

# 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.2 March 2024

# Border Group of Parishes

Llanyblodwel, Llanymynech, Morton & Trefonen



**Rector: The Revd. Kathy Trimby**

The Rectory, Rectory Lane, Pant, SY10 9RA [kathpant@aol.com](mailto:kathpant@aol.com)

01691 590025 / 07944 504330

**Benefice Administrator: Michelle Scott**

[bordergroupadmin@hotmail.co.uk](mailto:bordergroupadmin@hotmail.co.uk)

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*Michelle works from home some of the time, but responds to emails to the above address. She and Revd Kathy are usually in the office (now in the Rectory) each Thursday morning, 9.30 - 11.30. Callers are welcome, but please phone first to let them know you're coming.*

**Benefice website:**

[borderparishes.org.uk](http://borderparishes.org.uk)

**Webmaster:**

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For all of the above, use: [trefonenparishmagazine@gmail.com](mailto:trefonenparishmagazine@gmail.com)

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

## ***From the Editor:***

Hi, everyone! Welcome to Spring, though it is feeling pretty wintry as I write this.

This month we have a few new features. OUT AND ABOUT (back cover) takes advantage of our new colour outer-pages to publish photographs taken by readers 'out and about' in Trefonen and Llanyblodwel parishes, including of course all the smaller communities that are part of them; LOST AND FOUND (p5) gives you an opportunity to tell each other if you have lost or found any items in the villages; and the first of our LETTERS TO THE EDITOR (p56) appears. Isobel, our third editor, has also given us some insights into the new Facebook page for the magazine which she has been setting up (p26).

That's in addition to our regular contributions from local societies and individuals: Trefonen WI (p8), Trefonen Garden Club (p40), Trefonen's Community Café (p24), Trefonen Football Club (p12), Flicks in the Sticks (p53), events in Llanyblodwel parish (p29), Ann Findley's blog (p4), and news from Bryn Offa School (p36), along with some advice on scams (p49), a plea for the welfare of bees (p44), a feature on stormcocks in churchyards (p41), a book review on the Cormoran Strike series of crime novels (p52), and some thought-provoking words about the Chad Foundation from Lichfield diocese (p48); rounded off, as usual, by Reverend Kathy Trimby's monthly article regarding activities in the Border Benefice (p30), which this month includes important information about the future of our parishes when she has left us to take up a post in Australia, as well as details of church services for Lent and Easter.

We're planning a new GARDEN RENOVATIONS feature for future editions, which will include occasional articles that gives us an opportunity to share in the wonderful creation and development of gardens around the villages – I'm expecting some contributions for this feature next month. If you have a garden that you are renovating, please send us details (and photographs) so that we can showcase it for other readers. We hope this will inspire other gardeners!

This month we have a March-related quiz (p16), but this is the last one that will appear unless we have some feedback from readers, so that we know this is something you want to continue. Please let us know if you would like other types of puzzle that we might be able to provide as an alternative.

STOP PRESS: Trefonen's shop has been nominated for a Countryside Alliance Award, and you can help them win it – see the Countryside Alliance voting poster on p27.



We have three new advertisers this month, who are very welcome – thank you to Harry Roberts, The Old Mill B&B, and Tom Houseman Tree Services for joining us.

*Janey*

*Janey, Isobel and Sylvie the Cockapoo*



## Ping .....!

As I write this I am reflecting on life in general - mainly because the weather forecast was for a significant amount of snow - it's raining mainly!!



That of course may change as the day progresses, but as a long-awaited hair cut is imminent I shall keep my fingers crossed and hope I don't have to resort to snipping a few strands myself!! (We all did that during lockdown, which no doubt caused a lot of merriment! I do know a male friend who resorted to a "hippy" ponytail look - brave man!!! You know who you are!)

February brings forth all sorts of renewed activities as our clubs and meetings gain momentum. One is The 'Helen' summons to the Hillwalk meeting!! I was not able to make this auspicious occasion due to a prior engagement but it didn't mean I was let off the hook - a telephone call from our esteemed leader put paid to that! This year's theme is IT'S SHOW TIME. So, onward with the planning - and be warned I shall be seeking out all that Trefonen talent before very long, so get practicing and await the summons!!

My February reflections made me ponder - how on earth have I transitioned from a young Mum, steered my way through middle age and now realise I have reached that time in life when I must keep going on the grounds that if I stop I might get old!!!!!! I am sure many of you relate to that - just saying!



Trefonen Arty Group continues to welcome new members. Enthusiasm, friendliness and an ability to laugh and try anything vaguely Arty is the required criteria. No real expertise needed - just the above.



Well, I see the birds are flocking around the feeders, pleased they have a free meal although we have thwarted the pigeons by putting the feeders JUST out of their reach, otherwise they scoff the lot! Oh how cruel!

When you read the magazine (where else would you gather so much information about the area), Spring will be beginning to 'spring' and it will be Easter before we know it! After all, Easter eggs have been in the shops for weeks - in fact since just after Christmas .....

See you next month.

*Ann Hindley*

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Your Parish and Community magazine is published 10 times a year - monthly save for December & January and July & August, when one issue covers two months.

Over 200 printed copies are distributed free of charge, something that is made possible by the support of our advertisers. The appearance of an advertisement does not imply an endorsement by the two churches, but we encourage all readers to consider employing the goods and services on offer. Very importantly, if you do so, please tell the supplier that you read about them here.

If you're interested in advertising in these pages, please get in touch with Peter Woollam (contact details opposite). We charge £120 for a full page advertisement in 10 issues, £60 for a half page, £30 quarter and £15 eighth pages. We are willing to discuss shorter periods than a full 10 issues and can give some assistance with artwork.

## Community Speed Watch Training Day:



*l to r: PCSO Carroll, Malcolm, Chris, Peter, Derek, Peter, Alison, John, Mary, Tony.*

Tuesday 30th January 2024 saw the start of our latest Community Speed Watch team in Trefonen. Nine keen volunteers attended the training and were supported by Stuart Carroll from Oswestry Safer Neighbourhood Team. This team are already looking ahead and hope to start operation in Treflach in the near future.

North Shropshire have been setting the pace with the number of CSW teams in their area. This a real credit to all the hard work from SNT and the support we get from the local communities. Well done all!!!!

*John Davies*

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## Lost and Found:

This is a new feature, and may of course not be included in every edition of the magazine. If you find something that you think someone may have lost, please let the Editor know via the usual channels and we will publish the information – a photo is useful if you can, too. This will go on the Facebook page and if the item is still not reunited with its owner, in the next magazine.

Your Editor found this rather lovely knitted hat up on Chapel Lane, Trefonen, beyond Vron Cottage, where a footpath goes off. It was very muddy, but I thought someone might be missing it. It is now at the village shop in Trefonen awaiting collection.





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## **Trefonen WI:**

In February we were treated to an excellent talk on the 'Conservation of the Mediterranean Monk Seal in the Greek Islands' by Harry Thomas.

Harry was welcomed to the meeting by Shirley. He then gave us a fascinating talk about monk seals and his work in the conservation of this species. They are one of the most critically endangered mammals on the planet. We were shown a slide of a life-size monk seal and were told that there are three types of seals, the walrus, sea lions and true seals, the Mediterranean monk seal being one of the latter group. The Mediterranean monk seal is in danger of extinction, with only 400–800 remaining. Half of these are in the Greek Islands. Others have been seen in some areas of Turkey, Italy and Mauritius.

The monk seal is an impressive seal, one of the largest true seals. They feed on fish, crabs and their favourite food, octopi. However, this brings them into conflict with fishermen and sometimes their fishing gear. In the past they used to give birth on the sandy beaches, but because of exploitation and harassment, they now almost always rest and pup in inaccessible caves that contain sandy beaches. The low pup survival rate is thought to result from this use of caves, where pups are at risk of being swept out to sea during storms.

Harry became involved in the conservation work on the Greek Island of Kefalonia. He explained – and showed us photos of – how the conservationists care for injured pups. The pups grow quickly and stay with their mothers until about five months old. He gave the example of an injured pup they found who was assessed as needing further treatment and was taken to Athens by bus and ferry – a seven-hour journey away. Sadly, many pups are not well enough to have this treatment and die.

The adult seals are more difficult to treat. Harry showed photographs of injured seals including a blind seal. There are no facilities on Kefalonia to treat the seals so the conservationists would take help and advice from Athens. If the injury is deemed necessary then a vet would bring medication to Kefalonia. This was the case with the blind seal who recovered enough to make it back to the water but then disappeared. A drone searched for it and found a sunbathing man, but not the seal. Hopefully it survived.

Finally, Harry gave us all some advice:-

1. Ring The British Divers helpline if we see a seal in distress.
2. If we see a seal on a beach, don't go near them, and keep dogs away from them.

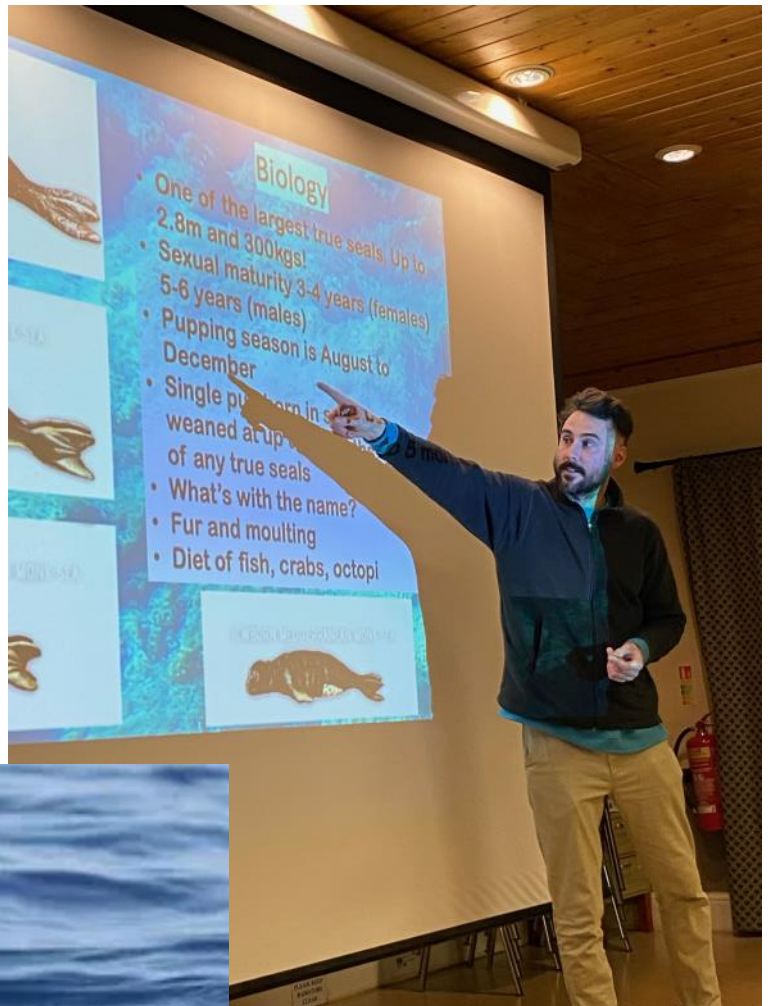
We all enjoyed an excellent talk which was illustrated by stunning photographs. Let's hope that the conservation work done by Harry and his colleagues helps the Mediterranean monk seal numbers increase.

We then made some plans and enjoyed chatting over refreshments.

Our next meeting is on Thursday March 7th at 7.00pm in Trefonen village hall when we have our AGM followed by a talk and demonstration of soft tissue massage. I'm more relaxed already! Visitors and new members are always welcome. Please contact Victoria for more details [v.gemmell@hotmail.co.uk](mailto:v.gemmell@hotmail.co.uk), 07773 364992

*Victoria Gemmell*







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## Trefonen and District Garden Club

### ***Trefonen Garden Club's Next Monthly Meeting:***

***Thursday 21<sup>st</sup> March 7:30 p.m. at Trefonen Village Hall SY10 9DY***

***The next monthly meeting sees a return of Derwen College's Will Lyon in an interactive session with demonstrations on Propagation and Seed Sowing. His previous talk was a great success, full of advice and gardening wisdom.***

***Everyone is welcome at the Trefonen Garden Club. Bring along your friends and neighbours, they will love it!***

***See the Trefonen Garden Club website:***

***[www.trefonengardenclub.co.uk](http://www.trefonengardenclub.co.uk), email [trefonengardenclub@gmail.com](mailto:trefonengardenclub@gmail.com) or call 01694 583 012***



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## **Trefonen FC:**

As the 2023/24 campaign advances into the 'business end' of the season, I am pleased to report Trefonen Football Club still remains in the hunt for silverware.

At time of submission, the team are positioned fourth in the J.T. Hughes Montgomeryshire Amateur League, 12 points behind league leaders Llangedwyn; however The Pitmen have two games in hand on the leaders and with a total of 12 league matches still to play, we are hoping to push on in the coming weeks to close the gap.

The club still remain in three cup competitions, in two of which Trefonen are the current holders! These are the Bernie Jones Memorial Trophy and the Montgomeryshire League Cup. The other cup competition is the Llansantffraid Village Cup, which saw Trefonen beaten finalists last time out.

Away from the pitch, Trefonen Football Club has welcomed many new additions to the squad in recent months, all of whom will add quality and depth. The club also welcomes a new away kit, which has been kindly sponsored by Oswestry-based D. Powell Plumbing & Heating. Darren has been a longtime supporter of the club, and his sponsorship has always been greatly appreciated. I hope to bring photos of the exciting new kit in next month's edition.

The club's committee is also pleased to bring news of an upcoming club fundraiser. This comes in the form of a Racenight on Saturday 9th March, held in The Barley Mow (see poster opposite). Previous events have proved to be very successful evenings for the club in recent years. This year's event will consist of eight sponsored televised races and is again being compèred by the fantastic Henry Liston, who is a BBC Radio Presenter and of course a Trefonen Lad! The Racenight will start at 7.00pm in The Barley Mow Inn in Trefonen and is open to all to attend.

The club's weekly bingo also continues to be successful, with good numbers attending each week. The club is very thankful for the outstanding support we receive from members of the community. New faces are always welcome to attend the weekly events, held in The Barley Mow every Monday at 7.30pm – £5 per book of eight games.

As always, for weekly updates on fixtures, results and events, please follow the club's Facebook and X Pages.

*Greg Stokes*







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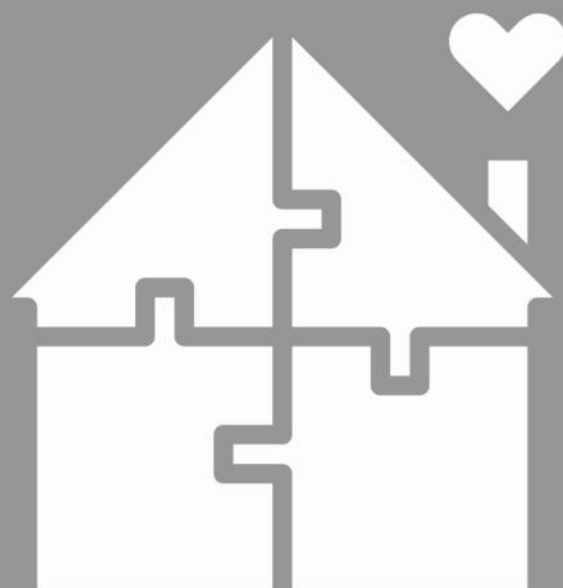
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## **Quiz:**

All the questions relate to the month of March. Answers are on p57 (near the back of the magazine).

### **Names and saints' days:**

1. Who or what is the month of March named for?
2. Which saint's day falls on 1st March?
3. Which saint's day falls on 2nd March?
4. Which saint's day falls on 17th March?
5. Which day is International Women's Day?

### **The Ides of March:**

6. Who said 'Beware the Ides of March', and in which play?
7. Where did the playwright borrow this scene from?
8. What happened to fulfil this warning?
9. What are (or were) the Ides of March?
10. On which date did they fall?

### **Historic events:**

Each of these historical events took place in March. In which year did each happen?

11. Alexander Graham Bell patented the telephone.
12. Cassius Clay defeated Sonny Liston to take the world heavyweight boxing title.
13. First Barbie doll introduced at the American International Toy Fair.
14. First cases of Spanish flu reported in the global flu pandemic.
15. Nazis took over Czechoslovakia.

### **Weather:**

16. Which element of weather is being referred to in the saying 'Come in like a lamb, go out like a lion'?
17. What was the warmest March temperature recorded in the UK and in which year?
18. What was the coldest March temperature recorded in the UK and in which year?
19. In which year did the UK have the wettest March?
20. In which year did we have the driest March?

### **Fantasy:**

21. Which long-eared animal is associated with March?
22. In which famous children's fantasy did he attend a tea party?
23. Who wrote the fantasy?
24. Who hosted the tea party?
25. Which other character attended the tea party?





### ***Trefonen Hill Walk 2024***

The Hill Walk dates this year are May 25th - 27th

I know May seems AGES away, but I just want to make sure everyone puts the dates in their diaries and no one disappears off to Costa Del Sol!!!!

The overseas works we are supporting are the Mirembe Clinic in Uganda and the Mkoba Clinic in Zimbabwe. The village has a close connection with both these clinics so we will be able to get lots of feedback which is always encouraging.

The charity we are supporting in this country is the Movement Centre at The Orthopaedic Hospital in Gobowen.

Also out of the 'at home' half of the money raised, we are going to give a donation to the Monday Night Club in Trefonen. They do lots to keep Trefonen LOOKING GOOD!!

Next month there will be all the programme info. However, if you've got an idea, don't think it's too late ..... just give me a ring on 07772 296244. I LOVE new ideas.

*Helen*

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All Saints Trefonen



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# The Community Cafe

Trefonen Village Hall

Tuesday mornings

9.00am - 11.30am

from 10am during school holidays

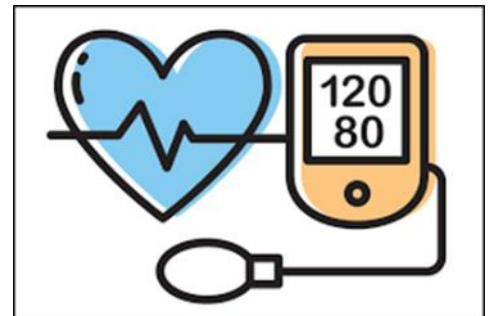
A place to meet with friends and enjoy a cup of tea or freshly brewed coffee and homemade cakes

If you have never been before or are new to the area we would love to see you

~~~~~

In conjunction with Qube  
Pop-up blood pressure testing continues on  
27th February and 26th March  
from 10am

ideal opportunity to have your  
blood pressure checked



~~~~~

Could you spare a couple of hours on a Tuesday morning  
to help at the cafe every 4 to 6 weeks?  
We would really appreciate it if you could.

Please contact Chris Kirk on 688595  
or email [kirk.garden@btopenworld.com](mailto:kirk.garden@btopenworld.com)

## Café Rota:

Date	Open	9.00 - 10.00	10.00 - 11.30	Close	Cakes
5 <sup>th</sup> Mar	Malcolm	Chris	Val, Dawn, Rita	Val	Chris, Rita
12 <sup>th</sup> Mar	Peter	Carol	Pat, Ruth, Marilyn	Pat	Carol, Pat
19 <sup>th</sup> Mar	Jeremy	Nyria	John, Diane, Kath	John	Nyria, Diane
26 <sup>th</sup> Mar	School hols	Malcolm	Chris, Helen	Malcolm	Chris, Michelle
2 <sup>nd</sup> Apr	School hols	Jill	Joan, Linda	Jill	Linda, Michelle

**Foot Health Clinics:** Next one on March 5th.

Contact Lorraine on 07714 244359 to make an appointment.

Please be aware and respect the wishes of those people who still remain vulnerable or cautious about Covid. If you are unable to do your turn, please arrange your own swap and change the copy of the rota at the café. THANK YOU.

## Café bonus:

There will be a FairTrade Gift and Cake Stall at the Community Cafe on Tuesday 5th March. Please come along and support this good work which helps farmers, workers and craftspeople in the developing world.



## **Community Café news:**

The 'knitting table' is a regular sight for those attending the Community Café on a Tuesday morning, which is held at Trefonen Village Hall. Pat and Jane bring their knitting with them each time and are constantly knitting, usually for one of their many charities. I am very honoured to say that I am one of those recipients as they knit jumpers, hats, teddies etc. for me to send to children in Africa. Jane knitted and sold Christmas items and raised an amazing £70. The Community Café also donated half of the takings on that particular day and I received a cheque for £115. Together with another donation from Jane I was able to send out ten parcels - five to Uganda and five to Zimbabwe (see the photo overleaf, taken at Trefonen Post Office). A huge thank you to Pat and Jane, aided and abetted by Jane's husband Doug, for all their unwavering support for Africa throughout the year, and also to everyone who supports the Community Café or who bought Jane's Christmas items. Thank you too to everyone who gives me donations at the coffee morning such as sanitary pads, unwanted spectacles, paracetamol, ibuprofen, together with cotton material and towelling material for Uganda's scheme to make re-usable sanitary pads.

I started to send parcels out to Zimbabwe after my first volunteering trip to a wildlife park in 2010. The Park is in Gweru, which is a two hour drive from Bulawayo. It is a very poor area with well over 90% unemployment. Through the Park's Community Project I started to post parcels out to Rosine, the Community Project Manager. She is my main contact and directs the contents of the parcels to where the items are needed - schools, the clinic, needy families, etc. I also send some parcels out to Pastor Brighton who fairly recently got his own parish. It is in a remote area, so his congregation are very appreciative of the contents of a parcel. I used to visit the Park volunteering once every year until Covid happened, but only once since then, making a total of eleven trips. I have built up an amazing relationship with these wonderful people over this time.

A few years after I began volunteering in Zimbabwe, I met Berna from Uganda when she was visiting our Community Café. She was staying with friends at St. Martin's whilst in the UK. They both had friends in Trefonen, hence the visit to the Café. I was very fortunate to meet her, learning that she too was a pastor and a headmistress of two primary schools. In conversation I told her about my sending parcels out to Zimbabwe and I asked her if she would like me to send some out to her in Kampala and of course she said yes! Berna's son James is my main contact and, like Rosine, we are in regular contact.

Sending parcels out started off low key but has snowballed over the years. I felt it was my way of 'giving something back'. Although I am a 'one man band' doing this, I could not do as much without the help and support from so many people. I am humbled by their generosity, whether it is donations for the parcels or monetary contributions. These are used sometimes to help with postage but also sent out directly to both countries to help buy food for the needy and the orphanage, or buy much needed cleaning materials for the clinic. Both Rosine and James tell me that they find a use for whatever I send out, which is always gratefully received.

*continued overleaf*

I am always humbled by the support I am shown for people on the other side of the world, so a huge thank you to everyone who helps me make a difference in the lives of people on the other side of the world.

*Margaret Ethelston*



### ***The new Facebook page:***

The parish magazine now has a dedicated Facebook page. Search Facebook for Trefonen and Llanyblodwel parish and community magazine and you will find it. Here you can find links to the Border Parishes website, the Trefonen website, and the Trefonen and Llanyblodwel Facebook pages. The full-colour digital version of the parish magazine appears on both the Border Parishes website and the Trefonen website, and you can click on a link for that, too.



Please do follow us and 'like' the page, and if you care to leave a comment, that will be good too. Comments can be used to give us feedback on the magazine or let us know of any events that we haven't managed to include in the magazine – or you can send these direct to our email address, [trefonenparishmagazine@gmail.com](mailto:trefonenparishmagazine@gmail.com).

Each week we will post a list of upcoming events and photographs supplied by readers of the magazine for our 'Out and About' feature. There will also be a suggestions box for any ideas you may have for the Facebook page or the magazine itself.

*Isobel*



# Countryside Alliance Awards



**Vote for me**  
**Best Village Shop/  
Post Office**

**#RuralOscars**



## ***Trefonen shop news:***

Trefonen's wonderful shop has been nominated for a Countryside Alliance Award! These regional awards are to be decided this year by customer voting. Voting opened on 19th February and closes on 1st April. Winners will be announced mid-April and all regional winners are invited to a House of Lords reception in June, where the national winners will be announced.

If you want to vote for our shop, then please follow either the internet link or the QR code here, answer the few short questions and then register your vote.

<https://www.research.net/r/CAA24MBiz>



## ***World Day of Prayer***

Each year, the Christian women of one country in the world prepare materials for a service that churches of all denominations in all countries can use. These suggest songs or hymns, readings, drama and prayers, and last about an hour.

Churches Together in Oswestry District (CTOD) is this year joining with the parish church of St Martin's (Llanfarthyn) to take part in a service prepared by the Christian women of Palestine. This will be particularly poignant given the terrible situation of the Palestinians at present. The service is on 1st March at 3pm (see poster below).

*Janey Fisher, CTOD representative for Trefonen church*



**WORLD DAY OF PRAYER 2024**  
**FRIDAY 1 MARCH**  
**A SERVICE FOR EVERYONE!**  
I beg you, bear with  
one another in love

**3pm at St.Martin's  
Parish Church**

**Led by members of Churches Together  
in Oswestry and District  
prepared by Christian Women  
from Palestine**

**EVERYONE WELCOME**



**INFORMED PRAYER, PRAYERFUL ACTION**  
24-7 • 365 DAYS A YEAR • PRAYER MOVEMENT • ECUMENICAL INTERNATIONAL • WOMEN-LED  
[wwdp.org.uk](http://wwdp.org.uk)  
Registered Charity Number 235042



## ***Challenges and opportunities:***

You'll read in the next few pages that, after 10 years as our rector, Revd Kathy has decided to move to pastures new. This is a fairly momentous decision for her as she is to take up a position at a church in Australia. We wish her all the very best for the future and thank her for her guidance, leadership and all aspects of her ministry here. The services on Easter Day (Sunday 31st March - see p.58 for details) will be her last and it would be good to see as many of you as possible at those. There's to be a leaving 'do' on Wednesday April 3rd at the Llanyblodwel Memorial Institute, details of which will appear in our April issue.

Discussions about what happens next are already underway, both within the two churches and with the diocese, though it is likely that several months will pass before we know the details of our future. Change always brings challenges and opportunities, but some things are certain: services at All Saints and St Michael's will continue and, if you have an important family occasion to mark, the churches will be here for you.

We'll publish as much as we can as we learn of it in the months ahead.

*Ed.*

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## ***Llanyblodwel news:***

Good wishes to the expanded Editorial Team. The Parish Magazine is popular and delivered to a good cross-section of St Michael's Church and the wider community.

At a recent meeting of the Parochial Church Council, we discussed ways of improving our flow of news and events. Our idea is to create a panel to make it happen. If any reader of the Mag would like to join the panel, do let me know. Also, we are going to canvass the village this spring to invite members of the community to receive the Mag via our delivery service. If you know of anybody who would like to be added now, again do let me know.

As Reverend Kathy knows, we were totally surprised to hear of her plan to take up a new position in Australia but at the same time excited for her. Chatting amongst our parishioners, it is amazing how many of us, including myself, have relatives living in Australia.

*Roger Taylor*

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## ***Café Blodwel:***

Café Blodwel is held on the first Wednesday of each month in St. Michael's Church between 10.30am and 12.30pm. Coffee, tea, cake and chat – everyone welcome!

## ***Ceilidh at Llanyblodwel Institute:***

On 23rd March a Ceilidh will be held at Llanyblodwel Institute (the village hall). Details are sketchy as we go to press, so visit Llanyblodwel's Facebook page for more information. Apparently a good time was had by everyone at the October Ceilidh. Our Facebook page will give more details when we have them.



## From the Rectory:

Note from the Editor: *Lichfield Diocese has announced the Reverend Kathy Trimby will be leaving the Border Parishes benefice in April, to take up a post in Australia. Her last service with us will be on Easter Day, 31st March 2024.*

My dear friends,

This almost feels like a case of *déjà vu*, as ten years ago, in a different place, I was also writing my last magazine letter and here I am again. Time may have moved on, but endings and beginnings are very much part and parcel of living and of life and we all experience them all the time. Endings can be hard and painful – the loss of something or someone known and positive and life giving – which is something I, and possibly some of you, are feeling now, as we come towards the end of my time within the Benefice: for you the loss of me as a person, and of how things happened and what happened; for me, people and places that have been and are dear to me. BUT sometimes endings are necessary, even if they are painful, if we are to grow and be all God created us to be. Life isn't stagnant, nor can it be; it is ever changing, ever regenerating, ever developing and growing.



Celebrate Endings,  
for they precede  
New Beginnings

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This is an ending but it is also a new beginning, a new dawn, a new birth for us all, and how poignant that it will come at Easter time, when Jesus' death and rising again was the ultimate ending and beginning, and is the very essence of our faith. Love changes everything in allowing us to be, that is to be in a state of being, and encourages us to become what God intended in love and from love and out of love – and all of those things means sometimes letting go of things, and moving on, in order to grow and live. The future lies

ahead with uncertainty, yes, but like a new horizon, to be explored and traversed, it opens before us with possibility and promise – life in all its abundance that God travels with us, wherever we are, whatever we are doing.

I have enjoyed my time here, and I thank you for working in partnership with me in the ministry of God's church in this place for the last 10 years – it has been my privilege to serve you and be your Rector.

So as we move forwards to Good Friday and are reminded of the sadness and pain of ending, let us remember that isn't the end of the story and look forwards to the promise of resurrection, of life that is to come for us all.

With every blessing and happiness to you and your families this Easter and beyond...

Yours in Christ,

**Kathy**





## What Happens Now?

Many people have asked 'what will happen now that Revd Kathy is leaving?' and in truth it is a bit uncertain. The Bishop and Archdeacons will come in and assess the needs, wants, desires of each parish within the Benefice and outside of it and weigh this against what is possible, and together discern what the future holds for each parish. We don't know when this will happen, and I know it can cause anxiety and fear but, to look at it another way, ask God to show you where and how he wants his church in this place to go and be, for this stage of the journey of faith. And in the meantime, whilst we are waiting for that meeting to take place, we are already being proactive. The Z team, made up of the lay chairs of the PCCs has met and will now meet regularly as we head into a vacancy, liaising with the churchwardens and PCCs, to ensure the continuation of services, the maintenance of plant, finances, safeguarding, pastoral care and more, and ensuring a smooth transition to whatever comes next. A meeting of PCCs and the wider community to ascertain wants, desires and needs has either happened or is in the pipeline, ensuring that we are ready and prepared for the ongoing running and management of the parishes and the Benefice.

I hope that this reassures you and encourages you to look forward with hope and optimism.

## Bouquet of Thanks...

Very indulgently, I would like to thank all those individuals, office holders and others who have walked with me over the last 10 years, supporting me, encouraging and assisting me, and so much more. It may not always have been acknowledged but it was valued and appreciated nevertheless. And to all my parishioners, members of the schools and wider communities, thank you for everything. I couldn't have done it without you and I wish you every blessing in the days, weeks and long into the future. May God go with you, before you and behind you, above you and beneath you, within and without. Many thanks...



### 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	Rita Mathias	657934	Jill & Joan	656456
Betty Steele	652170	Carol Pickering	238561	Linda Gladman	671363
Chris Kirk	688595				

## ***Baby, Mums and Benefice Service:***

It has, during Revd Kathy's time in the Benefice, been the case that during the months that have five Sundays we all meet as a Benefice to share a service that is a little bit different. March is such a month, but as the 5th Sunday is Easter Sunday, the decision was taken to move it to a day when we focus on Mothering, which includes thinking of the church as mother, as well as our own mums, grandmums, Mother Earth, and how we nurture and nourish others, that is practise mothering.

Our Benefice service will be on **Sunday 10th March at 10.30am in Trefonen**, when we will celebrate and join in the responsibility for mothering, alongside the parents, godparents and wider family of the little one who will be baptised during that service. We will also commission and re-commission our worship leaders and Eucharistic ministers as we look ahead as a church. The service will be followed by light refreshments and at this service posy of flowers will be given out to all the ladies.

**NB the posies will be made up the day before by members from each of the parishes, contact K Kimber for more information.**



## ***A Holy Lent, leading to Holy Week:***

**Lent Lunch** - Easter is almost as early as it can be this year, falling on 31st March, so Lent began on a very appropriate day, Valentine's Day: sacrificial love in action as we think of Jesus in the wilderness, going without food and water, being tempted and being open to elements and wild animals all for us.

Lent gives us a time to examine our own lives, some strip away and sacrifice things whilst others commit to taking something on. In previous years, we have had Lent lunches in each of the parishes and given the money to charity. Last year we took the decision to hold just one this year for the whole Benefice and it is on **Wednesday 13th March at 12.15pm in Llanyblodwel Institute**, with a speaker who is yet to be confirmed. We will enjoy soup and bread, cheese, biscuits and fruit together, with all parishes contributing and helping, we hope. If you are able to do so, then please contact either of Llanyblodwel Churchwardens or Abie Tudor. Many thanks.



### **Palm Crosses and Easter Eggs and everything in between!**

Holy Week always begins with the triumphal entry into Jerusalem on Palm Sunday, which of course a few days later turned to jeers and to crucifixion, so starting with Jesus as he entered Jerusalem we have:

**Palm Sunday (24th March )** – 9.30am in Trefonen followed by a Family fun and praise day (see more details on p21), and 11am in Llanyblodwel. At both services palm crosses will be given out.



**Maundy Thursday (28th March)** – the day traditionally associated with Jesus joining his disciples for the Last Supper before praying in the Garden of Gethsemane. There are no services at Trefonen or Llanyblodwel, but you are welcome to join those elsewhere in the benefice: 11.00am Holy Communion in Llanymynech with the stripping of the altar, and 7.00pm a simple 'Agape' meal, with Holy Communion and the Stripping of the altar in Morton.

**Good Friday (29th March)** – We mark the day of Jesus' crucifixion with: 10.15am Stations of the Cross at Llanyblodwel and 2.00pm Last Hour Reflections and Music in Trefonen. Elsewhere in the benefice you are welcome to join: 12 noon Objects of the Cross at Llanymynech, and 6.30pm Music and Meditations in Morton.



**Holy Saturday** – is traditionally a quiet day of reflection

***Hail the Day that sees Him rise!***

**Easter Day is 31st March** (don't forget to change your clocks!) Services begin early at sunrise as we remember the Sonrise and continue almost until sunset so there may be a time to suit you: why not come along and join the celebration, and there may be a chocolate egg or two to enjoy!



**Sonrise Service at Sunrise** at St Mary's, Sweeney Mountain at 6.15am for a service that begins in the dark and as the service progresses the light dawns, as the Son did on that first Easter Day. It is held outside so please dress appropriately and bring a torch. The service will be followed by a warm cuppa and bacon baps in the shed. For more information contact Revd Kathy.



Then there will be more traditional services at:

**Llanyblodwel at 11.00am**

**Trefonen at 2.30pm.**

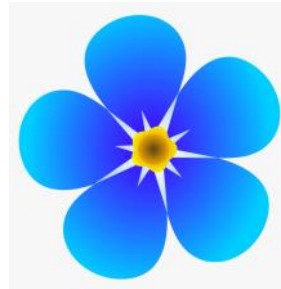
Elsewhere in the benefice:

**Llanymynech at 9.00am**

**Morton at 4.30pm** with a Butterfly afternoon tea, as this will be Revd Kathy's last service in the Benefice.

## ***Sofa Club and Dementia Activities ..***

About seven years ago, we decided to explore dementia, what it was and is, and how it affects people – both those living with it and those caring for someone living with it. We decided to do some training and subsequently set up Sofa Club. Why 'sofa'? Well, we wanted to create the impression it was a friendly, welcoming and accepting space, where people were and are, accepted just the way they are; where there are no expectations or many rules.



Sofa Club is an informal place and space to simply 'be', where those who come enjoy chat, sharing of ideas, taking part in worship and simple activities – and eat cake! Activities range from making and creating, to music, baking and more; ability doesn't matter, or even participation, just being present to and with each other. So the sofa is somewhere you might simply rest and be at home, and so it is with this group. The tonic sol-fa brings in the music and how it can connect with people on all kinds of levels in all kinds of situations. We meet on a Thursday, and the poem tells us that Thursday's child has 'far to go'.

Sadly, in seven years things haven't changed a great deal with regards to dementia: anything to do with mental health and people still have a reluctance to know about it or get involved with it. They think it a good idea to do something – 'as long as it doesn't impact me!' And so it becomes the unspoken, the hidden, the misunderstood and by implication the isolated, almost shameful thing that can bring frustration, impatience, intolerance and more. Yes, thankfully, the topic is now more in the public domain and is more widely talked about in general terms, but I would like to think that the church, and our churches, can and should take a lead here. We all know someone living with, or we suspect living with, dementia. How do we show and share Christian love, fellowship, respect, welcome and acceptance as disciples and within our churches in reality, not just playing lip service to it?

For seven years our Sofa Club has sought to do that and I hope it will continue to do so long into the future, but is that enough? That's the tough question for you and your churches. I leave you with that thought as I hand over the baton to Lizzie Lawrence who will be continuing to write about Sofa Club in our magazine and to plan the activities going forward. Thank you for being interested enough to read about us – and me sometimes having a rant! I hope you will continue to read about us, support us and maybe even come along from time to time!



So for my final month our Sofa Club continues to meet twice a month, at 2.30pm. Our meetings in the coming month are as follows:

**14th March – Sowing a seed of love to share...**

**28th March – Short service for Maundy Thursday**

For more information about these please contact Revd Kathy.



*The winner of the 2021 poetry competition sponsored by the Alzheimer's Society's Dementia Together magazine:*

We told our son  
that Grandpa's brain was sick.  
As we watched you flashing your row of white teeth,  
    leaning your head back,  
your thin mouth opening like an entrance to another world.  
You swallowed us up with your laughter,  
your happy tears fell like cake batter from a spoon.  
We watched you at the table  
supping ale that tasted like soft butter,  
as our son stared on at you  
and wondered to himself,  
    how sick could suddenly look so good.

---

### ***Annual Church Meetings:***

The dates for the upcoming APCMs are as follows:

**Trefonen – 13th March at 7.00pm**

**Llanyblodwel – 18th March at 2.00pm**

What is an APCM? Basically it is the church AGM when the trustee body, that is the PCC, presents to the wider community the things that it has been busy doing for the last year or thereabouts, looking at matters of finance, buildings, policy, mission, safeguarding and the various committees of the PCC. It is where elections for the coming year take place for our officers, members of the Parochial Church Council and more. It is a meeting that is open to all and all, so if you want to know more about our workings or decisions then why not come along, you'd be very welcome. Reports will be available to read in the churches prior to the meeting, if you would like to see them, and our financial report and Trustees Annual Report (TAR) will be up in each of the churches for two Sundays prior to the meeting (approx. eight days). If you think you would like to serve as a member of the PCC or as an officer please see respective churchwardens, PCC secretaries or Revd Kathy for more information.

If you want to be able to vote at the APCM, or stand for the PCC, you have to be on the church electoral roll; these are currently being revised in preparation for the APCMs. Please check the electoral roll that is posted in your parish church, and if your name isn't on it, contact your electoral roll officer.



## **Bryn Offa School**

With The first half term of 2024 done and dusted we look forward to brighter mornings (and evenings) as we enter March. An early Easter this year will mean that it will be the summer term before we know it.

At Bryn Offa, our Christian value focus moves from compassion to truthfulness. The children have really impressed me with their knowledge of compassion.

However, after sharing the story of the Good

Samaritan, pupils felt that feeling sympathy for somebody was simply not enough. Our daily worship focused on the phrase 'Compassion in action.' This resulted in Bryn Offa children spotting others who needed some support and taking it upon themselves to offer that helping hand which all of us need from time to time. Truthfulness is a value that can be difficult for everyone to follow at times, for a whole host of reasons. I hope that by the end of March, our pupils will realise the value of the phrase 'Honesty is the best policy.'

At the end of February, Shropshire Music service began to work alongside our children in classes 4 and 5, giving these pupils an opportunity to learn how to play a brass instrument. Initially, I did wonder if having 30 children simultaneously playing instruments might be a slight assault on the senses, but I must admit being genuinely impressed with how quickly they have picked up this new skill. I am hoping to organise a summer concert to display their newfound talent to the community in an evening that I am sure will rival the Last Night of the Proms!

In Class 2, children have been working on a project entitled 'Love from around the world'. Mrs Maxfield challenged them to see if the school could receive either a Valentine's Day card or a well-wishing email from all corners of the globe. They say that good news travels fast, and we were soon inundated with correspondence from France, Australia and even Oman. It is lovely to think that so many people took time out of their day to use the power of technology for good, by sending positive thoughts to Bryn Offa.

Class 1 have enjoyed a visit from PCSO Carroll who came to arrest the 'Evil Pea' in addition to showing the children a wide array of police equipment. Unfortunately, 'Evil Pea' had been causing all sorts of havoc in the school. Therefore, our Reception and Year 1 Children designed and constructed traps as part of their superhero topic. The squeals of delight as they arrived on the Monday morning to discover that the villain had been apprehended was wonderful to hear.

In my last newsletter, I mentioned that Miss Hyde would soon be leaving us as she starts her maternity leave. I can now announce that her replacement is Miss Sonia Robinson. We had many applicants for the position, which was incredibly pleasing. The advert stated that we were looking for a great teacher and a lovely person. Miss Robinson ticks both these boxes!





I would like to sign off by thanking our long-serving lunchtime assistant Mrs Sandra Longhurst who has decided to call time on her Bryn Offa career. Mrs Longhurst has been at the school for 14 years and was a valued colleague to staff and a friendly, kind face for all our children. She will be greatly missed by those at the school, but we look forward to seeing her around the village.

Keep Your Light Shining,

Mr Gareth Jones

Acting Head teacher – Bryn Offa C of E Primary School.



*Postscript from Revd Kathy:*

By the time you read this magazine, we will have appointed a new head teacher, who will be starting in September. Until then, Gareth Jones will continue in the role of Acting Head. We are grateful to him and all the staff for all they do for the children, parents and wider community and hold them in our prayers as they prepare for the next chapter in the life of the school.

---

## ***On education:***

The village all declar'd how much he knew;  
'Twas certain he could write, and cipher too:  
Lands he could measure, terms and tides presage,  
And e'en the story ran that he could gauge.  
In arguing too, the parson own'd his skill,  
For e'en though vanquish'd he could argue still;  
While words of learned length and thund'ring sound  
Amazed the gazing rustics rang'd around;  
And still they gaz'd and still the wonder grew,  
That one small head could carry all he knew ...

By Oliver Goldsmith, an eighteenth-century poet. His depiction of a genial village schoolteacher, who is viewed by the locals as a kind of demigod, is not one that has lasted into the modern age. But when Goldsmith was writing, learning and literacy and education for its own sake were looked up to, and the man who possessed their gifts was revered.



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## **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,  
starting on 6<sup>th</sup> September 2023

For further details contact Kath Barclay on 01691 828587 or just come along.

First evening free.



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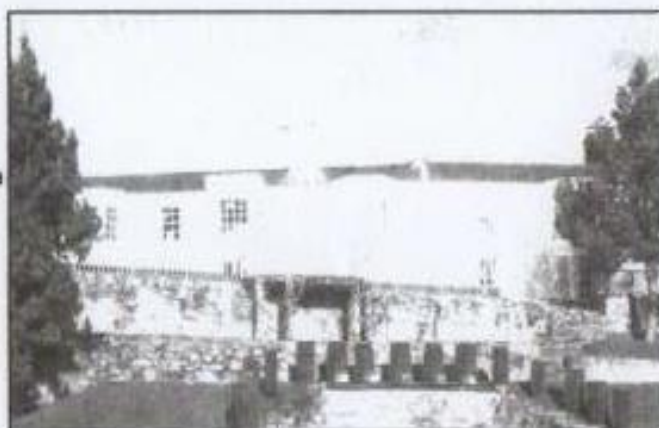
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## Trefonen and District Garden Club

*Slayer of the winter, art thou here again?  
O welcome, thou that bring'st the summer nigh!  
The bitter wind makes not the victory vain  
Nor will we mock thee for thy faint blue sky  
Welcome, O March! Whose kindly days are dry.*

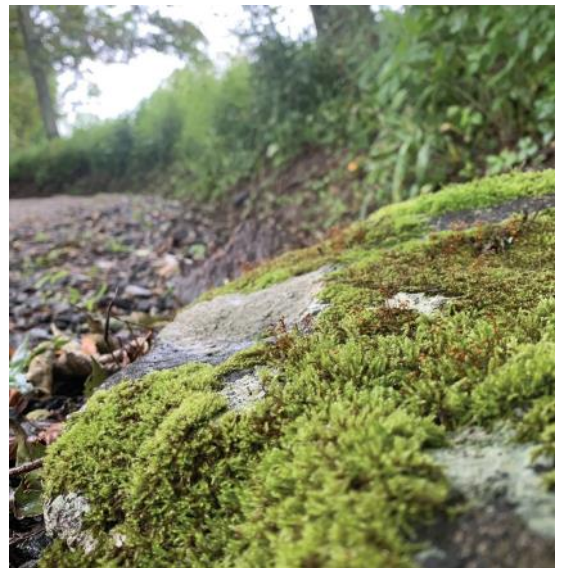
*William Morris*



Winter has not done with us yet. Since we have lived in this area, snow has often fallen around my husband's birthday and some years we get the 'beast from the east'. Looking on the bright side, longer daylight hours means more time out in the garden; the sun that bit warmer; lambs everywhere; birds busy nest building and suddenly everything seems to be bursting into life.

Perhaps the more fair weather gardeners are now feeling the urge to get outside and tackle those jobs that have been put off over the winter or just enjoy pottering around the garden, taking stock of what has or hasn't come through the winter, with the inevitable trip to the garden centre to find replacements.

Many gardeners like to keep moss out of their lawns and more importantly footpaths, often without much success, but have you ever taken a closer look at the variety and intricacies of mosses and lichens that grow side-by-side on walls and elsewhere? They really can be quite fascinating with their many shades of green and different formations adding interest to such places as stone walls.



Will Lyon will be giving a timely demonstration on propagation and seed sowing at the Garden Club meeting on 21st March at 7.30pm. Other dates for the diary are the Annual Plant Sale on Saturday 18th May and a coach trip to the RHS Flower Show at Tatton Park on Friday 19th July. If you are not a member of the Garden Club and would like to go on the trip, for more details please email [trefonengardenclub@gmail.com](mailto:trefonengardenclub@gmail.com).

For more general information go to [www.trefonengardenclub.org.uk](http://www.trefonengardenclub.org.uk)



## ***The Storm Cock sings in March:***

March is a great month to search for and listen to mistle thrushes. They start to breed in February and by March can be heard proclaiming from the tops of tall trees. Unlike other thrushes such as song thrush or blackbird, mistle thrushes are known for singing during stormy weather, hence the name 'storm cock'. They are also called Throstles, an old word for thrush. By perching high to sing, they amplify their already loud song which can be heard up to 2km away. Compared to other thrushes the mistle thrush's song is more monotonous and piercing, but still a joyful sound to hear and a herald of spring. You can identify the three thrushes by their song and once you have learned the difference they are quite easy to separate. Have a listen on the RSPB website ([www.rspb.org.uk/birds-and-wildlife/mistle-thrush](http://www.rspb.org.uk/birds-and-wildlife/mistle-thrush)) as a starting point.



Mistle thrushes favour parkland conditions with big trees and grassland, where they feed on a wide variety of invertebrates. Churchyards and cemeteries can be perfect for them, having mature soils full of invertebrates, few or no pesticides and mature trees for perching and nesting. Many burial grounds contain evergreen trees which were planted during the nineteenth century and which are now mature, These offer an excellent habitat for thrushes as well as other birds and animals.

Mistle thrushes are currently in decline in the UK and churchyards and cemeteries may be important strongholds for them. We would love to know how many churchyards have mistle thrushes breeding in them, and if you hear one singing, this will be a male who is proclaiming his territory so a good indicator of breeding. Please let Caring for God's Acre know by making a record on iNaturalist, you can do this by recording the song or taking a photo of the bird. Alternatively you can email [wildlife@cfga.org.uk](mailto:wildlife@cfga.org.uk).

All the best, Harriet.

Diocesan Churchyard Environmental Advisor, [harriet@cfga.org.uk](mailto:harriet@cfga.org.uk), [www.caringforgodsacre.org.uk](http://www.caringforgodsacre.org.uk) - individuals and groups in the diocese receive 20% members discount on all CfGA materials. Use the discount code diomem22





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## Bee Aware:

March is the month when we often see the first bees reappear after the winter. The big bumble bees are usually the earliest to be seen, their loud buzzing accompanying our first efforts at spring weeding. Bees are the chief pollinators of many species of fruiting plants and trees, which makes them essential for both farmers and gardeners. Butterflies, moths, hoverflies, and even wasps are also important pollinators – but there has been a serious decline recently in bee populations not only here but also in Europe, the United States, and many other places. It seems, according to some research, that though the domesticated honey bee is struggling, it is mainly the wild bees who are in real trouble – and they are the ones who do most of the pollinating.



Wild bees are bees that don't go home to hives in fields and back gardens. This includes the many kinds of bumble bees, large and small, that we see among our garden flowers. They nest in a variety of places, depending on species, some in holes and compost heaps, some in trees, some even on the ground in thick grass. Seven species of wild bee are listed as endangered, but some have simply not been seen for so long that they are probably already extinct.



Why are wild bee populations declining? It seems to be a combination of habitat loss resulting from both modern agricultural practices and climate change, toxic pesticides – which can either kill bees directly or weaken them so that they are less resistant to disease – and attacks by parasites.

It was with great disquiet, therefore, that I see the UK government has, for the fourth

year running, approved the 'emergency' use of a pesticide from a group of pesticides known as neonicotinoids, or neonics, to combat beet yellow virus on sugar beet crops, which is transmitted by aphids. This involves treating the beet seeds with a neonicotinoid called thiamethoxam before they are planted, which is why emergency permission is given in January. Permission has been granted, the government says, to protect the livelihoods of sugar beet farmers, although the sugar beet industry had previously promised to find an alternative by the end of 2023.

Umm... This doesn't seem the best way to deal with the problem, since bee decline is a potential problem for all farmers, regardless of the type of crop they grow, whether it be for human or animal food – and aren't we supposed to be eating less sugar anyway?



So what are these pesticides? Neonics are neuro-active insecticides which were developed in the 1980s; they are said to be one of the most effective (i.e. lethal) pesticides in existence. Neonics have been banned by the EU since 1918 because of their known effect on beneficial insects such as bees – chiefly disruption of the bees' navigation and reproduction abilities. A recent BBC report quotes Barnaby Coupe, land use policy manager at The Wildlife Trusts, who described the use of Theamethoxam as 'a deathblow for wildlife, a backwards step in evidence-based decision making, and a betrayal of farmers who are producing food sustainably.' Comprehensive condemnation indeed.

As neonics are systemic chemicals, every part of the plant will be hostile to pollinators, and bees will continue to be harmed. Traces of neonic treatment may stay in the plant for several years, continuing to damage pollinators. These pesticides are no longer used by nurseries and so the plants you buy from garden centres should be safe. But it is worth checking what other pesticides may have been used, as nurseries routinely treat their plants to prevent pests from damaging them. Even if you are buying seeds, it is worth checking with the manufacturer that they have not used pesticides when preparing them for sale.



Plants with good organic credentials such as Soil Association certification should be all right, but anything not sold specifically as organic may be suspect. And if you do check with retailers or manufacturers, please share with us in this magazine what you found out, via the Letters to the Editor page, or direct to our email account.



Later in the year we will publish our collective findings for the benefit of all our gardens – because bees have a range of about two miles; if they visit even one garden where plants have been treated with pesticides, it will affect the bee populations that visit everyone else. And those pesticides will also affect the birds that eat the insects, and find their way into the rivers as well. Serious stuff!

So let's make the most of our bees this spring. How many species of bumble bee can you spot as they hum around your garden?

*Jane Anstey*

---

### ***Tanat to Perry Community Wildlife Group Meeting:***

A meeting will be held on Wednesday 6<sup>th</sup> March at 7.30pm at Morda Social Club, Weston Road, Morda, SY10 9NS, to present the results of our work in previous years, and consider plans for 2024.

All welcome!!!

For more information, please see the Tanat to Perry pages on the Community Wildlife Groups website:

<https://www.shropscwgs.org.uk/tanat-to-perry-wildlife-group/>



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## ***Chad Foundations – the Lenten Journey:***



March begins with the celebration of the lives of two saints: on 1st March we have St David, (or Dewi Sant), sixth-century Bishop of Wales and on 2nd March we have St Chad, seventh-century first Bishop of Lichfield and our diocesan patron. One of the distinctive characteristics of both these saints, Dewi/David and Chad, is that they were encouragers of

others in their mission. As founders of monasteries, they built communities of learning; but they also lived lives of discovery and adventure, spreading the Christian message and gathering disciples as they went. They recognised the wisdom of taking time out to rest, pray and study.

These saints' days punctuate Lent, giving us an opportunity to pause and reflect on how the holy people of old patterned their lives on that of Christ, and how we may learn from their ancient wisdom at this point on our Lenten journey. It's a journey which has a distinctive shape, beginning with a purposeful focus on discipline, fasting and intentional holiness, then moving inexorably toward the intensity of its conclusion in Palm Sunday and Holy Week, culminating in Good Friday and our remembrance of the Cross.



Yet during these middle weeks of Lent, Christians find themselves with Jesus in the wilderness, a place of desolation and abandonment; paradoxically, it's potentially a time of great spiritual growth, if we dare to withdraw, to enter deeply into a time of self-examination and keep company with Jesus. We are invited to dwell, abide, to wait, to 'tarry', which means to slow down in our journey. We can learn much from the Celtic saints for whom these practices were embedded in their 'Rule of Life'.

Earlier this year, I chose Jeremiah 6:16 as a guiding verse: "Thus says the Lord: Stand at the crossroads and look, and ask for the ancient paths, where the good way lies; and walk in it, and find rest for your souls. But they said, 'We will not walk in it.'" It seems to me that Lent is indeed a good time to pause at the crossroads and look to those ancient paths and perhaps heed the prophet's words to take them?

In our Chad Foundations programme we have sought to embed some of these principles and practices, 'following Christ in the footsteps of St Chad'. The Chad programme allows those taking the first steps into public Christian ministry (which includes being a Reader, a Deacon or an ordained minister) to explore what it feels like to be part of a learning community. This takes place mostly online, in the virtual world of Moodle; yet we also take time out to pray, eat, study and enter into retreat together on our gathered days. We travel as companions together in small groups. Chad aims to be a journey of adventure and discovery, of exploring ministry and mission, where we can examine that vocational question, 'What is it Lord, that you have called me to do?'. As we each continue on our individual Lenten journeys, I wonder if that question is one that saints like Chad and Dewi might help us answer?

*Clare Whitney - Lay Ministerial Learning and Development Officer*  
[clare.whitney@lichfield.anglican.org](mailto:clare.whitney@lichfield.anglican.org)

For information about the Chad Foundations Programme see the webpage:  
[lichfield.anglican.org/chad-foundations](http://lichfield.anglican.org/chad-foundations)



## Scam watch:

Do you get 'scam' phone calls? You're one of the lucky ones if you don't, and the crooks are getting better and better at disguising themselves and catching people out.



In October 2023, it was reported that 73% of UK adults (40 million people) have been targeted, with 35% (19 million) losing money because of this criminal offence. The average amount lost by victims is £1,730, but fewer than a third (32%) report the crime to the authorities, according to new research released by National Trading Standards.

Here are five ways to stop nuisance calls and avoid phone scams:

**Register your number:** Landlines and mobile numbers can be registered with the Telephone Preference Service (TPS) free of charge. This won't stop scammers but it should reduce unwanted sales and marketing calls.

**Home phone call blocking:** Ask your landline provider if it offers call blocking. BT has Call Protect, Sky has Talk Shield and TalkTalk offers Call Safe, all of which allow you to screen unrecognised numbers and block unwanted callers. Call-blocking phones are another option. For example, the trueCall device plugs into your existing phone, or you could opt for a phone with built-in features.

**Mobile phone call blocking:** iPhones and Android phones offer call blocking, spam protection and caller ID verification. Third-party apps are also available.

**Call 159 to stop bank scams:** Don't give out sensitive information to anyone on an incoming call. Hang up, wait for five minutes and either call the firm on a trusted number (such as on their website) or dial 159. This will connect you to your bank's fraud team, under a scheme most banks have signed up to.

**Don't trust caller ID:** Number-spoofing technology enables scammers to easily clone the telephone number of a bank or other trusted company, meaning you can't trust the caller ID alone. This is true of text messages too, so don't assume a text is from your bank even if it appears that way. If in any doubt, contact the relevant business using a trusted method such as the number printed on the back of your bank card.

### *How to report cold calls and spam texts:*

While it might seem fruitless to report nuisance or scam calls, reports from the public can lead to action. Companies have been fined for unsolicited marketing calls and predatory behaviour towards vulnerable members of the public.

**Report nuisance sales calls** to the Information Commissioner Office, which has the power to issue fines.

**Report scam and spam texts** to your mobile phone provider by forwarding the message to 7726. If you are charged for premium text messages you didn't request, report this to the Phone-paid Services Authority. If you lose money to a scam, report this to your bank and Action Fraud.

**Report silent and abandoned calls** to Ofcom using their online form or calling its Consumer Contact Team on 0300 123 3333. This is when the phone rings and no one answers, or you're played a recorded message saying that a company has tried to call you.







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

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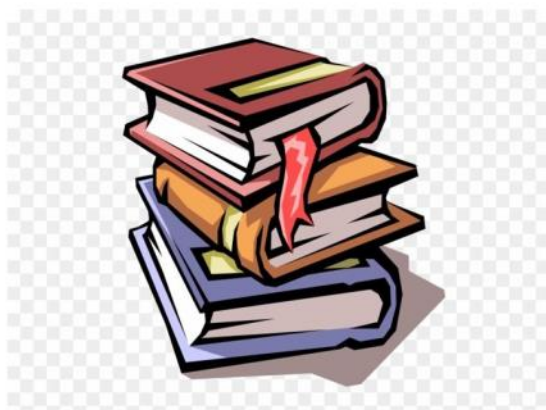
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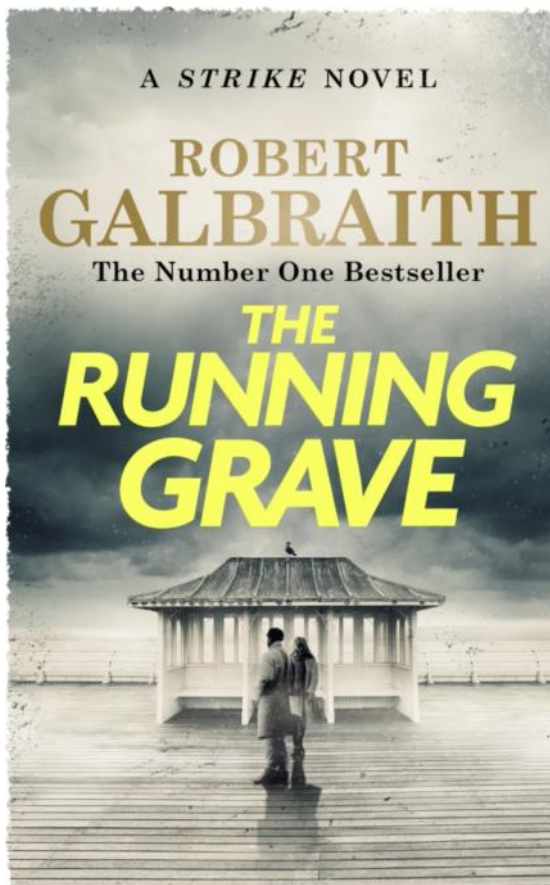
## Book Review:

The *Cormoran Strike* Series of novels by Robert Galbraith

I wonder how many of you have heard of Robert Galbraith? Maybe not as many as have heard of J.K. Rowling, but surprisingly, they are one and the same person. J.K. Rowling, the author of the Harry Potter series of books, decided to turn her hand to a different genre, this time crime stories revolving around a private detective, Cormoran Strike, and his sidekick (later business partner) Robin Ellacott. The author used a *nom de plume* as she didn't want any comparison between the two series, or to have Strike books bought because of Harry Potter.

I read that Rowling was advised that if she was going to write about a detective then she should make him different, maybe just have one arm. When Strike appeared in the first novel he was a military veteran with a leg lost in an explosion in Afghanistan. His disability does cause some difficulties which crop up through the stories.

The first book in the series is called *The Cuckoo's Calling* and the most recent one is *The Running Grave*; there are a total of seven books in the series with an eighth one being written. When the first book was published, sales weren't marvellous, but as soon as the author's true identity was discovered sales increased rapidly.



It is best to start with the first book and to work your way through the series, although they can all be read independently. This allows you to follow the story from the beginning, and as past cases are referred to as the series progresses and different characters pop up in different novels, it is best to know where they came from. As well as the main plot of the story there are many sub-plots, so plenty to keep the reader entertained. (I believe this aspect is similar to the Harry Potter books but I could never get on with that series so cannot compare.)

One of the recurrent subplots is the relationship between Robin and Cormoran. It is obvious to the reader that they are in love with each other but Robin has a policeman boyfriend and Cormoran a string of totally unsuitable girlfriends. Hopefully there will be more developments in the next instalment!

I could write so much more – I could tell you that Strike is the son of an ageing rock star, that the office manager is a chain smoker called Pat, and so on. But I hope I have interested you enough to consider reading the series.

Helen Parish



*Flicks in the Sticks:*

## The Miracle Club

Saturday 16th March, 7.30pm  
Trefonen village hall



Our film for this month is *The Miracle Club* (12). Set in Ireland in 1967, starring Kathy Bates, Laura Linney and Maggie Smith – and worth seeing just for Maggie Smith’s Irish accent – this is a warm but wry look at families and family relationships, described by one reviewer as ‘a celebration of friendship and forgiveness served up with warmth and gentle humour.’ In Ballygar, a deeply Catholic community, winning tickets to Lourdes, town of miracles, offers a group of women a chance to escape their humdrum lives and responsibilities. But what will happen when they get there?



## On your doorstep .....



The birthplace of Owain Glyndwr, the last of the Welsh princes to defy English rule.

See opposite page for details.





Sycharth is an 11th century motte and bailey castle which was later turned into a wooden manor house for Owain Glyndwr at the end of the 14th century. It was totally destroyed by King Henry V in 1403 as part of his efforts to end the Glyndwr Welsh uprising.

Perhaps surprisingly, given its significance in Welsh history, the land is in private ownership - a campaign calling on the Welsh government to purchase the site hasn't yielded a result. Any maintenance is carried out in collaboration with, and supported by, grants from CADW (the Welsh equivalent of Historic England). There's not a huge amount to see, but it's well worth a visit and is only six miles from the centre of Trefonen.

Directions: take the Oswestry road out of the village, pass the turning to Coed-y-Go and, a little further on, turn left for Llansilin. Follow this, up to the amazing viewpoint across the Tanat Valley, and all the way down to the B-road where you'd turn right for Llansilin. Instead, turn left here and then, after about a mile, take the first turning you come to on the left onto a narrow lane. About 300 yards later, you can't miss the (small) car park. I did find postcode SY10 9JZ if you want to try that with your sat-nav, but I'm not sure how accurate it will be.

Stout footwear is advisable at this time of year.

*Meanderer (name & address supplied)*

---

## ***Hello ... Hello ... HELLO ... can you hear me?***

Is this what your mobile phone reception is like? Living at the top of Blodwel Bank, the signal strength icon on my phone shows, typically, two bars (out of five). I'm on the EE network, but visitors on O2 or Vodafone often don't have any signal at all. And I don't have to travel far to find myself in a 'not-spot'.

So I was interested to see that a new mast has appeared on high ground just the other side of the Racecourse. It looks as if, were it not for some trees, some Trefonen or Treflach residents would be able to see it - if only with binoculars - from their house. I stopped to take a look and found that it belongs to Vodafone. (I've checked their website - it's not for 5G.)

Has anyone noticed an improvement in their reception as a result? Why not write to the Editor with your experience? Some of us might be very interested to hear of it.



*Ed.*

## Letters to the Editor:

Letters can be on any subject related to articles in a previous magazine or any matter of concern or interest to either or both of our local parishes.

Letters should be signed with your own name and address, but if you'd prefer either of these to be omitted in the published version, just let us know: anonymity can certainly be preserved, but we as editors need to know who has written to us. You can email your letters to our editorial email

address: [trefonenparishmagazine@gmail.com](mailto:trefonenparishmagazine@gmail.com), or if you have not yet entered the digital realm, you can snail-mail them, either typed or in very clear handwriting, please, to The Editor, c/o Glenthorne, Trefonen, Oswestry SY10 9DZ.



Our first letter this month is about the 200th anniversary of the Royal National Lifeboat Institution (RNLI), which falls this month.

Dear Editor,



*I guess that many readers will have seen some of the BBC's 'Saving Lives at Sea' programmes. They may not know that the RNLI will celebrate its 200th anniversary on 4th March. The RNLI is on my list of charities that I regularly support. Why, given that we're in a landlocked county?*

*An uncle of mine piloted a landing craft onto a Normandy beach on D-Day. In later years, he took me and my siblings dinghy sailing off the North Wales coast. I don't know if he ever had need of a RNLI rescue, but he was a passionate supporter of theirs. After his death, his sister - my mother - continued that support and I've chosen to 'inherit' that.*

*I routinely buy tickets in their seasonal raffles, but anyone can support them in a manner that guarantees a reward by purchasing merchandise. A couple of examples: I have a tea towel of theirs and I recently bought a tee-shirt from their online shop, both at competitive prices. I invite others to consider doing the same.*

*Peter Woollam, Treflach.*

### Footnote:

*I also support the RNLI, after seeing their work at Sennen Cove in Cornwall in the 1990s. We were renting a holiday cottage within easy reach of the lifeboat station and would run down the hill to see them launch, whenever the lifeboat maroons sounded. And they do wonderful work as lifeguards on the beaches in Cornwall, too. Do any other readers have RNLI experiences to relate? - Ed.*



## Postscript:

Regular readers will know that there have been some changes to the production team of your magazine. The arrangements now in place are that Janey engages with those who write the articles, sometimes flexing her blue pencil and sometimes suggesting ways that authors might improve things. Isobel is working to expand our readership by developing a Facebook page. Peter does the technical bit - arranging stuff on the pages - and Barry looks after the accounts. We all have access to the [trefonenparishmagazine@gmail.com](mailto:trefonenparishmagazine@gmail.com) account, so this is the address to use if you want to contact any of us.



Now, if you're got as far as this page, well done! You're almost at the end of THE LONGEST MAGAZINE WE'VE EVER PUBLISHED at 60 pages. Many thanks to all our authors - the 'regulars' and the 'occasionals'.

But some of you might still be thinking: "Why don't we ever read anything about ... in the magazine?" The answer is simple - neither you nor anyone else has sent us an article on the subject. So my reply to you is: "When are you going to sit down and write that piece which you think might just be of interest to others?"

Peter.

---

## Answers to the quiz:

1. The Roman God Mars
2. St David
3. St Chad
4. St Patrick
5. International Women's Day falls on 8th March.
6. Brutus, quoting a soothsayer, in Shakespeare's play *Julius Caesar*.
7. Plutarch's *Life of Caesar*.
8. Caesar was assassinated.
9. The Ides fell around the middle of each month.
10. In March they fell on 15th.
11. 1864
12. 1964
13. 1959
14. 1918
15. 1939
16. The wind
17. 25.6°C, in 1968
18. -22.8°C in 1958
19. 1981
20. 1954
21. The hare
22. Alice in Wonderland
23. Lewis Carroll
24. The Mad Hatter
25. The Dormouse

## Church services in March:

		<u>LLANYBLODWEL</u>			<u>TREFONEN</u>
<b>Sun 3</b>	<i>3rd of Lent</i>	<b>11.00am</b> HOLY COMMUNION Rev'd Kathy	Exodus 20: 1-17 1 Corinthians 1: 18-25 John 2: 13-22	<b>9.30am</b> MORNING WORSHIP Welcomers: Jeremy & Nyria G Rita M June B Leader: Chris K	
<b>Sun 10</b>	<i>Mothering Sunday</i>	<b>10.30am</b>	<b>BENEFICE SERVICE FOR MOTHERING SUNDAY AT ALL SAINTS</b>		
			Exodus 2: 1-10 2 Corinthians 1: 3-7 John 19: 25b-27	Welcomers: John & Diane W <i>tbc</i> <i>tbc</i> Leaders: Rev'd Kathy & KK	
<b>Sun 17</b>	<i>5th of Lent</i>	<b>9.00am</b> HOLY COMMUNION Rev'd Kathy	Jeremiah 31: 31-34 Hebrews 5: 5-10 John 12: 20-33	<b>MORNING WORSHIP</b> Welcomers: Rita M & Victoria G Barry E Sue E Leader: Linda G	
<b>Sun 24</b>	<i>Palm Sunday</i>	<b>11.00am</b> MORNING WORSHIP Abie T	Isaiah 50: 4-9 Philippians 2: 5-11 Mark 11: 1-11	<b>HOLY COMMUNION</b> Welcomers: Pat & Graham D Jill F Shirley H-J Leader & prayers: Peter W	
<b>Fri 29</b>	<i>Good Friday</i>	<b>10.15am</b> STATIONS OF THE CROSS Rev'd Kathy		<b>HOUR AT THE CROSS</b> Leaders: Linda G & Betty S	
<b>Sun 31</b>	<i>Easter Day</i>	<b>11.00am</b> HOLY COMMUNION Rev'd Kathy	Acts 10: 34-43 1 Corinthians 15: 1-11 John 20: 1-18	<b>HOLY COMMUNION</b> Welcomers: Helen F & Helen P Helen F Helen P Leader & prayers: KK Flowers: KK + Jill + volunteers	



### 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 <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: 7th & 21st March



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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 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 ...

Please send in your photographs to [trefonenparishmagazine@gmail.com](mailto:trefonenparishmagazine@gmail.com). The best of these will appear on our Facebook page and on the colour back cover of the magazine each month. This month we have the following:

- Snow-capped peaks from Mynydd Myfyr, late January (Linda Gladman)
- The angry river at Llanyblodwel bridge, early February (Ed)
- A bank of snowdrops near Llanyblodwel church, early February (Ed)
- Early cherry tree blossom, 'Prunus subhirtella "Autumnalis"', which in spite of its name flowers in the winter, seen in a Trefonen garden in early February (Ed)

