

Shirenewton

Parish Magazine

April 2018

Photograph by Terry Walters

Price: £1

## FROM THE VICARAGE

Dear People of the Parish,

I am on the point of abandoning the news.

After a lifetime of considering it to be important to keep abreast of national and intern-national developments, primarily through the press and television, I find myself fed-up with biased reporting and 'doom and gloom' so called assessments.

The past couple of weeks have served up much of the same diet. Take your pick: would you care, for a starter course, an appetiser of Melt Down in the NHS Service? For the main, would you prefer the old favourite, Impending Brexit Disaster or – new to the table – a warmed-up serving of UK/USSR discord? And, for the dessert, how about a slightly stale serving of Trumps alleged ducking and weaving? Why not accompany this repast with a glass or two of bitter dregs served from the Third World bottle? As an alternative to the indicated feast you could, of course, sample the delights of the Fundamental Alternative which includes the option of leaving your brain outside whilst delving into a fare of fuzzy sentimentalism in the company of like-minded drones.

Thank God (literally) for what I see as the wholesome offering of traditional Christian nourishment. 'I am the bread of life', Jesus reminds us, and this sustenance is both varied and not prone to culinary whim. When it is asserted – 'the same yesterday, today and tomorrow' – it does not mean that what is proffered is a 'set menu' or unchanging but quite the opposite. It means endless variety, guaranteed satisfaction and exceeding every desire that contestants of *Master Chef* can only dream of. Even sad old 'meat-and-two-veg' diners like me are promised a seat at the top table. And what are we to drink as we indulge? Perhaps a cheeky, with a hint of blackberry, infusion which is flirtatious on the palate is anticipated. No, I think not. Again, Jesus proclaims himself to be 'the water of life' and that is our beverage as it were. By this I presume to believe that he doesn't refer, literally, to a bland accompaniment but to a libation that meets the promise 'he who drinks of me shall never thirst'.

This is why I find solace and refreshment in the spiritual meal. It lasts for eternity, long after a visit to the poshest restaurant has been forgotten. It endures.

I never thought that I – a dietician's nightmare – (a fag, chips, large G&T and another fag, please) would find myself writing around the use of food imagery but I suppose that is what looking at the ways of the world can do to you.

I appreciate that slagging-off 'fine dining' is easy and any mention of 'fast food' as being only of a temporary and unfulfilling nature is cheap. I do believe, however, that the biblical invitation to 'come up higher' at a feast encourages us to partake of loftier fare than this life can deliver.

At the time you read this we are well embroiled in the season of Lent (probably Easter in fact). By tradition it has been a time to cut-back on the excess and junk in our diet in order to apply ourselves to considering the deeper significance of Easter. Indeed, the idea is that by reducing the worldly and temporary enticements, we are better able to strive for the eternal and what is ultimately nourishing.

Do I sound a bit pompous and irritating? Well, if it helps at all, let me admit that I can scarcely wait for my chocolate Easter Egg - but at the appropriate time please. Just in case I still sound too smug, I ask you to forgive me the heap of confectionary I have consumed already in this penitential season.

With every good wish and blessing;

Julian E Li White

(Rector & Vicar)

## **FROM THE REGISTERS**

### **Burial**

Ralph James Burrows

19th May 1993 - 14th February 2018

## Snow? 's no problem!

While the return of the "Beast from the East" on 18<sup>th</sup> March left many St Thomas' regulars unable to get to church, those living within walking distance were undeterred by the renewed wintry conditions. A spoken service of Morning Prayer continued, following the suggestion of Bishop Richard on his recent visit, in the warmth of the Saysell Centre. In this intimate setting we reflected on the hard choices we can face in our Christian life and none harder than the choice Jesus faced as Easter approached!



## FAIRTRADE NEWS FEB 2018

I have been a member of Amnesty for 20 years or so. It now has around 7 million members world-wide. The lawyer Peter Benenson founded Amnesty in 1961 when he read that 2 Portuguese students had been jailed by the dictator Salazar simply because they had raised their glasses to toast freedom. Amnesty is widely considered unbiased and evidence based. Every couple of months I write my letters to heads of state and their representatives in London, respectfully requesting the release of prisoners of conscience featured in Amnesty's magazines. 'It is better to light a candle than curse the darkness'.



A recent campaign has focused on Farid-al Atrash and Issa Amro who were beaten and arrested in February 2016 when they were peacefully protesting in Hebron. They risk going to prison for up to 10 years for simply exercising their democratic rights. Since the 'Six-Day War' in 1967 ever-expanding Israeli settlements have demolished 50,000 Palestinian homes and subjected Palestinians to a military occupation that rules every aspect of life. The UN Security Council states 'Israel's settlements have no legal validity and constitute flagrant violation of International Law.' The wall separating Israel and the occupied Palestinian territories snakes around the West Bank encircling 4.9 million Palestinians – when complete it will be 700kms – first razor wire, then a 6 foot electric barrier, then the huge concrete wall, with watch towers and checkpoints, in places cutting villages and farms in half.

It is then astonishing to me that I am able to sell high quality Fairtrade goods from Palestine. Zaytoun offers a range of specialist products – Za'atar (herb mix), Maftoul (large couscous,) almonds, medjoul dates, but most popular of all, organic extra virgin olive oil. This oil is delicious, green and peppery. It is, unsurprisingly, very expensive. I use it, and so do the rest of my family, but I sell very little. I was delighted, therefore when a fellow stall holder (from Shirenewton Village market – every 3<sup>rd</sup> Sat in the month at the Rec, 10.30-12.30) took up my suggestion – I take one as a gift if I'm going to a friend's for a meal – and gave bottles to foodie friends at Christmas. Of course all Fairtrade goods are worthwhile, but these products are a real life-line to a community in the most unfavourable situation.

Easter is approaching – chocolate, anyone?! The FT company 'Divine' do an interesting selection of Easter Eggs. Please do think about the provenance of the goods you buy!

Do look at the Traidcraft website, or Ethical Superstore. There is an ever-growing range of top quality FT products available now.

Marion McAdam 641 316 msm316@gmail.com

## FAIRTRADE NEWS MARCH 2018

FT Fortnight this year ran from 26/2-11/3 with the hugely disruptive snowy days right in the middle! Chepstow Fairtrade Forum's regular FT Fortnight Tea Party was snowed off, my family gamely offering to help clear my mountain of fab choc chip cookies (Hugh Fearnley Whittingstall's recipe)! The FT window in Oxfam (masterminded by a clever ex-colleague of mine) was widely admired and although there has been some fall in the amount of the public's donations to the shop as a result of the press coverage of significant failings in governance, other people have made a point of saying that they still have faith in an organisation which has achieved so much that is positive.

FT too has its detractors, as I have discussed before. However. Tim Adams has written a hugely moving and ultimately positive account of the effects FT has had on a group of banana workers in Colombia (The Observer 25/02/18). Here are some details of his article.



In the 1920s workers of the United Fruit Company had gone on strike against the unrelenting harshness of their working conditions. Called to a negotiation they were packed into a square where a decree declaring them lawbreakers was read out. They were given 5 minutes to leave and return to work. They didn't. Soldiers opened fire on the crowd, full of women and children. This massacre set in motion a 90 year war and the banana groves throughout northern Colombia were subsequently on the never-ending front line between the government-backed big plantation owners and the revolutionary groups who eventually took to the jungle. This became a way of life, fuelled by the great wash of money and corruption of the cocaine trade. Perhaps a quarter of a million dead, 7 million 'internally displaced'. Last year, finally, there was a tentative accord between the government and the Farc – the most powerful and ruthless of several guerrilla groups. The small group of banana farmers that Tim Adams visited did not express much faith in the accord. But a decade ago they became a certified FT co-operative and this has given these farmers security – no longer were they at the mercy of global markets and currency collapses - and a proper return for their work. Yields improved (they receive rigorous training) and decisions taken about the use of the small FT premium enable the farmers to set their own agenda- each of the 47 now has at least a kitchen, a toilet and a living room.

Tim Adams says 'If ever anyone wants to tell you that the benefits of FT are intangible, suggest to them that they visit the shanty community of banana workers of Barrio Obrero' – an open sewer, 5 families in a 4 room house made of old planks, with a dirt floor, - opposite are the newly built brick homes of the workers of a FT farm and the new school – before there simply wasn't one. Colombia has a long, long way to go to escape from its violent and chaotic past. But FT is a real force for stability, a source of properly remunerated work which also addresses environmental sustainability and encourages education and peaceful solutions. Surely it is hard to deny the value of FT!

Marion McAdam 01291 641 316 [msm316@gmail.com](mailto:msm316@gmail.com)

Do read Tim Adams' article 'No guns, no drugs, no atrocities, no rape, no murder. Just bananas . . '

# SHIRENEWTON COMMUNITY COUNCIL

## Extracts from the minutes of the March 2018 meeting

### **URGENT**

#### **Vacancies on the Community Council**

**There are still three vacancies on the Council – two for co-option in the Shirenewton ward and one in the Mynyddbach ward.**

**It is important that these vacancies are filled by local residents who are interested in the surrounding community and wish to join the Council**

**if that means you - please contact the Clerk (details below).**

Council was saddened to learn that Mr D Prosser of Mynyddbach had recently passed away and sent their sincere condolences to his wife, ex-Councillor Lynne Prosser.

#### **Planning applications considered –**

##### **1. DC/2018/00175 Gaerllwyd Bungalow, Earlswood Road**

Alterations and extension of existing bungalow to provide improved living accommodation.

Council noted that this application replaces DC/2017/00514, which had been previously approved by this Council. Further note was made that the 2015 consent increased the volume from 540m<sup>3</sup> to 841m<sup>3</sup> and this application increases it from 540m<sup>3</sup> to 892m<sup>3</sup> -a 64% uplift. Council recommended approval of the application subject to the condition that the property be occupied as a single family unit.

##### **2. DC/2018/00128 Old Farmhouse, Bushes Farm, Earlswood**

Rehabilitation of farmhouse to dwelling.

Council noted that the derelict farmhouse, the subject of this application, had fallen into disrepair over many years during the first half of the last century. So far as can be recalled it comprised two rooms downstairs and two on the first floor. Council believed that planning consent was granted for a new bungalow to be built as a replacement farmhouse on condition that the old farmhouse was pulled down. That bungalow was duly built but it would appear the old farmhouse was not completely demolished as it should have been.

It follows that the present application is not for the renovation of an old farmhouse but for the construction of a new residential house on the site of the

old farmhouse which under the terms of the prior consent should have been demolished. The application does not assert any farming/agricultural need for the proposed renovation which is for a large, purely residential dwelling.

The Community Council considered that there are two courses open to the planning authority:

Firstly to require the removal of the bungalow as a precondition of the renovation of the farmhouse, or

Secondly to regard the current application as if it were for a new build in the countryside and not a renovation. A new build in the countryside, particularly given the size and scale of the current application for a 5 bedrommed house will have a significant and detrimental impact on the character of the surrounding area and on local services and amenities.

Councillors had not been able to view the detailed plans for the proposed building owing to the unavailability of the MCC planning portal and propose to make further comment in due course if required, however, because of the history outlined above Council objected to the application and recommended refusal.

## **Other items of interest**

**Monthly Police Report** – The Chair welcomed PC Carly Powell to the meeting. There was a report of flytipping in Wentwood on 15.2.18 and a burnt out car at Cadira Beeches on 27.2.18. There was one call to Brookacre on 20.2.18.

PC Powell was asked about the current status of Neighbourhood Watch, she agreed to find out and contact Cllr B Moore, Watch Co-ordinator.

**Coffee Morning** – the next Community Council coffee morning will be held on Saturday 21<sup>st</sup> April at the Village Market in the Recreation Hall.

**Dates of future meetings – Wednesday 4<sup>th</sup> April (please note change of date) and the Annual Meeting followed by the ordinary meeting on Monday 14<sup>th</sup> May, all at 7.30pm at Shirenewton Recreation Hall.**  
Members of the public are welcome to attend and may speak with the Council for the first 15 minutes of each meeting.

**Find more information in draft copies of the minutes on the Community Council notice boards. Previous approved 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**

**SHIRENEWTON  
VILLAGE MARKET  
DATES FOR 2018**

**PLEASE NOTE NEW MARKET  
HOURS 10.30 – 12.30**

**21<sup>ST</sup> APRIL 2018**

**19<sup>TH</sup> MAY 2018**

**16<sup>TH</sup> JUNE 2018**

**21<sup>ST</sup> JULY 2018**

**AUGUST 2018 – NO MARKET**

**15<sup>TH</sup> SEPTEMBER 2018**

**20<sup>TH</sup> OCTOBER 2018**

**17<sup>TH</sup> NOVEMBER 2018**

**15<sup>TH</sup> DECEMBER 2018**

**CHRISTMAS MARKET**



MUSICAL DIRECTOR: GRAHAM BULL

*CCS is affiliated to Ty Cerdd & Making Music,  
and is a Registered Charity (no. 112798).*

*CHEPSTOW CHORAL SOCIETY is breaking from recent tradition this year, and will be holding their Annual Spring Concert AFTER Easter as opposed to our normal practice of the past 15 years or more when the Spring Concert has taken place on Passion Sunday Weekend, i.e., two weeks before Easter Day. The reasons for this are two-fold-*

*The early Easter in 2018 has limited the rehearsal times since Christmas, and we are always mindful of possible difficult weather in January and February!*

*The Concert this year will take place on SATURDAY APRIL 21<sup>st</sup>, 7.30pm, at St Mary's Priory Church Chepstow, with a different focus, and will feature Brass Ensemble and Organ. Choral works will include John Rutter's "Gloria" and "Te Deum", Parry's rousing choral anthem "I Was Glad", all with full brass and organ, and "Blest Pair of Sirens", Other items included in the programme will be Vaughan Williams' "The Old Hundreth" (All People That On Earth Do Dwell), also complete with brass and organ, and Stainer's big anthem "I Saw The Lord", along with organ solos and other short choir items.*

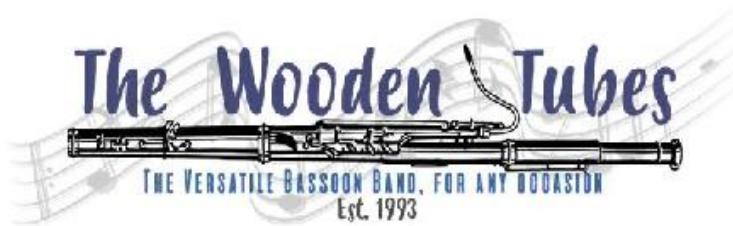
*This is an unashamed concert of British music by British composers, in the 65<sup>th</sup> Anniversary Year of the Coronation of Queen Elizabeth in June 1953.*

*Tickets (£12) will be available in mid-March from members and Chepstow Bookshop, with more information on the CCS website ([www.chepstowchoralsociety.org.uk](http://www.chepstowchoralsociety.org.uk))*

*Marjorie Duerden (Asst Mus Dir, CCS)*

*Further information – see [www.chepstowchoralsociety.org.uk](http://www.chepstowchoralsociety.org.uk)*

ST THOMAS Á BECKET CHURCH, SHIRENEWTON  
IS PROUD TO PRESENT A PROGRAMME OF LIGHT MUSIC  
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**SHIRENEWTON LOCAL HISTORY SOCIETY**  
Registered Charity No. 1090167

An enjoyable evening was had at the society's Annual Dinner, held at the Huntsman Hotel. Grace was said by Sally Saysell, our after dinner speaker was Jonathan Jenkins who gave an intriguing talk entitled 'Sixty seven and a half, the mark on the wall' this was the number he found behind some panelling at Howick Farm when he was renovating the farm house. Also, many thanks to Phil & Alison for a very enjoyable meal, as usual.



Dates for your Diary:

Monday, 9<sup>th</sup> April      Archive Meeting at the Recreational Hall, between 2.00 pm & 4.00 pm

Tuesday, 24<sup>th</sup> April      Meeting at the Huntsman Hotel. at 7.30 pm. Talk entitled 'The Raglan Archive' given by Tony Hopkins. (County Archivist)

Everyone welcome



Proprietor:  
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**Shirenewton Recreation Hall**



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(please bring your Carers too!)**  
**Contact Jackie Broughton (01291 641797)  
for further**

## DAD HOW MUCH DO YOU EARN AN HOUR?

This article has been inspired by a piece I saw recently on LinkedIn.

A man returned home from work late one night, as he so often did and was met by his young son. The son asked, 'Dad how much do you earn per hour?' The dad was rather taken aback and said to his son, 'None of your business.' The young boy persisted and persisted asking his dad how much he earned per hour? The dad at his wits end finally said, £ 100.00 per hour and asked why?

The son then said, 'Dad could I please borrow £ 50.00?' His dad blew up and said that he received pocket money etc., does he think money grows on trees? He then sent his son to his room.

Once the dad cooled down after a coffee and a chill, he thought maybe his son wanted the money for something special, for school trip, or something like that, so he went up to his son's room and knocked on the door asking if his son was still awake?

The son said 'Yes', the dad entered the room and saw the son sitting there looking out of the window looking really sad. The dad said that he was sorry for being angry earlier, and out of his pocket he took the £ 50.00, which his son took, and smiled really happily.

The son then went to his bed and pulled some crumpled bank notes from under his pillow and added the £ 50.00 to them. His dad was fuming, and asked why, if his son already had money did he want more? The son said, 'Dad, I only had £50.00 and now I have a £ 100.00, so please could I buy an hour of your time so that we could spend some time together?' He went on to say, 'Tomorrow would be great, would you come home and have tea with me and mum so we can be a family?'

The boy's dad grabbed his son and held him close, realising that he did spend more time away from his family, neglecting them for his work.

Psalm 122:8 "*For the sake of my family and friends, I will say, "Peace be within you."*"

Remember, we all need to work, but we also need to rest and spend time with our family and friends. Do we really enjoy peace when we work all the hours of the day and night? I know people where I work who are leaving the company because they feel burnt out and want to be off. But why did they let life get to this stage? Why did they accept the continued pressure of work? Why didn't they try talking with their manager or team leader?

We humans are a strange lot, I remember many years ago I spent a lot of time at work, trying to earn the money to pay the mortgage, household bills and all, and I then sat back and thought how much of my children growing up I have/had missed.

What about you? Have you ever put work above family? Ever felt that you had no choice because of the demands of work? We all need to find a balance in our lives. But the balance is not just home/work, life is more like a multi seated seesaw. Family/work/friends/hobbies/faith/relaxation, the list could go on and on, but we all need to find a balance where we reduce our feelings of guilt and stress. Life here on this planet is so short, let's not waste it.

When I look back at the story from LinkedIn, I think, yes I could earn a great deal, even a £ 100.00 per hour, but at what cost? After all money can't buy us love, it can't buy us family and friends, it can't buy us time.

In my line of ministry, as work, when I am helping people, they often bring up the subject of money, and I always have a tenner ready at hand. When they focus on money and material things, I offer them the £ 10.00 and I say here we go, I am offering you £ 10.00, because it is replaceable, but I have been with you for the last hour or two, that is time I will never get back, but it is time well spent, because I am trying to help you, with the Lord's help, to sort your problems out.

## *Shirenewton Plant Stall*



At last year's Fete we had a few disappointed customers who didn't get to us early enough to get what they wanted, so this year we are offering you the opportunity to pre-order bedding, begonias, geraniums and fuschias (subject to availability).



Why not get the Plant Stall to plant up your hanging baskets?

Do you have old baskets and pots you no longer need? Donate them to us!

Competitive rates - all proceeds to the Church.

## SHIRENEWTON CHURCH WEBSITE

[www.shirenewtonchurch.com](http://www.shirenewtonchurch.com)

[www.shirenewtonshop.com](http://www.shirenewtonshop.com)

Another month and another data breach! If you play the National lottery using their online portal you may wish to change your password. The MSM (mainstream media) is reporting that the National lottery site has been hacked. The Daily Telegraph said: "National Lottery hacked: Millions of customers warned to change passwords"; the Daily Mail: "National Lottery warns 10.5m players to change passwords after attack"; and the Liverpool Echo: "Why you should change your password if you play the National Lottery ...". Why quote the Liverpool Echo? Why not! Anyway, you get the drift!



I can't find anything official on the National Lottery website and, as a user, I haven't received anything from them but I have changed my password to be on the safe side! I've repeated below the advice I gave on passwords in November:

It's more important to have a long password than a complex one – although complexity is always good. The recommendation is to develop a little phrase which you can remember. For example: TheroadtoChepstowistheB4235! That example is long, has both upper and lower case letters, numbers and punctuation – everything needed to make a good secure password. The other thing to do is to make sure that your password is different for every website. That can easily be achieved with a slight change in the story for each account.

Both my wife and I use password managers so we don't have to remember them all. I personally use Roboform and have done for several years. There are however several out there. PCMag rates Dashlane, LastPass, Sticky Password, LogmeOnce, Roboform (in that order) and several others at <http://tinyurl.com/yawhq39u> . If password managers are too complex, write them down on a piece of paper if you must but, please, do not have them written down on your PC in a plain text file or spreadsheet or Word document! If your machine is ever compromised the hackers will have all your passwords delivered on a plate.

We have over the last year discussed ransomware. You may recall the WannaCry ransomware attack in May last year which affected the NHS and many other organisations. Well recently a new study has been publicised which basically concludes that paying off a ransomware demand is a great way to end up losing both your money and your files. Over 50% of those organisations surveyed which admitted (i) having had a ransomware attack and (ii) having paid the demanded ransom, found that the payment of the ransom didn't unlock the data! Shock, horror, hold the front page, newsflash – criminals aren't honest!

You may have read about GDPR (General Data Protection Regulation) as it's been featured in the MSM recently and, if you're in business, it will certainly affect you. It's basically a new EU data law designed to protect your privacy and data. It becomes enforceable on 25th May 2018 and gives you the right to control how your personal data is collected and processed. The key point from an average user's perspective is that you must explicitly provide consent (i.e. opt-in) for the data to be collected and that this consent may be withdrawn. From a practical perspective having something buried in the terms and conditions or pre-ticked boxes on a web form is not sufficient to be considered as consent. You will have to actively tick the box yourself.

There is, unsurprisingly, a huge amount of stuff on the web re GDPR so you can read about it at length should you so wish. As far as the Church website and the shopping portal is concerned, they are unaffected as they do not "request, process or store any personally identifiable information". I've undated the privacy statement on both sites if you want to read it yourself!

Don't forget to shop through [www.shirenewtonshop.com](http://www.shirenewtonshop.com)

Until next month .....

Safe browsing drc





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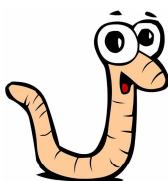
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## GARDENING CORNER

Picking up on the theme of last month it is definitely a glass half empty sort of day. The weatherman was right with his bad weather prediction and the "beast from the East" definitely arrived and deposited a good dump of snow on our heads, tunnel, log roof etc. Amazingly the tunnel didn't give way under the weight, although I think this was because the snow was dry and light, rather than wet and heavy, which was what did the damage the with the earlier snow we had. Since the snow cleared – remarkably quickly in the end – it has done nothing but rain. I'm sitting here writing this missive and yet again it is snowing hard outside. Like most people – apart from the younger generation that is, who have probably never seen so much snow in their short lives – I have had enough now. I just want to get on with things outside, but the cold and wet have made this impossible. We have had worst winters of course (I note the younger members of our family rolling their eyes and mouthing the usual "whatever"!). But despite their sarcasm, I know that we have and that we just have to be patient as the weather has to improve eventually I'm just not sure when at the moment!

Instead of getting on outside I just have to make the most of the covered areas that we have got. The smaller greenhouse is the only one that receives a little bit of warmth, both radiated from the 'hot-bench' and by means of a small fan heater. The latter is only meant to keep things frost free, so it has been in almost constant use over the last couple of weeks. I have been busy seed sowing, and this continues apace. As always I'm trying the 'little and often' approach so a dozen cauliflower every three weeks or so. I always start off with the best intentions but



either I 'forget' or Mother Nature comes along and still ends up producing 30 odd cauliflowers all within three days of each other!

At the moment we are on track but the new greenhouse benching is filling up very quickly, and I'm starting to wonder whether any warmer weather will arrive in time to let me move the first plants that were pricked into pots into the larger, unheated greenhouse. We live in hope. Fortunately the earlier

plants being mainly 'greens' are a little hardier than say the salad plants so, they should be ok unless we get some really cold weather in the next couple of weeks. I need to ensure that the frost tender salad plants get all the protection I can give. The tomatoes and cucumber, as well as peppers, need all the warmth they can get and these are my biggest concern at the moment. Once potted on I sit them on one end of the hot-bench, but a bit that isn't covered, so I have had to cut some horticultural fleece off and put this over the top to give more protection than usual whilst this current weather persists. It is now being termed the 'mini-beast from the East', so lets hope it clears off to where it has come from pretty soon. The East can keep its rotten weather. I know that nature will always catch up, but I lack patience and like to see things on growing. Also I don't have the space for everything to be started off at the same time. So it is time to get a little bit imaginative. I always grow cut and come again salad leaves, and sow on a regular basis (about every two to three weeks). These are then planted out into a large grow bag in the tunnel. Fortunately I haven't cut the old tunnel cover off yet,

but it will have to go shortly so I can replace the wooden frame. The grow bags are therefore 'out of bounds' for now, so I have potted the cells with the young salad leaves in to larger pots and left these to grow on in the warm greenhouse for the time being. The seed potatoes have been in the garage for several weeks whilst they 'chit' (send growing shoots out) and would normally be planted directly into the soil in April. I'm going to plant these early into large flower pots and place these under the benches in the small greenhouse in order to encourage early growth. I will then plant out in the ground once this has warmed up enough. You run the risk of the growth being caught by a late frost, but with plenty of garden fleece available it is easy to cover the plants over should a frost be forecast. I have one pack of onion sets as well that should really be planted out by now, but I will get on and do the same with these. In the meantime I will carry on sowing seeds in the hot-bench and keep the fingers crossed.

The bad weather has meant that I've started to catch up on the other 'inside jobs' such as beehive maintenance. I have several lids that have started leaking in heavy rain, which isn't something that the bees are too keen on. It's my own fault as I suffer from the very well known illness that afflicts most men – the 'never read the instructions-it is' so nails were driven into the lid in places where common sense will tell you that they shouldn't be driven.



Fortunately I volunteered some time ago to re-seal my mothers' garage roof with a spread on fibreglass sealant. Fortunately (for me) I slightly over-estimated the amount of sealant I would need, so was left with one full tin after the job had been completed. So the leaking beehive roofs have been indoors drying out and now proudly display what appears to be a very watertight new lid. Only time will tell. I'll use these to replace some of the other lids that also leak – yes some people never learn from their earlier mistakes! These in turn will then be dried and receive a similar treatment. Talking of the bees, we did have one Sunday afternoon a few weeks ago when the weather was kind and comparatively warm. I decided to drop everything else I had planned, and instead lifted the tops of each hive to place fondant icing and also a pollen substitute on each of the hives. Everyone had bees still in and very much alive, although there were a couple of hives that were looking a bit weak, so with this continuing bad weather we may yet lose at least two – if only it would warm up they might be saved, but it's not looking too good at present. Normally by now I would be hoping to open the hives right out, do some cleaning up work and make sure the queen excluder is placed back in the hives in an appropriate place. Unfortunately you really need a temperature of 15 degrees and even on the best day, we haven't quite made it to that. Unfortunately the queens have a habit of laying their eggs wherever it takes their fancy so the longer it is before the weather warms up, the more chance there is that there will be a challenge to the beekeeper sorting the mess out! At least I have time to sterilize all the spare frames and other hive parts and may even get around to painting the outside of the WBC hives (the traditional 'cottage garden' shaped hives) if time permits. Hopefully by the time we meet again it will be very much back to 'glass half full'.

Happy gardening until then. Steve and Felicity Hunt.

# Services in Holy Week



**Palm Sunday** (25<sup>th</sup> March)

Eucharist with distribution of palms

10 a.m.

Shirenewton Church



## Good Friday (30<sup>th</sup> March)

Walk on Gray Hill.

Back by popular demand, join us for a family walk in the Spring sunshine (we hope) with readings of the Passion.

We will then enjoy a homemade hot cross bun or two!



10 a.m. from reservoir car park

Children and dogs welcome



**Good Friday  
Meditation**

Pause for reflection

2:30 p.m.

Shirenewton Church

## Rejoice! EASTER DAY (1<sup>st</sup> April)

Easter Communion

10 a.m.

Shirenewton Church



Keith Rowlands OBE  
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Artist painting in oils on canvas  
“From valley to shore”

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## **Nerys's Natty Nosh**

The lungs are vital for human life. Breathing brings in oxygen and expels carbon dioxide, a waste product of metabolism. Breathing is also essential to our ability to talk and sing.



The lungs are remarkable. They should be cared for; smoking destroys the cilia that help remove infection and pollutants, resulting in clogged airways.

Exercise is also important. It doesn't strengthen the lungs, but any improvement of the cardiovascular system makes the job of the lungs easier



High fat diet has been linked to a higher risk of developing lung cancer. On the other hand, eating fruits has been shown to lower these risks. Eating well goes hand in hand with exercise in keeping our lungs clear and healthy.

Water – Water plays an important role in health and is the base of any cleansing action. Pure, clean water is essential to keeping blood flowing to and from the lungs. It also keeps our lungs hydrated and the mucus flowing.



Garlic and Onions – These pungent foods are great for the heart and thus the lungs too. They reduce inflammation, lower cholesterol, and fight infection.



Ginger – This spice has anti-inflammatory properties and promotes the elimination of pollutants from the lungs.



Chili Peppers improve blood flow, stimulate mucus membranes, and fight infection.

**Cruciferous Vegetables –** Cabbage, cauliflower, broccoli, and kale have been shown to halt the progression of lung cancer and cut the risk of developing lung cancer in half. They are rich in chlorophyll that cleans and builds blood, and full of some very effective antioxidants.



**Pomegranates –** Pomegranate juice slows the growth of lung tumors. Pomegranates contain many antioxidants including ellagic acid, which is gaining strides in cancer research.



**Turmeric –** This spice is related to ginger with many of the same benefits. It also contains curcumin, a compound that encourages the self-destruction of cancer cells.



**Apples –** help the lungs function at their best and those who eat several a week have healthier lungs.



**Grapefruit, good for cleansing the lungs**



**Beans, Seeds, and Nuts –** These all contain rich amounts of magnesium, a mineral that contributes to healthy lung function.



**Carrots and Pumpkin have a high proportion of Beta Carotenoids, which have been shown to cut the risks of developing lung cancer.**



. **Oranges –** Citrus is rich in vitamin C and vitamin B6. These help the lungs transfer oxygen



**Red Bell Pepper –** These mild peppers are rich in both vitamin C and carotenoids.



**Enjoy!**



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## SHIRENEWTON WI

### WI Fashion Evening

I would just like to draw everyone's attention to what will be, we hope, an enjoyable evening at the **Rec Hall on April 12th** starting at 7.30.

We are holding a fashion event co-ordinated by a John Lewis personal stylist. The models will be dressed by stylist Sarah Jane and the ideas described by her as the models walk amongst you. It is open to everyone and we would love to see you and any friends you would like to bring.

Entry is free and refreshments will be available for just £1.

WI President Diane Ashton Smith 628838  
Secretary Jane Lane 641704



## STARGAZING

The seven stars of the Plough lie pretty much overhead. It is one of the "circumpolar" constellations that are always above our horizon. Its classical name is Ursa Major, the Great Bear. The two stars furthest from the handle point to the North Star. The North Star or Polaris is approximately 400 light years away. This is a distance of approximately 2,000,000,000,000,000 miles! The light we now see from this star left the North Star 400 years ago.



American slaves in the southern States of the USA were taught a song in childhood. The first verse runs:

*When the Sun comes back  
And the first quail calls  
Follow the Drinking Gourd  
For the old man is a-waiting for to carry you to freedom  
If you follow the Drinking Gourd*

The song gave a time, after the December solstice, when the Sun begins to climb higher into the northern sky and the calls of migratory quail can be heard in the southern United States, and a direction – the Drinking Gourd is the Plough and lies to the North. This gave slaves the vital information which allowed them to escape to the North and to freedom.

In the evening sky, the very bright planet Jupiter lies close to the south-east horizon. It is joined by the Moon on the 3<sup>rd</sup> and the 30<sup>th</sup>.

Before dawn, Jupiter is low in the south-west. At the beginning of April, slightly yellow-coloured Saturn and orange-coloured Mars lie close together in the south-east. On the 4<sup>th</sup> the Moon, Saturn and Mars form a triangle.

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## DIARY DATES

Date	Event	Location
April	Event	Location
1st 10:00am	Easter Day Easter Communion	Shirenewton Church
4th 7:30pm	Community Council Meeting	Recreation Hall
9th 2:00pm	Shirenewton Local History Society	Recreation Hall
12th 7:30	WI Fashion Evening	Recreation Hall
21st 10:30am	Community Council Coffee Morning	Recreation Hall (Village Market)
21st 10:30am	Village Market	Recreation Hall
24th 7:30pm	Shirenewton Local History Society	Huntsman Hotel
May	Event	Location
12th 5:00pm	The Wooden Tubes	Shirenewton Church
19th 10:30am	Village Market	Recreation Hall

# Shirefest 2018

Saturday 2nd June at the Huntsman Hotel  
in aid of Noah's Ark Children's Hospital

Readers and Sides Persons		April to June 2018	
St Thomas a Beckett Church, Shirenewton			
Date	Sunday Service 10:00am	Readers	Sides Persons
1st April	Easter Day	Sally Saysell Aileen Dogget	Claire Lewis Graham Lambert
8th April	Second Sunday of Easter	Mark Broughton Jane Smith-Haddon	Mark Broughton Jane Smith-Haddon
15th April	Third Sunday of Easter	Bill Clark Janet Horton	Bill Clark Janet Horton
22nd April	Fourth Sunday of Easter	Paul Morecome Glynis MacDonald	Paul Morecome Glynis MacDonald
29th April	Fifth Sunday of Easter with a service of Baptism at 11:00am	James Leney Diane Marlow	Claire Lewis Diane Marlow
6th May	Sixth Sunday of Easter	Ruth Savagar Frances Gray	Graham Lambert Frances Gray
13th May	Seventh Sunday of Easter	Aileen Dogget Jane Smith-Haddon	Jane Smith-Haddon Claire Lewis
20th May	Pentecost	Mark Broughton Glynis MacDonald	Mark Broughton Glynis MacDonald
27th May	Trinity Sunday	Bill Clark Janet Horton	Bill Clark Janet Horton
3rd June	First Sunday after Trinity	Paul Morecombe Cynthia Smith	Paul Morecombe Cynthia Smith
10th June	Second Sunday after Trinity	Mark Broughton Margaret Lock	Mark Broughton Margaret Lock
17th June	Third Sunday after Trinity	Sally Saysell Aileen Dogget	Graham Lambert Clare Lewis
24th June	Fourth Sunday after Trinity	Andrew Baker Sally Saysell	Graham Lambert Claire Lewis



## DEFIBRILLATOR LOCATIONS

(Cabinets do not require codes, they are unlocked although they have a key pad)

Carpenters Arms (on the Usk road)

Huntsman Hotel (on the Usk road)

Tredegar Arms  
(Shirenewton village)

(House half way between Blethyn Close and the School in Mynyddbach)  
Earlswood Hall (Earlswood)  
Shirenewton School

## 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 <a href="mailto:jel.white@btinternet.com">jel.white@btinternet.com</a>	01291 622317
<b>Parish Priest</b>	Revd Nansi Davies CBE	01633 400 519
<b>Lay Eucharistic Minister</b>	Gilly Lambert	01291 641 175
<b>Parish Visitor Coordinators</b>	Revd Nansi Davies CBE	01633 400 519
	Diane Marlow	01291 641 407
<b>Church Wardens</b>	Sally Saysell	01291 641 369
	Andrew Baker	01291 641 925
<b>PCC Secretary</b>	Bill Clark	01291 641 783
<b>PCC Treasurer</b>	Graham Lambert	01291 641 175
<b>PCC Members</b>	Mark Broughton	01291 641 797
	Charles Eickhoff	01291 641 716
	Janet Horton	01291 641 783
	James Leney	01291 641 271
	Jane Smith-Haddon	01291 641 525
	Frances Gray	01291 622 465
	Paul Morcombe	01291 641 671
<b>People's Warden</b>	Andrew Baker	01291 641 925
	Kevin Bounds	01291 641 648
<b>Gift Aid Secretary</b>	Ruth Savagar	01291 641 411
<b>Organists</b>	Karen Millar	01291 650 521
	Ruth Savagar	01291 641 411
	James Leney	01291 641 271
<b>Sunday Club</b>	Lynn Morcombe	01291 641 671
<b>Tower Captain</b>	Mike Penney	01291 650 653
<b>Saysell Centre Booking</b>	Glynis MacDonald	01291 641 818
<b>Safeguarding Officer</b>	Lynn Morcombe	01291 641 671
<b>Church Flowers</b>	Maureen Moody	01291 641 524
<b>Parish Magazine Editor</b>	Terry Walters	01291 641 338
<b>200 Club</b>	Graham Lambert	01291 641 175

### Church of St Tewdrics's Matheron

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

### MP/Monmouth CC & Community Council Representatives

<b>Community Council Clerk</b>	Hilary Counsell	01291 421307 <a href="mailto:shirenewtoncc@gmail.com">shirenewtoncc@gmail.com</a>
<b>Shirenewton Ward:</b>	Bryn Price	01291 641217 <a href="mailto:brynpriice@gmail.com">brynpriice@gmail.com</a>
Chair	Michelle Davies	01291 641583 <a href="mailto:michelledavies100@yahoo.co.uk">michelledavies100@yahoo.co.uk</a>
	Ben Allen	01291 641150 <a href="mailto:ben@rapier.org.uk">ben@rapier.org.uk</a>
	Beverley Moore	01291 641532 <a href="mailto:mmoorebev@aol.com">mmoorebev@aol.com</a>
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<b>Mynyddbach Ward</b>	Louise Brown	07598979719 <a href="mailto:louisebrown@monmouthshire.gov.uk">louisebrown@monmouthshire.gov.uk</a>
	<b>Vacancy</b>	
<b>Newchurch West</b>	Ian Martin	01291 650014 <a href="mailto:longmeadow@outlook.com">longmeadow@outlook.com</a>
<b>Earlswood Ward</b>	Ken Morton	01291 650268 <a href="mailto:ken.morton@hotmail.com">ken.morton@hotmail.com</a>
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<b>MCC for Shirenewton</b>	Louise Brown	07598 979719 <a href="mailto:louisebrownbrown@monmouthshire.gov.uk">louisebrownbrown@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**

<b>Comm. Police Officer</b>	Louise Thorpe	01633 642068
	louise.thorpe@gwent.pnn.police.uk	
<b>Shirenewton &amp; Mynyddbach</b>	Beverly Moore	01291 641532
 <b>Earlswood</b>	Sue Leat	01291 641207
<b><u>Other Local Organisations</u></b>		
<b>Beavers</b>	Julie Hitchcock	01291 650548
<b>Church Fete</b>		
<b>Earlswood Hope</b>	Mrs Sylvia Jeremiah, Mr Raymond Jeremiah	01291 641726
<b>Earlswood &amp; Newchurch West Memorial Hall</b>	Glynis MacDonald	01291 641818
	glynis.macdonald@btinternet.com	
<b>Earlswood Valley Methodist Chapel</b>	Avril Smith	01291 650733
<b>Gaerllwyd Baptist</b>	Mrs E Remnant	Brooklands, Usk Road NP16 6SA
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<b>Recreation Association</b>	Gordon Hughes	01291 641356 gordon.hughes3@tesco.net
<b>Recreation Hall booking</b>	Beryl Saysell	01291 641637
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