

Shirenewton

Parish Magazine

April 2017



Price: £1

FROM THE VICARAGE

Dear People of the Parish,

As you read this, the Journey of Lent continues. And that is the point, it *continues*.

There is a lovely prayer found in the 'Green Book' that, in part, runs something like '*...in all our works, begun, continued and ended in thee...*'. It is a reminder that we very often begin things in a rush of enthusiasm only to discover, that once this excitement has worn off, the continuation of the same – frequently with other material considerations pressing in – is far more difficult than we at first appreciate. I have lost count of the occasions where I have 'put things on hold' to accommodate other material obligations which push the journey towards God (the pilgrimage, if you like) to one side.

The commencement of the spiritual journey, the *begun* bit, is readily understood as is the aspiration of the *ended* piece where, in allegorical language, we join with the psalmist and rejoice to find ourselves welcome and at home in an idealised New Jerusalem.

It is the middle section, the *continued*, that frequently provides the difficulty not least in its protracted nature and associated difficulties.

The season of Lent is very much concerned with this aspect.

Lent is not a short-cut from the material to the divine, a circumnavigation of the period from Ash Wednesday to Easter. Rather, it is time to work through the everyday, to prioritise and come to a deeper understanding of the presence of God in our lives.

Those who have taken 'The Journey of Lent' seriously, have taken the often difficult path, will not be disappointed and will find the relevance of God in their lives as a result.

As part of our Lenten exploration and in response to a PCC request, we at Shirenewton engaged upon a project to 'rediscover' the Holy Eucharist.

The other Sunday we abandoned the Victorian pews, the high altar and silver communion vessels and, instead, reverted to basics. We sat in a circle around everyday tables, seated ourselves on regular chairs and shared in a communion which consisted of chunks of bread (OK, so it was purchased from Waitrose, darling) accompanied by wine in the bottle generously donated by Bill Clarke. These were passed among us as though we were partaking of a routine meal. This was an attempt to recapture something of the simplicity of the first communion instituted by our Lord in the upper room, using items which would have been familiar to people of the day. It also caused us to reflect upon how Jesus made the everyday holy or, if you will, the mundane sacred.

This, I believe, should be an annual re-enactment to remind us of the origin of what is so vital – and often obscured – to the practise of the Christian faith.

May God's blessing *continue* to be part of your everyday life.

FROM THE REGISTERS

Baptism

18th February 2017
Joshua Daniel James Le Petit
Imogen Jane Le Petit

Interment of Ashes

1st March 2017
Verley Eileen Barnett

Dear Friends,

Since the appointment of our Vicar I have not written for the magazine but this is a special time of year not only because we remember the death of Jesus Christ but more than that we celebrate His Resurrection.

So much is being revealed to us about the Universe that I know many people find it difficult to continue to believe that a God and creator of this magnificent fact exists but as we continue to experience the renewal of creation in our lives through that which we see around us and especially at the beginning of Spring. My garden has provided such a beautiful show of colour and, yes, such a magnificent show of flowering shrubs, plants and flowers. I find that these discoveries about what is out there in the darkness and the way in which it seems so orderly and the mathematics so incredible that a Supreme 'mind ' must be behind this and continually at work. This is what Jesus came to share with us about His Father. But added to this when our experiences at those quiet and reflective moments in our lives puts us in touch with a personal and loving God. I pray at this Eastertide you too will have experienced our loving God maybe through the actions of someone who has shown care and support.

I hope your Easter tide was a wonderful time for you and all those close to you.

With every Blessing
Nansi Davies
Asst. Priest.



OUR EVENING SERVICE AT THE SAYSELL CENTRE ST. THOMAS á BECKET CHURCH

You are warmly invited to share in our monthly informal evening meeting on the first Sunday of each month.

Please join us in the Saysell Centre (Church Room) from 6.00 to 6.45pm on the

2nd April

7th May

4th June

2nd July

and the first Sunday in each month thereafter.

This will be a time to sing today's worship songs, a time for prayer, a time to meet – a time to connect with God in a fresh way.



Services in Holy Week



Palm Sunday (9th April)

Eucharist with distribution of palms

10 a.m.

Shirenewton Church



Good Friday (14th April)

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

Email to register interest to lem.shirenewton@gmail.com (and receive updates in case of bad weather)



Good Friday
Meditation

Pause for reflection

2:30 p.m.

Shirenewton Church

Rejoice! EASTER DAY (16th April)

Easter Communion

10 a.m.

Shirenewton Church



SHIRENEWTON CHURCH WEBSITE

www.shirenewtonchurch.com

I'm writing this on Mothering Sunday, a beautiful spring day, whilst idly researching recipes for the roast beef lunch I'm about to cook the wife. Of course, research is typing 'how to cook roast beef' into google and then deciding which on the 6,170,000 results to follow. Interestingly the 1st result is Jamie's Perfect Roast Beef – that'll do – I'm sure all the others say the same thing!

There is no doubt that the internet continues to revolutionise our lives. It also costs us money and, to show that everyone that even I get it wrong from time to time, here is a little story. I was down visiting my sisters in Brighton and we went out to a pub for lunch. Obviously in the thrusting, hip metropole which is Brighton there is nothing so basic as a parking meter which accepts cash. Nope. You have to download the app. It was raining and cold, the others were in the pub. I was in a rush. So, I promptly downloaded the wrong app and added £10 to it. Damn. Once I'd downloaded the correct app, payment (£2.40) was easy and a good lunch was had by all.

I tell that story because it illustrates how a moments inattention whilst browsing can cost you! I've no idea why I downloaded the first app but I suspect it was because it was a paid for search placement which was specifically designed to flag up against the parking app and had been named to confuse. As I'm sure you are aware, it happens all the time. Luckily I can get the £10 back as it is a credit. I just have to work out how!

This month a number of newspapers carried a warning over the so called 'Can You Hear Me?' scam. The idea being that someone calls you and asks 'can you hear me'. If you say yes the scammer edits the recording to make it sound like you gave a verbal 'yes' and agreed to a contract. It sounds implausible and I've researched it using the standard snopes.com and scambusters.org and so on. The scam is currently rated as 'unproven' on snopes.com. Having said that I got a call last week with someone wanting me to participate in a lifestyle questionnaire for their research in which all I had to do was reply 'Yes' or 'No'. I just hung up.

Mind you, I normally have a lot of fun when I get a call from Microsoft (actually someone purporting to be them) saying that I have an error on my computer. My record is keeping them talking for about seven minutes before they realised I was yanking their chain ;-)

Easter shopping, travel, garden kit? Please shop through
www.shirenewtonshop.com .
David Cornwell

ST PETERS, NEWCHURCH

Services at St Peters are held at 14.30 on the first and third Sundays in the month: if there is a fifth Sunday, a service is held at one of the group churches. Times vary for group services.

Services last about an hour and are fairly informal. Everyone is very welcome to join us at any time

Church Events for 2017

Summer Fayre at Church Farm from 12.00 till 3.00 on Saturday 5th. August. Stalls and refreshments for all ages.

Harvest Festival and Supper also at Church Farm at 7.00 on Friday 29th. September. Tickets will be available over the summer from church members. Do come and join us for what has now become a very well attended act of Christian worship and subsequent fellowship.

December 17th Sunday Carol Service 14.30 The Christmas Raffle will be drawn.

Liz McCombe

FREE OF CHARGE

Would Anybody like,
Free of Charge,
one or two large plastic
compost making bins?
Please collect from
Carole and Ian Waite at
2 The Laurels, Mynyddbach
07929 869681

Also, has anybody got a garden lawn roller that we could borrow for a couple of hours? Our new turf is in need of a little attention! We would be very grateful! Thank you.

FREE OF CHARGE

UPRIGHT WOODEN PIANO
Ready for pick up.
In good order.
Contact Kate Joseph
10 Blethyn Close
Mynyddbach
01291 641450

MUSIC FOR A SUMMER AFTERNOON



**WHY NOT POP INTO THE SAYSELL CENTRE ON
SUNDAY 17th JUNE 2017 AT 5 p.m.**

AND LISTEN TO

THE THORNBURY CLARINET CHOIR

PLAY A PROGRAMME OF LIGHT MUSIC including well-known classics and contemporary tunes. Featuring the whole clarinet family, from exceedingly large to worryingly small....

£5 A TICKET (SORRY – NO CONCESSIONS)

All proceeds will be used to support the Church

INCLUDES A GLASS OF FIZZ AND LIGHT REFRESHMENTS

Tickets available from Bill Clark on 01291641783

or williamjhclark@btinternet.com

STARGAZING

The seven stars of the Plough constellation are directly overhead and Leo, the Lion can be seen to the South. Orion the Hunter is just above the Western horizon whilst W-shaped Cassiopeia is to the North-West. The Plough and Cassiopeia can always be seen at our latitude, but Leo and Orion are only above our horizon during the Winter months.



The second star from the left of the seven stars in the Plough is called Mizar. On closer inspection it can be seen to have a close companion called Alcor. Mizar and Alcor together are sometimes called the "Horse and Rider", and the ability to resolve the two stars with the naked eye is often quoted as a test of eyesight.

The two stars furthest from the handle of the Plough 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.

The bright planet Jupiter is in the south-east in the evening sky, and is just above a bright star called Spica. The Full Moon is near Jupiter on the 10th.

On clear nights, when the Moon is new and seen as a fine crescent, the rest of the Moon can often be seen as a very dark grey against the black sky. Whilst the bright crescent is directly illuminated by the Sun, the rest of the Moon is in its own shadow. The shadow is dark grey rather than black because of "Earthshine", where light reflected from Earth illuminates the Moon very faintly.

David Thomas

Earlswood & Newchurch West Memorial Hall **AGM**

Monday 10th April 8pm at the hall

If you would like to find out more about the hall or help run events then please come along.

All welcome.

Simon Stanley
Chairman
01291 641616

4TH MARCH – QUIET DAY AND LENT LUNCH

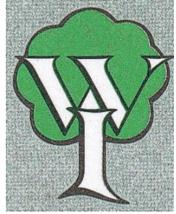
I don't know how to pray! It just turns into a list of requests and people I want to pray for. It doesn't feel right! How many of us have lamented how difficult it is to bring our troubles to God, without sounding like a whinger, or presenting a shopping list. That was certainly the feeling of most of those who came for the Shirenewton Quiet Day.

Luckily help was at hand! We spent the morning studying and practising centring prayer. This contemplative method of prayer was once widespread, but has fallen rather into obscurity in the hurly burly of the modern world. Contemplative prayer teaches us to surrender our mind and ego to the realm of unknowing, at which point we may be able to glimpse the nature of God, beyond any capacity of mental conception and so without any definitive image or form. A tradition which has inspired generations of mystical searchers from St Augustine himself.

We learned to open our mind and heart – our whole being – to God, emptying our minds of conscious thoughts; remaining still and focused, gazing inwards upon God. It was a remarkable experience, and the time during which we practised the technique flew by, leaving us feeling refreshed and encouraged.

After our morning of prayer, we shared a lunch of homemade soup and bread, enjoying each other's company and sharing our experiences. The lunch raised £40 for Dogs for Good a charity which explores ways dogs can help people overcome challenges and enrich lives. They train assistance dogs to support adults and children with disabilities and autism and communities dogs to work in communities and schools and supply advice and support to help people get the most out of their relationship with their pet dog.

SHIRENEWTON W.I MARCH '17



The birthday party, was a resounding success, our thanks go to the committee for organising it all. Fish and chips, Pavlova, Banoffee pie, wine, and of course a cup of tea. Entertainment was home spun, entailing pass the parcel and a very thought provoking quiz, no winners as we all ended up helping each other, needless to say the evening ended in laughter.



The next meeting, April 13th, Dr Andy Thomas giving an informative talk on first aid.

The fashion show, June 8th, at Shirenewton Recreation Hall, tickets are available from Diane Ward (641843) and Sue Davies (641227) £5 includes nibbles and drinks.

Contact:

Carole Jones (President) 673607

Jane Butterworth (Secretary) 641704

Spring is sprung, the grass is ris, I wonder were the birdies is.....



SHIRENEWTON COMMUNITY COUNCIL

Extracts from the minutes of the March meeting

There were no planning applications to consider this month.

Monthly police report - The report was circulated prior to the meeting and PCSO A Jones attended. There was no crime to report this month, but off road bikes had been reported in Wentwood on two occasions. The Clerk reported on a 'Gwent Now' notification of countywide police patrols overnight on 5-6.3.17 resulting in two vehicles being seized in the Wentwood Forest area and three males from the Newport/Cardiff area arrested for traffic offences. There had been two calls to Brookacre during the month.

Other items of interest

Grant applications from the 2017/18 budget - Organisations within the community are invited to submit a grant application for funding available from the Council from the 2017/18 budget (please contact the Clerk for an application form). The closing date is 30 June 2017 and all applications will be considered at the July meeting of the Council.

Coffee Morning – please note change of date of first coffee morning from April to 20th May 2017 from 10am – 12 noon during the Village Market at the Recreation Hall (subject to permission from the organisers). Community Councillors will be there to answer your questions and receive compliments and complaints regarding the work of the Council. Please come along to talk with the local people that represent you and tell us your views.

Progress on community benefit agreement - The Clerk reported that contact had been made with the purchaser of the Rhewl Farm Solar Park, this being Profond, a Swiss Pension Fund. Council agreed that in conjunction with Mathern CC and following the Clerk checking details of the contract, that an invoice be issued to the company to claim the first payment of community benefit.

Request for Helicopter to land on Recreation field on 27.5.17 on the occasion of a wedding – it was agreed that this request be dealt with by the Recreation Association. Information passed to the Chair with the advice that a risk assessment is made to ensure public safety and that insurance requirements are fully met.

Dog Waste Bags in telephone kiosk – these bags are checked/supplied by the Council each week and are free for dog walkers to use to keep the roads and paths clear of dog waste. It would appear that recently bags are being taken from the kiosk in bulk. Please be aware that other responsible dog owners need the bags and do not take them all.

Dates of next meetings – Monday 3 April and Annual Meeting on Monday 15 May 2017 at 7.30pm at Shirenewton Recreation Hall. Members of the public may attend and address 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 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

Best Kept Village Competition 2017 Can you help?

The Community Council will be entering Shirenewton in the competition again this year and we need to rally the troops.

Judging will take place between 1st - 31st June and marks are given for the appearance and condition of the village, village hall and playing field, war memorial, churchyard, bus shelters and surroundings. The condition of hedges, fences, walls and verges is also taken into account, as well as the tidiness of flower and vegetable gardens, outhouses and sheds. Bonus marks are given for the general appearance of the village, noting the absence of litter and refuse dumps. BUT, marks are deducted for any unsightly areas.

Last year Shirenewton scored well, but lost the Best Kept Village award to Llanfair Discoed, Do you think we can do better than that this year? Of course we can. It will mean everyone in the village helping, not only with their own gardens, plant pots and hanging baskets, but also by being aware of their surroundings and taking care of the public parts of the village - the entrances to the village, weeding and clearing verges and footpaths and picking up litter near your home. Planting troughs will take place in mid-May and if you are able to donate plants, they will be very welcome. If you can help with planting or would like to sponsor a trough, please let me know, offers will be gratefully received.

Shirenewton has entered this competition for several years and scores well because residents are proud of their attractive village and take care of its environment. Let's make a special effort this year and aim to walk away with the Best Kept Village prize.

B4235 - MOTORBIKE SEASON 2017.

We thought those of you affected and other interested parties would like to know what the proposals are this year to deal with the problem and danger we all face at weekends when using the B4235.

The local Police Inspector Phillip Morris was invited by Llangwm Community Council to give them an update in January 2017.

The following are extracts from their Minutes:

"Bikes will be stopped if they commit an offence such as overtaking on double white lines. The route is very appealing to bikers who travel from the Bristol area to mid Wales on dry days and is in fact advertised on various bike websites. Its intended to work with colleagues in Abergavenny as this is a through route. From March onwards Gwent Police intend to check bikes for a few hours 1-2 times a month at Chepstow to see if bikes have correct exhausts, number plates and are legally roadworthy to use on the public highway.

Gwent Police officers are undertaking specific training on defaults on bikes so they know what to look for

The B4235 receives the most complaints in the County about speeding

The Inspector's officers would have more visibility and more structure to their approach with regards to speeding motorbikes during 2017."

The 2017 Biker season will be the first full season the solid white lines and the Mynyddbach 40mph will have been in force. We have been in contact with the new police Ward Manager for this area, PC Matthew Screen, who has informed us that they will be patrolling the B4235 with a mixture of marked and unmarked cars equipped with in car video cameras which can be used to capture offences and provide evidence without the need to actually stop bikers. The first a biker will know that that they have been reported for committing an offence will be when a Notice of Intended Prosecution (NIP) arrives through their letter box.

It's interesting to note that in 2015/16 159000, 90% of all recorded motoring offences in Wales were for speeding [drink driving, just over 3000 offences] yet not one motorbike rider has ever been prosecuted on the B4235 for speeding. For years this community and those who complained were told they were imaging the problem. The 'Your Voice' survey for this year in this area has again resulted in speeding motorbikes and crossing the solid white lines being made a priority. We are grateful that others share our concerns and respond to the survey. A Police report last year to the Police and Crime Commissioner stated that we were the only two complaining! Now we just need the authorities to take the appropriate action. The police plans look positive including some larger operations as well as the local patrols. Some covert speed monitoring is also planned.

Two bikers were prosecuted last year as a result of a resident's video evidence and a third has been summoned to attend court for not providing information required on receipt of a NIP.

We invited the Police and Crime Commissioner and Inspector Morris to come and see and hear the problem for themselves. The video evidence of dozens of incidents, not all of which were suitable for prosecution, collected by residents, must have been compelling because as a result the local police are now using the unmarked cars with video cameras.

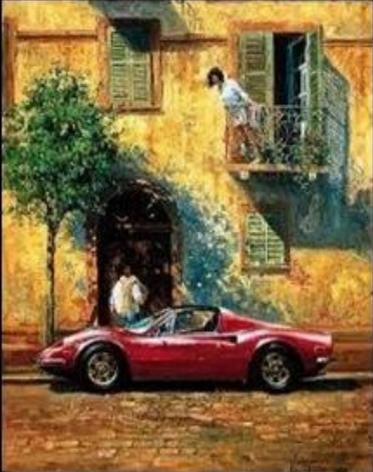
It has to be hoped that the word gets around that the B4235 is no longer a biker's playground that can be used as a racetrack without fear of prosecution. Police have started patrolling the road and one biker has been spoken to this year already.

Unfortunately over the past 15 or so years too many bikers have been behaving in an illegal and antisocial manor. Official figures show over 50% exceeding the speed limit between the Huntsman's and Carpenters when it was 60mph. Even now with solid white lines and a 40mph limit it is going to require some time and effort by the authorities for control to be regained

Nick & Suzi Vincent

Shirenewton Fete needs your
INTERESTING CAR

Afternoon
of **10 June**
2017



It **DOESN'T**
have to be
one of these

Please email **jerry.weston@airbus.com**

The image is a black rectangular poster for a car show. At the top, it says 'Shirenewton Fete needs your INTERESTING CAR' in white and red text. Below this is a central image of a red sports car parked on a cobblestone street in front of a yellow building with a person on a balcony. To the left of the image, it says 'Afternoon of 10 June 2017'. To the right, it says 'It DOESN'T have to be one of these' with a blue arrow pointing left towards the car. At the bottom, it says 'Please email jerry.weston@airbus.com'.



COMMUNITY DEFIBRILLATOR TRAINING

TO BE HELD AT THE HUNTSMAN HOTEL

THURSDAY 27th APRIL 2017

7PM - 8PM

ALL WELCOME





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gaza25@btinternet.com



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Richard Kopp

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- Landlord certificates
- Unvented hot water cylinder systems supply and installation



SHIRENEWTON LOCAL HISTORY SOCIETY

*The next meeting of Shirenewton Local History
Society
will be on
Tuesday, 25th April
at the
Huntsman Hotel,
at
7.30 pm*

*The speaker for the evening will be
Roger James
who will give a talk entitled
'The Battle of Rorkes Drift'*

Everyone welcome at the above event
Further information on our web-site:
www.shirenewtonlocalhistorysociety

Anyone interested in the history of our village?

*Why not come along and see the society's archive
(well! a cupboard)
Open every second Monday of the month
at
The Recreational Hall
from
2.00 pm - 5.00 pm
A drop in session
Next meeting on the 10th April
Everyone welcome*

www.shirenewtonlocalhistorysociety

FAIRTRADE NEWS



Riverford delivers wonderful fresh organic produce (veg and meat and much else) all around the country. This successful company run by Guy Watson offers everyone the opportunity to purchase first class products which are ethically produced. I have a fortnightly delivery and I always also look forward to reading the accompanying newsletter. With Riverford's permission I should like to reprint Guy Watson's thoughts on Fairtrade.

'CAN FREE TRADE EVER BE FAIR?'

This week marks the beginning of Fairtrade Fortnight. The principle of fairness is central to how we run Riverford, though in practice it is not always straightforward. Close to home, when we are able to manage relationships ourselves, we come very close to making principle a reality. Profits are shared with staff, we will become employee-owned next year, we have uniquely long-term, secure contracts with our fellow farmers and an honest pricing policy whereby all customers, new and old pay the same. When trading further from home with more people in the supply chain things get harder; outside Europe we rely on Fairtrade certification, for bananas and pineapples in particular.

The combination of global free trade, innovation and capitalism has driven down the cost of almost everything, especially food, generating wealth and unprecedented consumption in the process. That there are benefits for most is unquestionable, but how these are shared has never been at all fair. Are brutal exploitation and inequality an intrinsic part of wealth creation? However much we want something to be fairer and are even willing to pay more for it, the power of capitalism stems from its simplistic measurement of value. This makes it good at delivering cheaply what can be objectively quantified and traded, but poor at integrating subjective concepts like fairness and human dignity.

Can free trade ever be fair? Can capitalism be harnessed to deliver more than wealth? I confess to occasional scepticism and sometimes feel it is futile to even try, yet, to quote Noam Chomsky 'If you assume there is no hope, you guarantee that there will be no hope. If you assume that there is an instinct for freedom, that there are opportunities to change things, then there is a possibility that you can contribute to making a better world.' Like all success stories Fairtrade has its critics and some participant growers are frustrated, yet all the ones I have met have told me it has benefitted their communities, bringing empowerment and encouraging co-operation and social cohesion. It is hard to put a value on fairness and hope, but life is worth little without them so we support Fairtrade and the contribution it makes to creating a better world.' Guy Watson 27/2/2017

During Fairtrade Fortnight I spoke to many amiable people who appeared shocked and surprised and to genuinely lament the real poverty of many of the producers who supply a lot of our basic necessities. Will they take the next step and actually change their buying habits? We, as consumers, have incredible power. I too, succumb to 'occasional scepticism!' There are a few FT products in supermarkets, Traidcraft has many, many more. Don't forget the FT stall in the café in the Methodist Hall (opposite M&S)

Marion McAdam 641 316 msm316@gmail.com
See the Traidcraft website, Ethical Superstore or The Fairtrade Foundation.





Shirefield

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Please contact us for a FREE, no obligation quote or friendly advice.

GARDENING CORNER

I'm writing this whilst it is pouring down with rain outside. There will be no more gardening for a week at least – provided it stays dry. I'm not unduly bothered at present as I'm sitting in the Lake District enjoying cuddling our new grandson – a first for this side of the family! Little Fynn arrived two days ago at a healthy 8lbs 1oz, and we are making the most of a long weekend away from home! Hopefully it remains dry(ish) at home as there was no real rain in the forecast for a few days. Although we have had a lot of grey, damp days, we haven't had a great deal of rain which means that it has been possible to continue work in the vegetable garden weeding and loosening up the soil, a huge benefit of having the raised beds throughout. On the driest days I have even managed to make the first attacks on the flower garden as well, but more of that in a minute.

In the small greenhouse things are now in full production. The hot bench is fired up and seeds are now being sown continuously. All of the first salad crops have been moved in to individual pots and these will hopefully grow on well over the coming weeks – provided it doesn't turn too cold again. Most of the flower seeds have also been sown, and the only ones left are the least hardy, such as sun flowers. It will be the end of this month or first week in April before I am tempted to get these on the go. Some of the vegetables and salad crops will be successional sown over the next few months. I often struggle with this as it doesn't matter how long I leave between sowing the next lot of seed it nearly always seem to catch up with the previous one. I haven't as yet managed to sow the root crops, other than some early carrots in two of the large grow bags that are in the smaller tunnel. The most important to get in the ground will be the parsnips, but the soil is too wet and cold to sow these yet.

In the raised beds the garlic that was planted last autumn has sprouted well and is looking promising. I planted the shallots as soon as they arrived a few weeks ago and these are also now starting to sprout. I may have problems with them as the soil is very weedy in these two beds and I'm not really sure why. I'll have to keep a close eye on things and get the hoe working as soon as I can. I have some broad beans and a row of peas (that have been sown in a piece of guttering) ready for planting out. They are standing outside, protected from the worst of the weather by a piece of horticultural fleece, and will need to be planted as soon as the weather permits. For the first time ever, we are starting to get a few rabbits finding their way into the garden which will potentially spell disaster unless I can stop them one way or another. We used to rely on our three 'farm' cats to do the business, but they are now fourteen and fifteen years old and although still catching many mice and voles, we think the rabbits are now too much of a struggle. We don't want any more as yet, but maybe we will look for a new kitten should anything happen to one of them.

As I mentioned earlier we are starting to clear up the flower beds. There were two areas, one alongside the garage and the other some raised beds behind. Both areas had become completely over-grown over several years, so it was a case of completely clearing the rubbish out and starting all over again. This has been completed and although I say so myself, they look pretty good. Now all I have to do is keep them looking that way! The largest flower beds have also been neglected in recent years and although the numerous ash trees have been cut and poisoned off over the last year or so, there are still quite a few brambles to get rid of. The only way is on your hands and knees, cutting them off individually and then poisoning them as well. I always use neat glyphosate which is meant to become inactive when it reaches the soil and is relatively pet friendly (as friendly as any herbicides can be that is). It is a long and laborious task – as well as painful as the numerous prickles in the finger will no doubt attest to. But it is effective so has to be done. The assistant head gardener always helps with this task as well as cutting down all the dead sticky bits from last years' herbaceous plants. This clears the worst of the rubbish and allows me easy access to weed the rest. A lot of the plants have died off over the years so I am gradually replacing them as I go. Some with new plants, but where I can I am dividing old clumps up and then replanting these afresh in order to try and reduce the costs down as much as I can. Hence the copious seed sowing as well. Where I can I'm buying new varieties that are particularly beneficial to the bees for obvious reasons! I have been buying a number of single dahlia varieties as we noticed that these seem to be particularly attractive with large amounts of pollen. Whilst clearing up the beds we have taken the opportunity to also cut back hard

Some of the shrubs such as buddleias and hydrangeas. These will flower on new seasons wood so rely on a good supply of fresh new branches to be at their best during the summer. Last year I sowed two lots of new aquilegias – the McKenna hybrids, which have the long spurs. We have some 70 or 80 plants and the intention is to continue to replace the old plants in the borders as we clear them. Aquilegias are relatively short lived generally, but seed copiously everywhere, which is how I like it. The only trouble with this is that, over time, they tend to degenerate back to their 'original' colour, which is purple and blue – which is fine if you want a purple and blue garden! The same has happened with the white and yellow verbasicum that also seed everywhere. The bees absolutely love these and are the first plants to receive attention in the morning. As they have seeded down though the new plants have got progressively nearer to the edges of the beds and as they grow to two or three feet they are a bit too tall, so we are digging young seedlings up when we can potting these on, then digging the old plants out where they are close to the edge and replanting the new plants further back! All very complicated but the beds will look better as a result of this extra bit of attention. I have to remember that as well as keeping the bees happy, I have to think of the flower arranger in the house as well, and so have ordered a couple of hundred gladioli corms as well as some hardy chrysanthemums. These along with the sweet Williams, dahlias, alstroemarias and sweet peas will certainly be a good start, and should win me a few brownie points.

In the fruit garden I have finished pruning the last of the trees and tied branches in where necessary. The apricots and nectarines in the large tunnel are now in full bloom and we are hoping that we don't get any particularly hard frosts. There are some bees finding their way into the tunnel during the day, so hopefully they are doing their job. Some new strawberry plants were ordered and delivered a few weeks ago. These have been planted into individual pots for the time being, but will be transplanted out into the fruit cage in a few weeks' time. In the tunnel all of last years' strawberry debris - including the straw, has all been cleared away and is ready for burning. The old plants have been watered and are starting to respond well. They should be fine for at least another year or two before they require replacing. I had also ordered some new raspberry canes which were also planted in the fruit cage as soon as they were delivered. I had a delivery last year but hardly any of these came to anything, so hopefully this year will be a better result. I have noticed some new shoots appearing so here's hoping. I still need to complete covering the fruit cage with netting but as we are unlikely to get very little fruit this year there is no desperate rush. Other things are much more urgent!

Talking of bees I have been selected at random to complete an over wintering questionnaire by the National bee unit. This helps record the loss of hives over the winter, year on year. I have been selected nearly every year for completing this return, and I often wonder why my regular purchase of raffle tickets doesn't provide me with such a similar success rate! In fact I can't remember the last time that I actually won a raffle. On a sunny day a week or so ago I quickly lifted the roof on each of the hives to check what each had in the way of fondant icing supplies. Most were still OK, whilst a few needed more adding. Hopefully this will help keep them going for a little bit longer. All the hives were flying which was very pleasing, but there is still time for a hive to starve, especially if the weather goes cold and I can't get in to them to see what is going on. On the day I worked through them I watched the bees coming in and a number of the hives were taking pollen in. This means that the queen has started laying eggs and that there is young brood to feed. These larvae will hatch into adult bees in about three weeks' time and it is critical that these survive in numbers as these will be the early replacements for all of the old bees that have lived over the winter period and that will now be starting to die off. These old bees will have done their job of keeping the queen alive and things in the hive at least under control during the long dark cold days. I have to complete a few of the routine maintenance jobs over the next few weeks as well as order some more wax for frames. These can all then be assembled ready for the season, when I know I won't have to time to do things once the bees start expanding their numbers in earnest. I also have several hive parts and the odd roof that need some rubbing down and repainting. The roof parts that remain are also not that waterproof, which kind of defeats the whole object of the exercise! So these will be treated with a plastic paint, that is reinforced with glass fibre and they will then hopefully do the trick. But these things have to wait until the baby cuddling is over for a few more weeks. Now where's our little boy gone?

Happy gardening until next month, Steve and Felicity Hunt

Nerys's Natty Nosh and Friends.



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Researchers are predicting that eating 10 portions of fruit and vegetables may give us longer lives. A portion counts for 80g (3oz) of fruit or vegetables.

The study calculated such eating habits could prevent 7.8 million premature deaths each year. The team identified the fruit and vegetables that reduced the risk of heart disease and cancer.

Low risk of cancer were linked to eating:

Green vegetables (e.g. spinach)
Yellow vegetables (e.g. peppers)
Cruciferous vegetables (e.g. cauliflower)

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On a recent holiday to Cape Town we came across these delightful ladies in the Wellness Café. We sampled many of the delicious smoothies they prepared. As well as various fruit and vegetables, other ingredients can be introduced to the smoothies, e.g. protein powders, nut butters, spices, coconut flour, chia seeds, honey, Cacao, Maca powder, hemp seeds, flax seeds, low fat ice cream and herbs. The options are endless.

Make up your own recipes but ensure the chosen liquid is introduced first.

Examples

Very Berry

Water or choice of milk (Almond, Soya, Coconut or Cow's), handful of strawberries, blueberries, blackberries, banana and apple. Blend.

The Benchpress

Coconut water, blueberries, banana, almond butter, chia seeds, protein powder.



My favourite smoothie

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- Blueberries
- Rice Protein powder

Superfood (Tony's favourite)

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- Banana
- Honey
- Hemp Protein powder
- Maca powder
- Raw Cacao Powder
- Goji Berries

Fatty Boom Boom

- Coconut Water
- Coconut Milk
- Hemp Protein
- Banana
- Peanut Butter
- Fresh Coconut
- Raw Cacao powder
- Avocado



Green

- Coconut Water
- Banana
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Morning Prayer: 3rd Sunday (9.00am)
Evening Prayer: 2nd & 4th Sunday (6.00pm)
Evening Prayer & Short Communion: 3rd Sunday (6.00pm)
No evening service on the 1st Sunday in the month.

Saint Andoenus, Mounton Holy Eucharist: Every Sunday at 10.15am

Saint Peter, St. Pierre Holy Eucharist (1662 rite): Every Sunday at 11.30am

Saint Thomas à Becket, Shirenewton Holy Eucharist (Contemporary rite) at 10am
Morning Prayer 10am (Once a month)

Combined Group Services:

30th APRIL 2017 (ST. PIERRE)

30th JULY 2017 (MATHERN)

29th OCTOBER 2017 (SHIRENEWTON)

31st DECEMBER 2017 (MOUNTON)

N B There will be no other Services on these days

SEPARATE NOTICE WILL BE GIVEN OF ANY
ADDITIONAL SERVICES OR VARIATIONS

LOCAL CONTACTS

*If you know of any changes or omissions please contact the Editor Terry Walters
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Rector	Revd Julian White Jel.white@btinternet.com	01291 622317
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 Secretary	Bill Clark	01291 641 783
PCC Treasurer	Graham Lambert	01291 641 175
PCC Members	Mark Broughton Charles Eickhoff Janet Horton James Leney Jane Smith-Haddon Frances Gray Andrew Baker Kevin Bounds	01291 641 797 01291 641 716 01291 641 783 01291 641 271 01291 641 525 01291 622 465 01291 641 925 01291 641 648
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Parish Magazine Editor	Terry Walters	01291 641 338
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Church of St Tewdrics's Mathern

Secretary and Church Warden Monnica Williams monnica.williams@virgin.net

MP/Monmouth CC & Community Council Representatives

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Shirenewton Ward:	Bryn Price Michelle Davies Mario Lenza Richard Kopp Beverley Moore	01291 641217 01291 641583 01291 641333 01291 641581 01291 641532
Mynyddbach Ward	Lynne Prosser Ian Moore	01291 641666 01291 650766
Newchurch West	Ian Martin	01291 650014
Earlswood Ward	Paul Harris Chair Ken Morton	01291 650871 01291 650268
MCC for Shirenewton	Graham Down grahamdown@monmouthshire.gov.uk	01291 621846
Member of Parliament	David Davies daviesd@parliament.uk	020 7219 8360

Police Neighbourhood Watch Contacts

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louise.thorpe@gwent.pnn.police.uk
Shirenewton & Mynyddbach Beverley Moore 01291 641532

Earlswood Sue Leat 01291 641207

Other Local Organisations

Beavers Julie Hitchcock 01291 650548

Brownies Bev. Leaf 01291 641680

Jaci Crocombe 01291 641681

Church Fete

Earlswood Hope Mrs Sylvia Jeremiah, Mr Raymond Jeremiah 01291 641726

Earlswood & Newchurch West Memorial Hall

Glynis MacDonald 01291 641818
glynis.macdonald@btinternet.com

Earlswood Valley Methodist Chapel

Avril Smith 01291 650733

Gaerllwyd Baptist

Mrs E Remnant Brooklands, Usk Road NP16 6SA

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Recreation Hall booking

Beryl Saysell 01291 641637

St Peters Church Newchurch

Enid Heritage 01291 622708

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Shirenewton and Mynyddbach Fields Association Ltd (SAMFAL)

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Shirenewton & Mynyddbach Initiative for Local Enterprise (SMILE)

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Caerwent Group Mothers Union

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Womens Institute (WI)

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Jane Butterworth (Secretary) 01291 641704.

DIARY DATES

April	Event	Location
1st 7:30pm	Chepstow Choral Society	ST Mary's Church Chepstow
1st 7:00pm	Springfest	Huntsman Hotel
2nd 6:00pm	Evening Worship	Saysell Centre
3rd 7:30pm	Community Council Meeting	Recreation Hall
9th 7:15pm	Shirenewton Women's Institute	Recreation Hall
10th 8:00pm	Earlswood & Newchurch West Memorial Hall AGM	Earlswood & Newchurch West Memorial Hall
10th 2:00pm	Shirenewton Local History Society	Recreation Hall
15th 10:00am	Shirenewton Village Market	Recreation Hall
25th 7:30pm	Shirenewton Local History Society	Huntsman Hotel
27th 7:00pm	Defibrillator Training	Huntsman Hotel
May	Event	Location
7th 6:00pm	Evening Worship	Saysell Centre
15th 7:30pm	Community Council Meeting	Recreation Hall
20th 10:00am	Shirenewton Village Market	Recreation Hall
20th 10:00am	Coffee Morning	Recreation Hall
June	Event	Location
3rd 2:00pm	Shirefest 2017	Huntsman Hotel
4th 6:00pm	Evening Worship	Saysell Centre Shirenewton Church
8th 7:00pm	Shirenewton WI Fashion Show	Recreation Hall
17th 5:00pm	The Thornbury Clarinet Choir	Saysell Centre
17th 10:00am	Shirenewton Village Market	Recreation Hall

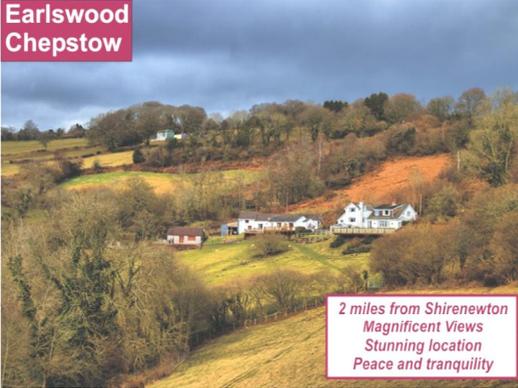
Readers and Sides Persons

April to June 2017

St Thomas áBeckett Church, Shirenewton

Date	Sunday Service	Readers	Sides Persons
2nd April	Fifth Sunday of Lent	Mark Broughton Joanne Tomlins	Mark Broughton Joanne Tomlins
9th April	Palm Sunday	Paul Morecombe Jane Smith-Haddon	Clare Lewis Jane Smith-Haddon
16th April	EASTER DAY	Andrew Baker Sally Sayell	Clare Lewis Graham Lambert
23rd April	Second Sunday of Easter	Bob Grattan Cynthia Smith	Bob Grattan Cynthia Smith
30th April	Third Sunday of Easter	GROUP SERVICE	ST PIERRE CHURCH
7th May	Fourth Sunday of Easter	James Leney Diane Marlow	Clare Lewis Diane Marlow
14th May	Fifth Sunday of Easter	Bob Grattan Kevin Bounds	Bob Grattan Kevin Bounds
21st May	Sixth Sunday of Easter	Bill Clark Janet Horton	Bill Clark Janet Horton
28th May	Seventh Sunday of Easter	Frances Gray Ruth Savagar	Frances Gray Clare Lewis
4th June	Pentecost	Andrew Baker Sally Sayell	Graham Lambert Clare Lewis
11th June	Trinity Sunday	Bob Grattan Ruth Savagar	Bob Grattan Graham Lambert
18th June	First Sunday after Trinity	Mark Broughton Margaret Lock	Mark Broughton Margaret Lock
25th June	Second Sunday after Trinity	James Leney Jane Smith-Haddon	Jane Smith-Haddon Clare Lewis

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SHIRENEWTON PARISH MAGAZINE EDITORIAL INFORMATION

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

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The views expressed are those of the contributor.

Preferred format is an MS Word document attached to an email.

Deadline for May 2017 issue is 9:00am 24th April 2017