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Susan



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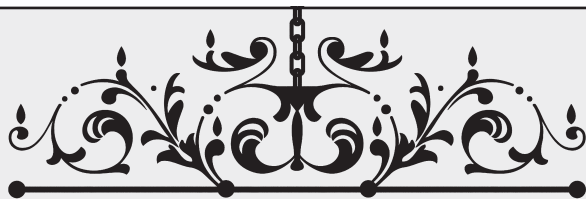


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Why vaccinate?

Vaccination is a relatively recent phenomenon, developed to help prevent disease, but what happened before, and why is it so much more necessary now? Edward Jenner, a doctor who lived in rural Gloucestershire, is credited with discovering and using the first vaccine about 200 years ago (although a type of vaccine may have been developed in China several hundred years previously). Vaccination stimulates the body's immune system to protect it against specific diseases, however when we are young we receive natural (passive) immunity from Mum both before we are born and afterwards though feeding at the breast, so we may not need vaccinating at an early age; this is because Mum has already been exposed to various disease threats and her own immune system has responded positively by producing antibodies to tackle those threats. **With the advent of aeroplane travel**, many more people are criss-crossing the globe exploring and holidaying than ever before, and in doing so are meeting infectious agents that they have not previously been exposed to. Because of this we are advised to take precautions and protect ourselves where necessary. Of course people travelled a thousand years ago, but they did so more slowly,

and there were relatively fewer of them as most stayed at home (unless they were forced into conflict by higher authority waging, for instance, Holy Wars thousands of miles away, when more died of disease anyway than on the end of a sharp metal point). If you stay at home you are likely to acquire good natural protection against local infections, in addition if you migrate slowly across distant lands the chances are that your body will have sufficient time to develop immunity against many novel agents. Over half a century ago I remember being lined up at school with my chums holding out our wrists waiting to be injected with something strange and, on learning that those of us who did not react to this injection would have to have another needle, in typical schoolboy fashion we rubbed our wrists red to induce the required result. Happily for me I did not require the second (BCG) injection, although I now know that this was because I had already been exposed to relatively small doses of bovine tuberculosis earlier in my life and had become naturally immune rather than due to clumsy efforts in the playground.

In his country practice Dr Jenner observed that those people who milked cows and developed pustules on their hands, which

was nasty but short-lived, did not subsequently contract smallpox, which was life-threatening. In an age when smallpox was rife he inoculated people with the cowpox virus using infected scabs, which proved successful in preventing smallpox. About 100 years later Louis Pasteur developed a vaccine to protect against rabies by harvesting the attenuated virus after passaging it through rabbits before inoculating people. Just a few years earlier he had successfully protected farm animals from anthrax through vaccination.

Again, at schools in this country we were vaccinated against poliomyelitis (commonly called polio), but this was much more acceptable: a sugar lump with a pink stain on it. The polio virus spreads from infected people and causes paralysis, and the World Health Organisation was instrumental in eliminating the disease from most of the countries in the world by encouraging the vaccination of children. Being vaccinated is not always without risk, and it is important that only healthy individuals are vaccinated. The MMR vaccine (measles, mumps, rubella) had some bad press a few years ago when a now disgraced and struck off British doctor started scaremongering and overegging its link with autism, but the dust has

settled and people are choosing to vaccinate their children rather than risk infectious disease. He's gone to America, by the way, spinning the same tale.

Horseracing was cancelled for a short time in February this year because of the equine influenza epidemic which swept the country. Equine 'flu is very contagious and debilitating, and sometimes lethal, much like human 'flu (more people died of the 'Spanish' 'flu at the end of the Great War than were killed during the whole of that conflict). All racehorses have to be vaccinated before they are allowed onto a racetrack, so how did they become infected? Vaccination is not a panacea: if individuals are challenged with overwhelming doses of infection they will succumb, whatever their immune status, but the disease may be mild and fleeting if the immunity is good. Much better, then, to be vaccinated, but make sure you're in good health when you roll up your sleeve.

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Early 1900s picture of St. David, Julius and Aaron Roman Catholic Church and priest's house. The buildings were erected in 1885 on ground given by local landowner Dr Robert Woollet MD, JP, who lived at the 'Mynde'. Note no need for a pavement. Below is the same view taken in 2010.



Extract taken from Norman Stevens's books of Caerleon. They can be purchased from Caerleon Post Office



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A Simple Plea

By Paul Minton

In my regular articles for the Directories, I always endeavour to recount a story with a local flavour, preferably one laced with jokes and quirky asides. I will not do so on this occasion as I have a simple plea to make. But first, I want to tell you about one of my dearest friends.

I met Rick at university: we lived in the same halls of residence, me on the top floor and he on the ground. I can't even recall how I got to know him but Rick was at ease talking to everyone. As he got older, his waistline might have expanded and his hair might have abandoned its coppery flame of youth but his sense of fun and infectious enthusiasm remained undiminished. He was loved and respected by all, including my parents who, I am sure, would have liked to have adopted him!

After graduating, Rick moved around with work but he was regular visitor to our home in Newport, often dropping in on his way down to the West Country where his family lived or en route to Cardiff if he had meetings there. He drove a red Chrysler for many years, which he christened "Scarlet O'Carra" and he would frequently bring along some of his delicious homemade bara brith: another reason why I always looked forward to seeing him.

Rick worked for various environmental organisations and was also a volunteer for different charities, often making long drives across Europe to Romania in order to deliver donated supplies. Each



Christmas Day would be spent, in part, at a homeless shelter that provided hot dinners for those in need. He was also a magistrate and on one occasion, I had the pleasure of watching him in action. Once the court was in session, this gentle giant, who would more likely than not, greet you with a big bear hug, became a formidable presence. Defendants and solicitors quivered as Rick unleashed withering reprimands but as soon as we were outside together, he reverted to his normal, placid demeanour, much like the Hulk shrinking back into Bruce Banner.

As if to counterbalance his enviable accomplishments, Rick lost his mum when he was still in his twenties and more recently, his father suffered a stroke and lived in a nursing home. Having no siblings, Rick sold his own property and moved back to the family house to be closer to his dad. When I saw him last, he mentioned finding it difficult dealing with his dad's condition but he quickly steered us into more light-hearted waters. It was a

momentary glimpse beneath his happy-go-lucky exterior but the thing about Rick was that he was a very private person, never wanting to burden anyone with his own problems.

His dad died earlier this spring and tragically, Rick took his own life the same week. He was 48 years old. It is particularly tragic that Rick had given so much support to those with mental health issues but when he needed it most, we - his friends - were oblivious. So I have an appeal to make. No matter how bad things get, whether there is a personal tragedy, a relationship breakdown, financial worries, or concerns about exams, it is crucial to talk to someone before doing something that cannot be undone. Similarly, if you are aware of somebody who might be at risk, don't wait to be asked for help. It is better to offer and be rebuffed than to delay and discover it's too late to intervene. There was never a more beloved, cheerful, and outgoing character as Rick and if it can happen to him, then given the right circumstances, we are all at risk.

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Sudoku

2	3			5	1	6	7
		7	6	1			
6				3	5	4	9
		3					6
			8				1
7				9	3		
8		9			4	1	
	1			2			8
		2			6	7	5

The object of sudoku is to insert the missing numbers in the boxes to satisfy just one condition: each row, column and 3x3 box must contain the digits 1 through to 9 exactly once. This can be done by applying logic – you do not have to guess.

Solution on page 28



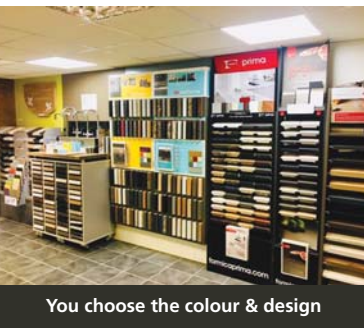
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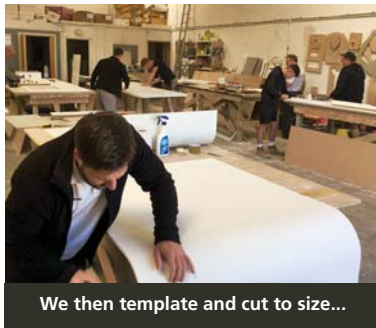
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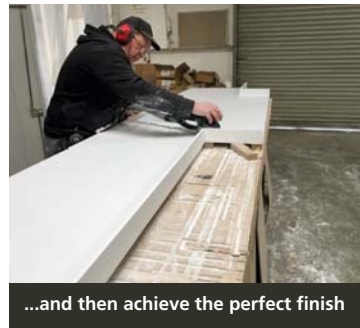
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Caerleon Library

01633 420106

01633 656656

Email:

caerleon.library@newport.gov.uk

OPENING TIMES

Monday	Closed
Tuesday	2pm - 6pm
Wednesday	10am - 1pm
Wednesday	2pm - 7pm
Thursday	Closed
Friday	2pm - 6pm
Saturday	9am - 1pm

Caerleon Library & Information
Centre Town Hall, Church Street
Caerleon NP18 1AW

Usk New Start Cat Rescue

We rescue abandoned and stray kitties
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If you would like to adopt one of our
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Sam Murray on 07535 087970.

Please friend us on Facebook;
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2	3	4	8	9	5	1	6	7
9	5	7	6	4	1	8	2	3
6	8	1	7	2	3	5	4	9
1	9	3	2	5	4	7	8	6
4	6	5	3	8	7	2	9	1
7	2	8	1	6	9	3	5	4
8	7	9	5	3	6	4	1	2
5	1	6	4	7	2	9	3	8
3	4	2	9	1	8	6	7	5

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St David's Hospice Care *Bringing care home*

Water Spray Station

Kolor Dash

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St David's Hospice Care

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www.breconmr.co.uk

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St David's Hospice Care

Monmouth Race

Rotary Monmouth

Monmouth Raft Race

Organised by Rotary Monmouth
Sunday 1st September 2019

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enquiries@rotarymonmouth.co.uk
www.rotarymonmouth.co.uk

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Charity Golf Days

Thursday 12 September 2019
Newport Golf Club
Barnham Road

£200 per team - 4 Ball

www.stdavidshospicecare.org
01633 851051 hello@stdavidshospicecare.org

St David's Hospice Care

Your Local Hospice Lottery

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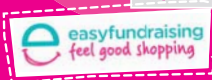
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Bringing care home

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Hidden in Plain View

In a secluded corner of John Frost Square is a cultural gem which thousands pass every day, many without even realizing that it exists. It is of course Newport Museum and Art Gallery. Even those that know of it tend to assume that it is of very little significance, but in fact it houses a collection of national and international importance.

The Museum:

Founded in 1888, one of the oldest in Wales. Its collection brings the history of Newport and the surrounding area vividly to life:-

The pre Roman era featuring the tools and other remains of hunter gathers who roamed the shores of the Severn Estuary thousands of years ago, and the almost complete skeleton of an aurochs, an extinct breed of giant cattle.

The Roman Collection is one of

the best in Wales featuring finds from both Caerleon and Caerwent, including the oldest Christian relic ever found in Wales.

The Medieval period includes artefacts from the Newport ship and finds from local castles, priories etc.

The Chartist Uprising - a fantastic array of items from and relating to the Rising, including John Frost's pistols.

The Art Gallery:

A truly diverse collection, highlights of which include paintings by Sir Stanley Spencer, Dame Laura Knight and L. S. Lowry together with works by important Welsh artists Kyffin Williams and Stanley Lewis. There are even some unattributed sketches that may be by Turner.

The decorative art collection includes a sculpture by Sir Jacob Epstein, studio ceramics by Lucy

Rice and Ewen Henderson and the Iris Fox collection of porcelain and Wernys ware.

Activities:


Both the Museum and Gallery organize a regular programme of temporary exhibitions, and during school holidays drop-in family craft sessions take place. At any time family trails and activities can be collected from the information desk.

In the autumn and winter there are monthly lectures on historic and cultural topics, organised by the Friends of Newport Museum and Art Gallery (FONMAG). They take place at 7 pm in the Art Gallery on the 2nd Tuesday of the month from September to April inclusive. Admission is free for FONMAG members, £2.00 for non-members.

www.newport.gov.uk/museum
www.fonmag.org

Beaches in Wales

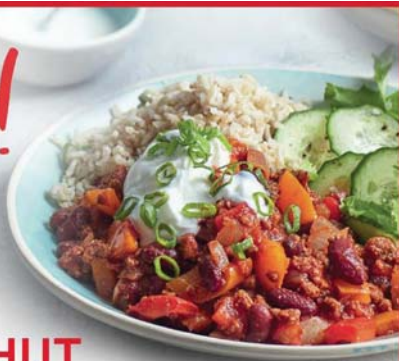
St Donat's Castle & Atlantic College



The aptly named 'Churches, College and Lighthouse' circular walk gives you a great opportunity to view the magnificent 12th century St Donat's Castle from the Heritage coastline. Randolph Hurst, the newspaper magnate, purchased it in 1925 and owned it until his death in 1951.

Charlie Chaplin and J.F Kennedy were among his many guests who visited the Castle. In 1960 it was bought by Antonin Besse II, son of the late Sir Antonin Besse, and donated to the founding council of Atlantic College. The college has been based here since 1962.

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A New Slant on Territorial Disputes – Warring Cygnets

Even after almost 40 years of involvement with swans, we continue to be surprised by some of the things which happen. On 7th March it was reported from the Pond at Brynmawr (overlooked by Asda), that the 5 cygnets were under pressure from the adults. At this time of year, with the start of the new breeding season just round the corner this is normal; the adult male in particular is serving notice on the young birds that it is time to leave. Failure to do so is potentially fatal.

The following day, on arrival at Brynmawr, all was peaceful, except that, by this time, there were only four cygnets. Over the years we have had significant involvement at the nearby Machine Pond so we decided it was worth checking to see what if anything was going on there. Good job we did, as we were met with an extraordinary situation. Clearly, this is the territory of another swan family into which, it appears the missing 'Asda' cygnet had strayed, but there was only one adult present, assumed, based on our observations from some distance, to be a female. The intruder had been chased up onto the far bank by one, quickly followed by another of the resident cygnets. The intensity of the chase increased as all three birds re-entered the water, and were fast coming our way. Very soon, we lost sight of them as they beached on the near shore somewhere far below us at the bottom of a very steep bank. Clearly it was time to intervene. Equipped with just a swan hook



Machine Pond intruder released at The Knap

and a swan wrap, the descent of the bank was a hazardous business, it being both steep and slippery in places, combined with the fear of a turned ankle or worse. Approaching the bottom, there was no obvious sign of swans, apart from the adult and two cygnets on the water, but the immediate view was restricted by a number of gorse bushes near the water's edge. And then, one's eye was caught by sizeable smudges of grey and white under one of those bushes. The feeling of something approaching panic was all too apparent as it was not at all clear it would be possible to intervene effectively, especially as the terrain was pretty challenging. Somehow we managed to move to the far side of the bush to discover one cygnet on top of the other and gripping its neck in its beak. They separated on my appearance, the assailant escaping onto the water, and the victim secured by the swan hook. Phew!!!! What a relief! Despite the ferocity of what had happened, the cygnet we had



Machine Pond, Brynmawr. Residents retiring having 'seen off' intruding cygnet

caught seemed unhurt, and from long experience, we do know they are very resilient, with what seem like almost immediate powers of recovery. We have no doubt therefore we did the right thing in taking him for release at The Knap in Barry. Almost immediately, he was surrounded at close quarters by a bevy of mainly juveniles, but a couple of adults as well; all very friendly, so this combined with the witnessing of a cygnet on cygnet attack was a totally new experience for us. You can never tell what's going to happen next!

Story by Peter, photographs by Ellen. For swan and all other wildlife problems please contact Peter & Ellen on 01633 895241 or 07802 472788

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Houses in Newport Are in Great Demand

Everyone wants to live here! Well, that's not strictly true but according to recent statistics issued by HM Land Registry, house prices in Newport rose last year by the second highest rate of annual growth percentage (10.5%) for all local authorities throughout the UK.

Average Property Prices in Newport Increased in 2018 to £175,447.

John Newell, owner of Kingston Newell Estate Agents is not surprised by the continued increase in demand for properties in the area. He said, "It was only last year that Newport was named as the UK's fastest moving property market and sales of houses throughout the region have remained very strong with many houses selling on the same day they are listed and going to sealed bids.

Whilst some have been sceptical about the impact of the abolition of the Severn Bridge tolls, we have sold a lot of houses to private buyers and investors who are keen to take advantage of the comparative cheaper house prices here."

Caerleon is One of the Most Popular Areas

Commenting on the local market, John said, "Looking at our own sales figures, we know that Langstone in the east of the city and Caerleon are areas in high demand with properties being snapped up very quickly not only by those looking to move to the area from Bristol but also from Cardiff where again the house prices here provide much better value for money.

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