

Shirenewton

Parish Magazine

October 2016



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FROM THE VICARAGE

Julian E LI White

Dear People of the Parish,

Last month Sandra and I went on holiday.

We went to a Greek island. It was very nice. We had lots of ice cream and went swimming.

I hear you groan. Few things are as mind-numbingly tedious as suffering somebody else's account of how they spent their vacation. The following will not threaten this custom.

During this break, I found myself in the midst of circumstances which would have made Kafka envious. I became a flying insect.

Picture the scene: A small general store near the beach front in a remote Hellenic village. It is mid-morning, a local sits, cigarette in hand, on the serving side of the counter. The shop is deserted, save for a family group of politically – correct British visitors rummaging for gluten-free breakfast cereal, fully skimmed milk and environmentally friendly hand wash. These items are not readily found on a Greek island.

And then, leaping in like a whirling dervish through the door, crashes yours truly. I am making a loud, fluctuating buzzy sound and flapping my arms in a most agitated fashion. The Brits are rooted to the spot in horror whilst the Greek proprietor languidly glances at the new arrival and turns his attention to flicking the ash off his cigarette.

"Zzzzz!!" I proclaim.

"Kali Mera – Good Morning" is the laconic answer.

"ZZZZZZZZZ!!!" I retort in an even more animated manner.

"Yes, it is *poly* hot – nice day" comes the disinterested voice by the cash till, whilst the speaker pauses only to light another cigarette.

"ZZZZZ!! ZZZZZ!!" I flamboyantly pronounce, only this time I append various darting motions involving my face muscles. By now the squeaky-clean Brit family are convinced that they are holidaying in error on some Ionian depository for the insane and unhinged. They make their way rapidly to the exit, pausing only to shield their children's eyes from the horror unfolding before them. The shop assistant, this time in a bored manner, flicks another pile of ash from his scandalously cheap cigarette.

"Ah!" He at length utters with a shrug. "Mosquitoes! Yes, very many this time of year!"

"*Ochi!* No!" I answer in something approaching human speech. I continue by lapsing into what I hope is a universal tongue: "ZZZZZZZ!!!"

"Ah! Now I understand! You mean the *wasp* which joins our tables at eating times and which results in much waving of limbs and certain injury!"

I stumbly explain that this fate has indeed befallen Sandra who, at this present moment, is sprawled grievously hurt in some taverna, the result of a wasp and herself diving for the alcohol at the same time. Surprisingly, it was the wasp who made first contact.

"I stock just the thing. Special, nice price for you. Look! It says on label good also for jellyfish stings and attacks by the scorpion."

We soon fall into conversation about the ramifications of the Brexit decision, the price of tobacco throughout Europe and the economic variance between put-upon Greece and the fat-cat slobbering rest of the EU. We also discussed, at length, the possibility of Angela Merkel being the devil incarnate.

By this time Sandra is either hospitalized or on her third drink. Upon my return I am inclined towards the latter conclusion.

Yes, we enjoyed a great holiday, thank you for asking. Oh, you didn't? Well, what else is there to write about?

With best wishes and every blessing,

ANCIENT & MODERN

Julian White

Right then, flippancy (as in recent months Editorials) to one side, let us move on to consider more weighty ecclesiastical matters.

The other day I fell, with glad cries, upon a mailing direct from the Diocesan Office. Actually, when they get in touch it is rather like an invitation from the Mafia – ignore it and you find yourself as part of the interior of a pillar propping up a recently constructed motorway somewhere. Yes, indeed, it was an invitation. To the Diocesan Conference! Do the raptures ever cease?!

The bit I scanned (with the help of artificial stimulants) concerned various worthies jockeying to be elected to sundry diocesan posts. They had all submitted a brief biography earnestly striving the secure your patronage. Let it be admitted, that in the past, I had prostituted myself in a similar fashion. But things have changed somewhat. In the old days (if candidates were to be believed) they listed what they did in their meagre time free from divine service. It always included walking the dog, contemplating the mystery of life and, perhaps, a little light research into Egyptian hieroglyphics. These days they appear to outline their 'out of hours' interests as 'Helping folk on their walk with Jesus' or 'I would describe my spirituality as relational... I see the import in developing ecclesial structures that reflect the relational turn in contemporary theology, ecclesiology and psychotherapy...'. No, I don't know what that means either. The one who got my vote was the Very Revd. Lister Tonge who simply said 'I believe that the Bishops of the Church should be women and men who lead after the example of Christ and are therefore devoid of clericalism, prelatical pomposity or superficial crowd-pleasing'.

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Years ago, I thought that I was oh-so-clever by listing my recreational pursuits as consuming alcohol to excess, chain-smoking and a passing interest in pre-1937 motor vehicles. As a result I was never voted on to any organisation or committee of any sort. Apart from this, I was – at a later date – elected as Area Dean. This, I suppose, was retaliation on the part of my senior colleagues and my sufferings over the next eight and a half years was considered to be my just desserts.

Anyway, about the same time as this blurb was issued, came a welcome (at least to me) missive from our Bishop. It addressed the issue of Baptism and Confirmation. I repeat his words: 'At the Governing Body, the Bishops published documents outlining the change of discipline regarding reception of communion prior to Confirmation. After theological examination...the Bench of Bishops recognised that the primary and complete initiation rite of the church is baptism and that all the baptised are welcome, and indeed encouraged to receive communion. This means that in practice that children from five years old onwards would be able to receive communion if they have been baptised. It means that adults, once they are baptised will be able to receive communion. We are a sacramental church, and we believe that we encounter God in a special way at the Eucharist which changes our lives. Now this will be open to all the baptised (within the parameters of the law).

All adults that have been baptised, in the dim and distant past perhaps, are therefore welcome to come to the altar rail at Mathern, Mouton, St. Pierre and Shirenewton to receive full communion without the necessity of having been confirmed first.

Julian White

200 CLUB

The recent winners are:

July

1. Barry Morris
2. Nansi Davies
3. Dylan Wilson
4. Jemima Leaf

August - no draw

September

1. Nansi Davies
2. Lynn McFarlane
3. Sue Leat
4. Martin Doble

FIREWORK ALERT

*Just a reminder to those of you who are thinking of celebrating Bonfire Night (or any special occasion) with a fireworks display – please remember to let your neighbours know in advance. Pets and other animals can be terrified of the noise and the sheer volume of some of the modern ones can be pretty scary for the rest of us too!
Thank you in advance.....*

BRING AND SHARE EVENING: OLD WYE BRIDGE

Saysell Centre (Church Room)

Saturday 22 October 7.30pm

Bring a plate of food and come with some friends to find out about the fascinating history and bicentenary of the Old Wye Bridge in Chepstow from John Burrows.



FROM THE SHIRENEWTON REGISTERS

Marriage

Katherine Stanley to Russell Speight on September 10th 2016

HELP! HELP! HELP!



Would the person who borrowed the Church Sound Equipment late July, early August for a party, please return it to me asap.

Sorry, I was in hospital and my son lent it out but it hasn't been returned.

(James thinks they live in Shirenewton...)

Glynis 641 818

glynis.macdonald@btinternet.com

Shirenewton Operatic and Dramatic Society



First meeting will be on
Tuesday 4th October
Earlwood Hall at 7:30

All Welcome! Even if you've not been involved before,
even if you don't want to tread the boards, what about
prompting or sewing costumes or making props?

The possibilities are endless.

Ring Glynis on 641 818 or

glynis.macdonald@btinternet.com

or just pitch up.

Charity Christmas cards will be on sale in Chepstow library from 26 October to 10 December 2016, offering over 240 card designs. These sales not only generate much needed funds for the charities but also increase their awareness. In the past ten years, charities have received more than £40 million from Cards for Good causes, representing at least 70p in every pound. The shop will in the main be open from 10.00am to 4.00pm except half day closings on Wednesday and Saturday. Look forward to seeing you.



Roger Cockbill
5 Newton Manor
Shirenewton

SHIRENEWTON W.I SEPTEMBER 16

A very enjoyable evening experiencing 'Welsh culture' through the medium of dance. The Gwerinwyr Gwent group performed several dances for us including 'Abergenny' a 17th century court dance, 'Ty coch Cardiff' written in the 1960's also, 'Middleton Hall', a very new dance to commemorate the opening of the Welsh Botanic Gardens.



The dancing was accompanied by a Welsh trio on violin, guitar and drum.



The Group wore traditional Welsh costume which was explained to us. We all enjoyed joining in several dances with great enthusiasm ! The evening was a great success. The energetic evening was in support of the WI Sports week, and will also be a theme next month when we tackle line dancing!

The next meeting is 13th October, 'Lawrence Blatchley demonstrating line dancing'. Please feel free to come along, remember there will be a **free** cup of tea and a biscuit.

(Report kindly submitted by Diane Ashton-Smith along with her action photos, in readiness for me to edit, many thanks)



Contact:

Carole Jones (President) 673607

Jane Butterworth (Secretary) 641704

NEWS FROM ST PETERS, NEWCHURCH

On Friday, 16th September, the Harvest Festival was held in the barn at Church Farm, next to the church. Howard and his team again excelled themselves in decorating and preparing the barn for the café style service which was followed by supper. Despite the chilly wind it remained dry, unlike last year, and the barn was lined with large round hay bales and decorated with greenery and stands of produce which made it welcoming and appropriate for the service, one of the church's most moving celebrations, especially in this rural community.

John Waters led the traditional service, Kath played the organ superbly as ever, and the Bishop of Monmouth delivered the address. The singing was enthusiastic and close to raising the roof a couple of times, or was it the wind?

The salad supper was tasty and abundant and the homemade desserts were delicious, as they always are. The produce on show was sold off after supper, and this and the supplementary raffle, for two exceptionally fine sheep knitted by Susie, raised an extra £150 towards the church roof repairs.

Many thanks to Howard and Sarah Stone, who very kindly allowed the use of their barn and with their "team" gave days of their time towards preparing it and the food for the enjoyment of over 70 people. The church is indebted to the kindness and support of its neighbours in Newchurch, thank you.

Wedding

Friday 16th September Poppy Elizabeth Rastall to Thomas Andrew Morgan

GAERLLWYD BAPTIST CHURCH

Gaerllwyd Crossroads, Newchurch West, NP16 6DD

We Invite you to join in our

HARVEST FESTIVAL

Sunday, 9th October at 6.30pm

and

Monday, 10th October at 7.30pm

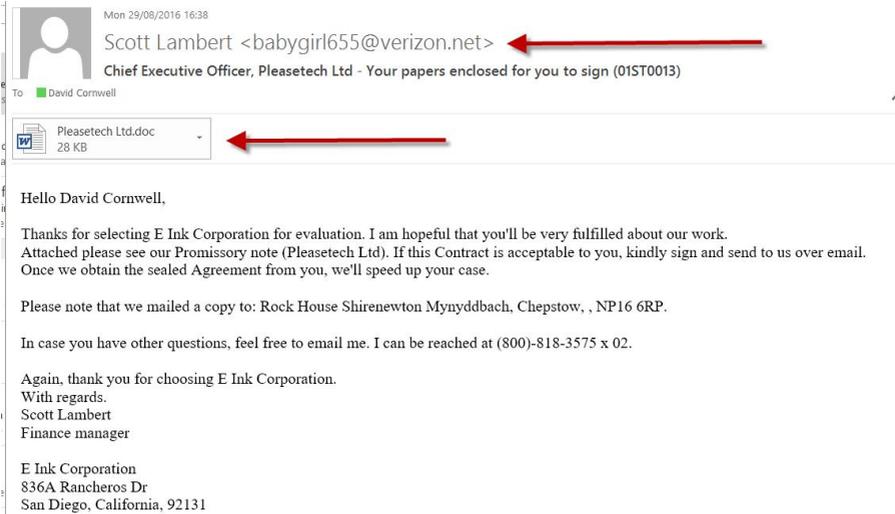
HARVEST SUPPER

and the sale of Harvest Produce

WILL FOLLOW THE MONDAY EVENING SERVICE

EVERYONE WELCOME

As it happened, shortly after I learnt of this attack, I received an email which, I'm sure, would have had the same issue myself:



Note that, on the email to me, the from email address bears no relation to the individual it is allegedly from and that there is an attachment they want me to click on. This attachment probably isn't a Word document but a piece of malicious code. I hope the reproduction in the magazine of the above screenshots and emails enable you to read them.

Needless to say these are but two examples. There are hundreds of others.

How to protect yourself and your business? Firstly don't click on emails links or open attachments. Go to the website directly and log-in there. Secondly, back-up. The business I mentioned above lost over 3,000 important files/documents. There is no point in paying as that doesn't mean you get your files back and you are simply giving criminals your credit card details. Restoring from back-up is the only viable option.

Please note that several ransomware programs are clever enough to find and encrypt mapped drives such as NAS back-up drives. Therefore I'd recommend that you either back-up online or use a removable USB drive. Personally, I do use NAS drives for daily back-up and about one per week back-up to a removable USB disk. This means that, even, if my NAS drives were encrypted, the most I'd lose was a week's new data.

Safe browsing

David Cornwell
webmaster@shirenewtonchurch.com

SHIRENEWTON COMMUNITY COUNCIL

Extracts from the minutes of the September meeting

There are still two vacant positions for the co-option of Community Councillors for the ward of Shirenewton – if you are interested in applying for one of these vacancies, please contact the Clerk (details below).

Planning applications considered

1. DC/2016/ 00937 Little Mill, Bully Hole Bottom, Earlswood
Discharge of Conditions 4, 5, 6 ,8, 10 and 12 on previous application
DC/2015/00317 - conversion of existing barn/games room/workshops to single family dwelling.
Council recommended approval of the discharge of the listed conditions. However Council was concerned to note that there are two public footpaths through the site which do not appear on the application, they are 380/30 and 31 and should remain accessible to the public at all times

This Council would remind the Planning Department of its comment in July 2015 in response to the previous application DC/2015/00617, that because of its historical importance the mill race be retained intact.

2. DC/2016/00826 Pear Tree Cottage, Old School Hill, Mynyddbach
Demolition and replacement of garage and new front porch to house.
Council noted that the proposed garage would be approximately 2 1/2 times the size of the current one, with a pitched roof. The proposed garage would not be visible to neighbours and would not require alterations to access. Council recommended approval with the following recommendations:
- that the proposed work does not encroach on the footpath alongside the property;
- that the current access to the agricultural ground belonging to Yew Tree Cottage is kept available to them.

3. Highways Act 1980 – Sections 26,118 & 119. Proposed Public Path Orders. Public Footpath No. 119 (part), 120 (part) and 201, Shirenewton.
Council recommended approval of the realignment of Right of Way 120, but not the proposal for Right of Way 119. Council recommended further study of the route of this Right of Way and suggested that it run behind the barn, rather than between the buildings through the stable yard, following route D - F - G on the map.

Police Report

During the month there had been a shed break-in at Crick and a car fire in Wentwood, there had also been three separate calls regarding off-road biking in Wentwood which had been brought to the attention of the Natural Resources Wales Community Support Officer.

There had been two calls to Brookacre during the month.

Dates of next meetings – Monday 3rd October and Monday 7th November, both at 7.30pm at Shirenewton Recreation Hall. Members of the public may attend and address the Council for the first 15 minutes of each meeting.

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 website www.shirenewtoncc.org.uk

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

SHIRENEWTON SUPER SATURDAY

Do you remember the day of the monsoon? Well, that was the day of Super Saturday. In the morning the members of the Recreation Committee duly turned up to begin the preparations just as the deluge started. The biggest challenge was erecting the marquees – that was like a synchronised swimming version of the Krypton Factor. However, everything was done, people went home for a change of clothes and we re-assembled to sit back and wait for the crowds!

The weather was still awful, but people began to turn up. One family came from Chepstow just so the kids could do the Treasure Hunt. As the afternoon wore on more people trickled in and engaged in the activities that we were able to still provide – I have never seen such wet children outside of a swimming pool before, but they seemed to enjoy themselves. Hats off to the people in this community, we tried to arrange a community event and they came to support even in these conditions.

In spite of everything, we have to declare that the day was a success, because, after covering our costs The Recreation Association is able to contribute £270 to The Defibrillator Fund. Many people deserve thanks for their hard work and donations, and we are indebted to the School and the PTA for the lend of their equipment, and The Huntsman Hotel for the variety of ways in which they helped. Ken and Jamie were almost electrocuted providing us with live music and one brave soul provided a Karaoke rendition, (thanks Shirley) The Recreation Committee sincerely thanks everyone who contributed to this event and when we recover, we will consider doing it again next year.

Many thanks
Shirenewton Recreation Committee

STARGAZING



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.

In the evening twilight, the planets Mars and Saturn are in the south-west after sunset, with reddish Mars to the left of Saturn. The Moon, which is at first Quarter, is above Saturn on the 6th and above Mars on the 8th.

Towards the end of the month, the bright planet Jupiter can be seen to the east in the morning with the crescent Moon passing very close to Jupiter on the 28th.

Edward Lowe, a Victorian gentleman-scientist lived at Shirenewton Hall from 1880 until his death in 1900. Although renowned for his contributions 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-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.

FAIRTRADE NEWS

Traidcraft's Development Review 2016 has supplied one of my 'glass half full' moments recently with some very encouraging reports about the positive impact fairtrade has made.

Traidcraft's 5 year EqualTEA project has just come to an end. This has supported 51,700 small scale tea growers to organize themselves into more effective groups. More than 10,000 have participated in training in technical management, marketing and organisation, and external evaluation has estimated that the income of the Indian tea growers in the groups has risen by an average of 87% and in Bangladesh the participants have experienced an average income increase of more than 200%. 25% of the estimated small tea growers in India have been covered by this project.

These are very impressive figures. It is perhaps salutary to note that this project was funded by the European Union.

In other news my 'Fact' of the Week (ie 'rant' of the week!) is the rather horrifying news that **80%** of antibiotic use in the USA is for animals - yes, industrially reared animals! The practice started in the 50s when scientists discovered that routinely feeding livestock antibiotics could boost growth and minimize disease (prevalent in intensively reared animals). Some of us tend to scoff at the US - but we in GB also routinely use **40%** of our antibiotics for animals. This is absurd! And will result, very soon, in huge numbers of deaths from antibiotic resistant bacteria which evolve as a direct result of the over-use of antibiotics. (Perhaps one should ask who makes money out of this!)

The message is eat no meat/less meat/organic meat - or at least know where your meat is produced! And eggs and dairy! (You could also do a spot of campaigning?! - see saveourantibiotics.org)

Marion McAdam 641 316 msm316@gmail.com

SEVERN BRIDGE 50 YEARS OLD - 8 SEPTEMBER 2016

The Severn Bridge, and its successor the Second Severn Crossing, are special bridges for Shirenewton - visible from many part of the parish. The white towers of the Severn Bridge illuminated by the afternoon sun, and appearing above the tree line is a familiar sight and is the badge of our primary school. The bridge was opened by the Queen on 8th September 1966, 50 years ago.

The Severn Bridge is not only special for Shirenewton but it is special for the whole world. There are over 100 long span suspension bridges of over 500 metres (1,640 feet) clear span around the world and many more with shorter spans. Of these suspension bridges, less than 10 have radically change the style or scale of the world's longest span suspension bridges and only 5 suspension bridges worldwide over the past 200 years have ever changed the shape and style of all the other suspension bridges to follow. The Severn Bridge is one of those 5 suspension bridges - it is of truly world significance.

What makes the Severn Bridge so special? We have always known that the Severn Bridge is an extremely elegant and graceful bridge but we don't always think about why? The answer is in the extremely thin road deck - the first of its kind ever used on a major long span bridge.

Before 1966 the Americans had led the world in suspension bridge development for over 100 years and their suspension bridges had very deep decks. When the Severn Bridge was planned in 1947 it was to be the world's 3rd longest span bridge and it too was going have one of these deep metal truss road decks. The project was delayed to 1961-66 and the Forth Road Bridge went first. The Forth Road Bridge got the deep metal truss deck.

When the Severn Bridge was designed British engineers had come up with a new idea - the thin aerodynamic road deck which would act like an aeroplane wing. Roberts and Brown piloted this new thin deck on the Severn Bridge in 1966. It looks like a thin plastic ruler with almost no thickness at all but it was stronger, lighter, less costly and more graceful.

Did it work? Since the Severn Bridge was built in 1966 33 longer span bridges have been built around the world - mainly in Europe, Turkey, Japan and China. Of these 33 new long span bridges - the world's longest spans- 30 have used the Severn Bridge thin aerodynamic deck method and only 3 have used the deep truss method. The Severn

Bridge set a trend that 90% all of the world's longest suspension bridges now follow - so the Severn Bridge is not just special for us but special for the whole world.

John Burrows



LIGHT AND DARKNESS

Morris Powe

For several different reasons a recent holiday based on the Italian Lake Como gave Hazel and I much pleasure. In the first place we stayed at the comfortable Grand Hotel Menaggio right on the lake shore, with only the very welcome pool and charming gardens between us and the lake. From the balcony of our third storey room we had glorious views of mountains and the various lake activities, including car and passenger ferries giving access to other towns and villages around the lake.

Our programme included various trips but we agreed that the highlight was an exciting journey on The Bernina Line, a Swiss railway taking us through spectacular scenery. At Ospiztio Bernina it reaches an altitude of almost 2253 metres above sea level in the horizontal distance of 22 kilometres from Tirano which lies at an altitude of around 429 metres.

This World Heritage line was started in 1910 and has to be one of the world's most marvellous feats of high altitude engineering, having no cog wheels but gradients of up to one in seven!

At the Bernina Pass we witnessed two lakes with very contrasting colours. One was a beautiful light turquoise colour and the other, very close by, was a very dark one which to us represented Good and Evil which are often so close. To the South lies Lago Bianco flowing away to the River Po and the Adriatic Sea while to the North Lej Nair flows via the Danube into the Black Sea. The light colour of the Southern flow seem to us to show the power of God against the Evil of the dark flow going in the opposite direction.

And so in quite an unexpected place we saw the extraordinary beauty of creation with its contrasts of light and darkness



LOVE ONE ANOTHER

Romans 12:10 New International Version (NIV) 10 be devoted to one another in love. Honour one another above yourselves.

At the time of writing I have not been able to enjoy my ministry at work to the full. The reason being my day job has moved pace and I have been working long hours to try and stay abreast. The company asked that I concentrate on my job as the project I work on is essential to the future of the company.

I have watched as colleagues have faced stress during the busy period and I have also found myself starting to travel down the path of stress and depression because I found I was not able to keep up with my work load.

I then thought this is daft, and I offered everything up to the Lord and asked the Lord to guide me through the difficult time. And guess what? Yes you are right, everything fell into place, instead of taking one step forward and ten steps back each day, I suddenly found myself taking six steps forward and two steps back. But I knew there was light at the end of the tunnel.

During this busy period I still counsel people as and when the need arises and one person visited me, he was crying and in a right state. After we spent some time together I managed to find what was hopefully one of the root causes for the break down in the relationship, that being that he and his partner never spent any time together. When one was working the other was off looking after the children and they never had time to spend with each other. I asked about holidays together and this didn't happen either because they sent to time taking a holiday to look after the children during school holidays etc. I am sure many of you can relate to this spiral, where you have had to sacrifice for your children, but I also know that we do need to spend time together sharing our hurts, wants and joys. As it says in Romans 12:10 be devoted to one another in love. Honour one another above yourselves.

The devotion is not only for our children, it is for the family, God made us for relationships with each other as well as with Him.

I had to give a 'Father of the Bride' speech recently, and I started by giving my daughter and her husband a note book, and I asked them what was in the note book? They looked and said nothing. I then explained not nothing, but blank white pages, where their life together is about to start, whatever has happened to the pair in the past no longer counts and their life from their wedding day onwards is what matters, the wedding vows are now the starting point and they can build from there.

So many people tell me that they have just drifted apart from the partner, and I point out that they have to work at work to earn money, why do they not think that they need to work at their relationships as well?

If we honour our partner above ourselves, what do you think would happen? If they honoured you above themselves, that is an awful lot of honouring, and from that devotion and love.

When people tell me they don't need love, I know that they have been hurt badly, because we are wired for love, for loving one another and for forming relationships as husband and wife as well as relationships as friends. The person who says they don't need love, does need love and probably more love than most, but they are scared of sharing or frightened of being hurt. Some feel love makes them vulnerable, Samson from the Old Testament is a good lesson on how love can make you blind and vulnerable, but true to in my book is strength. A saying I remember from way back when is, Amor Vincit Omnia, which translated means, Love conquers all. Yes true love does conquer all.

So take time out and let your partner and family know how much they mean to you and how much you love them.

Yours in Christ
Revd Rick Hayes

GARDENING CORNER

We are well and truly into the end of the growing season now. The autumn equinox is just around the corner and the days have been getting notably shorter over the last couple of weeks! I know that's stating the obvious but for so many weeks after the 'shortest day' the change is imperceptible, and then all of a sudden it is dark when the alarm goes off in the morning, and it is almost dark once you have had your evening meal. In the past we would have had an hour in the garden (to unwind you understand), before eating, but as I now officially only work two days a week (but long days I hasten to add), there is no time even for this, so in essence I now forget these two days in respect of the garden and try to catch up in the rest of the week! The continuing warm (even hot) weather has ensured that some crops have extended their harvest period, but has also brought challenges in another way. I don't know off hand how the rainfall has gone this year, but it appears to me that we have had a lot less than usual. I don't think I have ever had plants in the garden continuing to collapse through lack of water, during September. On the plus side we had a pudding of meringues, fresh strawberries and the last of the blueberries yesterday. On the down side, the cabbage white butterfly population has exploded. Although last time I wrote about spraying to combat this pest, I don't like doing this more than once, or at a push twice in the season. This has meant that I have had to resort to 'physical' means to keep on top of this pest, but it still amazes me just how quickly you can switch from being apparently 'clean' of caterpillars, and then suddenly being inundated again. All of the greens have suffered this year, even down to the turnips and Swedes, so I have been thumbing through the trade catalogues to see what netting I can buy for next year that will hopefully solve this problem. None of these measures are cheap, and you have to ask yourself whether it is really worth all the effort trying to grow your own. It must be a lot cheaper to buy insect free vegetables from the greengrocer. But then you think about how many food miles your crops have done, how much tastier they are having been picked just five or ten minutes before ending up in the pot, and more importantly, just how many times and with what chemicals, the professional growers have used in order to keep them insect-free. These chemicals were available to the public at one time, but then banned by the EU. I always struggle to round that circle off as if they are too dangerous for the amateur user then how come they are alright for the farmer? Yes I'm sure some will quote Health and Safety, but most of the time this is just an excuse! I won't start on that one as this is meant to be a gardening page and I have strict instructions not to get on my soap box – again! Oh, and of course there is the benefit to be derived from regular exercise. I always chuckle when they say twenty minutes a day (or week, whatever 'they' say), is essential for a healthy body. The amount of time we put in weekly should in theory turn us into super-fit humans, but instead we have aches and pains everywhere – perhaps we are doing something wrong!

I have already mentioned about the ups and downs of this year, with some crops doing OK, whilst others have just turned up their toes and given up at the first opportunity. Despite being burnt by the sun earlier on in the year, the tomatoes continue to crop well after this unfortunate episode. The 'Big Mama' variety that we grow for making sauces and soups has done better than ever, and even the

cherry tomatoes have produced so many fruit, that many have dropped off before we can eat them. I'm tempted to grow less next year, but know that if we have a bad year we then won't have enough, so for now I'll carry on much the same. The second crops of parsnips and carrots seem to have fared a little better than the first. The biggest challenge will now be whether there is enough daylight hours and warmth left to get a decent crop. The leeks have also done remarkably well considering the weather. I did spray once to stop them getting rust and in the main this appears to have been successful, with a good standing crop. I have managed to dig all of the potatoes now as well. Although the main crop are a blight resistant strain, the foliage started to succumb in August so I cut all of this off, but left the spuds in the ground. Not that they would have grown anymore I guess without their tops, but it just seemed too early to dig them up them. When I did get around to it, there were one or two tubers going rotten from blight, but generally they had survived. If it had been wetter I would have dug them sooner as the slugs would no doubt have had a field day, but as it was dry there is minimal damage. As some crops finished early or have run to seed, I have started the process of clearing the raised beds of any remaining plants and weeded as I go. My usual friendly robins have dived in and helped themselves to an easy meal. I have also had one ragged little thrush chick who has followed me everywhere for the past couple of months. He has done well to avoid the cats' attention, so will obviously be a survivor! The clearing of the beds has coincided with the arrival of the usual seed catalogues, so I'm busy thumbing through them to see what takes my eye for next year.

The bees haven't been getting as much attention as they should have had. I now need to treat them for the varroa mite, and more importantly see if the failing colonies have survived, decide what to do with them if they are still struggling and more importantly, see if they have any honey crop available for stealing. I need to do this sooner rather than later as they will be working the ivy flowers shortly (if not all ready) and any honey they produce from ivy just sets like concrete in the frames. It is raining at the moment, but the forecast is for it to dry up, so hopefully later today will fit in well. Talking of the bees I had a nasty experience with them last week. I use our tractor and small topper to keep the grass cut around the beehives, orchard and top field. Normally I can drive by steadily and no self respecting bee takes any notice. It wasn't thundery, so thinking I would be alright I set about the usual task. Unfortunately not this time! As soon as the tractor got near, the bees come out in droves. Now a tractor in low gear doesn't go very fast, so by the time I had been stung about ten times (and no I didn't bother trying to count), it was a case of abandoning ship and running for it. It proved I could still run when required, but I then remembered that the tractor was still running, in low gear! I dashed back to turn the ignition off, only to be had several more times. I tried a number of times to get to the tractor and move it on, but the scouts were still there waiting for my return, so a cup of tea, a dose of Piriton and copious rubbings of anti-histamine cream saw me don my bee suit and head back to the battlefield. I decided that I would finish the job off as I was now suitably protected. I drove straight past the front of the hives – only to be completely ignored – not one bee ventured anywhere near me to vent their anger – so what was that all about?!

Happy gardening until next month. Steve and Felicity Hunt.

Nerys's Natty Nosh

Our aim is to eat at least five portions of fruit and vegetables a day, not including starchy potatoes, yams or sweet potatoes. Fresh or frozen product is best. A small amount of fruit juice, canned fruit in unsweetened juice or dried fruit can contribute to the 5 a day.



All fruits are healthy and should be eaten regularly but be aware that cranberries, plums, prunes and rhubarb are highly acid forming, and to a lesser degree so are blueberries, blackberries, raspberries and strawberries. Everything in moderation. There is scientific evidence that "An apple a day keeps the doctor away" could be true. They have anti-cancer and anti-inflammatory action.

Daily fruit lowers 'bad' cholesterol in the blood by 40% in middle-aged adults. Apples were found to be more effective than a supplement containing an antioxidant. Eating apples each day could significantly improve the heart health of middle-aged adults in just one month. Those who ate a daily apple over four weeks lowered 'bad' cholesterol in the blood by 40 per cent - a substance linked to hardening of the arteries.

Stuffed Baked Apples serves 4

Ingredients

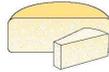
- 4 large Bramley apples
- 4 tablespoons rolled oats
- 1 tablespoon stem ginger syrup from the ginger jar
- 1 tablespoon clear honey
- 55g (2oz) ready to eat plumped dried apricot
- 25g (1oz) blanched almonds
- 1 piece stem ginger, drained and chopped

Method

- 1 Prepare the oven, 180C, 350F, Gas Mark 4
 - 2 Place the honey and syrup in the saucepan and heat gently until melted.
 - 3 Stir in the oats and cook gently on a low heat for 2 minutes. Remove from the heat and stir in the almonds, apricots and chopped stem ginger.
 - 4 Core the apples, widen the tops slightly and score horizontally around the circumference of each apple to prevent the skins from bursting during cooking.
 - 5 Place the apples in an ovenproof dish and fill the hole with the fruit stuffing.
 - 6 Pour enough water into the dish to come about one third of the way up the apple.
 - 7 Bake in the preheated oven for 40 minutes, or until tender.
- Serve immediately with custard, cream, yogurt or cream fraiche.



Parma Ham with Melon and Asparagus Serves 4



Ingredients

Bunch of asparagus spears
1 small cantaloupe melon
55g (2oz) Parma ham, thinly sliced
Bag mixed salad leaves
85g (3oz) fresh raspberries
1 tablespoon shaved Parmesan cheese

Dressing

1 tablespoon balsamic vinegar
2 tablespoon raspberry vinegar
2 tablespoon orange juice

Method

- 1** Trim the asparagus, getting rid of the woody stalk.
- 2** Cook in boiling water for 5 minutes. Drain and refresh under cold running water.
- 3** Cut the melon and scoop out the seeds. Remove the skin and cut into small wedges.
- 4** Wrap the melon with the thinly sliced Parma ham.
- 5** Arrange the salad leaves on a large serving plate and place the melon on top, together with the asparagus and raspberries. Sprinkle with the parmesan shavings.
- 6** To make the dressing, pour the ingredients into a screw top jar and shake until blended. Pour over the salad and serve. **Enjoy!**

Shirenewton Primary School

NEWS FROM PUPIL COMMITTEES

Pupil committees met for the first time this week and have started drafting the following plans for the forthcoming year:

SCHOOL COUNCIL ... elected Charlotte as their Presiding Officer, Oscar N as the Secretary and Joe & Brooke as the Treasurers who will look after their £100 budget for the year! Projects handed over to them from last years' committee including looking into developing a pond, organising events for Children in Need and completing the anti-bullying project. They discussed their trip to the Senedd and visiting Budgens to buy ingredients to make refreshments to sell at a forthcoming assembly.

ECO COMMITTEE ... decided that their Chairperson will be Ella; Vice Chair = Pippa; Secretary = Harvey; Vice Secretary = Daniel; Treasurer = George. They agreed they wanted to organise a Fairtrade Fortnight again in the Spring term and some new ideas they will consider include making bird feeders, organising a junk model competition and monitoring wildlife habitats.

HEALTHY SCHOOLS ... have decided that the chairperson will be Anna, their vice chair will be Sam and their secretary will be Hannah. This year they plan to do an unusual fruits tasting day for a new school tuck menu, a play time fitness club and create a school vegetable garden.

SPORTS COUNCIL ... elected Arran and Izzy as the Chairs and Imogen N as Secretary. They discussed running a lacrosse lunchtime club in the Autumn term for KS2 and a Spring lunchtime club for Foundation Phase (sporting activity to be confirmed). Sports council are also hoping to work closely with Attribute Sports to produce a newspaper where they will interview staff and pupils about which sports they enjoy, write about the benefit of sports and topical sports reports.

DIGITAL LEADERS ...are planning to visit the Apple store in Cardiff for a workshop and are having a joint training session with a Newport primary school.

CRIW CYMRAEG ... chose Will to be their Chairperson, Brynn to be their Vice Chairperson and Flora to be their secretary. They discussed the banned English word of the week, the Welsh phrase of the fortnight and making a Welsh heroes powerpoint for assembly. They also wrote some action plans for a Welsh artist competition and a mini-eisteddfod later in the year.

HOME TIME ORGANISATION

Key Stage 2 staff have reminded pupils this week that, if they have a younger sibling in Foundation Phase, they should walk around to the FP yard and meet you there. If they **do not** have a younger sibling then they should be on the 'walking bus' (which means they will be accompanied by a staff member up to the car park). For the safety of the children, please wait by the gate and do not take children out of the walking bus line on their way up to the gate. If Foundation Phase parents arrive first, collect their child (ren) and vacate the car park as soon as they can, then this will free up spaces for parents who have just Junior-aged pupils. Although school ends at 3.30pm, we are happy for Junior parents to arrive in the car park at 3.40pm (where they should find their child waiting with a teacher) ... hopefully this will result in less congestion!!

Y3's CREATIVITY PROJECT

Following the success of last year's Creative Schools project in Y4 funded by Arts Council, Wales; this year Y3 will be the lucky class to be involved in this project. Last week Caitlin, Hudson & Sienna spent an afternoon in Pembroke School interviewing five prospective creative practitioners and appointing the best one! The aim of the project is to improve writing using creative approaches to learning.

Reception	Y1	Y2	Y3	Y4	Y5	Y6
Harrison, Seren & Oliver	Emma, Maya & Amélie	George G, Seren & Lyla	Dylan, Thomas & Jessica	Oscar W, Daniel & Emily	Flora, Archie & Gethin	Morgan, Imogen T & Dylan

ADDITIONAL DIARY DATE

Please can Y3 parents add this date to their calendar of events for the Spring term ... trip to Gilwern Outdoor Education Centre on Tuesday 4th April.

AGM + CHEESE & WINE EVENING

Please come and join us for our PTA's annual AGM meeting

Hear a 'Wish List' of equipment the school would like & learn about how we plan to raise money.

Summary of last year's fantastic fund raising & Election of this year's PTA committee

SHIRENEWTON SCHOOL - FRIDAY 23RD SEPTEMBER 6.30pm



AUTUMN CALENDAR

Thu 29th Sept - FP Enrichment Afternoon
Fri 30th Sept - Macmillan Coffee Morning - 9.15am
Fri 30th Sept - Cross Country Competition at Chepstow Race Course 10am - 1pm
Thu 6th Oct - FP Enrichment Afternoon
Mon 10th Oct to Tue 11th Oct Y5 to Talybont
Thu 13th Oct - FP Enrichment Afternoon
Fri 14th Oct - KS2 Enrichment Day
Tue 18th Oct - Fire Service Visit to school for FP & KS2
Wed 19th Oct - Harvest Assembly 9.30am (Rec & Y3 parents)
Wed 19th Oct - Parents Evening 4-7pm
Thu 20th Oct - Village Tea Party by Y5 & Y6
Thu 20th Oct - FP Enrichment Afternoon
Thu 20th Oct - Parents Evening 4-7pm
Fri 21st Oct - INSET (ICT)
Sat 22nd Oct - Big Dig Day
Mon 24th Oct to Fri 28th Oct - Half Term
Mon 31st Oct - INSET (Maths)

Wed 9th Nov - Open Morning for parents (subject tbc)
Thu 10th Nov - PTA Disco
Fri 18th Nov - Children in Need day
Mon 21st Nov - Governors' Meeting
Fri 25th Nov - Flu Immunisation
Fri 2nd Dec - KS2 Dress Rehearsal
Mon 5th Dec - KS2 Christmas Play 6pm
Tue 6th Dec - KS2 Christmas Play 9.30am (being videoed - no pre-school children)
Tue 6th Dec - FP Dress Rehearsal pm
Wed 7th Dec - FP Christmas Play 2pm (being videoed - no pre-school children)
Thu 8th Dec - FP Christmas Play 9.30am
Fri 9th Dec - Pantomime Day (Christmas Carol) in school
Mon 12th Dec - Carol Concert at Shirenewton Church 6pm
Fri 16th Dec - Last Day of Autumn Term
Mon 19th Dec - Mon 2nd Jan - Christmas Hols

COMMUNITY CORNER

SUNDAY CLUB AT ST THOMAS A BECKET

THIS SUNDAY 25th SEPTEMBER Sunday Club will be getting ready for our HARVEST FAMILY SERVICE ON SUNDAY 2nd OCTOBER. It would be lovely to have lots of children there to help us as we prepare for harvest. Our theme will be apples and we will be making a collage of an apple tree to be shown in the service the following week. Come along and join us at 10am in The Saysell Room at St Thomas A BECKET it would be lovely to see you.

Further details of Sunday Club from Lynn Morcombe Tel: 01291 641671

Wye Valley Railway Society It's the final running day of the year on Sunday - they will be running trains for the last time this year on Sunday 24th Sep from 10:30 until 4:30 at Tintern Old Station. They would love to see you there!

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The Commemoration of All Souls



Wednesday 2nd November 2016

A Requiem Eucharist will be celebrated in
St. Tewdric's Church, Mathern, at 10.00 am

During this service of thanksgiving
the departed will be remembered by name
and candles lit in their memory

Forms to record the names of those you wish to commemorate
are available in all four churches or may be downloaded from
www.mathernparishes.org.uk

Please leave the form in any of the four churches or post it to
Monnica Williams, 5 St. David's Close, Chepstow, NP16 5JZ.

*If it's easier, phone Monnica on 01291 622020
or email monnica.williams@btinternet.com*

*May the souls of the righteous, through the mercy of God, rest in peace and
rise in glory.*



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

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Lay Eucharistic Minister	Gill Lambert	01291 641175
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	Andrew Baker	01291 641925
People's Warden	Paul Morcombe	01291 641671
PCC Secretaries	Bill Clark	01291 641783
PCC Treasurers	Graham Lambert	01291 641175
PCC Members	Mark Broughton	01291 641797
	Charles Eickhoff	01291 641716
	Janet Horton	01291 641783
	Dr James Leney	01291 641271
	Jane Smith-Haddon	01291 641525
	Frances Gray	01291 622465
Gift Aid Secretary	Ruth Savagar	01291 641411
Organists	Karen Millar	01291 650521
	Ruth Savagar	01291 641411
Sunday Club	Kerry Baker	01291 641925
Tower Captain	Mike Penney	01291 650653
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
200 Club	Graham Lambert	01291 641175

Church of St Tewdrics's Mathern

Secretary and Church Warden Monnica Williams monnica.williams@virgin.net

MP/Monmouth CC & Community Council Representatives

Clerk to Community Council	Hilary Counsell shirenewtoncc@gmail.com	01291 421307
Shirenewton Ward:	Vacancy	
	Vacancy	
	Mario Lenza	01291 641333
	Richard Kopp	01291 641581
	Beverley Moore	01291 641532
Mynyddbach Ward	Lynne Prosser	01291 641666
	Ian Moore	01291 650766
Newchurch West	Ian Martin	01291 650014
Earlswood Ward	Paul Harris Chair	01291 650871
	Ken Morton	01291 650268
MCC for Shirenewton	Graham Down grahamdown@monmouthshire.gov.uk	01291 621846
Member of Parliament	David Davies daviesd@parliament.uk	020 7219 8360

Police Neighbourhood Watch Contacts

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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 Mark Tomlins marktomlins@me.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

Avril Smith 01291 650733
Gaerllwyd Baptist Mrs E Remnant Brooklands, Usk Road NP16 6SA
Girl Guides Helen Cann 01291 650835 cannhelen@gmail.com
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 Society

Dorothy Brabon 01291 641376 brabonnl@hotmail.com

Shirenewton and Mynyddbach Fields Association Ltd (SAMFAL)

Neil Fuller 01291 641324

Shirenewton & Mynyddbach Initiative for Local Enterprise (SMILE)

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Marion McAdam 01291 641316

Womens Institute (WI)

Carole Jones (President) 01292 641791
Jane Butterworth (Secretary) 01291 641704.

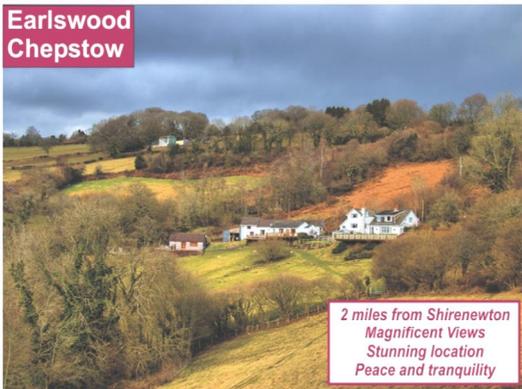
DIARY DATES

Oct	Event	Location
2nd 10am	Family Service	Shirenewton Church
2nd 12.30pm	Shirenewton Village Harvest Lunch	Earlswood Hall
2nd 3pm	Harvest Festival	Earlswood Hope Methodist Chapel
3rd 7.30pm	Community Council Meeting	Recreation Hall
4th 7.30pm	Shirenewton Operatic and Dramatic Society	Earlswood Hall
9th 6.30pm	Harvest Festival	Gaerllwyd Baptist Church
10th 7.30pm	Harvest Supper	Gaerllwyd Baptist Church
13th 7.15pm	Shirenewton Women's Institute	Recreation Hall
15th 10 - 12am	Shirenewton Village Market	Recreation Hall
22nd 7.30pm	Bring and Share evening Talk on The Old Wye Bridge	Saysell Centre (Church Rooms)
Nov	Event	Location
2nd 10.00am	Requiem Eucharist	St. Tewdric's Church, Mathern
7th 7.30pm	Community Council Meeting	Recreation Hall

St Thomas a Beckett Church, Shirenewton

Date	Sunday Service	Readers	Sides Persons
2nd October	20th Sunday After Pentecost Harvest Festival	James Lenev Diane Marlow	Diane Marlow Clare Lewis
9th October	21st Sunday after Pentecost	Bob Grattan Joanne Tomlins	Bob Grattan Joanne Tomlins
16th October	22nd Sunday after Pentecost	Mark Broughton Paul Morecombe	Mark Broughton Graham Lambert
23rd October	Bible Sunday	Bill Clarke Janet Horton	Bill Clarke Janet Horton
30th October	4th Sunday before Advent Group service	Sally Saysell Jane Smith-Haddon	Clare Lewis Jane Smith-Haddon
6th November	3rd Sunday before Advent	Bob Grattan Pat White	Bob Grattan Graham Lambert
13th November	Remembrance Sunday	Mark Broughton Cynthia Smith	Mark Broughton Cynthia Smith
20th November	Christ The King	Bill Clarke Janet Horton	Bill Clarke Janet Horton
27th November	First Sunday of Advent	Kevin Bounds Ruth Savagar	Kevin Bounds Graham Lambert
4th December	Second Sunday of Advent	Bob Grattan Bill Clarke	Bob Grattan Bill Clarke
11th December	Third Sunday of Advent	Mark Broughton Frances Gray	Mark Broughton Clare Lewis
18th December	Fourth Sunday of Advent	Sally Saysell Margaret Lock	Margaret Lock Graham Lambert
24th December	Christmas Eve 11.30 p.m Holy Eucharist	t.b.a.	t.b.a.
25th December	Christmas Day 10.00 a.m. Family Service	t.b.a.	t.b.a.

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SHIRENEWTON PARISH MAGAZINE EDITORIAL INFORMATION

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The views expressed are those of the contributor.

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