

# Parish & Community Magazine

July & August 2021



Volume 31  
No. 6

for the communities of Llanyblodwel, Nantmawr,  
Porth-y-Waen, Treflach and Trefonen,  
and places in between and beyond.

Produced by All Saints and St Michael's churches  
(free of charge - please take one)

# Border Group of Parishes

Llanyblodwel, Llanymynech, Morton & Trefonen



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*Benefice Administrator:* Michelle Scott bordergroupadmin@hotmail.co.uk  
01691 676383

*Michelle is working from home most of the time, but still monitoring and replying to emails to the above address; this is the best means of contact. She and Revd Kathy are usually in the office each Wednesday morning, 10.00 - 12.00, when you can phone, but please do not attend in person.*

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## From the editor:

Kent	Alpha
South Africa	Beta
Brazil	Gamma
India	Delta

No, I'm not compiling questions for a future edition of the TV quiz show 'Only Connect'. You'll probably recognise the above list, and it's left me wondering how much more of the Greek alphabet we're going to be reminded of in the weeks and months (and years?) ahead. Refresh your memory below.

The news that the 21<sup>st</sup> June date for the final Stage 4 of the roadmap out of Covid restrictions had to be postponed might not have come as much of a surprise. Perhaps you had already arrived at the conclusion that this virus is a long way from being finished with us yet.

There's brilliant news in this issue about the revised Hill Walk Weekend plans - see pages 31 & 32. There won't be any more announcements in this magazine because, as usual at this time of year, this is a double issue for July and August. Best put the dates in your diary now. Well done to Helen and the team for pulling this together - now it's down to the rest of us to support it fully.

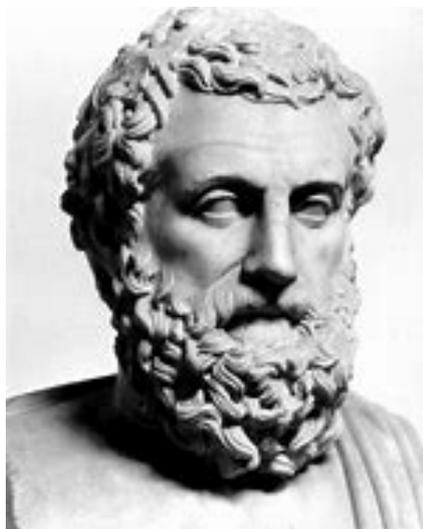
Elsewhere you'll also find details of forthcoming church services - or at least the plans that were available as we went to press. For the first time in months, there are names against various tasks, so do please check to see if you're listed to read one of the Bible passages. For a long time in the past, this sort of table occupied the centre pages of the magazine - placed there to make it easy to find. But I don't have fixed ideas about layout, and the past year has seen me trying out a number of changes to what was once normal. For the time being, these service details are going to be on the back pages. Not a relegation to the least important, merely another place where you can find them quickly and easily. Let me know what you think.

Thanks to Madhukesh Loomba for his stunning photograph of St Michael's on the front cover. Black & white doesn't really do it justice so, if you can, take a look at the electronic version of the magazine on either the Trefonen village or the Benefice website: [www.Trefonen.org](http://www.Trefonen.org) and [www.borderparishes.org.uk](http://www.borderparishes.org.uk).

*Peter.*

---

A α	alpha
B β	beta
Γ γ	gamma
Δ δ	delta
E ε	epsilon
Z ζ	zeta
H η	eta
Θ θ	theta
I ι	iota
K κ	kappa
Λ λ	lambda
M μ	mu



N ν	nu
Ξ ξ	xi
O ο	omicron
Π π	pi
P ρ	rho
Σ σ	sigma
T τ	tau
Υ υ	upsilon
Φ φ	phi
X χ	chi
Ψ ψ	psi
Ω ω	omega

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## Dial-a-Ride:

Dial-a-Ride is a door-to-door community transport service covering Oswestry and surrounding areas. The service relies completely on people volunteering their time to help members of the community who are unable to travel on public transport. This may be due to age, illness, disability or rural isolation.



As our service begins to resume after the pandemic, we are looking for volunteer drivers, passenger assistants and community car drivers. If you are interested in joining our friendly team, please give us a call (01691 671571) or pop into Qube in Oswestry and ask for Michelle or Tim.

## Ring the changes ...

Let the church bells ring again! We have, at long last, had some Church weddings - and there are more to come - since the pandemic began. Even with limited numbers and other Covid regulations in place, the occasion is still a celebration of the couple's love for each other, and it has been lovely to join with them in that.



Holding weddings isn't the only change we have seen recently. Since 4th May, new Marriage Legislation came into play, with the legal register now being kept electronically. Some changes have been made - mainly in the area of being able to register both mother and father on the documentation and/or adopted and step parents as well; a welcome change. And gone is the responsibility to issue the marriage certificate from our churches. This now lies with the county registrar after the usual formalities have been completed by us.

Change isn't always a bad thing, and we welcome both the revised law and the reinstatement of these happy occasions in our churches. If you would like to know more about holding a wedding in church, then contact Revd Kathy at [kathpant@aol.com](mailto:kathpant@aol.com) or Michelle, the Benefice Administrator, at [bordergroupadmin@hotmail.co.uk](mailto:bordergroupadmin@hotmail.co.uk).

Baptisms are just around the corner too, with a couple booked for July and one in September, which we are delighted about and looking forward to ... one more step along the world we go.

To book a baptism, again contact Revd Kathy or Michelle, we'd love to hear from you!



gg68646156 www.gograph.com

## WI Women's Health:

How can we maintain a healthy lifestyle?

In June we gave information about the wonderful NHS screening programme recommended by our expert GPs and nurses. We hope that you found it informative.

This month we highlight the available NHS vaccinations.

The NHS provides the following vaccinations:

### 1. *The flu vaccination:*

This is an annual vaccination given in the Autumn. It is free to anyone over 65 years of age. Please check the [gov.uk](https://www.gov.uk) website for details of the vaccine programme for children and younger adults.

### 2. *The HPV vaccination:*

Girls and boys aged 12-13 years are offered the Human Papillomavirus Vaccine when they are in year 8 at school. Details available on the NHS website.

### 3. *Tetanus vaccination:*

This is normally given as a child. However, adults who injure themselves or are bitten can have it repeated every 10 years.

### 4. *Shingles vaccination:*

This is given between the ages of 70 and 78.

### 5. *Pneumococcal vaccination, also known as pneumonia vaccine:*

This is available from the age of 65.

### 6. *COVID-19 vaccination:*

Shropshire is currently offering vaccination to everyone over 30 with younger adults expected to be added any day. There is discussion at the moment as to whether a top up Covid vaccination will be needed in the autumn. We'll need to keep a check on what and when these vaccinations may be made available for us and our families.

Remember the 6 Ways to Maintain our Health:

1. If in doubt, see your doctor. Don't leave things too late. Put yourself first.



2. Use the NHS testing and screening programme.

3. Maintain healthy eating.

4. Exercise.

5. Get plenty of sleep.

6. Try and reduce stress



We hope this article will help. Try not to forget or put things off for another day. A well woman is a happy woman!

Stay healthy!

Anne Ashton



**July Meeting – Thursday 15. July 7:30 p.m. at the Village Hall**

**Guest Speaker Victoria Logue on:**

## **Practical Propagation Seeds, Cuttings and Beyond**

**Email for updates and if you would like to attend. Some form of social distancing may be required: [trefonengardenclub@gmail.com](mailto:trefonengardenclub@gmail.com)**

**Hill Walk Weekend Plant and Produce Sale Saturday 28. August 10 a.m. onwards.**

**All proceeds to the Hill Walk Weekend Charities.**

**See posters over the next few weeks for details.**

**Tell your Friends and Neighbours!**

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## Bryn Offa CE Primary School:

As I reflect back on the previous year, I like to think back less to the negatives and more to the positives that have come out of the year. Of course, the children have missed out on some of their education, but we have such amazing teachers at Bryn Offa that they have made the catching up even more fun than the lost learning.



Year 6 lost out on their residential visit to Arthog, but Mr Jones has set up a residential camping trip with Arthog Staff at the Long Mynd. We haven't done this before, but being led by Mr Jones and Miss Harvey, it promises to be a real adventure. While this is happening, Year 5 children who missed doing the John Muir (Environmental) Award last Summer will have the chance to do this while Year 6 are on their residential visit.

Looking at the diary over the next few weeks there are lots of events still happening:

- Transition visits for the Year 6 children to secondary school;
- Transition visits for our new children and for our existing children to meet their new teacher;
- Visits for parents to come and have a look around the school;
- Parents evening;
- Sports day;
- End of year performance (weather permitting).



In addition to this, when I look out of my window (when not dreadfully busy of course) I see the children learning on the playground, in the Alpine Shelter, in Forest Schools and, of course, in our brand new play-house provided by the parent's association. The learning going on around the school grounds is just as impressive as what I normally see in classrooms, just safer.

If that wasn't enough, we have also just completed our most successful fund raising event, our '5K in May'. This was the brainchild of Mrs Maxfield (who is still training for the London Marathon), whose energy and enthusiasm got the whole school running, walking or cycling over the half term. To show just how amazing Mrs Maxfield is, she actually managed to get me to run 5K over the May break. I made sure my 5K route took me past two public defibrillators, but I was delighted to need neither of them.



Please do have a look on our website for the great photographs of the children and adults having so much fun outside. At the time of writing this, the total raised has just gone over £3000, which is so generous of our wonderful parents.



Before the end of term, we have our various presentations and awards, including the Church Bibles to Year 6, and in so doing wish them well on the next stage of their journey in September.

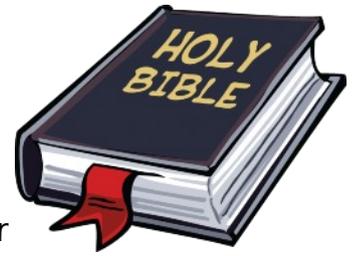
I can't believe another school year draws to a close but it does. We look forward to the summer holidays for a chance to catch our breath, recharge and begin again in September ... happy holidays to us and to you.

Mr P Thompson  
Headteacher



## Bibles for School Leavers:

It isn't too late to contribute towards the cost of purchasing a Bible for the school leavers in all three of our schools. True, we are presenting them before the end of term, but the fund for contributing towards their cost will remain. We normally give over 50 Bibles between Bryn Offa, Carreghofa and Trefonen to Year 6 pupils as they transition from our local primary schools to High School. The hope is that, at some point in the future, they may wish to delve into the Bible and find words of inspiration, encouragement and guidance. The Bibles cost approx. £10 each, but you can give any amount you wish - it all helps. If you would like to make a donation, then either take it to your church in a clearly marked envelope (School Leavers Bibles), or give to your treasurer or to Revd Kathy. In advance and anticipation, thank you.



---

## Bryn Offa Church of England Primary School

Rockwell Lane, Pant, Oswestry, Shropshire, SY10 9QR  
admin@brynoffa.shropshire.sch.uk Tel: 01691 830621

Headteacher: Mr P Thompson  
27<sup>th</sup> May 2021



### New Lunch Supervisor Required

One of our long-standing lunch supervisions is unfortunately having to leave us, so we are in the position of looking for a new lunch supervisor to start with us as soon as possible.

The role starts at 11:45am, when the dining tables are set out in the hall and the play equipment on the playground. The children usually start their lunch at 12:00pm, when younger children go into the hall first, and the older children play outside, then they swap over part way through the lunch break.

There are two elements to the role, half on the playground and half in the hall. The role includes:

#### Hall

- Setting out the tables for the children with cutlery and cups
- Helping children to get their meals and take to the table if needed
- Help opening packets and cutting food small enough
- Making sure the children eat safely and any first aid is provided quickly
- Making sure the children get enough to drink
- Cleaning up any spills and wiping tables down

#### Playground (or classrooms during wet play)

- Setting out equipment so it is ready and safe to use
- Helping the children to play nicely together
- Help children with friendships so no-one is alone.
- Deal with first aid issues and fill in appropriate medical slip

There will be a requirement for the successful candidate to be trained in first aid, as this is essential in the dining hall and on the playground. The most important quality we are looking for is for someone who enjoys being with children, and is able to manage fairly large groups of them.

If you would like further information on the position, please call or email Miss Morris in the office on 01691 830621 or [admin@brynoffa.shropshire.sch.uk](mailto:admin@brynoffa.shropshire.sch.uk)



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## Trefonen School News:

This month we say goodbye to our Year 6 pupils who will be moving on to their chosen secondary schools. Having spent five years watching them grow physically, mentally and socially day to day, the teachers and staff will miss them all, but we wish them all the very best in their new schools and for the future.



We are still counting the miles on our Challenge Tokyo and we are getting closer all time but can't say for certain if we have made it there yet, but we will enjoy watching the Olympics all the same.

Classes 4, 5 and 6 enjoyed their outdoor pursuits days last month and we are sure that they have grown in confidence as a result of their experiences, as well as the Year 3 and 4 pupils who learned about road safety during their 'Stepping Out' road safety training.

All set to enjoy an active summer!

### Class news

#### Robins

*We have been enjoying our new outdoor space with fake grass and a mini circuit with lots of different learning activities and we have also created art with the natural things we have found and we have photographed them and they are now part of an outdoor display.*

*In History we have been thinking about how Neil Armstrong might have felt before his mission to the moon.*

#### Nightingales

*Nightingales have been designing posters showing animals and plants that live in ponds.*

*We have also been reading 'Lights on Cotton Rock' and are writing diary entries and making predictions about what might happen next.*



#### Wrens

*We are measuring and recording the height of the plants we are growing for our science investigation 'Do plants need water to grow healthily?'*

*In Geography we are looking at South American countries and their different land heights, we are also looking specifically at Brazil and it's cities.*



Puffins

For the John Muir Award last month we made mini greenhouses out of recycled clear plastic items, we looked at structures and how greenhouses are really useful. We planted a garlic clove and a dwarf green bean in our mini greenhouses, it was fun.



July dates

Friday 16 <sup>th</sup> July – Tuesday 31 <sup>st</sup> August	Summer Holiday
Wednesday 1 <sup>st</sup> September	PD Day
Thursday 2 <sup>nd</sup> September	Start of Autumn Term

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)



**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.

Rev. Kathy Trimby	590025	Jill & Joan	656456
Betty Steele	652170	Linda Gladman	671363
Rita Mathias	657934	Chris Kirk	688595
Carol Pickering	262901		



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## Trefonen Wl:

Was this our final zoom meeting?



Deana welcomed members and then introduced our speaker, Bernard O'Connor, whose topic was 'The Training of Female WWII Secret Agents'.

The discovery of an abandoned airfield with a marble memorial to people who had worked there led Bernard on a journey to unearth its history, despite local residents still feeling bound to silence by the Official Secrets Act. Slowly he managed to find out about the Special Operations Executive (SOE), which selected and trained undercover agents, over 80 of them women, to infiltrate occupied European countries by parachute, sea or on foot in order to carry out top covert operations to support the war effort.



After Dunkirk, the government was aware of Britain's vulnerability to invasion, so this resistance, subversion and assassination force was developed in utmost secrecy. Women trained alongside men, but had a range of particular tasks, from sending coded messages by Morse Code to 'horizontal collaboration'!

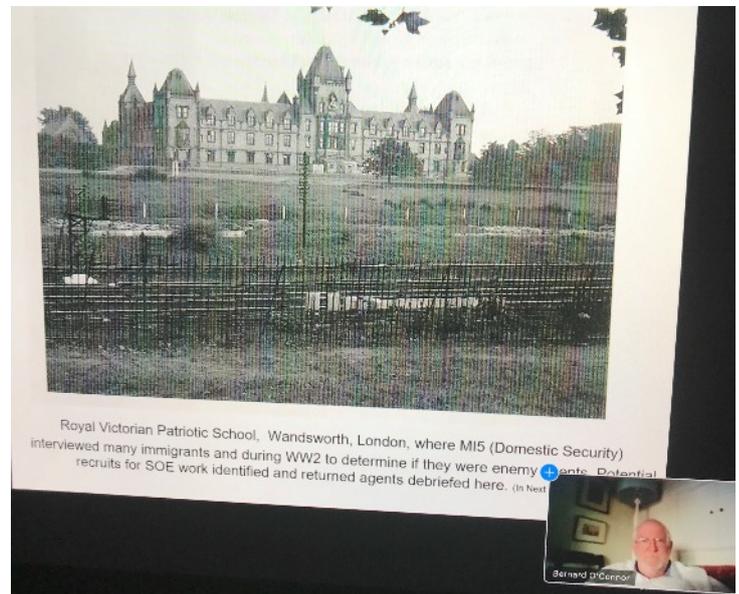
All candidates needed sufficient language and cultural fluency to pass as French natives. For example, looking right rather than left first when crossing the road could become the clue which gave you away as a spy and lead to torture to reveal your task and contacts.

Candidates also needed military training, so most were recruited from the armed forces, although a good number were captured foreign agents who agreed to work for Britain. We were amazed to hear about the rigour of their training, from psychological assessments to the skills of silent killing, from survival skills to French etiquette and current affairs, and their behaviour after availing themselves of the free 24hr bar was scrutinised to see whether use of alcohol meant they became prone to breaches in security.

We were horrified to learn that all candidates could only tell family that they were working for the government and had to sign greeting cards which were posted on their behalf from a Whitehall address, but then had no family contact throughout the war. Even unsuccessful candidates were rigidly managed and were held in a large house known as the Cooler for the rest of the war.

Unsurprisingly, though the majority of 80 survived and some were awarded honours, most continued to suffer psychological damage following torture and seeing extreme brutality. With the Official Secrets Act now rescinded and Freedom of Information Act in place, their story is gradually being told, hence the marble memorial erected on the now abandoned airfield at Tempsford.

Bernard welcomed questions, then we thanked him for having the interest and tenacity to discover such a wealth of detail and original material.



We're very much looking forward to our July meeting when we will be meeting up in person for a garden party. Fingers crossed for the road map and the weather!

Visitors and new members are always welcome. Please contact Victoria for details: 07773 365992 [v.gemmell@hotmail.co.uk](mailto:v.gemmell@hotmail.co.uk)

*Gill Buckeridge & Victoria Gemmell*

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### **Llanyblodwel news:**

The long road to recovery has begun, but we're still not sure if the 21st June is the day for all restrictions to end. We cannot plan any activities in Church until we know for sure. We are still having services every two weeks and private prayers on alternative Sundays, 10.30 - 11.30.

We are ever reminded about what Community means, especially being small and spread out. We would like to make the magazine more part of the community and welcome any ideas you might have about how we can make the magazine matter to you and your family. We truly welcome your input, so we can share community news and church matters. If you have an article, poem or old pictures of village life, please pass them on to us.



Now we have everything in place the new disabled toilet facilities will hopefully start in August.

*Eirlys Williams*

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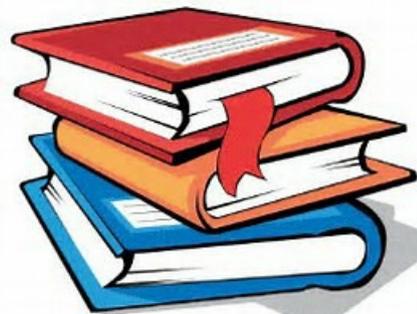
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## From the Rectory:

Summertime, and the living is easy ... the school holidays are within a stone's throw now, a chance to unwind, chill, relax and more. Much has been made in the last few weeks about holidays being off as the Covid rates are on the rise again and our travel traffic light system seems to rule out the opportunity to go on holiday. Not so! There is so much to see in this country, whatever your 'thing' is: sea, sand, scenery, history, events, theatre, sport ... the list goes on. There is something for you, just be open to it all.



They say 'a change is as good as a rest' and, just by changing four walls, or by doing something different from the norm, or with someone different, can 'lift the spirits', give a little boost, a charge of battery into our systems.

Sometimes, it's just a matter of changing perspective and being open to try new things, see ways of getting what we might need in new and innovative ways. Yes, a door we have travelled through and enjoyed before may be closed at the moment, but hey, there's other doors ...

you've got  
nothing to lose



During the last 15 months we have adapted and opened ourselves up to learning and developing new skills for our benefit. We have learned to value the things and people that are important to us and the fact they are there, can spend time with us. This is worth more than any money can buy. We need to approach our holidays in the same way - not look at what we can't do, but what we can. We have nothing to lose and everything to gain...

Even actively doing nothing can be actively doing something in our favour. It allows us to pause, to take a breath, to see, hear, experience things ordinarily not seen, heard, experienced and more.

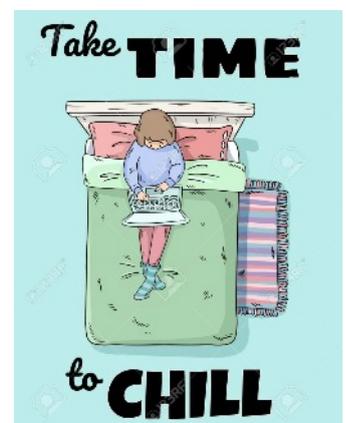
The new Archbishop of York encourages us 'to do nothing, to save our lives' and this is what he means. A holiday, really, is something that is rated so highly because it is a change, a chance to relax. But we can train our minds to do that anywhere, anytime, any place - to do nothing and yet gain everything, most of all us.

So as we head into July, our holiday time, don't stress about what can't be done. Slow down, pause, practice doing nothing, as there is so much we can learn by training ourselves to do just that, and by so doing we have so much to gain.

Enjoy. Happy holidays ...

Til next time ...

Yours in Christ, *Kathy*



## Sofa Club and Dementia Activities

At the time of writing, a new drug has been licensed in America for use with Dementia patients, which is being hailed as a breakthrough, but with caution!



The trials are small and have been interpreted in different ways, so why the talk of breakthrough?

Well, for the first time, science and research is concentrating on the causes of dementia, not on easing the severity of the symptoms. Yes, it has been shown to slow down the progress of memory loss for those who received it early on, and that has value in itself, but maybe this alone is not enough to guarantee its license for use here. This is especially true as it will cost thousands of £££s per patient per year, which may be prohibitive. But the thinking is to look at the protein which attaches and brings on the onset of the condition. If that can be stopped, or even slowed significantly, then it represents a breakthrough and hope for thousands of people and their families and friends who are living with and managing a dementia diagnosis. This may not be the drug all those living with dementia may use in the future, but where it leads then others may follow. Exciting, as what seemed beyond grasp is now seemingly possible. There may be a long way to go, but with this license there is a big dollop of hope. And that is why the research which the Alzheimer's Society and Alzheimer's UK are committed to is crucial, together with raising awareness and supporting those living with it.

June was the month of the Cupcake party in aid of Alzheimer's Society, and in Sofa Club we did have a little tea party. Money raised will go to the society and you can still give a donation to Revd Kathy or Lizzie Lawrence. Any and all will be gratefully received.



Sofa Club hopefully will continue to meet every few weeks, in small groups for the time being, and outside wherever and whenever possible. Here are our activities over the next few months:



- 15<sup>th</sup> July St Swithun's Day Activity – 'Weathering the Storm!'
- 29<sup>th</sup> July Short Service on 'Martha, Mary and Laz makes 3!'
- 19<sup>th</sup> August Holiday mood Activity - 'I do like to be beside the seaside'

For further information, contact Revd Kathy 07944 504330

---

## From the Registers:

### Llanyblodwel

Weddings: 5<sup>th</sup> June Kieran Jones & Fiona Jones  
19<sup>th</sup> June Jonathan Howard Pither & Margaret Amy Green

Funeral: 21<sup>st</sup> June Elizabeth Wendy Taylor

### Trefonen

Funeral: 12<sup>th</sup> May Jan Southern

## All Saint's 200. Anniversary Service:



This was held on 23<sup>rd</sup> May, when Bishop Sarah of Shrewsbury joined us, delivered the sermon and, afterwards, spoke to members of the congregation.





Wouldn't be a proper church 'do' without food, and just look at the cake which Betty Steele made for the occasion.



## Quiz:

Bit of a pot-pourri this month:

- Missing numbers - complete the book titles, in every case a number:  
A Tale of \_\_\_ Cities  
The \_\_\_ Musketeers  
The \_\_\_ Steps  
Around the World in \_\_\_ Days  
\_\_\_ Dalmations  
\_\_\_
- Arrange these US Presidents in chronological order of holding office:  
Dwight D Eisenhower  
John F Kennedy  
Ronald Reagan  
Franklin D Roosevelt  
George H W Bush (Sen.)  
Gerald Ford
- These are the highest mountains on the world's seven continents. Assign each one to its continent:  
Aconcagua  
Blanc  
Everest  
Kilimanjaro  
McKinley  
Vinson Massif  
Wilhelm
- Using paper and pencil only, find the answers to the following:  
 $0.8 \times 0.4$   
 $1.2 \times 0.004$   
 $1.1 \times 1.1 \times 1.1$   
 $1.1 \times 2.2 \times 3.3$
- A company makes 400 Christmas toys. Each costs £4.70 to make. One-quarter are given free to a children's home. Three-fifths of the rest are sold at the full price of £12. The remainder are sold at half price. How much profit does the company make?
- Write the current year (2021) in Roman Numerals.

- Match, correctly, these composers first names, surnames and nationalities:

Arnold	Liszt	English
Edvard	Sibelius	Austrian
Franz	Schoenberg	Hungarian
Gustav	Grieg	Finnish
Jean	Holst	Norwegian

- Collective nouns - match the following:

Charm	Crows
Kindle	Giraffes
Murder	Jellyfish
Swarm	Goldfinches
Tower	Kittens

- The BBC News Service employs many correspondents in specific roles. Match the following:

Steve Rosenberg	Middle East
Laura Kuenssberg	Security
Jon Sopel	Russia
Jeremy Bowen	Media
Frank Gardner	Politics
Amal Rajan	North America

- Most elements in the Periodic Table have shorthand symbols using letters taken from their full name; but not all. Match the following:

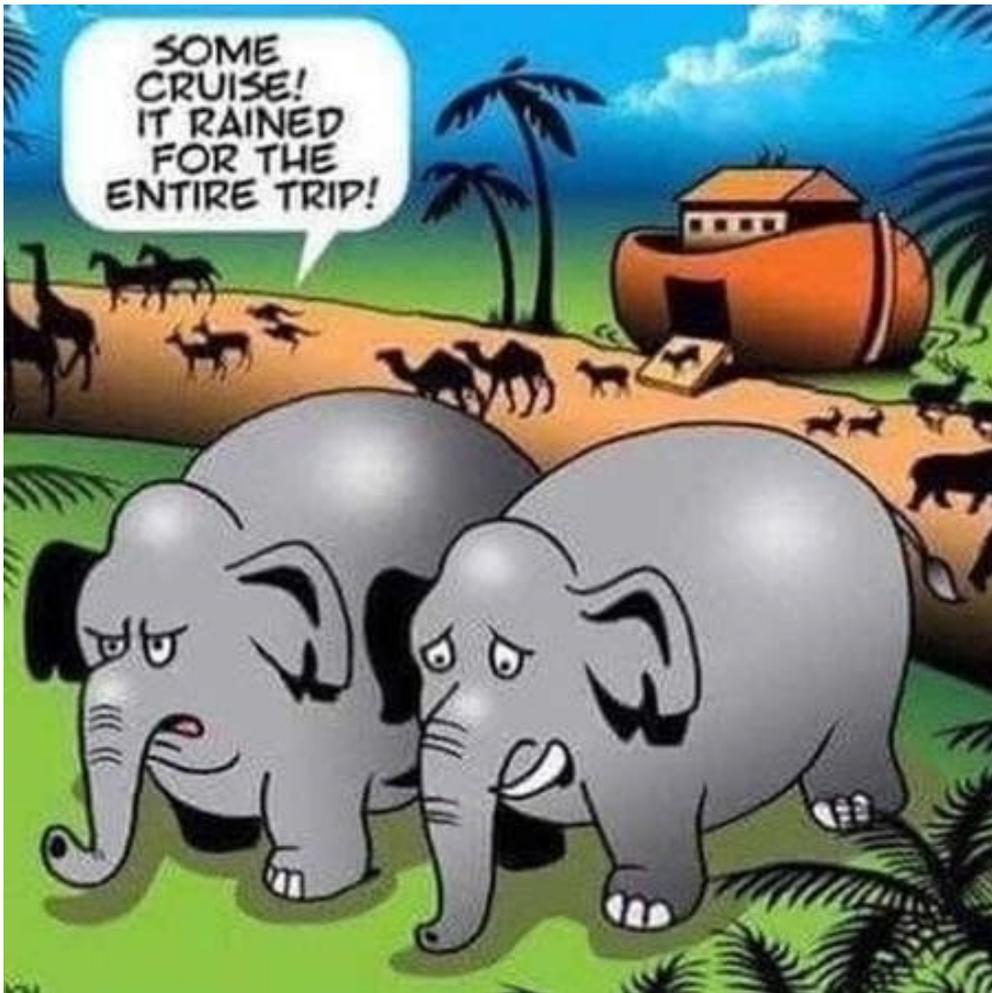
Sodium	Sn
Iron	Pb
Gold	Na
Tin	Au
Lead	K
Potassium	Fe

- And a nice easy one to finish - UK Government ministers:

Priti Patel	Foreign Secretary
Ben Wallace	Transport
Elizabeth Truss	Health
George Eustice	Education
Grant Shapps	Chancellor of the Exchequer
Gavin Williamson	Defence
Robert Jenrick	Environment/Agriculture
Rishi Sunak	Housing/Local Govt
Dominic Raab	International Trade
Matt Hancock	Home Office

*Answers on page 40*

## Holiday page:



A group of tourists on an adventure holiday in the Sahara became separated from their guide and got lost in the desert. With the sun burning down on them, and knowing they wouldn't survive for long, they made one last attempt to trek over the dunes and get back to the main group. In the distance, they spied what looked like a desert marketplace. Was it a mirage? No. As they approached, they saw that it really existed.

"Water, water, we need water," cried the youngest and strongest of the group.

"Sorry," said the trader. "I have only red jelly and cream."

They rushed to the next stall. "Have you any water for us? Quick, before we die."

"No," said the stallholder. "I have only this pudding, made of jelly with custard on it."

They rushed to the third stall. "Water, we need water, or any liquid, please."

"Can't help you," said the market trader. "I have only raspberry jelly with whipped cream."

Realising that all the stalls were selling desserts, the tourists staggered off, hoping for water elsewhere. "That was really strange," gasped the youngest member of the group.

"Yes," grunted another, "It was a trifle bazaar."

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## Hill Walk Weekend:

# August Bank Holiday Weekend - August 28<sup>th</sup> - 30<sup>th</sup>

For Parkinsons and Mirembe Clinic, Uganda and Mkoba Clinic, Zimbabwe.

I am writing this the day after the "Covid unlocking dates" have changed. Making plans for anything at the moment isn't easy!!

BUT

We need to walk ..... people with Parkinsons and in Mirembe and Mkoba, need us to walk.

SO

We have a plan:

1. We are going to take "The Walk" back to almost its origins;
2. Everything we do will be outside;
3. What ever we do we can stay in our "bubble group".

These are the plans as we go to press .... if things get better there may be some Add-Ons .... keep watching on the website ([www.trefonen-hillwalk.com](http://www.trefonen-hillwalk.com)), the Trefonen Hill Walk Facebook page or in The Village Shop for any changes and updates.



Sat. 28<sup>th</sup>: The Long Walk ..... new route .... new adventure! *(See opposite)*

Sun 29<sup>th</sup>: The Buzzard Walk and The Curlew Walk.

Open Gardens ..... from late morning until 5.00pm. If you would like to open your garden ..... doesn't have to be a show garden (if you enjoy it, we'll enjoy it) ... just contact Kay Kimber 679646.



Mon 30<sup>th</sup>: The Buzzard Walk and The Curlew Walk.



And, at the moment, that's it. As you can see, the Family Walks are on two days. Hopefully this will mean plenty of space for us all to enjoy a super walk.

I know that there will probably be lots of other things going on that weekend as well but PLEASE, for the sake of our charities, who have had such a long wait, come to:

# *The Trefonen Hill Walk Weekend*

*Helen Francis*

## August Walking:

You'll remember that there was some discomfort in the village about holding the usual event in May and it was suggested that something be organised for August bank holiday. Accordingly, the organisers of the 'Long Walk' are currently putting a plan together for Saturday 28<sup>th</sup> August.

We feel that putting on the full Saturday walk, with its planning and preparation, would be risky from many points of view, so we are putting together a one-off, medium length walk, which we think shows off our local area, will probably take a lot of folk on paths they have never walked, but also takes in some of the well-loved high points in the area: something a bit different!

The arrangements will be similar to the usual May Monday 'family walks', so expect to pay a fee at a tent in the village in exchange for a map. We will mark out the route with arrows and tape, as usual, but do not expect marshalling or refreshments. Walkers should carry their own food and water. As we expect the walk to be about 10 miles in length, this should not be a problem. We think this will be a really enjoyable outing and, as start times will be the participants' choice, there should be no queues, or bunching.

May 2022 should see us back in the 'Across The Cynllaith' routine. In the meantime, we really look forward to seeing you in August.



*'Long Walk' organising committee*

Below: Walkers near a well-loved local high point.



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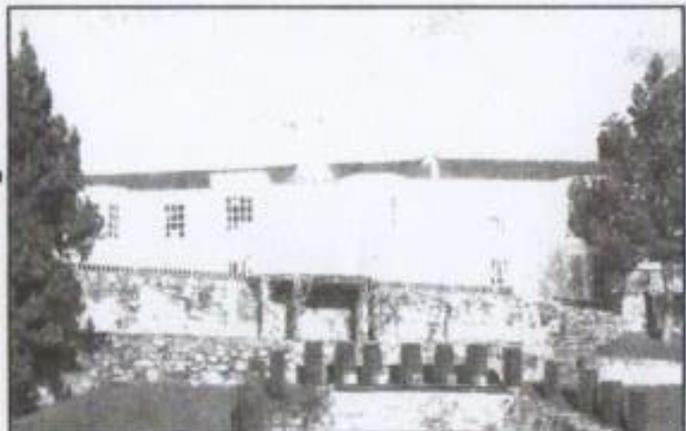
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## Trefonen Garden Club:

The Garden Club are hopeful, at least at the time of writing, that its July meeting will be at the Village Hall, Thursday 15<sup>th</sup> July at 7:30 p.m., where the speaker will be Victoria Logue and the topic, Practical Propagation Seeds, Cuttings and Beyond, a meeting that needs to be face to face. It would be wonderful to meet again, hoping that it will be safe for all.

There may of course be some restrictions and requirements. At the time of writing it is not very clear what these may be, but if you are interested in going please email [trefonengardenclub@gmail.com](mailto:trefonengardenclub@gmail.com). Some form of social distancing may be required, so we will need to know the numbers to arrange the chairs. Keep an eye on the Trefonen Garden Club website, [www.trefonengardenclub.org.uk](http://www.trefonengardenclub.org.uk). Those on the email list will be kept informed. There is the possibility that we could be outdoors - after all it will be a July summer's evening. Make a note on the calendar and tell your friends and neighbours!

This follows on from the June meeting, where James Allison gave a Zoom talk on Water Gardening, an informative and encouraging evening on his great passion and where his knowledge and enthusiasm will, we hope, have encouraged many.



We are planning an August Bank Holiday/Hill Walk Weekend plant and, by that time, produce sale, possibly in the Churchyard (again keep a look out for details), on Saturday 28<sup>th</sup> August, 10 a.m. onwards. All and any donations would be very welcome, supporting the Hill Walk Weekend Charities.

Regarding meetings, the Garden Club has its normal August rest but will be back in September. More details on the website.

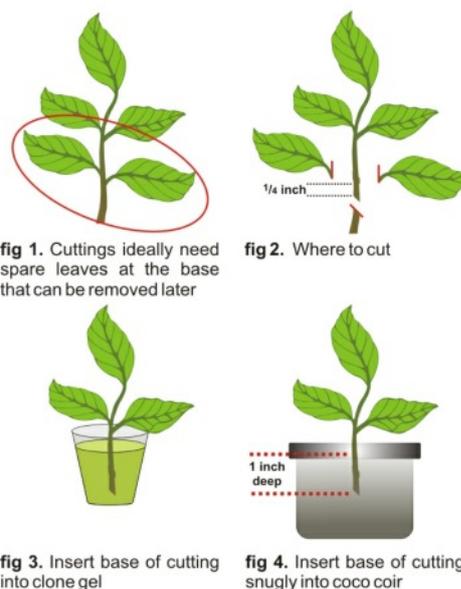


fig 1. Cuttings ideally need spare leaves at the base that can be removed later

fig 2. Where to cut

fig 3. Insert base of cutting into clone gel

fig 4. Insert base of cutting snugly into coco coir

---

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## Trefonen FC:

This month's update comes with much more promise than the previous editions. The long-awaited return to play has seen our new manager, Matt Digwood, make a positive start to life at the helm of The Pitmen.



Our first friendly fixture, played on Saturday 1<sup>st</sup> May, saw Trefonen overcome Llanfyllin Town Reserves 3-0, with Andy Garmston scoring a brace and Liam Jones netting on debut. The following midweek saw us hosting Four Crosses Reserves. A much-changed Trefonen eased past a young Four Crosses side, Huw France and Drew Brennan securing a 2 - 0 victory.

Next up for Trefonen was a tough test away to Bishops Castle Town in the Salop Leisure League Cup, although manager Matt Digwood took many positives over the course of the game, including the chance to give starts to three youngsters, all of whom are 17 years of age. Unfortunately, in testing conditions, we finished the game on the wrong side of a 5 - 1 score line.



Another away fixture was to follow, as we made the short journey to Llangedwyn. Starting the game well, Trefonen took a deserved lead through a Harri Matthews shot from distance, before an equaliser meant going into the break level at 1 - 1. Two quickfire goals from Nathan Hughes and Drew Brennan ensured Trefonen had enough to see the game through to the final whistle, a late consolation goal for the home side meant the score line finished 3 - 2 to Trefonen.

Other notable results include a home 1 - 0 home defeat to Llanymynech, which was followed by a 3 - 2 win away to Waterloo Rovers, Liam Jones scoring a brace and Ben Pullen grabbing the decisive winning goal.

Away from the pitch, Matt continues to make additions to his squad. Winger Liam Pickstock has joined us, making the switch from Llanfyllin Town. Matt has also been busy making preparations for next season, including a pre-season training schedule and friendly fixtures.

The latest Welsh Government Guidelines, announced on Friday 14<sup>th</sup> May, have meant an increase in participation for outdoor sport. This means we can now accommodate up to 50 persons in a matchday setting, rather than the previous maximum of 30. This is encouraging news and a sign that things are slowly moving in the right direction.

*Greg Stokes*

---

➔➔ You can start at any age between 17 and 66. Phone 0300 123 23 23 for the English Blood Service (nearest donation point Shrewsbury) or 0800 25 22 66 for the Welsh Blood Service (nearest donation point Chirk). Why not do it? Right now would be a good time.

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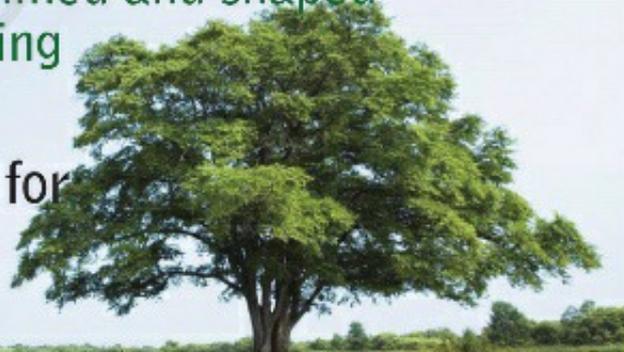
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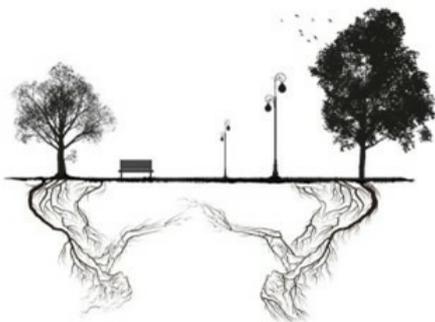
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## Give Us a Hug!



I've always loved trees, and my family are very used to me regularly hugging a handsome oak or floaty willow. So, walking in the vicinity of Chirk Castle on the Bank Holiday weekend, I was delighted to discover the amazing Crogen Oak - an ancient tree that, if the information boards were to be believed, witnessed the Battle of Crogen where Henry II was firmly trounced by the Welsh in 1165. It is also known as 'The Oak at the Gate of The Dead' as there is believed to be the battle burial site close by! What I found truly staggering was the fact that the tree had already been standing for well over a hundred years when the battle occurred, as dating suggests that it was seeded around 800-1000AD! This tree was a strapping young sapling when William the Conqueror paid his visit to our shores in 1066 and fought King Harold at The Battle of Hastings! Fortunately, this epic tree looked like it is being well cared for with branch supports and ivy removal.

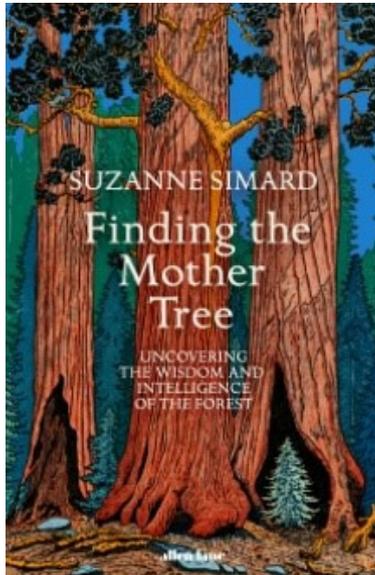
It is heartening to see that tree planting initiatives are taking root (no pun intended) in our country as we are finally waking up to the essential role that trees play in the health and well being of our planet and ourselves. Indeed, we have newly planted trees in our village thanks to the WI, and a news item on the Bank Holiday weekend showed Doctors and Nurses from a Covid Emergency Ward planting trees to offset the huge carbon emissions the ward had generated. I gather that Astra Zeneca ( a vaccine provider) are planting fifty million trees in the next few years and the National Trust has pledged to plant twenty million in the next decade.



However, it was an article in The New Scientist this week that my admiration of trees grew to new dizzying heights. It is the existence of the W/W/W, no, not the World Wide Web, but the WOOD Wide Web.

Back in 1997, Dr Suzanne Simard and her colleagues discovered that forest trees share and trade food via fungal (mycorrhizal) networks that connect their roots. Research also found that, if trees are attacked by a disease or predator, they can send chemical messages through their roots which can warn their neighbours to raise their defences. Dying trees will also donate their nutrients through the root network to their neighbours and if a tree is particularly rich in a resource such as sugar, it will give the excess to those trees in need. This was revolutionary in its time (and questioned by sceptics), but is now widely accepted.

Dr Simard and her team have continued their research and what they are discovering is truly fascinating. Experiments have revealed the existence of Mother Trees who recognise their offspring and nurture them. Lessons learned from past experiences can be transmitted from these matriarchs to their young. They discovered this by labelling a mother or a sibling plant (a sapling that grew from seed from a Mother Tree) by feeding it with carbon dioxide that contained a radioactive form of carbon. They found that the



carbon would transmit to a kin seedling, but not to a non-related one! When they allowed the seedlings to connect with their mother trees, the fungal connections (mycorrhizal) were far more effective at transmitting food, water and predator warnings than if they weren't related - incredible!

So the next time you fancy a hug and there isn't a soft, squidgy human handy, then try a tree ... they deserve it!

If you want to find out more about the 'Wood Wide Web', Dr Suzanne Simard has written a book.

*Rowan Catkinson  
(Name & address supplied)*

Answers to the Quiz:

- |  |   |   |
|--|---|---|
| 1. 2, 3, 39, 80, 101, 1984   | 9. Rosenberg<br>Kuenssberg<br>Sopel<br>Bowen<br>Gardner<br>Rajan  | Russia<br>Politics<br>N. America<br>Middle East<br>Security<br>Media  |
| 2. Roosevelt, Eisenhower, Kennedy, Ford,<br>Reagan, Bush   | 10. Sodium<br>Iron<br>Gold<br>Tin<br>Lead<br>Potassium  | Na<br>Fe<br>Au<br>Sn<br>Pb<br>K   |
| 3. Aconcagua                      S. America<br>Blanc                                Europe<br>Everest                                Asia<br>Kilimanjaro                        Africa<br>McKinley                                N. America<br>Vinson Massif                        Antarctica<br>Wilhelm                                Australasia | 11. Patel<br>Wallace<br>Truss<br>Eustice<br>Shapps<br>Williamson<br>Jenrick<br>Sunak<br>Raab<br>Hancock | Home Office<br>Defence<br>International Trade<br>Environment/Agriculture<br>Transport<br>Education<br>Housing/Local Govt.<br>Chancellor<br>Foreign Sec.<br>Health |
| 4. 032, 0.0048, 1.331, 7.986   |   |   |
| 5. £1,000  |   |   |
| 6. MMXXI   |   |   |
| 7. Franz Liszt                      Hungarian<br>Jean Sibelius                        Finnish<br>Arnold Schoenberg                Austrian<br>Edvard Grieg                        Norwegian<br>Gustav Holst                        English   |   |   |
| 8. Charm of Goldfinches<br>Kindle of Kittens<br>Murder of Crows<br>Swarm of Jellyfish<br>Tower of Giraffes   |   |   |

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**Church Services - July & August:** Once more, we are a bit in 'limbo land' in planning future services. As Christians, though, HOPE is our watchword, and so we move forwards in the hope that restrictions will be lifted. Plans are in place to be open each Sunday from July and so the details below may be subject to change at short notice - keep an eye out for further announcements.



**LLANYBLODWEL**

**TREFONEN**

**4<sup>th</sup> July** Trinity 5 **11.00am Holy Communion** *Book with Pearl Morris*

**10.45am Morning Service** *Book with K Kimber*

**11<sup>th</sup> July** Trinity 6 **11.00am Morning Worship** *Book with Pearl Morris*

**9.30am Holy Communion** *Book with K Kimber*  
 OT: 2 Samuel 6: 1-5, 12b-19  
 NT: Ephesians 1: 3-14  
 Gospel: Mark 6: 14-29  
 Prayers *K K*

**18<sup>th</sup> July** Trinity 7 **11.00am Holy Communion** *Book with Pearl Morris*

**10.45am Morning Service** *Book with K Kimber*

**25<sup>th</sup> July** Trinity 8 **11.00am Morning Worship** *Book with Pearl Morris*

**9.30am Holy Communion** *Book with K Kimber*  
 OT: 2 Samuel 11: 1-15  
 NT: Ephesians 3: 14-21  
 Gospel: John 6: 1-21  
 Prayers *Peter W*

*NB: Until further notice, readings and prayers are to be given from the pews using roving microphones.*

**LLANYBLODWEL**

**1<sup>st</sup> Aug** Trinity 9 **11.00am** **Holy Communion**

**8<sup>th</sup> Aug** Trinity 10 **11.00am** **Morning Worship**

**15<sup>th</sup> Aug** Trinity 11 **11.00am** **Holy Communion**

**22<sup>nd</sup> Aug** Trinity 12 **11.00am** **Morning Worship**

**29<sup>th</sup> Aug** Trinity 13

**Benefice Service (possibly Hill Walk Service) 12.00 Noon**

**TREFONEN**

**10.45am** **Morning Service**

**9.30am** **Holy Communion**

OT: 2 Samuel 18: 5-9, 15, 31-33

Shirley H J

NT: Ephesians 4: 25 - 5: 2

Jeremy G

Gospel: John 6: 35, 41-51

Prayers

Susan R-O

**10.45am** **Morning Service**

**9.30am** **Holy Communion**

OT: 1 Kings 8: 22-30, 41-43

Malcolm K

NT: Ephesians 6: 10-20

Helen P

Gospel: John 6: 56-69

Prayers

Chris K



## Local Contacts:

Jubilee Club	Alwena Martin	652791	
Jubilee Field	K Kimber	679646	
Llanyblodwel Parish Clerk	Amy Jones	01691 829571	
		<a href="mailto:llanyblodwelpc@gmail.com">llanyblodwelpc@gmail.com</a>	
Llanyblodwel & Porth-y-Waen Village Hall Sec.	Myfi Jones	828786	
Oswestry Rural (incl. Trefonen) Parish Clerk	Sharon Clayton	01952 884372	
		<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	653172	
Trefonen School	Cathy Dunleavy (Head Teacher)	652960	
Trefonen Village Design Statement	K Kimber	679646	
Trefonen Village Hall bookings	Val Smout	657011	
Trefonen Village Hall Caretaker	Clive & Kath Roberts	671360	
Trefonen Village Shop & Post Office	Hazel	671208	
Trefonen Village website		<a href="http://www.trefonen.org">www.trefonen.org</a>	
WI - Llanyblodwel	Tina Griffith	830823	
WI - Trefonen	Gill Buckeridge	653172	

## Some useful services:

ELECTRICITY (Scottish Power)	0800 111999	CITIZENS ADVICE BUREAU	0344 499 1100
SEVERN TRENT WATER	0800 783 4444	CHILDLINE	0800 1111
DWR CYMRU (Welsh Water)	0800 052 0130	SAMARITANS	0845 790 9090
NATIONAL RAIL ENQUIRIES	03457 484950	DRUGS & ALCOHOL HELPLINE	0800 776600
<b>HOSPITALS:</b>		NATIONAL DOMESTIC VIOLENCE HELPLINE	
RJ & AH ORTHOPAEDIC	01691 404000		0808 2000 247
ROYAL SHREWSBURY	01743 261000	WALES DOMESTIC ABUSE HELPLINE	
WREXHAM MAELOR	01978 291100		0808 801 0800
PRINCES ROYAL TELFORD	01952 641222	VICTIM SUPPORT NATIONAL	0845 303 0900
WELSH BLOOD SERVICE	0800 252266	NATIONAL MISSING PERSONS HELPLINE	
			0500 700700

## Mobile Library:

Update from the Library Service:

We had hoped to restart our regular Mobile Library service, and allow borrowers back on board, from the end of June. However, this has been delayed a month following the delay to lockdown easing and the rise in COVID positive numbers in Shropshire. The service will carry on with Ready Reads until the end of July.



Thursday 1<sup>st</sup>, 15<sup>th</sup> & 29<sup>th</sup> July; 12<sup>th</sup> & 26<sup>th</sup> August; 9.05 - 9.40am, Barley Mow Inn

**Deadline for copy for the magazine is the 10<sup>th</sup> of each month.**

*This is important! It allows time for the Editor to compile the contents, followed by proof reading and printing in time for publication on (usually) the last weekend of the previous month. The online version will usually be available to download approximately a week before the paper version is distributed.*