

The winner of the 2020 ShAMBLE community event was 9, Clearview with their wonderful aquarium window, below. Many congratulations to them. More ShAMBLE photos inside on pages 14, 20, 26, 27, 29 and 32.



Shirenewton

Parish Magazine

November 2020

Price £1:50

FROM THE VICARAGE
Julian E LI White

Dear People of the Parish,

Some people (and I must include myself among them, from time to time) find that October heralds not only a change of season but the beginning of the end. After all, is it not the time when the dying and dropping of the leaves whispers to us of the coming inevitability of winter? Cannot the same symbolism be used of life in general?

Then I am moved to dwell on the biblical assertion that 'to everything there is a season'. Not only do we move from season to season but, not least in spiritual terms, there is promise of new life, fresh opportunities and that – to quote the hymn – 'the promise is not vain'. This is not idle optimism but a bed-rock of belief.

Yes, we live in demanding and challenging times. At the time of writing the dark cloud of Covid 19, and its implications, hangs heavy over us. 'Normal Life' appears to be a bruised reality for many and is replaced by fear, uncertainty and deprivation. Even the long-established certainties in life – take the Church, for example – can feel threatened and brittle. Yet such inclinations will pass and, as again faith promises, God will be seen as 'the Alpha and the Omega' (the beginning and the end) and that 'New Jerusalem' (new life) is promised with certainty.

We say a fond farewell to someone who held fast to this belief and shared it with conviction and simplicity. I refer to one of our Lay Ministers, Nesta Marendaz, who departed this life recently.

In a quiet and greatly respected way Nesta presented the faith to this community during the course of her life. She had no truck with 'playing to the gallery' and was refreshingly free from the false sanctimony and platitudes in her mission – indeed, she would put a number of my colleagues to shame in this respect.

On a personal level I am grateful to Nesta on many counts. Not only was her ministry uncomplicated but she introduced many, myself included, to a depth of spirituality that was both strengthening and available for the long-haul. Not least, Nesta pointed me to the writings of Ronald Blythe which became a valued companion on the

Journey through life.

Her funeral is to be held within the next couple of weeks. The date, as yet, is unavailable. Unfortunately, in compliance with the Covid-19 Funeral Attendance Guidance by the Welsh Government, restrictions for attendees are limited to a maximum of 30 people, usually consisting of close family members. Nesta was a much loved and respected person, so for all those people who wanted to attend the funeral service, a Memorial Service will be arranged for next year, Covid -19 restrictions permitting.

Thank you, Nesta for a long and significantly appreciated ministry among us. You once told me that the biblical account of the Road to Emmaus episode held a special place in your heart. It concerns a journey both physical and spiritual and deals with the trepidations encountered by the disciple and the ultimate calmness to be found in the presence of God. You have walked the difficult road and have come to the serenity that is discovered only in the Almighty. You were a dependable and wise companion at all times. *Well done, good and faithful servant, enter into the joy of your Lord'.*



Having struggled with church officers over past months to provide regular sacred service opportunities, it is something of a blow to find ourselves 'locked-down' once again for (let's face it) a fragile period. There follows a pattern of service provision for November but it is advisable to check the dates in advance in case national

restrictions have had an effect.

November 1st: No service due to 'Lock-down'.

November 2nd: All Souls' Day – no service due to 'Lock-down'.

November 8th: No service due to 'Lock-down'.

November 15th:

Mathern – Holy Eucharist, 9am.

Shirenewton – Holy Eucharist, 10am.

St. Pierre – Holy Eucharist, 11.30am.

November 22nd:

Shirenewton – Holy Eucharist, 10am

Mounton – Holy Eucharist, 10.15am.

November 29th:

Shirenewton – Holy Eucharist, 10am.

Sincere good wishes at this difficult time to all who are enduring ill health or any other indisposition.

In addition, we also remember Philip Blatchly (Snr.) who presently is recovering at home following a brief stay in hospital.

May the peace and healing presence of God be with you, and remain with you all.

Julian E LI White (Rector & Vicar)

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NOTES FROM THE PAROCHIAL CHURCH COUNCIL (PCC)

REMEMBRANCE SUNDAY

Sadly we will not be able to hold the usual annual Service of Remembrance at the War Memorial this year because of the current coronavirus restrictions imposed by the Welsh Government and the Church in Wales. The PCC looked at every aspect of how this could be managed safely, but no solution was found which did not expose participants to some level of risk. We all look forward to next year when we will be able to appropriately commemorate the servicemen and servicewomen who laid down their lives in the two world wars and all the conflicts since.

CHRISTMAS AND NEW YEAR FESTIVITIES

At this stage we do not know what services and community events we will be able to hold in the run up to (and over) Christmas. The PCC are starting the planning now so that if at all possible Christingle, carols round the Christmas tree, midnight Mass, and the Christmas morning service can be held, even if in limited form. We know that ideas about marking Christmas are being discussed on social media, and the PCC is keen to lend its support to ideas that help our villages focus on the positive message of light shining in darkness, which lies behind the Christmas story. No decisions have yet been made, so please look out or next month's magazine and social media such as the community Facebook page for details.

OTHER COMMUNITY EVENTS

All planned events are, unfortunately, very much subject to changes in the restrictions imposed to combat the coronavirus-covid19.

Dates for your Diary:

Saturday 12th June 2021—Village fete—to be opened by the Bishop.

Sunday 13th June 2021 —service to commemorate the renovation works in the Church, led by the Bishop

Congratulations to our 200 Club winners in October:

- | | |
|------------------|-----------------------|
| 1. Gareth Thomas | 2. Sebastian Cornwell |
| 3. Cheryl Lloyd | 4. Megan Barr |

Shirenewton Community Council
Extracts from the minutes of the October meeting

Welcome to Councillor Andy Williamson who was co-opted to fill the vacant position in the Earlswood ward. This appointment means that the Council now has a full complement of members representing all wards. Please see list of contacts at the back of the magazine for Councillors details.

The following planning applications were considered:

1. DM/2020/01157 Red Barn Farm, Crick Road, Shirenewton
Demolition of existing dwelling and construction of replacement dwelling.

Council was aware of the planning history of this site and that it currently holds a Certificate of Lawful Use meaning that residential use is established. In 2017 planning consent was granted for a traditional two bedroomed cottage.

Council noted the following information taken from the Planning Officers Report in 2017.

https://planningonline.monmouthshire.gov.uk/online-applications/files/8177D6E5703EA0E4D683564B1FB0687C/pdf/DC_2017_01219-OFFICERS_REPORT-647225.pdf

1. Planning policies state that replacing a bungalow with a two-storey dwelling or adding another storey to an existing bungalow is likely to result in an increased visual impact. An argument can sometimes be made, however, that bungalows are not a traditional building type in rural areas and that the replacement of a bungalow by a two-storey dwelling would result in an enhancement to the character and appearance of the countryside. Where it can be clearly demonstrated that there will be no harmful intrusive impact in the landscape through the increased height and mass of the dwelling, therefore, it is considered that an exception can be made to the strict interpretation of Policies H5 and H6 set out above. This would normally be subject to no increase in the footprint of the dwelling (i.e. keeping the same ground floor area).

The current application represents an increase in size from 53.95 sqm to 108.23, **an 86% increase**. No provision is made for garaging or other domestic outbuildings which ought to be included in calculating the total floor area when considering the application of the planning policies.

2. At present the wooden chalet is not visually prominent within the wider landscape however the upper floor of the two storey dwelling would be

seen when travelling along the Crick Road towards Shirenewton. The proposed traditional style dwelling would not have a harmful visual impact on the landscape character of the area. The fact that the structure will be seen from the road does not mean that it is harmful. The dwelling is designed to be a traditional small cottage which is appropriate for the rural setting. In addition the site is surrounded by existing mature vegetation and even the two storey structure will be partly screened by this.

The existing dwelling has a ridge height of 2.7m. The current application is almost twice the original floor area with a ridge height of 7.3m and a design which is not a traditional style rural dwelling in Monmouthshire, having a full height gable front and back at the left hand end.

3. Bat surveys are generally considered valid for up to 2 years. The last bat survey was in 2016. The habitat is suitable for reptiles and a condition was imposed requiring manual work rather than mechanical in suspected areas of the site.

Council felt that the above points from 2017 still apply and the recommendation was for refusal of the application on the grounds of size and the appearance not being of traditional farmhouse style.

2. DM/2020/01036 Bluebell Farm, Blackbird Farm Road, Earlswood

Reposition of access and gate, new planting and retention of access track.

Council was aware of the planning history of this proposal. The applicant had sought consent in 2017 for rear access with high timber gates and a hardcore (hoggin) drive across an open field, visible across the valley. This Council objected on the grounds that the gates were uncharacteristic of the road landscape, the hoggin drive would be a scar across the Castroggi Valley which although not a conservation area had previously been designated as a special landscape, and the increased use of the road was a highway safety hazard. If there is an existing track across the field this may be unauthorised and in contravention of the previous planning refusal.

The present application proposed a normal galvanised farm gate, replacement hedging to shield the access entrance but the route of the hoggin drive is still across the field. Whilst the application made clear that additional vehicle movements may only be 2-3 per day those vehicles would be large and could be expected to cause obstruction in Old Road.

Footpath 156 runs through the site but does not appear to be affected by the application.

3. DM/2020/01219 Maron Cottage, 3 The Row, Shirenewton to Rhewl Farm

To build a log cabin 12ft x 8 ft in my garden to groom approximately 2 dogs per day. The dogs will be collected and delivered back to the customer. The cabin will have a dog bath and grooming table and various grooming equipment for my part time dog grooming business.

Council noted that the property is a mid-terrace cottage and that no planning notice had been posted at the property giving neighbours no opportunity to comment on the proposal. The applicant also stated that neighbours had not been consulted.

Council also understood from the Planning Office that this application did not require a Business Use Class and was deemed 'residential' use.

Council recommended refusal pending an Environmental Health report on waste product disposal (water, faeces, hair, parasites, chemicals etc.) and noise disturbance to neighbours, plus a restriction on the hours of operation.

Monthly police report –

20/09 – No insurance on a Crick Road vehicle

01/10 – Theft of lorry

04/10 – Theft of four push bikes in the Shirenewton area

Public Safety – Few calls for people being scammed over the phone across South Monmouthshire. We can't stress enough the importance of not giving personal information over the phone. If you have any concerns in relation to your bank account being hacked, or money supposedly being removed from your account. Hang up the call and ring your bank directly they can advise you. Never give information to someone who rings you out of the blue. For more advice please contact our cyber Team at cyber-crimeunit@gwent.pnn.police.uk or check the Action Fraud website at www.actionfraud.police.uk or ring them on 0300 123 2040 if you think you have been scammed.

Notable arrests - Person arrested after a warrant conducted in the Bayfield area of Chepstow. They were arrested for Possession with intent to supply.

Operations - We continued to conduct a number Off Road Bike operations in Wentwood during this period, where the local Neighbourhood team from South Monmouthshire and The Rural Crime Team worked together with specials to try and catch people using off road bikes. A

number of users warned and educated.

Other items of interest

Traffic issues - it was reported that 100+ comments from residents discussing problems with traffic/highways on Facebook. Following a lengthy discussion, including input from County Cllr Brown on the requirements for 20mph speed limits and the limited resources available to the County Council, this Community Council agreed the following action points:

Clerk to contact P Keeble, Mon CC to request that the seven inconsistent and confusing 30mph signs within the 20mph zone be removed or relocated.

Investigate drawing up a petition to Mon CC for 20mph speed limits in Shirenewton and Mynyddbach, with the possibility of making a contribution towards costs.

A group of Councillors to look at costing options such as provision of signage, hi viz jackets etc and report back to next meeting.

EN to respond to the Facebook discussion with the Council's actions.

Please be assured that the Community Council is actively looking at measures that can be taken to help reduce the traffic problems. Local people can also help by keeping to the current 20mph speed restriction and being especially careful to reduce speed when approaching the school.

Squeeze belly gates – the gates at the war memorial have been repaired and are now back in position.

Supply of recycling bags – the Clerk is now an official bag supplier to Shirenewton! As well as dog waste bags, free purple, pink, yellow and food bags are now available in the telephone kiosk. (Yellow bags are not available as yet).

Date of next meeting - Monday 2nd November and Monday 7th December at 7.00 pm, by public meeting in Shirenewton Recreation Hall, if possible, or by a remote meeting if government coronavirus restrictions still apply.

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

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

We're taking part in

ROAD SAFETY WEEK 



16-22 November 2020

roadsafetyweek.org.uk



It is Road Safety Week between 16th and 22nd November 2020.



Shirenewton Community Council would like this event to kick off our '20 is Plenty' campaign.



Shirenewton Community Council is working with residents of the local community to make the roads within residential areas of Shirenewton and [Mynyddbach](http://www.shirenewton.gov.uk) safer, healthier, greener, and better for people's quality of life.

The current speed limit of 30mph is inappropriate for these villages and should, we think, be lowered to a compulsory 20mph because it is dangerous for pedestrians who walk through the villages and particularly dangerous for schoolchildren walking to and from school. The lack of adequate pavements also means that those using wheelchairs or mobility scooters also have to use these roads. Working together we can make these roads safer for everyone.

The few pavements and streetlights that we do have in the villages are unsatisfactory. There have been too many 'near-miss' accidents and we want your support to start our 20 is Plenty Campaign! The shorter days - with sunsets from 4:45 and nightfall from 6pm - mean that we, as a community, need to be even more careful.

Here are a few facts for you:

1. You are 7 times less likely to die if hit at 20mph than 30mph or 10 times if over 60 years old.
2. In the distance a 20mph car can stop, a 30mph car will still be doing 24mph. Far better to just miss than actually hit someone or be hit at any speed.
3. Does 20mph always mean humps? No, we will campaign for signs and lines!

What can you do to help?

1. Please be conscious of your speed limit and drive at 20mph or less through our villages.
2. If you are walking through the village after dusk please consider wear high vis clothing. The SHAMBLE organisers have very kindly offered to lend their high vis jackets to anyone who needs one, please contact Paula Rimmer on 01291 641993 if you would like to borrow one.
3. To raise awareness, we will put some '20 is plenty' car stickers in the phone box (as soon as we get them) - please help yourselves as it would be great to see these on the cars driving through the village. In the meantime, feel free to buy some direct from <http://www.20splenty.org/>
4. To show your support for the campaign you could make some posters to put up in your windows. You will see our posters go up shortly!
5. Please sign our petition - The community council is supporting an online petition to Monmouthshire County Council to reduce the speed limit to 20mph through the villages of Shirenewton and [Mynyddbach](http://www.shirenewton.gov.uk). We will let you have more information once the petition has been set up. This will be an online petition due to COVID making door to door petitions impossible for now.

Gardening Corner

I have a dilemma, although unlike many people in these uncertain times, mine is only small and many would probably tell me to get a life! The seed brochures have arrived on the doorstep, I've browsed through and kind of sorted out what I might put on the shopping list for next year by way of seeds, sets (as in onions) and cloves (as in garlic). The dilemma is whether I go for it, and order the more specialist seed varieties that you need to give you that 'little bit extra' when it comes to entering the resultant crops into one of the local horticultural shows or not. These specialist varieties can be eye-wateringly expensive, such as ten tomato seeds for over £5.00. Last year was different, in that Covid was an unknown threat to us as seed orders were sent, money was spent, with the seeds arriving in good time for the new season. Seeds were sown and all was right with the world, but we know what happened next! With all of the shows shut down. We contented ourselves with producing food for the table – so much in fact that a number of our neighbour's benefitted from the crops that did so well. Last year I also decided to try some new varieties in an attempt to improve on the quality of produce that had been grown in previous years. As things turned out, a number of these were a disaster. I can blame the weather of course. It's something we do regularly after all. But there was also an issue with me. A case of losing the desire to 'grow the extra mile'. What's the point in growing onions for example that weigh over a couple of pounds at least and all look exactly the same! You only need a quarter of one onion to make a liver and bacon casserole so what do you do with the rest? Similarly growing the biggest tomato, or the longest runner bean, somehow loses all of its attraction if there isn't a little bit of competition at the end of it all. We had some cracking cauliflowers and calabrese, but as it happened these all came ready for harvest two weeks before what would have been the first show date, so although the neighbours benefitted, and the freezers are bulging at the seams, we actually avoided what might have turned out to be a pretty poor showing – literally! So the one new tomato variety grew so rampant that after four months of tending to with watering, feeding and tying in, I just gave up in despair and literally pulled the whole lot out. The Triffids had nothing on this lot! Total number of tomatoes harvested from 20 odd plants was less than ten! So, any thoughts of making passata this year ended up in the compost bin. In a similar vein, the very expensive tomatoes that were meant to be prize-winners, although producing a very big crop (it was interesting to go and cut a 'vine' of ripening tomatoes over two feet long!), disappointed in

the flavour stakes. The 'normally' very tasty Romanesco cauliflowers equally grew into monster plants, but never produced an edible head between them and the one variety of leeks all 'bolted' to form lovely seed heads, which ruined the leeks from the cooking perspective. Fortunately, the later sowing varieties of vegetables, such as French and runner beans would not be due for sowing until well into the first wave of Covid, so these could be avoided completely.

Like many who have the odd fruit tree planted in their gardens, we generally had a bumper crop of apples and pears. I love the flavour of some of our older British varieties of apple, but sadly many of the varieties are not good keepers unless you have a cool cellar with proper shelving on which to store the fruit. Discovery and Worcester apples are therefore best eaten straight off the tree, but as our trees are planted in our field, it is always a never-ending battle to keep the attacks from birds and squirrels down to an acceptable level. All of our early varieties are now long gone and we are now into the main crop of cox apples (in several guises such as plain old cox, queen of cox etc.). You can keep these a little longer without specialist storage facilities – usually until just after Christmas. The flavour of these is something to behold though and I think back to my early youth, when mum would trot off to the supermarket to buy golden delicious or granny smith apples, which were either hard and sour, or soft and 'woolly', but both equally tasteless. If you were really lucky you might get a red delicious apple for a treat, but usually their skins were tough as old leather, and equally poor in the flavour stakes. We longed for the British apples to come into season, but were always so disappointed when these finished not long after Christmas. I keep threatening to buy a small 'juicer' to help use up some of the excess crop, but somehow never seem to get around to it. Our youngest daughter treated me to two bottles of cider last week. I was intrigued as they were labelled as 'Surrey garden cider' and on close inspection I read that it had been produced by locals bringing along all of their apples – cooking or dessert, sweet or sour, they all went into the mix. The suppliers would get paid in an amount of cider, and the farm involved would sell the rest to make a living. The result was a very nice, drinkable cider, although I expect it must be a battle to ensure a consistent end product. This sets me thinking about a juicer again, and fermentation facilities, but I get a 'certain look' from the assistant

Head Gardener, which suggests that I should think other thoughts and put any idea of being a 'master cider maker' well to the back of a long list of things Witing my attention!

The weather has turned unseasonably cold in the last couple of weeks, which hopefully isn't a bad sign. Fortunately, I saw to the bees before this weather settled in, so they are virtually ready for the cold winter months. One of the problems I always get is that come spring, I find the queen has started laying new eggs in the super frames (those meant for honey), rather than the brood box and frames. Reading an article in the bee-keeping magazine the other week, it was talking about the annual debate over what is best. Normally I leave the brood boxes in the bottom of the hive and then add supers on top – this is the 'normal' way of things. But the article talked about the problem in spring when you find the queen is in the wrong place – which I often do. The suggestion was that you take the brood box out in the autumn and place it on top of the supers, the idea being that a queen always wants to go up in the hive whenever she can, and that worker bees generally are happy to go down lower in a hive to reach winter food supplies. The end result hopefully being that the bees start at the bottom, work their way up, and when you open up in the spring, the queen is happily laying away in the brood box, which can then be returned to the bottom, a queen excluder board placed on top, and then you start all over again, with the queen in her rightful place. So, I was going to give this a try this year but the temperature has to be over 15 degrees centigrade (about 60 degrees in old money) in order to avoid chilling any brood, and this has been impossible over the last few weeks, and now seems increasingly unlikely. In the garden it is a case of generally clearing ground when conditions allow. In the raised vegetable beds I'm cleaning the ground of old crops and any weeds, covering the ground with some of our home made compost and then putting a weed suppressing membrane over the top to prevent any further weeds germinating. Then in the spring the cover comes off and normally I would dig over the bed again. This year though I'm going to try a 'no-dig' regime to see how this works out. Anything to save work as the years advance and the back and shoulders creak and ache a little more each year!

There is no seed sowing going on at present, although I have sown some flower seeds collected from our own plants, which will hopefully over-winter. I'm also taking a few cuttings of some varieties which will also provide new plants in the spring. I'm currently waiting for the first frosts to kill off the gladioli and dahlia tops. When this happens, all of the top

growth will be cut down and the corms and tubers dug up, dried off and then stored for next spring. With winters staying milder, most would probably survive in the ground, ready to shoot out again in the spring, but I tend to be old fashioned in my approach. That way you get less damage from slugs in the winter. Also with gladioli – which we use a lot for cut flowers, they produce a new corm on top of the old, so if you leave in the ground, they gradually rise nearer to the surface and after two or three years, they are no longer deep enough to stand up as the weight of the flowerhead is too much for the roots to support.

In the vegetable patch I am currently sifting through the pickling onions. Most will end up being pickled, but the larger ones will be taken back down the garden and planted in five-inch pots of compost to over winter. These will be next year's crop. I'm also doing the same with our shallots. I'm also waiting for the new garlic to arrive so that these can be planted in the ground to also over winter. Garlic does best if it has a chilled period, before growing on in the spring. They are meant to be delivered this week, although looking at the weather forecast, I can't see them being planted for a few days.

As to the seeds, I've decided to include the show varieties in my orders, although I'm not convinced that things will have moved on that far to allow shows to return back to normal. Let's hope I'm proved wrong.

Please continue to keep yourselves and your families safe as we are head into a second wave of Covid and, as always, happy gardening until next time. *Steve and Felicity Hunt.*



FAIRTRADE NEWS OCTOBER 2020

This is a summary of a report in the Guardian this October.

'Chocolate Industry slammed for failure to crack down on child labour.'



Research from the University of Chicago finds that more than 43% of all children aged between 5 and 17 in cocoa growing regions of Ghana and Ivory Coast – the world's largest cocoa producers – are engaged in hazardous work. In total an estimated 1.5 million children work in cocoa production around the world, half of whom are found in these two west African nations alone. Hazardous work includes the use of sharp tools, working at night and exposure to agrochemical products, among other harmful activities. The report commissioned by the US Department of Labor notes that the overall proportion of children working has gone up by 14%. Back in 2001, big brands such as Nestle, Mars and Hershey signed a cross-sector accord aimed at eliminating egregious child labour. Despite missing deadlines to deliver on their pledge in 2005, 2008 and 2010, they continue to insist that ending the illegal practice remains their top priority.

In response to the scathing report, US chocolate giant Mars reiterated that child labour has no place in cocoa production and said it had committed \$1 billion to help 'fix a broken supply chain'. Campaign groups dismiss such comments as a duplicitous smokescreen. Indeed a lawsuit stating that international chocolate manufacturers knowingly profit from abuses against children is currently being heard in the US supreme court.

Cocoa buyers insist that the issue is complex and not easily fixed. The explanations for their repeated failure stretch from the legal (they don't own the farms where abuses happen) to the practical (auditing is expensive; identifying origin farms is complex) through to the nit-picking (the Harkin-Engel protocol on cocoa is nonbinding and only covers the 'worst' forms of child labour).

Bear the following in mind, according to the Fairtrade Foundation

ONLY ABOUT 6% OF THE CHOCOLATE INDUSTRY'S TOTAL REVENUES MAKES ITS WAY BACK TO FARMERS!

Chocolate is a luxury. Fairtrade chocolate costs a little more. But not much more. Oxfam (re-opening soon we all trust!) has an excellent quality range, as do Traidcraft and Ethical Superstore. 'Eat chocolate and save the world as I used to tell my pupils!' Fair for the workers and the environment!

Marion McAdam

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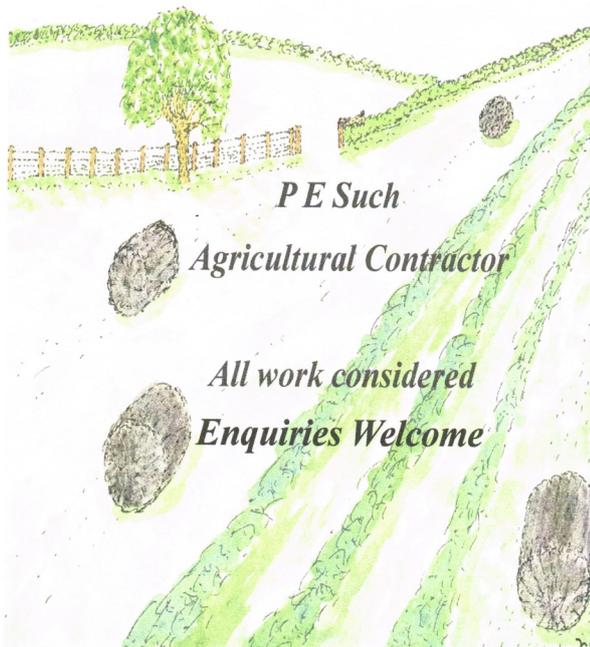
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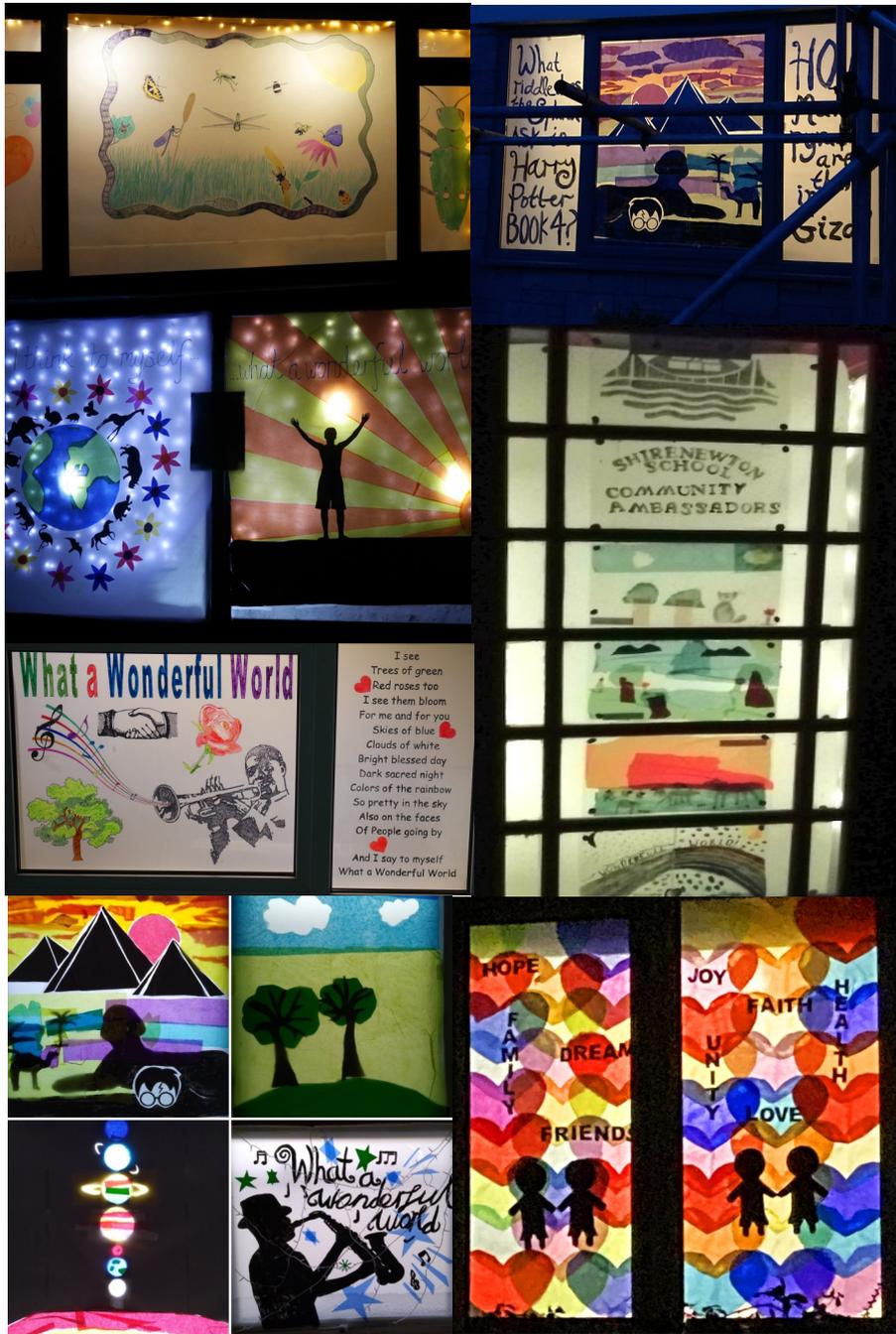


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| Rare-Breed Mutton Whole (approx.18kg) - £150 Half (approx.9kg) - £80 | Slow-grown Autumn Lamb Whole (approx.15kg) £145 Half (approx.7.5kg) £80 | Free Range Beef Small (5kg) - £55 Medium (10kg) - £105 Large (20kg) - £205 |
|---|--|--|

Boxes contain a selection of cuts butchered to your preference;
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For enquiries please call: 07706 429565
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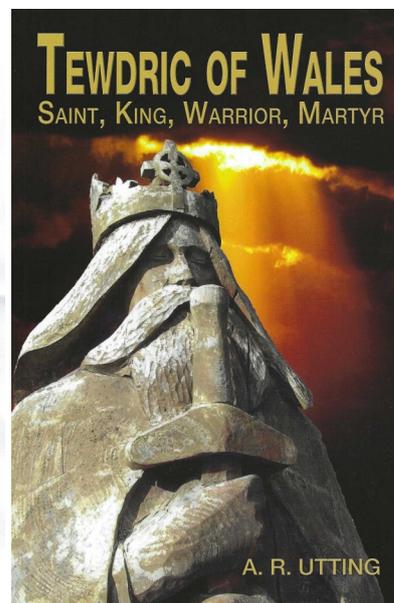
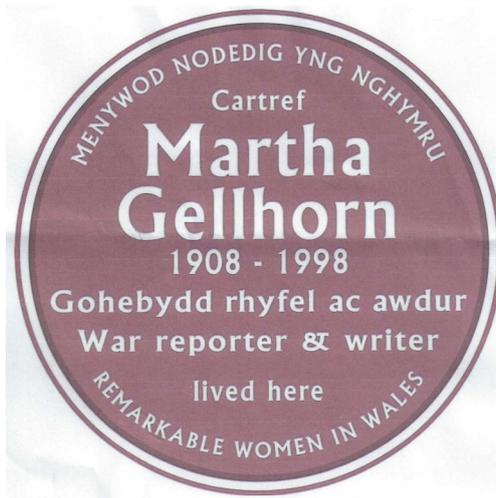
SHIRENEWTON LOCAL HISTORY SOCIETY

Registered Charity No. 1090167

We will be holding our November meeting on *Zoom*, our speaker for the month will be **Dr Mark Lewis** who will be giving a talk entitled '**Treasures**'. This is the talk that was scheduled for our March meeting.

This will take place on **Tuesday, 24th November at 7.00pm.** Our fund raising for the Martha Gellhorn plaque is still ongoing, the unveiling is planned for late spring, pandemic regulations allowing.

A member of our society has recently written and published a book entitled '*Tewdric of Wales* (£10.00). It covers local history, Tintern Abbey and of course Mathern Church, where the king is buried. It is now available for any keen historian to read, contact the history society if you would like to purchase one (brabonnl@hotmail.com)



01291 625020
armathlucas@gmail.com

"Silverstone"
Newton Green
Mathero,
CHEPSTOW
Monmouthshire
NP16 6HS
12. 10. '20

'TEWDRIC OF WALES' by A R UTTING a book published on 16th March, 2020

It is clear that any semblance of pre-Covid, 19 'normality' in terms of social life, community affairs, leisure-time interests and pursuits, and much of the basic structure of our lives generally will be suspended until this pandemic is finally suppressed. Everyone has already had to adjust to the measures and requirements which are in place to bring this about. This has had its effect upon my plans for making my book available for sale. My original idea, for the 'local' Mathero area, was to place – on trust – a couple of copies in St Tewdric's church at Mathero, and in St Peter's at St Pierre. Both churches have secure wall safes for money given in payment. I also hoped to come to arrangements with shops and churches for its sale in Chepstow, Tintern, and possibly other 'touristic' venues. Advertising in parish magazines and other informative schedules was to have made the book's existence known. The local Press had also been in my sights. None of this is now likely to happen. Accordingly I am proceeding as follows; -

All books may now be ordered from me and will be delivered subsequently by me.

I am giving 20 books to the Mathero Group of Churches; all proceeds will go to their support.

Local price - £10
(RRP - £11.95)

For those who wish to support Church funds I can afford to distribute books
thus:- St Tewdric's, 10 books; St Peter's 5 books, St Andoanus, 5 books
Please let me know, specifically, if you are supporting a church when ordering.

I shall pass on this information, plus money, to the appropriate Church Treasurer. Once the 'quota' for any particular church has been reached, donations – at least by me – of books for that church shall cease.

All books sold in excess of these numbers, or not specified for Church funds, will likewise be sold for £10, which money shall be mine. I shall be happy, naturally, to take orders and to supply to purchasers, again as stated above. Payment, please, in cash or by cheque:- made payable to **A R Utting**. I do not get involved with cards or electronic banking.

Books purchased from me in support of non-Church organisations and good causes generally: - These I can supply at a greater discount for a **minimum purchase of 5 (five) books, and multiples of 5 subsequently**, if desired.

There are at the present time (12. 10. '20) copies of my book on sale by arrangements I have already made with people / organisations locally. These are nothing to do with the above, and will continue, or cease, as those involved wish.

A would-be helpful point: - Book purchases made to be sent overseas by post, might be more economically made by 'going on-line' and typing "Book, Tewdric of Wales - A R Utting". A whole host of options will swim before the searcher's eyes, both here and in USA. Please be advised, however, that if a seller is offering, for example, at \$22, and with the £ @ \$1.30, this purchase comes to nearly £17. Be careful, therefore. But it is nowadays often cheaper to buy the book on-line for delivery directly to an address abroad. The book will be printed abroad by IT means and delivered there by local services. Every on-line firm seems to have its own terms and conditions (which are nothing to do with me) so hunt around a little.

Last thought: Christmas is coming, the book is 100% 'local'. I can sign it if requested, and it fits snugly and safely into a 'Jiffy Bag' for posting.

I hope all this is clear and helpful. Tony Utting

' Tewdric of Wales Saint, King, Warrior and Martyr '

by A R UTTING

published by The Choir Press ISBN 978-1-78963-096-1 RRP £11.95

This book deals with a 'Dark Age' battle in which an Anglian invasion of Wales was repulsed at Tintern on the river Wye in about AD 595, an outcome which has influenced history down to our own day.

St. Tewdric, a local king brought from his retirement as a Christian hermit by his troops to lead them once more to victory in war, died from a head wound sustained in the fray, and is buried at Mathern, near Chepstow, in a church of very ancient foundation dedicated to him as a Christian slain by pagans. However, aspects of his funeral arrangements hint at much earlier 'Celtic' beliefs. These are examined, as is the traditional "Britons = virtuous and civilised v 'Anglo-Saxons' = wicked and rapacious invaders" view of Britain AD 410 –654, inherited from the writings of such as St. Gildas, Nennius, and Bede. Recent archaeology tells rather a different tale, and this is examined in relation to the way land was held in various parts of Britain, - the possible career of Vortigern and the famed battle of Mount Badon likewise being reappraised. 'King' Arthur and allied topics are also touched upon.

The role of 'Celtic' bards in a basically non-literate society is considered, and their derived cultural impact on the folklore of rural Wales even to present times, is outlined in relation to a curious seventeenth century early opera, written and performed by Jesuit students at the Continental St. Omers seminary. This is based around St Tewdric's resistance to the 'Saxons', and may be viewed as an allegory of Christian virtues, duty, and forgiveness, following the horrors of the politically contrived 'Popish Plot' 1679 – '81, aimed at destabilising Charles II and barring James II from the Throne. Recent, and little-known, research by Swansea University is incorporated here.

Whilst written for everyone who has a general interest in times past, this book would be of use to students in Year 11 onwards contemplating reading history or archaeology at university level, and to first-year undergraduates learning to question and evaluate established ideas. At 148 pages it is of companionable length, and has colour plates, line drawings, and maps to help the reader.

A R Utting

Nerys's Natty Nosh

Do you like figs?

I am a fan. I do prefer fresh figs to dry figs. How about you? Figs are high in natural sugars, minerals, and soluble fibre. Figs are rich in minerals including potassium, calcium, magnesium, iron, and copper, and are a good source of antioxidant vitamins A and K that contribute to health and wellness.



A 100g serving of dried figs provides approximately: 209 calories.

Figs are often recommended to nourish and tone the intestines and act as a natural laxative because of their high fibre content. They are a good fruit source of calcium, a mineral that is involved in bone density. Their high potassium content may counteract the urinary excretion of calcium caused by high salt diets. This in turn helps to keep calcium in bones and lessens the risk of osteoporosis.

The season for fresh figs is between summer and autumn, with the timing dependent on the variety. Figs are quickly perishable and delicate and are usually best eaten within one to two days after purchase. With figs in season I transformed a Victoria sandwich I had made by adding some fresh cream, topped with fresh figs, strawberries, blueberries, and mint. With a high amount of sugar this fruit is not ideal if you are watching your weight. However, you can still enjoy this sweet and delicious fruit in moderation so long as you avoid the high sugar dried and canned types.

Figs go well with cheese, especially blue cheese. I picked some fresh figs from the garden, made some chives waffles, and accompanied the plate with a slice of Stilton and a dash of Yacon syrup or maple syrup.

Delicious.



I had a delivery of figs and I wanted to use them in a cake. I asked Tony what cake he would like me to make. He chose Ginger. This ginger cake is slightly different because it is a rubbing in method and melting method combined. See what you think. I did add a little extra ginger powder 😊 .



Ginger and fig cake

Ingredients:

225g self-raising flour
1 tsp bicarbonate of soda
1 tbsp ground ginger
1 tsp ground cinnamon
1 tsp ground mixed spice
115g butter, cut into cubes, plus extra for greasing
115g dark muscovado sugar
115g black treacle
115g golden syrup
250ml whole milk
85g drained stem ginger, finely grated
1 egg

Method:

Preheat the oven to fan 160C/conventional 180C/gas. Butter and line an 18cm round, 7cm deep cake tin with greaseproof or parchment paper.

Put the flour, bicarbonate of soda and all the spices into a large mixing bowl. Add the butter and rub it into the flour with your fingertips until the mixture resembles fine breadcrumbs.

Put the sugar, treacle, syrup and milk in a medium saucepan and heat, gently stirring until the sugar has dissolved. Turn up the heat and bring the mixture to just below boiling point.

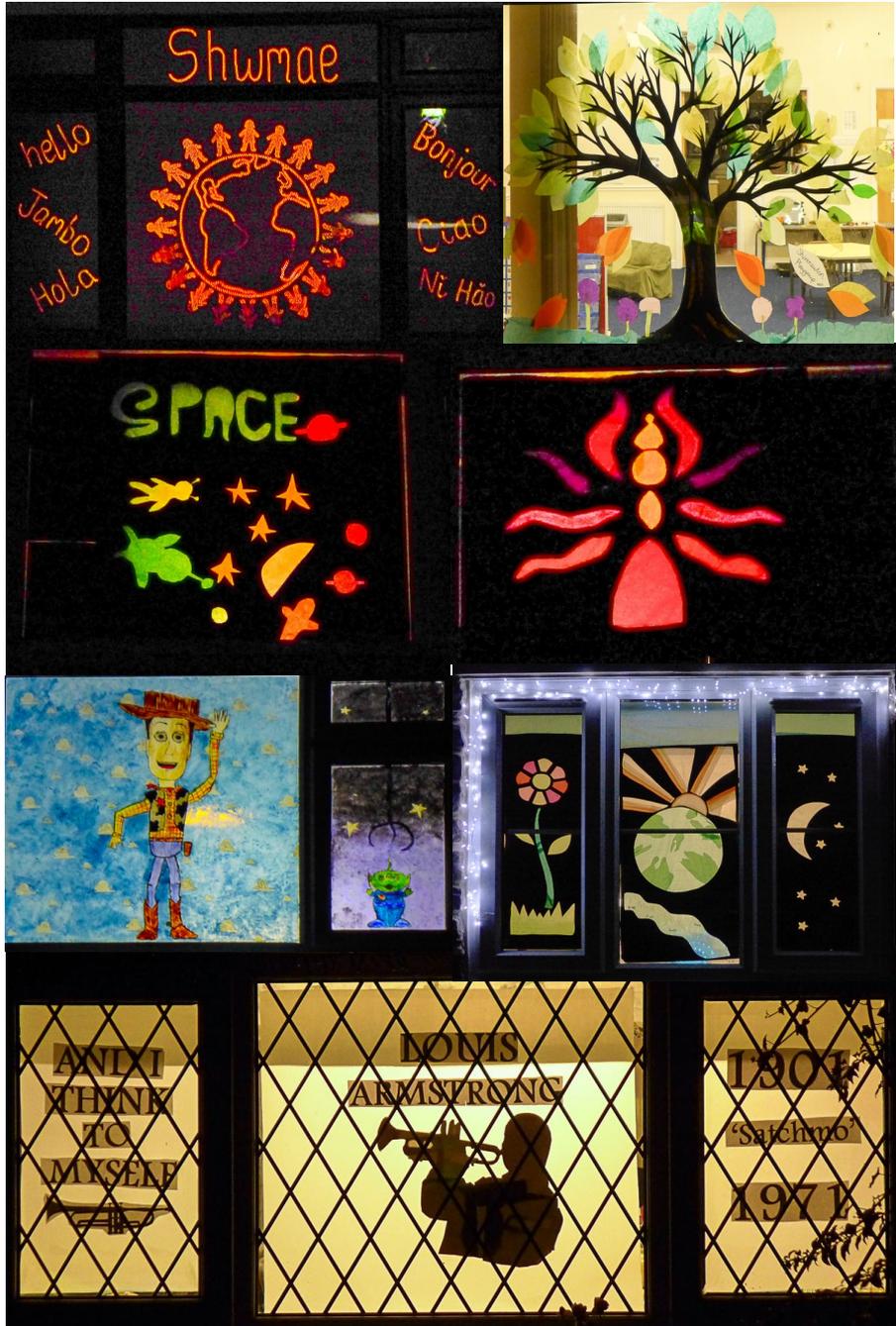
Add the stem ginger to the flour mixture, then pour in the treacle mixture, stirring as you go with a wooden spoon. Break in the egg and beat until all the mixture is combined and resembles a thick pancake batter. Pour into the prepared tin and bake for 50 mins to 1 hour, until a skewer pushed into the centre of the cake comes out clean.

Leave to cool completely in the tin before turning out. The cake keeps for up to 2 weeks stored in an airtight container or you could wrap in greaseproof paper and cling film and freeze.

I decorated mine with ginger butter cream and fresh figs. Enjoy!









SHAMBLES 2020

ShAMBLE 2020: you were amazing! To be truthful, when we at ShAMBLE HQ chatted back in the summer about whether or not to go ahead this year, we were a bit nervous – unsure if anyone would want to take part, not knowing if we'd even be able to leave our houses come mid-October, wondering if the event would work without the Rec as a focal point. But we decided to take the plunge and by golly the whole village really stepped up to the plate.

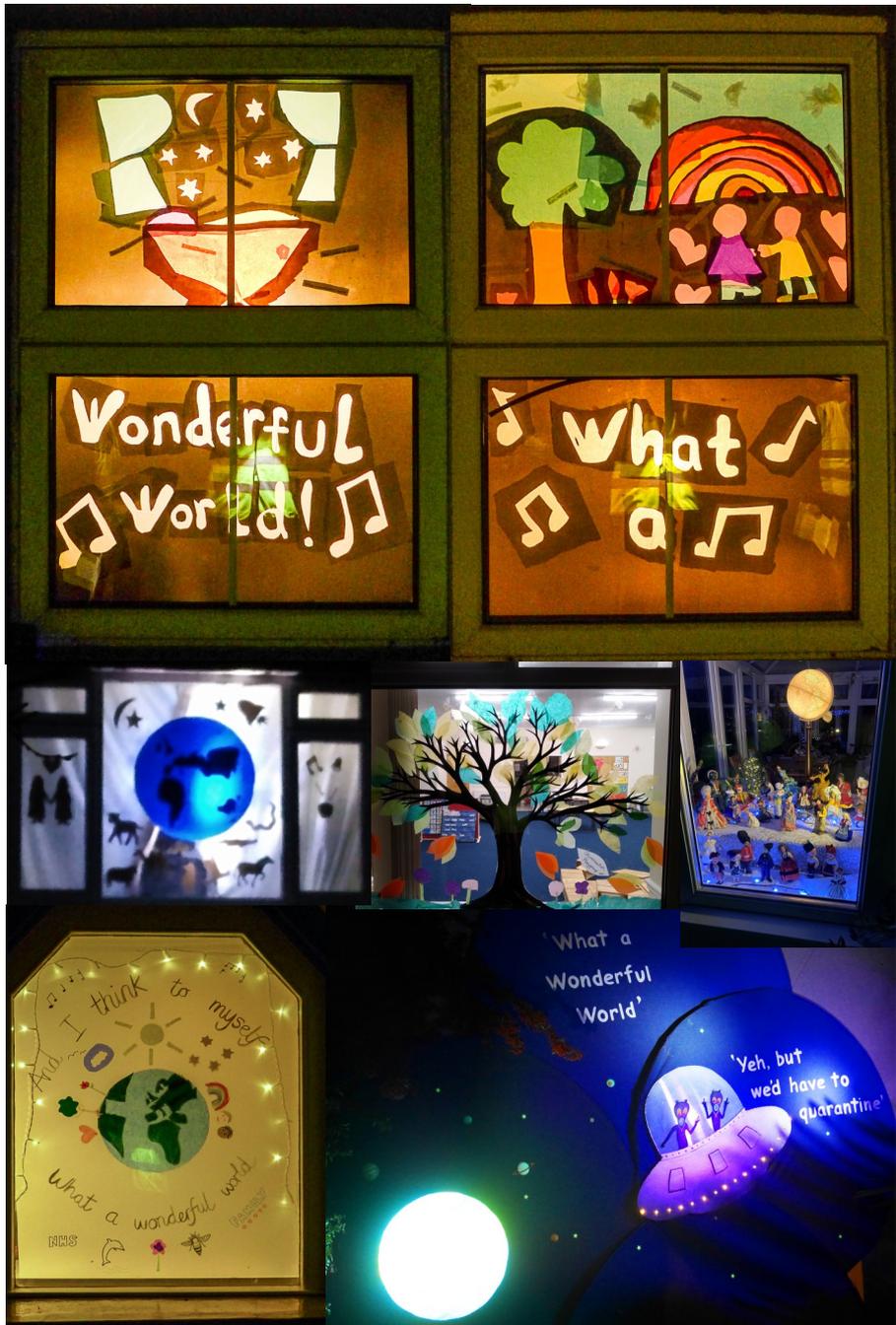
The gods of local lockdowns were smiling on us as we managed to avoid the Wales-wide firebreak by a whisker and once again the weather held out for us too. The residents of Shirenewton and Mynyddbach showed their now customary creativity in the many ways they interpreted this year's theme of 'What a Wonderful World' and the uplifting song could be heard playing throughout the village, including live performances of singing, trumpet and saxophone.

Also a very welcome addition this year was the addition of lots of people sitting on their doorsteps with fire-pits blazing, welcoming friends, neighbours and strangers alike to linger for a socially distanced chat; it turns out that Covid can't stop community! As one lovely text message we received said, "We've had two fantastic evenings - meeting so many people, laughing round their fires and enjoying the wonderful creativity around the village. It has brought a much needed light during these dull times."

Finally, just as a bit of fun, people were invited to vote for their favourite window and the winner this year was the beautiful undersea theme at 9, Clearview - now taking pride of place on the front cover of this month's magazine!

So a big thank you from everyone at ShAMBLE HQ - none of this would work if people didn't join in with such enthusiasm and we're so grateful to everyone who's taken part in any way. From ShAMBLE 2020, over and out.

Jude, Hazel and Paula xxx



What to do if your child has an illness or injury



When The Grange University Hospital opens (scheduled for 17th November 2020), our hospital services for children will change.

Children who require emergency treatment will go to The Grange University Hospital, where Specialist Children's Doctors and Nurses will be centralised. All children's hospital beds and the Children's Emergency Assessment Unit will also be at The Grange University Hospital.

The Royal Gwent Hospital, Nevill Hall Hospital and Ysbyty Ystrad Fawr will continue to provide a wide range of routine outpatient appointments for children and certain Elective Day Case Surgeries.

Local **Minor Injury Units** for children (aged over 1 year) will remain at the Royal Gwent Hospital or Nevill Hall Hospital, Ysbyty Ystrad Fawr, and Ysbyty Aneurin Bevan. All children aged under 1 year old will need to be seen at The Grange University Hospital.

What will be available for children at our main hospitals:

| | The Grange University Hospital | Royal Gwent Hospital | Nevill Hall Hospital | Ysbyty Ystrad Fawr | Ysbyty Aneurin Bevan |
|------------------------|--------------------------------|----------------------|----------------------|--------------------|----------------------|
| Inpatient wards | ✓ | X | X | X | X |
| Child Assessment Unit | ✓ | X | X | X | X |
| Minor Injuries | X | ✓ | ✓ | ✓ | ✓ |
| Children's Emergencies | ✓ | X | X | X | X |
| Outpatients | X | ✓ St Woolos | ✓ | ✓ | ✓ |

Maternity Services: Antenatal clinics, Midwifery-led routine births and Postnatal clinics will all take place at the Royal Gwent Hospital, Nevill Hall Hospital, Ysbyty Ystrad Fawr and Ysbyty Aneurin Bevan. All Consultant-led births will take place within The Grange University Hospital, with an additional centre for Midwifery-led births.

NHS SERVICES IN GWENT ARE CHANGING

when The Grange University Hospital opens



**CALL 999 OR GO TO
THE GRANGE UNIVERSITY HOSPITAL**
if you have a **LIFE-THREATENING ILLNESS** or **SERIOUS INJURY**



GO TO A MINOR INJURY UNIT
at Nevill Hall, the Royal Gwent, Ysbyty Ystrad Fawr or
Ysbyty Aneurin Bevan Hospitals, if you have a minor injury
(Children under 1 year will need to go to The Grange University Hospital).



CONTACT YOUR GP
if you have an illness or concern that is
not immediately life-threatening.



CALL NHS 111
if you are unwell, unsure what to do and need help.
You can also call 111 for urgent GP care
when your own Surgery is closed.



TREAT AT HOME or **CONTACT YOUR PHARMACIST**
if you have a minor illness or ailment such as a
sore throat, cough, skin irritation or common mild illness.

For more information, visit abuhb.nhs.wales.

Keep up to date and ask us questions by following us:

 @AneurinBevanUHB  AneurinBevanHealthBoard

Dyfodol  Clinigol
Clinical Futures

Harvest Festival In Shirenewton Church



Well, no, we didn't have a Harvest Festival this year for obvious reasons but Andrew Baker had a cunning plan. For all of us to donate tins and packets and dried goods for the local Food Bank. What a good idea. That Andrew's not just a pretty face.

We collected an amazing amount of food on the day and arranged it nicely so although we didn't have flowers and harvest loaves on display, and we weren't able to sing 'We Plough the Fields and Scatter', although James did play a version of it on the organ, we were able to have a small Harvest Service.

Later it was all taken over to my house ready to be taken down to the Food Bank although this huge stash of food did concern the plumber who tutted a lot, suspecting I was stock piling on a grand scale. Indeed there was so much, that I couldn't get it all in the MX5 even with the top down and so I had to enlist help from someone with a people carrier. And the volunteers in the Food Bank were very grateful because food donations are desperately needed in these difficult times.
Glynis MacDonald





The Cayo beauty & wellness is a home-based salon, located in its own studio space and set in the beautiful countryside of Shirenewton.

Here you will find a quiet relaxing salon with easy parking and a fantastic range of beauty treatments to enjoy.

We have all the latest precautions in place in line with Covid 19 guidelines.

Contact: Samantha Durant
Mob: 07598908830
sdurant380@gmail.com

Find us on Facebook and Instagram

 @thecayo

 the_cayo_beauty



Shirenewton Primary News

www.shirenewton.monmouthshire.sch.uk
"Learning Together, Achieving for Life"



PUPIL LEADERSHIP TEAM



Year 6 were invited to submit an application form to be part of our Pupil Leadership Team (PLT). The applicants were shortlisted for interview and I am delighted to announce that following the formal recruitment process Alexander, Peter, Lyla, Lauren, Flaelyn, George S & Seren were successfully appointed into this prestigious role. They have been hard at work already and have produced a promotional video telling prospective parents all about our school.

PUPIL COMMITTEES

As children in different class "bubbles" aren't allowed to mix together at the present time, we are running our six pupil committees a little differently this year and have a whole class leading a committee with their teacher:

- Year 1 = Criw Cymraeg
- Year 2 = Healthy Schools Committee
- Year 3 = Eco Committee
- Year 4 = Digital Leaders
- Year 5 = School Council
- Year 6 = Community Ambassadors

They have enjoyed designing and making their own badges:



SPONSOR EVENTS



Every class chose a sponsored activity to raise money to buy new reading books ... they enjoyed work-outs, skipping, dancing, riding, quizzing, playing football and being sporty! We are in the process of collecting in all the sponsor money and can't wait to see how much we've raised and to start choosing new reading material.

APPLICATIONS TO RECEPTION CLASS

If your child's birthday is between 1st September '16 and 31st August '17, they are eligible to start Reception in September '21. The admission process will open on 4th November and the closing date for applications is 13th January '21 at midnight.

Due to Covid-19 restrictions we are unable to invite prospective parents into school to show them around - instead, this year the PLT have produced a video showcasing our school and there is a powerpoint presentation of information about the school and FAQs. These will be posted on our website (www.shirenewton.monmouthshire.sch.uk) from the beginning of November. If you would like to find out more or have unanswered questions please contact us:
shirenewtonprimary@monmouthshire.gov.uk
01291 641774

Shirenewton W.I.



Our October Zoom speaker was John Sheen who was the headmaster at Mathern Primary School in the 1980s. He continued working in education whilst becoming involved in amateur dramatics becoming the manager of the Dolman Theatre for a few years. John still acts and directs and has also become a sought after speaker.

He was first asked to speak for the Probus group and, as he was living with his grandparents and researching his family tree at the time, he decided to talk about his childhood in 1950s Port Talbot entitled 'Five Boys & a Pastie'! John's talk was highly entertaining, full of anecdotes and events from his childhood including Fry's Five Boys Chocolate and tales of the pasties his mum made for all the neighbours who came to watch the Queen's Coronation on their television!



&



Syrup of figs played an important part in his early childhood, as did goose grease and a liberty bodice! He wore **Dunlop All Purpose Shoes** for PE at school, explaining that daps was therefore not a just word used in Wales for plimsolls!

Many of the events John spoke about brought memories back to us; Roger Bannister running a 4 minute mile in 1954, the Empire Games in Cardiff in 1958, the first children's programme – Andy Pandy on TV. He also played music from the interludes on TV, in a time when there were many fewer programmes with gaps between. Music was played with images of "The Potter's Wheel", "Fluffy Kittens" and also the test card! After John had left the talk, members spent a while happily reminiscing about the memories stirred up. Our next WI meeting is on Thursday 12th November at 7:15pm which will be a demonstration of how to make fabric brooches. Please contact Jane Butterworth 01291 641704 if you would like to join us.

THE BELLS

Well it is all change again as we enter our Welsh circuit- breaker. Ringing for service and practice ringing has therefore ceased for the moment. So instead of writing something about bells I will write about cider/ perry. For the connection between the two, read on.

There is a long history of cider and perry making in Wales and in particular Monmouthshire. You may have noticed the old cider mills scattered around – these are the large circular stones within a circular trough, a good example is to be found within the main bar of The Anchor at Tintern. You may have also noticed some perry pear trees – varieties on standard root stock can be massive trees up to 20 meters in height and can live to over 300 years, and in springtime are covered in bright white blossom. Cider and perry making in Wales was in the past almost exclusively a farm based activity providing cider for the farm workers and perry for the gentleman farmer. The development of cider factories in the 19th century, such as Bulmers in Herefordshire did not occur in Wales and as the labour force working on the land diminished due to automation so did the production of these beverages. By the latter quarter of the 20th century production in Wales had almost completely ceased. However in the last 30 years there has been a renaissance particularly of specialist artisan cider and perry making, the establishment of the Welsh Perry and Cider Society, the documentation of indigenous tree varieties through genetic profiling and the re-establishment orchards. I have been part of this renaissance and my cider and perry is sold under the name Troggi.



Layers of pulp—
cheese—ready
for pressing

Pressing



The Covid-19 infection has seriously affected artisan cider makers this year mainly because the lack of sales through a myriad of events and festivals, all of which were cancelled. This has resulted in much reduced tank space for this year's pressings, all made worse because of a bumper crop. Thus the completion of milling and pressing is ending about 4 weeks earlier than usual so that this year. I can offer a milling and pressing service to anyone who wishes to make apple juice (or attempt cider). These are the requirements:

1. You will need to collect apples. The press has a minimum capacity of 40Kg – this equates to about 4 builders buckets filled with apples. This will produce approximately 20 litres of juice, so you might wish to form a small consortium with neighbours and friends. Best to collect fruit so it can be milled and pressed within 48 hours. Fruit should be of a quality you would consider to eat and can be eaters and/or cookers (or cider!).

2. You need to have containers for the juice. If contemplating **apple juice** to be stored at room temperature you will need to subsequently pasteurise this by heating to 75°C preferably in a narrow neck container (heating in an open saucepan will result in a stewed apple flavour). Suitable containers could be screw top glass wine bottles (750 ml) and there should be plenty of empties in Shirenewton! Details on pasteurisation can be found at <http://www.ciderworkshop.com/juicpasteurising.html> Alternatively for **apple juice** you can use 1.5 - 2.0 litre plastic bottles with screw tops (as used for bottled water or pop) and freeze them. Thaw as required and keep in a refrigerator at 4°C as consumed – even at this temperature fermentation will begin so after a few days you will get a slight fizz. For **cider** glass demijohns or plastic tanks are suitable but these must be able to be sealed from the air and able to be fitted with a fermentation lock. Fermentation should be unheated (e.g. stored in a garage or outhouse) and can take up to 4 months to complete.

Conveying apples to the mill



3. You will need to get the fruit and containers to me between 9th and 12th November and please warn me in advance of your intention.

So the connection between bells and cider/perry making is that the charge for this service would be a modest 30p/litre with all proceeds going to the Shirenewton Bell Fund for future maintenance costs.

I have attached a few pictures showing the equipment in action at the Troggi cider house. Keep safe.

Mike Penney. 01291 650653.

SHIRENEWTON CHURCH WEBSITE

www.shirenewtonchurch.com

I'm writing this on the ShAMBLE weekend. What a wonderful lot of creativity the village has to offer. Being completely un-arty I'm afraid we just threw technology at the problem. Nothing creative at all but, as they say, it's the taking part that counts!

My ring doorbell is functioning well. I should have noted last month that if you want a video history (stored online) there is an annual subscription of £25. I've paid and it means that any doorbell activity is securely stored in the cloud for 60 days. Well worth a couple of quid a month!

Talking of home automation, as we were, there were various reports in October that Which? found that "Smart plugs used to control lights and cameras are riddled with security flaws". The good news is that none of the smart plugs which Which? highlighted as being vulnerable were the ones I am using and have recommended via these pages. The further good news is that the tech press explained that the main vulnerabilities would involve a sophisticated cyber attack in which the attackers were in physical close proximity to the plug and associated network. In other words, not likely to be a concern to the average homeowner but perhaps more of a concern in a shared office building or similar.

The key point is that introducing such smart technology to your home is not without risk. The smarter the home the more vulnerabilities there are and the more vulnerabilities there are the more likely you are to be compromised. However, it's worth understanding (i) the risk which is extremely small for your average home owner, and (ii) the consequences of an attacker 'seizing control' of the smart plug. In my case they could really 't' me off by turning our new hot tap off (or on) and thereby depriving me of a nice cup of tea in the morning. Annoying but hardly life threatening. As if to emphasise this point, the tech press also reported a software bug in the aforementioned Ring doorbells! The main effect of this glitch was the broadcast of "erroneous doorbell chimes to countless users". As I said, annoying but hardly life threatening.

My current home automation project is to upgrade my burglar alarm. I installed the old alarm just over 20 years ago and time and technology has moved on. I wanted to upgrade to have key fob access and internet connectivity so I could control the alarm via my phone. Having done my research I'm currently upgrading the alarm to provide both of these things. In essence, all old alarm items (PIRs, Window & Door contacts, bellbox, etc.) are replaced as is the control panel and the control keypad. The only thing left of the old alarm system is the wiring which is being re-used as

there is nothing wrong with that. I'm coming towards the end of the project (it's a rainy day project) and hopefully, by the time you read this, I'll have completed and commissioned. I'll report back next month. The key point is that, if you have an existing alarm which is working fine but you'd like to upgrade to take advantage of modern technology, it shouldn't be a massive project.

Safe browsing
drc
Webmaster

www.shirenewtonchurch.com

LOCAL VOLUNTEER NETWORK

In this continuing pandemic life, please know that there are people in your community who are ready to help you if you need them. The Mynyddbach, Shirenewton and Earlswood (MESH) group is a large group of people, from the three villages, who have volunteered to help people who need assistance within the community at this time. If you need any help getting shopping, medicines, etc or you would enjoy a chat on the phone, please get in touch.

meshcorona@gmail.com

Jeni Harper

NHS SERVICES ARE CHANGING

The Grange University Hospital will open ahead of schedule on November 17th 2020 in response to winter season pressures and the second wave of Covid-19. It is based in Llanfrechfa, Cwmbran on a 60 acre site with a 471 bed capacity and a 24 hour specialist assessment facility, intensive care facilities, comprehensive diagnostic facilities, inpatient beds for major emergencies and complex Surgery, and theatres. As NHS services change across Gwent, it is vitally important that residents understand how they will access these services in the future. See also pages 30 and 31.

RE-ENGAGE

In response to the COVID-19 crisis, we at Re-engage (formerly Contact the Elderly) suspended our regular social gatherings and created a new service for older people called call companions. Our call companion volunteers make regular telephone calls to lonely and isolated older people providing a lifeline of friendship. The regular chat and companionship offers a vital link with the outside world to older people, many of whom are at risk of falling further into social isolation as a result of social distancing measures.

This free service is available across the UK and is aimed at people who:

- are 75 or older
- live alone or in sheltered housing with little or no contact with family or friends
- struggle to leave their house in normal times

As the member for Shirenewton ward , we would really appreciate your help in letting the relevant staff members at your council know about the call companions service so that we can reach as many isolated older people as possible. Please also feel free to share this information with any of your constituents who you feel might be interested in having a call companion. Our website provides further information about call companions, including a leaflet and an online form for referrals.

Thank you so much for taking the time to read this email. If you have any questions about this service, please don't hesitate to get in touch.

Warmest Wishes

Marion Lowther

development officer Wales (Monday – Wednesday)

Telephone: 01792 862702 www.reengage.org.uk [Facebook](#) | [Twitter](#) | [Instagram](#)



THE HUNTSMAN HOTEL

Orders being taken for take away Friday fish and chips or Honey Baked Gammon Steak with pineapple & cheesy vegetable bake and chips

All £10 pp

Vegetable Lasagne £10

Sunday lunch take aways

No dining inside until Monday 9th November ... thank you to all those who have faithfully supported us throughout

Keep an eye on the hotel Facebook page for info or call 01291641521



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STARGAZING

The seven stars of the Plough lie to the North in the evening. It is also known as the Great Bear or Ursa Major. Ursa Major was one of the constellations listed by the 2nd century AD Egyptian astronomer Ptolemy. The constellation of Ursa Major

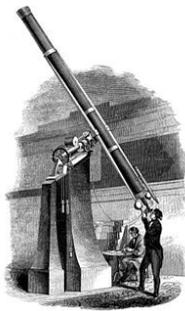


has been seen as a bear by many civilizations. In Greek mythology, Zeus, the king of the gods, fell in love with a young woman named Callisto. Hera, Zeus' jealous wife, transformed the beautiful Callisto into a bear and placed her in the heavens.

The cross of Cygnus is high in the western sky. The "W" of Cassiopeia lies nearly overhead in the Milky Way.

In the early evening, the bright planet Jupiter and dimmer, slightly yellow-coloured Saturn can be seen to the south-west. On 19th November the crescent Moon is close to the two planets. Orange-coloured Mars lies to the south and is joined by the waxing gibbous Moon on 25th November. The waxing Moon is getting brighter whilst it is waning when it is becoming less and less illuminated. Gibbous describes the Moon when it is in a phase that is between Full and half-illuminated.

The Milky Way is a faint band of light visible on clear dark nights. It is the combined light of an enormous number of stars that make up our galaxy. There are approximately 200 billion galaxies in the Universe. Each galaxy contains very approximately 200 billion stars. So that's very approximately a mind-boggling 40,000,000,000,000,000,000,000 stars in the Universe.





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LOCAL CONTACTS

*If you know of any changes or omissions please contact the Editor Bill Clark
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| Parish Priest | Revd Nansi Davies CBE | 01633 400 519 |
| Lay Eucharistic Minister | Gilly Lambert | 01291 641 175 |
| Parish Visitor Coordinators | Revd Nansi Davies CBE Diane Marlow | 01633 400 519 01291 641 407 |
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| PCC Treasurer | Graham Lambert | 01291 641 175 |
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| Sunday Club | Lynn Morcombe | 01291 641 671 |
| Tower Captain | Mike Penney | 01291 650 653 |
| Saysell Centre Booking | Glynis MacDonald | 01291 641 818 |
| Safeguarding Officer | Andrew Baker | 01291 641 925 |
| Church Flowers | Maureen Moody | 01291 641 524 |
| Parish Magazine Editor | Bill Clark | 01291 641 783 |
| 200 Club | Aileen Doggett | 01291 641 459 |

Church of St Tewdrics’s Mathern

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| Church Warden | Elsbeth Morlan Peter Pope | 01291627538 01291624453 |

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| | | |
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