCE SERVICE**

### **Earlswood and Newchurch Memorial Hall**

Sunday 8th November at 10:30 am.

Service by the Rev. John Waters

## **SODS**

### **Rumpelstiltskin Needs You!**

Lots of opportunities for: painting, prop making, sewing and costumes, refreshments, hunkie techies.

And if anyone wants to join the chorus for this year's panto we would be delighted... etc. (PS. We don't need any more Act-Tors thank you very much.)

If this sounds exciting and up your street.... get in touch with Glynis, Chris or Alison or turn up to the planning meeting at The Chantry, Shirenewton on Monday 12th October at 7:30

# ST. PETER'S NEWCHURCH

## Events at St Peters, Newchurch from October – December 2015

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

Christmas present ideas galore and the *best* raffle: come and join us for shopping and refreshments, sampling St Peter's congregation's renowned baking on the way!

### **Sunday, 20<sup>th</sup> December Carol Service**

*St Peters presents!*

There will be a nativity involving children in costume and probably animals.....

Also carols, readings and other contributions to celebrate the birth of the Lord and start your Christmas festivities in style. The questions are - will the donkey attend again, and have we managed to source a camel this year? St Peter's congregation are not easily defeated!

### **St Peters Newchurch Harvest Festival and Supper 17<sup>th</sup> September 2015**

By kind permission of Mr and Mrs Howard Stone, St Peters Harvest Festival was held in the barn at Church Farm, and was followed by a ploughman's supper. It had taken several days to prepare the barn for the event, and the words most often used by people entering on the night through the green velvet curtains were "breath-taking" and "fabulous".

At the front of the barn a large bale formed the altar, covered with a white cloth and holding the cross. John Waters conducted a beautiful service with an amusing talk designed to appeal to everyone, and as ever, Kath played the organ faultlessly to lead us in our praise and thanks for the harvest. It was a traditional harvest home and emphasised the important place of agriculture holds in rural areas.

The hay bales round the sides provided protection from the elements and were decorated with greenery and even what appeared to be small trees. A tractor and JCB represented modern farming; maize plants with a sack of corn indicated current crops, and eggs, fruit and vegetables were laid out on hay bales to either side of the altar. The produce table groaned under the weight of home baking and there was also a plant stall.

Following the service a superb meal of beef, ham, cheese and salads with apple pies and crumbles afterwards staved off the damp as it started to rain outside.

The tables were enhanced with beautiful flower arrangements made especially for the occasion. Everyone seemed to enjoy themselves and there was much appreciative comment as people were genuinely moved by the atmosphere of the evening.

There are so many people to thank: Howard and Sarah, the host of stalwart friends and supporters of St Peters, the congregation and John Waters. Everyone involved worked hard to make the event unforgettable - a magnificent memory for us all.

# SHIRENEWTON COMMUNITY COUNCIL

## Extracts from the minutes of the September meeting

**Election of a co-opted Councillor** – Mr Ian Martin of ‘Longmeadow’, Earlswood was co-opted into the current vacancy in the Newchurch West ward and the Council welcomed him to the position.

There is still a vacant position 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/2015/00847 Gaerllwydd Barn, Gaerllwydd

Conversion of barn to form one dwelling.

Council noted that the proposal is sympathetic, there are no immediate neighbours to the property and the proposal allows parking for 3 vehicles.

Although the Council recognised that the surrounding area is rundown and in need of improvement, and had no objection to the proposal, members wished to remind the Planning Department of the following points:

- the site is a medieval burial ground and the previous owners undertook a geo-survey which showed a large shadow (possibly a temple) under the barn;
- this is also a site of SSSI which restricts the ploughing/digging of the ground;
- the two wide verges on either side of the lane are currently common land and should remain so;
- the current access to the property is across the verge, permission for this should be sought from Highways.

The Council felt that there are grounds for concern with this application and it should be given more careful consideration by the Planning Dept.

2. DC/2015/00990 Latimer Farm, Earlswood (Agricultural Notification). Erection of agricultural building used for storage of agricultural machinery, hay and straw. Council recommended approval.

3. DC/2015/01011 Rhewl Farm. Non-material amendment to DC/2014/00939 Revised access and construction traffic management plan.

This Council objected to the substantive application and wished to give no comment on this amendment.

**The monthly police report** - There had been two incidents of crime during the month with other reports being traffic related. On 30 August a Safety Operation was carried out on the B4235 at Shirenewton, between 10am and 3pm. 17 cars/ vans and 27 motorbikes were stopped and given safety advice and their vehicles checked for road worthiness and legality. Councillors were advised of the Inspector's Surgery to be held at the Palmers Centre, Chepstow on 19 September 2015 from 4 – 6pm.

### **Items of local concern –**

**Update on traffic calming scheme** - Two members of the public attended and were concerned that the current installation of traffic calming through Shirenewton was not what the public had been expecting. The Chair responded with the recent history of the project and C Cllr G Down also advised of the public display that had been held in July 2014. Discussion followed and several points were raised for the Clerk to take back to Paul Keeble, Highways Dept, Mon CC. These included several complaints reported from residents in Mynyddbach at the expense of this work being carried out in Shirenewton, when they have complained about the poor condition of the Mynyddbach road for several years and the most recent 'patch up' work to the road is no longer effective, leaving it in a very poor condition. Is there a timescale for the complete resurfacing of this road?

Following further discussion on the proposal from Mon CC to alter the signage at the entrances to Shirenewton, the Council resolved to install the Vehicle Activated Sign (VAS) signage as originally proposed.

**Car Rally** - Notification from Forresters Car Club of a motor rally to be held at Caerwent Training Area on **Sunday 27 September 2015**. Notices have been posted on ward noticeboards.

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**Changes to Conservation areas** - County Councillor Down advised of public consultation events on Conservation Area Appraisals being held to review/change the current areas. Shirenewton's session will be held at Caldicot Town Council Offices on Tuesday 29.9.15 from 3pm – 7pm. The public are welcome to attend.

**Dates of next meetings:** Monday 5 October and Monday 2 November 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)**

## In Safe Hands

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- Filling in forms and managing post
- Maintaining or making new links in your local community
- Applying for housing, moving home or settling into a new property
- Finding social and leisure activities in your local community
- Learning new skills such as using computers and the internet

Safe Hands is a free service run by Monmouthshire Housing Association and is grant funded by Monmouthshire County Council's Supporting People team.

If you or someone you know could benefit from Safe Hands support service please contact Rachal Collins on **01495 767176**

\*Please note Safe Hands does not provide personal health care.



### CAN YOU HELP PLEASE ??

The Lunch Club in Chepstow, organised by Churches Together, at the Methodist Church Hall, urgently need more volunteers to help in the kitchen preparing and serving a three-course meal each Thursday during term time. On a rota basis, most helpers only come for a 2 or 3 hour session once a month, and we have up to 40 elderly local people each week who really enjoy both the home-cooked meal and the companionship.

There is always plenty of chat and laughter in the kitchen as well as the hall, and we all find it a rewarding experience - we do have several gentlemen volunteers as well as ladies.

I currently have 3 or 4 slots to fill for the Autumn Term rota due to volunteers retiring, ill health, grandparent duties, their own elderly parents, etc. so please contact either Sandy (Tel 629488) or Pauline (Tel 625896) or myself, Lynda Ker (Tel 625711) for further information as soon as possible.

## THE BELLS, THE BELLS

The Shirenewton ringers have traditionally arranged two tours each year to visit different parts of the country and ring the bells in that area. One tour takes place in the summer and the other in the winter, named accordingly. Touring around is a common activity for ringers and the majority of towers welcome visitors.

Our mission this year for our Summer Tour was to visit South Derbyshire in the area around the market town of Ashbourne. Before deciding the towers to be visited a suitable certificated campsite was identified at Sudbury and a suitable lunch stop for the tour on the Saturday was identified – The Shoulder of Mutton at Osmaston, just outside Ashbourne. After that suitable towers were identified in a geographical loop so that the tour would begin and end near to the camp. The date for the tour was set over the weekend of 22/23<sup>rd</sup> August.

Nine of Shirenewton's ringers (Mike and Pip Penney, Charles and Chris Eickhoff, Christine and Simon Stanley, Sam Bolingbroke and Simon and Pip Flockhart travelled up from Wales by car and arrived on the Friday afternoon at the campsite Broomhill Farm, Sudbury. Tents were erected and a communal gazebo set up. A further ringer (Maddie Stanley) was collected from Uttoxeter station having travelled down from Manchester University. Ringing was arranged that evening at nearby Scropton [3 bells] which proved rather tricky to handle as they are infrequently rung and poorly maintained, and then at Marston-on-Dove [4 bells]. Traditionally a fish and chip supper would then take place but because the forecast for the Saturday evening was rain the BBQ planned for Saturday was swapped to the Friday evening. During the evening's festivities we were joined by Kate Stanley who had driven up from Hampshire.

Saturday dawned brighter than expected and after a light breakfast we headed out to Church Broughton [6 bells]. Here we were met by the vicar, Rev Michael Bishop, who was to be our host for 4 churches that morning. We were also joined by Glynis MacDonald and John Montague who had travelled up for the day having concocted some weak excuses to avoid camping. We next visited Sutton on the Hill [6 bells] then briefly left the Rev Bishop to visit Etwall [6 bells], before being met again at the estate church at Radbourne [3 bells], and then at Longford [6 bells]. The vulnerability of remote country churches to metal thieves was bought home at Radbourne where photographs displayed in the porch showed the

exposed roof timbers after thieves had stripped off the lead one night in March – the roof still awaiting permanent repair. Disaster also struck between Radbourne and Longford when the Penney's car struck an enormous pothole puncturing both nearside tyres. Pip Penney stayed with the car to await the RAC but the rest of the ringers continued, finally ringing at Osmaston [6 bells] to complete the morning's itinerary. Then to an excellent lunch at the Shoulder of Mutton where we were eventually joined by Pip, the 2 tyres having been replaced.

The afternoon's ringing then commenced in the impressive church at Ashbourne [8 bells]. The bells are rung from the ground floor at the intercept of the nave and transept. Despite the experience gained at Christmas, New Year and Easter at Shirenewton when the bells are rung from the ground floor with long unguided sections of rope, most found the Ashbourne bells tricky to handle. However, a nice course of Grandsire Triples was achieved. Then on to ring at Mayfield [6 bells], Snelston [3 bells] and finally Cubley [4 bells].

As predicted the evening proved damp with some drizzle and the deferred fish and chips supper (with variations for some) was enjoyed by all. This was not the end of the tour however.

On the Sunday morning before the full breakfast everyone headed first to the village of Doveridge for service ringing. The churchyard of St Cuthbert's at Doveridge contains a massive ancient yew tree reputedly over 1400 years old. A pergola has been constructed over the church path to hold the canopy up at this point, the overall canopy having a span of over 240 feet. According to legend, Robin Hood and Maid Marian were married under this tree. Following this we travelled to nearby Sudbury Hall one the country's finest Restoration mansions now owned and maintained by The National Trust and home to the National Trust Museum of Childhood. This house was used for the internal Pemberley scenes in the BBC's 1995 dramatisation of Jane Austen's *Pride and Prejudice*. Here again we rang for service in the impressive estate church. Afterwards back to the campsite for brunch then quickly packed up whilst the rain held off. We returned to Wales in the pouring rain. In the evening we were all guests of Jane and James Leney who despite having missed the tour because of their summer vacation had volunteered to host the post-tour celebration. Another truly memorable Summer Tour.

M.D.Penney

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## GARDENING CORNER

At nearly 600 feet above sea level Barn Farm is ideally sheltered from the worst that the weather can throw at it, especially if this happens to be heading our way from either the North or East. When the original little cottage was built, 'they' (whoever 'they' were) knew what they were doing as the land was well sheltered and also supplied with spring water. The higher land around us does not always fare quite so well, and if there is any snow about this usually cops it first. We have lived here long enough to experience some really cold and snowy winters! In fact at nearly 8 months pregnant and having been snowed in our home for three weeks we were expecting (in more ways than one!) to be heading for the hospital in a helicopter. Fortunately this turned out not to be as the weather changed dramatically and only the worst of the snow drifts (some originally 20 feet deep) survived for several more weeks. Whether this is why we have



*Gladioli and Scabious in the summer border'*

no oil-seed rape crops nearby or not, I'm not entirely sure. Neither am I sure as to whether this is a blessing or not as this is a fantastic crop for bees to forage on, but on the other hand with certain sprays being used, many blame this crop for the demise of many a hive of bees through colony collapse disorder. I always think this is a nice way of saying that all the bees are dying and we don't know why! Obviously as a bee keeper I have to err on the side of caution, so I'm glad that none of my neighbours have field of rape, but it may only be time, before they do. Either way, there was a period in June when a lot of bees were dying at the entrances to the hives. Although clean and healthy inside, there were several thousand bees outside each hive either dead or dying. Checking with the National Bee Unit, all they could suggest was that someone had been spraying a crop nearby and the bees had got a drenching at the same time. Fortunately the hives have all, so far, survived so I can only hope they are strong enough to get through the winter. We did receive a warning from the unit that many seasonal bee inspectors were reporting numerous colonies around England which had either died of starvation or were heading that way unless the bee keeper started to feed them with sugar syrup. Fortunately I had checked all my hives and they all had stores although three, including the swarm I collected in July, had nowhere near enough to get them through the winter (each colony needs about 15 kilograms of honey – about 35lbs). I have been feeding with syrup for the last two weeks so hopefully this will help them through the winter period. I have taken a couple of supers off the one very strong

hive (might be about 50 lbs of honey unless some of it is solid), but we'll see what happens. I might have to feed some of it back yet. This is the trouble when you have a lot of bees in the colony and either little forage or bad weather that prevents them from getting out and about.

I watched Gardeners World the other week – I was bored and there was nothing much else on! Monty Don was saying how bad the year had been for tomatoes and that the potato blight had mercifully not put in much of an appearance. I'm not sure where 'his place' is but it only partly reflects what has happened here. Both the tomatoes and potatoes have been hammered by blight (even the so called resistant potato variety Sharpo mira – at least I think that's what it's called). It has been a continual battle against cabbage white butterfly as well. The low growing crops (like cabbage and cauliflower) have been protected by nets, but the purple sprouting and Brussel sprout are too tall for this form of protection and have to take their chance. I go caterpillar squashing instead – not a nice way of protecting the crops, but it can be very effective and avoids the need to use chemical sprays. You would think the birds would have a field day with all this free food (the caterpillars not the greens!), but I can only imagine that they taste foul – they certainly smell pretty nasty.

You are probably fed up with me extolling the virtues of part time retirement, but this is making it possible for me to start the long journey trying to catch up on the numerous jobs that have been mounting up over the years. The old pond area that has now been returned to flower garden (perennial border to be precise), has been completely filled with soil and manure. There is a nice mosaic of perennials been planted and this last week has seen 200 crocus, 300 daffodils, 100 Dutch iris and a number of other ancillary bulbs planted. Fortunately I managed to get them all in before the rain was due, so that was a job well done. With all of the hedges (bar one) now cut and tidy, I can turn my attention to some fencing work that has been waiting for three years to complete. All of the garden areas that had been over-run with ash seedlings (some 12 feet high and firewood size) are now clear of trees and brambles. They are receiving regular attention from the 'Round-up' spay in order to keep them clear. I will then be able to dig all the ground up and get the areas back under control. Some I will return to flower rich grass with some ornamental trees planted for good measure, whilst others will be turned into raised vegetable beds. This will give me the ability to rotate and leave fallow some areas each year, which should help to combat the various pests and diseases. The next job to be sorted is the fruit cage, which was attacked by squirrels many years ago (holes chewed in the netting), and then suffered a coup de grace from a

*Continued on Page 22*

*Continued from Page 21*

heavy snow fall that was particularly wet, clung to all the netting and then brought it all down. This has only been like this for some 8 or 9 years, and as I have ordered some raspberry plants for later in the year I need to get on and get sorted!

The daddy of all the jobs however has to be our boundary wall, some of which was built 26 years ago. This is concrete block that was to be faced with local stone – most of which is to be salvaged from an old pigsty that fell down probably 30 – 35 years ago! The necessary wires were inserted in the block work to tie the two walls together and the



*'a purple corner in the garden'*

foundation was also incorporated at the same time. Fortunately we have a very patient neighbour (he knows who he is), but hopefully I will be able to get around to starting this job during the coming winter – and about time too.

The final job on the 'to do' list is to remove the polythene from the 'big' tunnel. This has been on there for at least 8 years, so a couple of years longer than it's expected life. It will all get cut off and then the timber frame checked and rotten wood replaced as necessary. The polythene for recovering is very heavy when on the roll, so I'm not looking forward to it. You then need a very still, sunny day in early spring to be able to get it back on and the cover heating up, so that it can be stretched tight. This gives the whole structure the rigidity and strength. Retirement – I think I'd be better off back at work! Happy gardening until next month.

Steve and Felicity Hunt.

## STARGAZING



The constellation of Cygnus the Swan lies pretty much directly above. It is in the shape of a cross – in fact it is sometimes called the Northern Cross. According to legend, Jupiter the king of the Gods changed himself into a swan when he wanted to visit Leda, the wife of the King of Sparta. In memory of the episode, he placed a swan in the sky. Deneb, the brightest star in the constellation, is at the tail of the swan, whilst Albireo forms the "head" of the Swan. Albireo is worth looking at through a small telescope. It consists of 2 separate stars, one gold in colour the other blue.

There are no planets visible in the evening sky this month. However, in the early morning, the brilliant planet Venus and slightly less bright Jupiter are in the eastern sky. The crescent Moon can be seen just above Venus on the 8<sup>th</sup>. As the month progresses the two planets move closer and closer together and are very close on the 25<sup>th</sup>, forming a planetary conjunction. The fainter planet Mars is also near them. On the 23<sup>rd</sup> the three planets are in a closely spaced line.

Looking at Jupiter with binoculars should give a good view of Jupiter's four largest moons: Io, Europa, Ganymede and Callisto – they form a line with the planet. In 1610 the Italian scientist Galileo used a telescope for the first time and discovered the moons of Jupiter. The four moons have been called the Galilean Moons ever since.



# **Chepstow Choral Society**

**Conducted by Graham Bull**

**Would love to welcome you to our**

## **Patrons' Evening**

**Wednesday 21<sup>st</sup> October 2015, 7.30pm**

**The Arts Hall, Chepstow School**

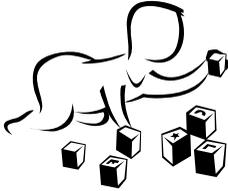
**An evening of music for all, including well known works by Handel, Vivaldi, Schubert, and popular medleys from Lionel Bart and The Beatles !**

**Followed by a light buffet and drinks**

**Free entry, but donations welcome on the night !**

**[www.chepstowchoralsociety.org.uk](http://www.chepstowchoralsociety.org.uk)**

## SHIRENEWTON TODDLER GROUP

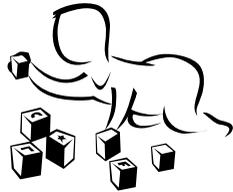


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## SHIRENEWTON CHURCH WEBSITE

As we move into Autumn I expect to get more time to update the website – after the Rugby World Cup obviously.

So, following the excitements of Ashley Madison hack last month, this month's fun is the entrance of 'Ransomware'. Currently this is primarily targeted at Android users who download apps which are not offered through the official app store, Google Play! One report suggests that this is particularly virulent in 'Adult' player apps which offer free pornography. Remember there is no such thing as a free lunch – or anything else for that matter.

The idea behind the scam is that the software changes the device's login PIN in the background and then screens a demand for circa \$500 to unlock the device. Those who pay find out that the Ransomware sets the new PIN to a random number so not even the people you've paid know the changed code. The only way out is a factory reset which, of course, means you lose your data. So BACKUP!

This article from PC Advisor's TechAdvisor section (<http://tinyurl.com/qh2prau>) gives step by step guides. I should add that it is good practice to back-up regardless of whether you use suspect apps or not as this means you don't lose you data (photos, contacts, etc.) if you lose your phone. iPhone/iPad users are safer at the moment but the same advice applies.

In other news, pictures of the fete have been posted since 8th September. To access them click on the 'Click here' option on the 'News, social events and community updates!' banner and follow the lick form the pop-up. I hope you like the new album software I used. I tried several options before settling on this one.

There are several new shops on the [www.Shirenewtonshop.com](http://www.Shirenewtonshop.com) website. One really exciting one is 'BangGood'. This is basically the cheap Chinese stuff from an EU warehouse. You may be familiar Aliexpress (the equivalent of the Chinese eBay – and also on the site). The problem with this is the stuff ships from China which can take forever, can result in damaged goods and can incur customs charges. Bang Good stuff ships faster and is already imported so no customs charges.

One of my guilty pleasures is taking a look at what's on offer and occasionally getting tempted. For example, as I write, currently on offer is an 'Original Xiaomi Miband Bluetooth Smart Bracelet For Mobile Phone' (a sort of equivalent of the £125+ FitBits) for £13.75 and with excellent reviews. I have actually purchased one of these but brought it from Amazon (£15.48 – via [www.shirenewtonchurch.com](http://www.shirenewtonchurch.com), of course). So, for the equivalent of a bottle of wine at the TA (and we all know that I drink a few of those), I get to play with a bit of technology. It may or may not last longer than the aforesaid bottle but it will provide entertainment. I may even report back on it next month. However, the key point is that you can have a lot of fun for not a lot of cash.

Another current offer is the Ulefone Paris (an iPhone look alike running Android) for US\$130 (~£85). The reviews are excellent. Soooooo tempting!

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

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## ***Nerys's Natty Nosh***



### ***Look after yourself***

We all go through different health issues in our lives. Food plays a very important role in our recovery. Some foods are like dynamite and give us energy, speed our metabolism and make us feel wonderful. Other foods make us sluggish, get stored as fat and slow us down and potentially could be lethal. So the choices we make are important for our wellbeing.

We are told by nutritional experts the value of eating at least five portions of fruit and vegetables a day. The easiest way of ensuring our five a day intake is by juicing, liquidising or blending. *When liquidising ensuring you put the liquid of your choice first and simply blend all the ingredients together.*

## **Some smoothie recipe ideas for 1 person**

### ***Break the fast***

#### **Ingredients**

1 banana  
handful of mixed nuts  
handful of frozen or fresh berries  
1 tablespoon flaxseed  
Almond /Soya/Oat/Rice or Cow's milk to make into the correct consistency

### ***Morning Glory: - for boundless energy***

#### **Ingredients**

1-2 handfuls spinach  
1 avocado  
1 cup strawberries  
1 mango  
Water to make into the correct consistency

### ***The Immune Booster: - packed with antioxidants and goodness***

#### **Ingredients**

1-2 handfuls of rinsed spring greens  
1 banana  
1 peeled orange  
1 cup pineapple  
1 handful of fresh or frozen blueberries



## *Free Radical Fighter*

### **Ingredients**

2 handfuls of Swiss chard

1 avocado

1 cup watermelon

1 cup blackberries

1 fig

½ cup blueberries

1/8 cup flax seeds

Water to make into the correct consistency

## *Longevity Elixir*

### **Ingredients**

2 handfuls romaine lettuce

1 avocado

½ cucumber

1 cup cantaloupe

¼ cup cashews

1 mint leaf

Water to make into the correct consistency

## *Fountain of Youth*

### **Ingredients**

2 handfuls of rinsed spinach

1 cup of red grapes

1 banana

1 cup strawberries

1/8 cup of almonds

1 teaspoon Maca powder

Water to make into the correct consistency

## **Maca Powder**

Native to the Peruvian central Andes, and used from pre Incan times for nutritional purposes, maca is a tuberous root vegetable resembling a turnip which is naturally processed into a flour like powder. It is richly endowed with essential nutrients.

To benefit from the nutritional content of the smoothie it should be consumed all at once. However it can be refrigerated for a few hours and drunk at intervals.

Enjoy!

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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

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Lay Eucharistic Minister	Gill Lambert	01291 641175
Parish Visitor Co-ordinators	Revd. Nansi Davies	01633 400519
	Diane Marlow	01291 641407
Church Wardens	Sally Saysell	01291 641369
	Andrew Baker	01291 641925
PCC Secretaries	Bill Clark	01291 641783
PCC Treasurers	Kevin Bounds	01291 641818
PCC Members	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
Gift Aid Secretary	Ruth Savagar	01291 641411
Organists	Karen Millar	01291 650521
	Ruth Savagar	01291 641411
Sunday Club	Kerry Baker	01291 641925
Tower Captain	Mike Penney	01291 650653
Church Hall Booking	Glynis MacDonald	01291 641818
Safeguarding Officer	Dr. Kerry Baker	01291 641925
Church Flowers	Maureen Moody	01291 641524
Parish Magazine Editor	Terry Walters	01291 641338
200 Club	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

Clerk to Community Council	Hilary Counsell	01291 421307 <a href="mailto:shirenewtoncc@gmail.com">shirenewtoncc@gmail.com</a>
Shirenewton Ward:	Vacancy	
	Tony Hughes	01291 641360
	Mario Lenza	01291 641333
	Phil Moles	01291 641521
	Beverley Moore	01291 641532
Mynyddbach Ward	Lynne Prosser	01291 641666
	Ian Moore	01291 650766
Newchurch West	Vacancy	
Earlswood Ward	Paul Harris Chair	01291 650871
	Ken Morton	01291 650268
MCC for Shirenewton	Graham Down	01291 621846 <a href="mailto:grahamdown@monmouthshire.gov.uk">grahamdown@monmouthshire.gov.uk</a>
Member of Parliament	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**  
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**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  
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**Recreation Hall booking** Beryl Saysell 01291 641637  
**St Peters Church Newchurch**  
Enid Heritage 01291 622708  
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**Shirenewton and Mynyddbach Fields Association Ltd (SAMFAL)**  
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**Shirenewton & Mynyddbach Initiative for Local Enterprise (SMILE)**  
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**Treasurer** Auriol Horton 01291 641844 aur10l@btinternet.com  
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**Fairtrade/Traidcraft** Marion McAdam 01291 641316  
**Womens Institute (WI)** Carole Jones (President) 01292 641791  
Jane Butterworth (Secretary) 01291 641704.

## DIARY DATES

<b>October</b>	<b>Event</b>	<b>Location</b>
4 6:30pm	Gaerllwyd Baptist Church	Gaerllwyd Baptist Church
5 7:30pm	Community Council Meeting	Recreation Hall
11 6:30pm	Harvest Festival	Gaerllwyd Baptist Church
12 7:30pm	Harvest Festival and Supper	Gaerllwyd Baptist Church
12 2:00pm	Shirenewton Local History Society	Recreation Hall
12 7:30pm	SODS Planning meeting	The Chantry
27 7:00pm	Shirenewton Local History Society	Huntsman Hotel
<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
12 10:30am	Remembrance Service	Earlswood & Newchurch Memorial Hall

**St Thomas a Beckett Church, Shirenewton  
Readers and Sides Persons**

**October - December 2015**

<b>Date</b>	<b>Sunday Service</b>	<b>Readers</b>	<b>Sides Persons</b>
4th October	18th After Trinity	Family	Service
11th October	19th After Trinity	Bob Grattan Cynthia Smith	Bob Grattan Cynthia Smith
18th October	Luke the Evangelist - Matins	Mark Broughton Joanne Tomlins	Mark Broughton Joanne Tomlins
25th October	Last Sunday after Trinity	Bill Clarke Janet Horton	Bill Clarke Janet Horton
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)

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The views expressed are those of the contributor.

**Deadline for November 2015 issue is 9:00am 26th October 2015**