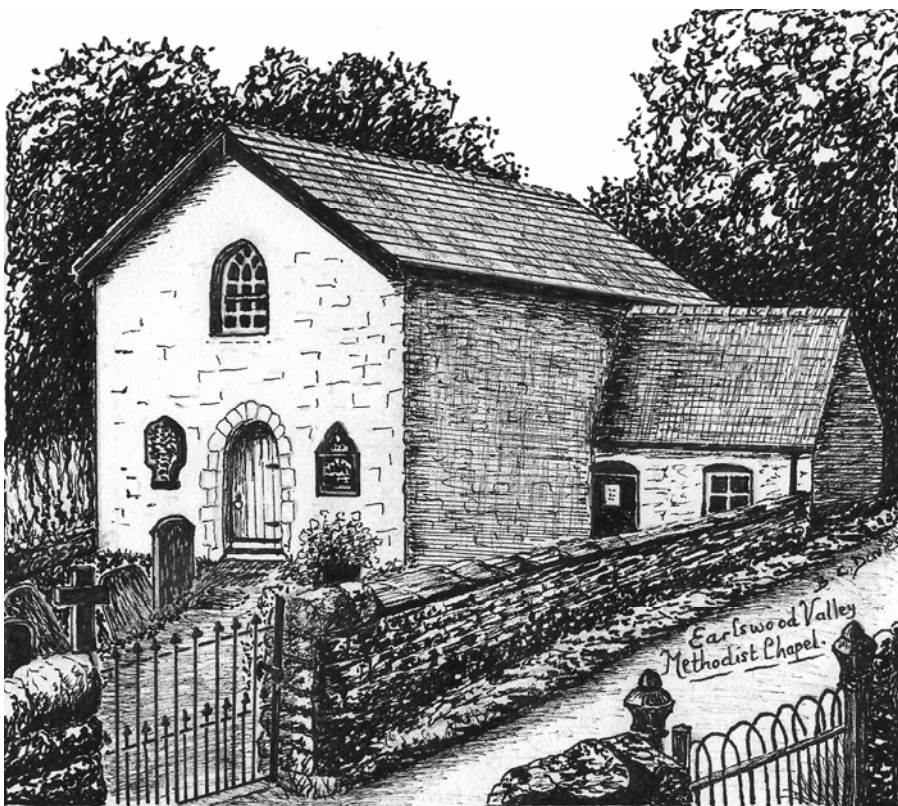


Shirenewton

Parish Magazine

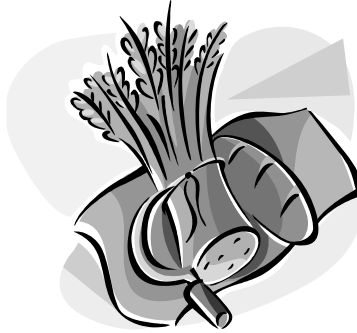
October 2014



Sketch by Barbara Davies

Price: 50p

St Thomas à Becket Church



HARVEST LUNCH

EARLSWOOD HALL

SUNDAY 5TH OCTOBER

12.30 FOR 1.00PM

Admission by ticket only

Adults £6.00 or children £4.00

For tickets contact:-

Sally 01291 641369 sally.saysell@tiscali.co.uk

Barbara 01291 641338 barbaraw@lters.org.uk

Proceeds in aid of St David's Hospice Care

FROM THE REGISTERS

St Thomas á Becket Church Shirenewton

The Funeral of

Gladys Doiran Lloyd 1921 - 2014



200 CLUB WINNERS FOR SEPTEMBER.

1st prize George Howson

2nd prize Lynn Thomas

3rd prize Caroline Davies

4th prize Elaine Slater

POLITE NOTICE

Shirenewton Primary School

**Please refrain from walking dogs on the
School grounds**



VELINDRE COFFEE MORNING 19TH JULY

Maureen Moody would like to thank everyone who attended, donated and helped at the coffee morning. A grand total of £830 was raised.

Many thanks to everyone

Maureen



Meet and Share
24th October
7:30 pm
Church Rooms

No charge, No collection, No raffle

A chance to meet people from the village

Bring along a bottle of wine, or beer and a plate of food.
Place on the table to share



EARLSWOOD HOPE METHODIST CHAPEL

Harvest Festival Sunday 5th October at 3:00pm

Also Monday 6th October at 7:30pm

All very Welcome

EXTRA EXTRA EXTRA

Back by popular demand...

Earlswood Hall Barn Dance



Saturday 8th November 7.00 for 7.30pm
Fabulous food, great dancing, good family fun
and a well stocked bar.

Featuring:

**Live Music from James & Jane Leney
and Karen Millar**
and a few CDs as well.

With Glynis MacDonald Calling.

Tickets: Adult £10 /Child £5

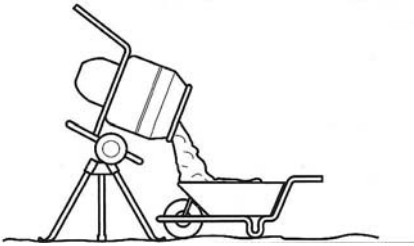
which includes a sumptuous supper!

Christine Stanley 641 616 chris@earlswoodmarketing.com

Glynis MacDonald 641 818 glynis.macdonald@btinternet.com

For Sale Cement Mixer

An exciting opportunity to mix it with the best.

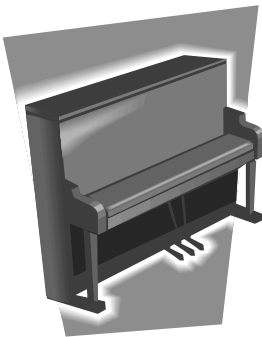


- ◆ Electrically powered
- ◆ Master Mix MC130
- ◆ 240volt, 450 watt, 2 amp
- ◆ Good condition, little used
- ◆ 90 ltr. capacity
- ◆ With wheels and stand
- ◆ Full instructions

£50 ono

Terry Walters, Mynyddbach 01291 641338

For Sale Upright Piano



- ◆ Manufactured by Berry of London
- ◆ Good condition
- ◆ Regularly played and tuned to present day
- ◆ Ideal Piano for a beginner

£100 ono

Terry Walters, Mynyddbach 01291 641338

SHIRENEWTON CHURCH GOLF CLASSIC 2014

On September 6th Shirenewton Charity Committee hosted the eleventh consecutive year of the Shirenewton Church Golf Classic at St Pierre Chepstow – but this year was the first year we played on a Saturday – we couldn't persuade NATO that we had precedence on the Friday so bowed to their superior power and moved the date.

This event was inaugurated to raise funds for the church extension but it has become so successful and popular that we have kept it going despite completing the extension and it now raises funds to maintain the church fabric as well as other charities.

The event started with brunch, followed with 18 holes of golf on the championship course and was completed by a gin and vodka reception then dinner with an auction and prize giving.

This year we were supporting the St David's Foundation and Emma Saysell their CEO joined us for dinner and gave a short but fascinating and moving account of their work. We were delighted to present Emma with a cheque for £1,000 on the night and I am sure we will continue to support their work.

The competition was won by Ed Schools, a regular attendee and a previous winner - although Ed lives the other side of the bridge he is a regular supporter of Shirenewton events and will be back next year to defend his trophy.

The team prize was won by Peoplecare Europe 1 – the team consisted of Kevin Bounds (church treasurer and chairman of fund raising group!), Nick Brown, Patrick Ralison (who has attended 10 of the 11 events despite living in Cheshire) and Ed Schools - pictured below on the first tee.

In addition to the £1,000 donation to St David's Foundation, the event raised a further £4,000 for Shirenewton Church – much needed to maintain our beautiful building.

The event is made possible by the generosity of so many people and their commitment at auction time but mention must be made of Mike Pierce, who contributes handsomely to the golf and auction prizes and to Peoplecare Europe who sponsor the half way refreshments and wine at the dinner and also to Mark Tomlins, our master of ceremonies and photographer.

Mark your dates for September 4th 2015 and approach Kevin Bounds if you would like to participate

Kevin Bounds, Chairman Shirenewton Charity Committee

SHIRENEWTON COMMUNITY COUNCIL

Planning applications considered at September meeting

1. DC/2014/00857 Laurel Cottage, Earlswood
Amendment to approved drawings to erect annexe to cottage and replace flat roof with a pitched roof to cottage. Recommendation: Approval
2. DC/2014/00736 Well Cottage, Earlswood
Variation of Condition 1 on DC/2008/01365 to extend period in which consent can be commenced. Recommendation: Approval
3. DC/2014/00774 Hillside House, Shirenewton
Erection of a two storey extension to improve accommodation.
Council noted that the proposal is not obtrusive; there is no increase in height; materials will be used that match existing and no objections have been received.
Recommendation: Approval
4. DC/2014/00980 Hillside House, Usk Road, Shirenewton
Erection of an agricultural shed, including the provision of an access drive.
Council noted that this is a conventional shed for the purpose of wood storage for a biomass boiler; it is not visible from the Usk Road; there are no Rights of Way issues and access will be via a spur from the access into the field.
Recommendation: Approval
5. DC/2014/00939 Rhewl Farm, Shirenewton.
Provision of photovoltaic solar park and ancillary infrastructure.
Council noted that although the property is within the Mathern community, we are being consulted as much of the land falls within the Shirenewton community. A working party was formed to consider this complex application and visit the site.
Clerk to contact Mathern CC for details of the next meeting, also Planning Dept to request an extension to the consultation period.

Extracts from the minutes

Best Kept Village Competition 2014 - Council has been invited to the Presentation Evening on 19th September, but will not know until then of the winning categories.

Telephone kiosk - the kiosk has been refurbished and is to be returned to its site on Saturday 6 September. Clerk to obtain quotes for provision of notice board and shelving.

Update on traffic calming proposals - C Cllr Down advised that responses made at the public exhibition on 15 July had been analysed and a summary submitted to Mon CC Highways Department.

Wild Flower planting 2015 - Cllrs Hughes and Morton have measured the Crick Road and verges at The Spout - approx 70 square metres. Two areas in Mynyddbach (village green and play area at Blethyn Close) were considered to be unsuitable as they are areas well used by members of the public and well maintained by Mon CC and local residents. Other suggested sites - the bus shelter at Spout Hill to Postman's Lane, Cock-a-Roosting triangle, area around bus shelter at Gaerllwyd crossroads and top road junction to Earlswood. Clerk to contact Mon CC with suggested areas and offer to contribute £100 towards wildflower seed.

Parish Magazine - Whilst the Council appreciates that the notes of meetings that appear in the Parish Magazine are a light hearted take on the formal business of Council meetings, concern and disappointment were expressed over the particularly flippant and some felt disparaging nature of the article in the September issue.

Correction to last month's article - It was wrongly reported that the owner of 'Oslo', Mynyddbach had not contributed towards the maintenance of the unadopted lane, when in fact they had. Apologies for the error.

Dates of next meetings: Monday 6 October and Monday 3 November at 7.30 pm at Shirenewton Recreation Hall.

Mobile Police Station visits during October:

Thursday 9th October, 9.30 - 10.30 am, Tredegar Arms Car Park

Sunday 12th October, 9.30 - 11 am, Great Barnets Wood Car Park

Find full 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

'STOP PRESS'

BEST KEPT VILLAGE COMPETITION 2014

SHIRENEWTON WON!

The Presentation Evening was held at Chepstow Garden Centre on Friday 19 September and Shirenewton walked away with Best Kept Village, Best Kept War Memorial and Best Kept Village Hall in the 201 - 400 population category. Plus a most magnificent trophy!

There is a schools category, then 'Up To 200' population; 201-400 (that's us); 401-1000 and 1001-4999. There were 8 villages in our category, although we don't know which ones.

Shirenewton scored 94 points out of a possible 100 and the judges comments were:

'The overall appearance of the village is very pleasing. The village hall, field, children's play area, swings, tennis court are all immaculate for such a big area. Gates of the hall and circular flower bed imposing. War memorial excellent. Churchyard very good for such a big area. The circular steps are breaking down and need attention. The pub is nice. Excellent effort by all concerned'.

The Community Council congratulates all residents and groups that rallied to the cause and made Shirenewton village such a deserving winner.

Hilary Counsell

Clerk to Shirenewton County Council

SHIRENEWTON WI SEPTEMBER 2014



September can be a lovely month, this year it is doing better than most of August. Plenty of good dry weather and lots of fruit especially the blackberries. Our meeting was chaired by Diane Ward as Jenny, although on the mend, was not quite up to it yet. We started with a talk from Auriol about our last founder member, Gladys Lloyd, who had sadly passed away in August. It was good to hear of the early days of our WI and Gladys's part, a very active member for so many years.

Our speaker for September was Mr Andrew Griffith, with a talk about Hypnotherapy. Mr Griffith practices locally using hypnotherapy and relaxation techniques to help people with a whole host of problems.

Mr Griffith told us of the history of hypnotherapy and its use to help patients with operations before anaesthetics became available. Nowadays the techniques are used to help people who are nervous and people suffering post-traumatic stress benefit from its use. Mr Griffith said we all experience going into a type of trance when concentrating on something, most people have experienced getting somewhere on 'auto-pilot' or have been unaware of what's going on around because they were 'daydreaming'. It's very natural for people to experience a short term trance state. By using relaxation techniques and hypnotherapy unwanted symptoms brought about by stress, fear etc. can be relieved, it's not always necessary to be in a deep trance to get results just well relaxed. People in a trance state tend to believe positive ideas which fit with what they want.

Mr Griffith sometimes makes a recording so that the client can play it through at home and gain further benefit. The techniques can help with habits, coping with pain, irritable bowel syndrome, anxiety before events and phobias. Mr Griffith told us that hypnotherapy is very different from the hypnosis performed as an act for entertainment, so no one was going to be hypnotised but he did show us a little of how his techniques work. We all found his talk very interesting, plenty of questions were asked and his number noted for future reference.

October the 9th we will be having a talk by 'the Fudge Fairy' about her lovely fudge and sweets.

November the 13th Mr William Clarke will give us a talk about his experience of arranging the Festival of Remembrance at the Royal Albert Hall.

World War 1 Centenary Commemoration Good Old Days Shows 12th and 13th September 2014

A huge thank you to everyone who supported these two fantastic shows. People were so generous with both their time and money.

Most of the food was provided free of charge by residents. Shirenewton Community Council helped with start up costs. We received raffle prizes from The Hunstman Hotel, The Tredegar Arms, Budgens, Waitrose, Tesco, Chepstow Garden Centre and Mike Peirce as well as several residents.

The sale of raffle tickets and programmes alone raised over £500. From the two nights we raised in total the magnificent sum of £2092.80 which will be sent to the 'Help for Heroes Fund'

Over and above this everyone (cast and audience alike)appeared to have a really good time - and a special thank you must be made to the cast for making the proceeding so hilarious while also paying homage to the reason we were all there.

Carole Jones, Glynis MacDonald, Claire Lewis.

The Good Old Days – What a night.....

What a wonderful, amazing, raucous, splendiferous night it was. The impressive and flamboyant chairman led the entertainment and the magnificent singing, the gorgeous, radiant dancers shimmied and kicked so beautifully and indefatigably, the exceptional 'Mighty Band' played so enthusiastically and rhapsodically, the splendid cast of entertainers were so brilliantly talented, amazingly inventive and splendidly entertaining, but who was that doggy in the window?. The audience were strikingly and often inventively dressed for the occasion, although we were all surprised and a little disappointed to find that only one of the 'strong men' in the audience actually made it onto the stage..... maybe next time Mr Drake?

Thank-you Glynis and team for a superlatively, splendiferously, magnificently, wonderfully, entertaining night of Old Time Music Hall

STARGAZING



As it is now getting darker earlier there are more opportunities for stargazing. The slightly orange-coloured planet Mars can be seen in the evening sky. It lies just above the south-west horizon as it gets dark. On the 28th the crescent Moon is directly above Mars. In the early morning, the bright planet Jupiter is in the south-eastern sky. On the 18th the crescent Moon is just below the planet.

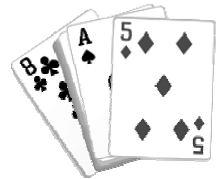
The constellation of Cygnus the Swan lies pretty much directly above. It is in the shape of a cross – in fact it is sometimes called the Northern Cross. According to legend, Jupiter the king of the Gods changed himself into a swan when he wanted to visit Leda, the wife of the King of Sparta. In memory of the episode, he placed a swan in the sky. The seven stars of the Plough are to the North and the four stars forming the Great Square of Pegasus lie to the South. The W-shape of Cassiopeia lies fairly high in the sky to the North-East. In Roman mythology Cassiopeia was a queen chained to her throne as a punishment for being boastful, whilst the Chinese considered the constellation looked like a path through mountains.

Edward Lowe, a Victorian gentleman-scientist lived at Shirenewton Hall from 1880 until his death in 1900. Although renowned for his contributions to meteorology and to botany, in particular ferns, he was also interested in astronomy. In particular he studied the “haloes” that sometimes form around the Moon and Sun, and sun-spots. His memorial plaque in Shirenewton Church records his wide interests – he was a Fellow of the Royal Society, the Royal Astronomical Society, the Meteorological Society and the Linnaean Society.

David Thomas

WHIST DRIVES

We were disappointed to reach only 12 players at our September Drive - it just happened that 6 regulars were all on holiday in the same period. However a good evening was had and as it was a warm night we didn't have the expense of heating to worry about. 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. We will continue through the year playing on the first Thursday of each month – we would love to see some more new faces.



Auriol Horton. 01291 641844

SHIRENEWTON LOCAL HISTORY SOCIETY

We look forward to our A.G.M. on Tuesday, 28th October at the Huntsman Hotel, commencing at 7.00 pm. With all the formalities over at 7.30 pm we continue the meeting with a talk entitled '*Mr Rolls & Mr Royce*' given by Roger James.

Dates for your Diary:

Monday, 13th October Archive Meeting at the Recreational Hall,
Shirenewton 2.00 pm - 5.00 pm

Tuesday, 28th October
A.G.M. & Talk
Meeting at the Huntsman Hotel 7.00 pm
Talk entitled '*Mr Rolls & Mr Royce*',
given by Roger James

Monday, 10th November Archive Meeting at the Recreational Hall, Shirenewton
2.00 pm – 5.00 pm

Tuesday, 25th November Meeting at the Huntsman Hotel 7.30 pm
Talk entitled '*Alfred Russell Wallace*'
given by Prof. David Collard

I'm sure there will be something of interest for everyone in our new programme and everyone is welcome to join us at our meetings.

**GWENT IN THE GREAT WAR
DAY SCHOOL**

**THE DRILL HALL CHEPSTOW
15TH NOVEMBER 2014 10.00-5.00**

10.00: Registration and reception

10.20: Chair's opening remarks

10.30 **The Monmouthshires: a territorial regiment at war.**

-11.30 **Speaker: Dr John Dixon** (author of three books on the
Monmouthshire Regiment).

11.30 **The First World War and Conscientious Objectors in Gwent.**

-12.30 **Speaker: Wayne David M.P.** (author of 'Remaining True: a
Biography of Ness Edwards').

12.30 **Kit and equipment from the Great War** demonstrated by

1.00 **Steve Trew.**

1.00 **Lunch.** (There are plenty of eating places in Chepstow)

-2.30 (Coffee will be served during the lunch break.)

2.30 **Remembrance.**

-3.30 **Speaker: Dr Angela Gaffney** (author of 'Aftermath:
Remembering the Great War in Wales').

3.30 **Walking tour of Great War sites in Chepstow** led by

-5.00 members of the **Chepstow Society.**

For tickets, return this form to: Peter Strong, Gwent County History
Association, 27 Woodstock Way, Caldicot, Mon NP26 5DB.

Name Phone

Address

..... Email

Please send me ___ tickets for the 'Gwent in the Great War' day school. I enclose
a cheque for _____ (at £8 per person) payable to Gwent County History
Association.

1ST SHIRENEWTON BROWNIES



Girlguiding UK

In celebration of the Brownie Big Birthday this year - 100 years - District Commissioner for the Chepstow area, Amanda Tindell, decided it would be good fun to organise a Chepstow district trip with brownies from units across the town to a PGL activities centre. Having enjoyed a weekend at PGL in 2012 (in horrendous weather!), Shirenewton Brownies were well up for a return trip. 19 of our Shirenewton Brownies, along with Bev, Sarah and myself joined 21 other brownies from local units with an additional 5 'game for a laugh' leaders in tow.

We set off after school on Friday 12th September arriving at Tregoyd in time for tea. Our eldest brownies were 10 and a half, whilst the youngest had celebrated her seventh birthday just two weeks prior!

After tea, outside games until dark and then hot chocolate, we encouraged the girls to get some sleep in preparation for a busy Saturday. Needless to say our efforts were pretty fruitless and not much sleep was had by any of us on the first night!

Undeterred, we faced a fun first day - Raft Building, Archery and a Leap of Faith! We mixed the girls up across the four activity groups so they had the opportunity to meet new friends. It was a pleasure to see how the girls all looked after each other and egged each other on to achieve the various challenges set, particularly the Leap of Faith which entailed climbing up a telegraph pole that wobbled, standing on a platform just big enough for your feet and then leaping to a trapeze swing! It wasn't for the faint hearted and the girls managed this more successfully than some of us leaders!

Raft Building was a lot of fun, although the warm sunshine belied how freezing the lake actually was. We all got thoroughly soaked which was odd considering the rafts all floated successfully!!

After a campfire until dark, it was a lot easier to get the girls to sleep on night 2! Sunday offered another day of challenges - Aeroball on the trampolines was a lot of fun, and the sensory challenge was quite relaxing. The two outside climbing walls were challenging and much higher than the ones conquered at Boulders by the Shirenewton unit earlier in the year - still, with lots of vocal encouragement most girls (and leaders!) made it to the top. The fourth challenge of day 2 was a particular favourite ... mud anyone? I'm now thinking maybe I could tackle the Chepstow Stampede after all! After a well-earned roast for tea on Sunday our tired busload finally arrived home at gone 8pm on the Sunday evening. When my daughter showered before bed, the water ran black - the sign of a good weekend?!

A huge thank you to Amanda Tindell for doing all the organising and paperwork (no easy task) for such a brilliant weekend.

If you want to join in the fun and volunteer in Girlguiding we could do with more help - check out <http://www.girlguiding.org.uk> - you know you want to!!

We also have a few spaces at present for any potential brownies wishing to join in the New Year.

Many thanks Jaci Crocombe
Bradley Stoke 01454 300 900 / Chepstow 01291 606 900 / Mobile 07817 247821

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CARERS WANTED

Contact Sadie or Hywel Lougher

GARDENING CORNER

The night's have closed in markedly in recent days and there is definitely an 'autumn tinge' to many of the trees around the countryside. Most of the hard work associated with growing crops is now all but over, apart from a few exceptions and attention starts to turn towards autumn clean ups and other maintenance jobs. Hedge-cutting is high on the list of tidy up jobs, but as many of our boundary hedges are old mixed species hedges, they are a food larder for species such as dormice. This area seems to be a stronghold for this endearing little species, and so I'm reluctant to cut away the hazel nuts, blackberries and other fruits that this little tree dwelling rodent requires in order to build up food reserves for the winter hibernation period. So my attentions at this time are directed at the beech hedges that we planted many years ago to break up the internal structure of the garden. There are also areas that have suffered because I haven't had the time in recent years to keep them as part of our managed garden. These are now bramble patches and ash tree woodlands and desperately need cutting and cleaning. Because of the size of the garden I have strict instructions not to turn them all back to what I call proper productive garden. So some will be cleared, kept clean and then probably replanted with a wild flower meadow mix. I've been very impressed with the efforts of both Newport and Monmouth councils with their wild flower sowings this year. Certainly from the honey bee point of view these would act as a great nectar bank. In recent years I have increased the number of raised beds that grow flowers for cutting, which has meant that the area of productive vegetable gardening has decreased. To some degree this is OK as often we have too much and the freezers can't take any more. However I will need to return some of this wild area back to productive beds, as this will give me the opportunity to actually rest a couple of beds each year and build up their fertility. One of my main problems remains time! I had planned to take partial retirement in October, but things are conspiring against this at present, but I have put a marker down with the management that March is the final deadline for a decision. I'll need to know before the new gardening year and fishing season!

In the vegetable garden I have started clearing some of the beds as crops are harvested. Trying not to replace crops of a similar type to avoid disease problems, I have cleared some of the beds which grew beans and peas, and replanted these with the autumn garlic. In theory these beds should have been replanted with green crops such as cabbage and Brussels sprouts. This is because the peas and beans lock nitrogen in their roots, which remain in the soil to feed leaf crops. However the particular beds I'm dealing with have developed club root over recent years and so not suited to these crops any more. In recent years the seed companies have developed so called 'club root' resistant varieties, which I have yet to try. Maybe next year, but for the time being I plant the greens on areas that I know are clean – at least for the time being!

The main areas requiring work at present are in the tunnels and greenhouses. The large tunnel in particular requires a little tender loving care, but unfortunately because of the weather staying pretty warm, it is almost too hot to work in there during the day! The tomatoes have not done too well. We grew a large variety, especially for cooking, and despite growing well to begin with, many of the fruits have split and started to go rotten, before they ripened. We have had several large pickings from them, but with so many fruits going rotten I think that they need to go. We have had a number of problems with mildew and other fungal diseases this year. Some of this is the warm moist weather, but another problem is that one of the areas that has 'got out of hand' is at the end of the tunnel and this is I'm sure, stopping the air circulating, hence the problems. This will therefore be one of the first areas to be cleared. I planted some perpetual fruiting strawberries earlier in the year in large grow-bags and these are still cropping even as we reach the end of September, This will be replanted in one of the areas currently under tomatoes, whilst the rest will be planted with early spring broccoli and some lettuce. The large greenhouse is still producing cucumbers, but the melons never did anything. All were meant to be 'grafted' plants that I bought in May. Whilst the cucumbers were definitely grafted I was never convinced with the melons and this proved to be correct when all three just wilted over night – the problem I always used to get from seed sown melons, raised at home. So a complaint will be heading in the seed company's direction I think – especially as grafted plants are not cheap to buy!

This year continues to be an up and down one for the bees. The large swarm that I gathered in June has done exceptionally well. I have taken about 50lbs of honey from them and have decided to leave the rest for the winter as the hive is particularly big, still carrying a lot of bees. As with the others I noticed that the bees are still bringing in plenty of pollen which suggests that the queens are still egg laying well. With a couple of 'supers' from two other hives it has meant that I have extracted over 100lbs of honey, the most for a long time. The one hive that I mentioned as always struggling has given up the ghost as expected. You may also remember that one was queen-less as well and really struggling. I had placed a frame of young eggs and grubs, as described in earlier articles, but it didn't seem to make a difference. However I was putting some treatment (for the varroa mite) into the hives a couple of weeks ago, and before wasting the treatment, checked to see what was going on. Remarkably they had made several queen cells, so I placed the treatment in the hive and am keeping my fingers crossed that a queen will hatch. It is still extremely unlikely that the colony will build any numbers up before winter to allow them to survive, but this will depend on the weather over the next few weeks. Their honey supplies are quite good as the works have continued to bring honey in whilst they sorted the leadership issue out, but time will tell.

Happy gardening until next month. Steve and Felicity Hunt.



MUSICAL DIRECTOR: GRAHAM BULL

SUNDAY NOVEMBER 2nd, 3.00pm

ST MARY'S PRIORY CHURCH CHEPSTOW

Commemoration Concert for
World War 1 outbreak, 1914

Chepstow Choral Society will commemorate the centenary of the commencement of World War 1, August 4th 1914, with a programme of appropriate music, choral items and readings

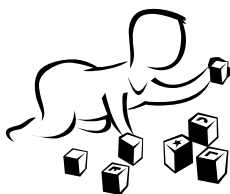
The programme will include contributions from students of Chepstow Comprehensive School and the 1st Battalion Rifles based at Beachley Barracks.

Music includes "Let us now praise famous men" (Vaughan Williams), "My soul there is a country" and "There is an old belief" (from C.H. Parry's "Songs of Farewell"), extracts from "The Armed Man" (Karl Jenkins), "In Paradisum" (from Faure's Requiem) and a cantata entitled "1914" by Alan Grey, as well as other choral items, appropriate readings linking with the music, and solo items.

THIS CONCERT HAS NO ADMISSION CHARGE, BUT A RETIRING COLLECTION FOR "CARE FOR CASUALTIES" (the Rifles' Charity) WILL BE TAKEN FOR ALL WISHING TO CONTRIBUTE.

Further information may be obtained from Marjorie Duerden (01291 623310) or choir members.

SHIRENEWTON TODDLER GROUP



Meet every Thursday

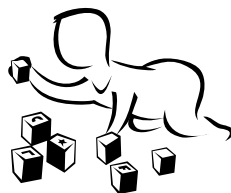
(Term Time Only)

at The Recreation Hall Shirenewton 1.30 to 3.00 pm

Age range 0 to pre-school

A nice cupper, chat, toys, crafts,

snacks & songs



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Artist

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"Noah and an Almighty Flood"

'hilarious' 'laughed out loud'

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Annabel Hancock MAR

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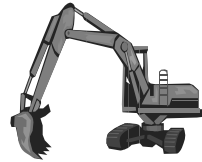
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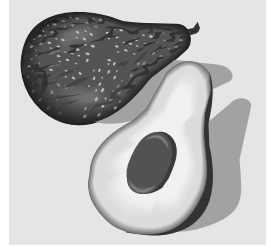
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NERYS'S NATTY NOSH

The avocado is known as the Alligator Pear, due to its shape and the leather-like appearance of its skin. Avocados are also considered as one of the healthiest foods in the planet as they contain in excess of 25 essential nutrients.



Ten Reasons for eating Avocados.

- Maintain a healthy heart
- Lowers cholesterol levels
- Controls blood pressure
- Anti-inflammatory properties
- Promotes healthy eyes
- Regulates the blood sugar level
- Prevents birth defects
- Protects against cancer
- Anti-ageing properties
- Skin care

Ways of using Avocado

Use chopped avocados as a garnish for Mexican bean soups.

Add avocado to mayonnaise to give an extra richness.

Mix chopped avocados, onions, tomatoes, lime juice and seasonings for a rich-tasting guacamole.

Spread ripe avocados on bread as a healthy replacement for mayonnaise when making a sandwich. Add cooked bacon for a special treat.

For an exceptional salad, combine sliced avocado with fennel, oranges and fresh mint.

For a beautiful accompaniment to your favorite Mexican dish, top quartered avocado slices with corn relish and serve with a wedge of lime.

Avocado, Mango and Chicken Salad Serves 4

2 ripe avocados, halved, stoned, peeled and diced

1 small mango, peeled, stoned and diced

175g (6oz) thinly diced cooked chicken

50g (2oz) sliced cooked beetroot

Handful of watercress

Dressing- Mix 3 tbsp. olive oil, 1 tsp wholegrain mustard, 1 tsp clear honey, 2 tsp cider vinegar, 2 tbsp. lemon juice season to taste.

Method

Arrange the sliced beetroot and watercress in a bowl. Add the avocado and mango. Add the dressing and thinly diced cooked chicken. **Enjoy!**

NERYS'S NATTY NOSH

This is a mild version of guacamole so add more chillies if you desire more heat.

Guacamole Dip with Tortilla Chips Serves 2

Ingredients

2 ripe avocados
1tbsp lemon juice
2 large ripe tomatoes
½ red chilli or a few drops of Tabasco sauce
1 tbsp fresh chopped coriander
Seasoning
Coriander leaves to garnish
Tortilla chips to serve



Method.

- 1 Peel and stone the avocado and place in a bowl.
- 2 Add the lemon juice and mash the avocado with a fork.
- 3 Skin the tomato. Chop the chilli and tomato and add to the avocado. Alternatively add the Tabasco sauce. Mix well.
- 4 Mix in the Chopped coriander and season to taste.
- 5 Garnish with coriander and serve with Tortilla chips.

Avocado, Pear with Ginger dressing Serves 2

Ingredients

1 ripe avocado and 1 ripe pear
Mixed lettuce leaves
Chopped walnuts to garnish

Dressing

½ tsp grated orange rind
3 tbsp fresh orange juice
1 level tsp mustard powder
1 level tsp honey
2 tbsp olive oil
¼ tsp ground ginger or ½ tsp grated fresh ginger
Seasoning

Method

- 1 Whisk together the dressing ingredients.
- 2 Peel and stone the avocado, peel and core the pear, cut each into eight segments. Divide the lettuce between two plates. Add the avocado and pear segments.
- 3 Pour over the dressing and garnish with the chopped walnuts.
- 4 Serve immediately. **Enjoy!**



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*If you know of any changes or omissions please contact the Editor Terry Walters
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PCC Treasurers	Kevin Bounds	01291 641818
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Church Hall Booking	Glynis MacDonald	01291 641818
Safeguarding Officer	Dr. Kerry Baker	01291 641925
Church Flowers	Maureen Moody	01291 641524
Parish Magazine Editor	Terry Walters	01291 641338
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Mynyddbach Ward	Lynne Prosser Ian Moore, Chair	01291 641666 01291 650766
Newchurch West	Louise Dyke	01291 650076
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Earlswood Sue Leat 01291 641207

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Whist drive Auriol Horton 01291 641844 aur10l@btinternet.com
Womens Institute (WI) Jenny Bonner 01291 641929

DIARY DATES

Oct	Event	Location
2 7:00pm	Whist Drive	Recreation Hall
5 12:30pm	Shirenewton Church Harvest Festival Lunch	Earlswood Hall
5 3:00pm	Harvest Festival	Earlswood Hope Methodist Chapel
6 7:30pm	Harvest Festival	Earlswood Hope Methodist Chapel
6 7:30pm	Shirenewton Community Council Meeting	Recreation Hall
9 7:15pm	Shirenewton WI	Recreation Hall
9 9:30am	Mobile Police Station	Tredegar Arms Car Park
12 9:30am	Mobile Police Station	Great Barnets Wood Car Park
13 2:00pm	Shirenewton Local History Socty.	Recreation Hall
28 7:00 pm	Shirenewton Local History Socty.	Huntsman Hotel
Nov	Event	Location
2 3:00pm	CCS Commemoration Concert For WW1 Outbreak 1914	St Mary's Priory Church Chepstow
3 7:30pm	Shirenewton Community Council Meeting	Recreation Hall
6 7:00pm	Whist Drive	Recreation Hall
8 7:00pm	Earlswood Hall Barn Dance	Earlswood Hall
10 2:00pm	Shirenewton Local History Socty.	Recreation Hall
13 7:15pm	Shirenewton WI	Recreation Hall
15 10:00am	Gwent in the Great War Day School	Chepstow Drill Hall
25 7:30pm	Shirenewton Local History Socty.	Huntsman Hotel

	Saint Thomas á Beckett Shirenewton	Sunday Services	Start 10.00 a.m. Unless stated otherwise
Date	Service	Readers	Sides-persons
5 th October	Harvest Festival	Glynis MacDonald & Will be conducting Jane Smith Haddon this service	
12 th October	Eighteenth Sunday after Trinity	Wendy Baker Diane Marlow	Wendy Baker Diane Marlow
19 th October	Nineteenth Sunday after Trinity	Bill Clarke Janet Horton	Bill Clarke Janet Horton
26 th October	Twentieth (Last) Sunday After Trinity	Gillian Lambert Joanne Tomlins	Gillian Lambert Joanne Tomlins
2 nd November	All Saints Sunday	Bob Grattan Cynthia Smith	Bob Grattan Cynthia Smith
9 th November	REMEMBRANCE	SUNDAY	
16 th November	1 st Sunday before Advent	Bill Clarke Janet Horton	Bill Clarke Janet Horton
23 rd November	Christ The King	Gillian Lambert Mark Broughton	Gillian Lambert Mark Broughton
30 th November	Group Service	At	St Pierre Church

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The views expressed are those of the contributor.

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