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ISSUE 75
JULY/
AUGUST 2022



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WELCOME!

Now the Jubilee celebrations are over, let's hope the weather will be kind to us in July and August, so we will all be able to take a walk in our local beautiful countryside, lovely beaches and benefit from some summer sunshine.

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Motoring News Roundup...

including news that we'll soon lose a familiar old road-sign



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

This month's motoring hot potatoes and news that an old favour sign is about to disappear.

I've got a small confession to make: When I'm getting close to the deadline for my monthly blog post, or when the editor of this local magazine starts to prod me for this month's rant or diatribe, I will often turn to my ol' pal Mr Google, the BBC or the motoring community (e.g. The AA & RAC) to see what's exciting them about motoring or the motor trade at the moment. I've chosen a couple of their stories this month, based on their proximity to our business.

The first directly impacts on our business, so I'm keeping a close eye on it: Boris, on one of the days that he wasn't partying, urged MPs to look for 'innovative ways' to find solutions to the challenges facing the country as a result of the Ukraine War, the threat of 25 year high inflation and the fuel cost crisis. Transport Secretary Grant Shapps came to cabinet with his contribution of a good idea... It's a beauty! His new proposal is that the annual Ministry of Transport (MOT) Test be scrapped and replaced with a check every 2 years. Drivers could then save more than £55 a year. The idea was floated with senior party members last month. Needless to say, the plans have been widely criticised as it would almost certainly lead to unfit vehicles being on the road, and drivers would inevitably end up paying more to fix their cars every other year. A

problem emerging with a vehicle will inevitably take more fixing after another year's motorising than it would have done a year ago! Having witnessed some very un-roadworthy vehicle over the years, the prospect of waiting a further 12 months to identify and repair a problem doesn't bear thinking about. I need not set out my view on this proposal!

The other hot potato is the much lauded reduction in fuel duty, announced in the Chancellor's Spring Statement back in March. As you may recall, he triumphantly announced that fuel duty would be cut... not by 1p... not by 2p, but by 5p per litre until March 2023. *Hurrah!* However, what you probably DIDN'T consider is... 1.) Fuel duty is applied to wholesale fuel prices and 2.) Tax revenue from VAT on fuel is actually higher than it was a year ago. This is because the Revenue collects more VAT when fuel prices go up. The RAC delved into this a little deeper and discovered that the whole 5p duty reduction was NOT being passed onto motorists and when increased VAT was applied to the price at the pumps, the poor motorists

are seeing an average reduction of just 3.59p per litre of petrol and a measly 2.43p/Litre reduction in diesel. An RAC spokesman said, "*Had the Chancellor cut VAT, rather than duty, the motorist would have seen an immediate and guaranteed reduction in their fuel bill next time they visited a petrol station.*" The RAC appears to be supporting the petition to have fuel duty further reduced. With the petition already at 100,000 signatures, it is likely that it will be debated in parliament soon.

But it's not all serious disturbing news... It seems that younger drivers may not know what this sign (on the left) means. So, in an effort to improve UK road signage, the steam train is set to disappear in favour of displaying a modern train. (*They can't be serious?*) A rise in recent accidents has indicated that the steam train could be confusing to younger drivers & pedestrians unsure on what the signage means.

Really? So, in an effort to assist the Department of Transport to improve road safety, I am delighted to bring you the new replacement sign... here it is on the right.

You saw it here first folks!

Happy Motoring

Mike Joenn

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Something is always better than nothing

The caption 'something is better than nothing' is a phrase I frequently utilise with my Personal Training clients. You will never regret a workout, but more importantly you will never regret just doing a little something towards your health, like go for a walk, stretch, follow a YouTube video, the options today are endless.

As a Personal Trainer I aim to inspire those I help, and to achieve any marginal gains and by marginal gains I mean at least 15 minutes of health and wellness activities every day. 15 minutes every day adds up to 105 minutes across a week, within a month that's an extra 7 hours and as a total across the year that's an additional 84 hours. This is pretty extraordinary for those who struggle to achieve just one hour every now and again.

I know what you're thinking, is 15 minutes enough? I'm here to tell you, 100% it is. You can achieve a decent power walk, a fantastic body weight workout (Tabata training, high interval training is only 4mins long, and has proven benefits that impact across fitness, strength, power, stamina and weight loss) or even a wonderful Yoga or Pilates based stretch routine all in 15 minutes. All of which significantly impact upon your health benefits.

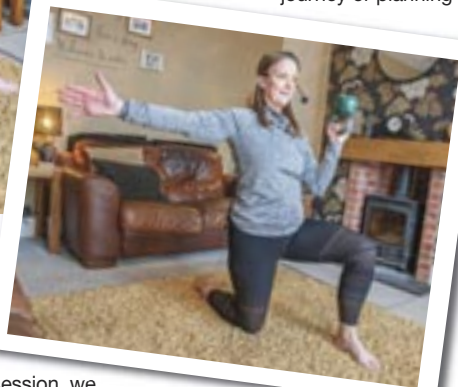
For too long we've put ourselves under pressure 'to go' somewhere like a gym, leisure centre or class and that sessions need to be an hour long, why? Well I'm here to tell you, you don't. Think about your daily structure, from family tasks, shopping, school, outside commitments, clubs and hobbies. Could you plan 15mins a day? I know each and every one of us



go without that session completely, missing that vital opportunity to help improve the body and mind.

So next time you feel like your day is running away with you, remembering those vital 15 minutes add up to something great, meaning 'something is really better than nothing'. 15 minutes a day is great investment in your health, after all it's the only place you really need to live, so look after yourself.

Whether you're on a new health journey or planning



could, it just needs to be a priority for you, and believe me, then you'll do it.

All too often if we miss that vital session, we instantly throw in the towel and feel a failure and discount that day and in most instances the rest of the week. Rather than think something is better than nothing we simply stop and give in. We can all plan great sessions and arrange to join in an activity, but because time or work commitments get in the way we

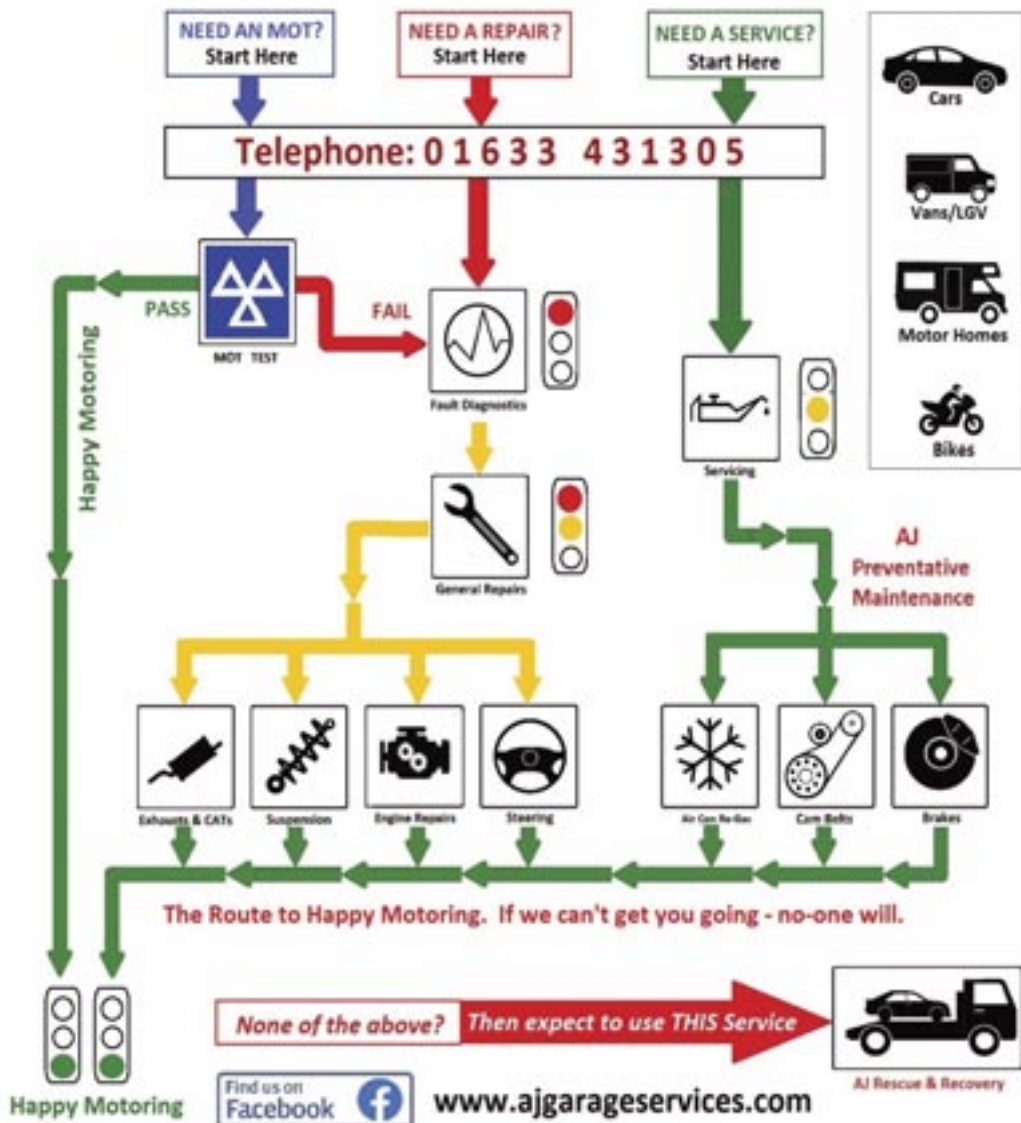
a mobility programme so you can do everyday tasks without pain, always remember 'something is better than nothing', I promise you, you won't regret it. 15 minutes is all you need!

If you ever have any questions, please feel free to get in touch. I'm here to help.



**Good luck and as always if you have any questions, please ask.
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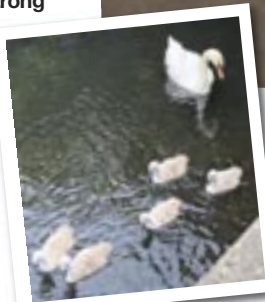


Springtime Perils

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 Tredelech 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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Twmbarlwm Beacon Starts Jubilee Celebrations...

What a great weekend of celebrations it was for The Queen's Platinum Jubilee, and what a great way to kick it off with a Beacon on top of Gwent's iconic landmark, Mynydd Twmbarlwm. Thousands of similar beacons were lit, not only around the UK but all around the globe throughout the commonwealth countries.

After months of planning the joint organisers, Cymdeithas Twmbarlwm Society and the Risca Community Council, led a team of willing volunteers up to the top of Twmbarlwm to light a Commemorative Beacon – at a height of 419m it's the highest peak in south Wales.

The Society called on the help of many local organisations to make the event happen including Risca Fire Service who provided a 4x4 vehicle and three strong men to transport the Beacon and bottles of gas to the top – and bring it all down again.

Also in attendance were a team from the local branch of the St John's Ambulance Service whose specialist skills, fortunately, were not needed on the night.



The 1st Abercarn Scouts played a great part in helping guide visitors up the mountain and more importantly back down again in the dark. Scout

Rhys Richards, who recently received the Chief Scout's Gold Award, was given the honour of lighting the Beacon.

Weather on the night was perfect and we were treated to a beautiful sunset.

The Beacon burned brightly for half hour while the gathered throng marveled at the views and tried to identify the location of other beacons that could be seen far and wide.

The organising team were very grateful to all those who helped make the event such a success.

*Terry Evans, Chairman
Cymdeithas Twmbarlwm Society*

The Iron Age Hill Fort on Twmbarlwm has been used as a location to light a Beacon for centuries. Photo courtesy Craig Hale, 1st Abercarn Scouts.

...again



A related story from the night concerns Mr Cedric Mumford – he has been a member of CTS since it's inception and he has a special claim to fame because he was also at the first Twmbarlwm Beacon event for Her Majesty on the occasion of her Coronation in 1953 – 70 years ago.

Cedric was in the scouts on that first occasion and helped build a bonfire on top of Twmbarlwm. He clearly remembers how someone had to crawl inside the bonfire to light it and how they all watched in awe as other bonfires started to be lit on hill tops as far as the eye could see.

It was an emotional journey for Cedric who travelled from his home in Cardiff to relive those memories from 70 years ago and the Twmbarlwm Society was extremely pleased to welcome him here again.



Chris Evans MP for Islwyn, who delivered a short speech and the dedication to the Queen and led a rendition of the National Anthem before the lighting of the Beacon, is seen here with some of the 1st Abercarn Scouts.

CTS meet at the car park below Twmbarlwm's summit for a litter pick and volunteer workday on the last Sunday of every month to which everyone is invited, it's not all hard work and it's a great opportunity to find your way around up there. We organise walks and other events throughout the year so watch our website and Facebook page for details.

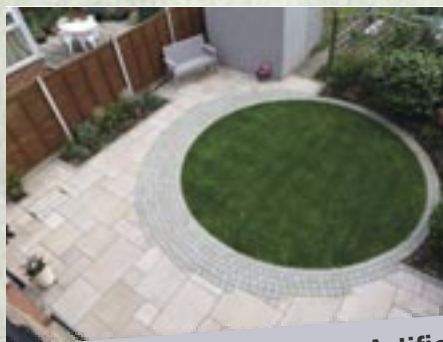
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Gwerinwyr Gwent Diary

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.

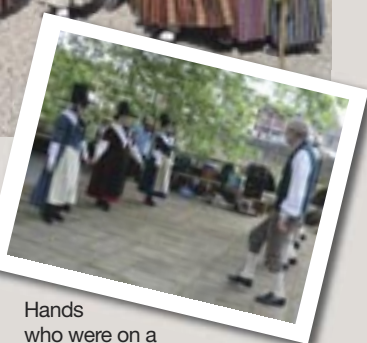
Barbara Griffiths, our MC, gave a 3-part talk on Lord and Lady Llanover and we interspersed that with displays and audience participation until we were lucky enough to join them for lunch, a very pleasant morning for us, and I hope everyone present.

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



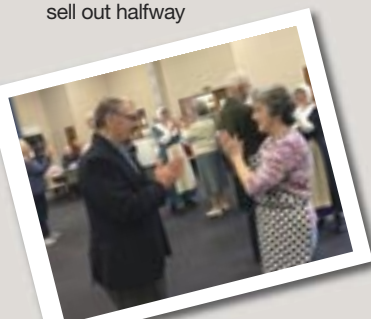
Hands

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 or call us on 01495 271953.





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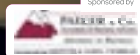
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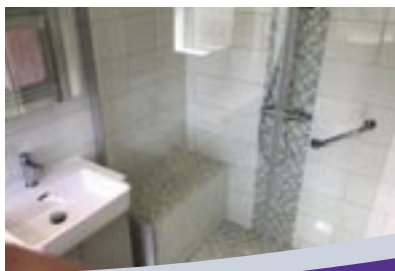


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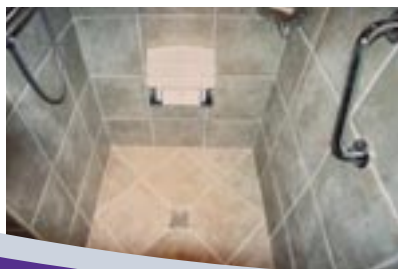
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U3A Can Sing a Rainbow

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 or phone Angela Robins on 07983130541.

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 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

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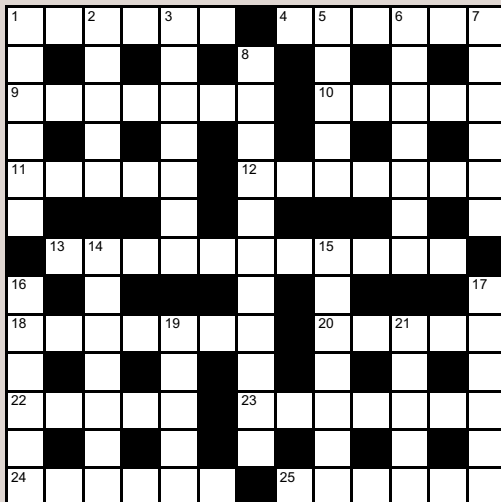
Quick Crossword

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 25

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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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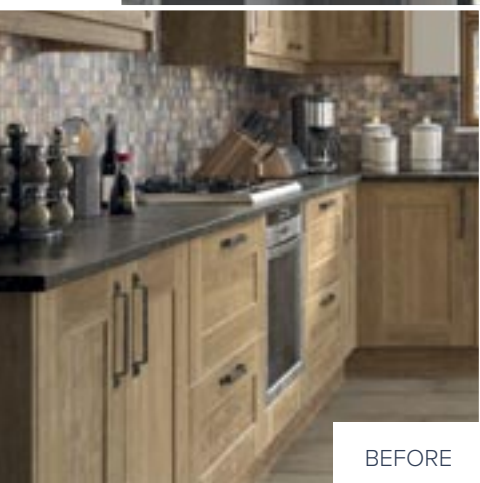
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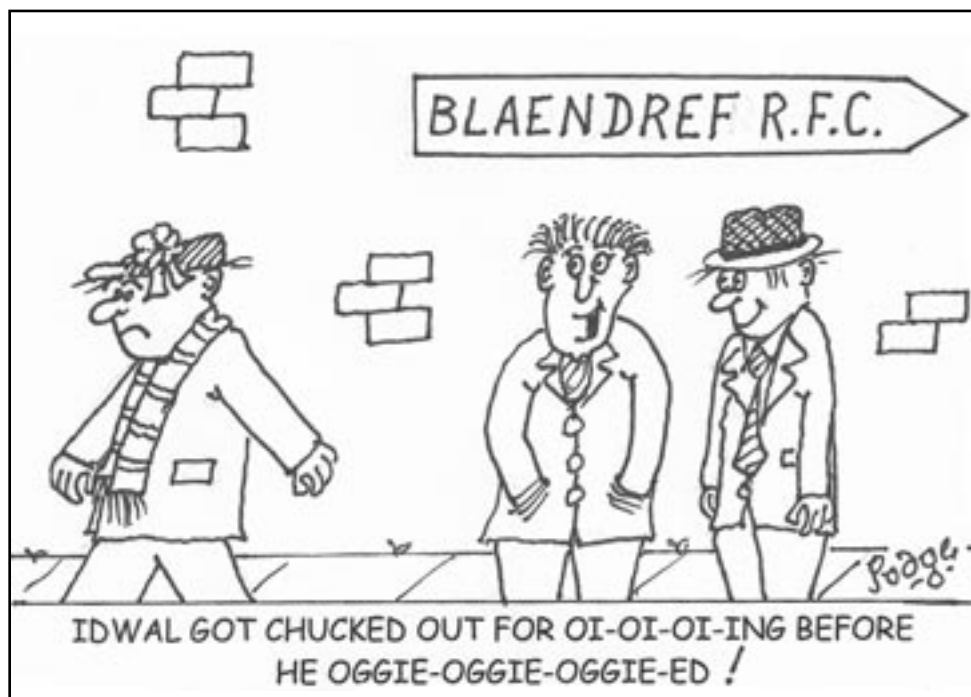


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- Te / Coffi

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For more information or to register contact Sadie on sadie.lewis@glamorgancricket.co.uk or call 07949 468041. Alternatively, contact Adam on 07807043239 or adam.howells@newport.gov.uk

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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

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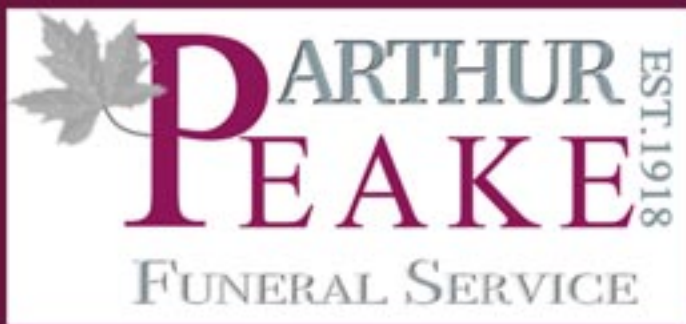
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