



Hatha Yoga in Castle Caereinion

Thank you to all those coming to yoga at the moment what's really good is we have a good contingent of men coming along as well these days, yoga really is not just for women!

Something to practice – Gomukasana, Known as Cow Face Posture, not really sure why?

Clasp fingers behind back, one knee on top of the other (or as close as you can get), soles of the feet should aim to be pointing backwards. Keep trunk of body erect, lower back lifted.



Benefits of this posture - Deep stretch of hips, ankles, thighs, shoulders, armpit, chest, deltoid and triceps. Be careful (Don't necessarily avoid) if you have chronic knee problems alternative is to keep bottom leg straight. Strengthens spine and abdominals. Helps decompress low spine (during folded variation) great for sciatica (I speak from experience!). A great shoulder stretch and chest opener.

This pose was one of only 15 postures included in the seminal text of physical yoga practice, the Hatha Yoga Pradipika.

Classes at the Community Hall in Castle Caereinion every **Thursday** - 6.30pm till 8.00pm – Cost £5.00/class or £45/10 sessions.

Call Richard on 01938850578 or 07583079423 if you want more detail, or just turn up.

Castle News

Spring 2019



A Quarterly Newsletter

A note from the Editors

If you have any stories, photos or information that you would like to include in the next issue of the Castle News please get in touch with either Eve or Lene. Deadline for the Summer issue will be end of May 2019.

We would like to thank our trustworthy team of contributors for all the time and effort they put into producing their quarterly updates, and we are grateful to Brenda Brown for taking on the immense task of printing - without them all, there simply wouldn't be a newsletter.

Eve: 01938 850388 or evelynover@btconnect.com

Lene: 01938 850260 or teamworktours@aol.com



A date for your diary Castle community day - Sunday, 7th July

We will be starting with a family service at St. Garmons Church which starts at 10.30am and will finish at 11.15-11.30am

We will then have coffee and set off for a village walk which will be around 3 miles (to Cwm Farm and back)

We aim to be back at the Community Centre field for a picnic around 1.45pm and play rounders afterwards

Look out for posters nearer the time

Lavinia's "Get Together"

You are welcome to join Lavinia and others for a chat and a cuppa in the Red Lion pub on the 2nd Wednesday of the Month.

The next "Get Together" is on the 10th of April at 2pm onwards. A big thanks to Joan and Richard for their offer of their facilities.

Castle Caereinion Recreation Association:

Castle Recreation Association manages the community centre on behalf of our village. If you would like to come to a meeting, it is at 7.30pm on the 3rd **Monday** of each month. The AGM will be in May and everyone will be welcome. If you have any questions about the shop or Eve (evelynover@btconnect.com).

If you would like to book the hall, please contact Margaret Evans on 01938 850377.

Winners of the Castle 100 Club for February hall, please ask Mike are:-

1st – Matthew Clay-Michael

2nd – Hefina Oliver

3rd – Jean Gittins

The committee is currently conducting a review to add a gym facility in the Recreation Hall and equipment being considered includes treadmills, spinning bikes, rowing machine and a selection of smaller equipment. Many of our residents indicated that a local gym would be of interest from the Community Questionnaire and we look forward to concluding our feasibility soon.

We will keep you all updated



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Pantyffridd, Berriew,
Welshpool SY21 8BH

Jan Lawrence MSc MCSP

Chartered Physiotherapist
Orthopaedic & Sports Physiotherapy Specialist

Tel: 01686 650943

email:janlawrencephysio@gmail.com

CASTLE CAEREINION COMMUNITY COUNCIL

The first ten minutes of each community council meeting is allocated to members of the public, so if you have any issues or concerns you would like to raise please do come along. Meetings take place on the last Tuesday of each month at 7.30 in the community centre.

Your Community Council Representatives are:

Carys Evans (clerk to the community council)

Nigel Bowen 07703193381 [chair]

Gareth Davies 810581

Gary Human 850340

Margaret Jerman 850287

Joan Wyatt 850233

Lisa Rees 850052

Clive Jones 850264



Traffic Calming and Roads

We know a lot of people are not happy with the current calming measures or the surface of the roads, we have been in ongoing talks with Powys County Council to improve the traffic calming installation and to request re-surfacing through the village we hope to see progress soon.

Community Questionnaire

Thank you to the residents who completed the recent community questionnaire, we have gone through your responses carefully and have produced a report of the findings which can be viewed in the shop or on the Castle website. Within the questionnaire a high number of you told us you wanted to improve local footpaths and create circular walks within the village, and to facilitate this we have set up a sub committee who are currently in the early stages of planning a village circular walk. We need your help to make a success of it, could you spare some time in the spring, if so please let Gary Human, Nigel Evans or Clive Jones know, or email carys.evans12@btinternet.com

Playground

We have been carrying out preparatory work within the playground and plan to turf the old barked area (behind the bus stop) early in the Spring with a view to install new playground equipment for our children. Cllr Lisa Rees has spoken with local children to find out what equipment they would like to have.

Community Council continued



Bus Passes

Cllr Gareth Davies would like to encourage everyone who is eligible for a bus pass to apply for one; the number of bus passes issued within a geographical area can impact on available funding for public transport and your application could help to increase funding for Powys.

Future Meetings

If you would like to raise any issues or concerns you are most welcome to attend our community council meetings, the first ten minutes of our meetings are specifically for members of the public. Our meetings are Tuesdays at 7.30pm in the side meeting room of the community centre on March 26th, 30th April and 28th May.

Or you can email the Clerk carys.evans12@btinternet.com

Announcements

We are saddened to hear that James Hughes, “Jimmy“, has passed away. Our thoughts are with Jean and the family

Congratulation to Rachel and Dwain on the birth of their daughter Martha Louise Evans.

We would like to extend a warm welcome to the residents who have recently moved to our village.

The Red Lion Castle Caereinion

We do **food** on a Friday, Saturday and Sunday lunches and any other time if required Please ring 01938 850233 to book and speak to Joan or Richard. We also do funeral teas on request.

We have 2 large **Bed & Breakfast** rooms available if you have no room at home when friends and family come to stay – you can book online.

Anyone who would like to join our **ladies' darts teams** is more than welcome. We play Mondays in the Welshpool league and Wednesdays in the Llanfair league.

Regards Joan & Richard, The Red Lion

ST GARMONS NEWS

The winter period has been quite quiet despite well attended Christmas services. However, the Crib Service on Christmas Eve was not so well attended as last year but was thoroughly enjoyed by all who came and saw Steve, the vicar, lying on the floor of the aisle to demonstrate to the youngsters how the Shepherds slept in the entrance of the sheepfold to keep out wild animals.

Early December saw us employing a Drone Survey to inspect the church spire close up. As part of our programme of works to improve the facilities at St Garmon's, we also have a need to carry out some important repairs. Rain water regular blows into the spire through the high level ventilation grilles and drips down onto some very large timbers in the belfry. Some rot has set in but before we tackle this we need to replace or modify the grilles to prevent the rain from blowing in... hence the survey which clearly showed the grille details and previous work to remedy the problem. Once architects are appointed one of their briefs will be to design a solution. More on this in later editions.

An Eco-churchyard project has now begun with "bug hotels", long grass areas, nesting boxes and other ecology boosting ideas being employed to support and encourage the flora and fauna within the immediate area. Viv and Clive have more details.

We are restarting our bi-monthly Coffee Mornings in March. These events are in support of other good causes... last year we supported Macmillan Nurses and the Alzheimer's Society. On 9 March we will have supported The Shrewsbury Ark (Homeless and vulnerable persons) and In May we hope to be supporting Christian Aid. If anyone has suggestions for other local and national good causes for later in the year please tell Colin or Richard.

Finally, thanks to all those who volunteer to help in the churchyard, church cleaning and flower rota. We are always happy to welcome new folk to join with us in these jobs and of course to come and worship with us.

Our normal monthly pattern of service are:

1st Sunday. 10.30. Family Service. A 45 minute service for all ages.

2nd and 4th Sunday's at 9.30 are Holy Communion.

Evening prayer is said every **Friday at 5.45.** A short quiet service in which to relax after a busy week.

Ivan's column

It is Film time again. On the 14th Dec at 7:30 the film "Mamma Mia 2" was shown in the community hall. Entry £4.00 and £2.00. The film on the 18th of January was "A Street Cat Named Bob" and on the 15th of February it was "Life is Beautiful" – it was a winner of 3 Academy Awards. The bar was open at 7 pm for each session.

The Christmas Fayre was held on Sunday the 2nd Dec 2018 at 2pm at the community hall. It was free entry. It included Father Christmas, mince pies and mulled wine, raffle, cake stall, bottle stall and craft stalls.

"Lavinia's Happy Hour" which is held in the Red Lion was on the 13th of December where we share talks, lovely biscuits and cakes and Roger's magnificent paintings. The conversation turned to the number of molehills in everyone's gardens – Hence my poem!

Due to early spring weather the snowdrops, the daffodils and primroses are all blooming and Mr. Robin is singing his heart out, "come to me and be my love".

Cat on a Molehill

I can feel something stirring
under my feet and I know
that it is warm, furry and sleek

Look! I have sat here all day
with not the slightest peek
even though I've heard some squeaks

Well! Night has come and gone
and, though unflappable,
my patience has worn out

What is this strange creature
that builds black castles and
never comes out to inspect them?

Right then! I'll try again tomorrow;
meanwhile, tinned cod seems so very, very hollow



By Ivan McC.Johnston



School has had a busy time since we came back in January.

We are always keen to welcome in members of the community to read in Welsh or English, and to volunteer within the class with the children. If you are interested please contact us and we will arrange for a DBS to be completed, this is a simple and straightforward process.

Class 2 pupils are currently undertaking an Arts Connection project on 'plastics and the ocean'. It will focus on raising pupil awareness of the issues affecting our seas and marine life with a case study on the Great Barrier Reef, it involves filming and song writing, which they are thoroughly enjoying.

Two pupils from Class 2, Hope and Sion have taken part in an Ambassadors Day that was held at Carreghofa School, here they had the opportunity to meet Sally Holland, the Children's Commissioner for Wales and take part in workshops on children's rights and the role of Ambassadors.

During February, our Year 6 pupils undertook their Cycling Proficiency, and we are pleased to let you know that the following children gained the award William, Hope, Evie, Sion and Issy. Well done to all.

We held our own school Eisteddfod on 20th February, where the children excelled themselves in all the work they presented, this was judged and awards made. The afternoon culminated with parents and the community joining in the Hall for welsh cakes and refreshments and were entertained by the children singing.

We will be celebrating World Book Day on Friday 8th March where the children will come into school dressed as their favourite book character. We are also on that day welcoming Mrs. Ffion Hague to our school, she will spend time with the children and read to them in Welsh.

Class 2 as part of their work on the Victorians will be visiting Blists Hill Victorian Town in Ironbridge on the 19th March. Years 5 and 6 will be attending a residential outdoor education at Conover Hall for three days at the end of term.

Tbc

This term we have welcomed two new Governing Body Members; Mrs. Sian Owen as a parent governor and Mrs. Elaine Savage as a staff representative, we thank them for giving up their time and supporting the school in this way.

It is with sadness that we are to lose our three day per week Class 2 Teacher, Miss Laura Roberts, who will be leaving to take an active part in the family business and raise her young family; Laura has been a very valued member of staff at the school since January 2013. We extend our good wishes and very many thanks to Laura for the valuable time that she has put into our school.

The class will be taken over by Miss. Sophie Harding full time.



SPRING

Word Search Puzzle



- | | | |
|-----------------------|------------|-----------------|
| April | flowers | Ostara |
| Arbor Day | graduation | Passover |
| baby animals | June | season |
| blooming | Lady Day | Shavuot |
| Chinese New Year | March | Spring Equinox |
| Daylight savings time | May | sunshine |
| Earth Day | May Day | warming weather |
| Easter | Nowruz | Whitsun |

Welshpool Vicarage, March 2019

As the Brexit deadline approaches with continuing uncertainty about what will actually happen we should spare a thought for those who have most reason to be anxious about it. Farmers and other business owners have another level of uncertainty to add to their existing stresses and those who are working away from their home country are also worried about the impact on their livelihoods.

I find it interesting how attitudes vary on this last point. There seems to be plenty of sympathy towards British people working in mainland Europe who are uncertain about how they will be affected, but sometimes there seems to be little sympathy to other Europeans working here. But what's the difference?

'Economic migrants' is a term that seems to provoke a very negative response and yet many of us are exactly that - people who have moved elsewhere to get a job or improve our careers. I'm an economic migrant - I moved here from South Wales, my parents were too - they moved to Wales from England. If we go back far enough into our history virtually all of us are descended from people who have migrated westwards across Europe. So why are we in such a rush to judge people who do the same today?

The Story of the Good Samaritan is perhaps the best known of all the parables that Jesus told. But do we actually remember why he told the story? When Jesus said that we should love our neighbours as much as we love ourselves someone responded by asking, 'But who is my neighbour?'. Jesus answered the question by telling a story about a despised foreigner who took care of an injured man when his own people wouldn't help him. 'That', said Jesus, 'is what loving your neighbour means'.

With my best wishes, as always,
Steve

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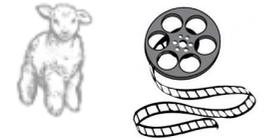
A small dedicated group of artists have this term been creating more exciting works in the classes.

Led by Richard, each week we meet on a Thursday 7 -9 pm in the Community hall. We tackle different themes, exchanging different ideas and getting down to some practical artwork mainly

In watercolours. Often the work is shown on the website. Have a look for castlecaereinionartgroup

Now we are half way through the spring term sessions, but new members can join in anytime.

Tel Richard on - 01938850341.



Castle Caereinion film club

Thank you to everyone who have been able to come along to the films in Castle community centre this season. We have had some great films.

A Street cat called Bob had some excellent acting and this included Bob the cat, who was the actual street cat in the original story about a homeless musician.

Life is Beautiful was an exquisite and poignant Italian film about a delightful waiter and his family before and during the 2nd World War. If you haven't seen it, it is definitely one to be recommended.

The final film for this season is on Friday, 15th March is "A Star is Born" with Bradley Cooper and Lady Gaga. It has good reviews and should be well worth watching.

We plan to start the film club again in September.

CASTLE CAEREINION GOLF SOCIETY 2019

We are now well into the start of 2019 and only a few weeks away from having our first event of the year, an away weekend at Shrigley Hall Golf Club near Manchester.

We have set the complete fixture list for this year to comprise of: 3 golf away weekends, 5 golf away days, 2 golf society matches and 24 Thursday evening matches. The Thursday Team Competition (Welshpool, Llanymynech and Lakeside run on a 3 week rotation) has now changed slightly to an individual competition and been re-named "The David P Dowling Challenge Cup" in memory of our good friend and golfing companion Dave Dowling. The Chairman's Cup Competition is played over the 10 away day/weekend rounds with the best 5 scores to count.

2019 EVENT CALENDAR

Sunday & Monday 31st March & 1st April...Away Weekend...Shrigley Hall Golf Club
Thursday 4th April...Start of Thursday Competition...Welshpool Golf Club
Friday 26th April...Away Day...TBA
Friday 17th May...Away Day...TBA
Friday 21st June...Away Day...TBA
Sunday & Monday 21st & 22nd July...Away Weekend...The Vale Golf Club
Saturday 3rd August...Society Match (Crew Green)...TBA
Friday 13th September...Society Match (Bettws Old Boys)...TBA
Thursday 12th September...Finish Of Thursday Competition...Lakeside Golf Club
Sunday & Monday 20th & 21st October...Away Weekend...TBA
Friday 15th November...Away Day...TBA
Saturday 28th December...Christmas Away Day...TBA

We always welcome new members (it does not matter how good or bad you are). If you are interested, speak to Joan or Richard at the Red Lion or give one of the following a ring:- Scott Theobald...850430 Clive Jones...850264 Jon Pierce...850381



The Community Website

If you have any events planned, don't forget to advertise on our Community Website to spread the word.

Castle Gardening Club

We will be starting the "new" year with the AGM followed by a quiz night on Wednesday 6th March. It would be a good night to come along and get to know everyone. Annual membership is £5.00 but usually we offer a free trial on the first night!

On 3rd April we are going on a visit to Dudmanston House, near Bridgnorth. We take our own cars and meet up at the property for the day.

Wednesday 1st May we have a speaker from CPAT booked. She will be talking about local archaeological finds.

If you would like to come along, the meetings start at 7.30 in the Community Centre - tea, coffee and biscuits are supplied. For more information please ring Lorraine on 01938 820800.



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We have hidden 14 small spring lamb in the newsletter, can you find them? Count this one as well



Castle WI

The start of another year was celebrated by a superb lunch at the Kings Head, Guilsfield. The cup for the most competition points throughout the year was won by the late Megan Andrew, runner up Jean Gittins.

The final total of £216.34 collected by the carol singers will be presented to the Lingen Davies Centre in due course.

In February Steve Jones and his wife, Volunteer Street Pastors, gave a most enlightening talk of their work on the streets of Shrewsbury, offering invaluable help and support to anyone finding themselves in a vulnerable position, they are highly trained and supported by the Police and Emergency services, having helped save many lives too. A superb supper was served by Sally, Joyce and Junko. Linda Pengelly won the competition for a favourite mug.

Lyn Stapeley will join us in March with her Guide dogs, one working and one retired which I'm sure will be most interesting. We will be looking for a comical photograph of a dog to enter the monthly competition and hopefully Christine Roberts and Megan Bowen will serve a tasty supper as usual!

Jane Vaughan - Gronow and Nerys Jones recently won the short tennis competition held at Llanfair leisure centre and a team are currently playing in the darts competitions.

During the rest of the year there will be talks and demonstrations on Forensic Linguistics, Natural Burials at Green Lane, Star Gazing, Xmas craft and an outing to Bridgemere garden centre in June.

Castle WI is at 7pm on the 2nd Wednesday of the month at Castle Community Hall. Please join us - you just might enjoy!!

For all your requirements
Come to
Michael Rogers' Shop
'Not Open All Hours'
Castle Caereinion
Newspapers, Groceries, Gas
Fruit & Veg, Off-licence



A Big Thank You

The Hughes family would like to say a heartfelt thank you to all those who came to Jim's funeral at Shrewsbury Crematorium on 26th February, and also to those who have passed on their sympathies through cards, telephone calls and visits to Jean. It was a lovely tribute to Jim that so many friends came to celebrate his life. He always enjoyed his walks in and around the village chatting to those he met. We would like to express a special thank you to Richard Oke, Dawn and Emma Thomas and Sarah Pryce who helped care for Jim as his dementia progressed. Jean will be forever grateful for their care, kindness and patience to Jim and the support that they gave to her.

Finally, thank you also for the kind donations to Alzheimers Research U.K. and Bethshan Nursing Home.

Jean, David, Annie, Ruth and families xx

Talk in Village Hall 3rd of May

Over the last few years we have enjoyed many interesting talks from various guest speakers about their travels and experiences. The next guest speaker will be Mike Lewis.

Rather than talking about his past tours and travels Mike would prefer to change the format a little and talk about the future and suggest some short breaks to some of his favourite UK destinations.

Join Mike for a glass of wine and perhaps be inspired to take a few days touring together in this "Green and Sceptred Isle"