



**Shirenewton**

**Parish Magazine**

**February 2018**

Price: £1

## **FROM THE VICARAGE**

Julian E LI White

Dear People of the Parish,

Now, at the turn of the year, I sit in front of a crackling hearth with a glass of sherry close to hand secure in the knowledge that were I to reach for the bell-pull my keenly attentive wife would arrive in a matter of seconds and attend to my merest whim whilst I contemplate the Christmas and New Year season recently past.

Dream on.

In truth I am huddled in the draughty office of a chilly Victorian vicarage and my numb fingers would not be tempted to assail the bell-pulls (they have not operated for years) and, besides, Sandra would not dance to my attendance as she is vigorous in her protestations that she is not my slave but an equal individual in her own right. As a further 'besides' she would point out that one of her daughters has just given birth and what would I know about life in general being devoid of this experience? I resign myself to arctic conditions, a rapidly approaching deadline, a packet of fags and a tepid cup of instant coffee.

It is, indeed, a long way from any romanticism portrayed in the works of Francis Kilvert when writing about the winter experiences of rural clergy some hundred years or so ago.

Speaking of Kilvert (I was determined to work him in somewhere in the pursuit of gravitas) he featured at one of our Carol Services-with-a-difference a few weeks past.

Upon reflection I can report that the Christmas celebrations around the churches of this Grouped Parish attracted considerable support. I take the opportunity to thank the many who made this possible. Despite the flow of changes in contemporary society, it is uplifting to see that the season remains important in the lives of so many. It is true – here at least – that there might be a shift in Christmas attendance towards honouring the occasion at a different time from usual but the seasonal commitment remains steadfast.

Reflecting on the past I hope that I was not forgetful of the present or the future. I read recently, for example, about a Vicar in England who (to considerable success) has levied a penalty of £100 on wedding couples who turn up outrageously late for their nuptial ceremony. This 'fine' is distributed among the choir, organist and bell-ringers who have been kept waiting for an unreasonable period.

Speaking of bell-ringers, both in Shirenewton and Mathern, I ask you to hold in prayer Dudley Surman as he recovers at home following a short stay in hospital. Dudley is Tower Master at Mathern, and he – along with the dedicated bands of ringers in both churches – deserve our sincere appreciation at both weddings and for their skills and harmony at regular services.

In conclusion I would draw your attention to the proposal that we might be joined, as an 'Area Ministry', to the Chepstow and Saint Arvans groups in the not too distant future. The incumbents of these parishes, along with myself, are due to meet with the Archdeacon soon to discuss this proposal. You will be informed of any progress in this matter.

With every good wish and blessing,

Julian E LI White (Rector & Vicar)

## **PARISH MAGAZINE SUBS NOW DUE**

Thank you for taking the Parish Magazine over the last 12 months. Subscriptions for the 2018 magazines are now due. If you wish to continue to receive the magazine and have been unable to meet up with your local distributor to pay for the next 10 issues of the magazine, will you kindly forward your £10.00 subscription to . Graham Lambert, at Oakley House, Ditch Hill Lane, Shirenewton. Many thanks for your support. Cheques should be made payable to: **Shirenewton Church PCC.**

We do hope that you find the magazine interesting and useful.

## **200 CLUB**

Congratulations to recent 200 Club winners:

### **October**

1. Clare John
2. Vivian Clarke
3. Maura Dorrington
4. Nansi Davies

### **November**

1. Nansi Davies
2. Angela Miller
3. Mrs Maclean
4. Mrs Jones

### **December**

1. Frank Atkinson
2. Joanna Bounds
3. William John
4. Helen Wildman

[No draw in January]

# Shirenewton Quiet Morning

Saturday 10 March  
10:00 to 12:30 followed by lunch  
The Saysell Centre

## a space for grace

### ***What is a quiet morning?***

It is a time to enable God to meet with you in the way God wants to meet with you.

It is a time that will enable you to leave the 'baggage' behind, and hopefully move into a new place within

It is a time of spiritual refreshment

It is a time when we can allow our longings and our fears to surface and own them before God

It will engage, our intellects, senses and imaginations

### ***Is it for me?***

It's for anyone and all are very welcome. You don't need prior experience, you don't need to be a Church-goer (regular or otherwise). You do need to wish to develop or explore your relationship with God.

### ***Should I prepare?***

You don't need to prepare, but you will get out what you are prepared to put in. If you have a very hectic life it might be a good idea to take a little down time during the preceding day, so it's not too much of a shock.

### ***What will it involve?***

After an introduction, a cup of coffee and maybe a biscuit, there will be a series of short silences for prayer around suggested topics. Material will be provided to inspire you. We will finish with an informal act of worship and shared lunch.

### ***What does it cost?***

There is no charge, but you are invited to bring along a plate of food to share at lunch.

### ***Do I need to bring anything?***

No just come! You could bring your Bible, if you wished, but it is not obligatory.

**Pray as you can,  
not as you can't!**

## Join us for a six nations kick-off on Friday 2nd February 2018 in the Tredegar Arms

This evening is always a great way to kick off the six nations tournament among village friends. It is sure to be a fun filled evening with a video montage of rugby highlights and the ever popular predictor!

There will be a buffet meal and Gareth is hoping to get in some special beers for the evening.

Moving the event to the TA reduces numbers - but ensures good beer and cheer! - so book early. Payment on night is fine but advance booking is essential since we have to limit numbers.

Tickets - £15 each to include buffet - can be reserved by Contacting:

Kevin Bounds on 07714430559 or [K.bounds@btinternet.com](mailto:K.bounds@btinternet.com)  
or David Cornwell (641715; [david.cornwell@gmail.com](mailto:david.cornwell@gmail.com)).

I do hope you can join us for a great evening. This will be our tenth Six Nations kick off so let's make it special .

Kevin



## HOW MANY ROOMS ARE IN YOUR HEART?

Rick Hayes

***"Whoever accepts and trusts the Son gets in on everything, life complete and forever!" (John 3:36 The Message).***

Our heart is like a house with many rooms. we've got a bedroom. we've got a kitchen. we've got a lounge. we've got a shed or study. We got a finance room; we've got lots of rooms for the different areas of our life.

When we find we have worry in any of the rooms in our heart, it means we are not at peace; something is giving us concern, sound logical so far? We could for instance have a worry or concern in our relationship room where we are worried about our family for some reason or another.

But if we invite God into our heart, we need to ensure that we allow Him access to all rooms, we should open all the doors and say, 'feel free to explore and look around.' For those with faith, this can also be a problem, because being human we nearly always try to hold something back, so those with faith can, and some do close the door to one or two rooms in their hearts.

God will not push Himself on you, the Lord says you must invite him into your life — into the rooms of your heart — in order to see life as it truly is, in order to see the Kingdom of God (John 3:36). To follow the Lord, we must decide whether we will live for ourselves or for God.

We may hesitate, wondering whether we will have strength to live for God and whether it is worth it. That's another thing not to worry about. God will give you what you need if you truly want to have faith. The Bible says, *"Everything that goes into a life of pleasing God has been miraculously given to us by getting to know, personally and intimately, the One who invited us to God"* (2 Peter 1:3 The Message).

Why not try and open your heart to faith, but remember you need to give free range, as the management team would say, 'have an open door policy', and invite God into your life today, you will be surprised how worries will disperse once the Lord is invited in.

### **Now for something completely different.**

As many of you are aware we have for some time offered 'Open Church' to people at Mathern. I sit in the church from 7pm through to 8pm on a Wednesday evening. This time has seen the church help some people within the community who do not usually attend any form of service within our churches.

From January 2018 we are going to offer a time for healing, where I will be available in the church and will offer prayer with, or for anyone who needs healing within their life. The church will be offering this ministry from 7pm to 8pm every Wednesday evening. Please feel free to share this information with anyone you may know who you feel is in need of a listening ear, or for someone to be there for them. Or if they feel comfortable enough, for someone to pray for them or with them.

Also, time permitting, which means as long as I do not have to rush off to another service, when I lead worship at any of our churches I will remain behind after the service for a while, and anyone who would like prayers offered on their behalf are welcome to come and see me at the end of the service. Sometimes I will not be able to stay long after the service, because as stated above I may have to get to another service, but speak with me and we can arrange another time, or tell me your need and I will pray for you during my Morning Office.

Yours in Christ.

## NEWS FROM ST PETERS CHURCH, 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.

First Sunday Family Eucharist

Third Sunday Evening Prayer

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



## Sir Fynwy – Oriau Agor Monmouthshire County - Opening Times

	Drop in sessions for gateway advice	Appointments	Extra sessions by appointment only
<b>Caldicot Office</b> 5a Church Road Caldicot NP26 4BP	Monday, Tuesday, Wednesday and Thursday 10am to 1pm	Available Tuesday Wednesday & Thursday 10am to 1pm	Better Advice Better Lives (help with benefit issues) Monday 10am to 2pm Tuesday 1pm to 3pm Wednesday 10am to 3pm
<b>Chepstow Office</b> The Gate House, High Street Chepstow NP16 5LH	Monday Tuesday Wednesday & Thursday 10am to 3pm	Available Monday, Tuesday, Wednesday and Thursday 10am to 3pm	Better Advice Better Lives (help with benefit issues) Thursday 10.00am to 12.00pm

For your information - These are our opening times as at 9 January 2018

THE  
ST WOOLOS  
SINFONIA



## St Woolos Sinfonia

### **Italian Wine and Italian Music**

Thursday 8<sup>th</sup> March

St Woolos Cathedral 7:30

Tickets £15:00 Jane Leney 01291 641 271

### **Brahms Concerto for Violin and Cello**

Schumann Symphony 'The Spring'

Conductor Tianyi lu

Sat 14<sup>th</sup> April

St Woolos Cathedral 7:00

Tickets: £12:50 Jane Leney 01291 641 271

## SHIRENEWTON PRIMARY SCHOOL

**Save the Date - Friday, 23rd March, 2018. 7pm.** Who wants to join us for a night of entertainment and shopping?

Doors open at 7pm where there will be several stalls selling an array of items, plus some fully qualified beauticians doing mini manicures.

Tea, coffee, soft drinks and cakes will be available to purchase, plus a licensed bar.

Take your seats at 7.30pm for a fashion show of ladies and children's clothes. The show lasts for about 45 minutes, after which you can browse the rails and make purchases. There will be over 1000 items of ladies and children's clothing to suit all tastes, from top high street brands, with savings up to 50% and even 75% off original store prices. Sizes range from 8-22 for ladies and 2-14 years for children (boys and girls). All come with a 28 day full refund policy.

We will also be selling tickets for a raffle on the night, with the top prize being a £50 voucher to spend on clothes from the fashion show, plus other lovely prizes donated by our stall holders.

We are selling EARLY BIRD tickets at £2.50 each if purchased before half term (16th February) or at the school Eisteddfod coffee morning (2nd March). Afterwards, the price per ticket will be £3.50. Children need a ticket but go FREE with a paying adult.

Tickets available in advance from the school on 01291 641774, Shirenewton Primary School PTA via Facebook. *See advert Page 26*

## FAIRTRADE NEWS NOV 2017



Shirenewton Village Market (3<sup>rd</sup> Saturday in every month, 10.30-12.30) is proving more and more popular and my FT stall is, I hope, reaching a slightly wider audience now. Most people seem aware of FT bananas, coffee, tea and chocolate but I hope that the wide range of goods I try to sell will encourage more people to try something new, perhaps rubber gloves (from Sri Lanka), curry sauce (from Swaziland), olive oil (from Palestine – yes Palestine!), embroidered cards from Bangla Desh, basmati rice (from India), sugar (from Mauritius), quinoa (from Peru) etc etc - so many products from poor producers around the world. FT radically improves the quality of the lives of so many. It is such an easy step to take – I always wonder why so many, otherwise reasonable, kind people, find it so difficult to decide to purchase FT goods. It's trade, it's fair how could anyone disagree with that!?

Traidcraft has a long history of working with the Indian cotton sector. Farmers described the benefits of planting nutritious intercrops to boost soil fertility and increase food security. They have been trained in how to produce their own organic composts, bio-fertilisers and bio-pesticides. Over half the farmers involved in the work are women and one project is pioneering the distribution of simple technologies that reduce the work burden.

Yes, incomes are increasing, but at the same time people's skills are improving, people's self-confidence is growing, family nutrition is improving and the status and respect for women is changing for the better. Even the environment is benefitting hugely from a more sustainable approach. It's inspiring stuff. Buying FT products helps Traidcraft bring about these significant improvements in poor workers' lives.

If you are still hesitating about trying some different FT products – go for it! If you buy from me I'll willing take back anything that doesn't suit - + a refund!

So much of what we consume is controlled by a small group of mega-multinationals who generally have little interest in anything but profit. FT is different!

Marion McAdam 641316 [msm316@gmail.com](mailto:msm316@gmail.com) or Traidcraft.

## **SHIRENEWTON COMMUNITY COUNCIL**

Extracts from the minutes of the December meeting (there was no meeting held in January)

### **Planning applications considered**

#### **1. DC/2014/01110 Little Grondra Farm, Shirenewton**

Conversion of redundant barn to a dwelling.

Council noted that this application had been withdrawn as the bat survey was not robust enough. Council member to visit site again in April 2017, subject to a revised and acceptable bat survey being received by Mon CC.

#### **2. DC/2016/01200 The Cayo Farm, Red House Lane, Shirenewton**

Conversion of existing storage/workshop shed to living accommodation as part of the main dwelling and construction of a single storey building linking the main dwelling to the converted shed.

Council noted that the shed is currently for agricultural use and that an application has been submitted to change this to residential. Also that the footprint of the proposal would not be increased. The neighbour has no objection to the proposal. Council further noted that the proposal can be seen from Footpath 41 which runs alongside the property. Council recommended approval subject to Mon CC guidance on increases in footprint for residential properties not being exceeded.

#### **3. DC/2016/01241 Rhewl Farm, Shirenewton**

Discharge of Condition 5 from planning consent DC/2014/00939.

Council had no comment to make on this application.

#### **4. DC/2016/01262 Maybee Cottage, Usk Road, Shirenewton**

Moveable shepherds hut 16ft x 7ft with wheels on a metal chassis with tow bar. To be used as a holiday let for tourism purposes.

Council noted that this proposal is part of a 5 acre small holding. The hut will be self-sufficient with solar panels on the roof, a composting toilet and soakaway. It is not visible from either the road or the cottage. There will be no visible signage. Council recommended approval with the condition that the hut is used solely for the purpose as described in the application.

#### **5. DC/2016/01286 Red Barn Farm, Crick Road, Shirenewton**

Demolition of existing mobile home/chalet dwelling and the erection of a new replacement dwelling.

Council noted this flat roofed chalet style building was in poor condition. It has all services on site plus a septic tank. The proposal is to replace it with a three bedroomed house with conservatory and double garage. Council was aware that the chalet style building had been sited with no planning permission many years ago but had since been given a Certificate of Lawfulness to be retained for the security of the farming enterprise. Council recommended approval with the condition that the conditions of the Certificate of Lawfulness still apply and are transferred to the new dwelling.

**Dates of next meetings** – Monday 6 February and Monday 6 March 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](http://www.shirenewtoncc.org.uk)

### **Contact the Clerk to the Community Council -**

**Mrs Hilary Counsell**

**Tel: 01291 421307**

**E-mail: [Shirenewtoncc@gmail.com](mailto:Shirenewtoncc@gmail.com)**

### **Give Dog Fouling the Red Card**

Shirenewton Community Council has joined this scheme which helps to raise awareness of dog fouling problems in the community and other areas of the County. The majority of dog owners are responsible and carry bags to dispose of dog waste in the specialist bins provided, but there are some people that do not comply. Dog waste is the most offensive type of litter and is consistently raised as a matter for public concern. It can have health risks such as **toxicariasis** an infection caused by roundworm parasites which can be found in dog faeces.

The 'Give Dog Fouling the Red Card' Scheme has two levels of reporting offences: The **yellow card** allows residents to report an offence without providing a witness statement. The information provided, with accompanying evidence, will be considered by the community council and if appropriate they will remind the dog owner of their responsibilities to pick up after their dog.

The **red card** is available if the resident is prepared to provide a witness statement. This information will be considered by Mon CC's Environmental Health Department, who in the first instance will contact the resident to discuss what was seen before deciding on appropriate action. A witness statement can be used as the basis for a fixed penalty notice being issued to the dog owner if the officer considers there to be sufficient evidence.

### **The Penalty**

Where there is evidence, the offender will be given a fixed penalty notice which is a fine of £75 to be paid within 14 days (reducing to £50 if paid within 10 days). Failure to pay will result in Monmouthshire County Council prosecuting the offender in the Magistrates court.

### **What to do next ...**

Please make sure you dispose of your dog waste responsibly and carry a dog waste bag when you walk your dog (a supply can be found in the telephone kiosk in Shirenewton). You can then put it in any public litter bin, one of the four dog waste bins in the community, or take it home and put it in your grey or black bag for the household refuse collection.

'Give Dog Fouling the Red Card' signs have been put up in the community warning residents that offenders could be reported and giving details of how to make a report. Mon CC will take action if council officers, police officers or residents report an incident. If you believe you have witnessed an offence of dog fouling please contact [www.monmouthshire.gov.uk/dogfouling](http://www.monmouthshire.gov.uk/dogfouling) or fill in the Environmental Health Department's e-form. Information sent using these forms will only be used to deliver the service requested.

Hilary Counsell  
Clerk to Shirenewton Community Council

**SHIRENEWTON  
VILLAGE MARKET  
DATES FOR 2018  
PLEASE NOTE NEW MARKET  
HOURS 10.30 – 12.30**

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

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

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

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

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

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

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

**AUGUST 2018 – NO MARKET**

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

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

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

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

**CHRISTMAS MARKET**



# **SHIRENEWTON VILLAGE MARKET**

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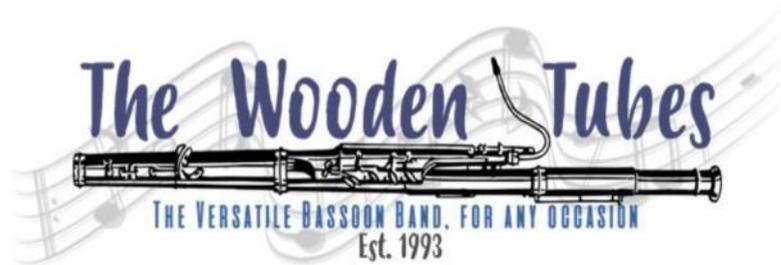
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IN THE SAYSELL CENTRE  
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## SHIRENEWTON LOCAL HISTORY SOCIETY

Registered Charity No. 1090167

December was a busy month for our members, a visit to Llanfyangel-tor-y-Mynydd church and supper after at the Tredegar Arms was planned. Unfortunately the weather intervened and we had to postpone our visit to the church for later in the year, by then the spring flowers will be out in the churchyard. Nevertheless, we were all able to make it to the Tredegar Arms for supper, a very pleasant evening to start our Christmas celebration.



As is our tradition we were planning to climb Grey Hill on the 27<sup>th</sup> December to see the sun rise in line with the standing stones on the Winter solstice. Once again we had a heavy snowfall the night before, I'm pleased to say 19 intrepid members turned up (not all climbed Grey Hill, but quite a few did) but 19 sat down to a hearty breakfast at the Woodland Tavern. Needless to say, no one saw the sunrise as it was cloudy but there was 18 inches of snow on the top of Grey Hill. Good fun was had by all!

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

Tuesday, 30<sup>th</sup> January

Meeting at the **Earlwood & Newchurch War Memorial Hall at 7.00 pm**

We have a pop-up planetarium.

Members of Usk Astronomical Society will give us a talk and tour of the night sky.

Can I point out this will be held indoors

Monday, 12<sup>th</sup> February

Archive Meeting at the Recreational Hall **Between 2.00 pm & 4.00 pm**

Tuesday, 20<sup>th</sup> February

The Society's Annual Dinner at the **Huntsman Hotel, 7.00 pm for 7.30 pm**  
After Dinner talk given by Jonathon Jenkins, entitled  
*'Sixty-seven and a half, the Mark on the Wall'*

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## Shirenewton Babies and Toddler Group

Thursdays 1.30 – 3p.m. (term time only)  
Shirenewton Recreation Hall



Great toys, good company – everyone welcome  
(please bring your Carers too!)  
Contact Jackie Broughton (01291 641797)  
for further

## WHAT A DRAMA QUEEN!

By Rick Hayes

I recently led a Sunday service at St. Pierre and found myself in rather a strange situation.

During the service I noticed a young lady, who was sitting on a pew about half way down the church, just staring at me throughout the service. She occasionally smiled and nodded when I spoke, but looked intently at everything I did during the worship.

At the end of the service I asked some of the congregation whether this person was okay - was I supposed to have had some banns of marriage to read out etc? The answer I received was no banns, they thought she was staying at the hotel. I went up to her, welcomed her and enquired whether she was visiting or had moved into the area. She replied, 'I'm the Revd Green; you know all about me.' I said I was sorry but I *didn't* know about her and asked what parish she was attached to. She responded, 'I'm here to study you; you know about me.' I again said I was sorry and didn't know about her visit to the church. She then said, 'I'm your trainee, I'm an imposter.' At this I invited her to sit down so we could talk more comfortably and wondered how I could help this poor deranged person. I hoped some of the congregation would stay behind. I mean, she could have been a would-be priest stalker, or worse could have felt she had suffered in some way because of something that had happened in the past. I can assure you I didn't think she spent the entire service staring at me because of my dashing good looks. (Yes, I have looked in the mirror lately).

During our conversation it transpired that she was from a London Theatre Group, who had made contact with the church, (namely Julian), asking whether she could attend a service and take notes on what to do and how to act during a service etc. The Theatre Group was employed by the hotel to be part of an interactive murder mystery for a conference weekend, which was the brain child of a large American company.

I asked her why she didn't receive Communion, and to this she answered she was a Catholic and didn't think she was allowed. I explained to her that in most Anglican churches she would be welcome to take Communion. We went on to talk about Transubstantiation.

I was then told that she was the killer and I had to promise not to tell anyone. And she introduced me to Col. Mustard. You guessed it - this was a Cluedo 'who-dun-it'.

Well, that sorted out, a load of Americans descended on the church, looked at me and my green striped clerical shirt and said, 'Hi! Hey, you must be the Revd Green.' I replied, 'No, she's just over there.'

Communication is a wonderful thing, so why do we sometimes find it hard to talk? Why do we all assume people know something when they don't? We should all try harder to communicate with one another, for example, asking how people are, showing that we really want to know, we don't want them just to say, 'Fine, thanks.' Because that is what is always said. My Dutch colleagues at work will ask how someone is and they expect the person to reply sincerely. Once I was slightly off colour and a Dutch colleague ask me how I was, and I replied okay thank you, and they looked at me and said, 'No, really, how are you? You look like you need to talk.'



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## SHIRENEWTON CHURCH WEBSITE

www.shirenewtonchurch.com

www.shirenewtonshop.com

Well people I'm pleased to announce that over the 10 years we have been formally collating records the church shopping portal has raised over £10,000!! Happy Days!!



£10,423 is the figure!!

So, firstly I'd like to thank all those who make the effort to go to [www.shirenewtonshop.com](http://www.shirenewtonshop.com) and access the shops from there. Every little helps! Remember, if you are using 'do not track' technology, you'll need to make an except for the shops you access for the church to get the benefits.

The shopping portal was set-up in August 2003 as part of the effort to raise funds for the Church extension. It's gone through a couple of iterations since then and, of course, we had to separate out the Church website and the shopping portal when companies began refusing to have any religious organisations as affiliates. It's great that it continues to deliver for the Church.

On to the more generic 'internet stuff'. I had planned a piece on bitcoins and other crypto currencies but I'm under time pressure to get this to Terry – it's technically past the deadline for submission – so that will have to wait until next month. Where will bitcoin be then? Who knows! It peaked before Christmas at \$19,086 for a bitcoin and, at the time of writing, is trading at \$11,552 per bitcoin. Someone people have made a killing others have lost a fortune.

I always try and address the latest scams, etc. which have been brought to my attention. Currently, the National Fraud Intelligence Bureau's (NFIB) Proactive Intelligence Team are warning about an emerging fraud where social media platforms are being used to attract members of the public to donate money to animal welfare charities that simply do not exist!

At the other end of the scale, is the scam which has been costing people hundreds of thousands of pounds. The so called 'email intercept fraud'. This is where fraudsters hack a solicitors email and send the 'wrong' bank details (i.e. people think that they are paying a solicitors account and they are actually paying into a fraudsters account). You can read about an example of this here: <https://tinyurl.com/ybxdbg6m> and the warning from the Solicitors Regulation Authority here: <https://tinyurl.com/y7kymx2j>

Until next month .....Safe browsing



*Camelot the Panto, report next month*





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## GARDENING CORNER

Happy New Year to you all. Hopefully you had a good Christmas and a rest from the general melee of modern life! Unfortunately like many, we were a sick household with individuals suffering from a nasty cold bug that has been doing the rounds. It started with me I then gave it to the assistant head gardener, before sharing with one of our son in laws! A month on and I'm still trying to shake it off, but it is still lingering. Needless to say not a lot was done in the gardening department, but then the weather wasn't that conducive to hours outside tilling the soil.

Before becoming afflicted I had a concerted effort tidying up one area of the garden that I have always referred to as 'the cottage garden'. Over the years following a change in jobs, this area gradually got worse, being inundated by weeds first, then brambles and eventually ash trees. Over the last couple of years I gradually cut the trees off and the brambles, poisoning the cut stems immediately after. It has taken time, but eventually managed to get on top of the problem. The final stage was to dig everything out, replanting the more vigorous, younger growth, burning the old and potting up any spare bits. There was a lot to work through as some of the day lily clumps were at least 20 years old, and most were literally just sitting on top of the soil where they had grown over the top of other things – including statues. The path had long since disappeared with the wooden edging having rotted many years ago. This was all replaced, the concrete slabs were lifted and will be used for other jobs (they were always difficult to walk on in the wet as the ground slopes a little too steeply) and instead the path surface has been re-instated using woodchips instead. A much



safer surface to walk on, especially in the wet. Looking at it now the result is quite pleasing, but further work will be required to get it fully planted and for this we'll have to wait for the first flushes of spring to help identify where any gaps might be. The re-potting exercise has left me with a lot of 'spare' plants, but these will come in handy when I start to clear other areas as many plants have died over the last few years as a result of the weed competition. Some 25 years ago we first fell in love with alstoemarias. We had gone to the Gardeners World live show in Birmingham and gazed in awe at Peter Smiths' stand full of the most exotic blooms. They weren't cheap, at the time I think small 3 inch pots were five pounds each. However we bit the bullet and bought one pot – the flower was a deep, red colour and once planted in the garden this proved to be a strong grower, providing some fantastic cut flowers for a number of years, until the day lilies grew over the top of it! There were small pockets where it had managed to grow in between so these were all rescued and re-potted and I'm hopeful that we have managed to save it for the future.

The wet snow before Christmas was an unwelcome arrival. I hate snow at the best of times, but wet, heavy snow that then freezes at night is about the worst. It did a lot of damage generally, pulling down many trees across roads and in woodlands. Fortunately the damage in the garden was limited, although it has brought about the final demise of our large polythene tunnel cover. I have been putting off replacing this for as long as possible – mainly because replacing it on your own is a pig of a job. The tunnel cover itself is very heavy and unmanageable, but the unravelling off the roll and then pulling out over the tunnel can be a nightmare

– especially if the wind should start to pick up when you are trying to pull it out. You need a warm, sunny spring morning with no breeze at all but how often do we get them? It is then a case of tacking the cover down, whilst the sun warms the plastic up. Once warm you then have to pull it tight to stretch it and then fix it to the wooden frame. The tighter you get it to fit, the stronger it will be as a structure. You need to avoid any wrinkles or loose areas if at all possible as these will greatly weaken the structure and then you run the risk of covers tearing prematurely due to wind, rain or snow. I have managed to nurse at least nine years from the present cover and they are only meant to last five on average, so it hasn't done too bad. As it has gradually degraded I'm sure the growth of plants has been



affected, so it will be interesting to see whether a new cover will have an impact. The snow tore several large holes where the cover was attached to the frame, and several elements of the frame have also failed where the wood has finally given up to rotting. The plan will therefore be to get everything inside the tunnel in good order, order a new cover, cut the old one off and then during February and March, remove the old wooden frame, tighten up all the bolts on the metal hoops and then make a completely new wooden frame for it ready for that one warm, sunny windless day that will no doubt coincide with when I am away with work!

With the snow and subsequent rain, the soil has been too wet to be able to get on the garden and continue with the weeding and digging. Instead I have been concentrating on getting as many jobs done indoors as I can. The tunnels have had old crops removed and the beds dug ready for manuring. In the small greenhouse, the staging has also started to deteriorate, so I need to take this out and replace with new before we start a new season of seed sowing. This will commence in the next couple of weeks, as the heated propagating bed will be turned on and the first seeds of onions and shallots (ready for showing) and sweet peas will start off the 2018 season. These will be rapidly followed by the first salad crops such as tomatoes, peppers and lettuce. The large tunnel is full of the potted up plants, so I'm restricted to what I can do at present. I'll be clearing the cold frame out soon, so hopefully many of these potted plants can be moved outside and then I can sort out this greenhouse as well. I had hoped to have dug up last year's gladioli and dahlia plants, but the weather and limited time has meant that these are still in the ground. I'm still hoping to dig these up otherwise some penetrating frosts may bring about their demise. Fingers crossed that the weather stays dry for a few days so I can get this task completed.



I was replacing the log shed roof the other day as this was leaking badly. It was a nice sunny and pleasantly warm day out of the east wind. I was pleased to see that there were a lot of bees out and about having 'cleansing' flights (going to the toilet essentially!). This reminded me that it won't be long before a new season starts, hopefully with most of the hives surviving. This prompted me to make a couple of mental notes, firstly I really do need to get on and try and sell some of last season's honey, and secondly I need to finish off all of the maintenance jobs such as cleaning up old frames and the queen excluders

before they are needed again. Happy gardening until next month.

Steve and Felicity Hunt.



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



Turmeric may be the most effective nutritional supplement in existence.

Turmeric is the spice that gives curry its yellow colour. It has been used in India for thousands of years as a spice and medicinal herb. Recently, science has started to take an interest in what the Indians have known for a long time... it really does contain compounds with medicinal properties.

### Claimed Health Benefits of Turmeric

- Helps to prevent cancer
- Healthy lungs and congestion
- Boosts cognitive abilities
- Helps to detoxify the body
- Aids in reducing stress and depression
- Beneficial in maintaining healthy heart
- Rich in anti-inflammatory properties
- Useful for treating gastrointestinal disorders

Curcumin is the main active ingredient in turmeric. It has powerful anti-inflammatory effects and is a very strong antioxidant.

Unfortunately, curcumin is poorly absorbed into the bloodstream. It helps to consume **black pepper** with it, which contains piperine... a natural substance that enhances the absorption of curcumin.

### **Tips**

I'm a big fan of turmeric and add it to most savoury dishes. It has a very little, slightly bitter taste and its yellow colour tends to stain everything, but the health benefits outweigh the negativities. I add it to soups, mayonnaise, casseroles, mince based dishes and even smoothies.

To maximise the health benefits of turmeric and help absorption don't forget to add black pepper.

# *Nourishing Lentil and Vegetable Soup*

## *Serves 4*



### **Ingredients**

- 1 tsp olive oil
- ½ tsp mustard seeds
- 2 garlic cloves
- 1 large carrot, peeled and chopped
- 1 stick celery, chopped
- 1 onion, chopped
- 1 red pepper, de-seeded, chopped finely
- 1½ pints boiling water
- 1 tin green lentils
- 50 g spaghetti cut into small pieces

- ½ tsp cumin powder
- ½ tsp smoked paprika
- 1 tsp honey
- Pinch of ginger and cinnamon
- ½ tsp turmeric powder
- 1 tsp honey
- Black pepper and salt to taste
- Handful of frozen garden peas
- Chopped fresh coriander

### **Method**

- 1** Add the olive oil and fry the garlic and mustard seeds for a minute. Add the chopped onion, carrot, celery and pepper. Cover with the saucepan lid and leave to simmer on a gentle heat until the vegetables are soft.
- 2** Add the boiling water and the remaining ingredients, except for the frozen peas and coriander.
- 3** Simmer gently until the pasta is cooked.
- 4** Add the peas and cook for a further few minutes.
- 5** Season to taste.
- 6** Add the chopped coriander.

### **Enjoy!**



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## SHIRENEWTON WI

Our Christmas celebration took place in the lovely surroundings of St Pierre just last week. In a departure from our usual tradition we held the event after Christmas to avoid the usual clashes and the delicious afternoon tea proved to be a hit, as well as allowing those of us battling through 'Dry January' to avoid temptation! All in all, an excellent way to kick off our 2018 calendar.



If you would like to dip your toe in the water please join us for our February meeting at the Recreation Hall.

Julia Bennett <julia1228@hotmail.co.uk>

## STARGAZING

Orion the Hunter, many people's favourite constellation, lies directly to the South. Four bright stars represent his shoulders and legs whilst a further three form his belt. Above Orion and to the right is a very bright orange star called Aldebaran. It's the brightest star in the constellation Taurus, the Bull and marks its eye. In classical times, the Greeks saw the constellation as Zeus disguised as a bull.



Taurus is a member of the zodiac, the twelve constellations which the Moon and planets travel through. Looking further upwards and to the right you will see a small cluster of stars. These are called the Pleiades. In a Native American tale, the Pleiades are seven children who, on a walk through the sky, lost their way and never made it home. With the naked eye, people can usually only see six or seven stars in Pleiades. However, some people with good eyesight can see more. Thus, Pleiades has been used as an eyesight test. The cluster contains more than 200 young stars born some 50 million years ago, which means they are only one hundredth of the age of the Sun, our local star. Aldebaran means "the follower" in Arabic, as it rises above the horizon after the Pleiades.

There are no planets visible in the evening sky in February. On the 23<sup>rd</sup>, the first quarter Moon is close to Aldebaran.

In the early morning sky, the bright planet Jupiter is to the south, with fainter Mars to the left and closer to the horizon. Towards the end of the month, the planet Saturn lies to the left of Mars. Saturn is slightly yellow whilst Mars has a distinct orange colour. On the 8<sup>th</sup> the Moon is near Jupiter and the 9<sup>th</sup> it moves to Mars.

NASA has some beautiful images relating to astronomy on the internet at <https://apod.nasa.gov/apod/astropix.html>.

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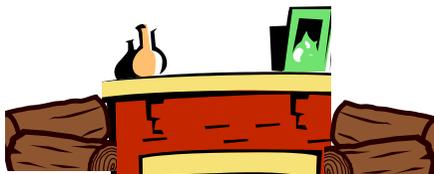
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## DIARY DATES

Date	Event	Location
<b>Feb</b>	<b>Event</b>	<b>Location</b>
2nd	6 Nations Kick—off	Tredegar Arms
7:30 pm	Community Council Meeting	Recreation Hall
12th 2:00 pm	Shirenewton Local History Society	Recreation Hall
17h 10:30 am	Village Market	Recreation Hall
<b>March</b>	<b>Event</b>	<b>Location</b>
6th 7:30 pm	Community Council Meeting	Recreation Hall
10th 10:00am	Shirenewton Quiet Morning	Saysell Centre
17th 10:30 am	Village Market	Recreation Hall
20th &:00 pm	Shirenewton Local History Society	Recreation Hall
23rd 7:30 pm	Fashion Show	Shirenewton School

*A Sunday school teacher asked her class, "What was Jesus' mother's name?" One child answered, "Mary."*

*The teacher then asked, "Who knows what Jesus' father's name was?" A little kid said, "Verge."*

*Confused, the teacher asked, "Where did you get that?"*

*The kid said, "Well, you know, they are always talking about Verge n' Mary."*

*3-year-old Reese:*

*"Our Father, Who does art in heaven, Harold is His name.*

*Amen."*

*A little boy was overheard praying: "Lord, if you can't make me a better boy, don't worry about it. I'm having a real good time like I am."*

*A Sunday school teacher asked her children as they were on the way to church service, "And why is it necessary to be quiet in church?" One bright little girl replied, "Because people are sleeping."*

## READERS AND SIDES PERSONS February / March 2018

Date	Sunday Service	Readers	Sides Persons
4th Feb	Second Sunday before Lent	Mark Broughton Frances Grey	Mark Broughton Frances Grey
11th Feb	Sunday next before Lent	Andrew Baker Sally Saysell	Claire Lewis Graham Lambert
18th Feb	First Sunday of Lent	Bill Clark Janet Horton	Bill Clark Janet Horton
25th Feb	Second Sunday of Lent	Paul Morcombe Cynthia Smith	Paul Morcombe Cynthia Smith
4th March	Third Sunday of Lent	James Leaney Ruth Savagar	Claire Lewis Graham Lambert
11th March	Mothering Sunday	Glynis and Jane taking the Family Service	
18th March	Fifth Sunday of Lent	Mark Broughton Bill Clark	Mark Broughton Bill Clark
25th March	Palm Sunday	Andrew Baker Sally Saysell	Claire Lewis Graham Lambert

### DEFIBRILLATOR LOCATIONS

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



Carpenters Arms (on the Usk road)

Huntsman Hotel (on the Usk road)

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

Earlswood Hall (Earlswood)

Shirenewton School

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### Church of St. Thomas à Becket Shirenewton

<b>Rector</b>	Revd Julian White <a href="mailto:Jel.white@btinternet.com">Jel.white@btinternet.com</a>	01291 622317
<b>Parish Priest</b>	Revd Nansi Davies CBE	01633 400 519
<b>Lay Eucharistic Minister</b>	Gilly Lambert	01291 641 175
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<b>People's Warden</b>	Ruth Savagar Karen Millar Ruth Savagar James Leney Lynn Morcombe Mike Penney	01291 641 411 01291 650 521 01291 641 411 01291 641 271 01291 641 671 01291 650 653
<b>Gift Aid Secretary</b>	Glynis MacDonald	01291 641 818
<b>Organists</b>	Lynn Morcombe Maureen Moody Terry Walters Graham Lambert	01291 641 671 01291 641 524 01291 641 338 01291 641 175
<b>Sunday Club</b>		
<b>Tower Captain</b>		
<b>Saysell Centre Booking</b>		
<b>Safeguarding Officer</b>		
<b>Church Flowers</b>		
<b>Parish Magazine Editor</b>		
<b>200 Club</b>		

### Church of St Tewdrics's Mathern

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

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	<b>Vacancy</b>		
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<b>Member of Parliament</b>	David Davies	020 7219 8360	<a href="mailto:daviesd@parliament.uk">daviesd@parliament.uk</a>

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### **Other Local Organisations**

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#### **Earlswood Valley Methodist Chapel**

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