

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.6 July & August 2024

Border Group of Parishes

Llanyblodwel, Llanymynech, Morton & Trefonen



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

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

From the Editor

Happy holidays, to all those who are going away during the summer. If you're staying at home, don't forget St Michael's Llanyblodwel's First Friday events, and look out for Shropshire Wildlife Trust activities locally, too. These are publicised on their website, and are often just down the road from us. The Meanderer is back on the Montgomery Canal this month in 'On your doorstep ...' (p.48), there is a sponsored walk on 27th July from St Michael's Llanyblodwel (p.14), and two outings are taking place – Trefonen Garden Club to the RHS Tatton Park flower show on 19th July and Trefonen Community Café to Llandudno on 20th August. For those who enjoy a more sedentary type of leisure we have a review of a good holiday read, *An Endless Cornish Summer* (p.18).

I suspect those of us with gardens will be spending as much time in them as possible over the summer, weather permitting. To inspire you, we have the second in our occasional series 'Garden Renovations', this time a general overview from Barry and Sue Evans of their major project at Fron Ucha, Trefonen (p.38). Barry and Sue have promised more details of the Cottage Garden and the Pond in later issues, and I for one will look forward to that.

In a new feature this month, the Editor's Interview (p.42), I went to Treflach Farm to talk to Ian Steele about his agriecological approach to pork and beef farming, and find out how we can support his venture – and enjoy some wonderful food from the farm at the same time!

Anyone who is visually impaired or who knows someone in that situation may find the one-off contribution from Oswestry Talking News (p.26) interesting – OTN, you are welcome to include anything from our magazine in your audio recordings!

Rebecca Colpus of Llanyblodwel, one of our two Lay Readers in the Border Benefice, writes our Thought for the Month in this issue (p.28) and K Kimber has provided an update on the decisions that will be made over the next few months about a new incumbent for the Benefice (p.27). Harriet Carter, diocesan environmental officer, looks at dragonflies and similar insects in churchyards (p.35); and Carrie Blount tells us about Places of Welcome in Lichfield diocese (p.23) – which sound to me, I must admit, much like our Trefonen Community Café and the Café Blodwel! The All Saints Trefonen questionnaire we published earlier in the year has thrown up an interesting idea – do we want the church to organise a Youth Club for the local area? Do young people want such a thing, and would local people outside the church want to help? Linda Gladman invites your comments and involvement (p.4).

As always, there are reports from local organisations – the Trefonen Garden Club (p.34), the Trefonen WI (p.8), the Sofa Club (p.29), St Michael's Llanyblodwel (p.12 & 27), a victorious Trefonen Football Club (p.50), and the Trefonen Poetry Group (p.52); along with a very brief word from Ann Hindley (p.4); news from Bryn Offa School (p.30) and an advertisement for School Governors for Trefonen School (p.31); and the third of our cryptic quizzes from Norma Jones (p.19) – which means that we need a quiz from another reader for September! And congratulations to Hazel and her team for winning Highly Commended in the West Midlands region of the Countryside Alliance awards for excellence (p.5).

Our Out and About photos on the back cover of the magazine include one of the bluebells at Fron Ucha, as mentioned in the Garden Renovations article, and the extraordinary total raised by the Hill Walk weekend – well done everyone!

Janey Fisher

Happy Holidays Everyone!

GONE TRUCKING!

See you next month.

Ann Hindley



Possible Youth Club for Trefonen?

Back in March, All Saints Trefonen asked for the community's views on whether there was anything they would like the church to offer to the community beyond what we are doing already. One of the suggestions received was that we run a youth club in the village offering games, activities and refreshments. (Thank you to the anonymous person who took the time to make this suggestion.)

For this to become a possibility we need to be sure that a) young people in Trefonen would welcome this, and b) there would be sufficient support from the community to make it happen. Church members would not be able to do this on their own.

So ... calling all young people of Trefonen Is this something you would like and would support?

Calling everyone Would you be willing to support a youth club with your time and energies?

Views on this would be welcome via feedbacktrefonenchurch@gmail.com or via the Parish Magazine Facebook page, or via the Facebook post on the Trefonen Community Notice Board.

Feedback would be appreciated by Friday 10th August. Thank you.

Linda Gladman



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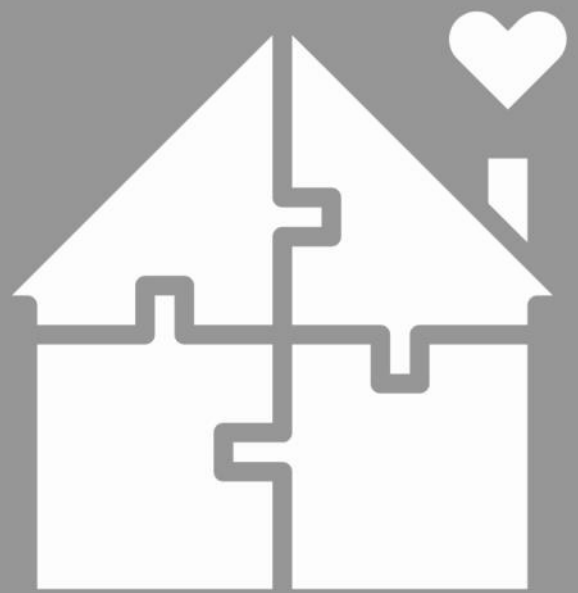
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Trefonen WI

In June we had a meeting with a difference! The ladies were treated to an Indian cookery demonstration by Lajina Leal and her husband Krish. They first set up a mobile kitchen including a stove, big pans and the ingredients including their home-made spices.



Lajina explained the importance of cooking the onions thoroughly in a small amount of oil. She then added her home-made spice mix (curry masala) giving the onions a good stir. She kept her dish moist by adding water rather than oil thus taking the calorie count into consideration. She then added the chopped fresh vegetables, keeping the mixture moist, also tins of chick peas. It was left to simmer whilst preparing the basmati rice.

The rice was rinsed and coated in oil and another type of her spice mix (chef crush) was added; water was added along with frozen peas and it was left to simmer for 12 minutes. The rice was then left to stand whilst coconut milk was added to the curry mixture and yet another spice mix (garam masala) and fresh chopped coriander was added. Everybody commented on the aroma!

The members who wanted to then sat down to a freshly made authentic Vegetable Korma style Indian meal along with home-made pineapple chutney and salad. "Delicious" was definitely the overall opinion.



The members then had the opportunity to purchase Lajina's home-made pre-packed spices at the end of the evening.

It's another first for Trefonen WI at the next meeting on Thursday July 4th at 7 o'clock. The village hall will be a polling station and so, if you'd like to join us, we'll be in the pub! Thanks to Haley we'll be in the back room of The Barley Mow. Our speaker will be Angela Jones from Veolia who will answer our questions about what we can put in which bin and why.

New members and visitors are always welcome. For further details please contact Victoria 07773 364992;

v.gemmell@hotmail.co.uk

Victoria Gemmell and Cynthia Holloway



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First First Friday

Billed as an evening of knowledge, conversation and mingling, St Michael's Llanyblodwel held its first *First Friday* on 7th June with village resident, John Croft. John, known as 'the Ukulele Man', spoke about the time The Beatles' lead guitarist, George Harrison, stayed in the village including an anonymous visit to the Horseshoe. John also played tunes on two of his collection of ukuleles and gave the opportunity for some of the audience to have a go.

First Fridays are planned to take place every month, the next being on 5th July at 8pm when Shropshire Wildlife Trust's Sarah Gibson will talk about Swifts, the bird that sleeps in the sky. There's no charge and refreshments are available. We hope to see you there.

Eirlys Williams



First Friday

in St Michael's Church, Llanyblodwel

an evening with

Swifts and Us - the bird that Sleeps in the Sky



Shropshire Wildlife Trust's Sarah Gibson, talks about Swifts, the biker gangs of the air, the birds that sleep in the sky and how they relate to us

Friday 5th July 2024, 8.00pm

St Michael's Church, Llanyblodwel. SY10 8NQ

Free entry. Refreshments available

**The second in a series of evenings of knowledge,
conversation and mingling held on the First Friday of the
Month**

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St. Michael's Sponsored Walk

Saturday 27th July 2024 - 1.30pm start

Start and finish at St Michael's Church, Llanyblodwel.
*From the beautiful Tanat Valley on lanes and bridleways
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Two circular routes -

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forms available from:**

- Border Benefice Website
- St Michael's Llanyblodwel
- Any member of PCC

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P3 Group

The group has been out again recently cutting back vegetation in several places. It seems that we've had good weather for nettles and some paths had become almost impassable. But who is it behind the mask here?



Community Speed Watch

Many readers will have seen groups of three volunteers monitoring traffic at sites in Trefonen and Treflach in recent weeks. We think we're making a difference, as we're finding fewer drivers ignoring the speed limits. The national statistics are sobering: 1,633 deaths and 27,796 serious injuries on our roads last year, pedestrian casualties being second only to vehicle occupants. A majority of incidents occurred on rural roads. Note 'incident' not 'accident' - excess speed was frequently recorded as a contributory factor, so many of these casualties were avoidable. If you think it's a good idea to encourage drivers to obey the law, we'd be happy for you to join us - just speak to any member of the team.



Time for reflection:

We often hear people say that time passes more quickly now, myself included, but we know that is impossible. These few lines may put it into perspective:

Past is gone, thou canst not that recall
Future is not, may not be at all
Present is, improve the flying hour
Present only is within thy power.

EnJay

This poem was engraved on a clock tower in Friar Park on Sir Frank Crisp's estate in Henley-on-Thames, and inspired George Harrison, who bought Friar Park in 1970, to write 'Flying Hour' - Ed.



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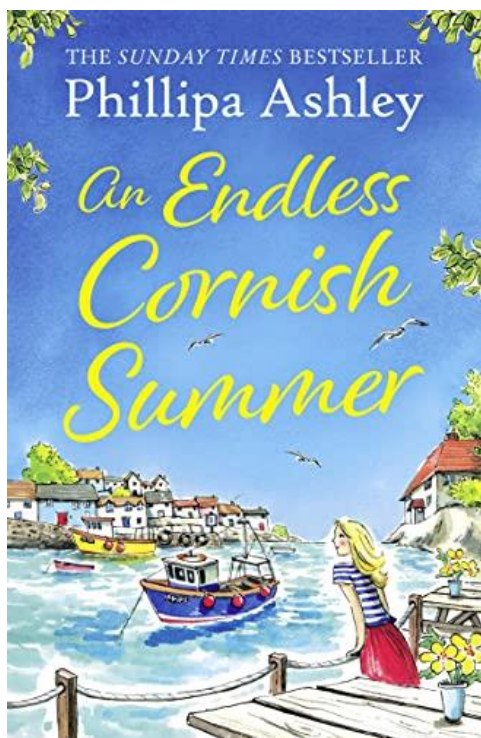


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Book Review: *An Endless Cornish Summer*

Thinking of the summer ahead, I thought it might be good to offer a book review of a good 'summer read' – and many of the best of these are set in Cornwall, which for many is primarily perceived as a holiday destination. The warmly remembered sunshine, I have to tell you (having lived in Cornwall for 19 years), is largely mythical – a rose-tinted memory of holidays long ago – but when the sun does shine it is the most beautiful place in the world! So here is my suggestion for a holiday novel set in that wonderful county: *An Endless Cornish Summer* by Phillipa Ashley.



The story starts when a girl who has miraculously survived a life-threatening illness sets out to find the anonymous donor who enabled her recovery. The quest leads her to a Cornish fishing village, where she becomes involved in local life. But here the clues are not so clear – either of two brothers might be the mystery donor, but how is she to work out which one it is? To make things even more complicated, she is in danger of falling in love with one of them, and that could be disastrous.

A roller-coaster of a Cornish summer ensues, with twists and turns along the way, until all ends happily – as a summer read should!

Jane Anstey

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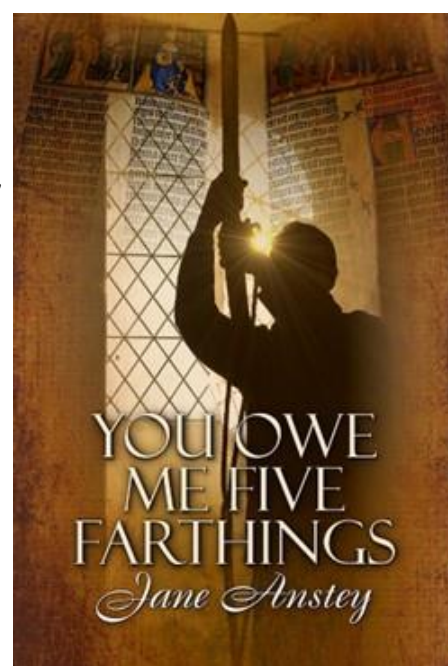
Mystery romance sequel to *St Martin's Summer*

The second novel in the Revd Jeremy Swanson series of mysteries follows straight on from *St Martin's Summer*, as we return to St Martin-on-the-Hill to follow Rose and Simon's star-crossed love affair to its denouement. Meanwhile, Jeremy, the local vicar, and his wife Liz, preoccupied with their own concerns, fail to perceive the dangers posed by their son Mike's obsession with a mysterious ancient book.

Reviews:

Jane Anstey's refreshing breeze fills both Romance and Mystery, while solid reflections on clergy family life draw the reader into the heart of the Rectory. [Rosamunde] Pilcher and [Susan] Howatch rolled together make this a truly 'unputdownable' story which left me wanting more.

Fans of *St Martin's Summer* will welcome back the well-drawn characters of Rose, Clive, Simon and the Swanson family [as] they and the author take us on another carefully-plotted intrigue.



Quiz

Many thanks again to Norma for another cryptic quiz. All of the answers are the names of flowers. But this is the last that we've had sent to us, so there won't be another one in future issues unless some of you knuckle down and compile one.

1. A man's name and a pen to write it
2. In neat rows
3. Amiable man
4. Shepherds watched their
5. Sweethearts farewell
6. Footwear
7. Dressed up ferocious animal
8. A way for man to get rich quickly
9. An animal's mistake
10. Country with lots of automobiles
11. Flower between hills
12. What a man did when he proposed
13. She got hitched on a tandem
14. What may greet you every morning
15. Say hello to Cynthia
16. What did Ben rave about (anag.)
17. Take a photo of St George's adversary
18. Did this summon Thomas Becket to his death?
19. Our former Queen had a lot of work to do
20. Insect caught somewhere in the solar system
21. Stringed instrument
22. Whether blue or green, you will be king and I will be queen
23. It's somewhere in the porch, idiot (anag.)
24. Alter your main goal (anag.)
25. Releases artificial intelligence backwards

Answers on page 52

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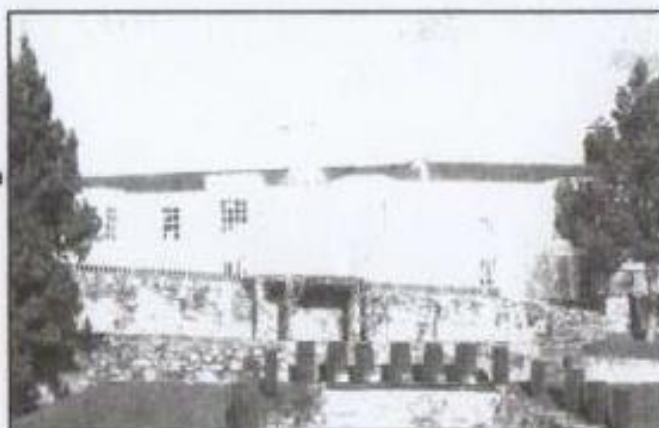
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The Community Café

Trefonen Village Hall

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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.



~~~~~

There will be no Pop-up blood pressure testing in July or August but hopefully it will be back in September

~~~~~

Community Café Summer Outing

The annual coach trip this year will be to Llandudno on Tuesday 20th August. Please see posters for more information or ask at the café.

There will be NO café that morning.

Café Rota:

<u>Date</u>	<u>Set up & open at 9.45</u>	<u>10.15 - 11.30</u>	<u>Close</u>	<u>Cakes</u>
2nd July	Jeremy, Nyria, Marilyn	Jeremy, Nyria, Marilyn	Jeremy	Nyria, Michelle
9th July	Peter, Pat, Ruth	Pat, Ruth, Rita	Pat	Pat, Rita
16th July	John, Diane, Kath	John, Diane, Kath	John	Kath, Diane
23rd July	Val, Dawn, Carol	Val, Dawn, Carol	Val	Carol, Dawn
30th July	Malcolm, Chris, Gail	Malcolm, Chris, Jill, Gail	Malcolm	Chris, Gail
6th Aug	Peter, Rosmarie	John, Diane, Rosmarie	John	Diane, Rosmarie
13th Aug	Jeremy, Nyria	Jeremy, Nyria, Helen	Jeremy	Nyria, Michelle
20th Aug	SUMMER OUTING - NO CAFÉ			
27th Aug	Val, Dawn, Linda	Val, Dawn, Linda	Val	Linda, Dawn
3rd Sept	Peter, Carol, Gail	Carol, Marilyn, Jill, Gail	Carol	Carol, Gail

Foot Health Clinic: Lorraine will be here on July 2nd.
Contact her on 07714 244359 to make an appointment.

Much more than just a cuppa

Places of Welcome are a network of hospitality, safe spaces in the local community where people can connect, belong and participate.

Registration to the national network is free, but the coffee morning or drop-in should fulfil five criteria to join. These are:

Place: An accessible and hospitable building, open at the same time every week.

People: Open to everyone regardless of their circumstances or situation, and usually staffed by volunteers.

Provision: Offering free refreshments (at least a drink and a biscuit) and basic local information.

Presence: A place where people actively listen to one another.

Participation: Recognising that every person coming to a Place of Welcome will bring talents, experiences and skills that they might be willing to share locally.

Places of Welcome are places where everyone can go for a friendly conversation and free refreshments, if and when they need it – and although they all meet the five expectations, they can all be very different, reflecting the communities they are in and their experiences and interests.

In their simplest form, they provide conversation and companionship over a cuppa, but some of our Places of Welcome provide other activities and support services. Here is just a flavour of what our Places of Welcome communities offer: sewing, gardening, citizens advice, councillor surgeries, knitting, yoga, exercise, arts and craft, colouring, litter picking, debt advice, counselling, foodbanks, clothing banks, haircuts, quizzes, singing and games.

But whether it's chatting over a cuppa and biscuit, taking part in one of the many activities or just finding a bit of support – they are always welcoming and inclusive. Places of Welcome within Lichfield diocese are supported by Carrie Blount and her colleague, Lesley Bovington. To find your nearest Place of Welcome in the diocese and read stories from visitors and volunteers, visit www.lichfield.anglican.org/places-of-welcome. You can also seek out your local Place of Welcome at www.placesofwelcome.org.uk. If you would like to host a Place of Welcome contact Carrie Blount at strengtheningcommunities@lichfield.anglican.org.



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Are you blind or partially sighted and/or have difficulties reading the newspaper or do you know someone who is blind or partially sighted and/or have difficulties reading the newspaper? Would you/they like to hear up to date local news?

Oswestry Talking News (OTN) is a registered charity and was formed in 1978. Its purpose is to provide relief for those suffering from visual impairments or some temporary or permanent incapacity or disability which makes reading a strain, by providing an audio version of local news and information taken from local newspapers and magazines.

Its members form a group of volunteers who prepare a weekly recording of articles taken from the *Border Counties Advertiser* on the day following publication; it also includes other local information and topics that are of interest to our listeners. This is a free service.

The recording is made available to our listeners online the same day, using the Talking Newspaper application, the library on our website or Amazon Alexa.

If you have Alexa why not listen to our last recording? – it is ever so easy! All you have to say is:-

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For those of our listeners who do not have online access, the recording is provided on a memory stick and delivered in a yellow zipped pouch by Royal Mail. The listener would be provided with an easy-to-use media player. If you, or someone you know, who would be interested in receiving OTN in this way please email OTN at oswestrytn@outlook.com, visit our website www.oswestrytn.org.uk, or telephone 07986584611

If you would be interested in volunteering for this worthwhile charity, please email oswestrytn@outlook.com (all skills are needed, and you would be very welcome).

Bethan Cross



RIDE+STRIDE, September – Save the date!

Advance notice of the Ride+Stride event on 14 Sept 2024, an opportunity to raise money for our Church and the Shropshire Historic Churches Trust. More details in our September issue.



St Michael's Llanyblodwel summer events

Our **First Friday** talk on the 5th July will be titled 'Swifts and Us', a talk from Sarah Gibson from the Wildlife Trust about SWIFTS, the biker gangs of the air. It will start at 8pm, free entry, refreshments available. See the poster on page 13 - Ed.

Cafe Blodwel will be on Wednesday 3rd July, 10.30am-12.30. Come and join us for a coffee, cake and a natter.

We are holding a **sponsored walk** on Saturday 27th July, starting and finishing at St Michael's Church. It starts at 1.30pm, with two circular routes - 5.5 miles suited for hardy walkers and 2.75 miles suited for the young and more sedate walkers. There are sponsor forms at the back of the church.

See also page 14 - Ed.



Progress with appointing a new Rector

On the 16 May 2024 there was a meeting of the members of the Parochial Church Councils, the bodies which oversee the running of each church, with the Rural Dean. She leads the many parishes in the Oswestry area. She explained how decisions about appointing a new Rector would be made and what the process would be.

This is not a decision but it is hoped that the Benefice of four parishes will continue. No re-organisation is anticipated.

The full summary of the meeting, issued to church members, can be found on the Border Benefice website: www.borderparishes.org.uk

*K Kimber, Convener of the PCC Chairs' Group
22 May 24*

From the Registers:

Llanyblodwel	Wedding	June 1st	Andrew Everitt & Lara Eyke
Trefonen	Funeral	May 8th	Maureen Ruth Woodfine Shrewsbury Crematorium



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.

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

Stop Press: The Appointment of a new Rector

We received this update from K. Kimber on 13 June 2024, just as we were going to press – Ed.

It has been confirmed that the Diocesan Bishops have decided that a full-time Rector should be appointed to the four parishes of the Border Benefice. This will be a fairly lengthy process. The next step will be a meeting of the four Parochial Church Councils with the Acting Archdeacon.

Thought for the month

Hello,

Many of you will not know me. I moved into the area last year so this is my first Spring here. I have been walking the lanes with my dog and have been thrilled to see so much biodiversity in the verges and hedgerows. First the snowdrops, then primroses, orchids and cowslips in the fields, so my past studies in botany have been recalled. The hedges include Wych Elm and Field Maple, both not very common, and then there are the majestic oaks.

This made me think of the words of Jesus from Matthew's Gospel, Chapter 6, about how God looks after plants and animals, and encourages us not to worry. 'Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?'

There are many uncertainties in life. Currently there are economic difficulties, political uncertainty in the UK and elsewhere, conflict in many places and an ailing environment. It recalls to me difficult times in the 1970s. Most of this we cannot influence or change. So why worry?

God wants us to look to Him for our security and comfort, to feel His love for us and trust Him to meet our needs. I pray that you all can all relax and enjoy the summer, trusting our loving Father to watch over us.

Wishing you God's blessings.

Rebecca Colpus, Lay Reader in the Border Parishes Benefice

Some prayer suggestions:

- For work done locally to bring people together and strengthen the bonds in the community, such as the community cafe, local activity and support groups.
- As the summer holidays begin and schools break up, for children, families and teachers.
- For help and comfort for those we know are in need, going through a difficult time or finding it hard to cope with life.
- Thanks for the little things in life, for those that love us, the countryside and summer days.

SOFA Club

I expect many of you are looking forward to the summer holidays – long hot sunny days, the excitement and preparation of having guests to stay, or you making a trip to stay with family or friends. There are times in our lives when we all need to take a break from routine, have a change of scenery, a change of activities or just need a well-earned rest. If you are living with dementia or caring for someone, this can be very difficult and scary. As the organisation for any activity can be full of pitfalls, being unfamiliar, out of routine, sometimes the lack of cooperation from the one we love, it just being all too difficult, the carer and the cared for become more and more isolated and don't get that break or a bit of ME time. SOFA Club tries to remain the same: we meet in the same place, roughly the same time, a small group and therefore not intimidating, understanding and above all caring. Just a couple of hours being with people, most of whom have lived with or cared for a loved one who has been on the dementia journey. This doesn't make them experts, but they do know and understand what it's like. If you would like to join us or feel we could help you in any way please come along or contact Lizzie (Churchwarden Morton) 07713 083002.



Meetings in July and August are 2.30 -4pm,
Llanymynech Church Hall: 11th and 25th July, 15th
August.

Lizzie Lawrence

Revd Kathy in Australia

We were pleased to hear from Lizzie Lawrence that Revd Kathy has purchased her chair and footstool (see June's magazine for Revd Kathy's article about this) and wanted to show us a picture of her trying it out. – Ed.



Bryn Offa Church of England Primary School



Rockwell Lane, Pant, Oswestry, Shropshire, SY10 9QR

admin@brynoffa.shropshire.sch.uk

Tel: 01691 830621

The summer holidays are in sight as we enter the month of July. I must admit to it being the best time to work in a primary school as lots of exciting things happen.

This year, BOPTA (Bryn Offa Parents and Teachers Association) have very kindly offered to heavily subsidise two school trips for our pupils to end their year on a high. Our younger pupils are visiting Bewilderwood. I visited there before half term to complete a risk assessment, and I am sure that they will all have a fantastic time. The older pupils will have a day at the beach which (weather permitting) will be a day to remember. The intention is to open up BOPTA to include members of the wider community in the next academic year. If you would like to get involved with some fundraising for the pupils of Bryn Offa, please do get in touch.

Throughout July, our Year 5 pupils will complete their John Muir Award by working with the Llanymynech Golf Course greenkeeping staff to remove the invasive species *Himalayan Balsam*. This will be preceded by a short presentation by Dr Simon Spencer (a local entomologist) to explain how this vital conservation work will have a positive impact on the butterfly habitat within the local area.

Currently, our Year 6 pupils are finalising the details for their leavers' trip. In order to raise funds for their 'end of Bryn Offa treat', they run stalls where they sell various crafts and hold competitions for the rest of the school for a small fee. This money is then used to purchase and perform an end of year play (*Shakespeare Rocks* is this year's choice) in addition to funding their trip. In order to secure set up costs for their small enterprise, they must pitch their idea in the Dragon's den which all of Year 6 children (and members of staff) thoroughly enjoy.

From a personal perspective, this will be my final time writing in the parish and community magazine as I will be moving on to pastures new in September. My ambition at the start of the academic year was to become a Headteacher and recently, I have secured the opportunity to lead Belvidere Primary School in Shrewsbury from September 2024.

It has been a real honour working over the last eight years at Bryn Offa and serving a community that means a great deal to me. I must admit that at times it doesn't feel like a job at all, such is the level of enjoyment I have working with the children who live in the surrounding villages. I would like to wish Mrs Keleher every success here and hope that she enjoys her time at Bryn Offa as much as I have.

I look forward to supporting this fantastic school and watching it grow both as a prospective parent and as a member of our lovely community.

Don't be sad that it's over; smile because it happened.

I hope that you all have a glorious summer.

Mr Gareth Jones

Acting Headteacher, Bryn Offa C of E Primary School



Trefonen School Governor opportunity

Did you know that 15 million people alive today attended a Church of England school? Today a quarter of all primary schools are Church of England schools and approximately 1 million children currently attend a Church of England School.



For hundreds of years, Church of England Schools have been at the heart of local communities. In the 1800s, a time when there were no state schools, the Church of England began a mission to set up a church school in every parish in England and Wales. At the heart of this mission, was the vision to provide an education for all, with the belief that moral and spiritual education, was as important to children as learning skills or a trade. Today this deeply Christian vision lives on, educating children to help them flourish regardless of their background or starting point, providing an education that enables 'life in all its fullness'. Could you be a part of this mission?

Trefonen Church School is an example of the Church working in the community and working for the community. Many Christians find the opportunity to serve the school in the community as a Church Foundation or Community Governor extremely rewarding and gain a great deal of satisfaction from bringing their own skills and experiences to the governing body.

Church schools are driven by a distinctive Christian vision which serves the whole community, people of all faiths and none. Church schools are distinctive in their collective worship and religious education offering, their ethos, and the ways in which this distinctively Christian vision is worked into the daily life of the school.

Governors are guardians of the school vision, keeping it alive and ensuring that it is implemented. They are also responsible for ensuring that the school upholds its Trust Deed which sets out exactly what it means to be a church school in the local parish. The expectation is that a church school will seek to offer excellence in education and will above all be concerned to develop the whole human being in a place where the Christian faith is lived daily. As a Church Foundation or Community governor, you will be ensuring that this is happening.

As part of the role, you will need be involved in building relationships within the school community and finding out what happens in school. This might involve talking to leaders, meeting pupils and talking to them about school or looking at books. This will ensure you are well informed about the school. In addition, the Headteacher tell us the importance of Church Foundation & Community Governors who are concerned about the staff and pupils in the school, those who 'check in' alongside the statutory role.

Do you feel called to serve? To be a part of educating children to help them flourish regardless of their background or starting point? Maybe you could share your life skills and expertise as a Church Foundation or Community governor in Trefonen School?

If you are interested please contact me at kirk.m@trefonen.shropshire.sch.uk.



*Malcolm Kirk, Chair of Governors,
Trefonen School*



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Trefonen and District Garden Club

As I am writing this we are experiencing unseasonably cool weather in this part of northern Europe, which has brought with it a chill wind. The upside of this is that blossom and flowers are lasting longer, the roses are doing well and there is plenty of lush green growth everywhere. This can mean that where some plants may have finished blooming in previous years, there is the crossover of varieties, giving a greater display. The fruit blossom was good this year, and did not get damaged by a late frost, so the set is looking good, promising a plentiful harvest. The downside is that tender vegetables, planted out in the open that need warmer temperatures, such as courgettes, tomatoes and beans, are struggling to get going, but hopefully when the weather does warm up they will soon catch up. So on the positive side embrace what is doing well. We have to learn to work with and around what the weather throws at us – after all we are a nation that likes to complain about the weather.



The annual plant sale in May was a great success, so many thanks to all those who supported it. The entrance fee was again donated to the Hill Walk charities, with the rest of the money raised helping to support the speaker programme. This year so far we have enjoyed many fine speakers with a range of topics, attracting a wider audience than just our club members.



On 19th July the club will be going on its major outing of the year to the RHS Tatton Park Flower Show, the last one until 2027. For more local inspiration on plants and gardening there are the NGS open gardens throughout the summer, plus NT gardens and other excellent gardens open to the public, not that far away.

For our July meeting on 18th July, Diane Clements will be giving a presentation entitled 'Alpines in the wild and in cultivation'.

There is no meeting in August.

To find out more visit www.trefonengardenclub.org.uk.

Chris Kirk

Here Be Dragons!

Churchyards and cemeteries may seem strange places to look for animals which live in streams and ponds but actually they can be very good. Frogs, toads and newts all spend much of their lives out of the water and whilst dragonflies are aquatic during their larval stage it is the adult, flying insect that we see throughout the spring and summer. Whilst dragonflies will be returning to water to lay eggs, they can be seen cruising quite far away.



Dragonfly larvae may live for several years within water but for only a few weeks as a flying adult. It's not clear why they are called dragonflies, but other old names include Devil's Riding Horse and Devil's Darning Needle! They are an ancient type of insect with giant dragonflies found in the fossil record, dating from the Carboniferous era. Some fossilized dragonfly species would have had a wingspan of about 70cm.

Adult dragonflies eat smaller insects such as midges and mosquitoes. They can fly fast – reaching 25 to 30 mph with a loud buzzing sound – and have excellent eyesight, using their compound eyes to find and catch prey as well as spot potential mates. You may see them basking on a churchyard wall or monument in order to warm up, wait for good weather or finish digesting. Flying takes a lot of energy so they spend much of their time sitting still. If you are both patient and lucky, you may also see predators of dragonflies or the smaller damselflies such as flycatchers and frogs.

One reason that burial grounds are good for dragonflies is that they can be havens for their food – small flying insects. Those managing churchyards, chapel yards and cemeteries rarely if ever use pesticides and there are often areas where these insects can breed, such as long tussocky grass, deadwood and woodland soils with old leaves, bark and humus.

Why not spend some time checking on monuments and see if you can spot any dragonflies. Take a photo of any you see to upload onto the iNaturalist app which will both help you identify them and also make a record so others can see what you've found.

Harriet Carter, *Diocesan Churchyard Environmental Advisor*,
harriet@cfga.org.uk.

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Garden Renovations: Fron Ucha, Trefonen

'Fron Ucha' roughly translates as 'Upper Slope', or perhaps, 'Hillside', in English. It has been so named since at least 1936, when the existing house was built on the site of a previous stone cottage; so we decided to keep the name and learn how to pronounce it!

The gardens surrounding the house mostly date from about 30 years ago, as we discovered when we moved to Trefonen from the South Devon Coast in Summer 2021. Nevertheless, 30 years is plenty of time for newly planted conifers to have outgrown their location! So our first major task was to engage a tree surgeon (see advertisements in this magazine) to safely fell, stump-grind and chip four huge Leylandii that were blocking light and out-competing everything around them. This cleared the way for Sue's new 'Cottage Garden', the first area on her wish-list.

Our renovation project consists of about an acre of garden plus an acre of field, perfectly fitting the vision we had in mind when we were house-hunting.

At this point we should explain that Sue is very knowledgeable about plants, whereas Barry likes building garden features and making a 'big impact', for which of course he needs boys' toys such as ride-on mower, strimmer, chainsaw, cement mixer etc! Our '10-year project' thus neatly divided into Sue's creation of a new Cottage Garden and a new perennial bed or garden area every year, and Barry's reimagining of the field, woodland edge and hedgerows to encourage wildlife.

We overlap on construction projects in Sue's garden areas, and our common ground is the vegetable plot and polytunnel. We reuse any old bricks, turf and paving slabs, stones, sand and rocks that we dig up for walls, steps, foundations or paths, reflecting our 'good stewardship' ethos.

The initial focus for our first winter was to start the long-term structural planting of trees and hedges: a double-row beech hedge as a neat boundary with next door, a double-row mixed-species native hedge for wildlife along a field boundary, and 16 fruit trees to create a small future orchard area. We also barrowed the mountain of woodchip from the conifer-felling to create a small 'Woodland Walk' area at the bottom corner of our new garden, to which Sue has been adding plants such as magnolias each successive season.



Our first spring (and every one since) saw the hire of a wonderful labour-saving toy, a petrol turf cutter. On that occasion it was to cut out the shapes of Sue's Cottage Garden, where there had been mostly lawn and the large conifers. It's amazing what a transformation it made, even in its first summer.

Although we did one or two obvious projects straight away, received wisdom suggests that you should actually watch your new garden for the first year to see what comes up. We did and were not disappointed!

First came the joy of snowdrops in various parts of the garden, a special delight as we haven't had a garden that they liked before now. Next came a blessing of thousands of English bluebells in a swathe that followed the line of an ancient Shropshire Hedge bank on our bottom boundary (see back cover of the magazine). We immediately adapted the mowing regime to 'no-mow' from February to the end of June, to allow them to thrive and seed. Barry also collected seed to scatter in new or sparse areas.

The 'big impact' of the bluebells became the template for Barry's development of the field into a wildflower meadow, using plant plugs from seed assisted by broadcasting fresh seed of Yellow Rattle (aka the meadow-maker). We erected a polytunnel for propagation - Sue's Cottage Garden plants vying for space with Barry's seed-sowing of hundreds of foxgloves, oxeye daisies, cowslips, etc! Imagine us moving each other's seedlings around to make a bit more room in there!

In our second year, the turf-cutter was hired again to cut out a new perennial bed inside the establishing beech hedge, and to strip an oval shape 40ft x 20ft in the meadow where a new pond was to be dug. Recently we hired it again to cut a second large perennial bed opposite the first one; the turves were re-laid around the completed wildlife pond to hide the edge of the liner.

The topsoil from the pond was used to fill some new raised vegetable beds, and the sandstone bedrock beneath became a retaining wall on the uphill side of the pond, because the field slopes. Thanks to David Lloyd for scraping the hole with his JCB, and neighbour Chris for topsoil moving and lining.



We hope that the new pond will tempt the wildlife from the bottom of the village up to the top of Old Post Office Lane; we already have damselflies and dragonflies, newts and frogs and diving beetles - and one morning recently our neighbour spotted a pair of Mandarin Ducks!

A highlight of last year was adopting two hedgehogs from Cuan Wildlife Rescue at Much Wenlock, releasing them and watching them on a night camera.

Having moved up from the South Devon coast where we grew half-hardy and tender plants, we realised that we required a change of approach towards more robust planting and observing what is growing successfully at this altitude and climate in the surrounding area. It's good to experiment and celebrate your successes as well as to learn from what didn't work.

We still have more ideas than we have time or energy, so need to keep reminding ourselves that every new project creates an area that needs ongoing maintenance alongside doing the next project!

Barry and Sue Evans

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The Editor's Interview: Ian Steele from Treflach Farm

Ed. Treflach Farm has been in your family for quite a while, I believe. Can you tell us something of its history?

Ian Steele: We have been at Treflach since 1904. We were originally tenant farmers but in the inter-war years the Dumville-Lees Estate (based on Woodhill) was broken up as a result of death duties, so all the farms were sold off, and as sitting tenants my great-great uncle Johnny Jones bought the place. He and his sons ran Treflach Farm and Treflach Hall together, before my uncle took over Treflach Hall and later my father Bob took on Treflach Farm. It has always been a mixed farm, but my Dad kept cattle predominantly for dairy, with some beef as well, and he always had a couple of pigs.

I grew up here in the 1980s and 1990s when there was a series of food crises – BSE, foot and mouth, milk lagoons and butter mountains in the EU – so it was a testing time for farmers. There didn't seem to me to be much future for agriculture on a small scale, especially on low-nutrient, thin soil upland farms like this. So I continued my education and got a job in London, until 2006 when my father became ill and I took a sabbatical to come home and decide what we should do next. After 12 months the opportunities here outweighed the temptations of going back to London, so I stayed. However, I knew I had to do something different – the upfront capital costs of dairying made it unrealistic for a 100-acre (40 hectare) farm, though some like my cousins at Treflach Hall do still manage it – and all credit to them.

Diversification was the answer, so we decided to add value to meat by producing sausages and bacon, then later setting up a bakery to make pies. One of the problems with small-scale meat production is that people prefer fresh food but with only small numbers of animals you can't offer fresh meat every week. With the pies we can batch produce our meat, freeze it down, and the bake every week to supply fresh pies locally.



Ed. Where do you supply, and what kind of customers are they?

Ian Steele: Our biggest buyer is the Rhug estate farm shop, at Corwen on the A5 in Denbighshire, and then we have a dozen other customers in Shropshire, Powys and Cheshire. Each Thursday I do my deliveries and drop off fresh pies to them. It's mainly wholesale: farm shops, delis, garden centres and petrol station forecourts.

Ed. I've heard you speak of 'regenerative' farming. Can you explain what that means and how you are working towards it?

Ian Steele: 'Regenerative' farming means essentially building soil, sequestering carbon, cleaning water as it passes through the landscape, minimising flooding and nutrient losses downstream; but the word has become devalued recently, being taken on by other organisations and groups, so the term I would use is 'Agroecological farming'. Agroecology is the application of ecological concepts and principles in farming, keeping a balance in the relationships between plants, animals and people, and their environment. This style of farming allows us to increase soil health and fertility and produce, and sell, nutrient-dense food locally.

Ed. Would you say that is the way farming as a whole should go?

Ian Steele: It makes a lot of sense for Treflach Farm and the soil we are on here. Over the last 20 or 30 years there's been a shift in consumers' perceptions of 'food quality' and what it means, and in their ability to pay a little more for local food grown to organic standards and the choice to do so. The Agroecological approach to the environment, and the ultra-high quality animal welfare aspects have all become more important. As I see it, one of the issues is that if we as a society want to continue to eat the sort of food we're eating now, in the quantity we're eating it now, it would really prove extremely difficult if not impossible to convert all agricultural land to the type of agriculture I employ. So the last thing I want to do is stand on a pedestal and tell everyone else how they should farm, because they'll know their land better than I and they'll know how to grow food better than I would. All I would say is, in my personal opinion, the way society consumes food at the moment, in a relatively unthinking way, is not very long sighted. It's not good for our health or the wellbeing of the planet, so I would advocate change – but that's not the same as advocating that farms change their policies without society going along with it.

Ed. So it is changes in society and society's thinking that you feel need to drive this.

Ian Steele: Yes, so that farmers will be rewarded and encouraged by the demand cycle to farm in a different way. At the moment society demands low cost food above all else and I think that's detrimental both to people's health and wellbeing and also to farmers and the environment, so there's a balance there that needs to be struck. I don't have the whole answer – I have an answer, for my plot of land, and when I view other farms I think about how they could farm differently to increase diversity and farmer wellbeing without impacting their bottom line. But it's not my place to tell others what to do.

Ed. I've been concerned to read that more than 80% of the meat and other animal- based food we buy in supermarkets is produced using a system known as 'factory farming'. What is your view on the ethics of this?

Ian Steele: This goes back to what society demands. Because of the demand for cheap food, it will be produced in a low-cost way that impacts on animal welfare and environmental sustainability.



contd.

But then who am I to say that someone who's struggling to pay for food in the inner-city should not have access to certain staple foodstuffs because of my dislike of certain farming practices? It's very difficult, because what I'm afraid of is turning food produced along organic lines and Agroecological approaches into a middle-class island. I see that sometimes our prices are comparable to supermarket prices for similar produce, especially the meat, but then on occasion supermarkets do a special offer and we can't compete.

Ed. This is the concept of the 'loss leader', isn't it?

Ian Steele: Yes, but then that creates the impression that the discounted supermarket price is the correct one and everyone else is profiteering. Supermarkets have the ability to do this because they can afford to, which as a small concern we can't. I don't want to paint the supermarkets as the problem in themselves, but they have a great ability to influence society's perception of food.

Ed. Do you think it's a matter of education – of the public needing to understand that it's possible to have food that's much better for you and for the planet at not vastly inflated prices?

Ian Steele: I think it's the *lack* of thought that's the problem. Because life is so busy and there's so many pressures, people don't have time to think about such things as where their food comes from. It's remarkable how conversations can start about food. I'm absolutely amazed at the impact that Jeremy Clarkson's farm, for example, has had in raising concepts of food production and the difficulties of farmers, but for most people this is a small matter. Priorities are the cost of living, day-to-day life, going to work – and I appreciate that. We all have blind spots in our lives – I'm sure there are things I do that impact on other people and the planet that I'm not aware of because I'm so much in my own 'bubble'. Educating people would be great, but we all need educating about so many things it would be difficult to know where to start. The best way I can advocate for change is to be the change I'd like to see and push our produce in a way that enables people to eat nutritious food locally.

Ed. It's about priorities, isn't it?

Ian Steele: Stef and I talk about priorities all the time, because you can't do everything and it can be soul-destroying not to have the resources you want for what you can do. It's important to be aware of your limits and what the priorities are. We have a clear manifesto for the farm; a clear route forward and the resources we have to bring that about. So every decision we make is made within that framework. We're aware that not only we, but other people have limitations and we don't expect them to know what we're trying to change. But even talking about what we're trying to do is a way of effecting change.



The Treflach Manifesto

These are the principles that guide our vision of agriculture as a sustainable industry, rooted in the community, working in harmony with nature and providing for the needs of local people. We aim for Treflach Farm to be the centre of many communities associated with people, animal welfare in food production, sustainability and care for the environment.

Ed. You have work experience students, I believe. Can you tell us something about that?

Ian Steele: We run a Community Interest Company, running horticultural sessions for a wide range of students – kids with behavioural problems, young people with learning difficulties, physical disabilities – and through those practical sessions, through engagement with land management and animal welfare that's hopefully having an impact on people who can go home and take that message of what we're trying to achieve back with them. When they look at other ways of producing food they are able to make a value judgement about where food has come from and how it has been produced.

Ed. I'm sure some of our readers will want to purchase from you. Could you explain how your farm shop works?

We have a little honesty shop by the farm car park which is open 24/7. It has a card reader and a cash tin and there are three freezers – one for pork, one for beef and one for pies. Everything's labelled and priced up so that people can help themselves and leave cash in the tin or use the card reader to pay contactless. It's super-easy. What is in the car park shop is just what happens to be available at the time, but if you place an order online at our web shop (treflachfarm.co.uk) or view and then phone or email with an order you can collect it in a few days.



We mostly sell wholesale because we couldn't rely on passing trade in an out of the way place like this. We have sometimes run farmer's markets here at the farm, and they have been very well supported, but we only have a small car park and it can get overwhelmed. Or cars get stuck and then I spend all day pulling cars out of the car park with a little tractor, which in hindsight can be hilarious, but at the time is quite stressful!

We've also started doing farmer's markets in Chester, and we've thought about running one locally, maybe in Oswestry or even in Trefonen, but working out how and when we would do that and whether there would be a demand for it has been quite difficult. Perhaps magazine readers would let us know whether they would be interested in a local market?

Ed. That's certainly something we can canvass opinion on, and we can also publicise anything you decide to do.



**Trefonen Garden Club Monthly Meeting 7:30 p.m.
Thursday 18th July at Trefonen Village Hall SY10 9DY**

***Alpines in the Wild and in
Cultivation - Diane Clements***

***Trefonen Garden Club welcomes
Diane Clements talking on her
specialist subject, an area that has
been of increasing interest as our
climate changes.***



Everyone is welcome at the Trefonen Garden Club. Bring along your friends and neighbours!

As usual there will be no meeting in August. Like the magazine, the Garden Club takes a rest, but we'll be back on Thursday 19th September.

The Club's outing to RHS Flower Show at Tatton Park on 19th July may still have some places. Call 01691 583012 or email trefonengardenclub@gmail.com.

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Trefonen Village Shop

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Sunday:	10.00 - 1.00

Telephone 01691 671208



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

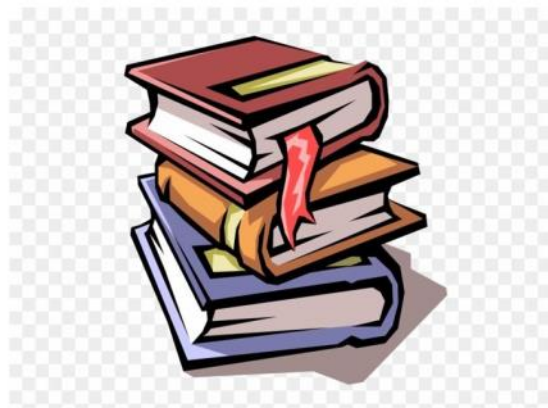
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On your doorstep ... the Montgomery Canal (again!)

If you follow this series of articles, you'll realise that I have an interest in the industrial archaeology of our canal network. The area described here is quite a good place for a picnic, though there are also plenty of opportunities to go for a walk.

The Montgomery is a 'sump' canal. "A What?!!!" I hear you say. Let's start with a different example.

There are two canals which cross the Pennines to link places in Lancashire and Yorkshire – the Leeds & Liverpool and the Rochdale. As you'd expect, if you set off from either end of these, you encounter a number of locks through which the canals rise, eventually reaching the highest, or 'summit', pound (the canal jargon for a stretch of waterway between locks). Every passage of a boat through a lock has the effect of draining water – typically about 25,000 gallons – from a higher to a lower level. The canal builders had to provide a means to replenish the summit pound, the usual method being to construct reservoirs. It wasn't always possible to site a reservoir above the level of the summit pound, so steam-powered pumps were used to raise water from a reservoir below. Electricity has taken over and, to my knowledge, none of the original pumps remain.

The 'Monty' is the inverse of these – setting off from Lower Frankton or Newtown would originally have taken you down through either 8 or 14 locks respectively – eventually reaching the 'sump' pound. Here, the canal builders had to find a way to dispose of the surplus water that accumulated, which brings us to our destination.

So where did all the water come from? Answer: from a number of 'feeders'. At the northern (Lower Frankton) end, water is taken from the Llangollen canal which, in turn, is drawn from the River Dee near Llangollen (you must surely have visited the Horseshoe Falls – if not, why not?). There's another feeder, taking water from the Tanat, which enters the canal at Carreghofa, just outside Llanymynech. At the southern end, there's a large weir on the Severn near Newtown to create another drawing-off point.

But first things first: how do you get there? Take the A483 Welshpool road (through Pant, Llanymynech & Four Crosses) as far as Arddleen, where you turn off to the right – signposted B4392 for Guilsfield. Go all the way through the village and turn left onto a single track lane just before you pass the end-of-40mph speed limit sign (be careful – it's easy to miss this turning and it's not signposted). You immediately go over a canal hump-back bridge and then immediately turn right onto another narrow and rather winding lane. Shortly after passing The Hollies Farm and just before another hump-back bridge, there's a car park on your left.



When I visited in June, a lot of the site was somewhat spoiled by overgrown vegetation, but it appears that this is cut back regularly in the essential visitor areas. Whilst relatively little water leaves at the overflow at the moment – a result of the derelict state of much of the canal in both directions – you can see how it is managed. Following the course of the run-off takes you to a large snaking lagoon with a path that goes around the whole area.

At the furthest point, you see where water finally drains away. It goes into a specially dug ditch (out of sight from just here) which takes it to the River Severn about three miles away; the ditch is marked as the 'New Cut' on the OS map. The bullrushes and pond lilies needed a bit of time to reach their best – you might get a better show than I did. I've no doubt that those who know better than me will identify many other plant species. The other advantage of going in July and August is that you're likely to see dragon and damselflies; on a visit some years ago, I saw dozens.

It's obvious straight away that this part of the canal is not open for navigation. Restoration will need an enormous amount of work, the weeds that have taken over being amongst the least of the issues to address. The April edition of this column took you to the new road bridge at Crickheath. There are another three similar 'dropped bridges' to be dealt with before boats will be able to travel this far.

If you're up for a bit of a walk, I suggest that you set off along the towpath under bridge 106 for about quarter of a mile to reach Burgedin locks. The residence that was once the lock-keeper's cottage has been restored and extended in recent years. Notice the unusual paddle gear on the top gates. These are the work of one of the canal's engineers, George Watson Buck, and are found only on a limited stretch of the Monty. Where paddles are usually mounted in the gates themselves and rise and fall vertically to open and close, Buck's design has a horizontal paddle in the floor of the basin.

When you've finished the walk, the simplest return is to retrace your steps, or you could use a map to find another route.



Meanderer

Trefonen FC: A Season to Remember

As the curtain falls on another thrilling season in the JT Hughes Montgomeryshire Amateur League, Trefonen FC can look back with immense pride and satisfaction. Finishing 4th in the league and clinching the Llansantffraid Village Cup for the first time, this has been a landmark year for the club.

League Campaign - An Overview:

This season saw the Montgomeryshire League expanding from 8 to 15 clubs, largely due to the demise of the Mid South Wales League. This resulted in a much longer league campaign, with shorter cup formats than previous seasons. Over the course of the season, the club have enjoyed travelling to and experiencing the hospitality of new places, including Rhayader Town, St Harmon, Presteigne St Andrews and Felindre, as well as welcoming old foes to The Pit. The additional travel combined with a very wet and long winter had made for a challenging and busy end to the season, and unfortunately, some teams failed to complete all of the fixtures.

Congratulations to league champions Llangedwyn, who successfully retain their title, and to runners up Kerry Reserves and third place Llanfechain. Trefonen's 4th place finish in the Montgomeryshire Amateur League is a testament to the team's consistency and resilience. Throughout the season, the squad showcased their talent and determination, securing crucial victories and demonstrating an unyielding spirit in the face of many challenges.

Key matches that defined the season included the hard-fought 3-2 victory away to Presteigne St Andrews and a thrilling 5-2 victory in our penultimate home fixture against Kerry Reserves. These performances not only secured valuable points but also highlighted the team's potential to compete at the higher end of the league.

Llansantffraid Village Cup Triumph - A Historic Achievement:

The pinnacle of the season was undoubtedly the triumph in the Llansantffraid Village Cup. Winning this prestigious trophy for the first time in our history marks a significant milestone and is a fitting reward for the hard work and dedication of everyone involved with the club.

The road to the cup win was challenging, with Trefonen facing several tough opponents. After defeating Newcastle on Clun 4-1 away in the quarter-final, the semi-final saw Trefonen beat Llanfechain 3-2, with Tom Gale scoring a brace and Martin Gumbley also on the scoresheet. The showpiece final, played in front of a passionate crowd at Llansantffraid's Treflan ground, was a thrilling encounter that saw Trefonen emerge victorious with a 3-2 win against a strong Four Crosses Reserves side. The goals from striker Andy Garmston and two from midfielder Harry Kerr, along with a fine performance from goalkeeper Tom Belton, will be remembered for years to come, symbolising the culmination of a season's worth of effort and ambition.

Thank You



Trefonen FC's achievements this season have been a collective effort, and the club extends its heartfelt gratitude to the volunteers, fans, and sponsors (Polka Dot Travel, D Powell Plumbing and Heating, Simla Restaurant, The Royal Oak, MetalWorld, The Barley Mow and Gigsy at P&D Transport Oswestry) whose unwavering support throughout the season has been instrumental in the Club's success.

As Trefonen FC reflects on a season of significant accomplishments, there is already a palpable sense of excitement and anticipation for the next campaign.



End of Season Awards:

The club held its annual presentation evening on Saturday 8th June at The Royal Oak, Treflach. The evening was a time of celebration for the club, with many awards to give out to players, committee and volunteers. Flowers, chocolates and vouchers were handed out to those volunteers who have contributed a large amount of time and effort over the past 12 months, in particular Janice Stokes, Tina Jones and Julie Cole.

Along with the regular awards such as Top Goal Scorer (Andy Garmston), Managers' Player (Martin Gumbley), Players' Player (Tom Belton), Supporters' Player (Martin Gumbley) and Goal of the Season (Tom Gale vs Llanfechain), Clubperson of the Year was jointly awarded to Mel and Alan Oakley, for their contribution to the club through various fundraising events held over the past year.

The club also decided to introduce a few special awards to recognise other achievements: these were Performance of the Season, which was won by Tom Belton for his match-winning display vs Four Crosses Reserves in the Llansantffraid Village Cup Final, a performance which ensured the club won the trophy. A special achievement award was presented to Manager Chris Grommell and his assistant Brian Richards for their part in obtaining a cup treble over the past two seasons. A third award was given to the outgoing Vice Chairman, Mike Stokes, who received a long-time achievement award in recognition for his commitment, both as a player and committee member, since the club was first formed in 1980.

Greg Stokes



Poetry Group

At the Poetry Group meeting on 11th June, the following poets were read, on a theme of 'Summertime': Lewis Carroll, Robert Frost, John Betjeman, Wendell Berry, Andrew Marvell, Gavin Ewart, Philip Higson, Tony Burrett and Anon (x 3!). We chose the poem 'Mowing' by Robert Frost to share with you.

Mowing

*There was never a sound beside the wood but one,
And that was my long scythe whispering to the ground.
What was it it whispered? I knew not well myself;
Perhaps it was something about the heat of the sun,
Something, perhaps, about the lack of sound –
And that was why it whispered and did not speak.
It was no dream of the gift of idle hours,
Or easy gold at the hand of fay or elf;
Anything more than the truth would have seemed too weak
To the earnest love that laid the swale in rows,
Not without feeble-pointed spikes of flowers
(Pale orchises), and scared a bright green snake.
The fact is the sweetest dream that labor knows.
My long scythe whispered and left the hay to make.*

Robert Frost

Our next meeting on 9th July, again at Glenthorne, Trefonen, at 2.30pm will have the theme 'Colours'. Choose a poem or two on the theme and join us!

Martin Fisher

Answers to the quiz:

- | | |
|------------------------------------|----------------------|
| 1. Jonquil | 14. Edelweiss |
| 2. Primrose | 15. Hyacinth |
| 3. Sweet William | 16. Verbena |
| 4. Phlox | 17. Snapdragon |
| 5. Forget me not | 18. Canterbury bells |
| 6. Slipper orchid / ladies slipper | 19. Busy Lizzie |
| 7. Dandelion | 20. Venus flytrap |
| 8. Marigold | 21. Viola |
| 9. Cowslip | 22. Lavender |
| 10. Carnation | 23. Orchid |
| 11. Lily of the valley | 24. Magnolia |
| 12. Aster | 25. Freesia |
| 13. Daisy | |

Local contacts:

Jubilee Club	Alwena Martin	652791
Jubilee Field	K Kimber	679646
Llanyblodwel Parish Clerk	Amy Jones	llanyblodwelpc@gmail.com 829571
Llanyblodwel & Porth-y-Waen Village Hall Sec.	Bethan Cross	829368
Oswestry Rural (Trefonen) Parish Clerk	Kathryn Lloyd	07534 687663 clerk@oswestryrural-pc.gov.uk
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	valsmout@btinternet.com 657011
Trefonen Village Hall Caretaker	Clive & Kath Roberts	671360
Trefonen Village website		www.trefonen.org

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

Mobile Library:

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

Next visits: 11th & 25th July; 8th & 22nd August



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

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

Church services in July

		LLANYBLODWEL		TREFONEN	
Sun 7	6th after Trinity	11.00am	MORNING WORSHIP Leader: KK	9.30am	HOLY COMMUNION Welcomers: Pat & Graham D Shirley H-J June B Rev Mike Cotterell & KK Flowers: Norma J
Sun 14	7th after Trinity	11.00am	MORNING WORSHIP Leader: Abie T	9.30am	MORNING WORSHIP Welcomers: Barry & Sue E Barry E Sue E Leader: Peter W
Sun 21	8th after Trinity	11.00am	HOLY COMMUNION Rev. John Darch & Rebecca C	9.30am	MORNING WORSHIP Welcomers: Helen F & Helen P Helen P Jeremy G Leader: Linda G Flowers: Sue E
Sun 28	9th after Trinity	11.00am	MORNING WORSHIP Leader: Abie T	9.30am	MORNING WORSHIP Welcomers: Jean R & June B Helen F Jean R Leader: Chris K

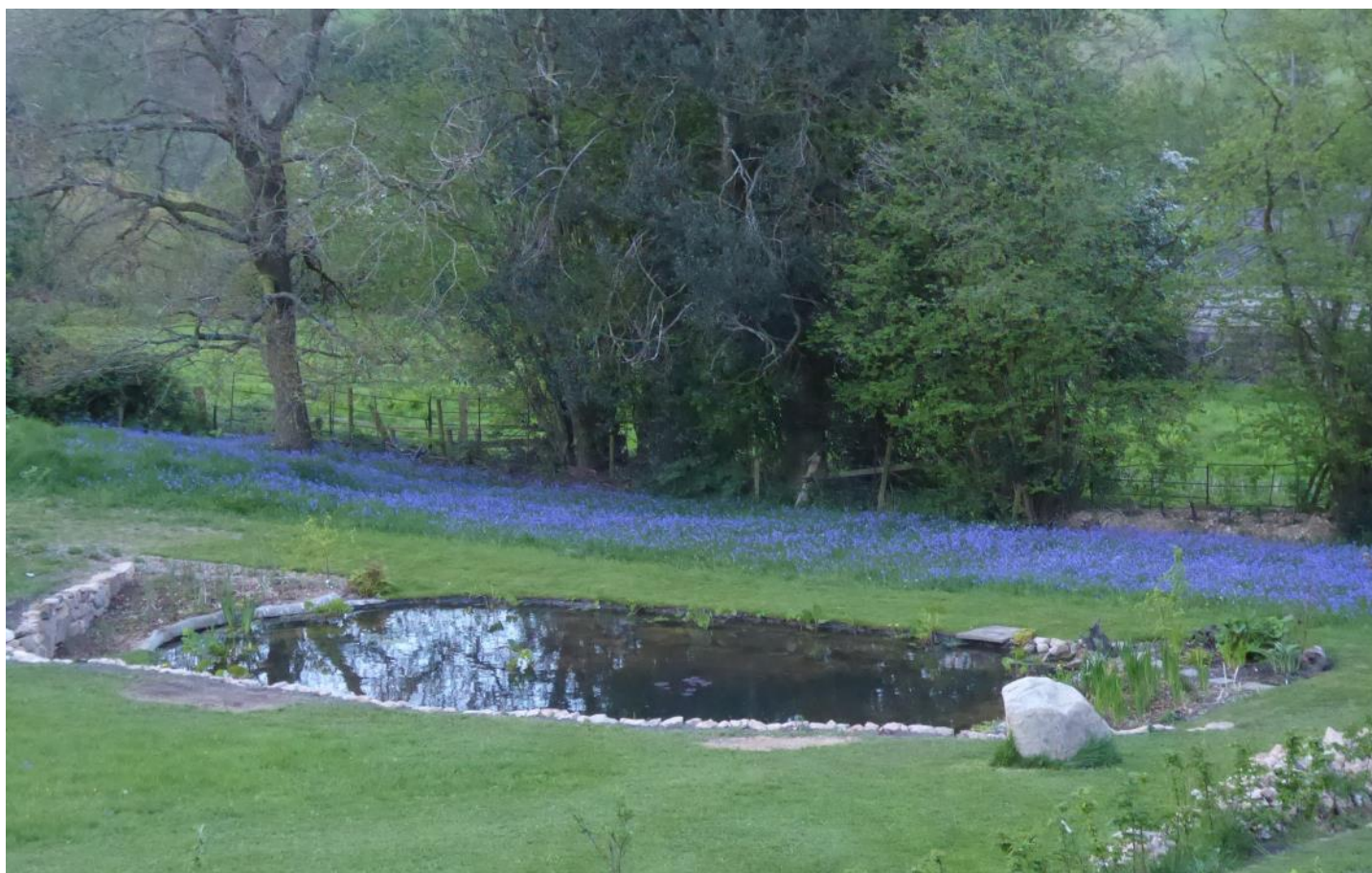
The above details were, we believe, correct at the time of going to press, but we suggest you keep on the lookout for changes in e.g. Pew Sheets.

Church services in August

		LLANYBLODWEL		TREFONEN	
Sun 4	10th after Trinity	11.00am	MORNING WORSHIP Leader: Abie T	9.30am	HOLY COMMUNION Welcomers: Jeremy & Nyria G
					Jill F
					Rita M
					Rev John Tranter & KK
					Flowers: Peter W
Sun 11	11th after Trinity	11.00am	MORNING WORSHIP Leader: Rebecca C	9.30am	MORNING WORSHIP Welcomers: John & Diane W
					Victoria G
					June B
					Leader: Peter W
Sun 18	12th after Trinity	9.00am	HOLY COMMUNION Canon Robert Parsons & Rebecca C	9.30am	MORNING WORSHIP (Outdoors?) Welcomers: TBA
					TBA
					TBA
					Leader: Linda G & KK
					Flowers: Jeanne B
Sun 25	13th after Trinity	11.00am	MORNING WORSHIP Leader: Linda G	9.30am	MORNING WORSHIP Welcomers: Victoria G & Rosmarie S
					KK to arrange
					KK to arrange
					Leader: KK

The above details were, we believe, correct at the time of going to press, but we suggest you keep on the lookout for changes in e.g. Pew Sheets.

Out and about ...



Bluebells at Fron Ucha. See page 38 for more about this garden restoration.



Truly awesome!!!