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ISSUE 96 JANUARY/FEBRUARY 2024



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Wishing you all a 2024 filled with kindness, compassion, respect and gentleness.

Susan

**COPY DEADLINE FOR THE MARCH / APRIL EDITION
MONDAY 29TH JANUARY**

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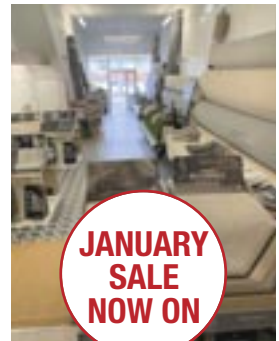
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Happy New Year

I hope Christmas was all you expected it to be and that you managed to celebrate with family and friends. Hopefully you will have enjoyed some of those family traditions that are a part of many families' Christmases. Rogerstone Roses certainly managed to enjoy the familiar triad of festive events, a Christmassy talk, a celebration dinner and a Christmas party.

But time marches on and here we are in 2024, so Happy New Year to you all from Rogerstone Roses Women's Institute. I don't normally write our name in full but decided to after meeting a lady (am I allowed to say that these days or do I just have to call her a person - not sure about that!) who had never heard of the Women's Institute. How much longer will we be able to use that title? Will we have to become something much more in keeping with the crazy political correctness of today, that readers, is a personal view. I'm sorry if some of you are offended but I am having great difficulty in keeping up with phrases that are correct these days, it seems that offence is easily given. Again, another personal thought perhaps some of these 'righteous' folk should taking up an all-consuming hobby and leave the rest of us to potter on with our daily lives.

This year I am not planning any personal resolutions, mainly because by the end of January they are already long forgotten.

But I do have some hopes for the human race, it is often said that we learn from our mistakes, but this is not always true. Man's inhumanity to man is horrendous, this is played out daily in the war-torn countries throughout the world. Equality for women is a pipe dream in many countries. Let us all hope that 2024 will be a year that sees an end to conflict and strife.

An extension of the W.I. is the charity ACCW, the Associated Country Women of the World. This charity seeks to empower women in all their diversity all over the globe. Let us hope that this new year will see their work go from strength to strength and women will be seen as equals in these lands.

As always, our programme of events for 2024 is varied with

something for everyone, there will be talks, demonstrations, physical activities, nothing too strenuous I assure you, picnics a quiz and plenty more.

If you think that any of these things might interest you why not come along to a meeting. These are held at St John's Church Hall, Risca Road, near the Handpost in Newport. Our meetings start at 7.30pm but members arrive from 7.10pm to enjoy refreshments and a chat. Meetings are always on the second and fourth Tuesday of the month.

Liz James



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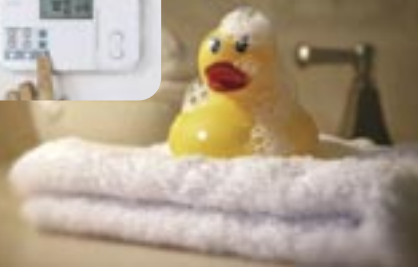


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RIVERS IN SOUTH WALES

River Usk

The River Usk rises on the northern slopes of the Black Mountain in the westernmost part of the Bannau Brycheiniog National Park. It flows north into Usk Reservoir, then east by Sennybridge to Brecon before turning southeast to flow by Talybont-on-Usk, Crickhowell and Abergavenny after which it takes a more southerly course.

Beyond the town of Usk it passes Caerleon to flow through the heart of the city of Newport and into the Severn Estuary at Uskmouth. The river is about 78 miles long and the Monmouthshire and Brecon Canal follows the river for most of the length of the canal. The normal tidal limit of the river is just below the bridge at Newbridge-on-Usk, some five miles north of Newport.

The River Usk has played an important role in the history of Wales. Evidence of the long-standing use in transport and trade came in the form of the remains of the Newport Ship that were discovered in 2002. This ship, dated to around 1465, was most likely a trading vessel and may have sailed around Europe. Its presence in the Usk has confirmed what an important trading route the Usk must have been to the many towns and villages.

Talybont Reservoir



Caerleon



Monmouth



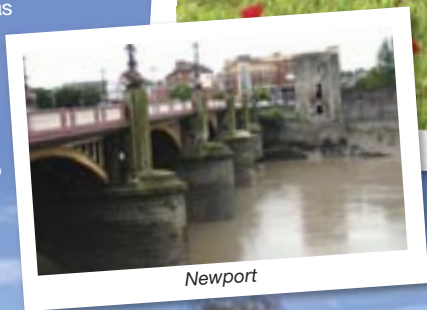
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Usk



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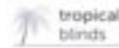
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Consistency versus Sporadic?

Happy New year.

Here's a great question for you, do you think that being consistent with exercise, at shorter intervals with a health goal, is better than having a go, fewer times, but for longer? Based on research, the answer is consistency and shorter intervals. This is applicable not only to the associated health benefits you might encounter like weight loss to strength gains with exercise, but shifts in mood, mental wellness, blood pressure, cognitive function, cardiovascular and the management of chronic health conditions all well documented to improve. I appreciate that this sometimes



is not always easy to manage, with work and life commitments driving our functionality. However, would you accept, given our need for technology, that you couldn't give yourself 10 minutes every day of the week to do something to improve your health? Whilst scrolling through social media or reading a book,

could you stretch? Whilst on a meeting, within boundaries, could you walk and talk? Whilst being taxi for the family, are you able to secure time out to concentrate on breathing techniques for 10 minutes?

Little and often is the key to long term health success. So, when you're thinking about what your going to do at the start of January 2024, have a little closer look at the time you've spent on social media in your insights and think about how better your time could have been spent on you, and stop looking at what the world around you is doing. Take back some control and accountability for you, you are very worth it.

If you ever need help or advice, please get in touch, I'm here to help.

Thanks for reading, Karla. 07791 217306



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NEW YEAR 'INVESTMENT' RESOLUTIONS

Navigating the choices planning for the future brings

Like millions of Britons, you've probably made some New Year's resolutions. Now you need to figure out how to make them become a reality. Having a personal lifestyle financial plan in place early will make it easier to manage your money further down the line.

With so many savings and investments options out there, you might feel confused about what's the right choice for you. That's where we step in to help. It's never too early to start to plan. The sooner you work out your goals and start following a plan to achieve them, the more likely you are to succeed.

A personal lifestyle financial plan is now more important than ever. In these difficult economic times, people need to be aware of how to better manage their money and generate new sources of income to survive and thrive in today's world.

A solid personal financial plan will keep your finances on track while allowing you the freedom to have fun, spend time with your family and save for future endeavours or emergencies that may come up.

To create a strong personal lifestyle financial plan that works for you, it's a good idea to first take some time and ask yourself questions about why you want this kind of plan, what exactly it would entail, what its benefits are to you, what you hope to get from it in the future, and what steps you can take to make it happen.

Asking yourself these questions is a good first step towards creating a lifestyle financial plan that will work for years. By taking the time to find out exactly what your goals are, you'll be better able to move towards them – and keep moving even when life gets in the way of achieving them.

This knowledge can help you get on track more quickly after a setback or help you stay the course when times get tough. A solid personal financial plan starts with asking these key questions of yourself before going any further.

IN SUMMARY

Whatever your plans, the right advice could help bring them to life.

Your personal lifestyle financial plan should shift your focus from the goal to the journey. With a full understanding of your vision, circumstances, and priorities, we will provide you with bespoke professional advice to effectively create your



successful lifestyle plan, enabling you to achieve your financial and lifestyle goals, and together develop a strategy to make these become a reality.

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The Mysterious Airship Affair

by Paul Minton

The assistant at Newport Library pulled open one of the many drawers bearing the words, 'Western Mail' and I watched as his fingers danced over the collection of boxes crammed inside until he found what he wanted. It was packed so tightly that he struggled to lever it out. However, once retrieved, he led me to Machine No. 2, where he removed a roll of film from the box, loaded it onto a spindle and carefully threaded the end of the tape through to an empty reel on another part of the unit. When he was satisfied all was correct, he turned a dial and suddenly a series of hundred year old pages races across an illuminated screen in a blur of black and white.

If you had seen Machine No. 2, you might well have recognised it as a microfiche, although at the time (and much to my wife's amusement) I thought I was looking at a 'microfish'. No matter what it was called, I was there because of something I'd stumbled across a few days earlier: hidden amongst the footnotes of an obscure book, I'd discovered a vague reference to an incident that occurred above Rogerstone during 1913.

It was in January of that year that Captain Lionel Lindsay, the Chief Constable of Glamorgan, wrote to the local press to report how he had seen a curious airship passing over Cardiff. He said it was bigger than the well-known airships made by local man, Ernest Willows and that it moved more swiftly, leaving a trail of dense smoke in its wake. Captain Lindsay asked for witnesses to come forward in a bid to solve the mystery and in response, a Rogerstone schoolteacher named Sara Hamner contacted the newspaper to recount her own experience.

Miss Hamner described how, at six o'clock in the evening, she and her sister noticed a strange dirigible flying over an area known as Fox Wood. She reported that it was an immense object, which was travelling low enough for the whirr of its machinery to be heard from the ground. She also observed the craft was equipped



with a bright searchlight and that it seemed to wobble as it flew by, which made her wonder if it might be in difficulty. Most surprisingly of all was that Miss Hamner revealed this to be her third such encounter in almost as many weeks.

By now, newspapers were receiving similar stories from across the nation and whilst some spectators may have been fooled by celestial bodies or by 'fire balloons' launched by rural tricksters, there was a growing consensus that one or more foreign airships were responsible for the incursions. This belief was echoed by Winston Churchill in the House of Commons, although he confessed the Government was unable to confirm the nationality of the craft.

France was named by the media as one possibility but more often than not, the finger of suspicion was pointed towards Germany. Experts suggested there were

many Zeppelins amongst its armada capable of both reaching our shores and making the return journey without having to refuel. Yet it appears equally plausible that what Captain Lindsay and Miss Hamner saw was a modified Willows airship. After all, it was around this period that the Admiralty took possession of an upgraded model with a



A clock dedicated to Airship designer Ernest Willows in Cardiff Bay

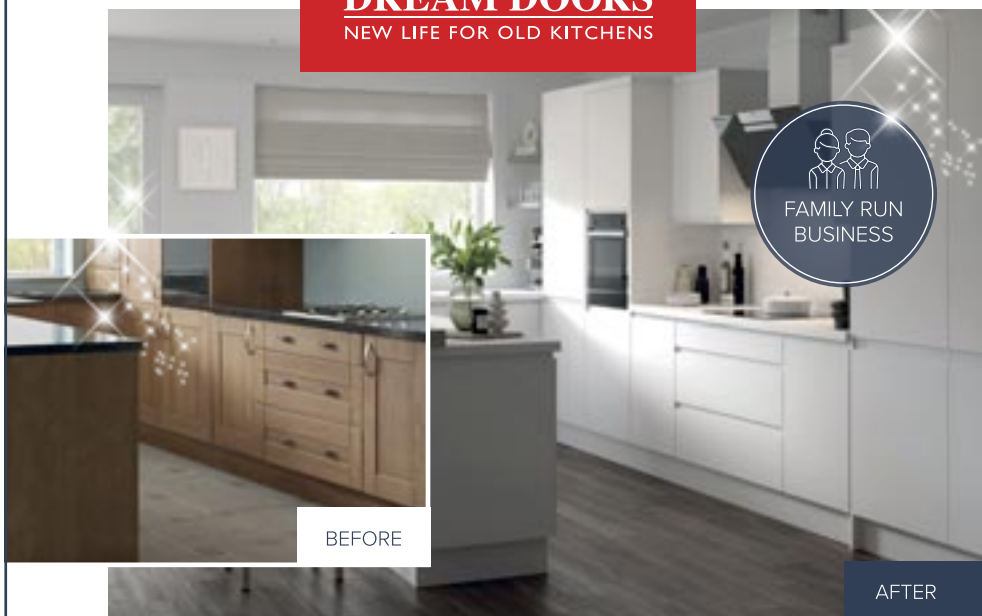
redesigned fin and rudder section and a greatly increased volume.

Whatever the explanation, it is a matter of record that within two years, German Zeppelins were indeed crossing the English Channel to conduct raids on British towns and cities. More than 5000 bombs were dropped during the campaign and 557 people lost their lives.

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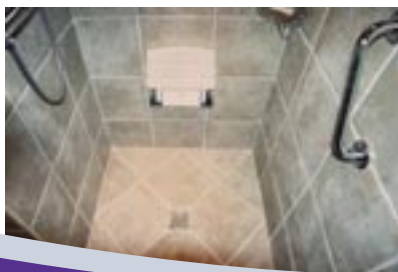
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Twmbarlwm Society Review 2023

It's that time of year again when we reflect on last year's achievements and failures – so I like to browse through all my photographs to act as an aide-memoire.

When I started looking at my hundreds, nay thousands, of photos, it proves we were as busy as ever, but unfortunately, due to space, I can barely scrape the surface here, so please visit our website to see more.

My first visit to Twmbarlwm was on 1st January and I was surprised to see how many people were up there. It was a fine but overcast day and bitterly cold but the car park was full and there were people continuously climbing the slopes to the top all the time we were there – it's great to see and a clear indication how important the mountain is to locals.

Through January and February our contractors completed the stone path from the dry-stone wall to the base of the twmp and installed a new base around the trig-point – which was a welcome sight for those hundreds of visitors who, once more, joined us on our Good Friday, annual Hot-Cross-Bun walk.

You can't really see it in the photo but we had installed a new stock fence from Pegwn-y-Bwlch around the top of the mountain to the forestry road on the south west slope of the hill-fort. This was to contain the cattle that were introduced as part of our conservation grazing scheme.

Also as part of our land management scheme to improve the bio-diversity of the area, a hardy group of volunteers did some bracken bashing on a few horrendous weekends in August and September.

Although we have done no physical archaeological work on the mountain this year, the work with CPAT and Cadw goes on and we will be publishing the finished report of last year's digs very soon.

But no round-up would be complete without a mention of the many volunteers who join us once a month, come rain or shine, to do a litter pick centred on the car park and ranging all round the mountain slopes – your help and dedication is greatly appreciated by us and every visitor.

TERRY EVANS
Chairman CTS



JANUARY



FEBRUARY



APRIL



MAY



AUGUST



SEPTEMBER

LITTER PICKING VOLUNTEERS EVERY MONTH



Cymdeithas Twmbarlwm Society 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.

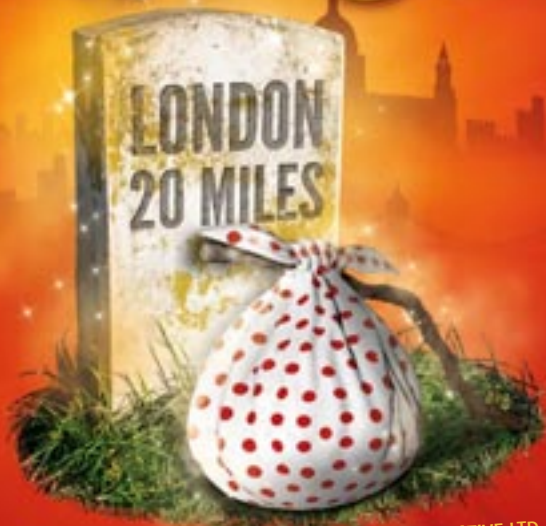
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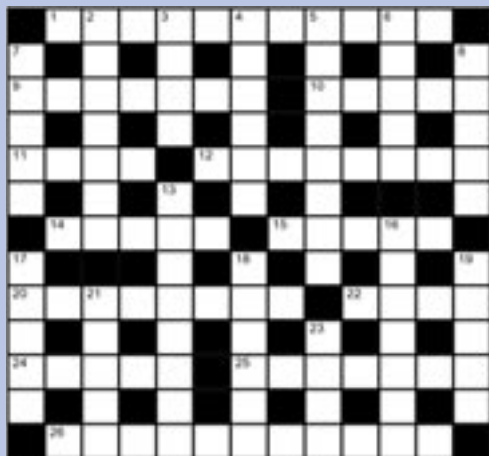
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Puzzles

CROSSWORD



Across

- 1 Sweet-smelling climbing plant (11)
- 9 Light raft made of balsa, used by Thor Heyerdahl to cross the Pacific in 1947 (3-4)
- 10 Insect in the stage between egg and pupa (5)
- 11 City of Helen, whose face "launched a thousand ships" (4)
- 12 Tree which grows in tidal, chiefly tropical, coastal swamps (8) 14 Communion table (5)
- 15 The Mill on the ___, George Eliot novel (5)
- 20 Line of descent of a pure-bred animal (8)
- 22 Brewery cart (4)
- 24 Private instructor (5)
- 25 Spanish painter, born in Greece (1541-1614) (2,5)
- 26 Primate species to which modern humans belong (4,7)

Down

- 2 Action that turns out to be to the disadvantage of the person who took it (3,4)
- 3 First name of authoress Blyton (4) 4 Helix (6)
- 5 Roman Emperor who succeeded Tiberius (8)
- 6 Key ___, 1948 film (5)
- 7 Glide across ice (5)
- 8 Biblical tower intended to reach to heaven (5)
- 13 Australian marsupial (8)
- 16 Physician who performs operations (7) 17 Mark ___, US swimmer who won seven gold medals in the 1972 Olympic Games (5)
- 18 Formerly the basic unit of money in Spain (6)
- 19 Tower supporting high-tension wires (5) 21 Mark used to indicate the word above it should be repeated (5)
- 23 Tangerine/grapefruit hybrid (4)



SUDOKU

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.

Solutions on page 29



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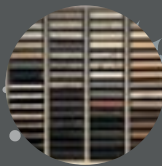
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Run it past me again Llew - your New Year's Resolution is that you won't eat chips whenever there's a K, Q or Z in the month !



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Puzzle Solutions

Across: 1 Honeysuckle, 9 Kon-Tiki, 10 Larva, 11 Troy, 12 Mangrove, 14 Altar, 15 Floss, 20 Pedigree, 22 Dray, 24 Tutor, 25 El Greco, 26 Homo sapiens.

Down: 2 Own goal, 3 Enid, 4 Spiral, 5 Caligula, 6 Largo, 7 Skate, 8 Babel, 13 Kangaroo, 16 Surgeon, 17 Spitz, 18 Peseta, 19 Pylon, 21 Ditto, 23 Ugli.

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

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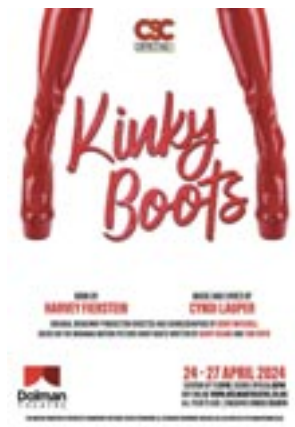
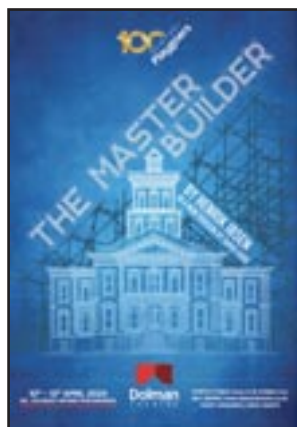
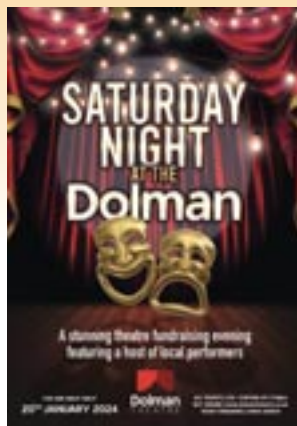
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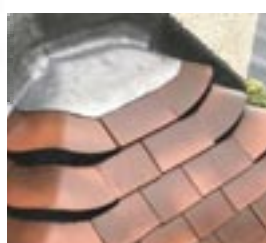
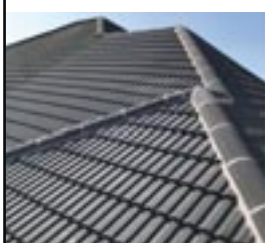


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Move opens up interesting avenues for Newport U3A

Newport u3a's move to the Dolman Theatre and our association with the Newport Playgoers Society have opened up interesting new avenues for us.

Steve and Chris Bissex-Williams are long-time members of NPS and have joined our Choir and organise special events for us. They recently co-directed a production of 'The Shakespeare Revue' at the Dolman Theatre - a witty and enchanting collection of music and skits written by theatre's finest comic writers that were inspired by the Bard.



Steven Lansdown is also a member of the choir and has many years' experience in amateur dramatics. He successfully auditioned for a role through the friendship he has formed with Steve.

In addition, Pam Linton who was a u3a member for 22 years and a previous Convenor of the Choir is also the Musical Director of NPS.



Newport u3a provides 40 social, active and cultural groups for the retired at the Dolman Theatre Wednesdays to Fridays during term time at 9.45-15.00. For more information visit u3asites.org.uk/newportsewales or phone Angela Robins on 07983 130541.

Hardy Plant Society

The Hardy Plant Society Monmouthshire group meets at the village hall on Berthon Road, Little Mill NP4 0HJ twice a month on Saturdays at 2.30pm. We invite those who love hardy perennials, shrubs and trees to share their interest by joining us.

On Wednesday 17th January at 7.30pm a Zoom talk 'Amazing Orchid Stories' by Trey Sanders of Orchid Botanics.

Learn how to grow orchids with Orchid Botanics, a Bristol-based online plant store which specialises in orchids and many other rare and unusual plant species too.

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For more details of our activities, please consult our excellent website: <https://hpsmonmouthshire.co.uk/>



The Team at Belle Vue Tea Room would like to wish you all a very healthy, happy and prosperous New Year!

We have now completed five full years at Belle Vue Park. We have learned a lot and tried to respond to feedback to make the Pavilion a family (and dog) friendly place for you to visit.

We hope you are as thrilled as we are to know that we are now embarking on what we hope to be another five years at Belle Vue. We want to continue giving you the best possible value for money in these trying times and we look forward to welcoming you rain or sunshine.

As a reflection over 2023:

- Our afternoon teas served each day from 2.00pm have grown in popularity. They comprise of locally made and homemade sweets and savouries and can be booked online or at the till. We even offer vouchers which are becoming popular as birthday gifts.
- We hosted our monthly (from March) artisan markets. We struggled with fresh meat and vegetables, so we are redoubling our efforts to bring you those in 2024.
- We supported Sparkles Appeal, our charity of the year by collecting on markets visitors' behalf over £1800 during 2023. This year we will once again be looking for a local charity to support.
- We hosted the Peace Run which is an international campaign as it made one of four stops in Wales and we hope that a memorial to peace will

be installed within the Park at some time in the future.

- We provided five out of the six planned street food Friday evenings (the weather put paid to August unfortunately). This is where we provide music on the bandstand between 6.30pm and 9.30pm. You can bring your own beverages and food and there is no charge for listening to the music. However, there are scrumptious food vendors and a bar on hand to make the events flow. We will continue this during 2024 on the third Friday of each month.
- Family events have been busy this year with 10 weddings, over 30 baby showers and adult birthday teas. We have also been privileged to host 6 funeral teas, which are sad occasions, but we try to offer support and understanding at these difficult times.
- Our loyalty card scheme has been very popular, so much so we keep running out of cards! We shall ensure that in 2024 we have plenty for our regular customers.
- Some of you may not know about our pay forward scheme. This is where, for £1.50 you can purchase a

drink for a stranger. We top that amount up and a voucher is printed for collection by someone in need. They just need to take it along to the till and a hot drink of choice is available to them.

The costs of energy, food and drink ingredients have risen significantly over the past 12 months. We have tried not to pass these costs to our customers because we know that this can be counter productive. What can mean a frequent coffee and cake can reduce to an occasional treat if prices are too high. From April, staffing costs will be higher and we anticipate the waste management will impact on us too. We are likely to have to increase costs a little, but we will also absorb costs where possible.

We are considering charging for card payments, 1% of each transaction but without the charge for cash payments. We will seek advice on this but want to assure you that you and your friends and family are important to us so we will do our best to keep costs down. Once again, we hope to see you as we continue to open every day between 9.00am and 4.00pm.

**Very best wishes
Jan, Paul and the Team**





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Clearly, There's No End in Sight

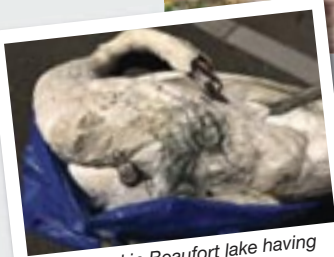
We have been writing about our exploits since 2008. In 2015, we wrote about an incident which occurred in 2008. We must have been short of material then. This was an absolutely appalling story (see photo) of an adult swan which survived being snared – hooks in both feet and a mass of heavy duty braided line – in the Severn Estuary off Black Rock near Portskewett. Until very recently, this was the scariest rescue from more points of view than one, in which we had ever become involved, with, potentially, the most appalling consequences; the swan would have drowned when the tide came in.

Now, this autumn, the horrors of this incident have been relived and exceeded. Over the years there have been calls from time to time from the lakes at Beaufort. Almost without exception, these have been to deal with angling related problems. In a way, this time round, the problem was relatively minor; the male swan was not moving very freely on the water on account of what amounted to a tourniquet around the lower part of his right leg. Clearly, it had been there some time, and the line had cut in very deeply, but, not without difficulty, this was removed, and the swan was released back with his partner.

A week later, another call from Beaufort; the same swan was



Black Rock swan showing hooks in both feet, 2008



Drowned in Beaufort lake having been caught in fishing tackle

struggling to free itself from fishing line in the middle of the lake (upper of two). With the best

will in the world, from a standing start it would be difficult to reach a position to be able to do anything in under one hour, but we did the very best we could.

Approaching the lake with a full array of rescue kit, including binoculars. There was no obvious sign of the swan. It was only by moving closer, and changing the angle of view that we obtained the first very frightening sign of what we were looking for – it looked very much as if we were already too late. Away, on the far side of the lake was a small white 'patch' under an overhanging alder tree. Immediately, one could not do other than to fear the worst. Laden with gear as we

were, we crossed to the other side of the lake as fast as we were able, only for our worst fears to be confirmed.

It wasn't easy to access the water's edge and then to retrieve the body, then, only with the aid of our longest swan hook.

Meantime, while we were preoccupied with the need to do this, we were all too aware of the partner moving around close by, calling plaintively as they do in such circumstances – such a sad sad sound, and there was nothing we could do to ease her distress.

There was line everywhere, many times tight around one leg, and leading ultimately to a medium to large hook caught in the tip of the swan's beak. We cannot begin to imagine the struggle which this poor innocent creature put up before he finally died.

As we have had cause to say again and again recently, nothing has changed in the 40 years we have been doing this work; how depressing is that!

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