Shirenewton Parish Magazine December 2021 and January 2022







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SHIRENEWTON PARISH MAGAZINE EDITORIAL INFORMATION

Published: by The Church of St. Thomas à Becket Shirenewton

Editor: Bill Clark 01291 641783 email: parishmagshirenewton@gmail.com

The cost of the Magazine is £1.50 per issue/10 issues for £12.

Copies are delivered free by local distributors to those who have pre-paid.

Monthly copies are available at the Church.

Previous editions of the magazine are available online on the Church website at www.shirenewtonchurch.info.

To order your regular copy, contact Aileen Doggett 01291 641459

Advertising Rates for Commercial organisations

Full designated page for 12 months £120 Full page 12 months 10 issues £80 Half Page 12 months 10 issues £40 Quarter Page 12 months 10 issues £20

Advertising for Local and Charity organisations is free.

Editorial policy is to print what you provide, space and technology permitting. The views expressed are those of the contributor.

Preferred Document format is an MS Word document attached to an email. Preferred Advert and Photograph format is JPEG attached to an email

Deadline for February 2022 issue is 9:00 a.m. Monday 24th January 2022

FROM THE VICARAGE

Julian E LI White

This, of course, is the time of year when we are occupied with the coming Christmas festivities both of a religious and secular nature.

It is also the time of the year when we, who are members of the affiliation of the Shirenewton, St Arvans and Chepstow groups of parishes (some 12 in all), continue to reflect upon our position within the recently created Severn Wye Ministry Area.

The most recent meeting of Shirenewton PCC concerned itself with discussion of this issue at some depth and John Burrows, as invited guest, addressed those present with concerns raised by developments. As a result, it was felt that a future gathering should be convened at which the advantages of becoming part of a Area Ministry would be advanced by one speaker whilst the opposite view would be argued by another. An independent Chairperson would be appointed and an invitation to attend and participate at the meeting would be circulated.

I am grateful to Churchwarden Andrew Baker for leading much of the meeting with sensitivity and diplomacy.

With a return to something approaching normality, Remembrance Sunday was marked with due gravitas — mindful of the constraints imposed by Covid restrictions — with Revd. Nansi Davies calling the names of the fallen, at the War Memorial in the village whilst Glynis MacDonald led the reflective service in church shortly afterwards.

The community, along with many others, paid respects and farewell to well-known local resident John Eede in the latter half of November. At the request of the family, the funeral service was held in Chepstow church to permit the large attendance envisaged with myself and Karen Millar (organ) involved. The burial followed at Shirenewton. Judy (Widow), Joanna (daughter) and Justin (son) remain in our prayers and are to be commended for their contribution to the well-crafted service.

Speaking, as I was earlier, of the Area Ministry we were invited to a special service in Chepstow church on October 21st at which the centenary of our Diocese of Monmouth was celebrated. Over fifty of the congregation represented the twelve churches which will form the MA.

It is always a pleasure to host a service of Holy Baptism and especially when the candidates have strong local connections. This is certainly true of the rite to be held on 28th November when Harry and Alex are to be presented by Andrew and Kerry Baker at a service to be officiated by Revd. Nansi Davies. Church members join together in wishing them every blessing as their spiritual journey continues with this declaration of faith.

A complete list of Advent and Christmas services can be found elsewhere in this magazine. It just remains for me to wish you Holy joy for the period and every good wish after a sustained period of widespread challenge and difficulty.

With blessings, Julian White (Rector)



Congratulations to our 200 Club winners in November:

1. Claire Lewis

2. Alistair Bounds

3. Megan Barr

4. Judy Griffith

FAITH IN GOD'S POWER WHEN WE DON'T' UNDERSTAND HIM

The Book of Acts Chapter 9 vs 32 to Chapter 10 vs 8.

How often do you honestly question God about what He is doing? You may be praying and asking Jesus to intervene in a difficult situation where you have no power or ability to change things yourself, you may be asking for healing in a situation or looking for guidance on how to move forward with your life. We know that God is beyond our understanding - because He is God - but God loves us so much that He sent His Son Jesus to die on the cross for us. Psalm 74 reflects how the Psalmist didn't understand why certain things were happening to him and that he felt rejected. This shows us that when we feel that way we are not alone. This is an experience that has been common for a long time. Is God really silent or just choosing not to intervene because it is not the right time yet? We never know how long such times will last for us but what should we do?

Ask the Questions – the Psalmist doesn't hold back. He pours his heart out. He asks very difficult questions. Ask for answers – "Refresh your memory of us...you actually lived here once! Come and visit the site of the disaster! So, you are not alone when you feel the same way.

Whatever happens we must continue to be open to God and the movement of the Holy Spirit. This is what the early church did when He told them to heal the sick, raise the dead and preach the Gospel. For them, the journey was challenging and each day brought new surprises but they remained open to His leading. And this is the key.

They saw healing. This is a mystery, isn't it? Peter raised a man who had been bedridden for 8 years. This made everyone there realise that God was alive and active amongst them. But we know that not all people are healed, so why not? I don't know but I do know that God has a reason even if it is hard to understand at the time when you have been praying for someone for so long.

They saw the dead raised. To be clear this doesn't happen very often in the Bible either. God chooses to intervene in this dramatic way occasionally for reasons which reveal His Glory. How it happens is a mystery. He does this with Dorcas who was a great lady who clearly was dearly loved in her community. Peter got down on his knees, prayed as Jesus had commanded him and Jesus did the rest. As a result, many people made the huge shift from simply admiring the good works of Dorcas done because she was a Christian, to believing in Jesus as their Saviour and Lord.

So, looking at this passage in Acts, let's ask the question – How much is happening in our lives today that can only be explained by God's activity and authority? Is there a lot, a little or none? We can look for miracles to happen such as divine healing and the turnaround in peoples lives that are sudden and dramatic. But I think it is true that unless we faith, develop a discipline in godliness and consistently walk with God and recognise the presence of the Holy Spirit, we will not see lasting change.

God uses Peter in a mighty way at this time, healing Aeneas and raising Dorcas from the dead. As a result, many people believed in the Lord in Lydda and

Sharon. God wanted these miracles to happen but they were for a purpose – so that we can see how God's power is revealed and how it transforms people's lives. These miracles were signs that point to the presence of God himself.

So, what lessons can we learn from this?

Do not rely on your own ability but trust completely in the mighty power of God.

Peter said, Aeneas, Jesus Christ heals you! This gave all the glory to Jesus and Peter takes none for himself. He does not claim to have any power to bring Dorcas back but simply humbly prays, totally depending on God's power to do for Dorcas what only God can do.

Peter does not behave in a way to attract attention. He doesn't chase fame for doing these amazing things. He doesn't set up a tent with lots of publicity encouraging people to come to healing services. He doesn't get interviewed by the media. He is completely humble and just does what God has called Him to do. He did not want to bring glory to himself, only to Jesus. We cannot claim any special skill or ability to do anything like this ourselves. We can only say that such power comes from God and not from ourselves.

We should follow the example set by Jesus.

These miracles were very similar the ones performed by Jesus. When the paralytic was brought to Jesus by his four friends, Jesus forgave the man's sins then told him to get up and walk. This would be humanly impossible but not for God. Peter also commands Aeneas to do something impossible, "Get up and make your bed!" The miracle of Dorcas is very similar to Jesus raising of Jairus daughter. Like Jesus, Peter was asked to visit here. Both excluded the noisy mourners from the room as it was not going to be a miracle show. The only difference with Peter was that as he could not speak on his own authority he knelt down and prayed. When he felt assured that it was Gods' will to heal miraculously, he said "Get up, Tabitha". Peter witnessed Jesus raising of the little girl so had a spiritual template as it were. We have God's word in the Bible so we can pray for healing today for our families and friends.

Put aside your prejudices and Unconscious Bias.

Yes, we all have them!! Aeneas may have been a Gentile (that is, not Jewish) but Jesus strips away Peter's prejudices when He tells him to go to the House of the Roman Centurion Cornelius. Cornelius probably worships what he understands the OT Hebrew God to be. The Romans did build some Synagogues in order to improve relations with the local community and some probably did believe something of the Hebrew religion. Cornelius was a good and generous man and Jesus is making Peter realise here that the Gospel message was for everyone.

But before that we see here that Peter stayed at the house of Simon the Tanner. Why is that significant? Because Tanners were considered 'unclean' by the Jewish Rabbis because they came into contact with the skins of dead animals, had smelly homes and usually lived outside of the

main town area. The rabbis taught that a young woman could break her engagement to marry if she discovered her future husband was a Tanner. The Gospel message and the saving power of Christ is for everyone.

Human suffering and death are no barrier to Gods mighty power. Jesus' name and power is able to do the humanly impossible. He alone has the power to restore life to a dead body. He alone can give eternal life. He does not depend on us at all and if we think He does we misunderstand how He works. The amazing thing is that God chooses to use people like you in His work. He wants you to believe and have faith in Him and play a part in His saving work in our community.

The Apostle Peter must have felt completely inadequate when he knelt at Dorcas bedside and prayed for her to be raised. Surely, he felt a complete inability to do anything but have faith that his Lord wanted to use him in this amazing way. When we mirror Peter's faith, attitude and behaviour here, we are in the place that God wants us to be. Completely unable ourselves and completely reliant on God. If we trust in training and ability MORE than relying totally on God, then our confidence is misplaced. We will always limit what God can do! If you repent and submit to Christ your journey of faith will be amazing. No human training can ever fully prepare anyone for playing a part in doing many of the things that Jesus and His Disciples did. You just need to submit yourself humbly to God and ask Him to come into your life and believe in Him.

Two miracles in situations where there was no hope will have taken all who witnessed them by complete surprise. There was no human hope. God broke in and achieved instantly what no person could ever do. Do we sometimes look at difficult situations and people from our own human point of view and not God's? Do we forget that with God nothing is impossible? God is mighty to save and He loves you and want to do amazing things in your life.

May God bless you richly this Christmas. Paul Morcombe, Shirenewton.



Shirenewton Community Council Extracts from the minutes of the November meeting

Planning applications considered:

DM/2021/01581 Gillbrook, Usk Road, Earlswood AGRICULTURAL NOTIFICATION – Portal steel building.

Council noted this agricultural application was for a portal steel building which would be covered by permitted development rights.

The proposed farm building was intended for housing livestock - calf rearing and feed. It would be a new build well away from the Usk Road and set back behind the existing farm buildings. It would be a substantial building some 18m long and an overall height of 4.6m, constructed of box profiling in green and timber with a fibrous cement roof in a grey colour. Recommendation - no objection.

6.2) DM/2021/01645 Little Mill Barn, Little Mill, Bully Hole Bottom

Detached double garage with first floor ancillary room.

Council noted that the site was in Bully Hole Bottom below and some distance from the B road. The proposal was for a double garage with room over in the rafters, accessed by an outside staircase at the side of the garage. The base is 7.5m wide by 6.6m deep. The ridge height of the roof is not given but appears to be some 4.5m. The existing residence, a barn conversion, sits at the end of a long drive and the garage is to be set beside the drive but not in the immediate vicinity of the house, which would seem to be at odds. No new access is proposed.

The garage entrance is to be stone faced, the roof in natural slate with 3 front facing velux windows. There are two single timber garage doors. The upstairs layout is not shown, merely described as an ancillary room, though it is albeit with 3 velux windows.

Recommendation: no objection, but that a planning condition be included to limit the use of the building to tie it to ancillary to the main residence.

Other items of interest

Market Research - It was reported that WRAP Cymru were conducting a survey approved by Mon CC to study food and drink waste in the area. The Community Council had not been informed of this survey, but it was confirmed by Mon CC's Waste Resources Manager that they were aware of it and should have notified the public.

West End Bus Shelter – Chased up 22.10.21 – Confirmation from Mon CC that a new roof is required as timber roof supports are rotten, a contractor has been appointed to start work in November 2021.

Extracts from County Councillor Louise Brown's monthly report Monmouthshire Council Preferred Strategy: First Review: Regulation 15 Consultation: Welsh Government Response

The Welsh Government has responded to the Council's preferred strategy and its response can be found at the following link: https://gov.wales/monmouthshire-council-preferred-strategy-first-review-regulation-15-consultation-welsh-government

In terms of a statement of general conformity it states as follows:

"The Welsh Government has very significant concerns regarding the Monmouthshire LDP Preferred Strategy. Future Wales places great emphasis on the development of National Growth Areas. The Preferred Strategy is not in general conformity with Policies 1 and 33 of Future Wales and undermines the role of Cardiff, Newport and the Valleys as the main focus for growth and investment in the South East region."

It goes on to say that:

"To be considered to be in general conformity with Future Wales the Monmouthshire RLDP must provide for a lower level of housing. The WG principal housing projection for the plan area, 2,610 units, provides a starting point for the level of housing required. In recognition of build rates achieved over the last 10 years, a higher level of housing may be justified. The proposed level of housing growth should however be no greater than 4,275 units (15 x the 10 year build rate) plus an appropriate flexibility allowance. This will ensure that Monmouthshire continues grow in a sustainable manner based on a locally appropriate level of development which is compatible with policies 1 and 33 of Future Wales. There are also significant reservations about proposed levels of employment growth which are set out fully in Annex 2."

Economy and Development Committee on the 21st of October 2021

The above committee considered various reports, including the annual planning monitoring performance report for the current LDP (2011-2021) at item 6 in the following general link:

https://democracy.monmouthshire.gov.uk/ieListDocuments.aspx? CId=137&MId=4746

The monitoring report is to see how house building is progressing in relation to the current adopted LDP for 2011 to 2021. It can be seen in paragraph 3.8. of the monitoring report that out of the 4500 houses, 3000 have been completed, equivalent to 300 houses per annum on average, even if the build rate does normally increase as the plan progresses. Paragraph 3.8. only states that this is a shortfall of -1500 houses (-33.3%). But if you multiply 1500 by 3, this comes up with the figure of 4,500 which is the total figure for the current adopted LDP.

The report can be found at the following link:

https://democracy.monmouthshire.gov.uk/documents/s30256/5a% 20LDP%20Annual%20Monitoring%20Report%20ED%20Select%2021% 20October%202021.pdf

The RLDP is currently proposing a high growth option of 8,366 new dwellings with a 10% uplift for sites not coming forward as planned from the original figure of 7,605, over the 15 year period. This is equivalent to between an averages of 507 to 557 new dwellings per annum, almost twice the level of housing on average per year managed during the current LDP.

It is questionable how realistic the level of growth being proposed by MCC really is, as questioned by the Welsh Government. In addition, there are developmental challenges in the North of the County not present in the current LDP due to pollution in the Rivers Wye and Usk meaning that development has to be phosphate neutral, phosphates are added by sewerage unless there are phosphate stripping facilitates, which within the MCC area for Welsh Water are limited. Development in the South of the County also has to take account of the green belt proposed in the Future Wales 2040 National Plan.

Members of the Community Council wish all readers a safe and happy Christmas and good health in the New Year.

Please take care.

Message from the Clerk — by the time you receive this Magazine I will have retired from my position as Clerk to the Community Council after 10 years. I have very much enjoyed the job and would like to thank the friends I have made and all residents for making it so interesting (you know who you are!).

I thank the members of the Community Council for their unfailing support and leave with good wishes to them for the unsung work they do, especially in recent challenging circumstances, and wish them every success with their future projects.

With very best wishes for a very merry Christmas. Hilary

Dates of next meetings: Monday 6th December and Monday 10th January (because of the Bank Holiday on first Monday of the month) at 7.00 pm, by public meeting in Shirenewton Recreation Hall, if possible, or by a remote meeting if government coronavirus restrictions still apply.

Find more information in draft copies of the minutes on the Community Council notice boards. Previous, approved minutes of meetings can be found on the Council's website www.shirenewtoncc.org.uk









Carols Around the Village Christmas Tree With the Chepstow Town Band!

Sunday 12th December @ 6.30 Tredegar Arms Car Park.

The Collection will go to 'Medicins sans Frontieres'



Bring a torch. And some gloves.

A warm hat And loud voices!









Welcome to Our Candle Lit

'Christmas Praise' Service in Shirenewton Church on Sunday 19th December at 10 o'clock

With poems, readings and 'Recollections',

And plenty of carol singing for all!

And mince pies and coffee afterwards.





Nativity and Christingle "A Light in the Darkness"



Once again, we can't have our Nativity and Christingle Service in the Church... So we are going to have a travelling Nativity and Christingle.

Date: Christmas Eve Wander up any time between 4 and 5 o'clock

The difference is you are going to make your own Christingle as you 'Travel to Bethlehem'. And we hope to see as many of you as possible wearing dressing gowns with tea towels on your head, or come as angels or kings.

- Meet the kings in the Church Room doorway and receive your orange.
- 2. Then travel to the church porch to meet the angels and they will give you your Christingle candle.
- give you your Christingle candle.

 3. Then on to see the shepherds and a lot of sheep sheltering under The Chantry veranda, and let's hope they haven't scoffed all the sweeties.
- Finally, travel on to Bethlehem to see donkeys, Mary, Joseph and the Baby Jesus in The Chantry Stable (garage). There you can light your Christingle as we welcome Jesus into our world a light in this darkness.



for more details: Jane - 641 525 and Glynis - 641 818



SHIRENEWTON LOCAL HISTORY SOCIETY

Registered Charity No. 1090167

At our October meeting we had Chris Dale who gave us an excellent talk entitled '*The Jenkins Vase'*. Chris, is a Roman specialist who had researched and tracked the vase from 1st century A.D. to present day. The vase stood 5ft6in in height and was first mentioned in documents in Naples and finally ending up in Cardiff in 1976!

We will be holding our Annual General Meeting on Tuesday, 30th November at 7.00pm at the Church Room. Afterwards at 7.30pm we will be having a talk entitled 'The Great & the Good', given by Bill Clark.

Our society will be celebrating our 20^{th} year at our December meeting, so come along and celebrate with us.

Dates for your Diary:

Tuesday, 14th December

'Geology & Scenery' talk given by Naylor Firth at the Church Room and afterwards a chance to see the heritage boards in the church, as usual we will start the festive season with a mince pie and a cup of cheer!

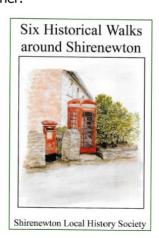
Monday, 27th December

We will be climbing Grey Hill as usual to see the sun dawn on the Winter Solstice, meeting at Llanfair Discoed at 7.30am, sunrise at 8.10am.

Everyone welcome to join us, the more the merrier.

Shirenewton Local History Society.

Walks in and around Shirenewton



THE VICTORIA CROSS

The Victoria Cross is Britain's highest award for gallantry. Mark Smith, the medals and militaria expert from the BBC's Antiques Roadshow, gave a talk about the VC in Shirenewton Church room In October. He explained his interest in medals, and the encouragement his father gave him.

Mark related the history of the medal from the first approach to Queen Victoria, who supported the idea and wanted to be involved in its development, saying that the inscription should be 'For Valour'. The press of the day published a story about the medals being cast from the bronze of a Russian gun captured in the Crimea, which wasn't true, but it stuck in the popular imagination. The Queen signed the Royal Warrant for the VC in 1856. Mark told the courageous stories of the first recipients. Originally the ribbon was red for the army and blue for the navy, but when the RAF was formed it was decided that all ribbons should be red. Originally post-humous awards were not allowed, and the act for which the medal was awarded had to be something beyond what the man (or woman) would do in the course of their normal duties. Queen Victoria insisted that the award all about the deed, not the medal. Changes were made to the Royal Warrant in 1916 to allow for posthumous awards, and for the medal to be made available to women, but the basic concept was unchanged.

Mark illustrated his talk with examples of heroic deeds, gallant rescues, life-threatening situations and undoubted bravery. He told the stories of the three double VCs that have been awarded. During questions he talked about Captain Ian Liddell VC of Shirenewton Hall and explained how he had single-handedly run onto a bridge across the Rhine under enemy fire, cutting off the explosive charges so the enemy could not detonate the bridge demolition charges, then run under the bridge to get to the detonation cord to a large bomb, then across from side to side cutting off charges as he went. The Germans were unable to blow the bridge, and the British troops crossed in pursuit of them, led by Captain Liddell. Sadly, Captain Liddell was shot by a sniper a few weeks later. Commonwealth countries such as South Africa, Australia and New Zealand have retained the VC as their highest award for gallantry.

Mark spoke for an hour, and he was engaging, amusing, interesting and informative. He passed round a genuine VC and it was a privilege to handle one. It was an excellent talk, and reminded us all of the bravery and courage of previous generations and why we commemorate Remembrance Sunday. He created a podcast about gallantry medals to mark Remembrance Sunday. This can be found at www.soldierscharity.org, select the podcasts option, the select Gallantry.





SHIRENEWTON W.I.



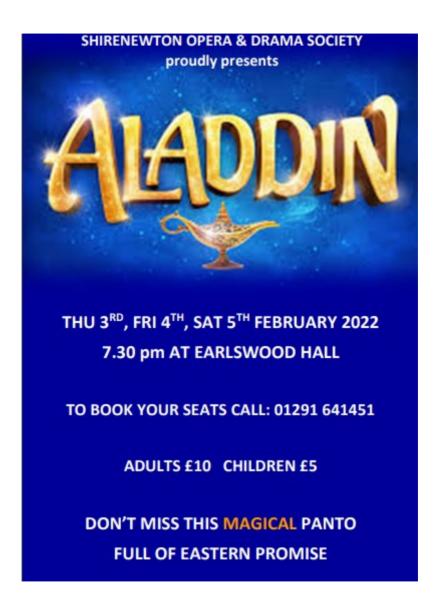
David Flint from Caldicot Food Bank came to our November meeting and gave us an insightful talk on their work. The Food Bank started 9 years ago as a joint venture of Churches Together in Caldicot and Caerwent, with David as one of the founder members. It is supported by many organisations, including Shirenewton Primary School and Shirenewton W.I.

David explained that one of their main roles is to listen in a non-judgmental way to the people who come to the food bank for help. The volunteers also signpost those in need to support organisations, addressing a variety of issues including housing, mental and physical health, addiction and relationship support. Most people receive up to 6 food packages, often to bridge the gap between claiming and receiving Universal Credit.

At Christmas the Food Bank makes up Christmas parcels which include the usual staple foods together with treats for children. Last year 209 adults and 243 children benefitted from Caldicot's Christmas Parcel Scheme. Donations of non-perishable food can be taken to the One Stop Shop in Caldicot Library, to the local churches in Caldicot and Asda Caldicot also has a collection box.

Please also remember that Glynis Mc Donald collects donations in Shirenewton and delivers them to Chepstow Food Bank. There is a collection box outside her house, The Chantry, in the village.

For our December meeting we shall be enjoying a Christmas meal together, this year at the Rock and Fountain, Penhow, as sadly this year we have no local pub to go to for our meal. Our January meeting is a Paint on Pottery Craft Evening at Shirenewton Rec 7.15 Thursday 13th. If you would like to join us, then please contact either Jane Butterworth- janeb247@gmail.com or Diane Ashton Smith (01291 628838)



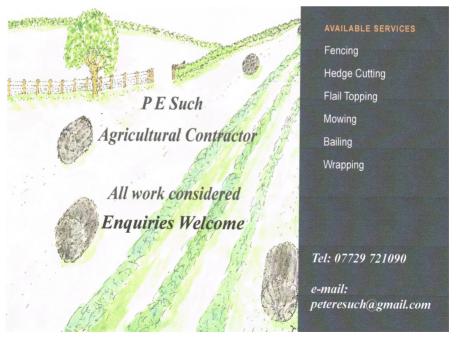
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STARGAZING



In the evening to the southeast, the constellation Orion is a glorious sight – three bright stars make up his belt; two stars are his shoulders, and two more make his legs. Orion was the great hunter of Greek Mythology who boasted that he could kill any creature on earth – but he met his match in the scorpion, which stung him in the heel and killed him. The bright bluewhite star in Orion's right leg is Rigel, an extremely powerful star but at great distance, it is at least 60,000 times more luminous than the Sun. The bright star at Orion's left shoulder is Betelgeuse (pronounce it "beetlejuice" and you'll be close enough). Betelgeuse has a reddish colour – it is a vast red super-giant star, large enough to contain the entire path of the Earth round the Sun. Hanging from Orion's belt is his sword. One of the stars in the sword appears fuzzy compared with other stars and is well worth looking at through binoculars. This is the Orion Nebula and is a huge cloud of gas and dust. It is one of the most intense regions of star formation visible in our galaxy.

The bright planet Jupiter lies to the south-west in the early evening. Saturn has a slightly yellow colour and can be seen to the right of Jupiter and is closer to the horizon. You may catch a glimpse of Venus – its to the right of Saturn and can be seen just after Sunset. The Moon is near Jupiter on 9th December and 5th January. It forms a triangle with Jupiter and Saturn on 8th December and is close to Venus on 7th December. You may see some shooting stars on 13th and 14th December. These are the Geminid meteor shower. They should appear in the eastern sky later in the evening.

We reach the Winter Solstice on December 22nd. The Sun reaches its lowest point in the heavens as observed in the northern hemisphere. This gives the shortest day and the longest night.





MUSICAL DIRECTOR: GRAHAM BULL CCS is affiliated to Ty Cerdd & Making Music, and is a Registered Charity (no. 112798) www.chepstowchoralsociety.org.uk

CHEPSTOW CHORAL SOCIETY 2021 - CHRISTMAS!!

Chepstow Choral Society's last Christmas Concert was 2019. However, we have HOT OFF THE PRESS news---

CCS is delighted to now be able to confirm that Christmas Choral Singing will return in December 2021--

CHRISTMAS MUSIC FROM CCS ON TWO EVENINGS

WEDNESDAY 8th DECEMBER

and

WEDNESDAY 15th DECEMBER

Chepstow Leisure Centre Arts Hall 7.30pm

At the time of writing this to go to press, we are still finalising arrangements, as readers will understand in our current circumstances, but <u>TICKETS</u> for <u>either</u> evening will be available –which will be advisable, as availability "on the door" will be limited to the total number allowed by MonsCC (Leisure Centre).

FURTHER INFORMATION ABOUT THIS WILL BE AVAILBLE VIA CCS WEBSITE and via local press and publicity. Please contact 01291 623310 from November 1st if you intend to join with us, and also for updated information after November 1st.

Please also be aware that the situation remains ever-changing, often at short notice. Many thanks. Marjorie Duerden (on behalf of Chepstow Choral Society Committee and members).

Thank You.

Marjorie Duerden Asst MD, CCS --01291 623310

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JERRY SANDERCOMBE

It is with great sadness that we report the death of Jerry Sandercombe on 28th October at the age of 67. He was a cheerful, outgoing individual who made friends with everyone he met, and he will be sadly missed by all who knew him, not least by his wife Jan and family.

FROM THE REGISTERS

It is with great sadness that we report the death of John Eede on 20th October at the age of 81. He was well known in the community through his work on the Community Council and his involvement in local golf clubs, and he will be sadly missed. The funeral was held at the church of St Mary's, Chepstow on 19th November 2021.

CHURCH SERVICES ON ZOOM

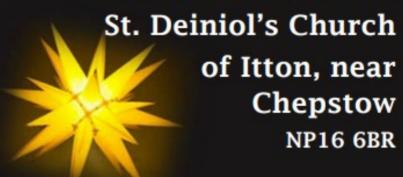
Every second and fourth Sunday of the month (when the service will be taken by Gilly Lambert) the service will be broadcast on zoom for people who are unable to make it to the Church in person.





CHRISTMAS CONCERT

Chamber Music - Carols - Readings



Sat 11th December 2021, 7pm

Tickets (£12, under 16 years free)

From Elaine Cavill (Tel 01291-641615) & Cynthia Matthews (Tel 01291-641901) or on the door.

Proceeds in aid of the church.

www.stwoolossinfonia.com

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THE LIVES OF THE GREAT AND THE GOOD

HONORARY FREEMEN OF THE CITY OF LONDON

By BILL CLARK

This book is an eclectic collection of the biographies of the 265 men and women who have been voted the Honorary Freedom of the City of London since 1674. These Great and Good men and women helped to shape the history of our Islands – only nine are alive today. This book catalogues royal scandals, yarns of derring-do and adventure, bravery and foolhardiness; stories of men and women rising from rags to riches, and accounts of spectacular falls from grace; stories of explorers and missionaries, heroes and villains; and heroes who became villains. These stories are a timely reminder of the varied and often controversial history of the United Kingdom.

AN IDEAL CHRISTMAS PRESENT



FOR MORE DETAILS OR TO PLACE AN ORDER EMAIL wcgandg@gmail.com

Gardening Corner

Oh, joy of joys. I recently managed to secure three trailer loads of manure from a kind neighbour. This wasn't any old manure (as the advert goes!), but well-rotted cow stuff that was absolutely full of wriggly worms. I've never seen so many in a dung heap before! To say I was ecstatic was an understatement. The assistant head gardener had to admit that she has never seen anyone so happy over a pile of old – well you know what. Fortunately, the massive pile was nice and close to home, so I could load it onto our not insubstantial trailer (it has a pay load as the jargon goes - of two tonnes) with our tractor, and so a huge amount of hard work was saved. 3 loads tipped up on our drive looked enormous and I was expecting this to cover half of the garden. Several weeks later and the dung has all gone, but sadly it didn't go anywhere near as far as I was hoping. The rose bed got a good covering, as did the beds in the tunnels and half of the raised beds in the flower/ vegetable area. I could probably have used at least five times more, but the main heap is destined for spreading on our neighbour's fields, so I'm just very grateful for what we had. It means that I have made an early start clearing the raised beds, which given the weather in recent weeks is a bit of a miracle in itself. Raised beds do mean that the soil dries out quicker, and of course you don't have to walk on the ground to weed it, so they make life so much easier. Our garden is on sloping ground, so the beds mean we can level the growing areas out, which makes it much easier to manage. When we first created the garden some 34 years ago it was just grassland. We sprayed it with herbicide and then one of the men I worked with came along and ploughed it up for us. This wasn't easy at the top of the field as it was very rocky and the plough brought up large 'sheets' of the red sandstone underlying the top few inches of soil. Our first crops were fantastic, but after the first couple of years they started to get suffer, all except the bottom of the field, as the goodness gradually leached away. The raised beds helped to solve this problem. But even if I had a flat garden, their usefulness is such, that I would still create individual beds. For the first time ever, I am going to try a 'no dig' policy, so the manure has been spread and the beds are now covered in ground covering fabric. This will have the three-fold effect of keeping weeds down, keeping torrential rain directly off the manure over the winter (and washing away all the nutrients) and stopping the pesky blackbirds from throwing the manure all over the place as they search for worms – especially if we get any hard frosts. The idea then is that, in the Spring, the beds will be ready for planting immediately. Time will tell how successful this is. The tunnel beds have also been covered in a layer of 'black gold', but not all have had the ground-cover treatment. The smaller tunnel beds have been covered over, as currently I'm transferring a lot of plants that are sitting in pots outside on one of the raised beds. The aim is to over-winter with a little protection. The tunnel doesn't prevent frost, but it obviously will keep off the constant rain that we now seem to now get this time of year. This is the biggest danger as it means susceptible plants will rot off very easily. I'm also trying something different in the big tunnel this year, which means that the manure has been worked into the ground a little. Rather than leave these beds empty all winter, this year I am planting all of our garlic and shallots into the one bed. The large tunnel runs across the slope and all of the beds are raised the same as the vegetable garden. Although some twenty-one feet wide and about twelve feet high in the middle, the top side of the tunnel has limited head room (and growing room) so we restricted in what crops can be grown. Anything requiring staking like tomatoes, peppers etc. are a 'no-no', and generally we have tended to grow greens such as calabrese and cauliflowers. These do tend to work well if we plant either late in the year or early, not just because we get a mature crop 'out of season', but it means we get them free from any little insect friends, without the need to spray with insecticides, and we avoid the excessive heat that can build up in mid-summer. With our weather changing so much, it can reach well over a hundred degrees in July and August, Garlic and shallots planted in late Autumn are actually ready for picking in June/early July so I am hoping that, by planting now, they should do guite well. I've never tried this before so time will tell. I'm also going to try growing some of our onions in the same border. I grow these from seed early in the new year, with the young plants then being planted out in or around early March. Onions form part of our main 'showing' effort later in the year, and so are quite important to us. Half of the crop will be planted outside as usual as a bit of an insurance policy – just in case things don't go to plan! As usual, I had sown some green crops in late summer (cauliflowers, calabrese and purple sprouting broccoli), and these were meant to have been planted outside and then covered over with our giant-sized cloches to give some Winter protection. Unfortunately, I was later than intended, so I decided to plant them inside the big tunnel instead. With the layer of manure, the young plants have rocketed away and are currently looking very good. There are even some small cauliflowers starting to form, so we may get some to eat in the new year, or maybe even as early as Christmas, but it will depend on the weather. Not all varieties are 'winter-hardy' so I will have to keep an eve on the weather and cover over with some protective fleece if hard frosts are forecast.

Out in the flower garden the main rose bed has been thoroughly weeded and had the mature treatment as I mentioned. It is a bit early to prune the roses yet – I usually do this in February. As it is still relatively mild, there is still a steady stream of flowers, which is amazing given that it is now mid-November. Cleaning the bed has also allowed me to plant more daffodil and tulip bulbs. I still have a lot of bulbs to get planted, but I have this week off work, the forecast is for reasonably dry weather, so fingers crossed. Tulips are fine to be planted in November, but it is getting a little late for daffodils, but they should still be fine. Unfortunately, the assistant head gardener is restricted to light duties at present, so she is sewing rather than sowing! This is because she is recovering from a fractured pelvis, although we aren't sure guite how this happened. It does mean that some of our friends and relations are going to get some very smart, hand sewn Christmas cards this year! As well as getting the bulbs planted, there are a list of other jobs that need doing as the weather permits. I'd like to get as much of the flower garden weeded as I can, but obviously we don't want any more rain for that. All of the internal hedges need cutting as from now to the end of March is the ideal time for this job. The only time to avoid, especially with evergreen hedges such as box or conifers, is when there is a real hard frost as the remining growth can easily get scorched, especially if there is a nasty East wind blowing at the same time. I should have cleared up and cut back everything in the fruit cage as well by now, but this is a job that can be completed when the ground is wet, as this is planted in raised beds and so can mainly be reached from the paths. At the same time, I

will roll back the netting over the top, just in case we do get any wet snow over the winter. The weight of this, on the netting will be too much for the supports to take, and the cage could be ruined in just one snowfall. It happened some 25 years ago and made a right old mess. I learnt my lesson then!

This year has been a disaster in the bee department and I have lost two-thirds of the hives. There has been nothing obvious in respect of disease, but the weather was definitely unkind at the wrong time. This coincided with the hives being at the strongest, by way of numbers of bees and all I can think is that as the weather was so bad, the bees simply got bored as they couldn't forage as normal. I can't think of anything else, as robbing became a major headache and there is very little you can do. Essentially the bigger hives started robbing food supplies from the smaller hives until they died out. Once robbing starts, then the wasps join in as well, which makes things so much worse. Bees will try to protect their stores of precious honey, but as I have said before it takes some 10 or more bees to kill a wasp, and once a sting has been used the bee soon dies, which means bee numbers in a hive can plumet in no time at all. I had destroyed any wasp nest I had found for this very reason, but there still seemed to be plenty of wasps around. Although wasps are good in the garden early in the year, eating thousands of insects, the trouble comes mid-season on. This is because they change their diet from meat (whilst feeding the grubs) to sweet things, which is why your summer picnic can be a disaster! Mild winters are not going to help in the future, as more over-wintering queens survive, so more new nests in the Spring. I am currently down to just five hives and only time will tell if they survive the winter. If they don't, then there obviously is a problem. I have spoken to the local bee inspector, but it is now too late to open the hives up and try to see what is going on. So, there is little choice at the moment other than to wait and see. If they do all die out then that will be the end of bee-keeping from my perspective. After over thirty years I will be throwing in the towel, but time will tell! Well, that's a cheery note to end yet another year of 'gardening pages' on. I promise to be much cheerier in the new year, as the gardening cycle starts all over again! By the time the next pages arrive, the new growing cycle will have already started, and we will all be looking forward to the best growing year ever. So, with that thought, we both wish you all a very merry Christmas and a Happy New Year to one and all. This Christmas will be different for us, but I'll tell you about that again! As always, happy gardening until next year. If you haven't bought your seeds for next year yet, there is still time to browse through the catalogues whilst enjoying a wee totty (or whatever your favourite drink happens to be).

Best wishes, Steve and Felicity Hunt.



FAIRTRADE NEWS November 2021

When the first Fairtrade products were launched 40+ years ago it's fair to say that some were not of tip top quality. Today the quality is second to none and the commitment to detailed ethical principles is even more defined and upheld. As I'm always keen to insist, the Fairtrade mark can only be awarded when many strict criteria are met. Production is routinely monitored, objectively. It is less clear that other schemes are evaluat-



ed so transparently. Traidcraft products are of top quality and quite a few have won a Great Taste Award. This is the world's largest and most trusted food and drink award. Organised by the Guild of Fine Food, this award is the acknowledged benchmark for fine food and drink. They put thousands of varieties of food or drink to the test each year, with a panel of over 500 experts blind tasting products, as well as straightforward and impartial feedback from chefs, buyers, food writers and retailers. This year Traidcraft was proud to announce that 2 new products have been added to their Great Taste Award-winning range — Organic Fusilli Pasta and Organic Mexican Blossom Set Honey.

Of the pasta one judge wrote 'The spirals are lovely and thick but still with a good bite. . . This is a very well-made pasta and we love the addition of quinoa to add protein as well as an extra dimension to the flavour profile.'

I might add that the addition of the quinoa [20%] makes me feel that this pasta is not just a filler (I must say I hadn't noticed any difference in taste from traditional pasta). It's manufactured in Italy from organic Italian wheat and quinoa from South America.

Of the honey one judge wrote 'A beautiful colour honey, with a pleasantly smooth, but stiff creamed texture. A delightful floral, butterscotch flavour and a wonderful mouthfeel make this an absolutely delightful honey.' These two award winning products join many others in the Traidcraft range, including teas, rice, coconut milk, Palestinian almonds (yes, Palestinian!), coffee etc.

Do go to the Traidcraft website for more info on these awards, and also to put in your orders! They do have a Christmas range but I remember when I started promoting Fairtrade, 30 years or so ago, that I had a naïve idea that once people realised they could regularly buy good quality Fairtrade staples, they simply would, regularly buy them, I mean. And swathes of humanity would be able to lead a decent life. This is still a work in progress!

Do consider the provenance of the products you buy. Consumers do have the power to change things for the better. (Does your bank lend to the fossil fuel industry?!....)

Marion McAdam 641316 msm316gmail.com

I can supply Traidcraft products if you'd like to try some. Money back if you're not satisfied!



Christmas Take Away Ready Meals Available to Collect Xmas Eve

Seasonal Roast Turkey with all the trimmings
Pepper Dusted Roast Beef with Yorkshire Pudding
Roast Rosemary & Thyme Studded Leg of Lamb
1/2 Honey Roast Duck @ £4.50 extra
Home-Made Cheese Scone topped with Roasted Sweet Potato & Welsh Rarebit
Chestnut & Lentil Nut Roast

Served with a seasonal vegetable and potato selection, gravy & sauces ${\bf 00000}$

Christmas Pudding with Brandy Custard
Cheese Cake with Cream
Meringue Roulade with Cream
Baileys Panecotta with White Chocolate Chip Brownie
Chocolate Fudge Cake with Cream
Sticky Toffee Pudding with Toffee Sauce & Custard

Main course £25pp

Dessert £5.00

Red Cabbage in Cranberry Port & Orange-serves 4 @ £5

Bread Sauce-£1 portion





Festive Menu

Home-made Winter Vegetable Soup
Creamy Spicy Mushrooms
Smoked Salmon Pate
Breaded Brie with Cranberry Sauce
Melon Fan with Berries

All served with Crusty Bread

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Seasonal Roast Turkey with all the trimmings

Pepper Dusted Roast Beef with Yorkshire Pudding

Salmon Fillet in a Pink Prosecco Cream Sauce

Cheesy, Sweet Potato, Chestnut & Vegetable Pie.

Served with a seasonal vegetable and potato selection, gravy & sauces

00000

Christmas Pudding with Brandy Custard Chocolate Brownie with Ice Cream Meringue Roulade with Cream

00000

Mince Pies

£25pp Adult £15pp Children



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Your local RNLI branch needs you!

RNLI Chepstow Branch has been raising funds for the Royal National Lifeboat Institution for many years. We hold social events such as coffee mornings, quizzes, talks and concerts, which are extremely popular and are good fun. We also run collections at local venues and in Chepstow itself.

But we need new committee members!

Would vou be interested in helping us organise and run our events, to help raise money for this extremely worthy cause? If you would like to see what we do, please contact Anne Octon on 01291 641918 or John Gale on 01291 629753 and we'll invite you to our next committee meeting to meet other members and see what you think of our work.

We've started to get going again as restrictions begin to be lifted. We held a garden party in Shirenewton in July which everyone enjoyed and which raised over £500, and then in August a classical concert by the Chepstow trio Two Bows and a Stern, which again was a great success and raised £342. Every penny raised goes to the RNLI.

The RNLI was founded nearly 200 years ago, in 1824. It has over the years saved over 143,000 lives. It is the world's leading search and rescue service. Even at the height of the pandemic last year its crews saved over 10 lives a week. The loss of countless more lives is prevented all the time through its youth training and water safety work.

If you think you might like to be a part of this, please contact Anne or John. We very much look forward to hearing from

vou.

Nerys's Natty Nosh

A Tree of Delight.

Impress your family and friends with delicious home-made truffles and dipped chocolate strawberries. This would make a perfect gift to take to friends or family over the Christmas celebrations. The colour combination is festive and joyful.



Strawberries dipped in

chocolate

Punnet of strawberries washed and dried. 100g chocolate.

Method

- **1** In a bowl over hot water, melt the chocolate, stirring frequently. Take care as not to burn.
- 2 Remove from the heat.
- **3** Dip lower half of each strawberry into the chocolate. Allow excess to drip back into bowl.
- 4 Place on waxed paper.
- **5** Allow to dry before lifting off the sheet.

Thocolate Rum truffles.

Ingredients
250g marzipan
100g chocolate
3 tsp rum or brandy
Crushed Amaretti biscuits
White chocolate, melted

Freeze dried strawberries and angelica for decoration.

Method

- 1 In a bowl over hot water, melt the chocolate, stirring frequently.
- 2 Remove from the heat. Cool slightly.
- 3 In a food processor add the marzipan, rum/brandy and chocolate.



Pulse until thoroughly mixed. 4 Take the truffle mixture out of the processor and leave to cool for a few minutes.

5 Divide the dough into balls.

6 Crush the Amaretti biscuits and roll the truffles until they are covered with hiscuits.

7 Melt the white chocolate and dollop on top of the truffles.

8 Decorate with angelica and freezedried strawberries. Enjoy!



Nadolig I Lawen A blwyddyn Newydd Dda

Merry Christmas And A Happy New Year.



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SHIRENEWTON CHURCH WEBSITE

www.shirenewtonchurch.com

Let start with a serious bit of important monitoring I strongly recommend.

You may have read the news about the poor priest who was working away, was told by the neighbours that someone was in his house and returned only to find that fraudsters had managed to legally sell the house by taking control of the registered title. Apparently, the police weren't initially interested considering it a civil matter but finally accept it was fraud. Apparently, there is little he can do as the new owner legally owns the property and his best hope is compensation from Land Registry. This fraud is much easier to perpetrate on properties without a mortgage.

The good news is that the Land Registry site has a free service called Property alert which means they will email you if there is any activity. You can monitor up to 10 properties to include those of a relative - you don't have to own the property to set up an alert.

It's straight forward to set up an account although be warned if you already have a land registry account you can't use the same account or the same email address for the property alerts. Also, I found the search facility poor and had to reduce the information input to find my house. Also, I found 'cookie contamination' if you have a Land Registry account you use for title searches so either clear your cookies or use another browser.

Note: This service is free. Make sure you find the official Government site (https://propertyalert.landregistry.gov.uk) and don't be fooled by other 'services' advertised by Google above the real service results – although to be fair, last time I looked there were none and Google only displayed the official government websites.

The latest topical scam to do the rounds is the vaccine passport scam. Action Fraud report that many people are receiving emails purporting to be from the NHS, offering them a vaccine passport. The fake emails claim that the passport will allow the individual to travel safely and freely around the world without having to self-isolate. Needless to say, the emails ask the recipient to click on a link which takes them to an online form where they are prompted to input personal and financial details. The website is designed to look just like the real NHS website. Anyone entering their details can expect to enter a world pain as the criminals behind these websites then use the details to steal the victim's identity and empty their bank accounts.

At this point in my scribing I decided to visit the Action Fraud website to see what it had to say about identity theft (https://www.actionfraud.police.uk/az-of-fraud/identity-fraud-and-identity-theft). However, my browser, Opera, blocked me with a message:



Fraud warning

This site may be hacked or fraudulent. Giving it passwords or personal information could put you at risk for identity theft or financial fraud.

Opera Software strongly discourages visiting this page.

Go back safely

Ignore this warning

I'm pleased to report that neither other browsers or BitDefender (my security suite) felt the need to take action and Opera was being 'overzealous'. It did however bring a wry smile to my face as the Action Fraud website was suspected of being fraudulent!

Talking of identity theft, which we were before being side tracked by Opera's mis-firing fraud alerts, the Cornwell family (well the female side of it actually) has been deluged with scam emails purporting to be from popular supermarkets. Emails inviting one to take part in a questionnaire to get a voucher for Sainsburys, Asda, Morrisions, Tesco, etc. These emails are scams and are just another way to steal your personal information. They ask for your bank details so they can 'pay you' if you win – obviously. The problem is that people do fall for this rubbish.

In fact, the whole scam industry seems to have woken up to the supermarket loyalty card opportunity and it sems people are inclined to let their guard down around supermarket loyalty cards - and the fake voucher industry is booming. Remember they are out to get you.

Finally, a top tip for Windows users. Want to add emojis to your emails,

etc? Holding down the Windows Key (up the Windows emojis. What fun.



) and the full stop key pops

Safe browsing

drc webmaster

The PT Shed – Look forward. Don't look backwards – you're not going there!

Hi everybody, after a brief hiatus, your local Personal Trainer is back with the Christmas episode of the PT Shed.

I cannot believe that 2021 has flown by so quickly. I know that is a common thing to hear at this time of year, but it is true! Another thing that is really common, is people saying how they have let themselves go over the past 12 months and they will make a fresh start in the New Year.

I will tell you something else that I see frequently - people falling off the wagon a few weeks into their new routine in January! This links into motivation, which I wrote about previously in the May edition. If any of you want a refresher on that article, please email me at alex@optimalexercise.co.uk and I will be happy to send you a copy.

Today I am going to talk about looking forwards and planning for success in your quest for a healthier future. Sound good? Let's get to it.

As always, I have a few questions for you to ponder at the outset. How are you going to approach 2022? Are you looking back on 2021 and feeling that you haven't achieved all that you wanted? Maybe you feel that you've let yourself down in certain areas. Do you think "I should have done this or that"?

Take a moment to think about your answers to those questions. Be honest with yourself. There is no right or wrong here.

We often spend time reviewing our year. It is a mindset that is perpetrated by today's media with 'Year in Review' shows everywhere. Now, there is nothing wrong with reviewing our past, provided we are using that to drive our future.

Too many of us get sucked into a mindset where we spend so long dwelling on what might have been, that we forget to truly plan our future. I've been in this situation. I used to be so resentful about all the things that had happened to me, that I couldn't see the good things that I had right in front of me. I forgot how to show gratitude. I forgot how to look forward. To be honest, I blamed everybody and everything for the situation I found myself in.

The result of this was that I kept promising myself that I would make a change the next week, month, or even year! Does that sound familiar? I kept telling myself that I would completely change my whole life based on a point in time! When you break it down, this is a strange approach. Trying to change things because of a date, like New Year, won't really work. After all, what is the plan? People make resolutions such as "eat healthier", "lose weight", "join the gym" without any real purpose or intent behind it.

I always ask people why they want to achieve a certain goal. It is never enough to simply want to "join a gym" and then expect some magic to miraculously happen. There needs to be a plan of action.

Take some time to ask yourself why you want to make a change in 2022. It's OK to look back and reflect on the past and use that as a driver. But please,

make it a brief reflection, not an attempt to time travel and get lost in the maze of a previous time. You can't change the past, but you can influence and shape your future.

Sure enough, in my past, I expected to be able to fundamentally uproot elements of my life. I'd start training regularly and eat better food. Sure enough, because I hadn't addressed the root cause of my reasons for change, the new habits weren't established and I fell off the wagon. My 'why' wasn't big enough and was an unknown to me.

Fast forward 15 years and I have a completely different approach to life. No longer do I have the fixed mindset where I am in a position because of what has happened to me. I now have a growth-minded approach where I constantly look to identify areas where I can get better. I see challenges as something to be overcome, rather than blockers that stand in my way.

I want to remind you all that where you are right now, is exactly where you are meant to be. Please don't be hard on yourself. Look towards the future and identify the little steps that you can take to make things better. After all, everything that you have experienced is a vital part of who you are. Take that experience and see how you can apply it to make changes in 2022.

As for me, 2021 has been a seismic year of change (hence my brief absence). After 24 years in the Civil Service, I am leaving to pursue my dream of coaching full-time. Yes, I had a full time job as well as doing my coaching! This is where I have applied the exact things I have discussed in this article. I have spent the past 2 years developing myself on a personal, professional and physical level. I have gradually chipped away, identified areas to improve upon, and taken action. This gradual approach has led me to a position where I can make a change for the better. I am massively excited for 2022 and all the challenges that it will bring. Who fancies coming on the journey with me to make a better change for yourselves?

I hope that this article has helped you to consider your approach towards changes in 2022. I'm not pushing any of you towards a career change! But, if you take some time to truly understand why you want to make a change and then map out a route to achieving it, then you will stand a much better chance of success.

My final point is this: Acknowledge where you have been and celebrate your life experiences. Take them forward and use them to fuel any changes you want to make in 2022. Be realistic and considered in your approach. Take your time to establish changes and then you will reap the benefits.

In this article I have spoken about how a shift from a fixed mindset to a growth mindset has benefitted me. I hope that you take something away from it. If you are interested in learning more about Growth Mindset, then I

can recommend the book 'Mindset' by Dr Carol Dweck. It's not too hard going and gives the reader plenty of advice on how to apply the information.

If anybody wants to share their 2022 goals with me, or if you simply don't know where to start, please get in touch with me. I really want to help you all out. You can contact me via email, phone, or through my social media channels. They are all listed at the end of the article. Otherwise, please do not hesitate to stop me and talk to me if you see me around. I love talking all things health-related! I'll usually be in my Optimal Exercise gear and will often be accompanied by Winston, the resident Fitness Frenchie. I would love to hear how you have applied the advice in this article.

If you have any specific topics that you would like me to cover in future articles, please email me at alex@optimalexercise.co.uk. If you want to see more regular content from me, please follow my Facebook page (Optimal Exercise) or my Instagram (@alex_hopkins_optimal_exercise)

Have a wonderful Christmas. Enjoy the time with your loved ones and I wish you a happy and healthy New Year!

Alex Hopkins - Optimal Exercise



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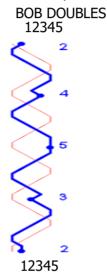


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THE BELLS

To continue the discourse on "change ringing" as explained in last month's offering the rules for change ringing dictate that anyone bell can only change one place within the row, and that each row must be unique and not repeat the sequence of any previous row – that is to explore the sequence permutations. The way ringers do this is to ring "methods" which equivalates essentially to what is a music score. Now last month's offering explained the function of the "blue line" – the pattern of the method in short-hand. So to return to a method on five bells the next simplest method to "Plain Hunt Doubles" is the method "Bob Doubles" The blue line is presented as follows:



The line sequence covers 5 bells and the **starting point for each bell is shown above**. So for example bell 2 at the beginning will be in 2^{nds} place during rounds.

12345

The blue line indicates the direction of travel in the row. Thus the next row in the method dictates bell 2 goes to 1st place:

21435

But the blue line also shows the trajectory of the start of all the other bells. Thus bell 3 goes to 4^{ths} place, bell 4 goes to 3^{rds} place and bell 5 stays for this row in 5th place. Note bell 1 follows what is essentially a "Plain Hunt" course shown in red and does not follow the blue line. So for this month I would like anyone who has read and understood the concept of method ringing to write out the whole sequence of a plain course of Bob Doubles. I will give an initial clue and see if anyone can complete this:

Answers to be deposited on the bench in the church under the bell tower and under the wooden bell wheel mounted on the north wall. It would be preferable if identification was also included (we might be able to recruit you to the band) but any anonymous solution appreciated. This has to be better than wasting your time on Sudoku!!

Keep safe. And Merry Christmas

Mike Penney.

It is possible that some corruption to the column spacing in Mike's October article that occurred when editing might make understanding this month's offering problematic. The correct version of the relevant paragraph is:

"So to achieve the 24 changes a more complex method is required – as continued in columns 2 and 3 by not reverting to "rounds" at the bottom of column 1. This method is known as "plain bob minimus"

1234	1342	1423
2143	3124	4132
2413	3214	4312
4231	2341	3421
4321	2431	3241
3412	4213	2314
3142	4123	2134
<u>1324</u>	1432	<u>1243</u>
1234		1234

St Thomas a Becket, Shirenewton has 6 bells with a maximum number of changes of factorial 6 = 720."



Are you putting your online shopping to good use?

The **Lions Club of Chepstow and Caldicot** are raising funds for the local community even during these lockdowns. With us all being confined to home for work and play, most of us have had to utilise online shopping, and this is looking set to continue as the new normal.

The Lions Club of Chepstow and Caldicot serve local communities including our own, and like everyone else have had modernise through the use of technology. Some of their fundraising used to take place in supermarket doorways, but now a number of online mechanisms support their fundraising efforts.

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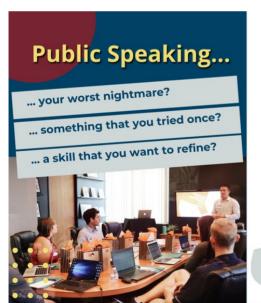
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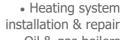
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Inheritance tax - Are you making the most of your allowances? I recently visited a widow who lived just outside Usk. She didn't consider herself to be wealthy, but like many of us had worked hard throughout life to pay off a mortgage. She is now retired and in a comfortable financial position. She has three children and you could probably understand her disbelief to be informed that when she passes away the tax man will receive a higher amount in tax than the share of her estate left to each of her three children! The continued rise in house prices in this area means that these days you don't have to be hugely wealthy to be affected by Inheritance tax (ÍHŤ). According to HMRC inheritance tax receipts 2019, a record £5.38 billion was collected in inheritance tax in the 2018/19 tax year and this is set to rise. There are many things you can do to reduce your inheritance tax liability and keep more of your wealth within the family. The current IHT nil-rate threshold is £325,000 for individuals and £650,000 for a married couple or civil partners. Beyond these thresholds, IHT is usually payable at a rate of 40%. In order to help with aforementioned increasing house prices we recently saw the introduction of the main residence nil-rate band, which applies if you want to pass your main residence to a direct descendant, this now provides an additional £175,000 for individuals and £350,000 for a married couple or civil partners. However, it is important to be aware that for larger estates this extra relief is tapered when the estate is over £2m.

There is a range of options to help mitigate your potential inheritance tax bill, but as a starting point, you should consider the following allowances:

Annual gifting allowance – each year you and your spouse can each gift up to £3,000 in total. You can also carry this forward for one year. Furthermore, gifts of up to £250 to any number of people are exempt.

Wedding gifts – Parents can give up to £5,000 to a bride or groom, for grandparents this reduces to £2,500. Other well-wishers can give up to £1,000 before it becomes liable to IHT.

Gifts to registered charities and political parties are exempt Gifts can also be made out of surplus income, however a number of conditions apply to this allowance and so I would suggest you seek advice in relation to this.

Assets left to your UK based spouse or civil partner are also exempt.

Remember planning pays and there are several routes which can help with such taxes. If you would like to come along to my free inheritance tax seminars just drop me a line. (info@iscawealth.com Isca Wealth Management Limited is an Appointed Representative of Vision Independent Financial Planning Ltd which is Authorised and Regulated by the Financial Conduct Authority (FCA). Firm reference number 487395. Please note that the FCA does not regulate inheritance tax advice.

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Are you taking advantage of your tax allowances?



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The benefits to the treatment of tax will depend on your individual circumstances and may be subject to change in the future.

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