

# Shirenewton

## Parish Magazine

### June 2014

Shirenewton Fete

Here on

June 14th



*Sketch by Barbara Davies*

Price: 50p

## FROM THE VICARAGE

Dear People of the Parish,

At the recent Vestry Meetings (not exactly the high-point of the ecclesiastical calendar) I droned on about the rapidly changing face of parish life as we know it – or thought that we did.

Of course, the parish structure has always changed during the course of time and I suspect that many of you long for a return to the days when 'absentee clergy' was not unusual. Jest aside, many of you will remember significant changes to the system in your own lifetime. For a start the days when there was broadly 'one Vicar for every parish' has long gone. Indeed, as I have mentioned before, there was a time (up to the 1960's) when, for example, if you were Vicar of Mathern that was it. The community was half the size it is now and Mouton and St. Pierre belonged elsewhere. Some fifty years ago, or thereabouts, there was an amalgamation to form the present group and, just last year, we were joined by Shirenewton.

Those who attended the public Vestry Meetings (OK, as usual just the existing Parochial Church Council in reality) have heard this before, but I repeat it in the hope that it will be of interest to a wider audience.

We live in an age where parishes are amalgamated, church membership is generally in decline and where priests are often not replaced when they reach the age of retirement. No longer, it would appear, is a priest obliged to reside within the parish to which they are licensed. In addition, we seemingly have the diocesan attitude whereby the 'parochial system' with which many of us are familiar, is increasingly replaced by new thoughts on structure on the ground. The cosy and somewhat fuzzy impression we have of 'parish life' in the ecclesiastical sense is largely a thing of the past.

I mention this in order that you might be informed of the changes that have already happened and look likely to continue. We now live within a time of 'Ministry Areas' and patterns of worship, for example, with which we have become accustomed may well be subject to radical review. Older clergy, such as I, may well feel uncomfortable with many of the changes – proposed and in place – but it must be admitted that a new generation will respond positively to such shifts. There is the argument, after all, that an institution (if we may call the Church that) that does not change is one that ultimately becomes fossilised and dies. We do, indeed, live in interesting times.

On the subject of deeply-rooted structures, and following the 'Annual General Meetings' of the churches, I wish to sincerely thank all officers for their effort and commitment over the years. In particular I acknowledge Churchwardens Peter Pope and Monnica Williams (Mathern) who have been appointed/elected to office. At Mounton we express our gratitude to Sandra White who has helped see the church through challenging times, and wish her successor Lynne Jones all the best in taking over. Carole Oakes continues as the other Warden and we appreciate her contribution in this respect. Down in St. Pierre we wish Wendy Sinden, who has also given many years service as Churchwarden, every blessing and convey our thanks. Her son, Matthew, has now taken over and it is our hope that he will find this office both stimulating and rewarding. Merran Higgins has graciously agreed to continue as Rector's Warden and I am indebted to her for undertaking this task. Shirenewton continues much as before, and I take this opportunity to thank Rev. Nansi Davies for her strong and wise ministry sometimes exercised in demanding circumstances. Andrew Baker (Peoples' Warden) is an example of commitment in an extremely hectic schedule of work and family life, and we are indeed grateful to him. Special mention must be made of Sally Saysell (Rector's Warden) who has contributed significantly to the robust health of Shirenewton Church over the years.

Vicars come and go but church officers tend to remain. To all Parochial Church Councillors I extend warm appreciation and thanks for presenting their church and what it represents to such a high standard.

With every good wish and blessing,  
Rev'd Julian E. Ll. White

## **SHIRENEWTON CHURCH 200 CLUB**

May Winners

1st Prize	Mary Follet
2nd Price	Rev. Nansi Davies
3rd prize	Joanna Bounds
4th Prize	Valerie Remnant

## **CHRISTIAN AID WEEK**

Many thanks to everyone who supported Christian Aid Week. We had a great afternoon sitting in the warm sunshine enjoying a ploughmans lunch. The proceeds from that and the collection from the Sunday Service in the Church Room came to a fantastic £427.80.

Thank you again from Jane, Glynis and Kevin.

## UPDATE FROM SHIRENEWTON CHARITY COMMITTEE

On 28<sup>th</sup> March we had another “Bring and share “ evening in the Church Room. We had a guest speaker Andrew Baker, who combines being church warden with being an Army doctor he regaled us with “Tales from the front” - a brilliantly illustrated talk about his overseas tours of duty which had the forty or so audience captivated. Andrew entertained and educated us in his inimitable style and ensured that it was a very successful and enjoyable evening. We plan to repeat these evenings on a regular basis. All are welcome, just bring along a plate of food, some drink and a companionable evening is guaranteed.

Future events include:

- ◆ Shirenewton village fete – Saturday 14<sup>th</sup> June - a glorious day out and being opened this year by Julian White
- ◆ 4<sup>th</sup> July – Call my bluff wine tasting – no skill or knowledge needed but a good evening in prospect as you work out which of the three bluffers is actually describing the wine you are sampling – but by the six and final one you probably won't care!
- ◆ Saturday September 6<sup>th</sup> – Shirenewton Church golf classic at St Pierre - we would love to have more local teams so please contact me if you would like to enter a team or just play!
- ◆

We continue to support the Chepstow food bank with weekly collections in church. Kevin Bounds, Shirenewton Charity Committee

## WHIST DRIVES

21 players met on the 1<sup>st</sup> May, the first Thursday of the month and a pleasant evening was had by all. 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 Recreation Hall, where we play - opening at 7 and starting to play at 7.30 p.m. promptly. Our next Drive is on the 5<sup>th</sup> June. Same time same place– we would love to see even more new faces.

Auriol Horton. 01291 641844



## THE BELLS, THE BELLS.

MAY 2014

Ringling is no different to classical team activities such as contact sports, orchestral music, dance and other cooperative skilled human activities in that common to all these is an inter-team competitive streak leading to organised competitions. For bell ringing this is known as a *Striking Competition* and is the comparison of the skill level of bands of ringers from different churches. The basis of the competition is a set piece of ringing which is judged by independent examiners, who at the time have no knowledge of the identity of the band ringing. What happens in practice is that bands assemble at a predetermined church on a specific day and draw lots as to the order in which the bands perform. The independent examiners (judges), who are appointed from outside the locality, are positioned so they cannot observe the bands entering and leaving the ringing chamber, so have no knowledge as to the origin and identity of each band until the order is revealed after judging has occurred. Once the competition begins the bands in turn enter the ringing chamber, ring a short practice piece lasting 3 minutes and then with a predetermined signal to the examiners (usually 4 strikes of the lightest bell) begin the ringing to be judged, which usually lasts for about 5 minutes. Once completed the band leaves the ringing chamber and the process begins with the next band. Such competitions happen all over the UK with the most prestigious being the National 12 bell competition, which has in the past even been televised! Now why am I telling you all this?

The 2014 Striking Competition of the Monmouth Branch of the Llandaff & Monmouth Diocesan Association of Church Bell Ringers was held at Magor on May 17<sup>th</sup>. There were 2 sections, the first of call changes competing for the Gordon Wilkinson Trophy, and the second of method ringing competing for the Audrey Bruton Trophy. Shirenewton were able to enter a band for each section. For the call changes we were placed first and awarded the trophy. The band was Mike Penney, Jenny Millar, Sam Bolingbroke, Chris Jones, Simon Stanley and our most recent recruit John Montague. The bells at Magor are a bit tricky to ring, with the bells rung from the nave with a long draft of rope (not dissimilar to Shirenewton before we re-commissioned the ringing room), so particular congratulations to John for mastering these bells so well. In the method ringing section were awarded a very credible third place only beaten by bands with collectively much more experienced ringers. The band for this was the same except for the substitution of Pip Penney for John. The Gordon Wilkinson Trophy is currently being engraved and will then adorn our ringing chamber for the next year. A deserved win that befits our Shirenewton Ringer's motto - *Onwards and Upwards*.

Mike Penney

## SHIRENEWTON WI MAY 2014

Thursday May the 8<sup>th</sup>, we held our annual meeting, a time to review the last year and look forward to the next. Annual meetings are always a time of change and sadly this May we said goodbye to Margaret Woodliffe who stepped down from the committee and post of secretary because she is moving to Cheddar. We were all sorry to see Margaret go and wish her all the best in her new home and new WI.



We are happy to have several new members this year and welcomed Wendy, one of our new members, onto the committee.

At our annual meeting we vote on the resolution which will be debated at the National Annual meeting. Our decision is passed onto our group's delegate, telling her which way to vote at the national meeting.

This year's resolution is about supporting and promoting organ donation. Everyone was very happy that Jenny Bonner will remain our president for the next year and that Clare is happy to continue as our treasurer.

After all the business was concluded we enjoyed refreshments provided by the committee and looked at photos from our birthday party in March, the Photo and Art exhibition in Newport and the entries for the Cooperative and Floral competitions at the ACM in April at Newport High School.

June the 13<sup>th</sup> we are visiting Wynclifte Court, St. Arvans, hopefully it will be good weather so that we can really enjoy the garden and the sculptures.

July the 10<sup>th</sup> we are back at the Rec Hall for a demonstration and hands on flower arranging. Please bring any suitable plant material you have available.



# SAMFAL

Shirenewton and Mynyddbach Fields Association

The SAMFAL AGM will be held on Tuesday July 8th

In the Church Room at 7.30 pm

## SHIRENEWTON LOCAL HISTORY SOCIETY

Our April meeting was postponed and will take place in May, therefore, May is a very busy month for the society. We have three events, one to Treowen House near Monmouth, a visit to Cornwall House actually in Monmouth and our annual Beating the Bounds walk. All these are happening late in the month so reports will have to wait until the next issue of the parish magazine.

We are researching the names on the village War Memorial of the men who fell in the 1<sup>st</sup> W.W. All of them were born or lived in the village and we are hoping that there are still people in the area who will remember the families. If you have any information that you can give us please contact 01291 641376.

The names are:

Samuel Henry Bailey  
William Cotterell  
George Marsh  
Thomas Marsh  
Henry Morgan  
Frederick Stevens  
Aubrey Whitton

Sidney Harold Blackwell  
George Evans  
William Samuel Marsh  
William Charles Miles  
Tom Packer  
Ronald David Wheeler  
George Elliot

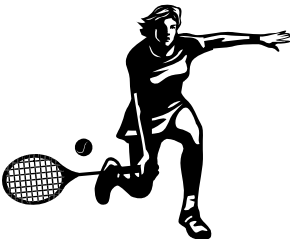
## Dates for your diary:

**Monday, 9<sup>th</sup> June** Archive Meeting at the Recreational Hall, 2.00 pm – 5.00 pm  
(Drop-in)

**Tuesday, 24<sup>th</sup> June** Visit to Usk House & Castle 7.00 pm

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## ANYONE FOR TENNIS



"The Tennis season is now upon us and the lock of the tennis court has been changed. To renew or join for the 1st time you will need to contact Phil Brabon 01291641376 or call to Newton Lodge for a new key."

## SHIRENEWTON CHURCH WEBSITE

Www.shirenewtonchurch.com

In this last month a major vulnerability in Internet Explorer was exposed and there was even a US and UK government suggestion that people stop using it (<http://tinyurl.com/oledmlf>). Despite what some thought, this affected all versions of IE and not just those on the now end of life no longer supported XP platform.

Those of you who are avid readers of this column and who follow it's wholesome advice would, of course, have given a self-satisfied chuckle safe in the knowledge your default browser was something other than IE and that you had turned off java and flash to further reduce standard attack points.

Last month we ended with the observation that you can avoid a "cross-site request forgery (CSRF or XSRF)" attack by opening the link in a 'private' or incognito tab or window - but we didn't discuss why. This month I'll answer that question and explain about private browsing.

Every time you visit website you get 'cookies' stored in your browser. Some of these cookies are useful. For example, they track you when you click through from the shopping portal and ensure we get our commission. Cookies are used to keep track of you as you move through the website as you add stuff to your shopping cart and so on. They have their uses. However they are also used by advertisers to track your journey through the internet and that is why, for example, if you have checked out 'holidays in America', as you browse other sites, all adverts are related to holidays in America.

What private browsing does is create a new browser instance which has no cookies associated with it on start-up and, subsequently, it deletes all associated cookies 'captured' in that browsing session on closure. So, you have a 'previous browser history' free browsing.

This is useful for numerous reasons.

Reason 1: Your internet search is not subjective to 'interpretation/contamination' based on your previous searches;

Reason 2: Any sites which use cookies as determining whether how many pages/articles you looked at in a time period can't track this and you start with a clean slate each time;

Reason 3: Advertising isn't based on your previous searches;

Reason 4: And, for those with things to hide, your search history is not kept. In fact, I habitually use private browsing these days – not for the last reason I hasten to add.



Each private browsing window exists in its own little environment. To get private browsing, in Chrome select the three horizontal dashes to the far right of where you type in the url and select 'New incognito window'. In the latest version of Firefox (which seems to have emulated Chrome) it's the same the three horizontal dashes to the far right of where you type in the url but 'new private window'. Safari and Internet Explorer use the settings 'cog' in place of the three horizontal dashes. With Safari select 'Private Browsing'. IE on the other hand, makes it harder. From the cog, select 'Safety' and then 'Inprivate browsing'.

So, why does private browsing stop "cross-site request forgery" (CSRF or XSRF) attacks? The answer is 'sessions'. A session is defined by cookies and is a connection to the server. So, try this experiment: Go to a site where you have to log-on (I used eBay) and log-on. Then (in my case using Chrome with Flash and Java disabled!) use the menu (three horizontal dashes or cog) to open a new window or tab. Go the same site and you will be logged on automatically because the browser has picked up the session cookie and you are in the same session and therefore logged on. Clearly, if there are no previous cookies because it's a private/incognito browser session, you are not logged on. This is why, if you open a linked using the private/incognito browser option, a cross-site request forgery wouldn't work – you are not logged on.

Two notes:

Note 1: IE has, on the 'File' menu a 'New session' option. Hopefully, by now, this is self-explanatory. For those who haven't followed the discussion, this means that it's a new session (i.e. you won't be logged on) but you will have the legacy cookies (i.e. your previous searches will affect adverts).

Note 2: If you are using cookies blocking software or private browsing, the cookies which track your clicks from the shopping portal will not be registered (unless, in the later case, you click through and purchase in the same session).

So, moving on, over the next few months I plan to upgrade an old XP laptop to Ubuntu (the free Linux based operating system) and I'll discuss why advertisers and website operators are trying to move away from cookies and what the future potentially holds.

In the meantime please use the shopping portal for your online shopping [www.shirenewtonshop.com](http://www.shirenewtonshop.com) and don't block your cookies there.

Safe Browsing  
David Cornwell  
[webmaster@shirenewtonchurch.com](mailto:webmaster@shirenewtonchurch.com)

# SHIRENEWTON COMMUNITY COUNCIL

Extracts from the minutes of the May meetings

At the Annual Meeting the current Chair, Councillor Ian Moore, retained the seat for a further year and Councillor Paul Harris was elected as Vice Chair.

## Planning

1. DC/2014/00425 Westfield Cottage, Mynyddbach

Proposed extension and alterations.

As the alterations are sympathetic to the existing property and there were no objections from neighbours the Council recommended approval.

2. DC/2014/00387 Improvement of the entrance to track leading to former Whitemill, Welsh Water treatment works, Mynyddbach

Entrance to be widened requiring the removal of a mature oak tree.

Council recommended refusal of this application with the following observations:

This treatment works is closed so why is there a need for the entrance to be altered? When the works was in operation it was serviced by large vehicles via the current entrance. There were serious concerns regarding the removal of the mature oak tree which is subject to a Tree Preservation Order, as it was felt that this would not improve visibility and three neighbours had objected to this.

Removal of the tree would not improve safety as no accidents have been recorded at this location.

Council would be prepared to reconsider a more inclusive application in the future.

3. DC/2014/00108 'Oslo', Old School Lane, Mynyddbach

Erection of 1 pair of semi-detached dwellings and a bungalow with additional works. To allow for closer consideration this application was deferred to the June meeting.

4. DC/2014/00494 Upper House, Earlswood Road, Shirenewton

Removal of redundant chimney at rear of property, replace roof tiles to blend in with existing roof, install guttering in line with existing guttering.

Council recommended approval.

5. DC/2014/00486 5 Tan House Court, Shirenewton

Ground Floor - remove existing prefabricated garage and build a replacement extension incorporating a utility room, garden store and double garage.

Lower Ground Floor - extend an existing bedroom to include an en-suite and walk-in wardrobe. Alter existing utility and bathroom to a new kitchen area and erect an 1800mm fence to part of the boundary.

There had been requests that the fence be lowered from 6' to 5' but Council were informed by the applicant that they had been advised by Mon CC that the fence was not subject to planning permission. Council recommended approval.

6. DC/2014/00511 1 Oakview Cottages, Mynyddbach

Create a single storey garage which will be attached to the house including internal access via the current porch on a corner of the existing driveway. To allow for closer consideration this application was deferred to the June meeting.

### **Items of local concern**

#### **Best Kept Village Competition 2014**

All will now be in place and Councillors wished to thank all the residents that have worked hard and contributed to making Shirenewton look so beautiful this year. Please continue with the good work throughout June, when the judging takes place. Particular thanks go to Councillor Tony Hughes for co-ordinating the tidy up for the first time this year. We hope the judges appreciate the efforts made. We should know the results of the competition in September.

#### **Update on traffic calming proposals.**

The Working Party proposal has been submitted to Highways and further revisions have been made. CC G Down is expecting to hold a further Working Party meeting in early June, resulting in public viewing of the proposals by mid-June. He also confirmed that speed of traffic and safety concerns at Mynyddbach will be taken into account. The road will not be resurfaced within the next couple of months.

**Signage at Weyloed Lane** has been received by Mon CC and will be included in an upcoming work schedule.

**Date of next meeting:** Monday 2 June at 7.30 pm at Shirenewton Recreation Hall.

#### **Mobile Police Station** visits during June:

Thursday 19 June, 10 - 11 am, Tredegar Arms Car Park

Sunday , 22nd June, 9.30 - 11 am, Great Barnets Wood Car Park

Find more information in the draft copy of the minutes on 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](mailto:Shirenewtoncc@gmail.com)

**'Commemorating the Start of World War One '**

**An Old Time Music Hall Extravaganza**

## **'THE GOOD OLD DAYS'**

**Featuring fabulous fantastic fun-filled local 'talent'**

**Friday 12<sup>th</sup> and Saturday 13<sup>th</sup> September 2014**

**Earlswood Hall. Doors open at 7.00**

**Tickets £10.00**

**For more details contact: Carole Jones on 01291 641 791**

**or [elorac123@aol.com](mailto:elorac123@aol.com)**

**Light Refreshments**

**Licence to be applied for.**

**Edwardian Costume or something similar encouraged!**

**To Support 'Help for Heroes'**

*And if you'd like to be involved with the 'fabulous, fantastic, fun-filled local talent',  
please do get in touch with Glynis on 641 818 or email*

**[glynis.macdonald@btinternet.com](mailto:glynis.macdonald@btinternet.com)**

*I'd be delighted to hear from you. I need a strong man a tenor or even two, a  
magician, someone who can saw a body in half, a small dog... the possibilities are  
endless.*

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## **Earlswood Hall**

**Come and join us for**

### **'Afternoon Tea After an Afternoon Walk'**

Earlswood Hall is holding a fund raising walk up to Grey Hill on Sunday  
22<sup>nd</sup> June to help us purchase material for tablecloths.

We'll start at 2.00 from the Hall and have Afternoon Tea and Cake on our  
return. (Bring a snack if you think you might need a 'little something' on  
the top of the hill)

Cost £6.00 per person. Family concessions. Good dogs allowed. They only  
get to pay £3.00. And we'll walk, come rain or shine.

For more details contact: Christine Stanley on 641616  
or Glynis MacDonald on 641818.

## 100 YEARS OF BROWNIES ...



The 1st Shirenewton Brownies are looking forward to a very exciting summer term as they continue on their "Big Birthday Challenge" in celebration of the Brownie Centenary this year. Whilst the Girl Guiding Association was formed by Agnes Baden Powell (sister to Lord Baden Powell, founder of the Scout movement) in 1910 and Girl Guiding celebrated their centenary therefore in 2010, the Rosebuds – soon to be renamed as Brownies - commenced slightly later in 1914. So, amongst all the events and organisations commemorating the start of the 1st World War 100 years ago, we are also celebrating 100 years of Brownies.

We are marking this milestone with various exciting events throughout the year – our unit joined in a Big Brownie Sleepover in Techniquet, Cardiff earlier in the year, joining in with several other units from across the area; the 18th May saw a minibus of Brownies from Shirenewton travel up to Our Welsh HQ in Broneirion for a jam packed Big Birthday Fun Day - thank goodness the sun was shining!

We are also looking forward to Geocaching this term, inviting the public to join us in a public conga (look out for us at the Festival!) , building an igloo from milk bottles, zip wiring and possibly even spending a night under the stars at the Millennium stadium as organised by the District, as well as an exciting day of activities in Newport including a visit from the UK Chief Guide. In September we are off to PGL again with other local units for a weekend of adventure in the Breacons! Let's hope the leaders can keep up with the pace ... I'm feeling exhausted just writing this!

As many of our current unit are turning 10, we will sadly be saying goodbye to them as they 'fly on up' to Guides. This means that it looks like we will have spaces available from the September term. If your daughter is interested in joining the adventure with our unit and her name isn't currently on the wait list, please feel free to add it via the parents tab on our website [www.girlguiding.co.uk](http://www.girlguiding.co.uk).

## FAIRTRADE NEWS

Earlier this year the face of Fairtrade Fortnight was Foncho - Albeiro Alfonso Cantillo, a 44 year old banana farmer from the Coobrafrio Cooperative in the Magdalena region of Colombia. This cooperative began selling their bananas in the Fairtrade market two years ago, which has secured the farmers' livelihoods and improved immeasurably the quality of their lives.



Cheap bananas are threatening farmers' futures. In the last 10 years, a bitter price war has seen the UK supermarket sector almost halve the price of loose bananas while the cost of producing them has doubled. Bananas seem to be the 'loss leader' of choice for a lot of supermarkets, with the losses largely borne by the producers. The Co-Op and Waitrose are amongst the honourable exceptions to this rule. Apparently one in three bananas sold in the UK is fairly traded. Generally people feel that bananas are one product that is regularly associated with fair trade, along with coffee, tea and chocolate. There is no doubt the market for these products has grown enormously in the last few years, but nevertheless it is sobering to note that Fairtrade products still represent less than one percent of global trade in most categories.

Juliet Arku-Mensah works for VREL (Volta River Estates Ltd) in south-east Ghana. She explains how the workers vote to decide how the Fairtrade premium will be spent. Some has been used for specially treated mosquito nets, and some on ensuring there is a clean water supply. A hospital block has been built, and a health insurance premium has been paid for. Some of the women have been able to add to their income, receiving training and using small loans to start up small businesses such as soap making, and cloth weaving. So much can be achieved, with a relatively tiny extra outlay on our part!

Marion McAdam 641 316 msm316@gmail.com

P.S. Cafedirect now even sell coffee pods compatible with Nespresso coffee machines (if you must have a Nestle related machine in your house!)



Charity Music Festival  
'SATURDAY JULY 19TH'  
**The Huntsman Hotel**

2 Live Music Stages  
Stalls, BBQ And More...  
From 1.30pm to Midnight

Follow the full progress on

**[www.shirefest.org](http://www.shirefest.org)**

And

**FACEBOOK**

# **Shirenewton Church Fete**

**Saturday 14<sup>th</sup> June 2014**

**Carnival queen and float parade  
through the village at 1.45pm, official  
opening at the recreation field at 2pm**

A fun day out for all the family with lots of activities, stalls, refreshments and entertainment including the village dog show! Just bring your prized pooch along on the day to enter one or more of the categories to be judged such as;

- ◆ The dog judges would most like to take home on the day
- ◆ Best puppy – less than 1 year
- ◆ Best veteran – 7 years and older
- ◆ Best crossbred
- ◆ Dog in best condition - Best in show
- ◆ Best child handler, infant, junior and secondary age groups
- ◆ Dog with waggiest tail
- ◆ Dog that looks most like its owner

**See you there!**



# CHEPSTOW CHORAL SOCIETY

Presents

## ***A SUMMER FESTIVE CELEBRATION***

Wednesday, June 25<sup>TH</sup>, 2014 at 7.00pm

Arts Hall, Chepstow Leisure Centre & School

Popular choral classics, songs from the shows, folk songs,  
and a medley of WW1 popular songs (for all!)

With guests

Michael Lowe (Baritone)

The Kempton String Ensemble

Music includes items by Mozart, Mendelssohn, Faure,  
Vaughan Williams, Rogers and Hammerstein, Frank Bridge  
and much more!

Tickets £10 to include programme and refreshments (glass of  
wine, soft drinks, light supper) available from choir members,  
Chepstow Bookshop, the Chepstow Festival box office or tel.

01291 623310

## SHIRENEWTON COMMUNITY COUNCIL MEETING—NOTES

First of all, two new councillors were introduced. Louise Dyke for Newchurch West and Mario Lenza for Shirenewton. Congratulations and/or commiserations were offered.

This was followed by the exciting AGM. Last month I reported that Ian Moore was standing down as Chair but he has been persuaded to carry on as the Chair. And Paul Harris has taken over from Ken Morton as vice Chair. Some time was spent finding reps for the various sub committees. Paul Harris nobly agreed to continue as the One Voice Wales rep (I wonder if that One Voice is Welsh or English...) anyway he said he'd stay on as rep because he really is trying to enjoy the meetings and maybe he ought to give it a third year to see if it works. Then there were reps to be found for the Rec Association, The Poor Land Field Sub Committee (dear oh dear) MCC Planning, Sustainability, the Llanmelin Hill Fort Committee (?) a Footpath Officer, and a Tree Officer. I think the horse in the play ground should have a sub committee but what do I know.

The a/c were all in order apart from the fact that the computer prefers to deal in dollars and not sterling. So 11 ½ Thousand dollars was carried forward.

There was a brief discussion about standing orders and financial regulations and adopting further policies – and some jolly interesting news that One Voice Wales has some new models...

Anyway the fascinating AGM came to an end.

And we moved into the usual monthly meeting.

### **Concerns from Members of the Public**

These issues were dealt with next. Apparently there are worries about the speed of the traffic coming up Old School Hill and going round that sharp right-angled bend. It was suggested that a sign of an adult holding a small child's hand might be employed to remind people not to go so fast.

**Police Report.** No police, so no report. Maybe they had forgotten that our meeting was this week. Or maybe there was no crime.

## **Planning**

1. DC/2014/00425 Westfield Cottage,

Proposed extension and alterations.

The plans show a single storey extension to the front that will match and is in keeping and so Approval was Recommended

2. DC/2014/00387 Improvement of the entrance to track

leading to former Whitemill, Welsh Water treatment works,

Mynyddbach . Entrance to be widened requiring the removal

of a mature oak tree. But this oak tree has a Preservation Order

on it! Also one of the councilors reminded the meeting that

when the water treatment plant was in operation, vehicles

had used the drive quite easily and hadn't been inconvenienced

by the tree at all. So why is this plan before the council? The

waterworks is now not used. Maybe something is in the offing...

someone suggested darkly that it might be planning by stealth.

So watch this space. And the Tree. REFUSAL was Recom-

mended. Most Strongly.

3. DC/2014/00494 Upper House, Earlswood Road, Shirenewton

Removal of a redundant chimney. The councilors looked out of the rec

window, saw the offending chimney and said no problem. Remove it.

4. DC/2014/00486 5 Tan House Court, Shirenewton

Ground Floor – to remove existing prefabricated garage and build a

replacement extension incorporating a utility room, garden store and

double garage. There was some discussion about a fence along the

footpath but the plans were Recommended for Approval.

**The Best Kept Village Competition.** Cllr Hughes produced a long list of

jobs to do of the hacking, spraying chopping, mowing, trimming,

cutting, weeding, sweeping variety. This is to be completed by 1<sup>st</sup> of

June. The judges will make two visitations during the month. The

weeds of Earlswood, Newchurch West and Mynnyddbach can relax. But

the weeds of Shirenewton be afraid. Be very afraid. Jeyes Fluid is on its

way.

**Poor Land Field.** Good heavens – do we have something to report? But yes! The registration application has been accepted and will be dealt with – wait for it... ‘as soon a possible’.

**The Play Area.** The good news? The Horse’s head has been replaced. The bad news? It’s body is tatty.

**Communal Web Portal.** No progress this month. Well there’s a surprise. The Portal is stumbling over the problems of ‘Welsh Government Compliance in Bilingualism, Accessibility and Mobile Compatibility’. I reckon by the time this is up and running, technology will have developed a completely new way of communicating information thus making this proposed Portal as up to date as a new feathered quill. And talking of modern communication, news on the **Telephone Kiosk.** A Big Lottery grant of £1213 has been awarded to help toward the refurbishment. I think it’s going to be turned into an information centre...

**And More from The Inexplicable Delays Department.**

**Damaged Keep Left Bollard.** A new Keep Left Bollard is on order. But there has been some sort of inexplicable delay.

**Traffic Calming Proposals.** The cllrs were quite bemused by MCC’s proposals because they didn’t seem to correspond at all with the suggestions put forward by the SCC and other interested parties at a previous meeting. I think gates like the ones they’ve got on the A48 in Caerwent were suggested but apparently they didn’t feature in the report. So there was disgruntlement but Graham Down said the MCC plans weren’t actually fully ready and that when they were they will come through for Public Consultation.

**Clerk’s Report.**

**Sign for Earlswood Hall.** CC Down is progressing this. More inexplicable delays.

**Yew Tree Bungalow, Earlswood.** The Clerk continues to ask the Right of Way Department for an update but there has been some sort of inexplicable delay

*Footpath Obstruction near Ridge House Stables.* The Clerk has requested the Rights of Way Department that Enforcement follow through as a priority. Has there been some sort of inexplicable delay?

*Signage for the top and bottom of Weyloed Lane.* The signs are ready – but they just have to be slotted into a time schedule...but there's been an ....oh dear...

*The Potholes in Mynnyddbach* have not been done properly and have been poorly patched. Sadly, it's not a priority to have them repatched in the near future.

And now the nonsense of *Noise Monitoring on the Usk Road.* There is No equipment to monitor and measure noise on the Usk Road. It seems that the original noise-monitoring machines supplied some months ago were not 'fit for purpose'. They could best measure the noise of the motorbikes when stationary. Excuse me? These machines were placed inside volunteers homes – not outside in the garden because they weren't weather-proof – and when a motorbike was heard, the home-owner would have stop what they were doing and hurtle to the machine to switch it on. Needless to say, by then the offending motorbikes had roared off in to the distance. So could the residents have some appropriate noise monitors? No because MCC or Highways or whoever, don't have such a machine. Ear plugs?

### **Items of Local Concern/Interest**

Work has finally started on repairing the War Memorial Clock. 'About time'?

An aerial is hanging precariously from the old Tan House above the bus shelter like a sword of Damocles. The owner is to be informed.

The MOD in Caerwent are going to holding some long noisy maneuvers during June and July. 600 troops will be taking part in exercises in battle conditions and some of the bangs are likely to be VERY LOUD.

The next meeting will be on Monday 2<sup>nd</sup> June at 7.30 at The Rec. Members of the public are, of course, welcome to attend!



**Poppy Rastall BSc (Hons), MSCh, SRCh, HCPC reg  
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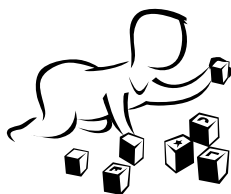
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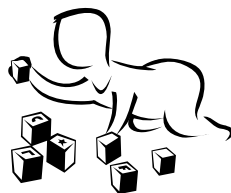
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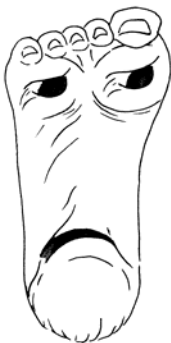
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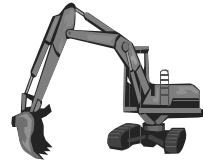
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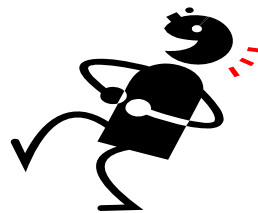
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## ***NERYS'S NATTY NOSH***

### ***5 foods to help make you happy.***



#### **Broccoli**

Broccoli contains the mineral chromium, which helps to regulate moods and make you happy.

Other foods that contain chromium are:-

Brewer's yeast, sweet potato, corn, whole grain, meat, seafood, tomatoes, onions, garlic, lettuce, green peppers and mushrooms.

#### **Cashew Nuts**

Cashew nuts are full of zinc, which have been found to decrease depressive symptoms. A lack of zinc can lead to loss of appetite, depressive symptoms and a weaker immune system.

Other foods containing the mineral zinc are:-

Seafood, oyster, crab, lobster, beef, lamb, pork, chicken, wheat germ, spinach, pumpkin and squash seeds, dark chocolate, beans and mushrooms.

#### **Salmon**

Salmon is packed with vitamin D, also known as the sunshine vitamin. The easiest way to get your helping of the mood regulating vitamin is to spend about 15 minutes out in the sun a few times a week.

In the winter months make sure you're getting your vitamin D from foods sources such as:-

Cod liver oil, oysters, caviar, eggs, mushrooms, fortified cereals, soy milk, tofu and dairy products.

#### **Spinach**

Spinach contains the mineral magnesium which helps with making us happy. A deficiency can lead to irritability, nervousness and depression.

Other sources of foods containing magnesium are:-

Nuts and seeds, mackerel, beans, brown rice, avocados, low fat yogurt, bananas, figs and dark chocolate.

#### **Chickpeas**

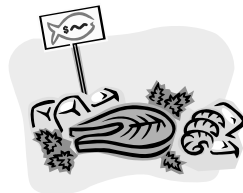
Chickpeas contains vitamin B6 which helps to regulate the happy hormone, serotonin.

Other sources of foods containing vitamin B6 are:-

Sunflower seeds, pistachio nuts, tuna, turkey, lean pork, prunes, lean beef, bananas and avocados.

## **NERYS'S NATTY NOSH**

### *Lemon Ginger Salmon. Serves two*



#### **Ingredients**

- 2 salmon fillets
- 2 teaspoons olive oil
- Zest of a lemon, 1 tablespoon lemon juice
- 2 tablespoon fresh grated ginger
- 1 teaspoon honey

#### **Method**

- 1 Preheat the oven to 200C / 400F Gas 6.
  - 2 Rub the salmon with 1 teaspoon of olive oil.
  - 3 In A small bowl, mix the lemon zest, lemon juice, remaining 1 teaspoon olive oil, ginger and honey. Brush evenly over the top of the salmon.
  - 4 Bake for 10 – 12 minutes.
- Serve** with pasta or boiled new potatoes, and salad or vegetables of your choice.

### *Hummus serves 6*

#### **Ingredients**

- 2 x400g can chick peas, drained
- 2-3 garlic cloves, coarsely chopped
- 1 tablespoon tahini
- 3 tablespoon olive oil
- Juice of 1 lemon
- Seasoning

#### **Method**

- 1 Blend the chick peas, garlic, tahini and olive oil in a food processor until smooth.
- 2 Taste and if need be add seasoning.
- 3 Serve in a dish.

#### **Tips**

Other ingredients can be added to the hummus. Make a choice.  
Chopped coriander: - chives, parsley, red pepper, chillies or red onion.

*Continued on Page 43*

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### **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 641783
<b>PCC Treasurers</b>	Kevin Bounds	01291 641818
<b>PCC Members</b>	Mark Broughton Charles Eickhoff Janet Horton Dr James Leney Allan Saysell Jane Smith-Haddon	01291 641797 01291 641716 01291 641783 01291 641271 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
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### **MP/Monmouth CC & Community Council Representatives**

<b>Clerk to Community Council</b>	Hilary Counsell	01291 421307 <a href="mailto:shirenewtoncc@gmail.com">shirenewtoncc@gmail.com</a>
<b>Shirenewton Ward:</b>	David Adams Tony Hughes Mario Lenza Phil Moles Beverley Moore	01291 641792 01291 641360 01291 641333 01291 641521 01291 641532
<b>Mynyddbach Ward</b>	Lynne Prosser Ian Moore, Chair	01291 641666 01291 650766
<b>Newchurch West</b>	Louise Dyke	01291 650076
<b>Earlswood Ward</b>	Paul Harris Ken Morton	01291 650871 01291 650268
<b>MCC for Shirenewton</b>	Graham Down	01291 621846 <a href="mailto:grahamdown@monmouthshire.gov.uk">grahamdown@monmouthshire.gov.uk</a>
<b>Member of Parliament</b>	David Davies	020 7219 8360 <a href="mailto:daviesd@parliament.uk">daviesd@parliament.uk</a>



## **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** Seirian Edmonds 07980 757802  
andyandseze@aol.com  
**Earlswood Hope** Mrs Sylvia Jeremiah, Mr Raymond Jeremiah 01291 641726  
**Earlswood & Newchurch West Memorial Hall**  
Glynis MacDonald 01291 641818  
glynis.macdonald@btinternet.com  
**Earlswood Valley Methodist Chapel**  
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**Gaerllwyd Baptist** Mrs E Remnant Brooklands, Usk Road NP16 6SA  
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**Kids Ad Lib (KAL)** Karen Millar 01291 650521 Gail Jones 01291 650861  
**Recreation Association** Gordon Hughes 01291 641356 gordon.hughes3@tesco.net  
**Recreation Hall booking** Beryl Saysell 01291 641637  
**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  
**Caerwent Group Mothers Union**  
Rosemary Carey 01291 425010 crcandkili@tiscali.co.uk  
**Treasurer** Aurioi Horton 01291 641844 aur10l@btinternet.com  
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**Shirenewton Play Group** Beverly Lindsay Shirenewtonplaygroup@gmail.com  
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Paula Rimmer rimmerpaula@mac.com  
**Fairtrade/Traidcraft** Marion McAdam 01291 641316  
**Whist drive** Aurioi Horton 01291 641844 aur10l@btinternet.com  
**Womens Institute (WI)** Jenny Bonner 01291 641929

## DIARY DATES

May	Event	Location
June	Event	Location
2	Community Council Meeting	Recreation Hall
5	Whist Drive	Recreation Hall
7	Chamber Concert	St. James Church Devauden
9	Shirenewton Local History Society	Recreation Hall
10	Shirenewton WI	Recreation Hall
13	Shirenewton WI	Wyncliffe Court St Arvans
14	Shirenewton Church Fete	Recreation Ground
19	Songs of Praise	St Peters Newchurch
19	Mobile Police Station	Tredegar Arms Car Park
22	Mobile Police Station	Great Barnets Wood Car Park
22	Afternoon Tea and Walk	Earlswood Hall
24	Shirenewton Local History Society	Usk House and Castle
July	Event	Location
2	Community Council Meeting	Recreation Hall
4	Call my bluff wine tasting	Church Rooms
8	SAMFAL AGM	Church Rooms
9	Shirtefest 2014	Huntsman Hotel

	Saint Thomas a Beckett Shirenewton	Sunday Services	Start 10.00 a.m. Unless stated otherwise
Date	Service	Readers	Sides-persons
1 <sup>st</sup> June	Seventh Sunday of Easter	Janet Horton Bill Clark	Janet Horton Bill Clark
8 <sup>th</sup> June	PENTECOST	Mark Broughton Jane Smith-Haddon	Mark Broughton Jane Smith-Haddon
15 <sup>th</sup> June	Trinity Sunday	Bob Grattan Bill Clark	Bob Grattan Bill Clark
22 <sup>nd</sup> June	First Sunday after Trinity	James Leney Diane Marlow	Claire Lewis Diane Marlow
29 <sup>th</sup> June	Peter and Paul Apostles	Wendy Baker Frances Grey	Wendy Baker Claire Lewis

*continued from Page 29*

## **NERYS'S NATTY NOSH**

### *Broccoli and cabbage slaw with raisins serves 4*

#### **Ingredients**

3 tablespoons lemon juice and 3 tablespoons olive oil  
 2 teaspoons dry mustard  
 1 teaspoon honey or agave  
 ½ small cabbage  
 2 florets of broccoli  
 ½ cup raisins  
 ¼ cup chopped parsley

#### **Method**

- 1** Combine the lemon juice, olive oil, mustard, honey and whisk.
- 2** Shred the cabbage and broccoli. Add the dressing, raisins and parsley.
- 3** Serve as an accompaniment to cold meats, quiches on jacket potatoes.

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.

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

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**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

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