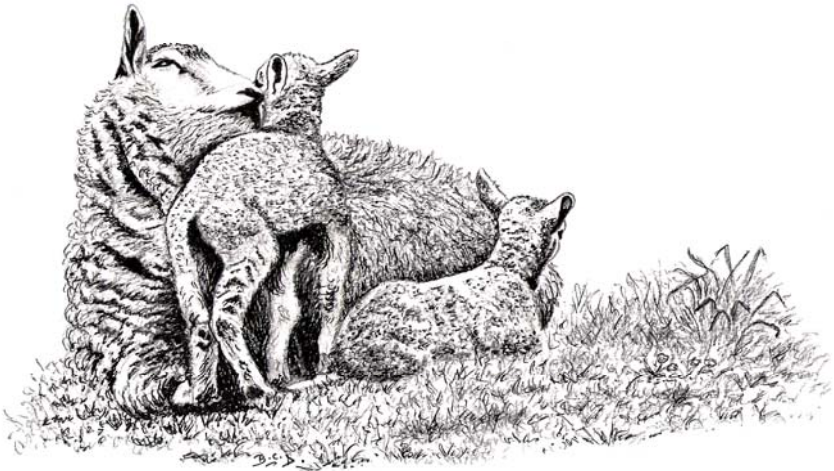


# Shirenewton Parish Magazine May 2013



*Sketch by Barbara Davies*

Price: 50p

## **SHIRENEWTON PARISH VISITORS**

We have a team of five Parish Visitors who are members of the Church of St Thomas á Becket's congregation. They are trained and supported to offer a listening ear and time to chat with those in particular need -- the housebound, the sick, the bereaved, or those facing some other kind of crisis. They are also there to welcome new people into the village and help them to integrate into the community more quickly. They are not professional counsellors, carers or social workers, but ordinary people who are willing to be alongside you when you most need it. Their service is free to those of all faiths and none, with no strings attached.

### **Confidentiality**

Our Parish Visitors work within a strict code of confidentiality so that you may be confident that whatever is shared with them goes no further. The one exception to this is that Visitors may share the minimum information necessary to obtain support and advice themselves, if necessary, from our clergy or other appropriate person. This would only happen with the person's consent.

### **How to Find Out More**

Contact our coordinator, the Revd Nansi Davies Tel 01633 400519 or Diane Marlow Tel 01291 641407 for an informal chat about your need.

If you would like to become a member of the Parish Visitors team please contact Nansi or Diane.

## **FACULTY FOR AN AUMBRY**

The PCC has applied for a faculty to install an aumbry in the Church. An aumbry is a secure place used to store consecrated bread and wine. It allows the parish priest to bless the bread and wine ahead of a service and then for a lay Eucharistic minister to administer the communion without a priest present. The priest can also use it to store consecrated bread and wine between services so it can be administered to the sick and the homebound in the Parish.

If any parishioners would like to know more about this application, please contact the secretary to the PCC, Bill Clark.

## **RESULTS OF THE 200 CLUB DRAW**

### **April**

- |     |                   |
|-----|-------------------|
| 1st | £40 Margaret Lock |
| 2nd | £30 Diane Reid    |
| 3rd | £20 Howard Sheen  |
| 4th | £10 Gerald Jones  |

# Christian Aid 'Ploughman's Lunch'



Saturday 11<sup>th</sup> May

Just pop into The Chantry, Shirenewton  
between 12.00 - 3.00

and help yourself to a Ploughman.

No need to book - just come along.

Adult £5.00/ Cons £3.00 Family £15.00

All the money will go to Christian Aid

**ALL VERY WELCOME!**

**From Glynis, Kevin and Jane**

For more details ring:- Glynis on 641 818

Or email:- [glynis.macdonald@btinternet.com](mailto:glynis.macdonald@btinternet.com)

And on Sunday 12<sup>th</sup> May

**The Christian Aid Service**

At 10.00 in Shirenewton Church.

A short light service with Jane and Glynis

Tea, coffee, cake, chat and chinwags afterwards in the Church  
Room.

Collection to go to Christian Aid.

## WHIST DRIVES

Don't forget to support our Drives held on the first Thursday of each month at the Recreation Hall starting promptly at 7.30 p.m. – the next being on the 2<sup>nd</sup> May followed by June 7th. I was sorry to miss the April Drive due to illness but 20 players attended and enjoyed the Drive led by Frank Atkinson. New players are always made welcome, please join us; our Table fee is £1.50 per person which includes light refreshments. We also have a Raffle that raises funds for the upkeep of the Hall.

Auriol Horton. 01291 641844

## SHIRENEWTON TENNIS ASSOCIATION

In 1988 with the tennis court and surrounding fencing in a bad state of repair, a small group of villagers came together, concerned to try to keep the tennis court open. A small committee was formed and subsequently Shirenewton Tennis Association came into being in the same year.

For 25 years the original core committee of Judy Eede (Chairlady) Ursula Singleton (Secretary), Liz Harvey (committee member) and Phil Brabon (Treasurer) have remained in place and during that time we have carried out continued improvements and maintained the court to ensure that the facility was and is available for the whole village. To enable us to maintain the court we have charged a fee each year for access to the court, with the lock being changed annually usually around early May.

Since we took over responsibility in 1988 we have paid a rental fee to Shirenewton Recreation Association from our income generated from the sale of keys to the court, as well as maintaining and repairing the court to its present standard.

Our membership fee for access to the court has remained constant for the past 5 years but we have been faced with increased rent to the Recreation Association again this year and reluctantly have had to increase the **annual fee to £35 with effect from 1.5.2013**.

New membership keys for 2013 will therefore cost £35 and may be obtain from Phil Brabon at Newton Lodge opposite the Tredegar Arms or by telephoning 01291 641376.

## SHIRENEWTON WI

April and we are into longer days, but this year only a very slow creep into Spring. Two visitors joined us for our meeting who we warmly welcomed. Our president 'Jenny Bonner' told us that we have two new members. Last month Diana and Auriol went to the Quoits competition and formed a team with two members from Caerleon WI, the four ladies were very surprised when they won. Each team member was presented with a basket of primroses after the match and at the ACM at Newport High on the 27<sup>th</sup> March a cup was presented, which has gone to Caerleon and will be with Shirenewton later in the year.

Our speaker for April was Olwen Weevers, who came to talk to us about her coloured sheep and the lovely items she makes from their wool.

Olwen told us that she used to live at House Number 1 at the Cotswold Water Park, where she kept ducks and geese and then acquired two sheep as lambs. Olwen wanted to do something with the wool especially when she acquired more sheep and so went to learn how to spin and weave and make felt. Olwen also knitted and her original Ryeland sheep produced yarn that was great for knitting. The area around where they lived started to be developed and filled in with houses, so they decided to look for somewhere with more land and less development. They found a small farm at Cross Ash with 26 acres and so were able to have more sheep of varying breeds to provide diversity of fleece and colours. Many breeds of sheep have coloured versions, but these are not wanted in commercial flocks. Olwen has had Shetlands, Manx, Loctens, Wenslydales, Blue Faced Leicesters, Romneys, and rare Corridale sheep.

Olwen told us that she became very interested in making yarn and making felt, at onetime having obtained a felting machine she processed fleece into felt for other people from their wool as well as making and selling her own. However, after becoming unwell, Olwen had to give up doing this. There is another type of felt making, called needle felt, where the wool is felted dry. It is possible to book time with a machine and this is how Olwen makes large pieces of felt now, but small items can be hand needle felted using the special barbed needles and Olwen brought several examples and gave a demonstration. Olwen brought a large variety of items for us to see and feel, ranging from fleece to bags and felt animals.

Olwen is Chairwoman of the British Coloured Sheep Breeders Association and has some of her craft items on display at the 'Made in Monmouthshire' exhibition at Abergavenny Museum.

We were all very taken with the yarn, felt and range of items Olwen produces.

Our next meeting is on May 9<sup>th</sup> and is our AGM.

# SHIRENEWTON COMMUNITY COUNCIL

Extracts from the minutes of the meeting held on 8 April 2013

## **Planning applications considered**

### **1. DC/2013/00197 Yew Tree Cottage, Mynyddbach**

Proposed extension to the side and rear of property to house guest bedroom/sun lounge, relocation of existing bathroom.

This Council recommends approval. Members noted that a neighbour had requested a stone wall rather than render on the extension as it will be visible to them and we were informed that the applicant was agreeable to this.

### **2. DC/2013/00231 Shirenewton Village Shop**

Change of Use Planning Permission. Proposed change of use of redundant shop premises into residential use and incorporating with existing maisonette at first and second floor level to form single dwelling.

This Council recommends refusal. Members felt that the shop should be retained as a community facility in line with the UDP, reference Policy CF2, items 14.3.1 / 2 / 3 / 4 all apply. Also the representations made against change of use in 2007 still apply. This is the only commercial shop facility in Shirenewton and change of use would potentially lose this facility for good. The nearest shops are in Chepstow, a travelling distance of some 12 miles round trip. Public transport from Shirenewton to Chepstow is sparse. This Council formed a Working Group in May 2012 to follow up options that arise and confirm that there is positive activity among residents for a shop in the community.

### **3. Tredegar Farm Caravan Park** - County Councillor Down reported that the Inspector's decision had been made and the Appeal dismissed.

## **Cold Calling Control Zones**

PC Jones explained the background to this initiative and advised that it has been successfully taken up at St Arvans, Bulwark, Thornwell and recently at Mathern. It acts as a deterrent to 'cold calling' traders offering unwanted goods and services. Residents need to be canvassed and there has to be a minimum of 70% interest from the community. There is a cost implication for signage at the entrances to the village, but the police would be prepared to fund a possible 2 out of 5 required signs. Signs would be at a cost of around £70 each.

It was resolved to pursue this initiative for Shirenewton and Mynyddbach initially as they have the greatest concentration of homes. C Cllr G Down's offer to deliver the first batch of leaflets was gratefully accepted.

### **Dog waste bags and litter bins.**

Following discussion, C Cllr Down confirmed that dog waste bags can be put into litter bins for collection. He further confirmed that he has requested an additional/ bigger bin for the Tan House area. It was suggested that this be a lidded bin and that the current one be relocated behind the church as there is also a problem with the disposal of dog waste bags in that area. It was reported that the bins are not being emptied regularly. Clerk to contact Mon CC.

### **Best Kept Village Competition 2013.**

Council agreed to enter the competition again this year. Cllr Jones to request sponsorships and to write an article for the next issue of the Parish News. Clerk to submit the application.

### **Items of local concern**

It was reported that the anti-slip surface at Huntsman Hill has still not been renewed. Clerk to contact Highways.

Council was advised that the street lighting in Blethyn Close now dims at 11pm. Progress has been made on repair of potholes at Earlswood and the road is currently being prepared for maintenance to take place over the next 2 months. Fly tipping was reported on the road from Wentwood Mill to the crossroads. There is still no timetable in the bus shelter at West End - Clerk to pursue with Mon CC.

Council agreed to man a stall at the fete this year on 8.6.13. Those agreeing to help were Cllrs Prosser, Moles, I Moore, B Moore and the Clerk. Cllr B Moore agreed to be the link person. C Cllr Down confirmed that he will also attend.

Queen Elizabeth II Field - The Clerk has received notification from the Land Registry that the registration of the field has now been completed.

Date of next meetings: The Annual Meeting of the Council will be held on Monday 13 May 2013 at 7.30pm at Shirenewton Recreation Hall followed by the ordinary meeting.

Find more information in the draft copy of the minutes in the Community Council notice boards. Previous minutes of meetings can be found on the Council's page of the church website.

Contact the Clerk to the Community Council -  
Mrs Hilary Counsell  
Tel: 01291 421307  
E-mail: shirenewtoncc@gmail.com

## Best Kept Village Competition 2013

Shirenewton has again entered the Best Kept Village Competition (which we so narrowly lost last year.) This notice is by way of reminder to everyone that the judges will visit the village at anytime from the 1<sup>st</sup> to 30<sup>th</sup> June.

As most people know the Judges take particular account of public spaces, and remark upon any litter. Last year they commented on two pieces of litter!

Can I also remind you to look at the area outside of your gardens.

If you have grown your own flowers this year and are prepared to donate a few or if you feel that you are able to give a bit of extra help with tidying up can you please ring me on 641791 Carole Jones

### **▲ Midsummer Murder**

**evening is to be held on (of course) 21<sup>st</sup> June at Shirenewton Rec....**

**It is 1779, and by the creaking of the timbers, all is not well aboard the good ship Albatross. Davy Jones is calling, and before the night is out he'll have claimed another life....**

**All are welcome to this evening of skulduggery and derring-do. Why not come along and try to determine (using cold intellect, cunning questions, and sneaky observation....all aided with liberal quantities of rum) which of our 5 odious suspects is guilty of that most heinous of crimes.**

**Hog Roast courtesy of celebrity chef Ian Wood, and pay bar. Tickets, £10 per head. All proceeds to WATER AID.**

**Tickets: Karen Millar (650521), Dave Cornwell (641614), Tony Prout (641261).**

**The 'Village People' (Dave, Karen, Tony, Jane, Alan and Ian) are not stopping at a mere murder to raise money for Wateraid....instead, we are planning to conquer the 6 highest peaks in each of the nations of the British Isles (and the Isle of Man). Nutters.**



## SHIRENEWTON LOCAL HISTORY SOCIETY

Our March meeting as usual took place at the Huntsman Hotel, our speaker for the evening was Peter Strong who gave us a talk on research that he had done on the internet via his library card. The topic was 'The Murder of Kymin Bet', a *blow* by *blow* account of a murder that had taken place in Monmouth in the late 19<sup>th</sup> century. A very interesting view of social history, not that long ago. How times have changed!

### Dates for your Diary:

- |                                |   |
|--------------------------------|---|
| Sunday, 5 <sup>th</sup> May    | 'Beating the Bounds of the Parish' meeting at the church, walk to commence at 2.00 pm, everyone welcome, tea & cakes after at the Church Room |
| Monday 13 <sup>th</sup> May    | View our Village Archive, 2.00 pm -5.00 pm at the Recreational Hall,  |
| Tuesday, 28 <sup>th</sup> May  | A visit to High Glannau Manor<br>(A garden near Trellech)<br>A tour of the garden, to include a glass of wine and canapés.                    |
| Monday, 10 <sup>th</sup> June  | View our Village Archive, 2.00 pm – 5.00 pm at the Recreational Hall  |
| Tuesday, 25 <sup>th</sup> June | A midsummer visit to Gaer Fawr Iron Age Fort.<br>Weather permitting a view of the sun rolling down the Blorenges.                             |

### Beating the Bounds

Once again this year we will be beating the bounds of the parish.

Why not join us

on

Sunday, 5<sup>th</sup> May at 2.00 pm

meeting at

St Thomas a Becket Church Shirenewton

and afterwards at the Church Room

Everyone welcome

More details contact 641376

## **'Only Notes' from the Shirenewton Community Council Meeting Monday 8<sup>th</sup> April 2013 - Glynis MacDonald**

One member of the public attended. And me. Oh, which reminds me that I was reminded to remind my reader that I'm just a member of the public too - writing up the ...err...interesting bits of the community council monthly meetings. So correction. Two members of the public attended.

### **Police Report.**

PC Louise Thorpe couldn't make the meeting this month but PC Andy was here instead.

There hasn't been much local crime to report on – which is good news. There was an OWL report (what does OWL stand for again?) saying that the police had had two reports of the theft of heating oil on the Usk Road in the Shirenewton area. And one councillor reported that she had received three phone calls about travellers parked up in Prys gau Bach.

1 / 4 A group of youths had started a camp fire up in Fedw Woods but the Fire Brigade was called and extinguished their fun.

4/ 4 A non-injury house fire in Itton – thought to be started by an electrical fault A house was burgled in St Arvans.

In Chepstow and Bulwark, handbags and hubcaps were stolen, vehicles were sprayed with noxious substances and shoplifters were apprehended The police also issued a warning about a scam email about "wanting to charge you £100 for illegally downloading music from Cheshire police" (? Downloading music from Cheshire police? Oh well)

And finally OWL breaking news – a shed was broken into in Grosmont.

As Andy was at the meeting, the council was able to discuss the issue of 'Cold Calling Control Zones' – as carried over from December of last year. He explained that to set the Zone up, it will need three visits to the prospective area.

One visit to drop the letters into all the households explaining the plans.

The second visit to collect the responses.

And the third visit to drop off the necessary bumff and the 'Go Away, This is a Cold Caller Control Zone' stickers.

Mind you, at least 70% of all of the contacted households will need to agree to the scheme if it is to go ahead.

The scheme will also involve putting up 'Go Away, You Cold Caller' signs on the major roads coming into the area. But this prompted the next set of questions. Which area? And which roads? And how many signs will be needed? After some interesting discussions Shirenewton was chosen as the test area but then after some more interesting discussions, Mynnyddbach was also included. But not Earlswood. Or Newchurch.

Various questions popped up during the discussion, for example:- 'What happens if some people don't like putting 'This is a Cold Caller Control Zone' stickers up by their door? and 'What exactly is a cold caller?' and 'Could canvassing candidates be classed as cold callers?'

Anyway once all that was sorted out, it was agreed to go ahead with the first letter drop.

## **Planning**

### **DC/2013/00197 Yew Tree Cottage, Mynyddbach**

'Proposed extension to the side and rear of property to house guest bedroom/sun lounge, relocation of existing bathroom.'

At this point there was a quite extraordinary and lengthy discussion as to where this particular Yew Tree Cottage was, and whether there were other Yew Tree Cottages in the area. Little breakout conversations then ensued all around the table which seemed to be about 'Yew Tree Cottages I have Known' all of which was eventually deemed as irrelevant.

Approval was then quickly Recommended. Hopefully for the right Yew Tree Cottage.

### **DC/2013/00231 Shirenewton Village Shop**

'Change of Use Planning Permission. Proposed change of use of redundant Shop premises into residential use and incorporating with existing maisonette at first and second floor level to form single dwelling.'

Apparently, the new plans for change of use were little altered from the first application - and basically the councilors agreed that their original objections still stood. Historically, the original plans to build houses on that plot of land was agreed on the proviso that there was also a shop. The first owners of the new shop had been very successful and there was the potential for a successful shop to be there now. If only...

Also it was really quite strange that a bid for £260,000 wasn't taken into consideration and that it finally went for £230,000 at auction.

One cllr asked whether a shop really was wanted in the area – and whether it could be a viable concern but it was agreed that people were still very interested in having a local shop. A member of the Local Shop Sub Committee then gave an update of progress of (or lack of) the Tan House. Regular readers may remember – if their memories go back that far - that there was a possibility of a shop at the Tan House. Apparently the new owner had said he was keen on this idea but as he is concentrating on his other properties in Grosmont and at The Chainbridge, developments at the Tan House are...on hold.

Anyway, going back to planning - Refusal for Change of Use was Recommended by a majority.

The other piece of news is that the owners plan's for a caravan park at Tredegar farm have been dismissed by MCC.

### **Small Grants from Shirenewton Community Council**

Here is a breakdown of the way that the grant money was divvied up.

Shirenewton Guides, Shirenewton PCC, St Peters Church and Shirenewton WI all received £50 each, Shirenewton Brownies received £40 and Earlswood Chapel and Shirenewton Local History Soc both received £30

Also it was agreed that 5 out of the 10 cllrs should be authorized to sign SCC cheques because it was thought that 10 signatories might confuse the bank.

### **Model Standing Orders - 3 suggestions to consider**

Nothing much of interest here other than the cllrs should agree to resolve to received stuff by something called the email system – that no member should accept gifts as a cllr and finally - a suggestion that council meetings should not go on longer than 2 ½ hours. Yay! But it was agreed that sometimes things were too important to put a time curb on any discussions. Sigh.

### **To discuss local commemoration of World War 1.**

The original meeting was snowed off – and plans for this will now be coming out at the end of April. This year.

### **Update on the Village Telephone Kiosk**

Well Devauden's telephone kiosk isn't going to remain that ghastly salmon pink. No, that is the undercoat, ready for the traditional red. And whereas we are planning for a shop and/or a micro brewery and/or a library and /or a notice board in our kiosk, Devauden are apparently planning a village defibrillator. This raised a few eyebrows. Was the person with the suspected heart attack to drag themselves along to the kiosk and apply the electrodes? No – there are 20 people in Devauden with Cards. And they don't need training. I think I'd prefer to drag myself to a mini micro brewery.

Anyway many thanks to Mr. and Mrs. Tayton because the telephone box is actually on their patch and they have been most helpful in helping the council acquire the kiosk.

### **To discuss increasing the Council's profile and website**

MCC is holding a seminar in Usk at the end of the month to help and advise local councils setting up web sites. And the Welsh Assembly is funding each council to the tune of a fat £500. And following on from that, came the Council's Stinking Idea. To raise Shirenewton Council's profile to you, the local people, it was suggested that the Minutes should be published in the parish mag!!! Brill or wot! The councilors thought this was a great idea. Obviously it could only be the draft Minutes not the real McCoy

– For that you'd have to continue to wait patiently for them to be ratified by the next month's council meeting and then go on line to read the Real Thing. And so dear reader, as you can see, you are in for a real treat.

But this proposal has repercussions. You won't want to read about the council meetings twice in one edition of the parish rag. There's only so much excitement a village can have. So, I raised my hand and asked whether this meant I was now to be made redundant? (I did add – with a large pay off?) There was polite laughter – but no answer. I had no time to consider my position as the council meeting continued apace and so I put all thoughts of constructive dismissal to one side as I continued in my duty to bring The News To You.

### **Best Kept Village Competition**

Once again it is that time of year to timetable cleaning your windows, sorting out your verges and repelling your borders ready for the Competition. In Shirenewton anyway. And the judges will be asked to excuse the Tan House as it's unlikely to be in a blooming condition. (Or should that read it will still be in a blooming condition?)

### **Other items of local concern –**

Still to Do. As reported previously, the non-slip road surface on the Huntsman Hill has worn away and more non-slipperyness needs to be applied.

The Street Lighting at Blethyn Close now dims down at 11. It's taken 1 ½ years for this to be put into operation but now that it has, the residents are very pleased.

The roads up at Earlswood are still in a very bad state with oodles of potholes. But there have been sightings of something happening. A man came and 'repainted' them and a verge cutter came to clean them out – so I guess that's progress of a sort. Now I confess I'm not very good at mending potholes myself, but wouldn't a cartload of tarmac be a good idea?

After a whole year, the Westend Bus Shelter still hasn't got a timetable. No point putting one up now as new bus time tables are due to come out shortly.

The Council was asked whether they were going to have a stall at the Church Fete. It took a while for interest to ignite on this one – but when it was suggested that this was a great way to raise the profile of the council there was a little more interest and then when Cllr David Adams suggested bringing along his tractor there was lots more enthusiasm. Then there was jumping on the bandwagon with suggestions of tables! And gazebos!

### **The Clerk's Report.**

Notice Boards – these boards will be repaired when there is no longer a likelihood of frost. So August then?

Dog Poo Bins. Last month I forgot to tell you about the Dog Poo Bins. I can't think why I forgot. It seems that there are not enough of them in Shirenewton and Mynyddbach. And the ones we do have, continue to overflow. Is this because they are not emptied frequently enough? (the bins not the dogs) Or is it because of the number of dogs walking and dumping per day means that the bins do not have the capacity to contain the problem? And one poo bin is very near the bus stop and in the hot summer – this gets to be quite horrible.

So once again, this issue was back on the agenda. And indeed, the other member of the public was there to say this problem is getting worse and he asked for more and bigger bins to be provided. For those who take the poo home, MCC say it can be put into the black bags and the bin men will collect in the usual way. Although please, please can it be double wrapped. And there was a plea not to decorate trees, bushes or crevices in walls with the little bags.

(I was discussing this issue at the TA the other night – you'd have thought I'd got better things to talk about - however a local resident told me that she'd had a rather large bag of doggy do -dos and had put it outside for the Bin Men to collect. But before the Bin Men had arrived – someone had seen the Supermarket bag outside her front door and had stolen it)

Anyway Cllr Graham Down has agreed to look into this problem. The bins – not the theft.

**Poor Land Field** - It was felt that the Land Registry forms, should be looked at by a solicitor as they were complicated and full of legalistic jargon. Also there didn't seem to be any original documents to confirm the council's ownership of the Poor Land as they'd been receiving rent from the land even though the council didn't have any paperwork to prove ownership.

The clerk confirmed that a chain and padlock had been purchased for the field gate. (However, I've heard via the grape line that there is a massive big hole in the hedge just down the road so the Poor will be able to escape anyway)

The meeting finally came to a close.

The AGM followed by the monthly meeting will be on Monday 13<sup>th</sup> May at 7.30. I may – or may not be there.



**MUSICAL DIRECTOR: GRAHAM BULL**

*Did YOU know that.....  
Small local choral societies are closing down....*

*WHY?????  
A main reason is due to lack of male singers.....*

*And did YOU know that the ONLY opportunity, for anyone living in areas like ours, to sing 4-part choral music with professional soloists & orchestra is by joining a mixed choral society?*

*CCS wants to keep our heritage of 4-part choral music in Chepstow – one that in recent years has performed some of the greatest choral masterpieces in our town – alive. We hope YOU agree with us....*

*BUT --Chepstow Choral Society needs tenors & basses NOW. Without them, we will go the way of so many other choral societies.  
Please-- do NOT let this happen to CCS...*

*If you would like further information, please contact Marjorie Duerden (tel. 01291 623310). BETTER STILL, come along to our rehearsals which take place on WEDNESDAY EVENINGS at CHEPSTOW LEISURE CENTRE, 7.30pm. The next CCS concert is WEDNESDAY JUNE 26<sup>th</sup>, in the ARTS HALL at CHEPSTOW LEISURE CENTRE. It will be a programme of POPULAR CHORAL MUSIC FOR A SUMMER'S EVENING – classical & lighter items (including a "Les Miserables" medley, some very*

*well-known choral pieces by JS Bach, Schubert, Faure, Brahms, Howard Goodall, some Johann Strauss, popular folk songs – along with some "fun items"!)—plus solo/ensemble music from the Kempton String Ensemble*

*AND there will be refreshments/wine/soft drinks included!!!*

*IF YOU ENJOY SINGING, COME ALONG & JOIN US  
WE'D LOVE TO SEE YOU!!*

+ ~ ø# # 1æ ~ #

## **Lougher Home Care Ltd #**

*Companionship*

*Personal Care*

*Meal Preparation*

*Shopping*

*Accompanied Trips*

*Over Night Stays*

**We can help with the things you find diffi-**  
**cult. #**

We are a local company with mature local carers

Contact Sadie or Hywel Lougher

Tel 01633 88 11 77

Email [sadie@lougherhomecare.co.uk](mailto:sadie@lougherhomecare.co.uk)

Web site [www.daycarewales.com](http://www.daycarewales.com)

Members- Care Forum Wales #

UKHCA (United Kingdom Home Care Association) #

Regulated by and registered with #

CSSIW(Care and Social Services Inspectorate Wales) #

Approved by and working with Monmouthshire County Council #





# **SHIRENEWTON CHURCH FETE**

**8<sup>th</sup> June 2013**

**A fun day out for all the family, games, activities, stalls, entertainment, grand prize draw, refreshments and lots of lovely local cakes!**

**Carnival Queen and Floats will leave the Tan House at 1.45pm**

**Official opening is 2pm at the recreation field.**

**We look forward to seeing you there!**

**If you would like to get involved and support this community event please contact Seirian at [andyandseze@aol.com](mailto:andyandseze@aol.com)**

**All offers of help very much appreciated.**

**SHIRENEWTON  
COMMUNITY  
LUNCHEON CLUB**

**Tredegar Arms  
Shirenewton**

**01291 641274**

tredegararmsshirenewton@hotmail.com

Please book early to secure  
your place for lunch

22nd May  
26th June  
24th July  
28th August

**SHIRENEWTON  
PARENT  
&  
TODDLER GROUP**

Every Thursday  
1.30 to 3pm Term Time  
and the  
Summer Holidays  
Drinks, Snacks, Crafts,  
& Songs. £2

Shirenewton Recreation Hall

Facebook: [https://www.facebook.com/  
groups/181560798590317](https://www.facebook.com/groups/181560798590317)

## **Home Heat Helpline - Families First**

Home Help Line is looking to raise awareness of the Helpline during the winter months.

The Helpline is a free, impartial and confidential service connecting people on low incomes or in poor health to financial help towards managing their energy bills. Manned by trained, friendly advisers, the Helpline provides advice on rebates and grants that people may be eligible for, as well as energy saving advice to help reduce energy bills. Certain callers may also be eligible for further support, including the Priority Services Register – an industry safety net ensuring vulnerable customers will not be cut off from their energy supply, even if they are unable to pay the bills.

With the cold weather set to continue, people will have their heating costs at the forefront of their minds. So it would be great to make sure the right people know about this service, and get the help that they are eligible for.

**Contact 0800 33 66 99 or [www.homehelpline.org.uk](http://www.homehelpline.org.uk)**

## Do You Need Help When You Are Away On Your Holidays?



I am a reliable and trustworthy 13 year old girl and live locally in Mynyddbach. If you would like my help whilst you are on holiday give my mum or dad a call on 01291 641970.

While you are away I will.....

- Feed and look after your pets
- Water the plants/pots and hanging baskets
- Close curtains and turn on lights

&/OR if you also need someone to regularly walk your dog when you are busy or delayed home from work I would love to help you with that too!



## TRUE COLOURS REFURBISHMENT

(Previously Andrew Gore Decorating Services)

All aspects of decorating  
Interior, exterior, Wallpapering  
Full Kitchen and Bathroom Installations

Wall and Floor tiling

Small building works

Free, friendly advice and quotation

Tel: 01291 625451

Mobile: 07922408665

Sales..Repairs..  
Spares..Service..  
Installation

# CROW VALLEY

Gas Service & Electrical Installations

All Natural Gas, LPG & Oil  
All Plumbing work  
Electrical Design & Installation  
Kitchen Installation Service  
Bathroom Installation service  
Patio Heaters & BBQ's  
Portable Gas Fires  
Calor Gas Supplied  
Commercial & Industrial Gas  
Caravans & Boats  
Catering Van Certificates  
AGA & Rangemaster service & repair  
Woodburner service & repair  
Registered Solar Engineer

## Registered

- Gas Safe
- Part P Electrical Safety
- ELECSA
- Trust mark
- OFTEC

Dennis 07968 35 88 83

Alun 07527 25 05 89

01633 483859

[dennis@crowvalleygas.co.uk](mailto:dennis@crowvalleygas.co.uk)

[www.crowvalleygass.co.uk](http://www.crowvalleygass.co.uk)

4 Fairwater Square, Cwmbran NP44 4TA

# DRAMA WORKSHOPS IN CHEPSTOW



**COMMUSICATION**  
EXPLORE - LEARN - PERFORM

## NEW WORKSHOPS FROM PROFESSIONALS

ORIGINAL & EXCLUSIVE MUSIC & DRAMA WORKSHOPS  
LEAD BY OUR TEAM OF PROFESSIONAL FACILITATORS



## BOOK YOUR WORKSHOPS NOW

Call us on: 01291 471 860

[www.commusication.co.uk/community](http://www.commusication.co.uk/community)



## Mama Mia' Evening



Saturday 25<sup>th</sup> May 7.30

Come and join us in a Greek Taverna (aka Earlswood Hall) for a fun 'Mama Mia' evening. Food, along the Mama Mia theme, is included in the ticket price and will be followed by a 'sing-a-long' showing of Mama Mia.

There will, of course, be a Licensed Bar.

Tickets - £8.00 and £5.00

Available from:

Kha Koon Cornwell (641614), Liz Drake (641618),  
Lyn McFarlane (627234) or Noelyn Prout (641261)  
All proceeds to Breakthrough Breast Cancer

# *Not Just Feet*



Reflexology  
Vertical Reflexology  
Indian Head Massage  
&  
Maternity Reflexology

**Annabel Hancock MAR**

Contact me for a home visit on  
01291 650309



## **Mynyddbach House for Sale**

- Large 4 Bed, 2-ensuite
- 4 Reception rooms
- Private situation  
with superb views
- Offers around £500,000



TEL: 07733611934

# Private Chartered Physiotherapist

Liz O'Brien MCSP, HPC Registered

32 The Avenue, Caldicot, Gwent NP26 6AD

- Muscle and joint problems
- Neck and back pain
- Chronic and long term pain.
- Arthritic Conditions
- Occupational Problems
- Sport related injuries
- Post surgery rehabilitation

Preferred provider for BUPA and other major  
medical insurance companies.

Appointments can be booked directly with  
Liz O'Brien on 07831 740909, or email [lizobr@googlemail.com](mailto:lizobr@googlemail.com)

## HYPNOSIS CAN HELP.....

WITH STRESS, ANXIETY, WEIGHT, SMOKING, PHOBIAS, FEAR,  
PANIC, LOW SELF ESTEEM, AND MUCH MORE.

ACUPRESSURE HELPS WITH PAIN AND DISCOMFORT. NLP  
COACHING CAN CHANGE YOUR LIFE. EMOTIONAL FREEDOM  
TECHNIQUES TAUGHT.

FREE CONFIDENTIAL CONSULTATION. FREE IRIDOLOGY REPORT  
ON YOUR CONSTITUTION.

**ANDREW GRIFFITH AMIH Registered Hypnotherapist. Consulting  
Rooms in Chepstow and Ross.**

CALL NOW! TELEPHONE: 01291 641964 MOBILE: 07921 130098  
FOR FURTHER DETAILS E-MAIL: [andrew.griffith@tiscali.co.uk](mailto:andrew.griffith@tiscali.co.uk)

FOR MORE INFORMATION SEE OUR WEBSITE:  
[www.hypnohealth.me.uk](http://www.hypnohealth.me.uk)

## GARDENING CORNER

At last! A couple of days decent weather when you can feel the warmth of the sun on your backs. Unfortunately this has come too late to save our bees and losses have been complete. Ironically the local bee inspector rang me the other day to arrange to come and go through our hives. Even he has lost 30% of his colonies and it appears that we are not the only ones to suffer complete losses. Hopefully those that have only lost one or two hives will have a few swarms that they won't want themselves. We have quite a few spring flowers now out in full bloom but the quietness is already very noticeable. Normally there would be a continuous drone of bees going about their business as only bees know how. But for now there is just deathly silence. It will take some getting used to, the first time in over fifteen years without bees. We will have to pick ourselves up from this disaster, but it will take many years to get back to how things were. It has to be a warning to those sceptics that still maintain that there is no global warming. With no signs of any bumble bees until now, the apricots and nectarines in the tunnel have failed to set any fruit. Despite my best efforts with a paint brush it looks like we will be very lucky to get a picking of either.

Recently I had the opportunity to get hold of another polythene tunnel. This is quite a bit smaller than the one we have up at present being about 6 metres long and 3 metres wide (20' by 10'). However it has straight sides, unlike our big tunnel, so it is easy to grow crops right up to the side. It belonged to a cousin who sadly passed away before Christmas, and it meant that I had to scoot down to Hampshire to dismantle and bring back. It took about half a day in total, but I have the perfect spot on which to erect it, but unfortunately a lot of clearing up to do before I can get it put back up and in use. For the first year I intend to grow tomatoes in it. Due to lack of space I have had to grow these in pretty well the same spot in the tunnel for the last four or five years and the ground desperately needs a rest. Hopefully this tunnel will allow me to move things around more frequently and will avoid the build up of any pests and diseases. The last couple of years have seen a drop off in tomato production, so hopefully this will be the answer. Our young tomato plants are due for potting on, but because of the cold they are still only a about 8 centimetres high (3"), so hopefully I will find the time to get the tunnel up and covered before they are big enough to need a permanent home for the rest of the season. For now they will be put into larger pots and will languish in the small propagating greenhouse.

Back in the tunnel I managed to build up the raised beds and these have been copiously manured. I have planted the two by the fruit trees with strawberries as planned, and these are now starting to grow on rapidly. Hopefully we will get a bumper crop during June – fingers crossed! One of the other beds has been



planted with the early calabrese. The intention is that this will produce lovely heads during June and the ground will then be cleared and planted up with sweet and hot peppers. As with the tomatoes, these are already growing on in small pots and will be transplanted into larger pots to ensure that they keep growing as fast as possible.

Another raised bed has been sown with early carrots, but this time I have put a fine mesh net around them to try and keep the carrot fly at bay. These have already started growing well and are also benefitting from the warmer weather. Elsewhere in the garden it has been a case of all hands on deck whilst it is dry. The Assistant head gardener has been going through cutting and clearing all the rubbish out of the way and I have now started following on behind digging out everything we don't want in the way of weeds, brambles and the thousands of young (and some not so young) ash trees. I had started to use these to plant a small wood in our top field, mainly for a future firewood crop, but with the introduction of the ash dieback disease (Chalara), this now seems a bit of a futile exercise. In hindsight, yes it's a wonderful thing this hindsight, I should have started planting it up fifteen years ago, as by now we would have had a nice woodland, and would have already been cutting our own firewood. With any luck some of the trees will show resistance, but for now I intend to leave them to grow as big as possible until they become infected (if they do of course). Fortunately for us over here, the disease is presently mainly in the east of the country, with only new plantings being infected with diseased stock on this side of the country. The Forestry Commission will be offering assistance in England to remove these newly planted diseased trees, so hopefully this will slow down the spread, but I'm not sure if the same is happening in Wales. Indications are that it will take at least five years to spread nationally, so let's hope that this is a pessimistic prediction.

So clearing the raised vegetable beds is progressing well and several are already planted. The garlic bed that was planted in October, has suffered a few losses but generally speaking there isn't too bad a crop. I started the onion sets and shallots off in pots in the greenhouse and the first of these have also now been planted out. I did have some early broad beans and peas, which were planted out before the last cold spell. Fortunately we didn't get the snow of elsewhere in the country, so these have mostly survived, to be joined by some latest sowings. Hopefully there will be enough bumble bees about to pollinate these as I have relied heavily on the honey bees to do the necessary. I have cleared one of the asparagus beds, but need to desperately sort the other one out as well. A bit more warm weather will see the first spears coming through and I need to weed and feed before this starts to happen otherwise the spears will get damaged. WE have had the first picking of salad leaves from inside the tunnel, and the next couple of bags are planted ready for successional crops over the coming weeks. I need to get on with sowing some more, so must get on. So happy gardening until next month.

Steve and Felicity Hunt.



**(01291) 641462**

[contact@bluebellcountrykennels.co.uk](mailto:contact@bluebellcountrykennels.co.uk)

[www.BluebellCountryKennels.co.uk](http://www.BluebellCountryKennels.co.uk)

Bluebell Barn, Bully Hole Bottom  
Shirenewton. NP16 6SA

Fully licensed and insured

Modern and spacious kennels with underfloor heating

Individual care and attention

Regular exercise and play

Additional woodland walks available

Access to vet 24 hours a day

Medication can be administered

Fully alarmed security system

Rural retreat, set in 4.5 acre grounds

## Monmouthshire Granite

Local suppliers and designers of granite. Suitable for a wide range of applications, ideal to enhance areas of your home or workspace.

Ideal for many applications around the home or office including: kitchen worktops, bathrooms, wet rooms, windowsills and utility rooms.

[www.monmouthshiregranite.com](http://www.monmouthshiregranite.com)

Kitchen work surfaces  
– new or replacements

Wet room wall coverings

Bathroom vanity surfaces

Table tops cut and shaped to size

Replacement internal window sills

Commercial applications  
– bars and countertops

Call for an appointment to view our range of granite samples as well as our other product ranges including sinks, taps, hobs and appliances. Easy, free on-site parking.

Get in touch to find out more information or to discuss your individual requirements:

Call: 01291 470041

Fax: 01291 421494

Email: [sales@monmouthshiregranite.com](mailto:sales@monmouthshiregranite.com)

Have a new business idea?  
Want a fresh approach?

ThatMediaGroup.co.uk provides a refreshing cocktail of design, print, marketing and web design expertise. Perfect to accompany any business that is looking for fresh ideas and a quality finish to their marketing materials.

- Business Cards
- Leaflets & Flyers
- Advertising
- Website Design
- Logos & Branding
- Billboard Design
- Menus
- Mailing Fulfilment
- Printed Folders
- Brochures & Booklets
- Banners & Posters
- Promotional Clothing
- Appointment Cards
- Gift Vouchers & Tickets
- Internal & External Signs
- Letterheads & Stationery
- Vehicle Graphics and much more...

On the main A48 at Caerwent - Call in or book an appointment



thatmediagroup.co.uk

Call: 01291 425103

Email: studio@thatmediagroup.co.uk



Professional and specialised music tuition from a dedicated studio, situated on the outskirts of Chepstow.

Tuition covering all ages, abilities and styles; from the absolute beginner to the more-advanced musician. Classical to Blues, Rock, Pop, Country and beyond – we've got it covered.

Professional music facilities in a local studio:

- A range of quality instruments
- Industry standard drum kit
- Recording and editing software



Join us on Facebook & Twitter for news, competitions and more.



**First Lesson Free!**

**Call us now to book your free introductory 30 minute lesson**

Contact us:  
(01291) 470045  
info@spotmusic.co.uk

Quote voucher code 'SPOTOFFER' to redeem this offer and get started

**Electric & Acoustic Guitar | Bass | Drums | Theory**

Call: (01291) 470045 | info@spotmusic.co.uk | www.spotmusic.co.uk

## STARGAZING

The bright planet Jupiter lies to the west, gradually dropping to the horizon as the month proceeds. Jupiter is joined by the even brighter planet Venus at the end of the month. Saturn is in the south-east and is slightly yellow in colour. On the 22<sup>nd</sup>, the Moon is close to Saturn.



The 5 stars forming the “W” of Cassiopeia lie to the north in the evening night sky. Constellations usually have Ancient Greek names – the name Cassiopeia was used by Ptolemy, a great Greek astronomer living in Egypt when it was part of the Roman Empire around 100 AD. On the other hand the majority of stars have Arabic names – Arabic

Astronomy was centred on Baghdad from about 800 to 1200 AD. Unusually the middle star of Cassiopeia is called Tsih, named by Chinese astronomers. This star has been used as an easily identifiable reference during space missions. Its traditional name in Welsh is Llys Dôn, which means the Court of Dôn, a character in the Mabinogion folk tales.

Other prominent Spring constellations are the familiar seven stars of Ursa Major, commonly called the Plough (a traditional Welsh name is Y Sospan, which hardly needs translating), which is now overhead in mid-evening, and Leo the Lion in the southern sky.

Which is more useful, the Sun or the Moon? The Moon because the Sun only shines during the day when it's light anyway!

Dave Thomas

## SODS – AND ‘THE EMPEROR’S NEW CLOTHES’

Shirenewton Operatic and Dramatic Society have received two very nice letters and certificates from LATCH (The Welsh Children's Cancer Charity) and REMAP (Designing and engineering bespoke solutions to individual day to day problems that disabled people experience). All of the money that is donated for the refreshments and the programs goes to our two chosen charities of the year. This year we collected a fantastic £1120.90 and so we were able to send cheques for £560.45 to each of these very worthy causes. In times of financial hardship we thought this was a brilliant result!



## **Self Awareness Group with Rose**

Third Thursday of the Month starting 16 May 2013

7.30PM at Shirenewton Rec hall

Fee to cover costs: £3.00

Come and discover how to find some peace of mind within your life. We will have meditation to help focus and discipline the mind. Exercises to discover our psychic abilities with help on using them to the limit we require. And a fun social evening discussing and answering questions on what it is to be self-aware.

Call Rose for information at: 01291641943 @ 07912384011

## **MONMOUTHSHIRE MEADOWS GROUP**

**OPEN DAYS 9th and 16th June**

The Monmouthshire Meadows Group is currently celebrating its 10th year of successful meadow making and preservation. As part of our celebrations we are holding two Open Days when the public can see members' meadows in all their glory. The first Open Day will be in the Shirenewton area on 9th June when we will also launch a book about our ten year efforts. The second Open Day will be in the Trellech area. For full details and directions to the meadows see the website: [www.monmouthshiremeadows.org.uk](http://www.monmouthshiremeadows.org.uk)

## **SAMFAL**

**OPEN DAY on the Fields 2:30pm onwards 19th May**

SAMFAL wishes it to be known that it did not block off the entrance to one of its fields from the Public Right of Way, you have another local Landowner to thank for that.

Presumably the obstruction was erected to prevent the strip of grass between the Public Footpath and the SAMFAL gate from being damaged, and quite effective it seems to be. However SAMFAL would like to point out that it cannot be held responsible for any damage to this strip of grass that insects, birds or any other wildlife might cause, escaping from the site across the Public Footpath.

**Make your UCAS Personal statement open doors to your future**

**GET ME IN!**

**Education**

Faced with a blank page and not sure where to start?

Stuck on how to make more of an impact?

Find it hard to put across what you're trying to say?

With competition for university places hotting up year after year, the UCAS Personal Statement is your best opportunity to impress admissions tutors. Make your application stand out from the crowd with a Personal Statement that really sells your individual qualities and achievements and demonstrates your suitability for your chosen course. We can't write your Statement for you, but Get Me In! can help you express your ideas clearly, concisely, fluently and with maximum punch!

For more information or to book an appointment

Tel: 01291 641547

[www.getmein.org.uk](http://www.getmein.org.uk)

Email: [enquiries@getmein.org.uk](mailto:enquiries@getmein.org.uk)

**PC REPAIR DIRECT**

*...We Come To You!*

- Virus Removal
- Memory Upgrades
- Software Installation
- Wireless Network Setup
- Advice & Support

Freephone:

**0800 22 480 25**



James Bennett  
[james@pcrepairdirect.co.uk](mailto:james@pcrepairdirect.co.uk)

**Professional - Convenient - Reliable**

1A York Place, Newport  
NP20 4GB

**Peter Such**  
**Agricultural Services**

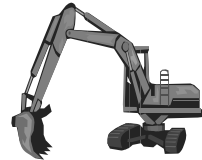
Tel: 01291 650638

Mob: 07729 721090



Fencing

Hedge cutting



Tractor and Driver

Mini Digger and Driver

Paddock Maintenance

Chain Harrowing

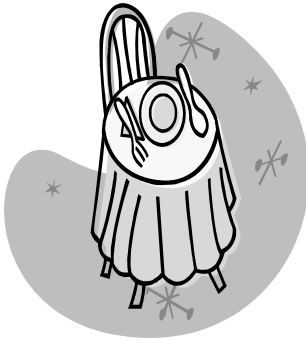
Topping

Chainsaw Work

Strimming

For other work and any odd jobs please call.

## NERYS'S NATTY NOSH



*A dinner party, coffee, tea  
Sandwiches, or supper, all may be  
In their way a pleasant.  
But not for me  
Not one of these deserve the praise  
That welcome of new-born days,  
A breakfast, merits; ever giving  
Cheerful notice we are living  
Another day refreshed by sleep,  
When it's festival we keep.  
Part of Charles Lamb poem "Breakfast"*

Breakfast is now considered the most important meal of the day. It's a time to break the night fast and nourish the body with wholesome food.

In medieval Europe only two meals were eaten, a heavy dinner at noon and a light supper, largely due to the influence of the church. However exceptions existed, for children and the infirm; they were allowed a small breakfast. Some farmers and labourers ignored the rule and by the 15<sup>th</sup> century even nobility mistreated the act. I do enjoy the odd cooked English breakfast but on the whole I like nothing better than:-

### *Yogurt, seasonal fruits, nuts and seeds.*

- 1 pot plain probiotic yogurt
- Chopped seasonal fruit/fruits
- 1 tablespoon dry roasted almonds
- 1 tablespoon seeds -dry roasted pumpkin, sunflower and sesame seeds.

#### **Method.**

**1** On a low heat, warm a frying pan for one minute. Add the seeds and dry roast for approximately 3-4 minutes, turning from time to time. The seeds should turn a golden colour.

**2** Chop the fruit.

**3** Place the yogurt into the bowl, add the fruit, followed by the nuts and seeds.

#### **Tips**

I like to make a large batch of dry roasted nuts and seeds and store them in an airtight container. You could add some dried fruit e.g. cranberries and blueberries.

**Nutritional Value.** Probiotic yogurt is packed with "friendly" bacteria which helps to maintain a healthy digestive system. It also has a positive effect on the immune system. Yogurt derives from milk therefore it is full of the calcium needed for healthy bones and teeth. Due to the bacterial break down of fats in the yogurt, it is easily digested by the body.

Nuts and seeds are high in protein, essential fats, minerals, the antioxidant vitamin E, and are also a good source of calcium.



## Eye, eye!



What keeps them healthy?

Having regular check-ups on the eyes are essential but we can improve the quality of the eyes by eating certain foods!

- Eggs: - Vitamin A, which helps the retina to function.
- Raspberries: - Vitamin C, which may reduce the risk of cataracts.
- Almonds: - Vitamin E, which helps slow down the aging process.
- Broccoli: - Lutein, which may help prevent age related macular degeneration and cataracts.
- Salmon: - Omega 3 fatty acids, which is associated with a lower risk of related macular degeneration.
- Spinach: - Protects the eye from oxidation.
- Yogurt:- Helps the body absorb antioxidants.

### *Raspberry and Strawberry Smoothie serves 1*

#### **Ingredients:**

- 100g (4oz) fresh or defrosted raspberries
- 150g (6oz) strawberries
- 4tbsp natural yoghurt
- 1tbsp honey

#### **Method:**

Pour into a blender, liquidise and serve!

### *Banana, Yoghurt and Almond Smoothie serves 2*

#### **Ingredients:**

- 4 ripe bananas
- 50g (2oz) ground almonds
- 8 ice cubes
- 6tbsp natural yogurt
- 2tbsp maple syrup
- Pinch of cinnamon

#### **Method:**

Pour into a blender, liquidise and serve!

#### **Tips:**

Add a handful of ground nuts, bran, or oats and add a little milk until the correct pouring consistency is acquired. Liquidise. Excellent for breakfast.

## Music Tuition

### Rhiannon Rhys-Jones

- Piano Lessons
- Cello Lessons
- Oboe Lessons
- Vocal Lessons, Flute and Violin
- Music Theory Lessons, GCSE Music Tuition

Will travel to you

Please contact Rhiannon for a trial lesson

01594 829504 or 07957 419313

## Chepstow Blinds

(Established 1980)

### We specialise in all types of blinds

Huge savings on Vertical, Venetian, Roller, Pleated,  
Black-out, Conservatory and Awnings

Huge Selection Available

All Made to Measure Quality Assured

Free Measuring & Fittings Service Available

Curtains Made to Measure From Your Own Fabric



To arrange a free home visit and quotation

*All Areas Covered*

Call Dennis Moore on

**01291 621946 or 07834 884094**

Yew Tree House, Tutshill, Chepstow

## **The Studio at the Old Rectory Shirenewton**

Warm, welcoming and spacious holiday accommodation for two 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  
Email: [studio@omar1.com](mailto:studio@omar1.com)  
Website: [www.shirenewtonstudio.co.uk](http://www.shirenewtonstudio.co.uk)

## **PANT-Y-COSYN HOLIDAY COTTAGES**



Have you got relatives or friends visiting?  
Are you looking for somewhere local for them to stay?  
Then look no further, situated approximately 1 mile from the village of Shirenewton this could be the ideal place for your guests.

For further information  
Tel: 01291 641256  
Email: [shelly.whittington@shirenewton.org](mailto:shelly.whittington@shirenewton.org)  
Website: [www.pant-y-cosyn.com](http://www.pant-y-cosyn.com)

***Is your hearing worth protecting?  
Is your hearing worth helping?  
Is your hearing worth 50p a day?***

Now you can get hearing solutions locally and at the best prices nationally. Whether you need to protect your hearing or improve it, we have the answers. You can rest assured with Ian Croft who has recently moved to Shirenewton. He is a Fellow of his profession and sits on their Council. For free advice please contact him.

***Get the smallest solutions at the smallest prices!***

**[www.easi-ear.com](http://www.easi-ear.com) / [monhearingservices@gmail.com](mailto:monhearingservices@gmail.com)**

**01291 650775**

***Easi-Ear's Monmouthshire Hearing Services***

# **RICHARD KOPP PLUMBING & HEATING**

**4 TAN HOUSE COURT**

**SHIRENEWTON**

**CHEPSTOW**

**NP16 6AH**

**TEL: 01291 641581**

**MOBILE: 07780703530**

**E-mail [richardkopp70@hotmail.co.uk](mailto:richardkopp70@hotmail.co.uk)**





## GREEN GRAFTER

TREE & GARDEN SERVICES

Est. 1999

Fully trained, Insured and NPTC Certified



- All aspects of Tree Surgery & Tree Felling Undertaken
- Hedge Trimming & Reductions
- Stump Grinding
- Grounds Maintenance & Mowing
- Fencing (Garden & Field)
- Decking
- Lawn Mower Servicing

Call Steve to discuss your requirements on:

Tel: 01291 650628

Mobile: 07815 791777

Email: [greengrafter@btinternet.com](mailto:greengrafter@btinternet.com)

Web: [www.greengrafter.com](http://www.greengrafter.com)

## Practical Drum Lessons



No Theory



Get Started

Play From The Heart! 

Call Garry on 01291641553  
or mobile on 07968034377

HOLISTIC MASSAGE  
REFLEXOLOGY  
INDIAN HEAD MASSAGE  
AROMATHERAPY  
THAI FOOT MASSAGE  
HOPI EAR CANDLING  
HOLISTIC FACIALS

in the comfort of your own home.



**moonstone**  
holistic therapies

with holistic therapist

**Poppy Williams**  
MTI, IIHHT, MFHT

Tel: **07429 039527**

email: **MoonstoneHolistics@mail.com**

web: **www.moonstoneholistic.co.uk**

## GRW Services

*Doors, Gates, and Railings for Agricultural  
and Ornamental Use*

*Welding, Fabrication and Repair Work  
On all Farm, Plant Machinery & Commercial Vehicles*

Full on site facilities and over 25 years experience

**Graham Weavin**

Druid Heath Farm, Earlswood, Chepstow,  
Monmouthshire NP16 6BA

**01291 650622 and 07899 081038**

*Breath new life into your garden*

## *Emotive Garden Designs*



*Professional, personal design service.  
Imaginative, Contemporary and  
Traditional Designs.  
Planting and Plant Care*

[www.EmotiveGardenDesigns.com](http://www.EmotiveGardenDesigns.com)

*Tel: 01291 641245*



**CYMRU KITCHENS**  
**Total Room Solutions**

Kitchens | Bathrooms | Bedrooms | Studies

For a quote, please call William on 01633 676767

William and Paul both live in Chepstow and both would be only too pleased to help.

Old Mineral Water Factory Turner Street, Newport NP19 7BA

[www.cymrukitchens.com](http://www.cymrukitchens.com)

Stacey Smith

# Mobile Personal Fitness Instructor

Train in the comfort of your own  
Home or a one to one gym setting



**Ex-military medic with 8 years experience**

**Level 3 Qualified**

**Personal Programmes**

**Bridal Boot camps**

**Expert Nutritional Advice**

**Sports Specific Programmes**

**Weight loss Specialist**

**Tone Up**

**Bulk Up**

**Gain Confidence**

**Free health Check**

**Email: [Stac1@hotmail.co.uk](mailto:Stac1@hotmail.co.uk)**

**Phone: 07415 473877**

**01594 829504**



# B.L Reece & Sons



WE OFFER COMPETITIVE PRICES ON ANY JOB LARGE OR SMALL. OUR SERVICES RANGE FROM DRAINAGE, SOAKAWAYS, PONDS, DITCHES, FIELDS, HEDGES AND MUCH MORE.

- **JCB**
- **5 Ton Dump Trailer**
- **Tractor**
- **Topper**



WITH OVER 30 YEARS EXPERIENCE OF CONTRACT HIRE B.L REECE & SONS OFFER A FRIENDLY AND RELIABLE SERVICE!

For a quote please call Jimmy ►►►

**B.L Reece & Sons**

**Tyna Rhos  
Usk Road,  
Shirenewton,  
01291 641272.  
07546 394924.**

# H M Beauty by Hayley White

Qualified Mobile Beauty Therapist

Manicures

Tanning

Eye Lash Perming

Pedicures

Body Massage

Indian Head Massage

Facials

Ear Piercing

Nail Wraps

Waxing

Tinting

\* Pamper Evenings & Children's Parties \*

\* Gift Vouchers Available \*

Call today to book an appointment

07580849051

**Not all home  
insurers have  
a branch in  
Newport.  
We do.**

So you know, that we know exactly  
where you're coming from.

**For a home insurance quote,  
call NFU Mutual in Newport  
on 01633 413571.**



**We do right by you**

# Garden Maintenance & Tree Surgery



Over 10 years experience at commercial and domestic grounds maintenance.

NPTC approved tree surgery.

All aspects of tree work undertaken

Tree & Shrub Planting, Hedge Trimming,  
Hedge Laying, Agricultural & Domestic Fencing,  
Turving / Seeding, Rough Areas Cleared,  
Rubbish Removal

## Lawn Care:

Weed Control, Spraying,  
Grass Cutting, Strimming,  
Scarifying, Aerating,  
Fertilizing

*Competitive rates, Free Quotations.*

Contact: Daniel or Matthew Haines  
01633 400548, 07930 893680, 07930 893678

## LOCAL CONTACTS

*If you know of any changes or omissions please contact the Editor Terry Walters  
Telephone 01291 641338 or email [terencewalters@hotmail.com](mailto:terencewalters@hotmail.com)*

### **Church of St. Thomas à Becket Shirenewton**

<b>Rector</b>	Revd. Julian White	01291 622317 <a href="mailto:jel.white@btinternet.com">jel.white@btinternet.com</a>
<b>Parish Priest</b>	Revd. Nansi Davies	01633 400519
<b>Parish Visitor Co-ordinators</b>	Revd. Nansi Davies Diane Marlow	01633 400519 01291 641407
<b>Secretary and Church Warden</b>	Monnica Williams	<a href="mailto:monnica.williams@virgin.net">monnica.williams@virgin.net</a>
<b>Church Wardens</b>	Sally Saysell Andrew Baker	01291 641369 01291 641925
<b>PCC Secretaries</b>	William Clark	01291 64178
<b>PCC Treasurers</b>	Kevin Bounds	01291 641818
<b>PCC Members</b>	Mark Broughton Charles Eickhoff Janet Horton Dr James Leney Mrs Diane Marlow Allan Saysell Jane Smith-Haddon	01291 641797 01291 641716 01291 641783 01291 641271 01291 641407 01291 641369 01291 641525
<b>Gift Aid Secretary</b>	Ruth Savagar	01291 641411
<b>Organists</b>	Karen Millar Ruth Savagar	01291 650521 01291 641411
<b>Sunday Club</b>	Kerry Baker	01291 641925
<b>Tower Captain</b>	Mike Penney	01291 650653
<b>Church Hall Booking</b>	Glynis MacDonald	01291 641818
<b>Safeguarding Officer</b>	Dr. Kerry Baker	01291 641925
<b>Church Flowers</b>	Maureen Moody	01291 641524
<b>Parish Magazine Editor</b>	Terry Walters	01291 641338
<b>200 Club</b>	Bob O'Keefe	01291 641686

### **MP/Monmouth CC & Community Council Representatives**

<b>Clerk to Community Council</b>	Hilary Counsell <a href="mailto:shirenewtoncc@gmail.com">shirenewtoncc@gmail.com</a>	01291 421307
<b>Shirenewton Ward:</b>	David Adams Tony Hughes Carol Jones Phil Moles Beverley Moore	01291 641792 01291 641360 01291 641791 01291 641521 01291 641532
<b>Mynyddbach Ward</b>	Lynne Prosser Ian Moore	01291 641666 01291 650766
<b>Newchurch West and Chair of Community Council</b>	Elizabeth McCombe	01291 652957
<b>Earlswood Ward</b>	Paul Harris Ken Morton	01291 650871 01291 650268
<b>MCC for Shirenewton</b>	Graham Down <a href="mailto:grahamdown@monmouthshire.gov.uk">grahamdown@monmouthshire.gov.uk</a>	01291 621846
<b>Member of Parliament</b>	David Davies <a href="mailto:daviesd@parliament.uk">daviesd@parliament.uk</a>	020 7219 8360

## **Police Neighbourhood Watch Contacts**

**Comm. Police Officer** Louise Thorpe 01633 642068  
louise.thorpe@gwent.pnn.police.uk  
**Shirenewton & Mynyddbach** Beverley Moore 01291 641532

**Earlswood** Sue Leat 01291 641207

## **Other Local Organisations**

**Beavers** Julie Hitchcock 01291 650548  
**Brownies** Bev. Leaf 01291 641680  
Jaci Crocombe 01291 641681  
**Church Fete** Serian Edmonds 07980 757802  
Serian.Edmonds@Lloydsbank.com  
**Earlswood Hope** Mrs Sybil Cullimore 01291 641563  
**Earlswood & Newchurch West Memorial Hall**  
Glynis MacDonald 01291 641818  
glynis.macdonald@btinternet.com  
**Earlswood Valley Methodist Chapel**  
Avril Smith 01291 650733  
Mrs E Remnant Brooklands, Usk Road NP16 6SA  
**Gaerllwyd Baptist** Helen Cann 01291 650835 cannhelen@gmail.com  
**Girl Guides** Karen Millar 01291 650521 Gail Jones 01291 650861  
**Kids Ad Lib (KAL)** Gordon Hughes 01291 641356 gordon.hughes3@tesco.net  
**Recreation Association** Beryl Saysell 01291 641637  
**Recreation Hall booking**  
**St Peters Church Newchurch** Enid Heritage 01291 622708  
**Shirenewton Local History Socty**  
Dorothy Brabon 01291 641376 brabonn1@hotmail.com  
**Shirenewton and Mynyddbach Fields Association Ltd (SAMFAL)**  
Stu Dutton 01291 641677 stu@dutton47.freereserve.co.uk  
**Shirenewton & Mynyddbach Initiative for Local Enterprise (SMILE)**  
Charles Eickhoff 01291 641716 eickhoff@shirenewton.org  
**Shirenewton Mothers Union**  
Rosemary Carey 01291 425010 crcandkili@tiscali.co.uk  
**Shirenewton Mothers Union Branch Treasurer**  
Auriol Horton 01291 641844 aur10l@btinternet.com  
**Shirenewton Operatic and Dramatic Society (SODS)**  
Glynis MacDonald 01291 641818  
glynis.macdonald@btinternet.com  
**Shirenewton Play Group** Beverly Lindsay Shirenewtonplaygroup@gmail.com  
**Shirenewton Primary School**  
Jayne Edwards 01291 641774  
jayneedwards@monmouthshire.gov.uk  
**Shirenewton Tennis Association**  
P Brabon 01291 641376 brabonn1@hotmail.com  
**Shirenewton Toddler Group** Jude Langdon 07981 368213  
Paula Rimmer rimmerpaula@mac.com  
**Fairtrade/Traidcraft** Marion McAdam 01291 641316  
**Whist drive** Auriol Horton 01291 641844 aur10l@btinternet.com  
**Womens Institute (WI)** Jenny Bonner 01291 641929

## DIARY DATES

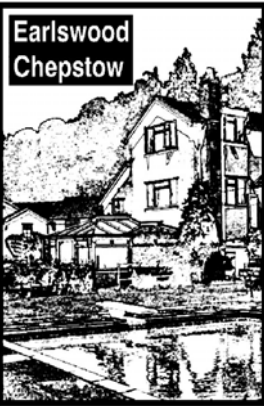
<b>May</b>	<b>Event</b>	<b>Location</b>
2	Whist Drive	Recreation Hall
5	Mobile Police Surgery	Huntsman Hotel
5	Beating the Bounds meeting	Church Room
9	Shirenewton WI AGM	Recreation Hall
11	Mobile Police Surgery	Tredegarr Arms
11	Christian Aid Ploughmans' Lunch	The Chantry
13	Community Council Meeting	Recreation Hall
13	Shirenewton Local History Society	Recreation Hall
19	SAMFAL OPEN DAY	SAMFAL Fields at 2:30pm onwards
22	Community Lunch	Tredegarr Arms
28	Shirenewton Local History Society Visit	Glannau Manor
<b>June</b>	<b>Event</b>	<b>Location</b>
8	Shirenewton Fete	Recreation Ground
9	Monmouthshire Meadows Open Day	Shirenewton Area
10	Shirenewton Local History Society	Recreation Hall
21	A Midsummer Murder	Recreation Ground
25	Shirenewton Local History Society visit	Gaer Fawr Iron Age Fort
26	Community Lunch	Tredegarr Arms

<b>Saint Thomas a Beckett Shirenewton</b>		<b>Sunday Services</b>	<b>Start 10.00 a.m. Unless stated otherwise</b>
<b>Date</b>	<b>Service</b>	<b>Readers</b>	<b>Sides-persons</b>
5 <sup>th</sup> May	Sixth Sunday of Easter Holy Eucharist	Jan Smith Haddon James Leney	Jan Smith Haddon Claire Lewis
12 <sup>th</sup> May	Seventh Sunday of Easter Holy Eucharist	Margaret Lock Diane Marlow	Margaret Lock Diane Marlow Mark
19 <sup>th</sup> May	Pentecost Matins / Morning Prayer	Bill Clarke Bob Grattan	Bill Clarke Bob Grattan
26 <sup>th</sup> May	Trinity Sunday Holy Eucharist	Mark Broughton Ruth Savagar	Margaret Woodliffe Claire Lewis
2 <sup>nd</sup> June	First Sunday after Trinity Holy Eucharist	Wendy Baker Diane Marlow	Wendy Baker Diane Marlow
9 <sup>th</sup> June	Second Sunday after Trinity Holy Eucharist	Margaret Woodliffe Margaret Lock	Margaret Woodliffe Margaret Lock
16 <sup>th</sup> June	Third Sunday after Trinity Matins Morning Prayer	Bob Grattan Kevin Bounds	Bob Grattan Kevin Bounds
23 <sup>rd</sup> June	Forth Sunday after Trinity Holy Eucharist	Andrew Baker Sally Saysell	Claire Lewis Allan Saysell
30 <sup>th</sup> June	Fifth Sunday after Trinity Holy Eucharist Group Service Shirenewton	Janet Horton Bill Clarke	Janet Horton Bill Clarke

### **CHEPSTOW MOBILE POLICE SURGERY DATES**

<b>Huntsman Hotel Car Park Shirenewton 9:30 until 11:30 am</b>	<b>Tredegar Arms Car Park Shirenewton 9:00 until 11:00 am</b>
5th May	9th May
2nd June	6th June
30th June	4th July
28th July	1st August
25th August	29th August
22nd September	26th September
20th October	24th October
17th November	21st November
15th December	19th December

Earlswood  
Chepstow



# Parsons Grove

## Holiday Cottages

### Bed and Breakfast

Parsons Grove offers recently refurbished Self Catering or Bed and Breakfast accommodation, ideal as a holiday or short break location, perfect to come back to and unwind if you are in the area on business.

## Is Someone You Know Visiting This Area?

*Walking, Rambling, Canoeing, Diving, Watching Nature, Working, Relaxing*

**Parsons Grove is a gateway to it all & more**

**Contact Chris or Joni Gooch**

**Tel: 01291 641382 Mob: 07780 968353**

**Email: [parsonsgrove@btconnect.com](mailto:parsonsgrove@btconnect.com)**

**Website: [www.parsonsgrove.co.uk](http://www.parsonsgrove.co.uk)**

*2 miles from Shirenewton*

*Magnificent Views*

*Stunning location*

*Peace and tranquility*

### **EDITORIAL INFORMATION**

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

Editor: Terry Walters 01291 641338 email: [terencewalters@hotmail.com](mailto: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.

#### **Advertising Rates for Commercial organisations**

Full page 12 months 10 issues £60

Half Page 12 months 10 issues £30

Quarter Page 12 months 10 issues £15

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.

**Deadline for contributions to the June 2013**

**issue is 9:00am on the 20th May 2013**