

Shirenewton

Parish Magazine

May 2017



Price: £1

## GOOD FRIDAY EVENTS

It was a bracing walk up Gray Hill on Good Friday morning, with pauses for reflection on the events of the first Good Friday, but we enjoyed the occasion, even if it was a little cool and breezy. We choose to climb the hill to mirror the route from Jerusalem to Golgotha.

Apart from the welcome opportunity to reflect in stunning surroundings, some of us heard the first Cuckoo of the year in Wentwood and we finished with delicious home-made Hot Cross Buns. Thanks to Gillian Lambert - yum!



Recognising that not everyone is sprightly enough to make it up Gray Hill, in the afternoon, we met at church for a short reflection on "The Feet of Christ" carrying him inexorably to Calvary, through such an eventful life. This meditation, interspersed with well-chosen hymns, provided a quiet chance to reflect on the events that led to the sad culmination of crucifixion and death.

We left, subdued and sorrowful, yet with hope for the joyful news to follow on Easter Day.

## **ST. THOMAS Á BECKET CHURCH**

### **MISSING PROPERTY**

Many parishioners will be aware that some items have been reported missing from the Church. These include the red altar frontal (kept in a specially-designed storage box by the organ) and the red cloths used to cover the sacraments – known as the fall and the veil – which were locked in the vestry. If anyone has any information about the whereabouts of these items, please could they contact the churchwardens as a matter of urgency.

## **ST PETERS, NEWCHURCH**

Service times and dates until the end of June 2017 are as follows:

May 7 <sup>th</sup>	Easter 4	14.30	Family Worship	John Waters
May 21 <sup>st</sup>	Easter 6	14.30	Eucharist	Glyndwr Hackett
June 4 <sup>th</sup>	Pentecost	14.30	Family Worship	John Waters
June 18 <sup>th</sup>	Pentecost 2	14.30	Eucharist	Glyndwr Hackett

### **Churchwardens:**

Sarah Stone 01291 650672

Liz McCombe 01291 652957

If you would like to see round the church, please contact the churchwardens.

### ***Events at St Peters, Newchurch***

***Summer Fayre at Church Farm from 12.00 till 3.00 on Saturday 5th. August. Stalls and refreshments for all ages.***

***Harvest Festival and Supper also at Church Farm at 7.00 on Friday 29th. September. Tickets will be available over the summer from church members. Do come and join us for what has now become a very well attended act of Christian worship and subsequent fellowship.***

### **Funeral**

Wednesday, 12<sup>th</sup> April    Veronica Remnant



## **OUR EVENING SERVICE AT THE SAYSELL CENTRE ST. THOMAS á BECKET CHURCH**

You are warmly invited to share in our monthly informal evening meeting on the first Sunday of each month.

Please join us in the Saysell Centre (Church Room) from 6.00 to 6.45pm on the

**7<sup>th</sup> May**

**4<sup>th</sup> June**

**2<sup>nd</sup> July**

and the first Sunday in each month thereafter.

This will be a time to sing today's worship songs, a time for prayer, a time to meet – a time to connect with God in a fresh way.



Shirenewton Church

# BIG SUMMER FETE



SATURDAY 10th JUNE



2pm - 5pm

BOUNCY CASTLE

DOG SHOW

REFRESHMENTS

CHILDREN'S ENTERTAINER

SHEEP RACING

MAGIC SHOW

ARMY VEHICLE DISPLAY

MANY STALLS AND GAMES

CAR SHOW

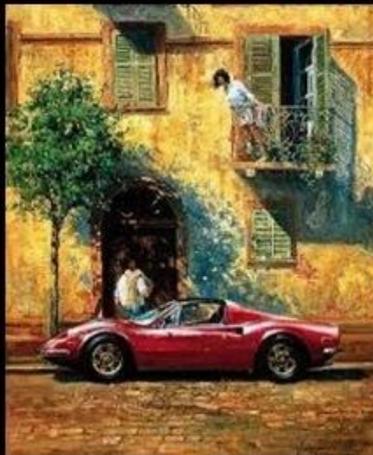
J&J BURGERS

Any queries contact  
Tony 641261 Colin 641046

Shirenewton Fete needs your

## INTERESTING CAR

Afternoon  
of **10 June**  
2017



It **DOESN'T**  
have to be  
one of these



Please email [jerry.weston@airbus.com](mailto:jerry.weston@airbus.com)

## MUSIC FOR A SUMMER AFTERNOON



WHY NOT POP INTO THE SAYSELL CENTRE ON  
SUNDAY 17<sup>th</sup> JUNE 2017 AT 5 p.m.

AND LISTEN TO

### THE THORNBURY CLARINET CHOIR

PLAY A PROGRAMME OF LIGHT MUSIC including well-known classics and contemporary tunes. Featuring the whole clarinet family, from exceedingly large to worryingly small....

£5 A TICKET (SORRY – NO CONCESSIONS)

All proceeds will be used to support the Church

INCLUDES A GLASS OF FIZZ AND LIGHT REFRESHMENTS

Tickets available from Bill Clark on 01291641783

or [williamjhclark@btinternet.com](mailto:williamjhclark@btinternet.com)

## STARGAZING



The five stars forming the “W” of Cassiopeia lie to the north in the evening night sky. Constellations usually have Ancient Greek names – the name Cassiopeia was used by Ptolemy, a great Greek astronomer living in Egypt when it was part of the Roman Empire around 100 AD. On the other hand the majority of stars have Arabic names – Arabic Astronomy was centred on Baghdad from about 800 to 1200 AD. Unusually the middle star of Cassiopeia is called Tsih, named by Chinese astronomers. This star has been used as an easily identifiable reference during space missions. Its traditional name in Welsh is Llys Dôn, which means the Court of Dôn, a character in the Mabinogion folk tales.

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

The stars appear fixed with respect to each other, but over long periods of time the star patterns change. The pattern of stars we call the Plough looked very different many years ago, and will look very different in the distant future.

In the evening, the bright planet Jupiter is to the south just above the star called Spica. On the 7<sup>th</sup> the almost Full Moon is very close to the planet.

## ST. THOMAS A BECKET

fund-raising for good causes

Thank you so much to all of you who have supported Shirenewton Church’s recent efforts to raise money for good causes. Your generosity has recently enabled us to:

Support Médecins Sans Frontières – collections at Christmas and from Carols around the tree raised a magnificent total of £595.

Donate the £64 cash collection at our Mothering Sunday service to Bishop Richard’s Lenten Appeal in aid of refugees living in our local communities.

Donate £200 from general church funds in support of Laura Saysell’s campaign to equip the village with defibrillators.

Thank you again to all who have enabled us to support these efforts.

Graham Lambert

PCC Treasurer

# SHIRENEWTON COMMUNITY COUNCIL

## Shirenewton Community Council

### **Chair's Annual Report on 2016/17.**

Firstly, I would like to thank our Clerk, Hilary Counsell, and the Community Councillors for their help and support during the last twelve months. They have been a good team providing support and patience during some difficult moments. County Councillor Graham Down has, with his advice and experience, pointed us in the right direction on occasions and I thank him for that.

In February of this year we co-opted two new Councillors, Mrs Michelle Davies and Mrs Bryn Price, whom we hope will settle into the rigours and frustrations of Community Council life.

Council Website - This project has been on going and been very successfully implemented by Mario Lenza. Again I wish to record my thanks.

Planning Applications - 30 applications have been considered (32 in the previous year)

Of these 30, SCC recommended approval for 20 and refusal for 5, made no comment on 4 (removal of technical planning conditions) and one was withdrawn.

Mon CC approved 22, refused 1, 6 are undecided and one was withdrawn.

Also considered were 2 Appeals referred to the Planning Inspectorate, Cardiff. They are still ongoing and have taken up some considerable time by this Council.

Enforcement Issues - At the Council's request, Mark Hand, Mon CC Head of Planning, attended the February, 2017 Council Meeting. He reported on outstanding Enforcement Issues relating to Ridge House Stables and 23, Clearview.

Rights of Way - Mon C C's Rights of Way Officer made a presentation at one of the Council's meetings.

Grass Cutting - During the last growing season this subject became an emotional one but with the help of the Recreation Committee an acceptable grass cutting schedule, for this season, has been agreed with Mon CC. It will be monitored by the Recreation Committee who will liaise with Mon CC.

Clerk's Workload - Additional requirements imposed by the Welsh Government with regard to reporting and futuristic work has added to the Clerk's workload and will be monitored.

Community Benefit - With the Clerk's persistence, the Council successfully reached an agreement with ReneSola who developed the Rhewl Farm solar park. The agreement means the Community Council will receive £1000.00 for each of the next 25 years.

WiFi Broadband - Mr Tim King gave the Council a presentation that has resulted in parts of the Community Council area being connected to a better Broadband service than BT have been capable of providing.

Councillor Paul Harris  
Chair

## **Extracts from the minutes of the April meeting**

### **Planning applications considered:**

#### **1. DC/2017/00270 Laundry Cottage, Pandy Mill, Itton Np16 6BT**

Two storey rear extension.

Council noted that although the property will be clad in timber and is screened by trees the volume of the proposed extension is greater than that allowed in policy H6 and the extension is not subordinate to the present property. Council further noted that the volume of the proposal has been amended in the design statement and now stands at a 40% increase, which exceeds the recommended 30% for an AONB.

**Council recommended refusal** of the application subject to clarification of volume but would review this decision if the proposal were to be reduced to within the recommended allowance.

#### **2. DC/2017/00293 Chapel House, Earlswood**

Two storey side extension to provide 2 ground floor bedrooms and remodel first floor, with the existing ground floor to become a dependent relative annex. Detached double garage and store with home office.

Council noted that the detached double garage and store was not being taken into consideration at this time. Council further noted that the footprint of the proposal would increase the property size by 49%. Also that the proposal will not affect neighbouring properties and there had been no objections on-line. A bat survey and requirements had been taken into account. **Council recommended approval** of the application.

### **Monthly police report**

The report was circulated prior to the meeting but no officers attended. There were two reports of a suspicious white transit van on the Usk Road during March; also a report of off road bikes in Wentwood; a one vehicle road traffic accident near Mynders Farm and damage to a new earth embankment at Cadira Beeches, plus a burnt out car in the area. There were no calls to Brookacre during March.

PCSO A Jones advised by e-mail of the results for the last round of Your Voice priorities for Shirenewton which ran from October 2016 to the end of March 2017 as follows:

"The police will soon be canvassing residents in the local area to find out what their new priorities will be for the next 6 months that they would like us to concentrate on when able.

Gwent police are in the process of trying to change their procedures in dealing with speed complaints. Instead of doing high visibility monitoring which does not get a true reflection of speed as drivers very soon warn each other when approaching the area, we are now trying to get covert (golden river) monitoring in first. This will get a true reflection of speed as drivers do not know it's being done. This was done in Shirenewton village between 15/11/16 and 7/12/16. The golden river was placed at the entrance to the village on the Crick road near the high walled area as this has been highlighted as a main area of speed when vehicles enter the village.

Over this 3 week period a total of 38,848 vehicles passed through the village with the average speed being 25mph. Between 10 and 12% of vehicles were seen to be exceeding the speed limit by around 2 or 3 mph. The above data does not meet the criteria for any action by go -safe/ All wales casualty reduction team for the next 2 years unless there is a change in road conditions or accident history .





# Shirefest 2017

Sat 3rd June 2017  
2pm - 11:45pm

Huntsman Hotel  
Shirenewton

Adults £10  
16 & under FREE

All proceeds to charity.

Free parking or  
late-night buses available.

**Bands to be  
announced!**

For more info visit:-  
[www.shirefest.org](http://www.shirefest.org)

## SHIRENEWTON LOCAL HISTORY SOCIETY

Our March meeting was well attended, our speaker for the evening was Prof. Maddy Grey who gave a talk entitled 'Cross Slab Tombs'. Maddy, is Wales's top authority on church history and holds the chair at the University of South Wales. The title sounded rather sombre but with all the speakers' experience and enthusiasm for the subject it was a very interesting talk.

### Dates for your Diary:

- Monday, 8<sup>th</sup> May** Archive Meeting at the Recreational Hall between 2.00 pm – 5.00 pm  
Open to members and non-members
- Saturday, 13<sup>th</sup> May** Visit to Llanmelin Iron Age Hill Fort, visit to start at 2.00 pm  
There will be talk by Dr Amelia Pannett  
As parking at the site is very restricted, please park either at the Recreational Hall car park or the Tredegar Arms car park (kind permission from the Rec. Committee and Julie at the Tredegar Arms)  
A shuttle service will be arranged to take you down to the site.  
This is organised by Chepstow Archaeology Society and there will be a charge of £2.00.
- Sunday, 21<sup>st</sup> May** We will once again be Beating the Parish Bounds of Shirenewton  
Meeting at the church at 2.00 pm (4 miles approx) and afterwards at the Saysell Hall for tea & cake.  
Everyone welcome even dogs on leads!
- Tuesday, 30<sup>th</sup> May,** Visit to Tredegar House, Tour starts at 2.00 pm  
Booking essential (Please contact 641376)

Everyone welcome at the above events  
Further information on our web-site:  
[www.shirenewtonlocalhistorysociety.co.uk](http://www.shirenewtonlocalhistorysociety.co.uk)



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## **Daniel & Matthew Haines** **LLANVAIR LANDSCAPES**

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**Contact: Daniel or Matthew Haines**

01633 400548, 07930 893680  
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A photograph showing a large stack of firewood logs, cut into sections, piled together. The logs are weathered and show various shades of brown and grey.

# **Firewood for Sale**

**Barn Stored Seasoned  
Logs for Sale**

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**Tel. 01633 400548**  
**07930 893680 or 07930 893678**



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## GARDENING CORNER

I have a sense that I've been here before. It is raining outside, and I'm writing this page whilst visiting the Lake District visiting the new grandson for a couple of days! Little Fynn Henry is putting weight on and is thriving well. His mum has been struggling. She picked up a very nasty infection and we almost lost her. It's at times like this you realise how fragile life can be and we must strive to make the most of every day that we are given on this wonderful earth. We all cope with pressure in different ways – my way happens to be either going fishing or spending time out in the garden, tilling the soil, talking to myself or if I'm seeing to them, talking to the bees. The bees never talk back, but I do, although I haven't quite got to the point of arguing with myself I do discuss what I'm going to plant and where, what new seeds I might try, how am I going to do to stop the various pests from eating everything I have planted etc. I don't think that I'm mad – although others will probably say otherwise!

With the drier weather we have been experiencing lately we have been very busy outside in the vegetable and fruit gardens and the propagating greenhouse has been in full production. The raised vegetable bed areas are starting to look good. I planted all of the seed potatoes last week, manuring and mounding the rows up as we went. I have the usual bed of first earlies and some salad potatoes as well as a bed of main crop. The latter are blight resistant, although if the year is particularly damp they will still succumb to this disease eventually. This year I'm trying a new variety, from the same family. They are blue in colour and contain a lot of anti-something or other that is meant to be particularly good for you. They are also meant to be blight resistant and extremely good for roasting so we will see how they go. I like to try something new each year and as well as the blue potatoes I'm going to try growing sweet potatoes this year as well. These look like potatoes but aren't and they are not full of starch either, so again are meant to be better for you, health wise. I did try growing some Jerusalem artichokes a couple of years ago, but I wasn't that happy with them. They grew well enough but the tubers were quite small so a devil to peel and turn into anything, so I've decided not to bother again! There are several rows of broad beans and peas but they desperately need some rain now to encourage them on. I have resorted to watering every other day or so, but it never seems to have the same effect as a good dose of rainwater. One job I really should have done long before now is cut some pea sticks, but I just haven't seemed to have got there. I will cut some hazel from an over grown hedge in our field, but the trouble now is that the twigs are coming into leaf, and the leaves will continue to develop even when cut, due to the moisture in the ground. It won't do any particular damage to the peas but will make it harder to find the peas themselves for picking and won't look so neat! So, a reminder for next year to make sure the sticks are cut in late winter not early summer! I planted the shallot bulbs several weeks ago and these are shooting out well, as are the garlic, which were planted last autumn. The onion sets arrived in the post a couple of weeks ago so these have also been planted as have some onions I grew from seed. These are meant to be an exhibition variety, so will see how they do. I normally only ever use sets, with varying success, so thought I'd grow some seed as a comparison. I have started some leeks off, but these are too small to plant out just yet. I'm trying to grow things a little later this year as I have a habit of producing some crops well before their time – like Brussels sprouts in September! The salad crops are growing on well and we are already picking lettuce leaves from the tunnel. We are still eating last year's potatoes and this year's crop of mixed purple sprouting has been producing heads for several weeks. The asparagus has also started to produce the first spears, so we are managing to keep a little bit of fresh produce on the table each

week. It will soon be time to start sowing the first bean crops (other than broad beans that is). Again I usually start the first week in April, but as it has remained cold at nights, I have resisted the temptation to get on with things too early.

In the tunnels things have also been moving on apace. The apricots and nectarines have set reasonably well, but any late frosts may still bring about a drop in the small fruitlets. None of the trees are looking very healthy and I'm wondering whether it will be time to replace them all next year. I have bought a new peach and a new apricot tree which are currently in large pots, so will see how things go. I have planted some calabrese in the one raised bed in the larger tunnel and will leave the other bed empty for now, so that I can plant the earlier tomatoes as soon as they are big enough. In the smaller tunnel I have sown a couple of very large growbags with early carrots. I'm going to move one more in there as well and this will be sown with main crop carrots – hopefully well away from the problems of carrot fly. The main bed areas have been planted up with Romanesco cauliflowers in one and a variety of green cauliflower in the other. We have grown both before and both have proved to have exceptional flavour and both freeze very well.

In the fruit garden I have planted out the new strawberry plants into side beds in the fruit cage. The two main beds were planted a couple of months ago with raspberries, our favourite soft fruit. One variety has started to come in to leaf, but the others were showing very little sign of life. This was very disappointing because I had literally planted them the day after the plants arrived, so they should have settled in very well. I was considering complaining to the suppliers but fortunately I had a closer look before I picked the phone up and was pleasantly surprised to see new shoots starting to come through the ground. So hopefully things are looking up. I'm not expecting any fruit this year, so all being well we can look forward to a decent crop next year, although I'll have to start watering soon if we don't get any rain, as raspberries, especially when forming fruit need a lot of water. The new blackberries and the transplanted blackcurrants are all shooting out well, so fingers crossed these will also settle in well for next year.

I have completed a couple of new raised beds to allow a little more flexibility in the vegetable garden, and also crop rotation. I have sown a lot of flowers seeds this year in an effort to keep the flower arranger in the house 'on-side'! That said I love to have flowers in the house as it brings a touch of garden indoors. Most of the varieties are also attractive to bees and other pollinating insects, so will hopefully help to produce a crop of honey as a side effect. I purchased some single dahlia varieties and these are currently shooting out in pots in the tunnel. Dahlias in particular are very susceptible to frosts, so they can't go outside until all threat of frosts has passed. I have some hardy chrysanthemums that I took cuttings from in the autumn and these have all grown on well. These have been planted out already as they will be hardy enough as will the sweet peas which have also been planted out this last week. There were several months between the date of sowing the seeds

And hopefully this will extend the flowering period longer than usual. Normally I sow sweet peas in the autumn, but by August they are usually struggling and very much on their last legs. I have also planted the first of the new gladioli corns and these are starting to push through the soil. I will plant the rest in the next week or two – again an attempt to extend the season. Because it is staying so dry, I have replanted a lot of the younger flower plants into larger pots as it will be easier to water them whilst all together in the greenhouse rather than

scattered throughout the garden. Hopefully there will be some rain in the offing by the time they need to be planted out. I have continued to weed the main flower beds, but again, lack of rain will mean that I have to stop for the time being as the work disturbs the flowers plants too much and on a sunny day they soon begin to wilt. The only way to counter this would be to water again, but at the rate its going I will end up watering several hours a day and I have plenty of far more important things to be doing. When you are on a meter as well, the usage tends to focus the mind a little, so for now the beds may have to wait a little longer.

On the wildlife front it looks like we have done enough for the time being to put off any further interest from the otter. There has been no sound from the cuckoo, so he is running late, but the first house martens arrived a couple of weeks ago which meant I had to set too and get the artificial nests up pretty quick. They disappeared once the nests were up on the wall, but have started to re-appear in numbers now. In the large tunnel I have been busy treating some timber for the raised beds, which as I mentioned earlier are now under construction. Removing the timber has revealed a load of apricot stones with neatly chiselled holes in-clear evidence that the dormice are still making use of the tunnel as a home! There are some large heaps of straw in the tunnel raked off last year's strawberry crop. This is due to be transported onto the bonfire but I will need to wait until the middle of the day when things have warmed up a bit and I will need to hand load onto a wheelbarrow – just in case the dormice are making use of the heaps as a temporary home. In the garden I seem to be releasing baby birds from the summerhouse and the garage on a regular basis, as they are all learning to fly – very badly!

The bees seem to be getting going a bit more now with the warmer weather, although I have had to resort to feeding several of the hives as they are short of supplies. I want to work my way through the hives completely, but with the current cold winds I'm reluctant to do too much at the moment as the young brood can soon chill. So best leave until a warmer day. In the meantime I can usefully spend my time establishing whether I need any further supplies such as frames and foundation wax and update all my hive data on the National database - Beebase.

*Happy gardening until next month, Steve and Felicity Hunt.*





# **SHIRENEWTON VILLAGE MARKET DATES FOR 2017**

**EVERY THIRD SATURDAY OF THE MONTH FROM  
10-12**

**AT THE REC HALL.**

***YOUR MONTHLY ONE STOP SHOP FOR LOCALLY  
GROWN, PRODUCED AND HANDCRAFTED  
ITEMS.***

***ENJOY COFFEE AND CAKE IN THE CAFÉ.***

***JOIN US TO SHOP AND SOCIALISE!***

**20<sup>TH</sup> MAY 2017**

**17<sup>TH</sup> JUNE 2017**

**15<sup>TH</sup> JULY 2017**

**19<sup>TH</sup> AUGUST 2017**

**16<sup>TH</sup> SEPTEMBER 2017**

**21<sup>ST</sup> OCTOBER 2017**

**18<sup>TH</sup> NOVEMBER 2017**

**16<sup>TH</sup> DECEMBER 2017**

**CHRISTMAS MARKET**



# Penterry Spring Festival

of

## Music and Flowers

on

**Saturday 27<sup>th</sup> May, 2:00–5:00pm**

in aid of St. Mary's Church, Penterry

**Cream teas – activities for children**

Free entry and parking – walkers welcome

St. Mary's Church will also be open on Sunday 28<sup>th</sup> and  
Bank Holiday Monday 29<sup>th</sup> May (11:00am-3:00pm)

For information e-mail: [info@penterry.org.uk](mailto:info@penterry.org.uk)

or telephone: 01291 689661

## FAIRTRADE NEWS APRIL 2017



An article on the Fairtrade Foundation website states that nearly a quarter of UK adults never think about who produces their basic food and drink. The implication is that 3 quarters of people do! I am beginning to think however, that industry, for a multitude of reasons, deliberately tries to thwart our efforts to obtain info. Who owns what, where companies are really based, where they pay tax (!), what working conditions their employees enjoy, what role (if any) environmental concerns play.

It is interesting to see the impact of the Waitrose TV ads – all the dairy cows actually graze on grass outdoors for a significant part of the year, gosh! i.e. many cows never go outside the production 'factories' – it's much cheaper of course to farm ('farm?') intensively. I think perhaps the 3 quarters of people who do have a bit of a think about the provenance of their food would probably be willing to pay a little more to enable the cows to have a less ghastly life (thereby also reducing the overuse of antibiotics) and to enable the farmer to earn a decent living (the majority don't at the moment). In my opinion a 'free-range' milk mark would be a good idea. Consumers should be able to know how their milk is produced.

In the developing world, where many of our basic foodstuffs are produced, the situation is comparable. Price is key. Or rather profit is key. An apparently well-respected brand name is not necessarily a guarantee of any ethical consideration. It is really hard to establish facts. Multinationals' websites are often triumphs of obfuscation.

I was again called 'naïve' today! Yes, FT has its problems, but on the whole it is a much more trustworthy mark than many. It benefits producers and the environment, its products are high quality. I know some of the differences FT has made possible: 2017 is the 10th anniversary of FT flowers sold by the Coop – 100 million stems – one FT flower producing area in Kenya now has a maternity clinic – babies are born safely, they were not before. Fact.

As ever I urge you to consider the provenance of all your purchases. We consumers have the power to effect real change for the better. Do have a look at the Fairtrade website and its inspiring stories.

Marion McAdam 641316 msm316@gmail.com

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



**Sunday 18th June**  
**Earlswood Hall's Annual Summer Walk**  
**up to the top of Gray Hill. And back.**

Starting at 2:00 from the Hall come rain or  
shine.

Followed by Afternoon Tea and Cake  
back at the Hall at around 5 pm.

Non walkers are also very welcome.

£5 per person.

Good dogs welcome.

For more details contact:

Marion Harris on 650 871

or Glynis MacDonald on 641 818

## Christian Aid 'Ploughman's Lunch'



Saturday 20<sup>th</sup> May

Just pop into The Chantry, Shirenewton  
between 12:00 - 2:00

and help yourself to a simple Ploughman.

No need to book - just come along.

All the donations will go to Christian Aid

**ALL VERY WELCOME!**

*Say goodbye to April*



# Nerys's Natty Nosh



Some people have trouble falling asleep. Others can't stay asleep.

**Health benefits** of a good night's rest are countless: sleep helps keep us happy and our brain alert our immune system strong, and our waistline trim our skin looking youthful and lowers the risk of high blood pressure and heart disease.



## Fish

Most fish especially salmon, halibut and tuna boast **vitamin B6**, which is needed to make melatonin (a sleep-inducing hormone triggered by darkness), according to an article published in the Annals of the New York Academy of Sciences.



## Jasmine Rice

When healthy sleepers ate carbohydrate-rich suppers of vegetables and tomato sauce over rice, they fell asleep significantly faster at bedtime if the meal included high-**glycemic**-index (GI) jasmine rice rather than lower-GI long-grain rice, in a study published in the *American Journal of Clinical Nutrition*. While the authors aren't sure how it happened, they believe that more insulin triggered by the high-GI **meals** increased the ratio of sleep-inducing chemicals into the brain.



## Yogurt

Dairy products like yogurt and milk have healthy amount of calcium and there's research that suggests being calcium-deficient may make it difficult to fall asleep.



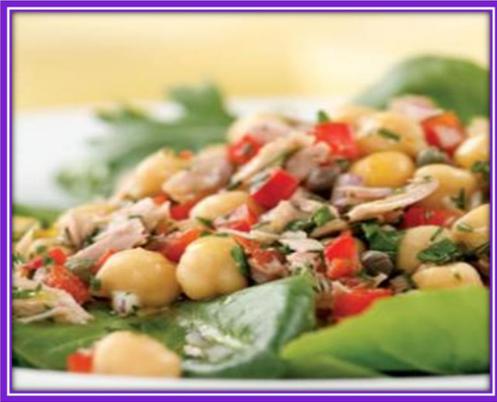
## Bananas

Bananas, are rich in potassium, and a good source of **Vitamin B6**, which is needed to make melatonin



**Chickpeas** are rich in **vitamin B6**, which is needed to make melatonin (a sleep-inducing hormone triggered by darkness).

Insomnia can be a symptom of **Magnesium** deficiency. Make sure you eat enough magnesium rich foods. **Bananas, dried apricots, avocados, almonds, cashews, peas and beans.**



## *Mediterranean Tuna Antipasto Salad*

*Serves 4*

### **Ingredients**

- 1 (15/19oz) can beans, chickpeas, black-eyed peas or kidney beans, rinsed.
- 2 (5/ 6 oz.) cans tuna, drained and flaked
- 1 large red bell pepper, finely chopped
- 1 red onion finely chopped
- ½ cup chopped fresh parsley, chopped
- 4 teaspoons capers, rinsed
- 1½ teaspoons finely chopped fresh rosemary
- ½ cup lemon juice, divided
- 4 tablespoons extra-virgin olive oil, divided
- Freshly ground pepper, to taste
- ¼ teaspoon salt
- Mixed salad greens

### **Method**

- 1 Combine beans, tuna, bell pepper, onion, parsley, capers, rosemary,
- 2 ¼ cup lemon juice and 2 tablespoons oil in a medium bowl.
- 3 Season with pepper.
- 4 Combine the remaining ¼ cup lemon juice, 2 tablespoons oil and salt in a large bowl.
- 5 Add salad greens; toss to coat.
- 6 Divide the salad among 4 plates. Top each with the tuna salad.





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## **Church Services within the Grouped Parish**

***Saint Tewdric, Mathern*** Holy Eucharist: 1<sup>st</sup>, 2<sup>nd</sup> & 4<sup>th</sup> Sundays (9.00am)  
Morning Prayer: 3<sup>rd</sup> Sunday (9.00am)  
Evening Prayer: 2<sup>nd</sup> & 4<sup>th</sup> Sunday (6.00pm)  
Evening Prayer & Short Communion: 3<sup>rd</sup> Sunday  
(6.00pm)  
*No evening service on the 1<sup>st</sup> Sunday in the month.*

***Saint Andoenus, Mounton*** Holy Eucharist: Every Sunday at 10.15am

***Saint Peter, St. Pierre*** Holy Eucharist (1662 rite): Every Sunday at  
11.30am

***Saint Thomas à Becket,  
Shirenewton*** Holy Eucharist (Contemporary rite) at 10am  
Morning Prayer 10am (Once a month)

### **Combined Group Services:**

30<sup>th</sup> JULY 2017 (MATHERN)

29<sup>th</sup> OCTOBER 2017 (SHIRENEWTON)

31<sup>st</sup> DECEMBER 2017 (MOUNTON)

**N B There will be no other Services on these days**

SEPARATE NOTICE WILL BE GIVEN OF ANY  
ADDITIONAL SERVICES OR VARIATIONS

## LOCAL CONTACTS

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

### Church of St. Thomas à Becket Shirenewton

<b>Rector</b>	Revd Julian White <a href="mailto:Jel.white@btinternet.com">Jel.white@btinternet.com</a>	01291 622317
<b>Parish Priest</b>	Revd Nansi Davies CBE	01633 400 519
<b>Lay Eucharistic Minister</b>	Gilly Lambert	01291 641 175
<b>Parish Visitor Coordinators</b>	Revd Nansi Davies CBE	01633 400 519
	Diane Marlow	01291 641 407
<b>Church Wardens</b>	Sally Saysell	01291 641 369
	Paul Morcombe	01291 641 671
<b>PCC Secretary</b>	Bill Clark	01291 641 783
<b>PCC Treasurer</b>	Graham Lambert	01291 641 175
<b>PCC Members</b>	Mark Broughton	01291 641 797
	Charles Eickhoff	01291 641 716
	Janet Horton	01291 641 783
	James Leney	01291 641 271
	Jane Smith-Haddon	01291 641 525
	Frances Gray	01291 622 465
<b>People's Warden</b>	Andrew Baker	01291 641 925
	Kevin Bounds	01291 641 648
<b>Gift Aid Secretary</b>	Ruth Savagar	01291 641 411
<b>Organists</b>	Karen Millar	01291 650 521
	Ruth Savagar	01291 641 411
	James Leney	01291 641 271
<b>Sunday Club</b>	Lynn Morcombe	01291 641 671
<b>Tower Captain</b>	Mike Penney	01291 650 653
<b>Saysell Centre Booking</b>	Glynis MacDonald	01291 641 818
<b>Safeguarding Officer</b>	Lynn Morcombe	01291 641 671
<b>Church Flowers</b>	Maureen Moody	01291 641 524
<b>Parish Magazine Editor</b>	Terry Walters	01291 641 338
<b>200 Club</b>	Graham Lambert	01291 641 175

### Church of St Tewdrics's Mathern

**Secretary and Church Warden** Monnica Williams [monnica.williams@virgin.net](mailto:monnica.williams@virgin.net)

### MP/Monmouth CC & Community Council Representatives

<b>Clerk to Community Council</b>	Hilary Counsell <a href="mailto:shirenewtoncc@gmail.com">shirenewtoncc@gmail.com</a>	01291 421307
<b>Shirenewton Ward:</b>	Bryn Price	01291 641217
	Michelle Davies	01291 641583
	Vacancy	
	Vacancy	
	Beverley Moore	01291 641532
<b>Mynyddbach Ward</b>	Vacancy	
	Ian Moore	01291 650766
<b>Newchurch West</b>	Ian Martin	01291 650014
<b>Earlswood Ward</b>	Paul Harris Chair	01291 650871
	Ken Morton	01291 650268
<b>MCC for Shirenewton</b>	Graham Down <a href="mailto:grahamdown@monmouthshire.gov.uk">grahamdown@monmouthshire.gov.uk</a>	01291 621846
<b>Member of Parliament</b>	David Davies <a href="mailto:daviesd@parliament.uk">daviesd@parliament.uk</a>	020 7219 8360

## **Police Neighbourhood Watch Contacts**

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

**Earlswood** Sue Leat 01291 641207

### **Other Local Organisations**

**Beavers** Julie Hitchcock 01291 650548

**Brownies** Bev. Leaf 01291 641680

Jaci Crocombe 01291 641681

### **Church Fete**

**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 brabonn@hotmail.com

### **Shirenewton and Mynyddbach Fields Association Ltd (SAMFAL)**

Neil Fuller 01291 641324

### **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** Auriol Horton 01291 641844 aur10l@btinternet.com

### **Shirenewton Operatic and Dramatic Society (SODS)**

Glynis MacDonald 01291 641818

glynis.macdonald@btinternet.com

**Shirenewton Play Group** Beverly Lindsay Shirenewtonplaygroup@gmail.com

### **Shirenewton Primary School**

Mrs Jill Mitchell, Associate Head Teacher 01291 641774

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Jayne Edwards 01291 641774

jayneedwards@monmouthshire.gov.uk

### **Shirenewton Tennis Association**

P Brabon 01291 641376 brabonn@hotmail.com

**Shirenewton Toddler Group** Jude Langdon 07981 368213

Paula Rimmer rimmerpaula@mac.com

**Fairtrade/Traidcraft** Marion McAdam 01291 641316

**Womens Institute (WI)** Carole Jones (President) 01292 641791

Jane Butterworth (Secretary) 01291 641704.

## DIARY DATES

<b>May</b>	<b>Event</b>	<b>Location</b>
7th 6:00pm	Evening Worship	Saysell Centre
7th 2:30PM	Easter 4 Family Worship	St Peters Newchurch
8th 2—5pm	Shirenewton Local History Society	Recreation Hall
13th 2:00pm	Shirenewton Local History Society	Llanmelin Iron Age Fort
15th 7:30pm	Community Council Meeting	Recreation Hall
20th 10:00am	Shirenewton Village Market	Recreation Hall
20th 10:00am	Community Council Coffee Morning	Recreation Hall
21st 2:00pm	Shirenewton Local History Society Beating the Bounds	Meet St Thomas áBecket Church
21st 2:30pm	Easter 6 Family Worship	St Peters Newchurch
30th 2:00pm	Shirenewton Local History Society	Tredegar House
<b>June</b>	<b>Event</b>	<b>Location</b>
3rd 2:00pm	Shirefest 2017	Huntsman Hotel
4th 6:00pm	Evening Worship	Saysell Centre Shirenewton Church
4th 2:30pm	Pentecost Family Worship	St Peters Newchurch
5th & 30pm	Community Council	Recreation Hall
8th 7:00pm	Shirenewton WI Fashion Show	Recreation Hall
10th 2—5 pm	Shirenewton Village Fete	Recreation Ground
17th 5:00pm	The Thornbury Clarinet Choir	Saysell Centre
17th 10:00am	Shirenewton Village Market	Recreation Hall
18th 2:30pm	Pentecost 2 Eucharist	St Peters Newchurch

**Readers and Sides Persons****May to June 2017****St Thomas áBeckett Church, Shirenewton**

<b>Date</b>	<b>Sunday Service</b>	<b>Readers</b>	<b>Sides Persons</b>
7th May	Fourth Sunday of Easter	James Leneý Diane Marlow	Clare Lewis Diane Marlow
14th May	Fifth Sunday of Easter	Bob Grattan Kevin Bounds	Bob Grattan Kevin Bounds
21st May	Sixth Sunday of Easter	Bill Clark Janet Horton	Bill Clark Janet Horton
28th May	Seventh Sunday of Easter	Frances Gray Ruth Savagar	Frances Gray Clare Lewis
4th June	Pentecost	Andrew Baker Sally Sayell	Graham Lambert Clare Lewis
11th June	Trinity Sunday	Bob Grattan Ruth Savagar	Bob Grattan Graham Lambert
18th June	First Sunday after Trinity	Mark Broughton Margaret Lock	Mark Broughton Margaret Lock
25th June	Second Sunday after Trinity	James Leneý Jane Smith-Haddon	Jane Smith-Haddon Clare Lewis

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## **SHIRENEWTON PARISH MAGAZINE EDITORIAL INFORMATION**

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**Preferred format is an MS Word document attached to an email.**

**Deadline for June 2017 issue is 9:00am 22nd May 2017**