

CAERLEON

DIRECTORY



ISSUE 76
JUNE/JULY/
AUGUST 2020



SW DIRECTORIES

HELLO EVERYONE

It feels so good to be back, life in lockdown has been hard on many of us but hopefully moving forward and working together as a community we will be stronger and more caring than ever. Please use as many of the advertisers as you possibly can so that we can continue to deliver our magazine through your door in the future, we totally rely on the revenue from the advertising to design, print and deliver the magazines each time.

All our wonderfully talented, committed and enthusiastic local businesses rely on you using their services and buying their goods, whenever you can please use local businesses.

Here's to a vibrant and resilient future for both our community and local businesses.

Take care

Susan

**COPY DEADLINE
FOR THE SEPTEMBER
/ OCTOBER EDITION -
FRIDAY 31st JULY**

**Advertising enquiries:
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My team and I are still working through the current COVID-19 pandemic.

If you have any issues that you would like to discuss or bring to my attention, please do not hesitate to get in touch.

Mae fy nhîm a minnau yn dal i weithio drwy'r pandemig COVID-19 presennol.

Os oes gennych chi unrhyw faterion yr hoffech eu trafod neu eu dwyn i'm sylw, mae croeso i chi gysylltu.



Mohammad.Asghar@senedd.wales



www.mohammadasghar.org.uk



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(Oscar) Mohammad Asghar MS|AS

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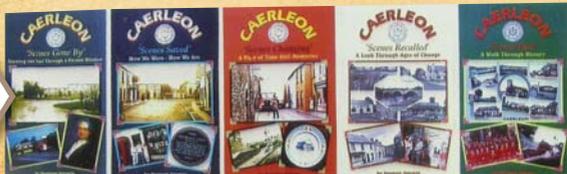
CAERLEON THEN & NOW



In 1988 a completely reconstructed and refurbished museum replaces the 19th century building.
Below is the same view taken in 2015.



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



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Strange Times Indeed!

Coronavirus, the Motor Trade & Motorists...with a nod to DPFs



Extract from a Blog Post by Mike Joenn, Founding Director of AJ Garage Services, Ponthir

I'd already written an interesting piece about Diesel Particulate Filters (DPFs) for this month's Directory. But as we approach the deadline, it now seems strangely irrelevant to be discussing a device which removes tiny soot particles from the exhaust of a diesel engine when other more dangerous particles now seem to be far more important. Yes, I'm talking about the Coronavirus.

I asked my good friend Mr Google to help me make a comparison and he tells me that soot particles come in all shapes & sizes from 20 nanometres to 900 nanometres (nm) while Coronavirus units are pretty consistent at about 40nm, but it would be reasonable to conclude after two months of casual observation and monitoring the news broadcasts that Coronavirus has the capacity to kill humans (including motorists) far more efficiently than Diesel exhaust soot. So, I'll save the DPF article for another time and instead, do a quick round up on the impact of Coronavirus on motoring and the motorist. If you ARE interested in DPFs, you can find the article here <https://www.ajgarageservices.com/mike-joenn-says>

• **Building Vehicles** As I write, virtually every vehicle manufacturer in Europe has halted operations and there are fears that the UK Automotive



industry might never recover. It's not just the building of the vehicles. The factories throughout Europe that produce the parts are closed too, putting a pretty big lump of the UK & European economies in jeopardy.

• **MOT's.** Unless you've just arrived back from the dark side of the moon, you'll probably know that the government has extended ALL MOT certificates for 6 months. If your MOT was due in April, it has been extended to October. But BEWARE! The vehicle must still be road-worthy and if you are on the roads with an un-roadworthy vehicle during this six month period, you can still be prosecuted. We are strongly recommending that our customers arrange the MOT when it comes due and be comfortable in the knowledge that your tester has certified your vehicle as fully road worthy. You can also benefit from collect & return enhanced service that most MOT testers are now offering. We collect your car, MOT it and return it to you, having sanitised and cleaned it thoroughly.

• **Driving Tests:** Theory tests have been suspended for one month and driving tests have been suspended for 3 months. If you are a critical worker, you can still get a test.

• **If you MUST drive somewhere:** Go alone. Try not to share your car with anyone and if you do, make sure you have their contact details and they've washed their hands before they get into your car. Don't touch them! You can of course use your car to get around (in fact, it's better than public transport in terms of social distancing). If you breakdown: CALL US.

• **Avoid Coronavirus infection:** Clean & disinfect your vehicle interior thoroughly. Steering wheel, controls, window switches, door handles (inside & out) and Radio/Sat Nav.

• **At the filling station.** Use the plastic gloves that are normally provided before you touch the fuel pump or nozzle. Try to use contactless payment or mobile apps and thereby avoid going into the shop. Use alcohol sanitising gel when you get back in the car.

• **Don't touch your face** and wash your hands when you finish the journey.

We are living in very strange times. Keep Safe people!

Mike Joenn, AJ Garage Services, Star Trading Estate. 01633 431305

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Covid-19 Update - Crawfords Working Practice

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On completion of the clean an application of Formula 429 plus (a water based anti-microbial with multi surface broad spectrum kill factor 6) will be applied to your fabrics and carpets, this will ensure that they are contamination free.

I would like to say to all my customers - please stay safe.

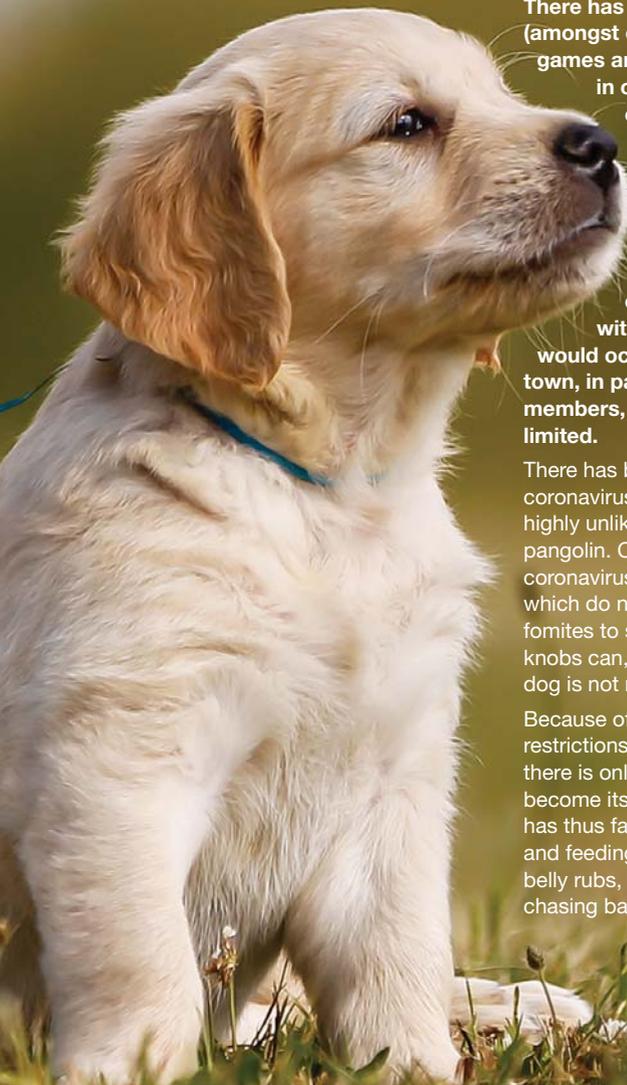
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Socialising whilst social distancing



There has been increased interest in acquiring (amongst other things) barbeque sets, board games and pets, specifically puppies, presumably in order to provide distraction during the coronavirus lockdown. As with children, who relish spending time with their contemporaries playing and, in doing so, learning various life skills (so much more agreeable than being told what to do by older people, don't you think?), puppies are also social creatures that require interaction ideally with members of their own species. This would occur when dogs meet in public places, in town, in parks, or on nature rambles with family members, which at the time of writing has been limited.

There has been speculation that pets can carry coronavirus and become infectious to people. This is highly unlikely unless your pet is an armadillo, bat or pangolin. Cats and cattle have their own types of coronavirus that can cause them severe disease, but which do not affect people, however pets can act as fomites to spread infection in the same way that door knobs can, so stroking the head of someone else's dog is not recommended at the moment.

Because of the need for dogs to socialise while restrictions are in place one has to be inventive, and if there is only one dog in the house someone has to become its play-partner, ideally not the person who has thus far been 'top dog' with regard to the training and feeding. For young dogs playing should include belly rubs, rough and tumble on the ground and chasing balls, and it becomes more realistic if the

pet's play-partner positions him-or herself at the same level, going about on all fours. The fun can be extended to tug-of-war with an old (clean) towel, but only if one's teeth are strong, though it would be inadvisable for denture-wearers to take part.

Pups will pick up good habits more quickly if it sees what to do when the play-partner is included in obedience training. Commands to sit, stay and come are simple enough for the pup to copy and learn quickly, enabling it to move fluently onto more advanced training having seen it demonstrated. 'Fetch' and 'roll over' are easy to teach, but house training takes longer, and both parties should be

actively discouraged from soiling indoors. The young dog would identify better with its companion if some effort was made to be visually similar, so an all-in-one leotard or even pyjamas dyed a suitable colour would work. I find that clothes can assume a reasonable canine shade by steeping them overnight in a solution with about a dozen used tea bags. Face painting with whiskers tops it off the ensemble nicely.

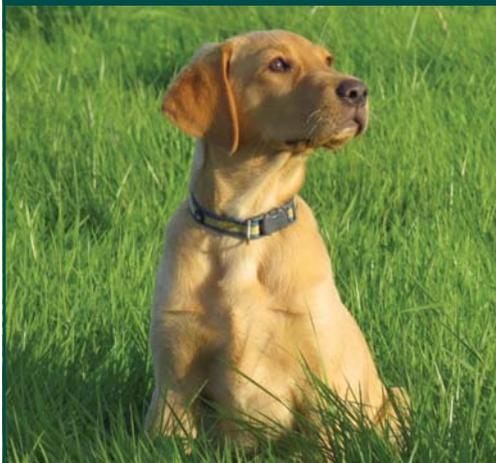
Be careful at feeding time when there can be flare-ups if the dog perceives that its meal is at risk, so it would be prudent if the bowls are well separated, or even placed in different rooms. Treats may be given between meals, but only as rewards for

good behaviour. At night it is common for canine companions to sleep in the same room, but your pet should be made to feel that its basket is its own and it must not be usurped by the companion.

If you have read this far, thank you. This spoof is my rather clumsy attempt at providing light-hearted nonsense during these weird times and most of the foregoing should not be taken seriously. Hopefully by this time next year when you take your pet to the vet for its routine health check and vaccination, you will then be able to trot over to your local medical centre to be vaccinated yourself, against covid-19. Stay safe and healthy.

Because of the need for dogs to socialise while restrictions are in place one has to be inventive, and if there is only one dog in the house someone has to become its play-partner, ideally not the person who has thus far been 'top dog' with regard to the training and feeding.

Caerleon Veterinary Centre



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More Swans in Unsuitable or Inappropriate Places

Sunday 8th March, 7.47pm, the phone rang as it tends to do! It's completely dark outside and we're just finishing our evening meal. The caller is from Dyfed Powys Police; she is reporting a grounded young swan on a busy main road in Felinfoel, Llanelli. We have to make it clear there is nothing any of us can do at this particular time, which maybe sounds somewhat unprofessional, but a compromise agreement was reached. This was that the police would 'shunt' the bird into the immediately adjacent Afon Lliedi. This they did successfully although concern was expressed that the stream was very fast flowing, as a result of what seemed like days of heavy and near continuous rain. And so this was the way it was left, but with the promise we would attend the following day, and assess what more needed to be done.

The following day, Gary duly reported, as expected, the swan was still there but did not seem distressed by his predicament. He was holding his position in the stream, but clearly a rescue sooner rather than later was essential. Bread and poultry corn was given and accepted, but any thought of a rescue at this time had to be dismissed as much too dangerous. The fact the swan was fit and well was amply demonstrated by him attempting to take off a number of times by pattering along the water surface some 50-60 metres before running out of space. We joined Gary in Llanelli the following day when we took the first of our



Afon Lliedi in full spate, no safe rescue possible

photographs; it was still the case the water flow in this narrow and very deep channel was far too great to contemplate a rescue.

The change in the character of the stream following two further days during which there was little or no rain was dramatic, as can be seen from our second photograph. From this point on the plan was very simple; Gary was in the stream below the swan to prevent him from escaping in that direction and your reporter, was on what was now a bit of a beach ready with a swan hook as Gary moved slowly upstream. And the rest, as they say, allegedly, is history.

As a brief tailpiece to this story, and before the Coronavirus shutters went up, and a few days after the Llanelli episode, we received a call from Network Rail; a swan had 'alighted' in the middle of the tracks at Cardiff Central railway station and extraordinarily had survived to tell the tale, notwithstanding the 'cats cradle' of high voltage conductors which are now a very obvious feature of the main



Conditions now favourable, rescue under way



Please direct me to the correct platform to Newport

South Wales to London line. Needless to say, it was railway staff who retrieved the shell-shocked bird, but clearly needed our help to provide rest and rehabilitation, most of which, thankfully our friends at Shepperton were willing and able to provide.

For swan and all other wildlife problems please contact Peter or Ellen on 01633 895241 or 07802 472788.



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The Property Market is Back and with a *Huge Surge of Buyers and Sellers*

Rightmove reported a 120 per cent increase in the demand for property in the first week since the property market reopened in England.

This is a trend that will almost definitely be the same for Wales, and in particular Newport and the surrounding areas due to historical industry similarities and our close proximity to the border.

11,000 new sales listings were added to the Rightmove portal on the first day alone with the other leading house buying websites reporting similar figures.

Mortgage Market Responds Positively with More Products Available

In response to the re-opening of the property market, many of the mortgage lenders have reinstated products they had temporarily removed due to the lockdown.

A popular website that compares mortgages reported an 18% uplift in the number of visitors comparing mortgages in the first week since the re-opening.

Another very important factor to remember is that due to the very low interest rates there are some incredible mortgage products currently available including fixed term deals.

Caerleon - Our Local Market – What Can You Expect?

During lockdown, the local market as you would expect has been very quiet. We have kept ourselves busy completing on the sales of houses we had sold prior to the pandemic, and interestingly we have also been providing our professional experience and local knowledge for home owners who are going to be putting their houses on the market.

For some, the lockdown has given them the time to prepare their houses for sale. Gardens have been worked on, spare bedrooms decorated and the overall look and feel of houses have been improved.

For others, the impact on personal finances has had polar impacts. Not being able to go out and spend money has helped some save sizable deposits to move to larger houses, whilst for others who have experienced a decrease in household income, they are being forced to downsize to help manage their finances.

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There is no road access directly to the beach. The nearest car park is at Stackpole Quay which charges for parking between March and October. It is a half mile walk over cliffs and is not suitable for pushchairs or wheelchairs due to large number of steps to get up and down from the cliff top. Barafundle has been voted many times as one of the best beaches in Britain and the world. It is definitely worth a visit. The Boat House tearooms at Stackpole Quay are run by the National Trust and serve a section of snacks, hot food, cold drinks



and tea & coffee. We had sunshine, rain and a windy headland walk in August last year, a typical Welsh summers day!

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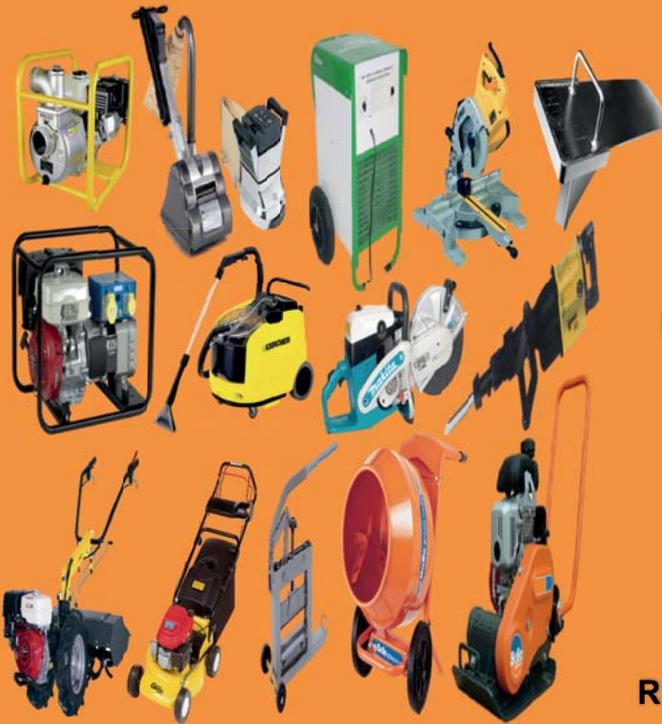
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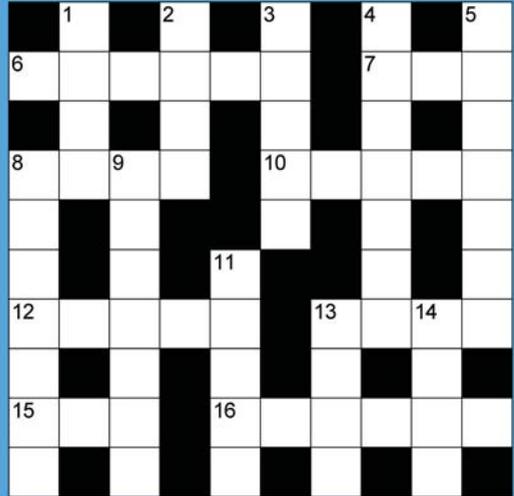
Crossword

Across

- 6. Rotten (6)
- 7. Small child (3)
- 8. London art gallery (4)
- 10. Depart (5)
- 12. Heavenly being (5)
- 13. Scottish loch (4)
- 15. Single number (3)
- 16. Horse barn (5)

Down

- 1. Molten rock (4)
- 2. Land measurement (4)
- 3. Grown up (5)
- 4. Unusual (7)
- 5. Small rivers (7)
- 8. Crime against crown (7)
- 9. In a knot (7)
- 11. Deep cut (5)
- 13. Close to (4)
- 14. Condiment (4)



Sudoku

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

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.

Puzzle solutions on page 27

This months Hot Properties

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In the 1870s the city fathers of Liverpool purchased 24,000 acres of pristine countryside in North Wales to preserve the purity of the 400 or more streams that flowed into the Vyrnwy Valley. They moved the small village of Llanwddyn on to higher ground and in 1881 began building the first stone built dam in the United Kingdom.

Using huge blocks of Welsh Granite, it took seven years to build - not surprising when you consider that it is 128 feet thick at its base, 144 feet high and 1171 feet long. It may not quite be up there with the pyramids, but it's still no mean feat when



all you have are horse-drawn carts, picks and shovels. The result was the first dam ever deliberately designed to allow surplus water to cascade over its face. Today it is still a breath-taking sight when in full flow.

The fairy-tale tower houses fine mesh to filter the water before it begins a 68 mile trip by man-made aqueduct to Liverpool.

The original Lake Vyrnwy Hotel was built in 1890. In 1910 it was extended to coincide with the visit of the Prince of Wales (later that year to become King George V) to officially open the dam some 20 years after its completion.

We visited the reservoir and hotel tea rooms in the late heatwave of September 2019, where we enjoyed an afternoon tea and scones before our three hour journey back to Rogerstone.

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Our showroom will not re-open on 1st June as the current government guidelines do not allow it, however we can bring samples of items such as

kitchen doors to your home in different styles and colours. We will re-open our showroom as soon as possible.

We will keep our showroom window posted with updates, as well as our Facebook page. We look forward to seeing you again soon!

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Catherine Ward-Bexter | Director

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Flying Sea Lions and Stone Roses

by Paul Minton

One of my proudest moments was discovering that my family had a coat of arms. Admittedly, many surnames have their own heraldic shields, but it still came as a surprise nonetheless. We even have a motto, “Pro Deo et patria”, which, if your Latin is as non-existent as mine, means “For God and country”. Since my ancestors appear to have been mainly farm workers, I like to think of them shouting out these words as they heroically chased chickens and fed pigs their daily slop.

Historically, the designs were used in battle or on seals for legal documents, so it was always important to verify their identity or credentials. This work was carried out by so-called “heralds” and thus, the related study became known as heraldry. With terms like “fess”, “gules”, and “ordinaries”, the field has its own unique language. Without help in navigating its otherwise impenetrable glossary, the novice would be left scratching their head so much people would think they had nits.

The Newport coat of arms is an interesting one. It has a downwardly-pointing red chevron on a gold shield or escutcheon, crowned by a cherub’s head with wings that seem to grow out of its face. Each side is accompanied by a “supporter”: there is a winged sea lion on one side and a sea dragon on the other. These fantastical beasts are meant to represent strength on land, water, and in the air – there’s nothing like covering all the



bases! In fact, Newport was the first authority to include a winged sea lion in their coat of arms but let me clarify that this is not a sea lion in the conventional sense but a half lion-half fish hybrid complete with webbed feet and scales. It would sooner rip your face off than balance a beachball on its nose. The current Newport City Council logo is also based on this dubious-looking creature, even though the image bears more than a passing resemblance to a sheep being hit by a flaming boomerang.

The shield was officially adopted in 1929 and the College of Arms, which regulates heraldic matters,

agreed to the addition of the supporters and the motto, “Terra Marique” (meaning “By land and sea”), in 1958. However, Newport had been using a basic design composed of the escutcheon and cherub since 1835. The emblem is actually adapted from the earlier Stafford crest of the Dukes of Buckingham, who held the Lordship of Newport during the Middle Ages. It is generally believed that the chevron was cunningly inverted to point downwards to avoid confusion with the family’s insignia but others have suggested that its reversal was indicative of disgrace: the 3rd Duke was executed for treason in 1521. Whatever the explanation, the chevron is intended to represent a roof so when it is upside down, someone definitely needs to get their house in order by phoning a builder.

Whilst recording their album, ‘Second Coming’, at Rockfield Studios near Monmouth, Manchester band, *The Stone Roses*, spent some time at the legendary TJ’s in Clarence Place. When it came to designing a cover for their 1994 single, ‘Love Spreads’, guitarist John Squire chose a photograph he had taken of the town’s coat of arms on Newport Bridge. The song proved to be their biggest hit and over-enthusiastic fans were later blamed for removing cherubs from the bridge in order to keep as mementoes. Although the cherubic image was to resurface on the album sleeve, the fate of those missing originals remains a mystery to this day.



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Puzzle Solutions

Sudoku

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

Crossword Solution

Across: 6 Rancid, 7 Tot, 8 Tate, 10 Leave, 12 Angel, 13 Ness, 15 One, 16 Stable.

Down: 1 Lava, 2 Acre, 3 Adult, 4 Strange, 5 Streams, 8 Treason, 9 Tangled, 11 Slash, 13 Near, 14 Salt.

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Cwmbran group contact - Mrs Val Carnegie
T: 01633 872553 E: slasher45@btinternet.com

Further info on Diabetes contact - Diabetes UK Cymru
T: 029 2066 8276 E: wales@diabetes.org.uk

Caerleon Library

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01633 656656

Email:

caerleon.library@newport.gov.uk

OPENING TIMES

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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

Blaen-y-Pant Centre

Kimberley Park, Malpas, NP20 5QB

Bingo & Lunch club

Tuesday 1.00pm Contact:01633 263031

Whist club

Tuesday 6.30pm & Saturday 6.30pm
Contact: 01633 853348

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Life Drawing 4.45pm-6.45pm
Adult Art Class 7.00pm-9.00pm

Wednesday Adult Art Class
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Saturday Children's Art class
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Art Group

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The Newport Branch of Parkinson's UK holds a monthly Parkinson's Café.

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We meet on the 2nd Friday of each month at the
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A small charge of £2 per head covers the cost of refreshments.

We also have a monthly Branch meeting on the last Wednesday of each month at the Stow Park Community Centre, Brynhyfryd Road, Newport NP20 4FX
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For more café or Branch meeting information, please call Penny on 07851 423264.

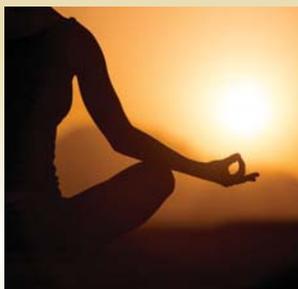
Newport U3A

I Hope by the time this article is published that the Coronavirus Crisis will be easing down and some sense of normality has returned.

Newport University of the Third Age is a self-help charitable organisation that aims to advance the education of retired people.

We have had to curtail our activities this Spring and self-isolate as many of us are in the vulnerable category. Staying at home was testing, wondering how to fill the time.

However, our biggest asset is a super abundance of talented members, so a pop-up magazine called Desert Island Times was developed and sent out to most of our 400+



members via email, to stimulate interest and keep us connected. Members from our 44 interest groups were very quick to submit articles, poems, stories, cartoons,

jokes, artwork and gentle exercises. Also there were lessons on how to solve cryptic crosswords and Jazz and Classical Music Appreciation sessions that both had suggested pieces to listen to on YouTube. There was even a meditation session to calm our nerves.

Very soon members were passing the magazine on to family and friends, and it was sent to other U3As around the country.

You could say we became the OPEN University of the Third Age!

If you are retired from full-time employment visit u3asites.org.uk/newportsewales to see if classes have resumed, then come along and try a few taster sessions before committing to enrol. Angela Robins 07980 970967.

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Our staff

We recruit and train all of our own staff to the highest standards to ensure we provide the quality of care that we would want for our own family and friends.

Our Services

You might be looking for short-term help and support after a stay in hospital, or whilst recovering from an illness. Or perhaps you need care and support for the long term. It might be respite that you need whilst your usual carer takes a break, or maybe you need someone to take care of a family member whilst you're away. Whatever your needs, Bluebird Care can help.

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- Assisting with managing the home, e.g. cooking, cleaning, laundry
- Help with shopping and meeting friends
- Providing support and assistance to customers attending GP/hospital/dental appointments

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