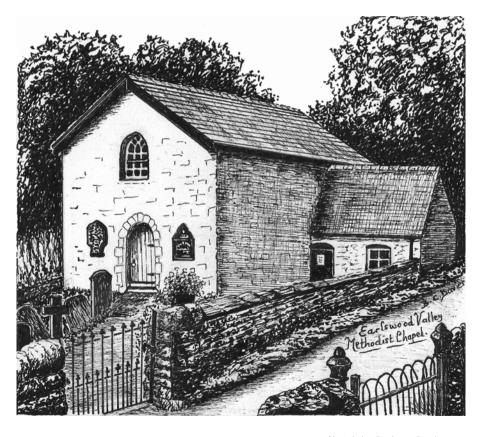
Shirenewton & Newchurch Parish Magazine July & Aug 2011



Sketch by Barbara Davies

Price: 50p

Dear Friends,

Despite the downpour of rain the carnival came up trumps and I feel sure all those involved enjoyed themselves hugely. All the hard work was so worth while and I expect a lot of fun. Well done.

Once the Fete was declared open the sun appeared and all present set-to selling and buying so that at the end of the day the princely sum of £4,270 was raised. Thank you to all those who over the previous months had been planning this annual event and thanks also to those who prepared the field erecting tents and stalls, gathering the goodies for sale both by growing plants and cooking bread and cakes. While the total amount raised is slightly less than last year it must be remembered that another celebrity opened event was taking place in adjoining parishes and no doubt some of our usual supporters were attracted to that show. The fete clearly demonstrates the ability of the people of Shirenewton to come together as a community and to give generously of their time and money to support good causes. Wasn't it good to see all those young gymnasts, some very young indeed including a few boys! I am sure that we are all looking forward to next year, especially as it is the Queen's Jubilee.

Every year special services are held when the collection is given to a number of charities and I want to tell you about one of those which we have so generously supported. The Trustees of the Archbishop of Wales Fund for Children has just published its report for 2009 and 2010 and shows how parishes across Wales, including Shirenewton can, through their generosity, make a real difference to the lives of those who have so much less. The fund received donations which with benefit of gift aid tax refunds totalled £53K in 2009 and 2010 Nansi Davies

ST. PETER'S NEWCHURCH

Forthcoming Fund Raising Events 2011

Summer Fayre 30th July at St Peter's Church, Newchurch - 11a.m.

Coffee Morning Saturday 20th August at Mynyddbach Farm, Newchurch (courtesy of Mrs Josie Jones) at 10.30 a.m.

Songs of Praise -St Peter's Church 8th September at 7 pm.

Thank you to everyone who supported our stall at Shirenewton Fete

GAERLLWYDD BAPTIST CHAPEL

July 10th at 6:30 pm Anniversary Service

July 11th at 7:30 pm Rev. Denis Munger from Longtown Herefordshire Refreshments afterwards - All welcome

200 CLUB RESULTS FOR JUNE

No. 57 Dianne Marlow

No. 173 Cynthia Smith

No. 17 Mike Penny

No. 23 Maureen Moody

FROM THE REGISTERS

The marriage of

Louise Gannon and Mark Stanton Mensah

10th June 2011 at St Thomas à Becket Church Shirenewton

SHIRENEWTON CHURCH FETE – 11TH JUNE 2011

What a fantastic day, the rain at the start could not dampen our enthusiasm. The community spirit shone through brightly.

The carnival procession started at the Tan House. It was organised chaos with Chinese Ladies, George's and Dragons, Willy Wonkas and Party Goers all getting in line for the grand start. Barbara Walters had the difficult task of judging the best dressed outfit and best float. She did this admirably, considering the rain was lashing down and everyone was huddled under umbrellas, but at last we were off!!!

The procession was led by a Scottish Piper in full regalia followed by the Cubs dressed as George & the Dragon followed by the Guides & Brownies in a wonderful Chinese dragon costume. Yes an actual Chinese dragon going through Shirenewton!

Next it was the turn of the floats, first was the Carnival Queen which had a Willy Wonka theme. Our beautiful Carnival Queen this year was Isabel Smith, last but not least was the Scouts having a great party on their float.

We arrived at the Recreation Field to much applause and stamping of feet, this was due to the crowd being roused by our Master of Ceremonies Mr Stuart Dutton.

Our local celebrity Glynis MacDonald opened the Fete (still raining) and presented the prizes for the best float and best fancy dress. Glynis had obviously taken her role very seriously as she had on her best red suit! With all the formalities over, the crowds were able to go and enjoy themselves and at last we had sunshine.

Our afternoon's entertainment kicked off or should I say danced off with Lawrence Blatchly School of Dancing. They were brilliant, and I must say I was impressed they could Rumba & Zumba on wet grass without breaking a leg. Next was the wonderful Kestral Gym Club, they get better every year. Their routine was so professional, nobody moved while they were on, a real class act.

But it wasn't just entertainment; we had plenty of stalls and activities for everyone. There were the ever popular stalls of cakes, bottles, Pimms, art, plants, toys (on the subject of toys, the person that sold my Granddaughter the enormous yellow fluffy duck has a lot to answer for!) The activities ranged from Army vehicles to coconut shy, all said and done a great family and community day out.

On behalf of the Fete Committee I would like to thank everyone who supported us on the day and those of you who made this Fete possible. We raised over £4200.00 for church funds and had a great time doing so.

Special thanks to Jayne Edwards at Shirenewton School for her and her pupil's involvement with the poster competition. And lastly, a huge 'THANK YOU' to Gary Williams our Chairperson who is stepping down this year. Gary has worked tirelessly and with such enthusiasm and dedication over the last three years, so much time and effort goes into planning the Fete and without people like Gary it just would not happen.

We hope to see you all again next year and look forward to another successful year.

Diane Ward
Fete Co-ordinator
On behalf of the Church Fete Committee

Our planning meeting for next year's Fete will be held in October (confirmed date will be in the Parish Magazine) do please come along and join in the fun!

MONMOUTHSHIRE MOBILE ONE STOP SHOP

is visiting your area
Shirenewton Recreation Hall
1.30 – 3.00 pm
On the following Tuesdays:
12th July 2011

Information – leaflets – forms – enquiries Purple / Red / White recycling bags and dog bags

If we cannot help you, we will try to find out who can

SAMFAL

Here we are in the second half of the year and still waiting for summer to start; I have not heard the cuckoo yet, although when my son Rhys and I were carrying the Mike Sayce signpost down through the fields our lower legs were drenched by an unusually copious amount of cuckoo spit. This does not mean that our meadows have turned into an enormous cuckoo's cuspidor but that we have a large population of Froghoppers; an insect that lays an egg in the stalk of a plant which causes sap to exude and protect the nymph from temperature variations and dryness, and disguise it from predators to enable the survival of the species. When scientists are telling us that insects and other species are dying out due to all sorts of climatic changes and man-made conditions it is good to see that something is doing well.

When we got to the site where we intended to erect the sign I took some time to consider the exact location in relation to the wooden bench made by Vyv Noakes and after glancing at the ground I saw a spanner lying in the damp grass. I was astonished by this- why would an 11/16ths A/F spanner be in the middle of a field where a spanner had no logical reason to be? I took it as an omen, (me being an engineering type) and put my spade into the ground and erected the post right there. Only a few days later when I mentioned this bizarre incident (I confess it was on licensed premises) did I learn that the tool was one lost by Vyv when he was installing the above mentioned bench. On Sunday 19 June at four in the afternoon a dozen or so people turned up to witness the unveiling of the memorial and I think all were pleased.

While I was driving along the Mounton road the other day I had to stop to witness a rare sight; a Merlin stooping amongst a flock of Housemartins. It was a fine ten minutes for me and attracted the attention of Dai Morgan, Gentleman farmer- of this parish and a discussion ensued on wildlife and conservation in this area which I think enlightening to both of us. How satisfying it is to have people at the front line of nature and the countryside willing and eager to face the issues confronting us all in modern times. Speaking of this area and the countryside I would like to inform readers (especially of the neighbourhood watch section) that I have changed my "suspicious white van" to possibly an equally "suspicious but different white van". I would also like to mention that I saw a brand new Audi car in Shirenewton and a 4x4 vehicle near the school which was not being used for agricultural purposes. Any enquiries regarding SAMFAL business please feel free to call me or any of the committee on the usual numbers.

Many thanks, Mike Gambold.

Shirenewton & Mynddbach Fields Association Ltd (SAMFAL)

AGM will be held
On
Saturday 16th July 2011
At
10.00am
In
Church Room
All members welcome

Call my Bluff Wine Tasting 15th July

Shirenewton Charity Committee (the committee formerly known as the Shirenewton Church Fund Raising Committee) will be holding a 'Call My Bluff' wine tasting on Friday 15th July in the Church Room – Save the date.

Call my Bluff wine tasting is fun wine tasting evening which requires absolutely no knowledge of the subject but does require a sense of humour. You and your team will taste a number of wines and hear 2 - 3 descriptions of the each wine and have to guess which one is the real description. Additional points are awarded for things like price (typically in the £4 - £12 range), 'vintage' and, who knows, maybe even whether it came from Tescos, Waitrose or directly from France in a car boot.

Needless to say that as the hour gets later the guesses become wilder! All profits will be split between LATCH (South Wales Children Cancer Charity) & the Church Fabric Fund.

CONTINUING EXTRACTS FROM "WORKING TO LIVE" BY FRNEST F. JONES

Chapter 7. Poultry

Another important part of the mixed farm and by and large it served its purpose were the poultry. The geese were the top dogs of the farmyard and the gander could be a fearsome bird at certain times, but to see them marching in order to wherever they decided they would go was a joy to behold. The goslings were hatched in the spring and through the summer they would live mainly on grass, then in the autumn the young geese would have some ground corn and a drop of milk in the form of a mash, the system made sense in that they would grow during the summer and in the autumn they would start to be fattened for Xmas. The farmer's wife was in charge of the poultry and killing and dressing poultry for Christmas meant a lot of hard work for the farmer's wife. Plucking a goose is no mean task, there are the feathers and then the down has to be removed. Goose was the traditional bird before the days of mass produced turkeys. Any turkey rearing was confined to the east coast where the atmosphere was drier; turkey was regarded as a luxury. There were always a few ducks that occupied the farm pond; this was all part of the farming scene. The ducks would be let out of the duck house, not too early in the morning usually about ten o'clock after they had laid any eggs, in damp weather and to see ten or twelve ducks let out, and then they would cross a field in a straight line gobbling up any slugs or anything edible as they go and how happy and excited they became in the rain, this sight was another of life's pleasures and another instance of living to work.

Then there are the chickens, the farmyard hen, there is nothing wasted when the hens are around, and if you want to see happy hens, it is after the threshing machine has done its work and moved on to the next site, the chickens then enjoy scratching any loose straw which may not have been threshed and getting the corn out of the heads and also eating any corn that has been spilled. There was always the tail corn as the corn was threshed there was a separate chute where the small unsaleable corn (the tailings) came down, and this was kept to be eaten by the chicken.

The farm and the farming system were designed in such a way that everything had a purpose. Great emphasis was placed on making sure that nothing was wasted. The other point in it all was the economics, nothing was costed and money was kept in the bank and it was only used as a last resort, the poultry was looked after by family labour and if at Christmas any extra labour was used this was usually paid for in kind, a duck a chicken or a goose, depending on how much time had been spent helping. As any farm children will know in that period the feeding and egg collecting fell on them, there was one hazard with the farmyard hen, in the summer they were very fond of laying in all sorts of odd places especially in the nearby hedges and in nettles in particular. Another natural instinct would cause some hens to go broody, they would lay eggs in a nest in a secluded place and then they would sit on these eggs and the warmth from their body would be enough to cause the eggs to hatch this is the natural process with all birds, there was always a farmyard cockerel and any eggs laid would be fertile and had the potential to be hatched. The first you would know would be when the hen appeared with a family of young chicks, this was a very pleasing sight. There was always the danger that these stolen nests with the hen sitting on the eggs would be found by the fox that would not only kill and eat the hen but they would also eat the eggs. One of the joys that have been lost from the farmyard is the sight of the hen with her family of chicks clucking and chirping their way around the farmyard. At times the mother hen would make a certain noise and the little chicks would come running to see what she had found for them. We still keep a few hens at free range here at Merrylea, but it is very rare for one to go broody and I often wonder would they now be able to look after a brood of chicks, or as a result of modern breeding programmes and selection have they lost that natural instinct.

In those days all these jobs with the poultry was accepted as part of the farming life and Christmas in those days without the poultry would have seemed quite strange, although hard work it was in some strange way an instance of living to work. Big business has taken over in the poultry industry now, the farmers wife today is more likely to be teaching in a local school or working in the local town and like everyone else she buys the family roast from the butcher or the supermarket in some form or other.

COUNTRY THOUGHTS

Poems by Minetta Morris

MY FLUFFY CAT

He's a fluffy little tiger Walking softly through the grass, Barely leaving indentations Where his little footpads pass.

Those big yellow eyes are watching As he sits so neatly there, He's observing every movement For a mouse he could ensure.

So he polishes his whiskers, Round his face and chin so neat, For time is never wasted As he waits his chance to eat.

It's time for tea, the clock is ticking, He is always dead on time, And he brings along his sister But she has to wait in line.

Every morning he is waiting With his sister on the steps, And he greets us all as if He's been away for weeks on end.

He walks so very carefully Around the sheepdog there, Just in case an altercation Might unfold a sudden flare.

Often now he will be sleeping All day long under a tree, He is still a fluffy tiger, Always waiting, always free.



Chepstow Agricultural Society

The Chepstow Show

Broadwell Farm, Hayesgate Lane, Crick NP16 6LL

Saturday, 13th August 2011

Livestock
Horse and Pony
Dog and Kennel Club
Rabbits
Horticulture
Homecrafts
Vintage
Trade Stands

Admission Prices
Adults £8
U16's £4
OAP's £6
Family (2 adults, 2 children) £20
U5's Free
www.chepstowshow.co.uk

MONMOUTH & DISTRICT NCT. POSTNATAL SUPPORT.



Wednesday 27 July 2011

Monmouth & District NCT Summer Stroll, Tintern Old Station, Tintern.

Every year we run four pushchair and toddler friendly walks during the summer holidays when many baby groups stop running. Everyone is welcome and all walks are free although there are parking fees at the venues. We meet at the venues car park for a 10.30 am start. Please wear suitable clothing (in the case of extreme weather, walks may be cancelled at short notice).

Built as a Victorian country railway station, the Old Station, Tintern is a charming site to visit for a quiet relaxing day out. The Old Station received the prestigious Green Flag Award in 2009 and retained the award in 2010. These awards recognise and reward the best parks in the country. The site features a riverside walk and meadows, children's play area, picnic site with barbeques, tearoom, souvenir shop, tourist information and a secluded basic camp site. The signal box houses changing exhibitions from local artists and crafts people.

The Old Station, Tintern, Nr Chepstow, Monmouthshire. NP16 7NX. Ordnance Survey - SO 536 010

The next Monmouth & District 'bumps n babes' will be on July 22nd at 1 p.m. in Shirenewton, Chepstow. Email us at nctmonmouthnewsletter@yahoo.co.uk for directions & details!

Every other month parents and mothers to be get together in another parent's house. It is another opportunity to build relationships, make friends and extend a support network.

Telephone: 0844 243 6212 Email: info@monmouthshire-nct.org

Website: www.monmouthshire-nct.org/index.htm

SHIRENEWTON CHURCH WEBSITE

Well to the day of writing (18th June), the church website has had 1,500 visits this year. That is an average 8.9 per day! The site has served 4,859 page views – an average of 3.24 pages per visit. These stats are for the main site. In June alone the shopping bit has served 2,146 page views. There are currently 276 shops featured in 34 categories. All your favourites are there – go shop!

So the site is doing OK in terms of visits but we are running behind in terms of revenue this year. Last year at the end of May we had a revenue of £934. This year I'm afraid it's only £593. I think we are facing a double whammy. There has been a reduction in purchasing but, most importantly, there has been a reduction in margins paid. Retail business are under pressure and they are reducing the amount paid to affiliate sites. It's that simple. Still £593 for doing nothing other than purchasing what you were going to purchase and doing it via the church website is not a bad return!

With the summer holidays coming up I always push Insurenace4carhire which provides insurance excess waiver. This year I'm joined by the Sunday Times which, in its 5th June Travel section, notes that in many cases the cost of car hire was more than doubled by cost of excess-waiver insurance. Their investigations suggested that buying this from the car hire company on site as you hire the car can add at least 50% and as much as 106% to the cost of car hire. They give an example of Budget in Malaga. Cost of car hire for the week was £162. Cost of the excess waiver for the week was £172. They actually mention insurance4carhire. It's on the site, save yourself some cash and help the revenue!

Remember also that the site has lots of travel related options. In addition to the main airlines there are the generic travel portals such as eBookers, Expedia and Opordo. Just to give you an example, I've got a trip to the Netherlands towards the end of the month. I found the hotel on Expedia (via the church website- of course) for less than the cost of booking it directly. I also use Hotels.com on a regular basis. In fact, I'm typing this just before flying to Chicago where I'll be staying in a hotel booked through hotels.com (via the church website of course!). Booking advanced car parking will save you money. Personally I tend to use the BAA parking option (mainly because it gives a VAT receipt for business travel) but there are plenty of others. Finally, Holiday Autos is a good option for car hire.

Enjoy the holidays where you may travel. Safe Browsing David Cornwell webmaster

www.shirenewtonchurch.com

TREDEGAR ARMS SHIRENEWTON

Shirenewton Community Luncheon Club

Please book early to secure your place for lunch on Wednesday

July 27th

Aug 24th

Tredegar Arms, Shirenewton Telephone 641274

Baby sitting, dog walking, etc

Responsible 14 year old boy (15 in September) is available for baby sitting, dog walking, cat feeding and other stuff

Also able to teach you how to use your gadgets/facebook/phone. etc

Contact Sebastian Cornwell Tel: 01291 641614

Email: sebastian.cornwell@gmail.com

WOMENS INSTITUTE



June with its long days gives us time to continue activities well into the evening. It's nice to go out and not worry about lack of light. Enjoying the view across the playing fields we settled to our meeting.

Two visitors joined us eager to hear our speaker talk about Norway.

Dr. Naylor Firth arrived to an enthusiastic welcome and we moved our chairs and drew the blinds, the better to enjoy his wonderful photographs.

Dr. Firth's talk was entitled 'A window on Norway's coast' and opened the door to an enchanting story of travel from Bergan up around the Norwegian coast and fiords almost to the border with Russia well into the Artic Circle, then back down the coast to Bergan. The ship TROLLFJORD carries tourists and is well equipped, but it is also a major form of transport for people, live stock and goods to all the small towns, villages and islands which have little or no road access. So Dr. Firth and his wife enjoyed a real insight into the life of the Norwegian coast as well as stunning scenery. Their journey took place in May a couple of years ago, so only rain and mist took away their views since day light was almost continuous and within the Artic Circle the sun did not go below the horizon. Dr. Firth found that Norway has something in common with Wales, they are big on male voice choirs, they had an enjoyable encounter with one in Bodo and another on board the ship.

One unusual encounter was a parking meter at Hammerfest, the most northerly town in Europe, another was a small sliver of an island with several trees on it. There are very few trees at all in the north because of the climate and lack of soil so if they hadn't taken a photograph they might have thought they had imagined it.

Several members have been on cruises or short visits while staying in another Scandinavian country, but we were all enthralled with the idea of following in the Firth's footsteps. If we have the chance we will certainly take his advice and book a cabin with a view.

Our next meeting is 14th July 7:15pm at the Recreation Hall, our speaker will be giving us an insight into the true meaning behind our nursery rhymes.

MOTHERS UNION



The MU 2011 AGM took place appropriately in Edinburgh, Scotland on St Columba's Day 9th June. We met in the very beautiful Usher Hall, attended by well over 1000 members. Some 30 people travelled from Monmouth Diocese. The previous evening a celebration Eucharist was held in St Mary's Episcopal Cathedral, and simultaneously at St John's Church, Princes Street, to accommodate the very large numbers.

At the AGM Rosemary Kempsall the World wide President of MU reminded us that there are many members who are not 'free' for example in Burma and Baghdad (400+ members). Women are sexually exploited and suffer violence, as also in the Congo and Sudan.

The Keynote Speaker was Professor Tanya Byron, a Chartered Clinical Psychologist, and professional adviser to the Government - a most entertaining mother of 2 teenagers - she gave us some sobering truths amongst all the hilarity. Her theme was related to the newly published Report "Commercialisation and Sexualisation of Childhood" by the Chief Executive of MU, Reg Bailey. Some quotes:- 'It is difficult to be a boy in our society.' 'There are no free-range children any more.' 'Children do their childhoods online.' 'Think of the Internet as a swimming-pool with all its dangers. You would always watch a child in a pool.'

Basically, families need encouragement. Parents can feel swamped. In over 80 countries more than 4 million MU members do all they can through volunteering, giving and praying, to support families and people who are isolated or in trouble.

Rosemary Carey, MU Branch Leader 01291 425010

Group Meetings

July 13th 7 p.m. Report back on Annual Conference Edinburgh

from Rosemary

7.30 p.m. Open meeting—Street Pastors in Caldicot.

Speaker Lorraine Monga.

August No Meeting

September 14 2.30 pm Talk by an Army Chaplain

Diocesan Events

Sat. July 16th Rainbow Fair at St Paul's Newpor, 10 am. to 3 pm.

A Diocesan fundraising event. Each Deanery is asked to

provide arts, crafts, preserves etc. for a stall.

Ours will have an Orange theme.

Tues Aug 9th The birthday of Mary Sumner, founder of the Mother's Union.

A day of prayer for MU worldwide. St Woolos Cathedral

Sept 13—15 MU Retreat at Llantarnam Abbey

SHIRENEWTON LOCAL HISTORY SOCIETY

On a late May afternoon we set out from the church to walk the parish bounds, this year we were walking the Golden Valley section of the parish. This section has wonderful vistas of the estuary interspersed with woodland walks, it is the easier part of the parish boundary as it is downhill on the outward journey and a gentle climb on the return and is not quite as long as the other three sections. The reason for this is that part of the parish is inside the camp and the security fence cuts off that section. We were able to pass by Dinham Castle and return up the gentle slope of the Golden Valley and return to a welcome cup of tea at the church room.

Our May meeting was held as usual in the Huntsman Hotel and our speaker for the evening was Tony Hopkins, who gave a talk on 'The History of Monmouthshire' as usual he gave an excellent talk on such a wide subject but is obviously well qualified to do this, as he is deputy county archivist.

Dates for your Diary:

1 Meeting at the Huntman Hotel on **Tuesday, 28th June at 7.30 p.m.**Talk entitled 'Top to Toe' (clothes through the ages) given by Rosemary Scadden

2 Resource Afternoon at the Recreational Hall on Monday, 11th July at 2.00 p.m. – 5.00p.m. (drop-in session)

3 Meeting at the Huntsman Hotel on **Tuesday**, **26**th **July at 7.30 p.m**. Talk entitled 'They don't make them like that anymore' given by Daphne Pearson.

4 Resource Afternoon on **Monday**, **8**th **August at 2.00 p.m. to 5.00 p.m.** (drop-in session). There is no meeting at the Huntsman Hotel during August.

5 Resource Afternoon on Monday, 12th September 2.00 p.m. to 5.00 p.m.

6 Meeting at the Huntsman Hotel on **Tuesday**, 27th **September**, **7.30 p.m**.



ALL WALES PLOUGHING & HEDGING CHAMPIONSHIPS

17th September 2011

Red Barn Farm, Shirenewton, Chepstow, Monmouthshire

(by kind permission of Mr & Mrs D Adams)

Coombe Farm Ltd

"To celebrate 25 years of contracting we are holding a barn dance"

2nd July 2011

Red Barn Farm

Shirenewton

In aid of

"All Wales Ploughing & Hedging Championships"

Tickets: Adults - £10 Children - £5

Food & live entertainment provided

Featuring the very popular band

"Soul'd Out"

Come and join...



SHIBENEWTON GAMING GBOUP

Do you enjoy playing games? We do!

We are a friendly, informal group with ages ranging from 13 to 48. We enjoy playing tactical & strategic games of all sorts - tabletop miniatures' games, board games & everything in between.



We meet on Sundays in Shirenewton Church Hall

If you want to join us, or have a game you want to play and are looking for partners/opponents, get in touch...

Contact Paul Owen on 01291 641483 or by email at dqgm@ppstudio.co.uk for more information.

Spanish Tutor and Translation Services (English, Spanish, Italian & French)

Are you thinking of taking a few lessons for your holidays? Do you need to improve your skills as a Spanish speaker?

I'm a native-Spanish speaker, with an excellent pronunciation and grammar. If you are interested in learning a new language for business or leisure purposes, just call or drop me an e-mail.

Translation services and rates vary depending on the extension and nature of the text. I guarantee professional reliable service, flexible prices and confidentiality.

I am available in the day time and early evenings during the week. The place will be agreed on together to suit both parties. Please feel free to contact me for further details.

Paty Davies

Tel: 01291 641553 Mobile: 07807103901 email: lucy_24@hotmail.com

The Studio at the Old Rectory Shirenewton

Warm, welcoming and spacious holiday accommodation in the heart of Shirenewton

It's the perfect place for your friends and family to stay, whether it's for the weekend, a week or even longer.

Please see our new website for photographs and availability.

For more information please contact Sarah
Tel: 01291 641277
Fmail: studio@omar1.com

Website: www.shirenewtonstudio.co.uk

Peace, Privacy, and Stunning Views!

Delightful cosy cabin for two, nestling on a hillside between the Wye and Usk Valleys, 1 mile from picturesque Shirenewton village

- * fabulous, uninterrupted views of the countryside
- * newly refurbished, fitted kitchen / luxury shower room
- * private drive, patio and garden area
- * 3 night breaks or full weeks available

Perfect for a relaxing break or ideal for walkers, bird-watchers, site seeing...or family visiting

Bryn Cosyn

Pant-y-Cosyn House, Usk Rd, Shirenewton, Chepstow, Monmouthshire, NP16 6RZ Tel: 01291 641826 email lynne@bryncosyn.co.uk Website www.bryncosyn.co.uk

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Lessons/Classes in Ballroom, Latin & Classical at the Severn Bridge Club in Bulwark, Chepstow. Contact Lawrance Blatchly on 07976 869178 or go to www.danceacademy1.co.uk



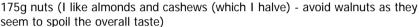
Nerys's Natty Nosh

Seeds such as flax, pumpkin, sesame, sunflower or hemp are full of essential fats, protein, vitamins and minerals. To achieve the correct daily intake of essential fatty acids, Omega 3 and 6 you need to consume a heaped tablespoon a day.

Noelyn's Breakfast bar

Ingredients

200g rolled oats 125g dried cranberries 75g dried apricots 50g sultanas



125g mixed seeds can light condensed milk 3 tablespoons apple juice 2 tablespoons honey

Method

- 1 Simply warm the condensed milk, apple juice and honey in a large pan.
- 2 Add all the other ingredients and stir.
- 3 Press down into a 23 x 33 x 4cm baking tin (I use that reusable lining stuff as it sticks).
- 4 Bake for 50/55 minutes in an oven pre-heated to 130C, 250F, Gas Mark 1/2.
- **5** Leave to cool in the tin for 15 minutes and cut into bars.
- 6 Store in an airtight container.

Enjoy!

Many thanks to Noolyn Prout.

Tips

I've sampled this recipe. It's nutritious, high in fibre and delicious. Useful for a quick breakfast, a picnic treat, or a snack, especially on a car journey when travelling with children. Be vigilant of the nut content.

As an extra you could add:- ½ teaspoon of cinnamon

Use dates as an alternative to the apricots

If you would like to share your recipes or if you have any culinary questions, Email me on:-Ranthonywilson@hotmail.com

STARGAZING

Once dark the Summer Triangle can be seen overhead. This is a prominent triangle formed by the bright stars Altair, to the South of the triangle, Vega, closest to the Western horizon, and Deneb, to the East. Deneb is a supergiant star which is very bright indeed and far further away than the other stars in the triangle. Astronomers have used telescopes carried on satellites to observe a disk of gas and dust around Vega, which possibly means planets are forming in its vicinity. More than 500 exo-planets (extra-solar planets) orbiting distant stars have been found to date. The discovery of exo-planets has intensified interest in the possibility of extra-terrestrial life.

The planet Saturn is in the evening sky to the South-West. It's close to a star called Porrima. The Moon (at first quarter) is just below Saturn on the 7th July.

In early morning, very bright Venus is just above the North-East horizon. Jupiter can be seen in the South-East with the waning crescent Moon to the left of the planet on 24th July.

James Bradley was vicar of the parish of Bridstow, near Ross-on-Wye in Monmouthshire until 1721, when he changed vocation and became a full-time astronomer. Isaac Newton considered him to be the "best astronomer in Europe" and he was eventually made Astronomer Royal. Bradley carried out measurements that proved the Earth orbits the Sun, and that led to the first estimates of the distances of stars.

Dave Thomas

WHIST DRIVES

As my report missed the last magazine I will repeat a little of what should have appeared. "30 players enjoyed the drive in May – it is very pleasant in the Hall particularly with the lighter evenings and we look forward to the next one on the 2nd June" – When the June one came round we were pleased to welcome 4 new players so that we had 37 players in all. New players are always made welcome, please join us, our Table fee is £1. per person which includes light refreshments. We also have a Raffle that raises funds for the upkeep of the Hall. Our next Drive is on July 7th at the Recreation Hall starting promptly at 7.30 p.m. The Drives in August and September will be on the 4th and 1st respectively, same time, place and conditions.

The Whist Drives continue throughout the year (holidays are planned round them!) Auriol Horton. 01291 641844

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GARDENING CORNER

It's raining outside but for once I must bite my tongue and not complain. The garden has been desperate for decent rain now for what seems like ages. Amazingly most things seem to have taken the dry spell in their stride all that is but the climbing beans. I planted several different varieties, guite early on. Probably a month before I should have done. These included 'normal' runner bean varieties, but also a couple of varieties that, although they are still climbing beans, are types that you let the pods dry on the plant, then shell the beans like you would peas or broad beans, and use the resulting dried beans in stews, casseroles, and curries etc. The reason I'm trying this is because at a certain point in the year, both our freezers become full to the brim with either produce from the garden, or fish that I have caught from sea or lake. Dried beans allow us to store them in Kilner type jars for some time, without taking up valuable space in the freezer – method to our madness so to speak. Last year I also dried hot chillies, by hanging them on a string in across the roof of our conservatory. It looked a little like Christmas for a couple of months, as the row of drying chillies hung there like a row of little lanterns, but it did the job. The resultant dried chillies were chopped up and again stored in jars for use later on. Back to the beans! They have looked pretty sad ever since the day I planted them. They are now showing a few signs of getting established. They are starting to turn green, instead of looking a sickly yellow, so we keep our fingers crossed! I have to say that I wasn't sure if it was the dry weather or the initial treatment I gave the ground. I always dig a trench before planting, and fill this with manure and scatter blood fish and bone over everything. This is an excellent organic fertilizer and you may have heard me extol the virtues of this in the past. This year however I tried something slightly different in that I put less manure in the trench and instead mixed in a load of shredded paper from the office in as well. I kept reading articles that said shredded paper was an excellent way of maintaining moisture in the soil, especially in bean trenches! The jury is still out on that one, but then maybe I used too much paper rather than manure. Guess we'll never get to the bottom of that one. Many of the beans had been scorched in the sun as well so hopefully these will send out new shoots.

There is definitely something wrong with the atmosphere these days. I'm not going to join in with the global warming debate, but I can only judge what is happening with my own eyes. We are definitely having more extremes of weather, and no-one can deny that! What the cause is? Well I'm sure I know what is doing it, but know others deny it! From my simple perspective I know things are happening in the garden that has never occurred before. If I may go back to the beans, for example. Noting that the first crop was decidedly sick looking I decide to sow some more runner bean seed. These grew on extremely well, having sown them in pots the same as always. Once it came to planting out, these were put straight into the ground and sticks erected as normal, watered in for a couple of days, and left to get on with it. The weather has changed in recent weeks, back to cool, although mainly dry, but we have had the odd sunny day, but not hot

temperature wise. Despite what would normally be good bean growing weather, the leaves on many of the beans have been scorched by the sun. I've been gardening now for over fifty years – I know, hard to believe in one that still looks so young!!!! It has only been the last few years that I have recognised such damage and I'm adamant that it is because the suns rays are becoming much more harmful, it appears to plants as well as us humans.

One other major disappointment in the vegetable garden has been a bed full of Brussel sprouts. Since I built the raised vegetable beds some 10 years ago, I have always kept a book of the cropping details for each bed, what I planted and when, and any results worth noting, good and bad. This included noting any diseases that may have occurred that I needed to note for the future. The main reason for this was also to ensure I didn't plant the same crops on the same bit of ground year on year – good old fashioned crop rotation. Not that Monty Don would agree with me apparently, but then I think he is a complete and utter fraud. A celebrity that has been put up as a front man, purporting to be a 'gardener'. I'm reading a book on Geoff Hamilton at the moment. Some of you may remember Geoff as the front man for Gardeners World for many years – now there was a true gardener, very much in the Alan Titchmarsh mould, only better in my eyes. I can see it's going to be one of them days – grumpy old man syndrome starting again! Where was I? Oh yes crop rotation. Well both beds of Brussels (mid and late season) were looking exceptionally well. I had managed to keep the cabbage root fly off them and hadn't lost a single plant to these pesky individuals. Then one warm day, the entire bed collapsed. I suspected that the root fly had attacked, but the plants were nearly a foot tall and well established, so thought that they were too big for the fly to do that much harm. When I planted the beds up this year, I went to refer to my recording book, but haven't been able to find it anywhere. I know it is around, but I just haven't been able to lay my hands on it. So I planted blind, but knew that the beds I planted hadn't had greens on last year, as many of the old crops were still in the ground, when I was actually planting the new. I kept watering the plants suspecting that maybe drought was the problem as the one bed affected, has quite light sandy soil, compared to some of the others. They didn't respond, and in the end I pulled a couple of plants out to see what the problem was - club root. No doubt my book would have told me, if only I could find it. Never mind a disaster can become an opportunity, so I need to get more seed sown, so that I can replace the Brussels with something else, beans perhaps, but certainly nothing from the cabbage family as this bed will be useless for growing anything from this family for at least fifteen years. They are breeding new club root resistant varieties now so maybe I'll try one of those another year.

In the tunnel we had an excellent crop of calabrese and cauliflowers early on, most of which is in the freezer. Normally the calabrese would send side shoots out and you have a second cropping, but I had to pull the plants early in order to get the ground cleared for peppers and tomatoes. Which reminds me, they need watering, so best get on. We magazine contributors are let off next month so happy gardening until September. Steve Hunt.

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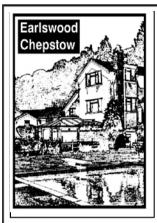
DIARY DATES

For further details see inside the magazine

July	Event	Location	
2	Barn Dance	Red Barn Farm	
7	Whist Drive	Recreation Hall	
10	Gaerllwyd Baptist Chapel Anniversary	Gaerllwyd Baptist Chapel	
11	Gaerllwyd Baptist Chapel service	Gaerllwyd Baptist Chapel	
11	Shirenewton History Soc	Recreation Hall	
14	Womens Institute	Recreation Hall	
14	Mobile Shop	Recreation Hall	
15	Call my bluff Wine Tasting	Church Room	
16	SAMFAL AGM	Church Room	
16	Magor Marsh Open Day	Magor Marsh	
22	Monmouth & District NCT	Shirenewton	
26	Shirenewton History Soc	Huntsman Hotel	
27	Community Lunch	Tredegar Arms	
27	Monmouth & District NCT	Tintern Old Railway Station	
30	Summer Fayre	St Peters Newchurch	
Aug	Event	Location	
4	Whist Drive	Recreation Hall	
8	Shirenewton History Soc	Recreation Hall	
20	St Peters Church Coffee Morning	Mynyddbach Farm Newchurch	
Sept	Event	Location	
1	Whist Drive	Recreation Hall	
2	Quiz and Social Evening	Recreation Hall	
12	Shirenewton History Soc	Recreation Hall	
17	Ploughing & Hedging Championships	Red Barn Farm	
27	Shirenewton History Soc	Huntsman Hotel	

SHIRENEWTON CHURCH - READERS AND SIDES-PERSONS

July	Service	Reader	Sides-Person
3	Thomas	James Leany	Claire Lewis
	Holy Eucharist	Ruth Savager	Allan Saysell
10	Third Sunday after Trinity	Bob Gratton	Bob Gratton
	Mattins	Margaret Lock	Margaret Lock
17	Fourth Sunday after Trinity Holy Eucharist	Bill and Janet Clarke	Bill and Janet Clark
24	Fifth Sunday after Trinity	Lisa Morter	Lisa Morter
	Holy Eucharist	Cynthia Smith	Cynthia Smith
31	Group Service at Newchurch 10 am		
Aug	Service	Reader	Sides-Person
7	Seventh Sunday after Trinity	Mark Broughton	Mark Broughton
	Holy Eucharist	Kevin Bounds	Kevin Bounds
14	Eighth Sunday after Trinity	Auriol Horton	Auriol Horton
	Songs of Praise	Jane Fisher	Jane Fisher
21	Ninth Sunday after Trinity	John Nicholas	John Nicholas
	Holy Eucharist	Mike Peirce	Mike Peirce
28	Tenth Sunday after Trinity	Andrew Baker	Claire Lewis
	Holy Eucharist	Sally Saysell	Allan Saysell



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Published: by The Church of St. Thomas á Becket Shirenewton Editor: Terry Walters 01291 641338 email: terencewalters@hotmail.com The cost of the Magazine is 50P per issue/10 issues for £5 Copies are delivered free by local distributors to those who have pre-paid. Monthly copies are available at the Church or the Tan House Inn price 50p Advertising Rates for Commercial organisations

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Deadline for contributions to the September issue is the 22nd August