

PARISH & COMMUNITY MAGAZINE

For the communities of Coed-y-Go, Llanyblodwel, Nantmawr,



Porth-y-Waen, Treflach, Trefonen and places in between and beyond

Produced by All Saints and St Michael's churches

Free of charge - please take one

Vol 34; No.9 November 2024

Border Group of Parishes

Llanyblodwel, Llanymynech, Morton & Trefonen



Rector: Currently vacant

Benefice Administrator: Helen Parish

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01691 590025

Helen will be in the office (in the church office in All Saints Trefonen) each Thursday, 9.30 - 2.30. Callers are welcome, but please phone first to let her know you're coming.

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Note: We warmly welcome all your contributions, but please be aware that on occasion these may need to be edited for length or to ensure relevance to our readership. I will always consult with the author if any substantive changes are needed, but in these cases please note that the editor's decision is final.

The magazine can also be read online and downloaded as a pdf file (in full colour) at either borderparishes.org.uk or trefonen.org

From the Editor

I was a little premature in my comments last month on the leaves falling – lots more have changed colour during October but not many trees are actually bare! This is usually due to climatic conditions (temperature, sunshine and rainfall in this case), so the phenomenon is different each year. But I don't think any of us have any doubts we are well into autumn now, sadly. I came across some seasonal tips for wellbeing from a local osteopath (p.39), which I've included by permission, for those who like me find the descent into the darker days difficult.

There seem to be lots of things going on in our villages and in the wider area this month – and note that right at the beginning of the month Trefonen has its annual Fire Festival (p.4). We also have some 'dates for your diary' for November and December (p.12), including a concert at St Oswald's Church in aid of the Movement Centre, RJAH hospital, which we supported as one of our charities at the Hill Walk weekend. No doubt there will be more to add for December in the next issue – and do check out the various early-warning Christmas-related posters we've reproduced as well.

We have our usual contributions from local organisations – the Trefonen Garden Club (p.41), the Trefonen WI (p.8), the Poetry Group (p.9) and the Community Café (p.16), along with Ann Hindley's account of the Arty Club's experience with African drumming (p.5), a report on the Trefonen village planters (p.8) and news from Bryn Offa School (p.28), Trefonen School (p.29), and St Michael's Llanyblodwel (p.22).

There are no Garden Renovations this month, but Chris Kirk offers us the first in a series of monthly gardening tips for the winter (p.34), while Meanderer brings us the last of his wonderful series of walks 'On your doorstep' (p.42). This one is more than just a walk, it's also a thought-provoking reflection on green energy.

Elsewhere in the magazine there is an update on progress with the appointment of a new Rector (p.27), Rob Buckeridge introduces us to the Book of Revelation in our Bible Books series (p.26), Lizzie Lawrence continues her thoughtful insights into life with dementia (p.25), Thought for the Month (p.24) has some alternative ideas about Remembrance, and Harriet Carty, Diocesan Churchyard adviser, suggests how to make our churchyards more attractive to visitors both human and non-human (p.35).

In a different vein, a Letter to the Editor (p.17) encourages us to become blood donors (*O mea culpa*, it's something I have never been brave enough to do, having a hatred of needles). We would like to have more such letters. So far we have had no response to our calls for quiz compilers – I hope someone will come forward, or perhaps quizzes will become a thing of the past in our magazine. I notice the stream of book reviews seem to have dried up as well. Who would like to review a Christmas book for the next issue? In other words, don't leave contributions for this magazine to other people – we'd love to hear from YOU.

And heartfelt thanks as always to those of you who do already contribute, and to our advertisers, without whom the magazine would not exist. I look forward to receiving contributions for the bumper Christmas/New Year issue, by 10th November please!

Janey Fisher

Trefonen Fire Festival

An essential date for your diaries please, is Friday 1st November on the playing fields adjacent to the village hall, when the Trefonen Fire Festival will take place from 6pm onwards.

The annual bonfire and fantastic, professional fireworks display, originally initiated by Paul and Marcia Woddy, has become a highlight of the village calendar. There will be a variety of other entertainments including children's rides, music and stalls offering some novelty items. In addition, you could be the one to push the button and start the Firework display if you win the 'NAME THE GUY' competition, as advertised in the Barley Mow and Village shop.

Hot, delicious food will also be available plus a licensed bar offering beers and wines as well as soft, hot and cold drinks.

Entry is FREE but we do hope that you will make a contribution to the collectors with their buckets mingling with the crowds. All monies raised will primarily fund next year's event.

The Fire Festival Committee, who are all local residents, are very grateful to the host of local volunteers who prepare the firework display and bonfire; help with the erection of the marquees, man the stalls and serve the food plus drinks, as well as join in with the clear up afterwards.

In addition, the night would not be possible without the support of our fantastic sponsors:

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We do hope to see you for an evening of fun and frolics.

Fire Festival Committee

Exciting October!



Trefonen Arty Group have had another great experience! We tried Djembe Drumming which has its origins in West Africa – a wonderful way of letting go of your inhibitions and frustrations and generally filling you with good feelings! It's a bit like patting your head and rubbing your tummy at the same time and sometimes you feel like you need more hands but great fun!!



It just shows you are never too old to try something different!



In the garden, the bushes and trees are all getting a good trim (although dashing in and out between the rain showers have made us feel a bit like Olympians in training – or on reflection perhaps more like those weather clocks where the figures come out when it's fine!) I have noticed the squirrel eyeing up things for his winter larder but so far he has left my bulbs alone.



We'll be getting out the Christmas trees very soon. (but we do have the Fire Festival to look forward to first!)

Have a good month everyone – I am off to watch Ray having a birthday gliding experience on the Long Mynd!



Ann Hindley



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Trefonen WI

It's Turned Out Nice Again!

Our October meeting was unusual because we welcomed our WI friends from Pant and Maesbury. The hall was full and the entertainment began. I don't think the other groups knew what to expect but they were soon singing along and laughing with Gabriela La Foley and her little ukulele. An accomplished musician and member of the Ukulele Orchestra of Great Britain, Gabriela took us on a tour around the world, visiting every continent.

Before long we had established world peace and put the country back on its feet – it was a little crazy but wonderfully funny and skilled.

The evening continued with reports from each group giving details of what we've been up to since the last group social. The atmosphere of friendship and enjoyment was palpable.

We then moved on to a delicious supper and a chance to chat. There was even a little retail therapy with a Super Scarf Stall to raise funds for the group.

On November 7th we will be back to normal and enjoying some Christmas Craft. Visitors and new members are always welcome (but please let us know this time so that we can prepare a pack for you). Contact Victoria: 07773 364992, v.gemmell@hotmail.co.uk



Village Planters

The planters either side of the village have said bye bye to the summer flowers now that the weather is changing (i.e. the rain is now getting colder!). They now have some new, tough but colourful winter displays.



Thanks to local Offa Community Support for funding these and we know it won't seem like five minutes before they'll need changing for Spring!

John Davies



Poetry Group

We met on 9th September and discussed poems by many different authors, from medieval to modern, who can't be named here because most of them are by that prolific author Anon. The poem below, written by a Syrian refugee aged 12 (published in *England: Poems from a school*, ed. Kate Clanchy), is one which isn't!

Our next meeting is Tuesday 12th November. For more details, contact either Eiluned Parry (eprobinshill@gmail.com) or Martin Fisher (fishermartinj@aol.com/01691 662748)

Where Are My Unnumbered Days?

Once I lived in a beautiful town;
Once I lived in a beautiful house,
With a grand garden full of flowers,
And I was prince of it all. Once,
I lived in a house with a name:

And now, I am just a number.
Nations talked to nations
And robbed me of myself.
They made me
A number among millions.

But my rights have no number.
My home had no number.
I could not count the petals of the flowers.
My childhood in the garden
Had no limits o it.

Take me back to my country
And I can show you the numbers.
The numbers who suffer.
The quantities of beauty.
The fallen flowers.

Mohamed Assaf (aged 12)

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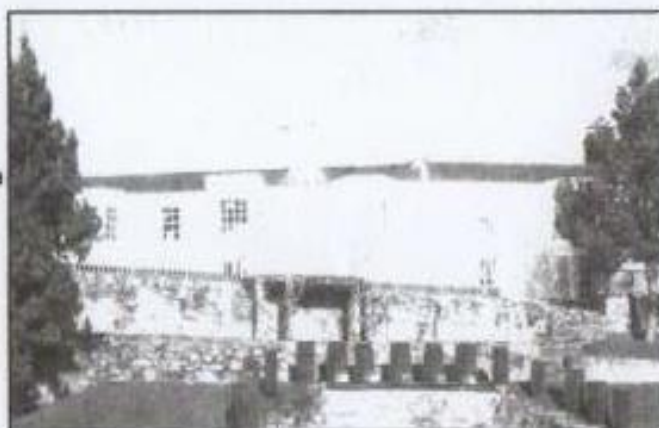
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Some events for your diary

Trefonen Village Hall

Tuesday 12th November, 7.30pm

Tuesday 10th December, 7.30pm

Whist drive: £3 payable on the door

All proceeds to the village hall.

Any enquiries to Mel Oakley: 01691657536



Sat 16th Nov, 7.30pm, Flicks in the Sticks

'The Way' starring Martin Sheen



Friday 29th November, 7pm for 7.30 start

Quiz night:

£5 per head (includes cheese platter).

Max 4 per team.

Proceeds to Offa Community Support for local projects.

Booking forms will be available shortly.

Llanyblodwel and Porth y Waen Village Hall

Saturday 14th December, 10am—3pm

Christmas pop-up market



Royal Oak

Thursday 7th November, 7.30pm Quiz night:

£2 per person, max 4 in a team.

Quiz night:

Proceeds to charity of winning team's choice.

Just turn up, no need to book. This event repeats every first Thursday in the month. Check out Trefonen Community page or Royal Oak Facebook page for any changes to dates.

Thursday 21st November, Royal Oak Aging Bulls.

Listen to 'old guys' playing 'old music'

All Saints Church

5th December, 7.30 pm

Penybontfawr male voice choir, £12 per ticket, including refreshments

Tickets available from

Trefonen shop, J@I carpets, Oswestry

Mel Oakley (58 School Lane, Trefonen)

Male voice choirs

St Oswald's Church, Oswestry

Saturday 7th December, 6 for 6.30pm

Concert by the Fron male voice choir

Proceeds to The Movement Centre,

RJAH Orthopaedic Hospital, Gobowen.

Tickets £15 from Nicky at the hospital on 01691 404248.

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The Community Café

Trefonen Village Hall

Tuesday mornings, 10.00am - 11.30am

A place to meet with friends and enjoy a cup of tea or freshly brewed coffee and homemade cakes. If you have never been before or are new to the area we would love to see you.



~~~~~

19th Nov: Fundraising in aid of Alzheimers

26th Nov: Pop-up blood pressure testing

## Café Rota:

| <u>Date</u> | <u>Set up 9.30, open 10.00</u> | <u>10.00 - 11.30</u>    | <u>Close</u> | <u>Cakes</u>    |
|-------------|--------------------------------|-------------------------|--------------|-----------------|
| 5th Nov     | Peter, Pat, Ruth               | Pat, Ruth, Rita         | Pat          | Pat, Rita       |
| 12th Nov    | Val, Dawn, Gail                | Val, Dawn, Gail         | Val          | Gail, Dawn      |
| 19th Nov    | Malcolm, Chris, Carol          | Malcolm, Chris, Carol   | Malcolm      | Carol, Chris    |
| 26th Nov    | John, Diane, Kath              | John, Diane, Kath       | John         | Diane, Kath     |
| 3rd Dec     | Jeremy, Nyria, Rosmarie        | Jeremy, Nyria, Rosmarie | Jeremy       | Nyria, Rosmarie |

**Foot Health Clinic:** Lorraine will be here on 5th November.

Contact her on 07714 244359 to make an appointment.

## Cafe News

A huge thank you to all who supported the Macmillan fundraising coffee morning at the end of September, when £264.70p was raised for the charity.

Another date for your diary: on 19th November there will be a fundraising event in aid of Alzheimer's. Do come along and support this very worthwhile charity.

The last Pop up Blood Pressure Testing morning for this year will be on Tuesday 26th November.



## Prayer Chain

If you would like prayer for an immediate need, e.g. an emergency situation, you can ring any one of the people below. Your message will be passed to each person in the chain (who is available at the time) and we will pray for your need in complete confidence.

|               |        |                 |        |
|---------------|--------|-----------------|--------|
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| Chris Kirk    | 688595 | Jill & Joan     | 656456 |
| Linda Gladman | 671363 | Rita Mathias    | 657934 |



## Letter to the Editor

Dear Parish magazine,

I wonder how many of your readers recall a national news item back in July reporting that the NHS had issued an amber alert asking hospitals to restrict the use of type O blood to essential cases. National stocks of this type had fallen to 1.6 days' worth, and overall stocks of blood across all types to 4.3 days.



The NHS gives about 43,000 transfusions each year using about 1.5 million units of blood. 70% of these treat medical conditions like cancers and blood disorders, 25% are used in surgeries like heart operations or emergency situations and 5% go to mothers and babies to treat blood loss during childbirth.



Donated blood has a shelf life of 35 days, so the blood transfusion service needs to constantly replenish its stocks. In surveys, something like 90% of the population say that they would accept a transfusion if a doctor recommended it. But fewer than 3% of the population donate.

Newcomers can become donors between the ages of 17 and 65. They need to weigh between 50kg and 158kg and be generally fit and healthy. The nearest places at which local residents can donate are Chirk and Welshpool, where sessions are run by the Welsh service. Men can donate every three months, women every four. New donors should telephone 0800 25 22 66, existing donors can also book online at <https://www.welsh-blood.org.uk/>.

*Not Count Dracula (but name & address supplied)*

### **TREFONEN INDOOR BOWLING CLUB**

We are looking for new members to join our friendly club.

Would you be interested?

We meet at Trefonen Village Hall on Wednesday evenings at 7.15 until 9.15,  
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For further details contact Kath Barclay on 01691 828587 or just come along.

First evening free.



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in St Michael's Church, Llanyblodwel

We'll be taking a break over the Winter and plan to return with an interesting and lively programme starting on Friday 4<sup>th</sup> April 2025

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# QUIZ NIGHT

**FRIDAY 29TH NOVEMBER 2024  
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## News from St Michael's Llanyblodwel

*Macmillan Café Blodwel:* One big thank you to all who helped and contributed items for the stalls and also the raffle prizes, and to all the ladies who made it possible. We raised £668.07p for Macmillan Cancer care, a wonderful result – thank you all again.



November Cafe Blodwel will be on Wednesday 6th November 10.30am – 12.30pm. There will be a plant stall there, if you have any spare plants from sorting the garden, it will be appreciated.

*Gift day:* We held our annual Gift day on October 29th. Thank you all who donated towards the upkeep of the church, very much appreciated.

The *Benefice Service* is on Sunday 27th October at 11am – a Communion Service taken by the acting Archdeacon. If you are reading this early enough, come and join us for the special service.



Our *Remembrance Day Service* will be on the 10th November. The service will start at 10.15am to enable the vicar to celebrate the act of remembrance at 11.00am.

Looking further ahead:

Our *Christmas Fair* will be held on 7th December starting at 2.00pm, at the Llanyblodwel and Porthywaen Institute. There will be various stalls – if anyone is interested in having a table top please contact Eirlys Williams on 01691 659906. Refreshments will also be served. We also think Father Christmas will be calling .... (see poster opposite).

Our *Carol Service* will be on Sunday 22nd December at 6.30pm.

The *Midnight Service* on Christmas Eve, a communion service, will be at 11.15pm.

Eirlys Williams



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## Trefonen Harvest Celebrations

Gifts of food at the Harvest service on 29th September were taken to the Oswestry Foodbank, where they weighed in at 47.6kg! Thanks to everyone who brought gifts – and to those who took them to the Foodbank on behalf of All Saints Church.



# Father Christmas

*is coming to the*



- STALLS
- RAFFLE
- REFRESHMENTS

ST. MICHAEL'S CHURCH

# Xmas Fair

*See you there!*

**Saturday 7<sup>th</sup> Dec 2 – 4PM**

LLANYBLODWEL & PORTH-Y-WAEN MEMORIAL INSTITUTE

## Thought for the month

For many people, the highlight of November is the annual memorial of those killed in war that we call Remembrance Sunday, held on the nearest Sunday to the 11th November. The date commemorates the ending of the First World War, when the guns fell silent at 11.00am on the 11th of November 1918. It is still kept, along with a time of silence at 11.00am, with varying degrees of zeal and commitment, to this day.

I thought of this when, editing my poet father's work for publication recently, I came across a poem of his entitled 'Cenotaph', written in the mid-twentieth century. My father was a profoundly Christian poet, as the poem (below) shows, but also a pacifist – he spent the Second World War as a conscientious objector, driving an ambulance round the streets of London during the Blitz.

How much, I wonder, is the continuing act of remembrance a focus on death and the dead, as the poem suggests? I leave you with the poem itself to reflect on, and make up your own mind!

Jane Anstey



Remembrance Day parade 1920

### Cenotaph

The wickedness of men is like a clock ticking,  
Ticking in a familiar room,  
No-one hears it, no-one listens to it  
But everyone knows that time is passing,  
Knows it as the shadow on the threshold,  
The storm cloud mounting behind the hill,  
The faint pain beneath the fifth rib,  
The creak on the stair when the house is still.

The men we know, *homines sapientes* of the twentieth century,  
Are afraid of wickedness, are afraid of the ticking clock  
And it is for this reason that they look back,  
Celebrating with a pageant of reiterated puppetry  
The festival of death and the dead,  
The annual worship at the monolith,  
At the stately symbol of the closed tomb.

It is because they believe in wickedness and are afraid of it  
And will not look Eastward to where the dawn is  
Will not look for the crossed star and at the stark cross  
Where the burden rolls away and the wickedness is forgiven  
But stare only at the tomb's dark certainty and dare not see  
Bright beside that empty blackness, sunlight on a displaced stone.

Bryan Anstey



## **Sofa Club**

Continuing with our senses this month, we will look at hearing and how someone living with dementia may be affected. I emphasise *may be*, as no two people may have the same feelings.



### ***Dementia distorts your reality on a daily basis***

The bang you hear outside that sent a chill all the way up your spine? It didn't exist. A firework that sounds like a mad gunman on the loose? These aural hallucinations leave you pinned to a chair, heart racing, too terrified to look outside. The sounds that dementia conjures up in the brain are as real as the pages of this magazine you are reading. One brave look out of the window proves there is no one out there rampaging up and down the street with a sawn-off shotgun. The light tap, tap, on the front door? When you go to look there is never anyone there.

All these tricks are a symptom of the disease.

Is there anything we can do in our churches to help? Be aware, loud sounds such as a police car, fire engine or ambulance siren can be piercing, or even a car revving whilst waiting for the lights to change. The gabble of chatter among the congregation and people all speaking at once may also be overwhelming. We can cope by filtering out sounds and other conversations, but someone living with dementia may find all of this disorientating and frightening.

So, if you know someone is living with dementia think and respect where they may be. I did receive a tip the other day: if you are caring for someone, hearing aids with the correct adjustment can help.

SOFA Club received a letter from the Alzheimer's Society thanking us for the donation we were able to send after the cupcake tea in June. Thank you for all those who supported.



If you have anything you may wish to share to help others who are on this journey or would like to know more yourself, please contact Lizzie (Churchwarden, Morton) on 07713083002. Our meetings in November are 7th and 21st at 2.30–4.pm, Llanymynech Church Hall.

*Lizzie Lawrence*

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## **All Saints and All Souls Service**

A Benefice Service will be held at St Michael's Church, Llanyblodwel on Friday 1st November at 7.00pm. It will be a service of prayer, reflections and readings to commemorate our loved ones who have died - to remember them and give thanks for them. Anyone is very welcome to attend.

If you would like the name of your loved one read out at this service, there will be a form at the back of both All Saints Church and St Michael's Church for you to write their names. The churches are open during the day.



## ***Bible Introductions: Some clues to understanding the Book of Revelation***

Revelation is the last book in the Bible. It is a book which many Christians avoid reading, because parts of it are hard to understand and it is written in a style or genre which is very strange for 21st century Christians, particularly those in the wealthy West who are free from persecution. But Revelation was written to give Christians hope in dark times; to make things clearer, not more difficult; to comfort and encourage, not to terrify.

Revelation is generally believed to have been written by John the Apostle, sometime between 90 and 95 CE, when John was an exile on the island of Patmos because of his Christian faith. It was written to Christians who were suffering persecution because they refused to worship the Roman emperor. John was writing to encourage all Christians not to lose hope or compromise their faith; God is in control.

The Bible promises that Jesus will come back to earth, not this time as a baby, but as a triumphant King, radiant in glory. This theme runs through the whole Bible but we find much information about Jesus' return in the book of Revelation, in which John describes a series of visions which are not just about the past or the present or the future; they have significance for all generations throughout history.



'Revelation' means 'an unveiling'. It's an uncovering of things that were hidden. It enables us to understand events from God's perspective, to see what is going on in Heaven and how that affects life on earth. In particular, it's the Revelation of Jesus, the Son of God, as he is now, in Heaven. It gives us clues about what will happen as God works out his purposes leading up to the return of Jesus to the earth in glorious splendour and majesty.

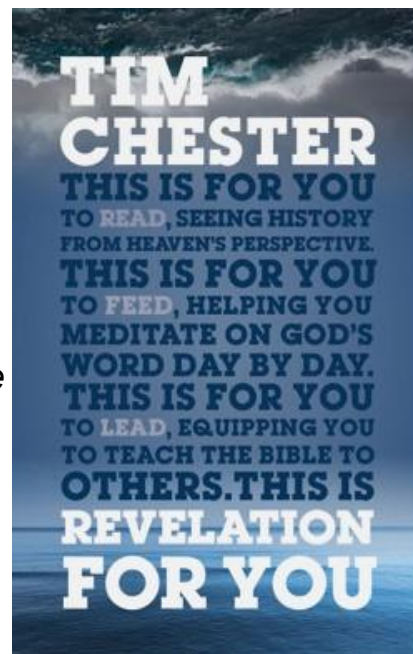
Revelation is written in very symbolic language. A symbol points to reality beyond itself. It tells you about reality but should not be taken too literally. Some of the symbols are obvious. Some are explained in the book. Some have parallels elsewhere in the Bible. Some are obscure at the moment. Things which are obscure must be interpreted in the light of things which are clear, not the other way round. It helps to treat the visions like parables. We need to look at the overall picture and get hold of the main idea but not try to push the detail too literally. There are two extremes to avoid: interpreting everything literally; and treating everything as symbolic.

The book does not show a historical sequence of events leading up to the return of Jesus. It is more like a series of different camera angles looking at what is going on. It is a collection of groups of seven events which are looked at in different ways, rather like the televised action replays when showing games of rugby or football. There are six times when John uses the words 'after this' and each time there is a change of focus (Rev 4:1; 6:1; 7:9; 15:5; 18:1; 19:1).

Revelation tells us that Jesus is ruling in Heaven. Ultimately the triumphant return of Jesus will herald the resurrection of those who have died, followed by judgement and the total downfall of Satan (the Devil). The followers of Jesus will be raised to new, eternal life. It will mean the end of sin, sickness and death and the creation of a new Heaven and a new earth untouched by evil. The last verse of Revelation says it all: 'Even so – Come, Lord Jesus.'

*Rob Buckeridge*

(If you want to study Revelation in greater depth, I recommend Tim Chester's excellent book 'Revelation for You', published by The Good Book Company, ISBN 9781909919976)



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## ***Progress with the Appointment of a New Rector***

You will be pleased to hear that we are moving steadily through the procedure we have to follow for the appointment of a new Rector. Key to this is the writing of a document, called the Profile. It describes who we are, what our hopes and aspirations are, and gives details of our communities and churches. Each of the four parishes undertook much discussion and reflection and agreed its own statement. We have now brought the ideas together and drafted the text of the Border Benefice Profile. The first sections give details of our location on the Border, how the parishes are working together, the challenges we think the new Rector would face and a role and person specification. These are followed by the individual parish profiles. This is the information anyone seeking to apply for the post would receive.

We now await feedback and a meeting with the Bishop of Shrewsbury, before an advert can be placed. Probably a few months to go yet, before we can welcome someone to join us! Meanwhile much work is being done to upgrade the Rectory and make it a lovely family home.

*K Kimber*

---

## ***Prayer Points for the Community***

- Remembering all those who have lost and continue to lose their lives through wars and conflicts
- Praying for peace in this troubled world, especially Ukraine and the Middle East
- Remembering our loved ones who are no longer with us
- Praying for those who feel isolated or alone as the days grow shorter and we spend more time indoors



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## ***From the Registers***

Funeral: All Saints, Trefonen Gillian Evans 19<sup>th</sup> September 2024



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**Bryn Offa CE Primary School -  
Autumn Term Highlights**



We've had a fantastic start to the term at Bryn Offa, celebrating Harvest with our families. The generosity of our community has been heartwarming, and all donations have been gratefully received by Oswestry Foodbank. Here's a glimpse into what each class has been up to:

**Class 1**

Class 1 has been celebrating how special they are by sharing baby photos and stories about their names. A visit from baby Olive and Miss Hyde was a highlight, and we've enjoyed exploring Autumn in our school grounds through maths activities.

**Class 2**

Class 2 focused on the theme "Under the Sea," learning about the oceans and marine life. A trip to Blue Planet Aquarium was a highlight, where we explored ocean habitats and watched rays being fed.

**Class 3**

Class 3 studied Floella Benjamin's journey from Trinidad and explored settlements in Geography. In Science, we built paper bridges and tested surfaces for car travel—an exciting hands-on start!

**Class 4**

Class 4 explored Katherine Johnson's story through a 'conscience alley' activity, discussed global trade in Geography, and investigated rocks in Science. Our RE lessons focused on creation and caring for the world. Year 5's are eagerly awaiting their Conover residential. Children in class 4 and 5 have been enjoying playing their own brass instrument as part of this term's music lesson.



**Class 5**

Class 5 has been studying electrical circuits, experimenting with buzzers and bulbs, and writing newspaper reports based on *Holes*. Learning brass instruments in music has been a hit, with students showing great leadership and embodying the value of Friendship.



We're also excited to announce two Open Mornings for families of children starting Reception in 2025: **Wednesday, 27th November** and **Tuesday, 10th December** from 9:30am to 11am. Please contact us at 01691 830 621 or email [admin@brynoffa.shropshire.sch.uk](mailto:admin@brynoffa.shropshire.sch.uk) to register.

Kind Regards,  
Celine Keleher. Headteacher

## Trefonen School News

Last term we had our annual sponsored walk 'Laps for literacy', the children walked or ran round the Jubilee playing field as many times as they could in twenty minutes to raise funds to buy new reading books for the school. We also had an 'Odd Shoes Day', raising money for Guide Dogs For the Blind. Thank you to all those who took part.

### Our Value of the Month is: EMPATHY

We will be thinking about:

Caring Kindness Good manners Respect Sympathy Understanding Compassion

*Thought for the month:*

'Too often we underestimate the power of a touch, a smile, a kind word, or a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around'.

*Leo Buscaglia*

**We will be learning:**

- E - Everybody needs somebody
- M - Model and Mirror
- P - Put yourself in their shoes
- A - Ask if you can help
- T - Treat others the way you want to be treated
- H - Hurtful or helpful
- Y - You feel better and they feel better

**Robins** have been practising their handwriting and learning how to write sentences. In science we have been learning about our senses, and in maths learning about parts of a whole number.

**Nightingales** have been learning phonics and ordering numbers. They have also been looking at how to make different numbers using the rekenreks.

**Wrens** have been looking at what you can do with digital devices that we can do non digitally and looking at the differences, particularly in art.

**Puffins** have been working on being safe on the internet and creating a class Puffin logo and a list of class expectations.

**Hawks** have been writing a diary entry based on our term's literacy book; they have been very imaginative.

### November dates:

|                  |                                                |
|------------------|------------------------------------------------|
| Monday 4th Nov   | Start of second half term and Yr 6 Bikeability |
| Friday 8th Nov   | Book Fayre                                     |
| Monday 11th Nov  | Maths Week and Remembrance Day                 |
| Tuesday 12th Nov | Bags2School collection                         |
| Friday 15th Nov  | Children in Need – Spotty Day                  |
| Friday 22nd Nov  | Creative Prayer and Spirituality Day Workshops |
| Monday 25th Nov  | Christmas Wrap                                 |
| Friday 29th Nov  | Christmas Pantomime                            |

### Friends of Trefonen School (FoTS)

If you would like to get involved please contact the school on 01691 652960 or email [friendsoftrefonenschool@gmail.com](mailto:friendsoftrefonenschool@gmail.com)

School email: - [parentcontact@trefonen.shropshire.sch.uk](mailto:parentcontact@trefonen.shropshire.sch.uk)

School website [www.trefonenschool.co.uk](http://www.trefonenschool.co.uk)

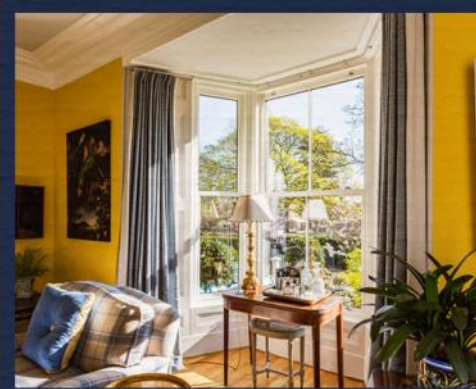
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# Trefonen and District Garden Club

## **November Gardening**

Over the next few months, for a change, there will be some tips on gardening, starting this month.

*Tulips* - As a rule of thumb plant your tulips after the last cut of your lawn. Once the grass has stopped growing you know that the soil temperatures are low enough to plant your tulips. They need a cool soil temperature to initiate root growth and inhibit any pests and diseases that may be present in the ground.



*Leaves* – Leaves can be left to mulch down in the beds and borders, but do clear them from the lawn. Leaves are a valuable asset and should not be burnt or disposed of in the garden waste bin. Instead put them in sacks, a clamp or add them to the compost to rot down.

*House plants* – Be careful not to over-water as most house plants will have stopped growing; only lightly water when necessary. Remove dead or yellowing foliage and spent flowers. It is good to have a few indoor plants to look after especially if getting outside isn't an option.

*Seed Heads* – If you have some attractive seed heads in the garden, pick a few to dry and perhaps spray for use in Christmas decorations and leave the rest for the birds.

*General* – There is plenty of questionable and sometimes frustrating advice given at this time of the year. Keep doing what has worked for you – you know your garden better than anyone. There are many different planting styles, all individual to ourselves and our gardens.

*Chris Kirk*



## Churchyard visitors

People love to visit churches, chapels and cathedrals. Recent visitor surveys have shown that more people are visiting cathedrals this year, with an increase in visitors of 17% since 2022. They come for a variety reasons – attending services and concerts, enjoying the heritage and history and visiting exhibitions. This increase in visitors is the result of hard work and lateral thinking, focusing on making these special places appeal to those who may not be regular attendees.

Actually, it's possible that even more people are visiting burial grounds, be they churchyards, chapel yards, cemeteries or of course cathedral grounds. A survey in 2018 found that more than half the visitors to churchyards were neither entering the church building nor visiting a particular grave, they were there to enjoy the peace, tranquillity, bird song, flowers and history of these special outdoor places. They were also making use



of facilities such as surfaced paths, benches, ramps and other accessibility features.

Managing a churchyard for both people and nature really creates a space that looks cared for and is accessible but is still full of the peaceful and enriching sights and sounds of wildlife that people so enjoy. By the autumn, all of the grassland areas in churchyards will be cut short but it's important to leave a small patch of tussocky grass, nettles and hogweed around the back, perhaps by a compost heap, so that insects and other invertebrates have somewhere to overwinter. This will be used by frogs, toads, newts and slowworms who will be feeding on these invertebrates as well as by small mammals and birds. Hedgehogs in particular need shelter like this as well as food such as worms, slugs and beetles.



Berry-bearing shrubs or hedges can be left until the late winter before pruning or trimming in order to feed and shelter birds and small mammals. If there is ivy present you may have noticed the buzz of ivy bees on the flowers in September, flowers which have now been replaced by small black berries. Birds such as thrushes, blackbirds, pigeons and blackcaps love these berries which are rich in fat so good winter tuck! Autumn is a great time to make deadwood piles from windblown twigs and branches, pile up autumn leaves to rot down and perhaps erect some bird and bat boxes.

All of this work will enhance your churchyard so that it is teeming with even more life next spring and summer, giving pleasure to locals and visitors alike.

*Harriet Carty, Diocesan Churchyard Environmental Advisor*

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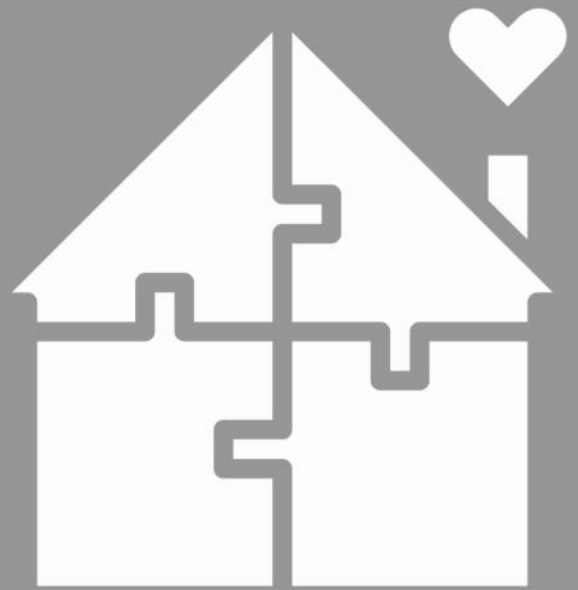
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## Staying well in Autumn

Autumn is definitely my favourite season but for some it can bring you down or signal the start of Seasonal Affective Disorder (SAD) so here's some advice to keep you feeling tip top as the nights draw in.



- Pick out the best bits: Focusing on those activities you really enjoy or are excited about in the change of season can help you to feel more positive, bonfire night, Halloween or simply being able to wear cosy socks and woolly jumpers.
- Tune in to hibernation: The natural world is slowing down after the fast paced buzz of the summer months so follow its lead! The autumn time can be a perfect opportunity to wind down and focus on the basics that embody good health and wellbeing including sleep, food and exercise. You may have more time on your hands which you can use whichever way benefits you. Whether it's cooking a new nutritious recipe or getting back into a book series you like, or simply taking more time to be in the present and relax.
- Introduce new hobbies or activities. Autumn with its chilly days and more drizzly weather can be an opportunity to source new indoor based interests such as knitting, jigsaw puzzles, arts and crafts or writing. Or you could research local clubs or classes that take place in the evenings, which could be a great way to get of the house and make use of the longer and dark evenings, whilst connecting with other people.
- Exercise. We may feel less inclined to want to get out and be active when it's colder outside, but exercise in any form can help boost our mood and give us more energy. It's easy to feel lethargic when we spend excess time inside, so whether it's a brisk lunchtime walk or joining your local gym, there are ways to keep us moving and energised, whatever the weather.
- Keep your routine: If you find you're spending more time indoors or at home, it's possible that we can fall out of routine and feel unproductive. Try to stick to a routine, such as morning walks or seeing friends or family on a set day. This helps us to maintain a sense of familiarity, keeping us active and improving focus too. If you're someone who works from home, you might want to start work later or amend your hours to ensure you have a chance to get out in the daylight and go for a walk around lunchtime.
- Sleep routine: When the clocks change on 27th October you may find your sleeping pattern alters slightly and you feel more tired. Try to stick to your normal routine and get outside early in the morning to help the natural daylight shift your body clock and adjust more quickly.
- Eat seasonal foods: Boost your intake of seasonal foods that are packed with nutrients - these including beetroots, broccoli, cabbage, kale, pumpkin and roasted squash to support your immune system as we head into winter.
- Vitamin D: We get most of our Vitamin D from the sun, so naturally our intake decreases when the weather is colder. Consider taking a supplement or getting your blood levels checked by the doctor.
- Aromatherapy to ward off bugs: I use Neal's Yard Remedies 'Organic Defence' aromatherapy oil in my diffuser at home, add it to liquid soap to make my own anti bac hand wash and as a cleanser to sanitise surfaces and support our immune systems. Made from a blend of zesty lemongrass, purifying niaouli and naturally protective thyme it's the perfect natural alternative to harsh chemical disinfectants and room refreshers.

*Claire Arnold, Meadows Osteopathic Clinic, Oswestry*



**Trefonen Garden Club Monthly Meeting**  
**7:30 p.m. Thursday 21<sup>st</sup> November Trefonen Village Hall SY10 9DY**

**2024...**

**Thank you to all those who supported and enjoyed the Trefonen Garden Club's meetings, outings, its Quiz Night and Plant Sale, thank you to all the speakers, thank you to those who shared their gardens, and thank you to the Village Hall for providing an excellent venue to meet. We hope that many new friendships were made, that gardening was just a little bit easier and more satisfying than ever.**

**And thank you to all those who are involved in producing this Magazine!**

**The next monthly meeting of the Trefonen Garden Club will feature its 2024 Annual General Meeting, a gentle evening of discussion on matters Gardening. The business of the meeting is usually swiftly agreed – it has been a good year for the Garden Club - and members and guests can and will make their views known. Plans for 2025 will be discussed amid mulled wine and mince pies.**

**Everybody welcome at the Trefonen Garden Club!**

**See our website: [www.trefonengardenclub.org.uk](http://www.trefonengardenclub.org.uk)  
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## ***On your doorstep***

It's the Montgomery canal again. If you've followed any of the earlier articles in this column, this shouldn't come as much of a surprise. Using your own preferred route, drive to Welsh Frankton - roughly midway between Whittington and Ellesmere. As you approach the village, you'll pass what they're now calling Whittington wharf, next to the Narrowboat pub. You can see from a distance that you're getting near to this – there's an enormous great electricity pylon just inside the gate. More on this later.

Once in the village and just past the mobility aids supplier, take the right turn that's directly opposite the church, signposted Lower Frankton. You're now following yet another narrow winding lane that I'm sending you down. You'll follow this for about three-quarters of a mile, though it'll probably feel a bit further. Most importantly, do not take any of the lanes that go off to the left or the right – just keep going straight ahead and don't follow any of the road markings that denote the right of way. At one point, you'll think you're heading straight into a farmyard and up to the front door of the farmhouse, but the lane turns 90<sup>0</sup> to the right at the last moment. Next, there's a hump-back canal bridge and a car park on your right.

Look around you – there are quite a few things to take in. You're at a canal junction with a signpost pointing in the directions of Llangollen, Montgomery and Hurleston (where's that, you're wondering – more on this later). You can see a lock gate in the Montgomery direction, but first, look at the bridge you've just driven over. All canal bridges are numbered sequentially, so make a note of the number of this one. Now walk down to the lock, cross the canal via the small footbridge, and back up the other side to the bridge that you've already seen over the Llangollen branch. What!!! What's going on? More on this later.

Back to the lock. You'll already have realised that you're at the first of several, all within a very short distance of one another. In fact, the first two are what is called a staircase – the bottom gate of the top lock is also the top gate of the bottom lock – simples! Depending on the time of day, you may see that the paddle gear on the top gate is secured with a padlock and chain. The Montgomery canal is undergoing restoration and, at the moment, is navigable for only eight miles from here. The Canal & River Trust limits the number of boats entering the Monty with access being controlled by a member of their staff. Passage is limited to between 9.00am and noon each day and has to be booked in advance.



There are two other conventional locks after the staircase, the four taking boats up or down through a height of 31 feet. Once at the lowest level, walk along the towpath for about 300 yards and you arrive at .... another canal junction! But the waterway off to the left stretches for only about 100 yards. The canal builders' original plan was for this to go all the way to Shrewsbury, but the money ran out when it reached Weston Lullingfields – a village just north of Baschurch. Very little evidence of that waterway remains; this short spur is known as the Weston arm.



Check out the bridge number here. Aha!! That explains it. The canal that comes via Ellesmere, down the Frankton flight and then on to Llanymynech was the first section to be constructed here. The canal that goes to Llangollen came later.

The Monty heads off under the bridge here – it's about two and a half miles to Queen's Head. Before then, about a mile away, the River Perry goes under the canal. It was near this point that the canal bank collapsed in 1936. By this date, there was very little boat traffic, and the canal company chose not to repair the damage; seven years later, the canal was legally declared abandoned. But there wasn't much boat traffic on the Llangollen section either, so why was that maintained in working order?



What we now call the Llangollen canal stretches from the Horseshoe Falls to a junction with the Shropshire Union Canal, which in turn goes from Ellesmere Port to Wolverhampton. The meeting point of the Llangollen and Shropshire is just north of Nantwich at Hurleston Junction. The Llangollen is 'downhill' all the way, descending through 14 locks in total. But instead of emptying its something like 10 million gallons a day into the Shropshire Union, it feeds a reservoir that is now owned by United Utilities and has provided the good people of Crewe and mid-Cheshire with their drinking water since 1959. Yummy!

*contd.*

Just as a 'by the way', there was mention above of Ellesmere Port, a place you might have heard of. Is there just a coincidence here? In fact, Ellesmere Port was founded on the River Mersey at the outflow of the (then, but since re-named) Ellesmere Canal. It was part of the grand scheme for a canal network linking the Mersey, the Dee and the Severn. The canal does meet the Dee at Chester but, with the advent of the railways and as we've seen above, it never managed to reach the Severn. So yes, Ellesmere Port is the 'daughter' settlement of a Shropshire town.

Before you leave the area, look towards the West again and you'll see the line of pylons nearby that run North-South. This is part of the National Grid – the network of power lines that move electricity around the nation from the places where it's generated to the places where it's used. This particular line is part of what is sometimes called the 'super-grid' operating at a voltage of 400kV – the maximum anywhere on the network. Remember that the letter 'k' here denotes 1,000, so we're talking 400,000 volts – that's a lot of whack! Do you want a science lesson at this point? Probably not. Suffice to say that it's done because higher voltages give rise to lower currents, which reduces the energy losses caused by the resistance of the wires.

But why am I so preoccupied with this? Do you remember, a few years ago, there were warnings of traffic disruption around Oswestry when components (tower sections and blades) of huge new wind turbines were coming through on their way into the Welsh hills? They ended up near Cefn Coch – a hamlet between Castle Caereinion and Carno. On a clear day, they can be seen on the horizon from several places on Blodwel and Nantmawr Banks. They joined an earlier wind farm in the same area and, it seems, these two are able to export their electricity via the existing local network. There's now a proposal to extend the farm with: *"up to 25 wind turbines generating 165MW of clean, green energy, enough to power the equivalent of 144,000 households a year"*.

But the total generating capacity would then be well beyond the current local network's ability to cope, and so this latest proposal includes a 34 mile line of 27m high pylons to bring all of this renewable power to join the grid at Welsh Frankton. There would be pylons at or near Meifod, Llansantffraid, Llanymynech, Pant, Crickheath, Maesbury Marsh, Aston and Babbinswood and a large sub-station a short distance from Welsh Frankton. Llanyblodwel and Trefonen parishes would not be directly affected, but the two others in our Benefice would, and there's absolutely no doubt that we would all notice this new infrastructure.

Where do you stand on proposals such as this? Perhaps you're pleased to learn that, at last, we're getting down to business in tackling our CO<sub>2</sub> emissions. Nobody is in any doubt any longer that climate change is threatening mankind's very existence – just look at the hurricanes, floods, droughts, wildfires, heatwaves, ice melts and other extreme weather events across the globe. They're all more frequent and more intense. What we used to call 'once in a century' events are becoming almost commonplace.

Or are you in the 'Stop the pylons' camp? Yes, we need to tackle the issue of climate change, but it should be somewhere else. This country's CO<sub>2</sub> output is dwarfed by that of others, so let them deal with it.

*Meanderer*

## Planning a children's party or a family celebration?

Why not book Trefonen Village Hall?

Lots of space and excellent facilities.

Contact:

Val Smout

Bookings Secretary

01691 657011



## Trefonen Village Shop

### SHOP & POST OFFICE OPENING TIMES:

|                  |              |
|------------------|--------------|
| Monday - Friday: | 8.00 - 6.00  |
| Saturday:        | 9.00 - 1.00  |
| Sunday:          | 10.00 - 1.00 |

Telephone 01691 671208



You will find all the items you would expect in a convenience store, but if there is anything you would like Hazel to stock, please let her know and she will do her best!

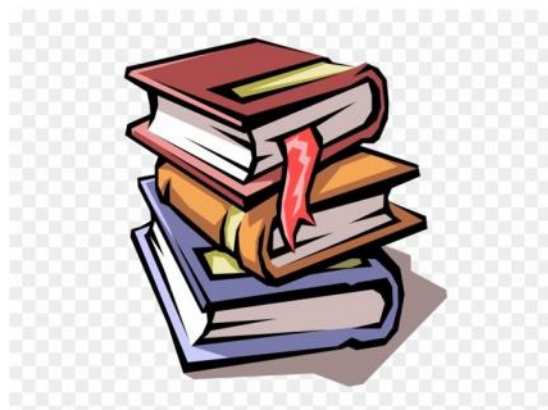
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# Church services in November

|               |                       | LLANYBLODWEL                                     |                                                                    | TREFONEN                                                                                                                                     |
|---------------|-----------------------|--------------------------------------------------|--------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Fri 1</b>  |                       |                                                  | <b>BENEFICE ALL SAINTS &amp; ALL SOULS SERVICE at LLANYBLODWEL</b> |                                                                                                                                              |
|               | <b>7.00pm</b>         |                                                  |                                                                    |                                                                                                                                              |
| <b>Sun 3</b>  | 4th before<br>Advent  | <b>MORNING WORSHIP</b><br>Leader: Rebecca C      | <b>10.30am</b>                                                     | <b>HOLY COMMUNION</b><br>Welcomers: Barry & Sue E<br>Shirley H-J<br>Jeremy G<br>Leader: Revd John Tranter & KK                               |
|               |                       |                                                  | Deuteronomy 6: 1-9<br>Hebrews 9: 11-14<br>Mark 12: 28-34           |                                                                                                                                              |
| <b>Sun 10</b> | Remembrance<br>Sunday | <b>REMEMBRANCE SERVICE</b><br>Leader: Linda G    | <b>9.30am</b>                                                      | <b>REMEMBRANCE SERVICE</b><br>Welcomers: Helen F & Helen P<br>Sue E<br>Jean R<br>Leader: Peter W                                             |
|               |                       |                                                  | Jonah 3: 1-5, 10<br>Hebrews 9: 24-end<br>Mark 1: 14-20             |                                                                                                                                              |
|               |                       |                                                  | <b>10.45am CIVIC SERVICE at WAR MEMORIAL</b>                       | Flowers: KK                                                                                                                                  |
| <b>Sun 17</b> | 2nd before<br>Advent  | <b>HOLY COMMUNION</b><br>Rev John Darch & Abie T | <b>9.30am</b>                                                      | <b>MORNING WORSHIP</b><br>Welcomers: Jean R & June B<br>Barry E<br>Rita M<br>Leader: Chris K                                                 |
|               |                       |                                                  | Daniel 12: 1-3<br>Hebrews 10: 11-14, 19-25<br>Mark 13: 1-8         |                                                                                                                                              |
| <b>Sun 24</b> | Christ the King       | <b>MORNING WORSHIP</b><br>Leader: Abie T         | <b>9.30am</b>                                                      | <b>MORNING WORSHIP</b><br>Welcomers: John & Diane W<br>Helen F<br>Victoria G<br>Leader: Linda G & Eddie Martin (Myra's Wells)<br>Flowers: KK |
|               |                       |                                                  | Daniel 7: 9-10, 13-14<br>Revelation 1: 4-8<br>John 18: 33-37       |                                                                                                                                              |

## Local contacts

|                                               |                               |                                                                                                  |
|-----------------------------------------------|-------------------------------|--------------------------------------------------------------------------------------------------|
| Jubilee Club                                  | Alwena Martin                 | 652791                                                                                           |
| Jubilee Field                                 | K Kimber                      | 679646                                                                                           |
| Llanyblodwel Parish Clerk                     | Amy Jones                     | <a href="mailto:llanyblodwelpc@gmail.com">llanyblodwelpc@gmail.com</a> 829571                    |
| Llanyblodwel & Porth-y-Waen Village Hall Sec. | Bethan Cross                  | 829368                                                                                           |
| Oswestry Rural (Trefonen) Parish Clerk        | Kathryn Lloyd                 | 07534 687663<br><a href="mailto:clerk@oswestryrural-pc.gov.uk">clerk@oswestryrural-pc.gov.uk</a> |
| Pre-School: ring 07817 641528 or              | Shropshire Council            | 01743 254452                                                                                     |
| Trefonen Garden Club                          | Chris Kirk                    | 688595                                                                                           |
| Trefonen Indoor Bowling Club                  | Kath Barkley                  | 828587                                                                                           |
| Trefonen School                               | Cathy Dunleavy (Head Teacher) | 652960                                                                                           |
| Trefonen Village Hall bookings                | Val Smout                     | <a href="mailto:valsmout@btinternet.com">valsmout@btinternet.com</a> 657011                      |
| Trefonen Village Hall Caretaker               | Clive & Kath Roberts          | 671360                                                                                           |
| Trefonen Village website                      |                               | <a href="http://www.trefonen.org">www.trefonen.org</a>                                           |

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## Some useful services

|                              |               |                                     |               |
|------------------------------|---------------|-------------------------------------|---------------|
| Electricity (Scottish Power) | 0800 027 0072 | Citizens Advice Bureau              | 0800 144 8848 |
| Severn Trent Water           | 0800 783 4444 | West Mercia Police                  | 0300 333 3000 |
| Dwr Cymru (Welsh Water)      | 0800 052 0130 | Childline                           | 0800 1111     |
| National Rail enquiries      | 03457 484950  | Samaritans                          | 116 123       |
| HOSPITALS:                   |               | Drugs & Alcohol Helpline            | 0800 776600   |
| RJ & AH Orthopaedic          | 01691 404000  | National Domestic Violence Helpline | 0808 2000 247 |
| Royal Shrewsbury             | 01743 261000  | Wales Domestic Abuse Helpline       | 0808 801 0800 |
| Wrexham Maelor               | 01978 291100  | Victim Support (National)           | 0808 168 9111 |
| Princess Royal Telford       | 01952 641222  | National Missing Persons Helpline   | 116 000       |

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## Mobile Library

Every other Thursday, 9.05 - 9.40am at the Barley Mow Inn.

Next visits: 14th & 28th November



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***Deadline for copy for the magazine is the 10th of each month.***

This is important! It allows time for the editorial team to compile the contents, followed by printing in time for publication at a weekend towards the end of the previous month. The magazine can also be viewed online, usually a few days earlier, via either the Trefonen Village website ([www.trefonen.org](http://www.trefonen.org)) or the Benefice website ([www.borderparishes.org.uk](http://www.borderparishes.org.uk)).

***Out and about ...***



*Above:* A beech tree resplendent in autumn colour

*Below:* The shop's new sign

