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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: <u>parishmagshirenewton@gmail.com</u> 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 <u>www.shirenewtonchurch.info</u>.

### 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

Many thanks to Terry Walters for his kind permission to use his photograph on the front cover

### Deadline for April 2022 issue is 9:00 a.m. Monday 28<sup>th</sup> March 2022

### FROM THE VICARAGE

### Julian E Ll White

Dear People of the Parish,

I sit, composing this piece, whilst a gale is howling outside, a chunk of the village is without electricity and the authorities are advising against venturing outdoors — yes, this is typical of British climatic conditions. It is a trifle difficult. therefore, to rhapsodise in advance about our annual Fete scheduled for June. Yet enthusiastic I must be having learnt that a commendable number associated with both village church and school have stepped up to the plate to ensure that this function is to be organized to the highest standard.

Special thanks, following a couple of difficult years observing Covid restrictions, are extended to Janet Horton for co-ordinating planning, Sarah Trimm, Sarah Denne, Jane Eickhoff, Andrew Baker, and Serian Orrell, among various others, for becoming involved at this early stage. As well as being a favourite fixture in the community diary, this event is greatly valued by both the church and the school who extend their warmest appreciation in anticipation of a special day.

It is good to look forward to the future following the demands of the recent past and, as is normal, we are often uncertain where new challenges will lead us. At my age I tend to reflect on former times (or wallow as Sandra would have it!) and muse upon what has changed over the years. I recall, for example, that when I was an enthusiastic curate (yes, I was!) back in the late 1970's I could be numbered among more than one hundred stipendiary clergy in this diocese — now there are just over forty of us. In like manner, the total of parishes and church buildings have declined, been amalgamated or disappeared.

The Church, however, continues in some shape and form seeking to address contemporary issues. In fact, stagnation in any institution — and in this respect we may include the Church — indicates that it is no longer relevant and it is, therefore, dead. This is a peril which needs to be recognised at both local and national level.

In terms of 'a breath of fresh air' and the value of being aware of a new perspective, we welcome Revd. Steven Lodwick to our church who will officiate and preach on various occasions. He presently ministers within the army and I am grateful to Andrew Baker for introducing him to our schedule of worship, Stephen's first appearance with us will be on March 6<sup>th</sup> and we extend him a warm welcome.

The season of Lent is upon us. It is, by tradition, a time when we are called to a deeper consideration of matters spiritual and I hope that the number of significant influences affecting our parish, soon to be advanced, will be incorporated into our meditations. This year, as part of the newly formed Severn Wye Ministry Area, we are invited to join a combined study-group meeting at Saint Christopher's, Bulwark. This will be held on Monday, February 28<sup>th</sup> at 11.00am and thereafter on a weekly basis to be announced. I have every hope that it will be a stimulating and thought - provoking course and that our appreciation of Lent is enriched in the company of fellow pilgrims.

An Ash Wednesday service will be held at Mathern Church on 2<sup>nd</sup> March 10am. This will consist of Holy Eucharist with Imposition of Ashes. With every good wish and blessing.

Julian White (Rector)

### SAVE THE DATE—SATURDAY 18th JUNE SCHOOL AND CHURCH FETE

### Calling all 200 Club Members!

200 Club subscriptions for this year are now due in March. Many people have already set up standing orders (thank you!), but for those of you who prefer to pay by cash or cheque *please contact Aileen Doggett* at *Church House, Shirenewton, Chepstow, NP16 GRL, (01291 641459, 07814 451943, <u>aileendog-gett@btinternet.com</u>), as soon as possible. If paying by cheque, please make the cheque payable to "Shirenewton PCC 200 Club".* 

If you're new to the area and are wondering what the 200 Club is all about, then read on...

For each £10 subscribed you are allocated a unique number which is entered into the monthly draw. You can sponsor as many membership numbers as you like in your own name, on behalf of family members or even a pet!

There are 10 draws per year, August and January being the exceptions, and each draw pays out prizes of  $\pounds 40$ ,  $\pounds 30$ ,  $\pounds 20$  and  $\pounds 10$ . The draws take place on the third Sunday of the month. The four lucky winners are announced in church and are notified in the Parish Magazine.

Where does the money go? Two thirds of the money goes to you as prize winners and the other third goes towards the upkeep of the church.

We value your continued support. Many thanks, Aileen.

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## Ministry Area Lent Course 2022 Beginning 28th February for 6 Weeks @ St Christopher's, Bulwark

## 11am and 7pm

If you would like to attend either group please contact Rev Philip Averay at revphilipaveray@gmail.com or 01291 620980

Course Book costs £6.67

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## **OTHER AUTHORS**

### The Joy of the Gospel (Church House Publishing)

### Paula Gooder

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The book contains everything needed to run the course including Bible readings and leader's notes. Each person in the group will need a copy.

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### **Shirenewton Community Council**

### Extracts from the minutes of the February meeting

### Planning applications considered in February:

### DM/2021/01573 Oakfield, Usk Road, Earlswood

The council noted an application for a two storey side and end extension

Recommendation: No Objection subject to the delivery of a bat report and implementation of its recommendations.

### DM/2022/00089 Azalea Cottage, Old School Hill, Mynnyddbach

The council noted an application for the erection of a new detached dwelling.

Recommendation: No Objection with the condition of removing permitted development rights.

### DM/2022/00045 Sunrise, Red House Road, Earlswood

The council noted an application for the demolition of an existing conservatory and replacement with single storey side extension. Recommendation: Objection due to being unsympathetic to the character of the existing building or to the landscape.

### DM/2021/02094 Fost, Argoed Road, Earlswood

The council noted an application for a single storey side extension. Recommendation: Recommendation: No Objection.

### Other items of interest

The Council noted a presentation made from Rachel Carter on "Local Places for Nature for Community and Town Councils". The objective of the program which is funded by Welsh Government, is to restore and enhance nature where people live, work and access public services. There is a focus on areas of deprivation, urban, peri -urban areas, places/people with little or no access to nature and focuses on projects that fit in with the First Minister's commitment to 'modest measures....things that make an impact locally'. The different funding schemes and application processes were noted and examples of different project ideas. Specific reference was made to the Shirenewton Hard Path Project being potentially appropriate for an application under the Community Woodlands Scheme which does not include deprivation in its eligibility criteria. The Council also noted Pethau Bychain the One Voice Wales Nature Forum and Green Network for Town and Community Councils that Councillor Williamson attends. This forum meets to discuss environmental issues, policies and funding, and to share best practice and ideas.

### Update on the Recreation Field Hard Path Project

Councillor Williamson following last month's update, completed a third draft of the "Expression of Interest" and uploaded it to the Local Places for Nature portal of the National Lottery Heritage Fund. A response was received informing the Council that it had been unsuccessful, due to the location of the project not meeting fully the deprivation criteria. After appeal, with the help of Rachel Carter, the NLHF suggested it would be better if the bid was submitted to the Community Woodlands Fund, a fund managed by the same team without the deprivation criteria. Councillor Williamson has therefore submitted an "Expression of Interest" upon the eligibility for the Community Woodlands Fund and has received a response inviting the Council to make a formal application. Councillor Williamson is currently working on this formal application for the Community Woodland Fund deadline of the 4<sup>th</sup> March.

### From the Clerk's Report

**New swing set for play area** – On the 1<sup>st</sup> February 2022, a meeting took place between J Wassal of MCC, the Clerk and Councillor Butterworth to confirm the location of the new unit. J Wassal confirmed they have the new swing unit in stock and will confirm the new date for installation in due course. A backlog of work in this respect was noted.

### Items of Local Concern

Councillor L. Brown raised the issue of dog fouling on Shirenewton Recreation Field. The Council noted the action to be taken by Shirenewton Recreation Association, specifically to raise the issue with visiting football teams.

Councillor Keith Dunn has been in contact and shared photographs with MCC with regards to the damaged road signs in Shirenewton.

Councillor Brown informed the Community Council of a skip that has been located on Mynyddbach green.

## Extracts from County Councillor Louise Brown's monthly report:

### County Councillor Brown advised the following:

## 20MPH SPEED LIMIT IN SHIRENEWTON AND MYNYDDBACH

As reported in the County Councillor report for last month, the MCC press release indicated that the 21 day consultation for the traffic order for the speed limit would commence in early February 2022. The consultation ends on the  $23^{rd}$  of February.

The link below shows the amendment order 2 which covers Shirenewton and Mynyddbach with the street maps:

https://www.monmouthshire.gov.uk/amendment-order-no-2-2022/

The link below is where comments can be made for consideration by highways:

https://www.monmouthshire.gov.uk/public-consultation-traffic/

### Cabinet on the 19<sup>th</sup> of January 2022

The Cabinet report shows the draft revenue budget proposals for 2022/23 with some of the following notes:

"...That Cabinet recognises unavoidable service pressures of some  $\pounds 10.41$  million and further pay pressures of  $\pounds 4.96$  million that need to be provided for within the 2022/23 budget.

That Cabinet confirms its intention fund pay related pressures insofar as they impact schools and up to a threshold of a 3% pay award, and to accommodate significant demand pressures caused, in particular by increasing numbers of looked after children and pupils with additional learning needs.

That Cabinet proposes a Council Tax rise of 3.95% for modelling purposes for financial year 2022/23 and over the medium term

That Cabinet acknowledges the financial risks and uncertainties that remain and that unless mitigated through other means will result in further budget pressures needing to be managed.

That Cabinet recognises that whilst the draft budget proposals are presenting a balanced budget this includes a one-off contribution of £863k from the Council's limited general reserve (Council Fund).

Efforts are to continue to mitigate as much as possible the level of reserve contribution supporting the budget proposals for 2022/23.."

Whilst an above average settlement was welcomed from the Welsh Government, Monmouthshire still receives the lowest contribution of  $\pounds 1,176$  per head of population, compared to the average of  $\pounds 1,611$  from the Welsh Government and so has a higher than the average (39.5% compared to 27.5%) reliance upon Council tax to meet its budget.

The Cabinet report on this and other issues can be found at the following link:

https://democracy.monmouthshire.gov.uk/ieListDocuments.aspx? CId=144&MId=4674

### County Council on the 27<sup>th</sup> of January 2022

The County Council reports included the council reduction scheme, implementing the South East Wales Joint Corporate Committee and responding to the insufficiencies in the provider market for children and young people with complex needs. The reports can be found at the following link:

https://democracy.monmouthshire.gov.uk/ieListDocuments.aspx? CId=143&MId=4730

In the Community Council meeting, the Council expressed its disappointment that the information sent through with regards to the proposed Traffic Regulation Order was incorrect. At the time of the meeting, the Community Council were awaiting an updated map and a date for the implementation of the 20mph restrictions, having requested it several times.

**Dates of next meetings: Monday 7th<sup>th</sup> March at 7.00 pm and Monday 4<sup>th</sup> April** 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

<u>Contact the Clerk</u> – Natasha Jones, Squirrel's Gate, Devauden, Chepstow NP16 6PE Tel: 01291 650133 Email: <u>shirenewtoncc@gmail.com</u>

### OUR MINISTRY AREA—THE LATEST NEWS

How is the development of our new Severn Wye Ministry Area progressing? Members of our 12 churches will know that we held several consultations, open to all, at the end of last year, at which we asked people to give us their suggestions and to voice their questions and concerns about the changes the Ministry Area will bring to our churches.

We at the Ministry Area Transition Team are very grateful to the many people who attended these consultations - they are all by definition committed to our churches and want the best for them. By far the most important issues they raised were the fear that the identity of our churches will be weakened, and questions on how their - our - money will be managed. We are doing our very best to address these and other concerns.

So what will happen to our parishes? They will no longer have the same legal status as now, but people identify very strongly with their local church and council and are very loyal to them. Their names, titles and histories are very important. In the Ministry Area our individual churches will still be the centres of our Christian lives, and their church councils will retain many of the powers they hold now.

The Ministry Area Council will be the trustee group. This recognises that some churches are struggling to get suitable people into the right positions; it will also ensure that those on the MAC are properly trained for the responsibility they are undertaking. But the MAC will rely on support and input from individual church councils and on people still taking active roles in each church. Ministry Areas are about helping local churches to thrive, not just to survive.

Is the MAC going to be democratic? Its members will be elected at an Annual Vestry Meeting, just as PCC members are now. Our subgroup working on governance (constitution and management), led by Hilary Hillier and Ros Downs, will put in place arrangements to ensure that each parish is represented on it. The group has held its first meeting now, and that went well.

Much of the ongoing work of the Transition Team seeks to develop the appropriate relationships between the MAC and local churches. People are concerned that local parishes will lose their voices – but we are determined that churches will still have the main say in local decision making, although some larger financial decisions will need to be referred to the MAC, as its members will have overall accountability. How much flexibility do we have? We have quite a lot, although we have to remain within the Constitution of the Church in Wales. Let's also remember that if we find some of the new arrangements don't work well, we are free to change them in future. So the MAC will hopefully evolve and improve over time.

On finance, treasurers from our churches have met twice now, under the leadership of Graham Lambert from Shirenewton, and they have a shared vision of how they want future finances to be managed. They are planning that each church will retain at least one bank account, and in the MAC accounting system all their existing funds will be clearly identified as belonging to them from day one.

The Diocese is providing accounting software, which is designed to ensure that all money will be clearly identified against each church. Each church's money will be split into four funds: **general/ unrestricted,** for standard income and expenditure (collections, insurance etc), **restricted,** I.e. funds given to the church for a specific purpose and to be used only for that, **designated,** I.e. the church has decided to use it for a particular project, and **endowment,** money given to the church and it can spend the income but not the capital. This split into the four funds looks complex, but basically it means each church can continue to raise money for its own purposes.

So this means: future fundraising can be for specific churches, with the resulting income paid into their own bank account. Future bequests can be directed to individual churches, just as now, and past bequests to individual churches will of course remain restricted to them. Each church will be clearly flagged in the MA accounting system, so that local church finances will be clearly visible. Local treasurers will continue to be needed to manage day to day expenditure, and to ensure that all transactions are entered correctly into the software so that they can have oversight of each fund. It is worth adding that all 12 churches are at present solvent.

Views about the need to cut Diocesan overheads have been heard and passed on. The Diocese has already cut a number of posts staff numbers had gone from 14 to 6 when last we heard - and it is sharing other posts with neighbouring dioceses.

What about the fabric and maintenance of our churches? Most are old and all are lovely and all need constant and often expensive care. We can help each other in very practical ways here. John Waters is collecting details of how various churches handle fabric matters, and the hope is that in future we can share names of good contractors, and help each other with grant and faculty applications etc. Hopefully, more hands should make lighter work.

In our Diocese, three Ministry Areas have already been commissioned, and that number will go up to eight by Easter, out of the total of 16. In our MA, Severn Wye, the subgroup on governance has met, and intends to produce proposals to go to the MATT by the end of May, and to hold discussions with every PCC over the summer. We intend that the MAC will be commissioned before the end of this liturgical year.

Every Diocese in the United Kingdom's Anglican Communion is going through the same changes. Why? many people have asked. Why don't we leave well alone? The answer is that life has changed, our numbers are steadily declining, and the church demographic is getting older. We need to help and support each other and reach out more to our communities, and hopefully to bring in new, younger members whose lives will be enriched by the church, and who can continue its work - otherwise, where will we be in 10 years' time?

On ministry and mission, we are already seeing some good results. We have on offer new forms of service such as Café Church, led by John Waters, and these are proving popular and are well attended. They offer a chance to meet people and enjoy a cuppa and a piece of home-made cake with them, along with an informal service. Our website is being set up and will be active soon. We'll post details of all church services and church fund-raising and indeed other events on there. We on the transition team are determined that the MAC will do more for children and young people - both families with children, and young people generally. Perhaps this is the single most important decision on mission we have made so far. So watch that particular space! And also very important, people from different churches are already starting to get to know, like and support each other, far more than has happened in the past.

Thankfully we will still have three stipendiary priests, and we do not want to make change for the sake of it - we want to leave as much as possible as it is now. But hopefully the changes we do make will help us all in areas where we are not doing well at present. If you would like to get involved, or have questions or suggestions, please get in touch with one of us on the Transition Team:

Fr Philip Averay (revphilipaveray@gmail.com) Ros Downs (rosdowns@btinternet.com) Hilary Hillier (hilary.hillier@btinternet.com) Lindsay Hollies (lin.a.hollies@gmail.com) Graham Lambert (glambert123@googlemail.com) James Leney (jamesleney@btinternet.com)



## 12 Ways to be British shamelessly copied from Funnies sent to me online during Covid. Glynis

- 1 Worrying that you have accidentally packed 3 kilos of cocaine and a dead goat as you stroll through "Nothing to Declare"
- 2 Being unable to stand and leave without saying "Right"
- 3 Not hearing someone for the third time so just laughing and hoping for the best.
- 4 Saying "Anywhere here's fine when the taxi is directly outside your door
- 5 Being sure to start touching your bag 15 minutes before your station, so the person in the aisle seat is fully prepared for your exit
- 6 Repeatedly pressing the door button on the train before it's illuminated, to assure your fellow commuters you have the situation in hand.
- 7 Having someone sit next to you on the train, meaning you'll have to eat your crisps at home
- 8 The huge sense of relief after your perfectly valid train ticket is accepted by the inspector.
- 9 The horror of someone you only half know saying: "Oh I'm getting that train too"
- 10 "Sorry, is anyone sitting here?" Translation: Unless this is a person who looks remarkably like a bag, I suggest you move it.
- 11 Loudly tapping your fingers at the cashpoint, to assure the queue that you've asked for money and the wait is out of your hands.
- 12 Looking away so violently as someone nearby enters their PIN that you accidentally dislocate your neck.

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### Shirenewton Primary News

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



FOOTBALL TOURNAMENT



We were excited to enter the Undd's interschools football competition this week - this is the first time since pre-lockdows that we've taken part in a football tourisment. We travelled to Cwithran Stadium and played against Ysgol Gymraeg y Fenni, Ysgol Gymraeg Bro Alta and Garnieg Primary Schools. We wan one, lost one and drew one but best of all enjoyed being able to compete again!

#### **GYMNASTICS COMPETITION**



We are hugely proof of our Sympastics Squad who competed at the East Wales Tumble & Vault competition last Friday and all came away with a gold install line come 1° averall, Loci came 5° and the combined scores of all the girls meant the girls' team (Ruby, Lily, Arwein & Loci) was gold. Bire & Loci will now compete in the Walsh final at Sophia Gardens, Cardiff on 4° March.

### SAFER INTERNET DAY



Our Digital Leaders' devised and delivered lessons to all classes across the school emphasising the importance and how to stay safe online. Respecting people online as we would do face to face was a recurring theme in discussions that ensued. Related follow up activities included looking at their digital footprint, designing a tablet game, discussing websities we regularly use and making videos to help alder people be sofe online.



DYDD MIWSIG CYMRU

Listening to and evaluating welsh music, dataling to welsh bands, learning to singing welsh songs and composing & performing our own music after being inspired by welsh musicians were some of the ways we celebrated Dydd Miwsig Cymru \_



For more information about our school, please visit our website:

sees shireheston monmouthshire.sch.uk

### CHEPSTOW AGRICULTURAL SOCIETY LTD

### **General Secretary Vacancy**

The Society is responsible for the organisation of the annual Chepstow Show and is run by a volunteer committee which meets on a monthly basis. The show is a traditional agricultural show and is currently held at Chepstow Racecourse attracting in excess of 5,000 people each year.

Our current Secretary, Isabelle Coates, has advised the committee she intends to stand down from her position. Isabelle has held the position for 6 years and during that time has made a significant contribution to the Show and the Society.

We are looking to appoint a successor, initially to shadow Isabelle in the period before next year's show on Saturday 13th August 2022, and then to assume the role for 2023.

The main responsibilities of the Secretary are;

Acting as secretary at all society meetings, including the monthly meeting of the general committee, bi-annual trustee meetings and the AGM; taking and circulating minutes and dealing with correspondence.

Collating and submitting the report to the Charities Commission.

Organising certain aspects of the annual show including establishing section requirements, liaison with regulatory authorities, suppliers such as those of marquees and toilets and other stakeholders;

Co-ordinate activities on the show site during the week before the show, on show day itself and the following day's clear-up.

Dealing with any issues arising on show day;

Candidates will need good people skills and administrative skills. Experience with agricultural shows or the agriculture sector would be helpful. The workload is variable ranging from a couple of hours per month for most of the year up to a virtually full-time role for several days around the Show itself. An annual honorarium is payable.



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### Another glittering W.I. evening ...



Angela Gray, our own Egyptology expert, gave us a fascinating talk on Egyptian Jewellery at our February W.I. meeting. We are very fortunate to have her in Shirenewton W.I. In addition to being a valuable member of our committee, we are all able to benefit from Angela's extensive knowledge of Ancient Egypt, which she has studied for many years.

Angela explained to us that jewellery was worn by every level of society in the Ancient Egyptian world, from Pharaohs to lowly farmers. Jewellery was used to display the wearer's wealth, given as a reward for service to the kings and for military prowess and in many cases as an amulet, to protect the wearer from danger - for example, children often wore a fish image to help protect them from drowning. Egyptian bead collars also doubled up as a percussion instrument during religious ceremonies.

Gold was a large component of Ancient Egyptian jewellery, owned by the elite in society. We can all picture the gold mask of Tutankhamun and his burial treasures. Ancient Egypt had a good supply of gold, which was mined in their kingdom, in modern day Sudan and the Eastern Desert. Many other precious stones and materials can be found in the jewellery including Ivory, Turquoise and Lapis, with shells and glass also being used. I suppose it should come as no surprise that a civilization that could build pyramids could also produce such intricate, beautiful jewellery.

At our next meeting on 10<sup>th</sup> March at 7.15 p.m. in Shirenewton Recreation Hall, we will be celebrating the 70<sup>th</sup> Birthday of Shirenewton W.I. As we share this landmark celebration with the Queen, we shall be having a Royal Theme for our meeting and enjoying a birthday buffet and cake.

If you would like to join us, then please contact Jane Butterworth at <u>janeb247@gmail.com</u> or Diane Ashton Smith (01291 628838)

Jackie Broughton

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## **CHEPSTOW DURING WW2**



### ILLUSTRATED TALK BY DR NAYLOR FIRTH ITTON HALL 19.00 FRI 25 MARCH

### RETIRING COLLECTION FOR OUR 5 CHURCHES.

### SHIRENEWTON LOCAL HISTORY SOCIETY

### Registered Charity No. 1090167

Our January talk was very topical, considering the weather of the last few days. The title of the talk was 'the Great Severn Flood' this took place in January 1607, low-lying communities along both coasts of the Bristol Channel and Severn Estuary suffered a devastating tidal flood in 1607. Our speaker for the evening was Rose Hewlett and she had researched this event for her PHd.

The February's meeting will take place on 'zoom' and will be on Tuesday, 22<sup>nd</sup> February, at 7.00pm the speaker will be Richard Clammer and the title of the talk will be 'The Matthew'.

We are hoping to meet in person at the Church Room for our March meeting which will be on Tuesday, 29<sup>th</sup> March at 7.30pm the speaker will be Jonathon Jenkins who will give a talk entitled 'The Lent Lilly'.

Everyone is very welcome to join us on our Zoom meetings and of course we look forward to be meeting in person at our March meeting.

> Shírenewton Local Hístory Socíety.

Walks in and around Shirenewton



Shirenewton Local History Society



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### FROM THE REGISTERS

BAPTISMS:

Harry Benjamin Baker and Alexander Monty Baker were baptised by The Reverend Nansi Davies on 28<sup>th</sup> November 2021.

FUNERAL:

The funeral of Barry Priest, aged 88, took place on Tuesday 4<sup>th</sup> January 2022.

### **CHURCH SERVICES ON ZOOM**

Some services will be available to join via Zoom, if you cannot attend in person. Please contact Gilly Lambert (see contact list) if you would like to be included on the distribution for Zoom service invitations.

### Congratulations to our 200 Club winners in February:

1. Suzanne Leat

2. Ollie Chapple

3. Holly Sykes

4. Christine Jones



### STARGAZING



There are no planets visible in the evening sky this March. However the brilliant planet Venus can be seen just above the horizon at dawn to the south-east.

The Moon is at First Quarter on the 9<sup>th</sup> March and sits just above the star Aldebaran. At First Quarter half of the surface of the Moon is illuminated by the Sun. Eight days later the Moon is Full.

The name Aldebaran derives from the Arabic meaning "the follower", because it seems to follow the Pleiades, the cluster of stars to its right.

Much the brightest star in the sky, Sirius can be seen to the South, below and to the left of the constellation Orion. The name "Sirius" is derived from the Greek word meaning scorching. For the ancient Egyptians the appearance of Sirius coincided with the annual flooding of the Nile Valley, vital to growing crops. This event was of such importance to them that it marked the beginning of their year.

The pair of stars high above Sirius and Orion is part of the constellation Gemini, the Twins, and they are called Castor and Pollux. In mythology Castor and Pollux were the twin sons of the Queen of Sparta. Castor was mortal, but Pollux was not – his father was none other than Jupiter, who had paid a clandestine visit to the Queen. When Castor was killed in battle, Pollux pleaded to be allowed to share his immortality with his brother; this was granted, and both boys were placed in the heavens. Gemini is crossed by the Milky Way – the dense belt of stars that make up our own galaxy.

The Vernal Equinox occurs on 20th March, when day and night are equal, with exactly 12 hours between sunrise and sunset. This is a useful day for getting your bearings right as the sun rises due east and sets due west wherever you may be.



### DATES FOR YOUR DIARY

Lent Course	St Christopher's, Bulwark	28th February 5th March
WI's 70th Birthday	Recreation Hall	10th March
Recreation Hall AGM	Recreation Hall	17th March
History Society The Lent Lilly	Church Hall	29th March
School/Church Fete	Recreation field	18th June





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The Lounge bar is available for private parties, functions, wakes etc minimum 20 people

### Gardening Corner

As I'm sitting writing this, the wind is howling, and the rain is falling. Storm Eunice, has passed us by, and I'm pleased to say we have suffered no noticeable damage as a result. This is the fourth really 'major' weather event we have experienced since we have lived here at Barn Farm if you count the storms of 89 and 92 and the 'Beast from the East' in more recent years. We have been lucky every time, but this is because whoever built this cottage all those years ago, knew exactly what they were doing. We are tucked in behind a bank, with rising ground all around us, apart from the South. The bank is on the North and East side of us, so the cold winds go over the top of us, and the prevailing South-Westerlies and Westerlies tend to get filtered or pushed away from us because of Wentwood Forest and the lie of the land. So, we have a lot to thank the original builder, especially as we receive nearly all the sun that is going. One of our old neighbours of many years ago, always used to comment that she would be in jumpers and overcoat, whilst we would be in shorts and teeshirt! All the difference of just a few hundred yards. That said, I was dreading what might come our way this time. We have had woodburning central heating ever since we first moved here and kept faith in the same make of German cooker stove that ran all our central heating and hot water. The first lasted us 21 years, before we thought it probably needed changing before it failed. The second one was equally as good - until if failed three weeks ago at the age of 12, with the boiler starting to leak. Unfortunately, unlike the way more expensive UK competition, the boilers cannot be replaced – the price you pay, I guess. Not thinking about supply issues, I went online to our usual supplier, paid the deposit and waited for a delivery date. You've probably guessed that there isn't a single stove of any colour and in that make, anywhere in the UK. They might be able to get one in 4-6 weeks if we are really lucky. At the time of ordering, we were having a few frosts, so anything longer than 3 days for delivery did not seem that lucky to us. As an interim measure we found an amazing stove shop in Langport, Somerset, who had over 100 woodburning stoves (as well as bottled gas, mains gas and electricity) in stock, including a number of second-hand stoves as well. A quick call, and visit to view then collect resulted in us returning with a rarely used Norwegian stove which has proved a God-send. It doesn't heat the water, but does a superb job at helping to keep the house warm. It is some 84% 'efficient' and I have to admit that I've sat there looking at it on several occasions and marvelled at the way the flames roll and rise in the fire whilst seemingly not actually burning anything. One log can last for easily an hour if you get the setting right. So, with the heating packing up, and our toaster having recently packed up as well, I was beginning to wonder what the third thing might be. Perhaps we are still waiting, but at least it wasn't the roof!

Before the weekend storm arrived, the weather had been reasonably kind and we had started to make good inroads into the annual maintenance work. All of the garden hedges had been trimmed, except a small box parterre. I was going to cut this but decided it might be best to leave until it comes into growth again. These days I try to cut the material several times, so rather all off in one go I cut two or three times depending on the amount of growth. I always used to tidy up and put all the clippings on the bonfire. By cutting it smaller, it means I can now mix it all into the compost heap instead, along with any green waste, to make a better compost. As you will know, we need as much compost as we can lav our hands on, so the more the merrier! The drier period had also allowed me to clean all of the raised vegetable beds off as well, Some, have been covered in manure and will be left along until planting time, others have been lightly forked. Nearly all have been covered in ground cover matting to help keep some of the rain off and if frosty, to stop the blackbirds flicking the manure around everywhere whilst they search for worms. Unfortunately, the covers were one of the minor things that did suffer as a result of Eunice, so the first quieter day we get will see us picking the covers up from around the garden and staking them back down again. All of the tunnels have also been weeded and where we are not growing anything, they also have been covered over and are being used to store herbaceous perennial plants that are in pots, ready for replacing any losses in the flower borders in the coming weeks.

I have started on the propagation work now. Initially I just turned on the small unit that has growing lights as well so that I could get some of the show vegetables started, as well as those needing a longer growing period before they start to crop, such as peppers (both sweet and chilli) and tomatoes. The tomatoes soon germinated though, especially with the increase in light levels, so I've now had to turn on the big bench propagator now as well. This will allow enough room for me to pot on the peppers and tomatoes, and keep them in warmer conditions, without having to heat the entire greenhouse, which isn't a very cheap option with the current prices we are all facing for electricity. You can use oil or paraffin heaters of course, but I've never been great fans of either. The last week the first broad beans and peas have been sown, as well as the first flowers. Although still 'low key' the next few weeks will see an exponential rise in the sowing and re-potting work required. Maybe this year just for once – I will get the idea of 'little and often' working just right rather than 'all or nothing'! The milder weather has ensured that the calabrese that we planted in the big tunnel in the Autumn has continued to grow unhindered, and we are now picking fresh calabrese on a regular basis – which is unheard of normally at this time of year – even with a bit of protection from the tunnel. We have also managed to tidy up all of the flower borders nearest the house, and were hoping to have started the larger beds down the main part of the garden, but this is all now on stop.

Instead, I will need to get into the garage and start tidying up all of the old bee frames, cleaning them and sterilising them before the new season starts. Hopefully, I will have six hives left to start the new season, which is really enough to cope with along with part-time work and everything else that we do. The recent milder days have seen a lot of bees out and about. and around us there is a good supply of hazel in flower, which will provide the early pollen that the colonies will need to get the gueens laying again and start the cycle all over again. Fingers crossed that 'proper' Spring weather arrives soon - especially if that stove takes even longer to come than they have suggested! Something else that has started to take up some more of my personal time is woodturning. With my entire working life spent on woodland management, it was only natural that I have an affinity with the natural beauty of wood. I had an old (but brand new workwise) lathe that I had picked up from a family source, which has now been set up and is functioning well. I'm currently going to evening classes to learn the essentials - such as what tools to use and when, safety etc. I'm loving the experience, but not sure whether the family are looking forward to all future presents being wood-based! That said, the grandchildren enjoyed receiving the wooden mice (in all shapes and sizes) as a 'little extra' for Christmas! I'm thinking of making them wooden whistles next, just for when they go home of course. They are not for blowing whilst they are staying with us, oh dear no!



Happy gardening until next month, best wishes, Steve and Felicity Hunt.



Traidcraft's Spring catalogue starts off in positive style! :

'Here at Traidcraft, we're feeling positive and excited about the year ahead. What a wonderful position we're in, to be among the generation that recognized our planet was suffering, along with the inhabitants, and did something about it. What power we hold and how lucky we are! World leaders, entire countries, companies and individuals are making commitments to change the way they function, with the environment's interests at heart.'

So I shall raise my metaphorical eyes from the rather debilitating state of affairs roundabout and tell you about a couple of innovative products that Traidcraft is promoting.

<u>JUST 5 BARS</u> (just 5 ingredients) Absolutely intense flavours! Really fruity! 4 bars for £5. Apricot and Almond. Date and Walnut. Mango and Brazil. Pineapple and Cashew.

Mango and cashew growers' cooperatives report that they have spent the FT premium on, amongst other things, secure paid employment, adult literacy, new water resources and bicycles.

<u>BAMBOO TRAVEL TOWEL</u> (70x210cms) £29 99 Would make a great gift! -100% bamboo from renewable resources, using far less water than cotton production – Dries twice as fast and absorbs three times as much water as micro fibre - Superlight and compact

The manufacturer is linked with PANGEA. Each towel purchased enables PANGEA to continue with its clean-up projects. In 2 years it has collected 37,000 lbs of plastic, including 628lbs from Redcliff Wharf Bristol!

Traidcraft takes its environmental responsibilities seriously, laying out transparently its delivery systems, catalogue production, packaging etc. Now it is offering to plant 25 trees for  $\pounds 6$  35 (with Traidcraft taking no profit).

The Traidcraft catalogue is full of positive developments, encouraging us to feel that real change is possible. Unfortunately Oxfam is currently not selling FT products. But don't forget the stall at the back of the café in the Methodist Hall opposite M&S. I've just requested more Traidcraft Spring catalogues. Do contact me if you would like to see one.

There are wonderful craft items produced by Afghan refugees in Pakistan, beauty products created by people affected by albinism (and ostracized) in Uganda and much else, as well as all the basic FT foods and drink.

Marion McAdam msm316@gmail.com 641316





### 2021 'Box for Living' appeal

Every year at the run up to the festive season we run our main appeal. Last year we donated £3,000 to two food banks in our area. This year we are focusing on young people who are leaving care at the age of 18.

Lions 'Box for Living' is an initiative, operated in collaboration with Social Services, to provide local young people leaving care with a box of essential items to assist them in running their home, and helping them to start living independently.

This is a terrifying experience for many youngsters who have no experience of living in the wider world. They have no family to support them and no frame of reference for how to embark on setting up and running their own home. It can be a desperately lonely and scary experience.

Please help us in this effort. We aim to provide around 20 'Box for Living' at an estimated cost of £100 each. It has been a difficult couple of years for many of us but whatever you can donate to this appeal will help enormously.

DONATE HERE> https://www.justgiving.com/campaign/boxforliving

Alternatively, cheques made payable to Chepstow and Caldicot Lions Club, can be sent to:

Box for Living The Lion Secretary, 31 Edmond Locard Court, Chepstow, NP16 6FA





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## Nerys's Natty Nosh

Take two favourite sweet choices. This is my grandchildren's favourite Banana bread





#### Ingredients

200g soft margarine 350g muscovado sugar 4 ripe bananas 4 eggs 450g Sponge flour @waitrose 2 tsp baking powder 100g chocolate drops.

## Method

Preheat oven 180C Gas 4. Mix all the ingredients except chocolate drops in the mixer for 30 seconds. Add chocolate drops.

Transfer the ingredients into a lined baking tin. Bake for 1 hr until well risen and golden brown.

My cake is dairy free. I used @purefreefrom olive spread and dairy free MooMoo chocolate drops. Enjoy

I halved the recipe and made a loaf. This cake keeps well in an airtight container. Freezes well too.





A Light and refreshing popular dessert

#### **Lemon Roulade: -** Mary Berry's recipe Ingredients

For the meringue: 5 free-range egg whites 280g/10oz caster sugar 50g/1<sup>3</sup>/<sub>4</sub> oz shelled pistachio nuts, finely chopped icing sugar, for dusting.

## For the lemon curd

100g/3<sup>1</sup>/<sub>2</sub>oz butter, softened 225g/8oz caster sugar 5 free-range egg yolks 3 large lemons, juice, and finely grated zest 300ml/10fl oz double cream, lightly whipped

## Method

1. Preheat the oven to 200C/180C Fan/Gas 6. Line a 23x33cm/9x13in Swiss roll tin with greased non-stick baking paper.

2. Whisk the egg whites in a clean large bowl using an electric mixer on full speed until very stiff. Gradually add the sugar, a teaspoon at a time, and still on high speed, whisking well between each addition. Whisk until very, very stiff, and glossy and all the sugar has been added.

3. Spread the meringue mixture into the prepared tin, sprinkle with the chopped nuts. Bake for about 8 minutes until very golden-brown. Lower the oven to 160C/140C Fan/Gas 3 and bake for 15 minutes more until firm to the touch. Remove and turn upside down on a piece of non-stick baking paper. Carefully peel the paper from the base of the meringue and leave it to cool for about 10 minutes.

## 4. Make the lemon curd.

To make the lemon curd, put the butter into a heatproof bowl, add the sugar and whisk by hand until combined. Stir in the egg yolks. Add the lemon zest and juice and whisk until smooth. Sit the bowl over a pan of just simmering water and whisk until the mixture has thickened. This will take about 8-10 minutes. Be careful the water does not boil as this will curdle the curd. *Continued next page...* 

Reserve 100g/3<sup>1</sup>/<sub>2</sub>oz (about 6 tablespoons) of the lemon curd and set aside. Spoon the remaining lemon curd into a sterilised jar. Seal and label it. It will keep in the fridge for 2 weeks.

To fill the roulade, mix the reserved lemon curd with the whipped cream, swirling to give a marbled effect. Spread over the cooled meringue. Lightly score the meringue along one long side, slightly in from edge. Use this to help you fold and start to roll the base. Roll up the meringue tightly, using the paper to help you. Sit it on a plate with the join underneath.

To serve, dust with icing sugar and more pistachio nuts if desired. **Enjoy**!



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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 you 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 you.



## SHIRENEWTON CHURCH WEBSITE

www.shirenewtonchurch.com

As I write we are (hopefully) at the tail end of storm Franklin having weathered both Dudley and Eunice in the last few days. But it's still blowing a gale outside and, from my office window, it seems that Franklin's wind speed easily matched Eunice in this neighbourhood. During the storms I was introduced to a cool app called Hyperlocal (powered by Dark Sky). Looking at it I can see that the description of the current weather is "Rain and Dangerously Windy". The current wind speed is 30mph with gusts to 55mph coming from the West. It's a similar speed with similar gusts down in Cwmbran. There is a live radar map and, basically, everything you could possibly want to know. It's free on Android and, I assume, on the iPhone.

Moving on.

If you have a Gmail email account and use a desktop version Microsoft Outlook, you'll need to make some changes to deal with the recently introduced 2-step verification Gmail now requires. I recommend this website's instructions: <u>https://</u><u>www.msoutlook.info/question/902</u>. Follow the step by step I nstructions and you will be able to generate an app specific password (i.e. a password to your account which is locked into Outlook) which you use in place of your standard log-on password. By following the instructions (which take <10 mins) I was able to get to two working together happily (again).

There was a recent warning of an outbreak of 'FluBot' on Android phones. The messages come as a txt message which contain a link which, if clicked, and the 'wrong' button subsequently pressed, will install a malicious app on your phone. Once successfully installed on a device, FluBot can access the contacts list, spam out texts to other users, read messages, steal credit card details and passwords as they are typed into apps, install other applications, and carry out other crooked activity. (Source: The Register: <u>https://tinyurl.com/</u> <u>mtvzdmu3</u>) The stealing of the contacts list is particularly notable as this allows FluBot to send messages to your contacts to spread itself. Those infected are advised to perform a factory reset on their Android device to remove the malware. If iPhone users receive FluBot messages and click on the included link, they can expect to be redirected to fraud and phishing sites instead of being prompted to install an app.

Finally, I thought I'd point you at a fascinating article on the theft of Bitcoin and money laundering. It's a Bloomberg article: <u>https://tinyurl.com/yzfhfxjc</u>. As the article points out if you thought "Bitcoin is mostly useful for money laundering", the article points out that Bitcoin is exactly the opposite because "Bitcoin is useless for money laundering because it creates a permanent public record of all transactions and why would you want to launder money that way." There is a permanent immutable public ledger on the blockchain.

The story revolves around the alleged theft \$4.5 billion of Bitcoin from a crypto exchange which the hackers then had a 'difficult' time converting this ill gained Bitcoin into anything useful, like real money. The hackers managed to extract only a relatively small portion of the money for actual spending, and each time they got money out the FBI were able to trace it from the hack all the way to legitimate accounts with their names on it.

Safe browsing

drc webmaster

## The PT Shed – 2022 Episode 2

## YOUR Vision Drives YOUR Decision (s)

Hello everybody! I hope that you, and your families, are all safe and well following the recent storms. Hopefully any damage to your property has been minimal.

How are you all getting on with your start to a healthier 2022? Have you had a successful start? Or do you have work to do? In the interests of full transparency, and as promised in the last episode, I thought I would give you an insight into where I am with my goals right now. Then we can talk about how my experiences can link into your goals.

Firstly, my own training and water intake has been very good. The only session missed was due to the storm where the gym was closed. Secondly, I

mentioned that my wife and I are on a quest to walk/run 1000 miles for charity in 2022! All I can say is that Jo is doing amazingly well and is well on course to achieve 200 miles by the end of February. I, on the other hand, am loitering around the 100 mile mark and have work to do!

Being aware of the work that I need to do allows me to start to plan for the rest of the year. Alongside my total, I now have a good idea of the effort required to achieve a certain number of miles and how I can factor this in around work and other training. This gives me the opportunity to plan and strategise my next steps.

To inform my planning and strategising, I need to review what has happened in the year to date. What has gone well? Where could I make improvement?

I have found that, as January and February went on, work got busier. It became more difficult to get out every day for a specific walk or run, which is what contributes to the total. I can't utilise my usual daily steps sadly! This means that I need to plan for success if I am to achieve my goal of 1000 miles and not end up overstretching myself in the months to come. Therefore, I have created a vision of how I will achieve the 1000 miles, starting with a target of 100 miles in March, broken down into 25 miles per week. I know that to achieve this, I need to commit to my activities and book time in for them.

How does this relate to you? I've spoken before about having a goal that genuinely means something to you and breaking that down into smaller incremental goals. I spoke last time about taking the first, simple, step that takes you towards a bigger goal.

This month, I really want you to think about that bigger vision. What is the vision for you? Is it something that gets you excited? Is it slightly scary? If the answer to both is yes, then that is a great start!

Can you visualise achieving your goal? Can you visualise the feeling of achievement. Have you got a vision of the steps of progression that you will go through on the way to hitting your target? This vision can be broken down into milestones of achievement. You can aim for any target that suits you and your current capabilities.

If you have your vision and you can link it to the reasons that you are doing this, then that vision will drive your decisions. Visualise hitting your

own personal milestone and get a sense of the feeling of personal achievement. Celebrate every win, every small achievement, as you go along your journey. You will have times where you are faced with the decision to do something difficult that contributes to the vision or take an easier road that doesn't contribute. Just remember your vision and what it means personally to you. If you can make that link, then your decision-making process will become far easier.

I'll reiterate – <u>YOUR</u> vision will drive <u>YOUR</u> decisions.

I know that I am touching on mindset again here, but it is so important to address it. Your mind is so powerful that it can help or hinder you in many ways. Therefore, it's very important to understand how you are feeling as you progress through this year. For March, I'd love you to make a

commitment to two things. Consider your overall vision, thinking longerterm. Where would you like to be in 6-12 months' time. Also, think about how you feel before you perform an activity and then how you feel

afterward. Becoming aware and in touch with how any activity benefits you, and contributes to your own vision, will give you another reason to get out and about. Please don't underestimate the positive impact that performing a physical activity (could be gardening, walks or runs – or something else) will have on mental health.

My final point here is to consider your equipment. Make sure that you dress for the elements, be safe and be seen! Although the days will get longer, it still gets dark quickly and the weather remains unpredictable! If you are walking or running, look after your feet! Decent footwear is a must! Make your walks and runs as comfortable and safe as possible. It will make it far more enjoyable than it already is!

To summarise:

Visualise your overall achievement and break that down into manageable personal milestones.

Link those milestones to your reasons for doing this challenge.

Be self-aware of your thoughts and feelings before and after an activity.

Make your activities as enjoyable and safe as possible.

I would love to hear if this article has helped you to think about your bigger vision. 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.

If anybody would like help with anything that I've discussed in this article, or if you have any specific topics that you would like me to cover in future articles, please don't hesitate to email me at <u>alex@optimalexercise.co.uk</u> or contact me on 07877695510. If you want to see more regular content from me, please follow my Facebook page (Optimal Exercise) or my Instagram (@alexhopkinspt)

That's all for this month, keep your momentum up and you'll keep making progress! Now go and work on your vision! Until next time, stay safe

Alex – Optimal Exercise

## 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.

One such fundraising tool is **Amazon Smile.** Every time you shop online at **smile.amazon.co.uk** Amazon will donate a percentage of the purchase to The Lions Club of Chepstow and Caldicot.

To find out more about this and other ways to support The Lions Club of Chepstow and Caldicot including **Amazon Smile**, **Easyfundraising** and **Just Giving**, please go to: <u>www.chepstowcaldicotlions.org.uk/page-8.php</u>



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## **DEFIBRILLATOR LOCATIONS**

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

Carpenters Arms (on the Usk road)

Huntsman Hotel (on the Usk road

Tredegar Arms (Shirenewton village)



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



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