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Shirenewton Church Fete 2pm at The Rec



Please do get involved!

We will need help with set up & take down, stalls, activities, car-parking, parade and more...

Seirian and Janet shirenewtonfete@gmail.com

CHURCH SERVICES ON ZOOM

Some services will be available to join via Zoom, if you cannot attend in person. Please contact Gilly Lambert (see contact list) if you would like to be included on the distribution for Zoom service invitations.

COMMUNITY COUNCIL GRANTS

St Thomas a Becket Church is very grateful to the Community Council for their generous grant support towards cutting the grass in the churchyard and towards the costs of Carols Round The Tree. Thank you.

Graham Lambert LCC Treasurer

THE BELLS, THE BELLS

The Shirenewton ringers had a full programme over Christmas. As is tradition we brought the ropes down into the nave so that any assembled congregation could witness the art of full-circle change ringing. We rang for midnight mass on Christmas Eve and for Christmas morning. For New Year we rang either side of midnight, with before having the bells half-muffled to mourn the passing of the year.

The New Year heralded the first of our tours - the Winter Tour. Visiting other churches to ring the bells is a common activity for ringers and the majority of towers welcome visitors. This year we decided to visit the southern end of North Devon with a brief visit to North Cornwall. Because of the distances involved this had to be organised as a whole weekend rather than a day trip. So the base for this tour was set at Mawgan Porth on the north coast of Cornwall with accommodation to house the whole group – 19 in all. On Friday the 5th January we arranged to meet up at Hartland Ouay at the Wrecker's Bar for lunch and once assembled, fed and watered we headed for the first tower - St Nectan at Stoke. The tower is a massive 4 stage structure housing a very fine heavy ring of 6 bells, the tenor bell being just over 3 times the weight of our tenor at Shirenewton. After this we headed south to another St Nectan at Welcombe, a fine and much lighter 6 bells. We then crossed over the border into Cornwall for our last ring that day at Morwenstow. One of our ringers (John Montague) had been taught to ring here so it was a trip down memory lane. The church is well

worth a visit at it sits in a commanding position by the coast and in the early part of the 19th century was ministered by the poet and eccentric Robert Hawker. Behind the church and just discernible in the evening light was his remarkable vicarage, with chimneys modelled on the towers of the churches in his life: Tamerton, where he had been curate; Morwenstow and Welcombe; plus that of Magdalen College, Oxford. The old kitchen chimney is a replica of Hawker's mother's tomb! After ringing the fine ring of 6 we headed to the nearby delightful 13th century Bush Inn. Once suitably hydrated from our afternoon's exercise we all headed further south to our base where a communal supper was consumed.



At The Bush Inn, Morwenstow

The next day bright and early we all set forth back towards Devon making fast progress along the A30 to the village of Coryton to ring the 5 bells, and next to the village of Lewtrenchard to the church housing 6 bells, where just 4 days previously the villagers had commemorated the centenary of the death of a past Rector Sabine Baring-Gould: priest, hagiographer, antiquarian, novelist and

collector of folk songs. He is probably best remembered as the composer of "Onward Christian Soldiers" and "Now The Day Is Over" and also for translating the carols "Gabriel's Message" and "Sing Lullaby" from Basque to English. Then on to Thrushelton's 6 bells. The final ring of the morning was at Bratton Clovelly. Here the 6 bells proved rather tricky as they had very recently been fitted with new terylene ropes which had not been adequately prestretched. This gave the feeling of ringing a bell with an elastic rope. We then headed to our lunch stop at Halwill Junction and then onto the church at Halwill, another ring of 6 bells very similar in weight to our own. Next onto the 6 at Clawton and thence to our final ring of the day at Bridgerule with 8 very fine bells.

We then headed back to our base at Mawgan Porth for pizza, wine and beer and most convivial evening.

The following day 4 of us braved joining the ringers from St Colomb Major who were ringing for service at St Mawgan. In parts of Devon and Cornwall the type of ringing practiced is different and does not follow remembered method patterns as in the rest of the UK, but relies on called changes. This sounds easier than method ringing but requires just the same (or possibly for the uninitiated even more) concentration. The ringing is fast and the calls are made every 2 blows. The 4 of us survived relatively unscathed. Finally a magnificent brunch was consumed before the majority of ringers headed back to South Wales. The end of a very enjoyable and memorable Winter Tour. Now I start to plan for our Summer Tour – where shall we go?

M. D. Penney.

January 2024

Congratulations to our 200 Club winners in December:

- 1. Graham Lambert
- 2. Margaret Sturke
- 3. Glynis MacDonald
- 4. John Montague

INTRODUCTION TO

Christian Meditation

"Be still and know that I am God" Ps.46:10

A SIX-WEEK LENT COURSE

There is a choice between an Evening Session or a Daytime Session

Monday Evenings 19 February to 25 March at 7.30 – 8.45 pm at The Cedars, Chapel Lane, Pwllmeyric, NP16 6LE

or

Tuesday afternoons 20 February to 26 March at 2.45 - 4.00 pm at St.Thomas Becket Church Room, Shirenewton

This course provides an opportunity for those interested in finding out about Christian Meditation to experience the practice in a small group, to learn about its origins, and to discover its relevance as a form of prayer for the contemporary world.

For more information contact

Canon Chris Blanchard - email: frchris2@icloud.com
Tel 07711961237

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SHIRENEWTON COMMUNITY COUNCIL

Extracts from the minutes of the monthly meetings held in December 2023 and January 2024.

Planning application considered in January

DM/2023/01473 Proposed single storey front extension with fenestrations at Little Gables Old School Hill Mynnyddbach NP16 6RP

Decision: No objection

DM/2023/01670 Proposed Retention of existing sand gallops used in support of existing equine business at Home Farm Stables Shirenewton Farm Road Shirenewton NP16

Decision: Objection pending clarification whether the site and The Stables already has lawful business planning use, in the absence of which the application should be resubmitted for planning approval for change of use to that business.

DM/2023/01713 Single storey side extension to provide increased kitchen and living spaces to the existing dwelling. Newton Edge Red House Lane Shirenewton NP16 6RL Decision: No objection but SCC requests measures to reduce/ eliminate light spillage from the roof lights/ lanterns and bifold doors.

Update on Recreation Ground Play area New Equipment

January - MCC to improve trampoline drainage by installing a drain off pipe behind the tennis courts to reach a low point for drainage, they hope to do this in the next couple of weeks.

Church Clock Maintenance

December - The report from the clockmakers' recent inspection was discussed. The lower cost option would not ensure the reliability of the clock even in the short term. The higher cost involved removing the clock to the clockmaker's workshop in Kent, stripping and rebuilding the clock. It has transpired that the clock was a war memorial gift to SCC for the benefit of the community despite it being installed in the church and that there is a war grave in the churchyard. The Council considered that the clock should be maintained in working order with possible funding from the Church in Wales and the War Commissioners. KD is to make enquiries of the War Commission.

Enquiries also whether there are other church clock maintenance companies nearer to our locality.

January - KD reported on his discussion with Vicar of St Mary's (covering Shirenewton Church) who provided the name of the repairer of St Mary's clock and has passed this to CM to obtain quotation. KD No funding forthcoming from the Church in Wales nor the War Graves Commission. The First World War soldier's war grave in the Churchyard is registered with the WGC and by chance a local resident sits on the WGC itself and KD will contact him for further information, particularly on putting up a plaque at the Church Gate denoting there is a War Grave and on the history of the Church clock, which KD's enquiries lead him to believe the clock is SCC's responsibility. Councillors were reminded that the current repair quotation is circa £5500.

COUNTY COUNCILLOR REPORT December 2023 <u>Cabinet on the 15th of November 2023</u>

The above meeting consisted of a report on the Budget shortfall of £14.4 million for the financial year 2024/25. As well as a report on the developing My Day My Life centre in Abergavenny, the decision of which has been called in to a Special People Scrutiny meeting being held on the $1^{\rm st}$ of December. The Cabinet reports can be found at the following link:

https://democracy.monmouthshire.gov.uk/ieListDocuments.aspx? CId=144&MId=5974

Special People Scrutiny meeting link on the 1st of December can be found here:

https://democracy.monmouthshire.gov.uk/ieListDocuments.aspx? CId=304&MId=5989

<u>Performance and Overview Committee on the 22nd of November 2023</u>

The above committee considered various reports including the budget monitoring for month 5 (August) which showed an overall revenue shortfall of £124K (unhelpfully months out of date), the LDP monitoring report and the school funding formula for the King Henry School in Abergavenny. The LDP monitoring report showed that Housing delivery records covering the 10-year plan period 2011 - 2021 set out that the Plan had delivered a shortfall of 1,500 homes (33.3%) when compared to the 10-year Plan requirement of 4,500 dwellings. The reports can be found at the following link:

https://democracy.monmouthshire.gov.uk/ieListDocuments.aspx? CId=305&MId=5545

<u>Welsh Government Council Tax Reform Consultation entitled A</u> Fairer Council Tax

Proposed increases in Council Tax for Monmouthshire Residents

The Welsh Government is currently consulting on the second phase of the consultation on Council Tax reform called a Fairer Council Tax, which is likely to lead to increased council tax for Monmouthshire residents, on top of any annual increases.

The Assessment by the Institute of Fiscal Studies (IFS) is quoted in italics as follows:

"Moreover, while the difference in (2003) values between a property in Band A and a property in Band I is at least 9.5-fold, the difference in tax bills is just 3.5-fold. Council tax is therefore both increasingly out of date and arbitrary, and highly regressive with respect to property values. In other words, it is ripe for revaluation and reform.

Following on from a previous consultation on the broader principles for reform, the Welsh Government's new consultation document sets out three possible approaches:

- (1) Minimal reform: a pure revaluation, where properties would be placed into one of nine bands based on estimates of their up-to-date values, and where band thresholds would be updated so that the same fraction of properties would be in each of the nine bands as now across Wales as a whole.
- (2) Modest reform: a less regressive, revalued 9-band system, where in addition to the steps taken in (1), the tax rates applied to Bands A to C would be reduced relative to the Band D rate, and those applied to Bands E to I would be increased.
- (3) Expanded reform: a less regressive, revalued 12-band system, where properties would be placed into one of 12 new bands based on estimated up-to-date values, and where there would be one additional band at the bottom (A1) and two additional bands at the top (J and K) of the value distribution, with Bands A1 to C facing lower relative tax rates and Bands E to K facing higher relative tax rates than presently."

Changes in Average Council Tax Bills

"The example expanded reform, a 12-band system with less regressive tax rates would see average bills rise most in Monmouthshire (+16%) and the Vale of Glamorgan(+15%) and fall most in Blaenau Gwent (-12%) and Denbighshire (-11%) ..." (See page 10 IFS Assessment).

Table 3.2 shows the changes in the average net council tax bill currently and under a reformed system, showing the greatest impact on both Monmouthshire and the Vale of Glamorgan.

For Monmouthshire bills would increase for Minimal by +3.3%, Modest by 13.5%, and Expanded by 16%. So, under these reforms average council tax bills could go up by up to 16%. (See page 45 Assessment by IFS).

First question on the 3 options

The first question of this consultation asks about if there should be minimal reform, modest or expanded reform, or other views. As there is no option to say no reform it is recommended that the response is minimal reform as otherwise those who want no reform may put the answer in other views which will then lower the numbers saying minimal reform and thereby increase the comparative proportion saying modest or expanded reform. It is likely there will be some reform in view of this being a manifesto commitment of the Welsh Labour Government supported by Plaid Cymru. Changes to Revenue Support Grant (RSG)

The IFS assessment indicates that there would then be changes proposed in the amount of Revenue Support Grant (RSG) from the Welsh Government which on an expanded reform would mean Monmouthshire receiving £12.5 million less, £134 per person less and Rhonda Cynon Taf £9.4 million more or £40 per person extra. So even though residents would be paying more in council tax under a reformed system, the Council would get even less money from the Welsh Government RSG to pay for Council services. (see pages 40 and 41).

Rhonda Cynon Taf already have high built-up reserves due to favourable RSG settlements from Welsh Government but Monmouthshire only has £5m.

Monmouthshire residents already pay about 40% of the council costs compared to the average of 20% for other Local Authorities in Wales due to receiving much lower RSG from the Welsh Government. It would mean that the residents would pay more council tax but the council would not have any more resources due to a corresponding cut in the RSG.

The consultation puts forward the idea that the council tax is only 3.5 times the lowest band but 9.5 times highest band in property value, it incorrectly assumes that those in highest bands have 9.5 times the income.

Comments and responses must be received by the 6th of February 2024.

This is the link to the Consultation:

https://www.gov.wales/consultation-fairer-council-tax-phase-2-html

This is the link to the Assessment report from the IRS:

https://ifs.org.uk/sites/default/files/2023-11/R287-Assessing-the-Welsh-Government%E2%80%99s-consultation-on-reforms-to-council-tax.pdf

Monmouthshire Local Transport Plan

The consultation on this Local Transport Plan can be found in the following link:

https://www.monmouthshire.gov.uk/2023/11/consultation-on-the-monmouthshire-local-transport-plan/

It runs until $\bf 23:59$ on the $\bf 5^{th}$ of JANUARY and is a virtual room consultation.

The plan covers the next 5 years, it is largely about active travel measures and fails to emphasise the need for road improvements to the High Beech roundabout, a Chepstow Bypass and M48 Links in view of the traffic congestion in the Chepstow area. It suggests lowering the parking standards for new developments ,charging for workplace parking and there is also a proposal to change the parking charges from a system based on time to a system based on the engine emissions of the car and time.

COUNTY COUNCILLOR REPORT January 2024

County Council on the 7th of December 2023

The County Council considered various reports including the annual social care report, safeguarding evaluation and relocation of the pupil referral system to Mounton House School Pwllmeyric. The Conservative group supports Pupil Referral Unit (PRU) work but voted against it, due to the fact that the report went to full council without having gone to a scrutiny committee beforehand.

There was a motion on bins for boys in male toilets in relation to the need for men who have Prostate cancer/urinary incontinence. I also asked some questions on the High Beech roundabout and the Local Transport Plan consultation. The link to the meeting can be found here:

https://democracy.monmouthshire.gov.uk/ieListDocuments.aspx? CId=143&MId=5411 Dates of the next meeting — Monday 5th February 2024 at 7.00pm and can be attended in person at the public meeting in Shirenewton Recreation Hall or remotely via Microsoft Teams (a link will be provided on emailing the Clerk).

Find more information in a draft copy of minutes on the Community Council notice boards. Previous, approved minutes of meetings can be found on the Council's website www.shirenewtoncc.org.uk

Contact the Clerk to the Community Council E-mail: shirenewtoncc.@gmail.com

VILLAGE CURRY NIGHTS

The idea behind the 3rd Thursday Men's Curry Night and the Last Thursday Ladies Curry Night is for the men and women of the village to come along (on their respective evening) to the Sultan, eat some curry maybe have a drink or two and get to meet their fellow villagers.

These nights will happen every month on the 3rd Thursday (Mens) and last Thursday (Ladies). There is no commitment to regular attendance.

In terms of logistics, start time is 7:30pm. The format is a buffet with no allocated seating (we expect people to sit down randomly and chat). There will be a small range of curries which Raj will change every month, so it doesn't get 'samey'. Please pay the £15 buffet fee on arrival (card or cash) and then any drinks you purchase as you purchase them. To get a handle on numbers, every month I'll publish the next date on the village Facebook group and invite people to confirm their attendance. If you don't have Facebook or would prefer to use email, email me via tredegararmspub@gmail.com

These nights have proven to be very popular and you are welcome to come along and see if it works for you.

David Cornwell

Severn Wye Ministry Area Administrator

Background

We are a group of 12 Anglican churches based around Chepstow in South Wales, loving God, serving our communities, and being good neighbours to those around us. We are looking to recruit someone with the gift of administration and with the skills to enable more effective mission and ministry through provision of efficient administration and improved communication with our local community.

There is a strong network of volunteers across the Ministry Area and this role is intended to complement their work. The role will bring consistency and build effective processes using available technology to help the volunteers be more efficient and to release their time to build on their work in the community.

The successful candidate will be responsible for providing general administrative support including managing the service rotas, supporting the clergy in the management of their diaries as required, attending key Ministry Area evening meetings to take minutes and collate action points, managing the MA outward communication and publicity including managing the website and social media pages, keeping records, ensuring that the Diocesan and Charity Commission official requirements are met, assisting with maintaining financial records and acting as a focal point for the MA and fielding enquiries. An enhanced DBS check will be required.

The role will report to the Lay Co-Chair of the Ministry Area Council and will initially be for a period of 12 months, including and subject to a three month probationary period. The contracted hours of work will be 7 hours per week, over 2 or 3 days with a salary of £12 to £14 per hour depending on experience. The role will be home based with travel to the MA buildings and attendance at some evening meetings (approximately one per month).

The job description reflects these duties, and the interview process will ensure there is a good understanding of the objectives and the need to be sympathetic to the culture and mission of the Church and the vision of the Ministry Area.

Applications should be made by sending a CV and covering letter outlining your suitability for the role by email to **hilary.hiller@btinternet.com** by **midday on 29th February.** It is anticipated that interviews will take place in the week beginning 11th March. For a complete job description, and if you have any queries regarding the role before you submit an application, please contact Hilary Hillier on the email address above.



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Shirenewton Village Market News

A whopping £281.70 raised for LATCH from the Christmas Market (from the raffle, refreshments & kind donations) - WOW!!! Thank you all for your generosity.

Exciting news.... After such a successful Christmas Market with some late requests for stalls from younger members of the community which we couldn't accommodate - we've decided to put on a Youth Market...A chance for our talented under 16-year-olds to showcase their crafting skills & sell their wares. Date - Saturday 16th March 10.30-12.30. Venue - the Rec Hall. Stall fee - just £1 a table (to be donated to charity) - open to under 16's only. If you'd like to have a stall, please contact Shirley ayresandgraces@yahoo.com stating your name, age, craft & location (we want this to be for our local talented young crafters). Look forward to hearing from you & seeing all your handicrafts! We will be having our usual posh coffee & cakes to keep you refreshed while you sell & shop! Come along & support your local youngsters at our first youth market!

Our regular village market will be a few weeks after this (we may need some time to save our pennies after spending at the Youth Market!) As yet the date is to be finalised — look out for announcements in the next Parish Mag & on our Market & local Facebook pages for information. We really appreciate all the positive comments we've received re the market & value your support — our market always has a lovely atmosphere & has a great community feeling.

See you at the Rec Hall soon!

The Market Committee

PARISH MAGAZINE ANNUAL SUBSCRIPTION

It's that time of year again when you are requested to pay your annual subscription for the ten copies of the parish magazine which will then be delivered to your home throughout 2024.

We are pleased that we have managed to keep the annual subscription for 2024 at £14.00 per annum, the same price as last year.

A payment slip with advice about who and how to pay, together with an envelope addressed to the person who delivers your magazine, are included in each of your copies this month.

Thank you for your continued support of our parish magazine.

Aileen Doggett aileendoggett@btinternet.com 01291 641459, 07814 451943



Contact Rebecca on

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I also carry a range of handmade Soy Wax Candles

PRAYER GROUP

The prayer group was set up in 2023 and we have so far prayed in 10 of our 12 churches. Thank you for the wonderful support that we have received from each of our congregations and Clergy.

The group meets on Thursdays from 7.30pm to 8.45pm and is open to everyone. There is no expectation on anyone to pray out loud, so please do join us. We are a very friendly group of people and you will probably know some of us already!

Please let me know of any particular events or people that you would like us to pray for. If you cannot attend on a Thursday evening, there is always the opportunity of praying wherever you are.

We close our evening with Compline.

The weather is starting to get colder, so we have moved to the home of David & Catherine Carne. When the weather is warmer, we will continue our weekly programme in Churches around the Ministry Area.

We believe that praying is essential for the health and wellbeing of our church people and buildings, please join us!

We start again on Thursday 4th January 2024.

The Cedars, Chapel Lane, Pwllmeyric, NP16 6LE (Please phone for directions.)

David Carne 07887 853479

SHIRENEWTON LOCAL HISTORY SOCIETY

Registered Charity No. 1090167

Our society visited St Arvan's Church in December, we were given a talk and tour by David Priddis, who has researched the history of the ancient church and the many interesting people over the centuries that have been involved with the building. A plaque, commemorating one of the airmen who flew in the Dambuster raid, who hailed from St Arvan's and of course Nathaniel Wells who has a plaque commemorating his time as Churchwarden. After a very interesting visit, we retired for supper to the Two Rivers, where we enjoyed a very enjoyable meal to start the Christmas festivities.

On the 27th December as usual our members prepared to climb Grey Hill to see the sunrise rise in line with the Standing Stones, on the Winter Solstice. If you can recall that far back, you will remember it was one of the wettest, windiest days of the year. I'm afraid only two brave souls undertook the climb but 20 not so brave souls turned up for our Parish Breakfast at the Church Room, ably served by our members afterwards. Everyone enjoyed the friendly get together over bacon, sausage with plenty of coffee, tea and toast. Especial thanks to one member who supplied and cooked all the food for the breakfast, we intend to carry on with this tradition.

Dates for your diary

2024		
30 th January	James Stephens of	Guy Hamilton
	Chepstow	
27 th February 26 th March	Dinner	Rock and Fountain
26 th March	Japan & Wales the big	Keith Dunn
	Connection	
30 th April	Mounton House Garden	Helena Garrish
5 th Mav	Beating the Bounds	
30 th April 5 th May 14 th May	An evening guided walk	Richard Clammer
- 1 1.00	around Beachley	racinal a ciarrino.
25 th June	Roman Houses XXVI &	Mark Lewis
25 June	XXVII in Caerwent	riant Lewis
3 rd July	Visit to Mounton House	Helena Garrish
J July	Garden	ricicia darrisii
anth and		Dung I I utton
30 th July	Oliver Cromwell	Prof Hutton



SHIRENEWTON LOCAL HISTORY SOCIETY If you're interested in local history, why not join our society.

We meet once a month at St Thomas a
Becket Church Room
We have a small village archive that
members are able to use.
We arrange visits to historic houses and
gardens.
We are a friendly group and look forward
to meeting you.

To contact us for more information: Secretary@Shirenewton localhistorysociety.com

Registered Charity No.1090167

Shirenewton W.I.



Houses for Sale

Peter Moon, our local Chepstow estate agent, gave us a most informative and entertaining talk to start the year at our January meeting. Peter is a familiar figure to many of us. He may well have helped you to purchase your current home.

Peter's extensive knowledge of properties in Shirenewton and Mynyddbach was honed from an early age. He grew up in the village and was the local paper boy in his youth. On leaving school, he went to Parnells estate agents in Chepstow on a Youth Training Scheme in 1981, starting as the Office Junior. He moved onto taking viewings, then valuing properties and now he runs the successful Moon and Co Estate Agency in Chepstow.

We were regaled with entertaining stories and insights from Peter's career, including viewing a house with paranormal presence and unexpected surprises. I'm not going to spoil his stories, but if you get a chance, then I'd recommend that you listen to one of his talks.

There were also some valuable practical tips on preparing for a house sale and answers to a wide range of questions, such as— 'Should I decorate or put in a new kitchen or bathroom before selling'? Peter stressed the importance of a potential buyer's 'first impressions' - a well-kept garden and a tidy front door can help to sell a house. The top tip that I took away from the talk was the importance of decluttering – I've got a long way to go!

Getting your house valued every 5-10 years was another recommendation and Moon and Company offer free valuations. I think Peter left us all with something to think about, even those with no intention of selling – well, yet! It was an excellent talk.

On February 8th at 7.15 p.m. at Shirenewton Recreation Hall, we have an evening of nostalgia and reminiscing led by our speaker Bev Davies. If you would like to join us, then please contact Jane Butterworth at janeb247@gmail.com or Diane Ashton Smith (01291 628838)

Jackie Broughton

Gardening Corner

Happy New Year one and all. Hopefully 2024 will be a good one for you all. Unfortunately, ours has not started too well, but hopefully things can only improve!

Towards the end of last year, the assistant head gardener and I were thinking forward to the new gardening year and, for various reasons, we were considering cutting back on the amount that we grow – both in the flower department as well as vegetables. Regular readers may remember that for a number of years now, we have entered our produce into both the Chepstow and Usk shows, in the horticultural competitions. We have done well, winning many trophies and certificates. This has all been very rewarding and ours, and others efforts helps to make each show days a success all round, but it is hard work. Unless you have tried entering yourself it is difficult to appreciate just how much is involved and how hard it really can be. It isn't just a case of popping out to the garden the day before show day and digging three nice carrots - job done. Not if you are serious about winning! I have to admit that we are both of the 'old school' in that we are very much "in it, to win it" rather than simply "the taking part that is important". Obviously there will be various views out there!

To ensure large prize-winning onions or leeks, you really need to purchase the best quality, selected seed (at often eye watering prices), sow early (in a heated environment, usually in December) and then nurture every seedling, until they are in a suitable condition to be planted outside and then further nurtured for a further 6 – 8 months. until they are ready for showtime. You can buy professionally grown seedlings to save the cost of the seed and heating, but we always did things the 'right' way by growing all our own. Sowing 'normal' varieties purchased from the garden centre, in say March or April, will greatly reduce your chance of winning from the get go. So, in order to be in with a chance, you need to start early, spend money on heating, the finest composts, be prepared to repot young plants several times into larger containers, and so it goes on, for each and every variety of vegetable or flower. Timing is then also very important, as each entry has to be in the prime of condition on show day, and of course if the entry is three of the same (three carrots, potatoes or whatever, they have to look exactly that – the same, to be in with a chance of getting the top prize. Unfortunately, this is never easy and getting three gladioli looking exactly the same – or as near as possible, often means growing more than just three, substantially more. Am I selling this showing lark to you?! Hopefully I'm not putting you off, because when you do win it is so rewarding, but you have to be prepared to put the effort in and face numerous failures along the journey.

So, after a number of years of successful competition, we decided that it was probably time for a well-earned rest this year. We will review and make a decision as to the future.

As it happened, this decision was very timely and fortuitous. I won't go into details, but I wasn't feeling very well about three weeks before Christmas and we decided that it might be best to head to the minor injuries unit at Neville Hall hospital. The staff there were fantastic and did all the tests necessary to try and establish what was going on. I was shocked to say the least to discover that I had suffered a TIA (stroke), but even more so that this had happened probably within the previous seven to ten days. Immediate, medication was administered and I have to count myself lucky that someone was looking after me that day. I have a couple more tests to undergo, to see if there are any underlying issues. If there are, hopefully these can be corrected and we can move forward. Fatigue is the main issue at the moment, so have to start exercising gradually and then build up so I can begin to catch up on the jobs.

This has clearly meant that not much has been achieved in the garden since my diagnosis, but with the incessant rain prior to Christmas and now the icy blast of the last week or so it is hardly the best of weather to be doing anything outside anyway. As soon as I can though, I will start to sow the first seeds in our small propagator, to get things underway. This will be some of the hardier crops like greens (calabrese etc.), broad beans, lettuce / salad leaves and sweet peas. I'll also start off some of the hardier annual flowers as well. The next priority will be to run through the remaining garlic and shallot bulbs. I selected some of the best ones back in September and put these to one side, as these will form the 'sets' from which this years crop will be grown. I just need to top the numbers up a little from the rest still in store, so that we have enough should we lose any due to wet or other problems. I plant each bulb / set in a 3 inch pot of compost, water and then leave in the protection of one of the glasshouses. They soon take root, and send out green shots. Once they fill the pots, they are then planted out in the ground – again usually under cover. Generally, this will be a well manured side bed in the large tunnel, where there is sufficient height for them to grow until they mature. Normally garlic would be ready for end of June, but shallots not until end of September or even October, but may be a bit later this year as usually I would have started them off before Christmas.

Normally, I would be pruning all of the roses now. I have started, but the rest will have to wait until the weather is kind enough to let me get out and 'potter'. They can be left until March or April, but the sooner the better really. We still have some hedges that need a last trim, but I'm afraid these will have to just wait until I'm fit enough to attack them with the hedge-cutter again. It won't do them any harm, but just means the clippings will be longer than usual and a bit harder!

Something else I need to do, which is an inside job for a rainy day, is to attack all of the bee keeping equipment, especially the frames and hive sections. These all need cleaning off and sterilising so that they can be used again. We think that there is a big decision to be made in respect of the bees as well. They have been a hobby for some 40 years now, but as with many hobbies, beekeeping is getting very expensive and it must help pay its way. Selling honey is becoming increasingly difficult, as many councils insist that kitchens (or any room where you might extract and bottle honey, have to be inspected in order for you to sell at say a farmer's market – even though the legislation should not be applied to small scale 'cottage' producers. When you are in competition with much larger producers, or very cheap imported honey, much of which is almost guaranteed to have been adulterated with essentially sugar syrup, then the maths simply does not add up any more. Extra pressures of climate change and the threat of Asian hornets only add to problems faced by all local beekeepers. The deciding factor my well be whether the bees survive the current winter and this will not start to be clearer until perhaps the middle of March, when hopefully we get a few finer days for the bees to get out and about in numbers.

Happy gardening until next month, when hopefully I'll be getting 'back into the groove', *Steve and Felicity Hunt.*



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Nerys's Natty Nosh Happy New Year. Blwyddyn Newydd DDa.



Oreo Cake
Ingredients
For the cake:
250g self-raising flour
250g light soft brown sugar
50g cocoa
250g dark chocolate
250g butter
4 eggs
For the filling and topping:
154g pack of Oreo cookies

250g butter 3-400g sifted icing sugar few drops vanilla extract 1-2 tablespoons milk.

Method

1 Preheat the oven to 160C/fan 140C/gas 3. Grease and line 2x20cm sandwich tins.

2 Mix the flour, sugar, and cocoa together. Melt the chocolate and butter and 200ml water together over a low heat, then beat this along with the eggs into the dry ingredients.

3 Pour into the two sandwich tins, and bake for approximately 40 mins, until well risen, and a skewer inserted in the middle comes out clean. Transfer to wire racks and allow to cool.

4 While the cake is cooling, make the buttercream. Beat the butter until creamy, then add 300g of the icing sugar and vanilla. Mix well. An electric mixer is useful here! You may find the mixture a bit dry - if so, add a tablespoon of milk at a time. If the mixture is too wet, add a little more icing sugar.

5 Blitz the cookies in a food processor then add into the buttercream.

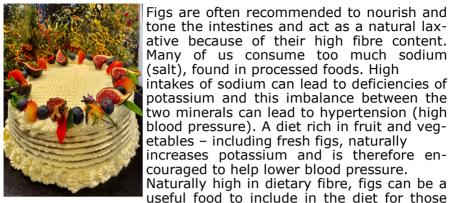
6 Spread the butter icing between the two cakes, and over the top and sides. Decorate with Oreos.

Tip. I made a dairy free cake and used @purefreefrom dairy free spread. Dairy free chocolate @M&S.



Do you like figs? I'm a fan. I do prefer fresh figs to dry figs. How about you? Figs are high in natural sugars, minerals, and soluble fibre. Figs are rich in minerals including potassium, calcium, magnesium, iron, and copper and are a good source of antioxidant vitamins A and K that contribute to health and wellness.

A 100g serving of dried figs provides approximately: 209 calories.



Figs are often recommended to nourish and tone the intestines and act as a natural laxative because of their high fibre content. Many of us consume too much sodium (salt), found in processed foods. High intakes of sodium can lead to deficiencies of potassium and this imbalance between the two minerals can lead to hypertension (high blood pressure). A diet rich in fruit and veaetables - including fresh figs, naturally increases potassium and is therefore encouraged to help lower blood pressure. Naturally high in dietary fibre, figs can be a

watching their weight. High fibre foods provide feelings of fullness and can reduce hunger and cravings. Figs also contain prebiotics, which help support the pre-existing good bacteria in

the aut, improving digestive wellness.

Figs are a good fruit source of calcium, a mineral that is involved in bone density. Their high potassium content may counteract the urinary excretion of calcium caused by high salt diets. This in turn helps to keep calcium in bones and lessens the risk of osteoporosis.

The season for fresh figs is between summer and autumn, with the timing dependent on the variety. Figs are guickly perishable and delicate and are usually best eaten within one to two days after purchase. When choosing figs, select those that are plump and tender, have a rich, deep colour and are free from bruising. Ripe figs have a sweet fragrance. When brought home, ripe figs should not be washed until ready to eat. They should be kept in the fridge for a maximum of two days. If figs are not yet ripe, keep them at room temperature to ripen.

Dried figs will keep for much longer. When purchasing dried figs, you want to ensure that they are free from mould and are soft. Dried figs can be kept in a cool, dark place or in the fridge.

Safety

Figs contain high levels of oxalates. Eating excessive amounts of figs is likely to have a laxative effect and so they should be enjoyed in moderation.

Air Fryer baking. I made an all-in-one Victoria sandwich. Weighed the eggs first. Three eggs, 190g, then added the same weight in SR flour, C sugar and butter. Added 1 tsp vanilla extract and 1 tsp baking powder. Cooked in the air fryer cake tin @ 160C for 20 minutes. Allowed to cool. Decorated with vanilla double cream, fresh figs, blueberries, strawberries, and mint. **Eniov!**

STARGAZING



The constellation of Orion the Hunter lies directly to the South in the evening. Four bright stars represent his shoulders and legs whilst a further three form his belt. The reddish star at the top left is called Betelgeuse and is one of the larger stars that can be seen. It is a red super-giant star and is destined to blow up as a supernova. If it were to explode today, it would become as bright as the Moon. The bright white star at lower right is called Rigel and is a blue super-giant. This is an extremely powerful star but at great distance, and is at least 60,000 times more luminous than the Sun. Most bright stars have Arabic names. Very old star names originated among people who lived in the Arabian Peninsula more than a thousand years ago. Some are later Arabic translations of ancient Greek names. Betelgeuse is an Arabic name meaning the "hand of Orion" whilst Rigel translates as the "Foot of the Central One".

The bright planet Jupiter lies to the south-west and is close to the crescent Moon on 14th and 15th February.

NASA has some beautiful images relating to astronomy on the internet at apod.nasa.gov/apod/.







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Welcome to 2024 and another year of technology stuff!

With all the excitement of Christmas and the New Year you'd be forgiven for not noticing a rather important announcement from Microsoft – that support for Windows 10 will end in October 2025. Yes, that is correct, Microsoft will stop issuing security updates for Windows 10 in October next year.

So, that's simple, just upgrade to Windows 11 – check?

Hold on, not so fast! Microsoft has made some pretty stringent 'minimum hardware specifications' for Windows 11 which will, according to some estimates, consign over 250 million PCs to the electronic waste pile.

For example, none of the (several) PCs in the Cornwell household are Windows 11 compatible. In some ways, this is good news. I was able to use this information to persuade the wife she needed a new PC (previous suggestions that her extremely old, slow PC needed to be replaced were met with strong resistance) and I'm pleased to say she has a new all-in-one PC running Windows 11 which is, comparatively, blisteringly fast. Happy days. For many (like my wife) who just use their PC for browsing, email and the odd letter, replacement is an unnecessary hassle for no real benefit – other than Windows 11 and security updates.

So, what to do?

The first thing to do is not 'nothing'. If you continue to run your Windows 10 PC past October 2025, your PC will be vulnerable to hackers and exploits and, in short, unsecure. Just don't do it. The good news is that you have plenty of time to decide and me to provide some options.

The first step is to check whether your PC can run Windows 11. To do this, in your Windows 10 search bar (bottom left of your screen), type 'update'. This will provide the opportunity to open the 'check for updates' application. Open the application and the first option you should see is the 'Windows update' option (if not select 'windows updates' from the left hand menu). If your PC doesn't meet the requirements, you'll see a big message with a red X saying 'This PC doesn't currently meet the minimum system requirements to run Windows 11'. There will be an option to run a PC health check. This will take you to a website where you can download a further application to check your PC.

Assuming you don't meet the spec, the health check will tell you what it is about your PC which fails to meet the minimum requirements. In case of my laptop, it is the main processor. This is 'awkward' as the main processor is an integral part of the mother board and cannot be independently upgraded.

However, all is not yet lost! Over the course of the next few months, I will be exploring the options open to you - other than buying a new PC. My cunning plan is to use some of the PCs I have here to do undertake each of these options so I can report back. So, what are these options: (i) upgrade your PC; (ii) bypass the Microsoft Windows 11 system checks; (iii) move your operating system to Linux or ChromeOS; and finally, (iv) purchase support from a 3rd party who specialise in providing security patches for unsupported operating systems.

Importantly, if you are looking to purchase a new PC anyway, make sure that it is running Windows 11 or, if you are purchasing a refurbished PC, it is compatible with Windows 11.

Moving onto other matters

Remember, my warning re the scams on the Facebook market place? Not long after I submitted my December article to Bill for publishing, I received an email from one of my businesses bank, telling its customs to, yep, beware of Facebook market place scams.

Again. Following on from matters previously covered, the UK's communications regulator has laid out guidance on how online services might perform age checks as part of the Online Safety Act. The aim is laudable, to protect children from online porn and other such age inappropriate material, while permitting consenting adults access as, to block them, would constitute a serious attack on free speech.

The challenge is, of course, two-fold: firstly, to stop any tech-savvy teen from bypassing the system, and secondly, not to provide a 'goldmine' of private data in a single place which would instantly become a happy hunting ground for every hacker in the world. You can read the Register's article on this here: http://tinyurl.com/2p942m7x.

The other issue is, of course, that the UK government can only legislate for sites in the UK. If you were a provider of said sites outside the UK, the easiest solution would be to simply geo-block any UK IP addresses. This is exactly what many US websites did when the European GDPR legislation came into force. This resulted in a bonanza for the Virtual Private Network (VPN) suppliers. Nowadays, many browsers offer inbuilt VPNs and they are many options including as an integral part of internet security suites. So, in all probability, one won't actually have to be that tech savvy to bypass the system.

Finally, in my Christmas post was a physical letter which was a take on the old advance fee scam. There was a touching story about a Hong Kong resident who died (along with all his immediate family and heirs) in the Russian invasion of Ukraine shortly after having deposited US\$98 million in a Japanese bank. It was going to be all mine apparently – once I'd paid a release fee. But, full of the Christmas spirit, I did my bit for the planet and recycled it!

Safe browsing.

David Cornwell

FAIRTRADE NEWS JANUARY 2024

'EAT CHOCOLATE AND SAVE THE WORLD' – was my rallying call to school pupils! But be careful about the brands you choose!



Only 17 out of 82 brands investigated by Ethical Consumer were judged to use chocolate from suppliers that ensured cocoa farmers were paid enough to live on. About 60% of the world's cocoa comes from west Africa, and about 6 in 10 cocoa-growing households in Ghana are estimated to use child labour, with 4 in 10 in Ivory Coast. A report by the National Opinion Research Centre at the University of Chicago in 2020 found that 43% of children living in cocoa-growing areas in Ghana and Ivory Coast were engaged in hazardous child labour, amounting to about 1.56 million children. Both countries have laws against child labour but cocoa prices are set annually, globally and companies not paying a proper price effectively means parents cannot afford to make a living without using child labour.

Ethical Consumer rated Mars, Nestle and Mondelez, which owns Cadbury, as poor and 'brands to avoid'. Each has a sustainability scheme, but the researchers said these schemes 'tend to cover just a proportion of the company's suppliers'. In 2022 Channel 4's Dispatches found that 10-year-old children were using machetes to harvest cocoa destined for Mondelez's supply chain. The 82 brands were also measured on tax conduct, use of palm oil, deforestation and plastic packaging. Jasmine Owens, a researcher at Ethical Consumer said 'Most of the world's cocoa is grown in west Africa, and the conditions for farmers are in general really appalling. But it's European and UK consumers who eat most of it. So we really do have a huge amount of power and responsibility over conditions for farmers in west Africa.'

Dirk Van de Put is CEO of Mondelez. As I understand it his salary is \$17.9 million. Mondelez's pre-tax profits in 2020 amounted to \$10.446 billion. (Apropos of nothing in particular a cursory glance through his biographical details produced this nugget: 'Since assuming the CEO position in Nov 2017 Dirk has developed and mobilized a new corporate Purpose (sic) to empower people to snack right, . . . '

It IS hard for companies to track where their cocoa has originated because farmers sometimes sell their beans to each other, since cocoa is typically traded in 50k bags, and most is produced on small, individual farms. It would cost the industry about £4 million a year to trace the DNA of the beans, to certify their origins and trace non-compliant farms. There has been little interest in this technology from any chocolate company.

It is, of course, now completely clear, if there had ever been any doubt, that any injustice is doomed to continue unless there is a blockbusting tv series revealing its horrors! We await dramas on, amongst others, Grenfell, Windrush, the Contaminated Blood scandal, Orgreave, collapsing NHS/court system/prison system/asylum system etc etc.

Meanwhile, help right wrongs by choosing Fairtrade products. Look for the mark! A guarantee of good practice.

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DATES FOR YOUR DIARY

February

Thursday $1^{st}/8^{th}/15^{th}/22^{nd}$ **Prayer Group**

Phone 07887853479 for directions 7.30 p.m.

Monday 5th Shirenewton Community Council meeting

Recreation Hall 7 p.m.

Thursday 15th Men's curry night 7.30 .m. Shirenewton Sultan Monday 19th/26th Christian Meditation

The Cedars, Pwllmeyric NP16 6LE 7.30 p.m.

Tuesday 20th/27th **Christian Meditation**

2.45 p.m. The Cedars, Pwllmeyric NP16 6LE

Thursday 22nd Ladies' curry night Shirenewton Sultan 7.30 p.m. Monday 26th Christian Meditation

7.30 p.m. The Cedars, Pwllmeyric NP16 6LE

Tuesday 27th Shirenewton Local History Society dinner

7.30 p.m. Rock and Fountain

March

Monday 4th/11th/18th/25th Christian Meditation

7.30 p.m. The Cedars, Pwllmevric NP16 6LE

Tuesday 5th/12th/19th/26th Christian Meditation

2.45 p.m. The Cedars, Pwllmevric NP16 6LE

Thursday 7th/14th/21st/28th Prayer Group 7.30 p.m. Phone 07887853479 for directions

Saturday 16th Youth Market 10.30 a.m. Recreation Hall

Saturday 23rd **Chepstow Choral Society Concert** 7.30 p.m. St Mary's Priory Church, Chepstow

June

Saturday 15th Village Fete 2.00 p.m. Recreation Field

Please let the editor know if you would like your event to be included in this list

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Amazon Smile may be gone but you can still support Chepstow and Caldicot Lions with Easyfundraising!

We have some important news regarding the Amazon Smile program. Unfortunately, Amazon has discontinued this program, which means that we can no longer receive donations through it. However, we have some good news too! You can still continue to support Chepstow and Caldicot Lions by signing up for Easyfundraising. By doing this, you can help us raise funds for our community projects and initiatives, without any extra cost to you.

All you have to do is sign up through our Easyfundraising page at https://www.easyfundraising.org.uk/causes/chepstowandcaldicotlions and shop online as you normally would. The retailers you shop with will then make a donation to us, at no extra cost to you. It's as simple as that!

So, if you want to continue supporting our cause, please consider signing up for Easyfundraising today. Your support means the world to us, and together we can make a real difference in our community. Thank you!



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J Brahms - How Lovely Are Thy Dwellings JS Bach - Jesu, Joy of Man's Desiring G Faure - Cantique de Jean Racine

St Mary's Priory Church, Chepstow, 7.30pm

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We look forward to seeing you at the concert!!!



Daniel & Matthew Haines *LLANVAIR LANDSCAPES*

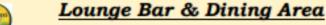
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Organists	Karen Millar	01291 650 521		
-	James Leney	01291 641 271		
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200 Club	Aileen Doggett	01291 641 459		

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MP/Monmouth CC & Community Council Representatives

Shirenewton Community Council

Shirenewton and Mynyddhach Ward

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MCC for Shirenewton

Clerk

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SHIRENEWTON PARISH MAGAZINE EDITORIAL INFORMATION

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

Editor: Bill Clark 01291 641783 email: parishmagshirenewton@gmail.com

The cost of the Magazine is £1.50 per issue/10 issues for £14.

Copies are delivered free by local distributors to those who have pre-paid.

Monthly copies are available at the Church.

Previous editions of the magazine are available online on the Church website at www.shirenewtonchurch.info.

To order your regular copy, contact Aileen Doggett 01291 641459

Advertising Rates for Commercial organisations

Full designated page for 12 months £150
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Quarter Page 12 months 10 issues £25

Advertising for Local and Charity organisations is free.

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Many thanks to Terry Waters for his kind permission to use his photograph on the cover of the magazine

Preferred Document format is an MS Word document attached to an email. Preferred Advert and Photograph format is JPEG attached to an email

Deadline for the March 2024 issue is 9:00 a.m. Monday 26th February 2024

