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He had a long and distinguished career, finishing his time as air traffic control manager at London Heathrow airport.

In 1922, of course, the 'control' process was extremely rudimentary, simply consisting of coloured flags and lights.

Today, air traffic control in Britain is a highly complex operation, reliant on the use of very sophisticated technology, handling national and international air traffic in the world's busiest airspace. Although the Covid pandemic



had a devastating effect on the number of flights, the numbers are now starting to increase back to normal levels.

I wrote my first book on ATC in the early 1980s and had it published by Ian Allan Limited in

1984. It was so successful that I was asked to produce an update 2 years later. Over the next 25 years there were 10 revised editions, plus a few others covering airband radio.

In 1987 I was asked by Newport Borough Council to run evening classes at Brynglas House, which continued for the next 18 years. When my time with the council came to an end, the class members decided that we should continue independently. Our group still meets every fortnight in Newport covering every aspect of the subject, both in the UK and world-wide.

**If you would like more information please email me – [grahamduke@btinternet.com](mailto:grahamduke@btinternet.com)**

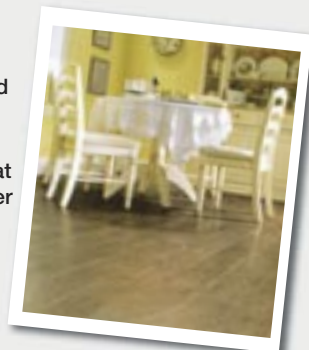
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# Gwerinwyr Gwent Diary

On 21st April we had our first indoor booking since March 2020. This was at the Christchurch Centre in Malpas after receiving an invitation from the Legacy Ladies group to appear at one of their monthly meetings. As these are outreach meetings with lunch included, it was very well attended by both sexes, although only utilizing under half the space in the huge carpeted hall.

Barbara Griffiths, our MC, gave a 3-part talk on Lord and Lady Llanover and we interspersed that with displays and audience participation until we were lucky enough to join them for lunch, a very pleasant morning for us, and I hope everyone present.

The last Tredegar House Folk Festival was the 30th anniversary in 2019, so it was with much celebration that the 31st festival finally took place on the 6th – 8th May. GG had a 20 minute spot on the Saturday afternoon and it was lovely to be back among all the other teams to dance in front of an audience. The weather was great and crowds of people flocked to the festival, many of them saying it was wonderful to be back and how much they had missed being able to enjoy the music, dancing and the atmosphere.

The warm weather caused the CAMRA bar to completely sell out halfway



through Sunday afternoon which caused some dismay, although there were other drinks outlets available. The international dance team visiting this year was Lubana with Meirani from Latvia, and they always put on a spectacular display. We were fortunate to also have two UK based teams of Bulgarian dancers, plus all the local dance teams with styles including Welsh, Scottish, Morris Appalachian, Clog, Indian and Middle Eastern/Belly Dancing. Musical highlights included Welsh bands Calan, Alaw, and Rusty Shackle plus new youth supergroup Avanc and what a lasting impression they made with their energetic playing, clogging and singing, check them out on their website. Also appearing were Bob Fox and Billy Mitchell and, replacing Barbara Dickson who sadly was taken ill at the last moment, Show of



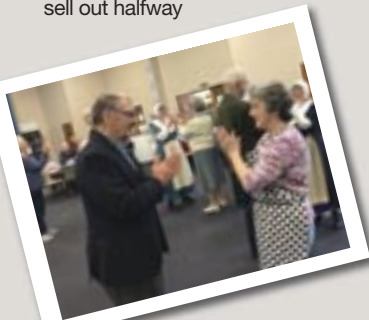
Hands

who were on a UK tour and fortunately had that weekend free.

The following weekend (14th) we took a trip into England to dance at the Bradford-on-Avon Green Man Festival. This was our 3rd appearance and we have seen it grow from an all Morris dance team event, to a Morris plus GG festival, into a really varied dance festival. It takes place on just one day with dancing at five different venues around the town. Once again a lovely sunny day, in fact much too warm for us in our woollen costumes, but it brought out plenty of people to watch and at least the belly dancers had the appropriate costume on!

**Gwerinwyr Gwent is always seeking new members and beginners or experienced dancers/musicians are very welcome. Practice night (numbers permitting) is Thursday 8-10pm at the Graig Community Hall (opposite the Ruperra PH).**

**For more details visit our website [www.gwerinwyrghwent.org.uk](http://www.gwerinwyrghwent.org.uk) or call us on 01495 271953.**





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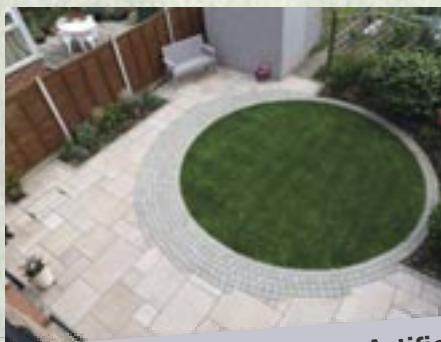


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## Springtime Perils

May is almost 'out' as I write this article and so we face the start of meteorological summer already. As far as the swans are concerned, breeding pairs have, it seems, 'performed' at least as well as in recent years with hatched broods of seven or eight appearing, almost, but not universally, to be the norm, i.e. at Coed Kernew, Tredelach, Malpas and St. Pierre. Such numbers are of course an insurance against the strong possibility of losses especially in the early days and weeks of life.

The Tredelach family, just off Lamby Way seems to be extremely unfortunate, ill-fated even. Within days of hatching two little cygnets went missing and a few days later another three were lost. We'll never know the reason for this, but possibilities include providing meals for large predatory fish, marauding gulls and mink which, as we have reported previously are known to be in the area e.g. at Pentwyn, only a very short distance away.

Over the last few years, the adults from this family have endured a number of undiagnosed problems; two years ago the female was obviously ailing and was caught and spent a week at Shepperton receiving a course of TLC. A year later she suffered a nasty leg injury resulting in her going into self-isolation, largely because catching her proved impossible. Now, this year the male is in trouble as our photograph shows; the right leg is being held at a very unnatural



angle. For now, nothing is to be done; this family has endured more than enough trauma for now. We

hope that doesn't sound too anthropomorphic...

Worse has befallen another family, the one on the Neath Canal in Neath itself. This pair also produced seven cygnets. Sadly, all too typical of the times in which we live, a gang of young hooligans was reported to have attacked the female in particular, leaving her with a damaged (right) wing. (See our second photograph). Help was sought from a well known national rescue organisation whose representative turned up the following day and it wasn't until four days later the swan was collected. To the consternation and horror of all those involved, the next we knew was that the bird had been euthanised. It is alleged the swan had suffered a double compound fracture of the

wing. It seems barely credible this can be true. In the days following the attack she continued to remain associating with the young family. A better and more acceptable outcome would have been to have administered antibiotics and pain relief, and then later on, if necessary, considered the option of a partial wing amputation. After all, our native Mute Swans are largely very sedentary; they actually do very little flying especially if they are paired and hold territory as these at Neath do.

Elsewhere, at Old Cwmbrian, a family with six cygnets moved south to Two Locks and after a week there, one of the young birds was found dead in the water following a night of serious disturbance caused by, it is believed a group of 'out-of-control' youths. The police have been involved, but as we all know they are up against insuperable odds, so the chances of any kind of positive outcome from this episode can best be described as zero.

It's all a bit depressing, but we carry on as best we can.

Story: Peter and Ellen. Photos: Babs and V. Price, Neath. For swan and other wildlife issues please contact Ellen or Peter on 01633 895241 or 07802 472788. Please note, because there are so few of us, there is a limit to the volume of rescue work we can carry out; for Swan Rescue South Wales, swans are our priority.

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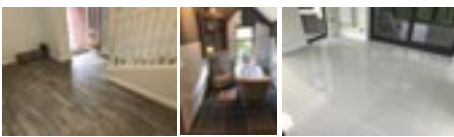
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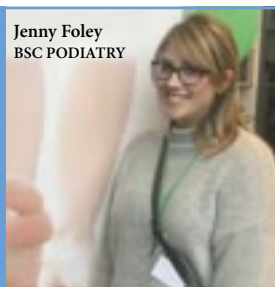
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# Protecting Family Wealth

## What will your legacy look like?

Estate planning is about putting your affairs in order, to help make the lives of your loved ones easier. It can help to protect your estate for your beneficiaries and reduce the impact of Inheritance Tax (commonly called IHT for short).

IHT is something many of us don't know enough about. Simply because we don't think we need to.

### **IHT DOESN'T JUST AFFECT THE WEALTHY, FIVE KEY POINTS TO CONSIDER – TAX YEAR 2022/23**

Traditionally, only the wealthiest in society were affected by IHT. But rising property prices means more and more people are now facing it. It all comes down to the value of your overall estate upon your death. If it's worth more than your personal nil-rate band (NRB), anything above could be liable to IHT at up to 40%. (If you're single or divorced, the NRB is £325,000 and if you're married, in a registered civil partnership or widowed, it's up to £650,000).

**THERE'S ALSO THE RESIDENCE NIL-RATE BAND (RNRB) – BUT NOT EVERYONE CAN BENEFIT** - If you're wondering what the RNRB is, this can be used alongside your usual NRB and was introduced to help more people reduce their IHT liability. Every UK adult has a RNRB of £175,000. But the rules can be more complex than many people realise. Amongst the restrictions, you can only use this allowance if it relates to a property you have lived in and passed to a direct descendant (such as your child or grandchild – not a friend, niece or nephew).

**YOUR ESTATE ISN'T JUST YOUR HOME** - Your savings and investments, car and any rental properties form a part of your estate. Not forgetting any jewellery, you have, household furniture or expensive paintings (minus any liabilities). After working out the value of your belongings, you may be surprised by how much your estate comes to. However, it's also important to bear in mind that these assets could increase or decrease in value in the future.

**ANNUAL REVENUE IS EXPECTED TO KEEP CLIMBING** - The latest IHT figures should be a 'wake-up call' for families to think carefully about



their tax planning. IHT receipts in the United Kingdom amounted to approximately £5.32 billion in the financial year 2020/21.

### **YOU COULD DO SOMETHING ABOUT IT -**

There are plenty of perfectly legal steps you can take to protect your family's wealth from the taxman. The IHT solutions include annual exemptions, allowances, direct gifts and trusts. Of course, there are many different options to choose from, so it's important you find one that's right for you. With this in mind, and the fact that IHT can be a complex subject, you should always obtain professional financial advice to guide you through the complexities – and help you put suitable plans in place.

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NEWPORT

# Insomnia

**When was the last time you woke up without your alarm clock, feeling refreshed and not needing caffeine?**

**I**n today's busy world many people suffer from not being able to sleep properly which is known as insomnia. Research has shown that two thirds of adults throughout developed nations fail to obtain the recommended 8 hours of sleep nightly and the World Health Organisation have declared a sleep loss epidemic through industrialised nations. Scientists are lobbying doctors to prescribe sleep to their patients. The importance of sleep cannot be underestimated as natural restorative sleep is essential in order for us to function at our optimal level and for our body to heal itself. Routinely sleeping of less than 6/7 hours a night demolishes your immune system, doubles your risk of cancer and is a factor in whether or not you develop Alzheimer's disease. Inadequate sleep, even for short periods, disrupts blood sugar levels profoundly and increases risk of heart disease as well as contributing to anxiety and depression.

You are likely to have insomnia if you regularly experience some of the following: -

- Find it difficult to drift off to sleep
- Awake during the night
- Lie awake at night
- Awake earlier than needed and then can't go back to sleep
- Still feel tired after waking up
- Feel tired and irritable during the day
- Find it hard to nap during the day even though you're tired
- Find concentration difficult because you're tired

Symptoms can be present for just a few nights, to several months, or sometimes even years. If you're constantly tired during the day you probably don't get enough sleep.

The most common causes of insomnia includes:

- Stress, anxiety and depression
- Noise
- A room that is too hot or cold
- Uncomfortable beds
- Too much alcohol, caffeine or nicotine
- Recreational drugs
- Jet lag or shift work

Some people obtain sleeping tablets from their GP to help with insomnia. However, whilst it may help in the short term it does not address the underlying problem and people often experience negative side effects from the medication.

## **How can hypnotherapy and healing help with insomnia?**

Difficulty sleeping can have many causes and hypnotherapy can be an effective way to identify the causes, address them and re-programme the mind to get back into a healthier sleeping pattern in order that you can start to recharge your body naturally. Healing activates your body's immune system and balances your energetic body allowing you to enter deep relaxation.

To find out more on how I can help you with hypnotherapy and healing to improve your sleeping and quality of life just get in touch now as I will be delighted to help you!



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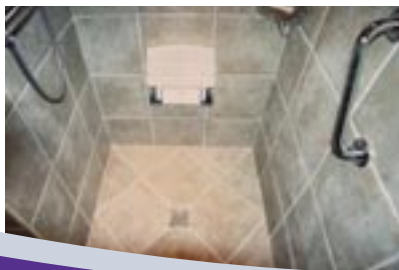
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# Bluebird Care

## Providing Support When You Need It



**We provide high quality care and support services throughout Newport & South Monmouthshire, enabling our customers to retain their independence whilst living in the comfort of their own homes.**

### **Why choose Bluebird Care**

It might be the first time that you have had to consider care for yourself or a member of your family; or perhaps you are looking for some extra support to complement the care you already receive. Whatever your situation, deciding on a suitable care company can be a stressful and difficult task, filled with uncertainty and pressure to make the right choice.

Unlike other companies, we do not take a 'one size fits all' approach to providing care. Instead, we are passionate about delivering a personalised service designed around the needs of each individual customer to support their lifestyle.

### **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.

Connect with us on Facebook  **Bluebird Care Newport & South Monmouthshire**  
Follow us on Twitter  **@BluebirdNewport**



## 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.

From 30-minute visits aimed at helping with household tasks or preparing a meal; to caring for those living with dementia – Bluebird Care provides you with the support you need, when you need it most.

### Some of the tasks that our Home Care Assistants frequently undertake include:

- Full personal care including showering and bathing
- Mobility assistance, including the use of hoists and other equipment
- Assisting with medication
- 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

## A realistic and affordable alternative to Residential Care

### We also provide 24 hour Care

Our dedicated live-in carers provide personal assistance from waking until bedtime and are on hand if they are required during the night.

Should you need care and support around the clock, we will put together a small team to provide care on an hourly basis, day and night, for total peace of mind.



**Call and speak to a member of our team to find out how Bluebird Care can help you and your family.**

# THE NATIONAL GARDENS SCHEME

**Croesllanfro Farm, Groes Road, Rogerstone, Newport NP10 9GP**

**Sunday August 21st 1.30pm-5.00pm**

Let the children run around and have fun trying the Kidz Quiz. Large sweeping borders filled with late summer perennials, many unusual plants and architectural features including terracing, a folly and grotto.

If you enjoy gardening, or just getting out of doors, you will find something to inspire and impress you in every visit to one of these gardens, whether it is the beauty of the place, its planting, or the sheer hard work and dedication of all these garden owners. You are also more than likely to find tea and cakes to sustain you and best of all, a plant bargain to take home!

The National Garden Scheme (NGS) was founded in 1927, to raise money for community nurses by opening private gardens to the public. For more information on gardens open go to: [www.ngs.org.uk](http://www.ngs.org.uk) or get the Yellow Book, NGS Gardens Open for Charity. People are encouraged to book online through the National Garden Scheme. However, we are happy to take cash on the day.

Directions: From Cefn Walk go over canal bridge at the 14 Locks, stay on the lane for a 1/4 mile, white stones on island, Croesllanfro Farm is in front of you.

**Barry & Liz Davies 07957 694230**

**Admission £5.00 - children free | Unusual plants for sale**



## U3A Can Sing a Rainbow

Newport u3a Choir has performed its first concert since the lockdown in March 2022. Friends of Llanfrehfa Grange Walled Garden Society invited the choir to perform at its official opening on the May Day Bank Holiday Saturday, which fortunately was a cracking sunny day.

Members of that society have spent five years restoring the derelict Victorian garden into a recreational, leisure and therapeutic horticulture resource for the benefit of the health & care staff and the general public; the object being to improve the lives of those visiting the garden. It has been named one of the country's best green spaces.

The choir sang light-hearted melodies, jazz, pop and songs from the musicals whilst the visitors relaxed in the attractive surroundings. Instead of wearing their official uniform, members donned



bright tops of all colours of the rainbow to honour our NHS Heroes.

Since the retirement of our pianist, the Choir has been looking for someone to fill this rewarding role. Please contact us if you are interested.



**For more information about our many diverse groups visit [u3asites.org.uk/newportsewales](http://u3asites.org.uk/newportsewales) or phone Angela Robins on 07983130541.**



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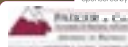
## Moonlight Walk

Friday 15<sup>th</sup> July 2022

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Sunday 11<sup>th</sup> September 2022

[www.tourdegwent.org](http://www.tourdegwent.org)

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Midi route: 20 miles  
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## THE BLACK MOUNTAIN TREKS

Saturday 17<sup>th</sup> September 2022

Route 1  
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849m

Route 2  
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Elevation  
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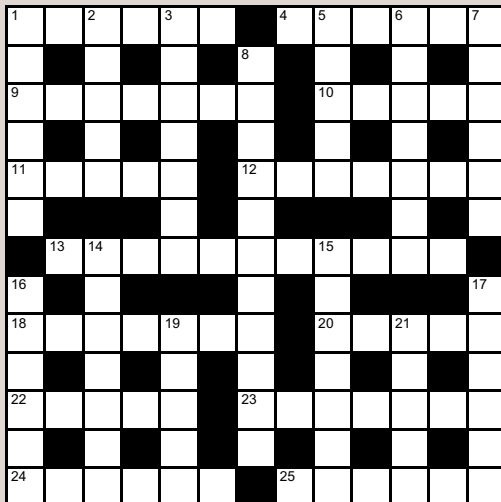
# Quick Crossword

## Across

- 1 Plant stalks used as roofing material (6)  
 4 Government tax on imports or exports (6)  
 9 Coastal area between La Spezia in Italy and Cannes in France (7)  
 10 Man in chess or draughts (5)  
 11 Well-grounded in logic or truth (5)  
 12 Stretchy fabric (7)  
 13 Substance that stimulates love or desire (11)  
 18 Female ruler of many countries (7) 20 Often the last movement of a sonata (5)  
 22 King of Judea who ordered the death of many children (5)  
 23 Country, capital Quito (7)  
 24 Beads used in prayer (6)  
 25 Fish-eating bird (6)

## Down

- 1 Flourish, prosper (6)  
 2 Block of iron or steel on which hot metals are shaped (5)  
 3 Popular British cheese (7)  
 5 First letter of the Greek alphabet (5)  
 6 Disposition to remain inactive (7)  
 7 Picture painted on a plaster wall (6)  
 8 Trader who sells sewing and dressmaking materials (11)  
 14 Egyptian paper reed (7)  
 15 Johann \_\_\_\_, Austrian composer of waltzes (1804-1849) (7)



- 16 Rope or light chain used to restrain an animal (6)  
 17 Scottish clan leader and outlaw (1671-1734), the subject of a novel by Sir Walter Scott (3,3)  
 19 Duck valued for its soft down (5)  
 21 Point directly opposite the zenith (5)

# Sudoku

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

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 32

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# Puzzle Solutions

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

## Crossword Solution

### Across:

1 Thatch 4 Tariff 9 Riviera,  
10 Piece 11 Valid 12 Elastic  
13 Aphrodisiac 18 Empress  
20 Rondo 22 Herod 23 Ecuador  
24 Rosary 25 Osprey

### Down:

1 Thrive 2 Anvil 3 Cheddar  
5 Alpha 6 Inertia 7 Fresco  
8 Haberdasher 14 Papyrus  
15 Strauss 16 Tether 17 Rob Roy  
19 Eider 21 Nadir



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## Belle Vue Park & Tea Room



# What's On

## July

### **Sunday 3rd 11.00am – 4.00pm Belle Vue Artisan Market**

Our popular monthly market returns with new and regular artisan bakers, makers and creator. We collect a donation as an entry fee for our charity Hope Rescue.

### **Sunday 3rd 1.00pm – 3.00pm Bandstand Music**

Newport Symphony Orchestra present on the bandstand.

### **Friday 15th 6.30pm – 9.30pm Street Food Friday**

Music with the Blue Evolution Band acoustic arrangement. Street Food vendors, bar and cocktails. All welcome. Free entry and in the case of wet weather we will move indoors.

### **Saturday 30th July 1.00pm – 3.00pm Rhythm on the Bandstand Music** presented by the Dave Williams Band



## August

### **Sunday 7th 11.00 am – 4.00pm Belle Vue Artisan Market.**

### **Sunday 7th 1.00pm – 3.00pm Bandstand Music**

Newport Male Voice Choir

### **Friday 19th 6.30pm – 9.30pm Street Food Friday**

Music with the Dave Williams Band. Street Food vendors, bar and cocktails. All welcome. Free entry and in the case of wet weather we will move indoors.

### **Saturday 27th 1.00pm – 3.00pm Rhythm on the Bandstand Music** presented by the Blue Evolution Band



Look out for more information on our notice boards and Facebook/Instagram @Bellevuetearooms and on our new website [www.bellevuetearoom.uk](http://www.bellevuetearoom.uk). Alternatively text or phone Jan on 07737 630657.



Email: [Bookings@bellevuetearoom.uk](mailto:Bookings@bellevuetearoom.uk) Facebook: [@bellevuetearooms](https://www.facebook.com/bellevuetearooms) Tel Jan on 07737 630657

# Visit Newport

*Visit Newport South Wales, its treasures to be uncovered.  
Take its' rare Transporter Bridge across the river.  
Pop along to its' freshly renovated Market in City centre.  
It has a food court to eat in, takeaway or deliver.*

*Newport has Flyover Murals and Underpass Mosaics.  
It has a Medieval Ship Centre and Castle Remains.  
The Riverfront and Dolman theatres' have many shows  
And Tredegar House Folk Festival has lots to entertain.*

*Stunning views of Twmbarlwm from Ridgeway's top.  
Not far from lovely visitor centre of Fourteen Locks.  
Walk along the Canals built to transport iron ore and coal.  
Canals maintained after, for use by old Newport Docks.*

*At Caerleon there's the Roman Fortress, Ampitheatre and Baths.  
Also where the World's largest carved love spoon is found.  
It is in the arts and craft centre with other sculptures.  
Wentwood Forest has a Bronze Age Burial Mound.*

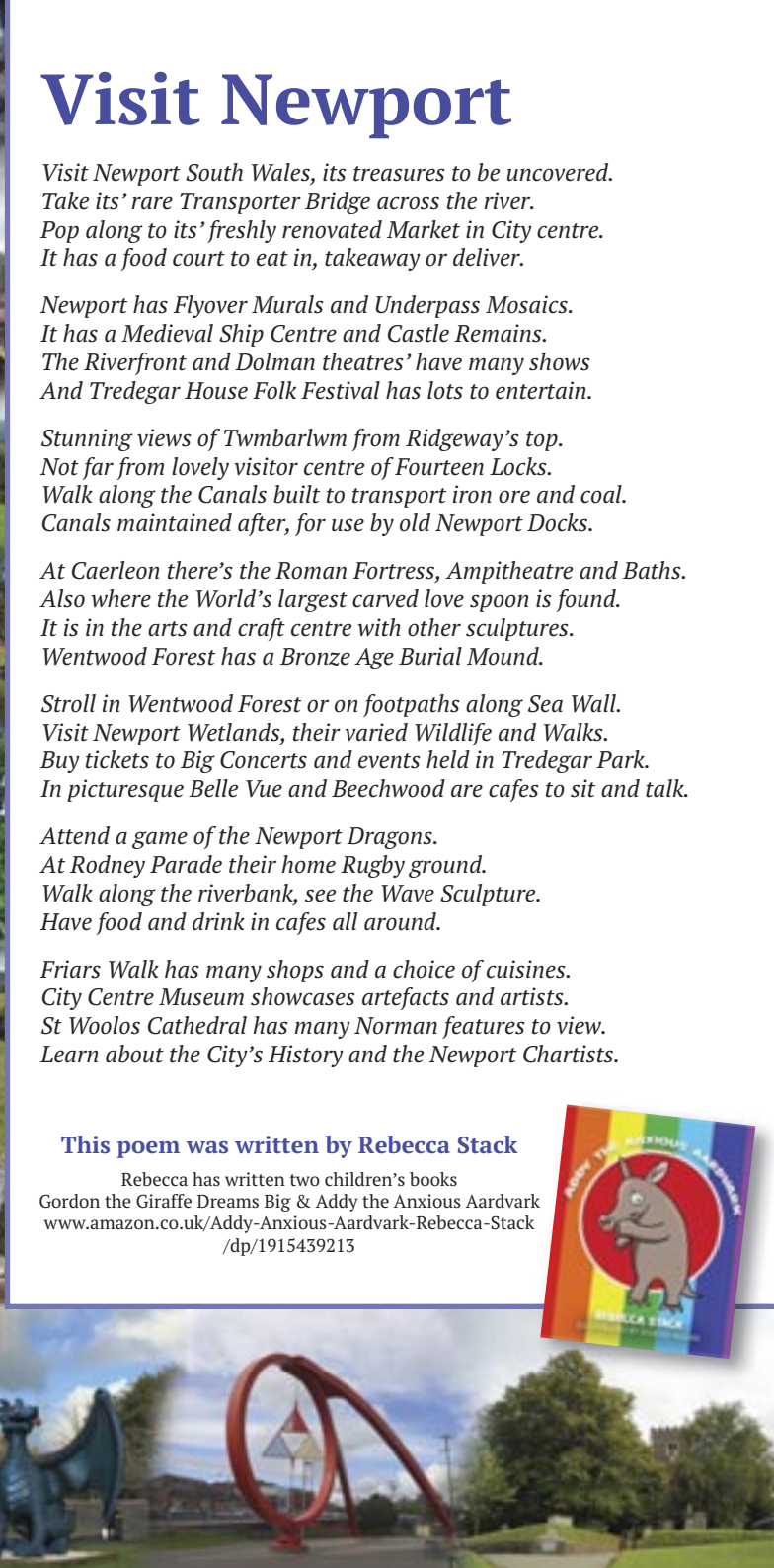
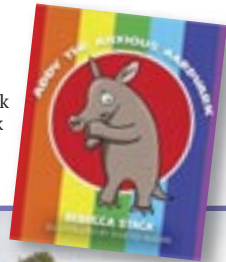
*Stroll in Wentwood Forest or on footpaths along Sea Wall.  
Visit Newport Wetlands, their varied Wildlife and Walks.  
Buy tickets to Big Concerts and events held in Tredegar Park.  
In picturesque Belle Vue and Beechwood are cafes to sit and talk.*

*Attend a game of the Newport Dragons.  
At Rodney Parade their home Rugby ground.  
Walk along the riverbank, see the Wave Sculpture.  
Have food and drink in cafes all around.*

*Friars Walk has many shops and a choice of cuisines.  
City Centre Museum showcases artefacts and artists.  
St Woolos Cathedral has many Norman features to view.  
Learn about the City's History and the Newport Chartist.*

## **This poem was written by Rebecca Stack**

Rebecca has written two children's books  
Gordon the Giraffe Dreams Big & Addy the Anxious Aardvark  
[www.amazon.co.uk/Addy-Anxious-Aardvark-Rebecca-Stack](http://www.amazon.co.uk/Addy-Anxious-Aardvark-Rebecca-Stack/dp/1915439213)  
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