

News from Middletown, Trewern, Buttington & Hope. Facebook: Border Gossip www.bordergossip.com June & July 2020

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All welcome, please contact us for more information.



The Border Gossip	Many thanks to the volunteers listed below who deliver the Border Gossip to every
is produced six	house in the Middletown, Trewern,
times a year,	Buttington & Hope area - John Davies Tony Jones Andrew Lloyd
December & January	Kim Mountford Kath Onions Myfeda Hamer David Corfield Rachael Lee Eley Hart
February & March	Olwen & Vic Pugh Maggie Connolly Dave Morrell Ceinwen Jones Brian Knox
April & May	Sally Bailey Viv Pritchard Ian Bradley Philip Hughes Caroline Clegg Graham Balmond
June & July	Maureen Andrew Peter Kenyon Margaret Evans Kate Urguhart & team Brenda Salisbury
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October & November	Copies of the Border Gossip are also available from -The Breidden PubWestbury Doctors SurgeryGreen DragonButtington / Trewern School
Also available to	Admiral Rodney Middletown Church
read online - www.bordergossip.com	Halfway House Shop Moo's Cafe Deliveries co-ordinator: Kim Sulway Email—kimschick@outlook.com
Disclaimer	The Border Gossip is delivered, free of
The Editor reserves the right to cut, edit or	charge, to every house in the Trewern Community Council area.
refuse to publish any	The Border Gossip relies on advertising
contribution and does not necessarily	revenue and personal donations to cover the
endorse opinions	cost of printing the 700 copies which is now done by Kingsley Press, Portland House,
expressed by contributors. Whilst	Llandrinio, Llanymynech, SY22 6SG.
care has been taken in compiling Border Gossip no liability can	We hope you are enjoying reading the news and will
be accepted	continue to send your donations to
whatsoever for any errors, inaccuracies or	Marion Hayes, 4 Breidden Meadow,
omissions, or for any	Middletown SY21 8BY (cheques payable to 'Border Gossip')
matter in any other way connected with or	
arising out of the publication of the magazine.	Thank you very much to all the advertisers, especially those who have recently renewed their advert. Many thanks for all donations

A note from the BG team:

The BG team hope you are all staying safe and well, these are crazy times we are living in at the moment. Please suppot your community in any way you can, phone a neighbour, loved one to make sure they are ok.

Some details may not be correct at the time of printing but as I dont know how long this situation will last I have left some things in this issue. I advise you contact the organiser before hand to check their situation !

Hopefully the next issue will be printed and we will be able to get a copy to households.

Kim M, Marion & Kim S.

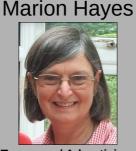
The deadline for the next issue is **22nd July** If you have any questions, stories or interesting items to put in the border gossip please feel free to contact me through the facebook page or email me-

Facebook: Border Gossip or bordergossip@hotmail.com

Kim Mountford



Editor



Treasurer / Advertising

Kim Sulway



Deliveries Co-ordinator

Defibrillators

Cabinets outside Middletown Village Hall & The Cefn Chapel Enter code C 1 2 3, then turn knob firmly to the right to open.

Any problems with either unit please contact Gill Corfield 01938 570260 or 07753 685 260 or Judy Evans 01938 570501 or 07751 041 350 POLICE When it is less urgent than 999 Call 101 or 01267 222020

PCSO Gary Gwilt of Dyfed Powys Police at Welshpool Gary Gwilt SCCH 8054/PCSO 8054 Email: gary.gwilt@dyfedpowys.pnn.police.uk





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www.supportmycomputer.co.uk

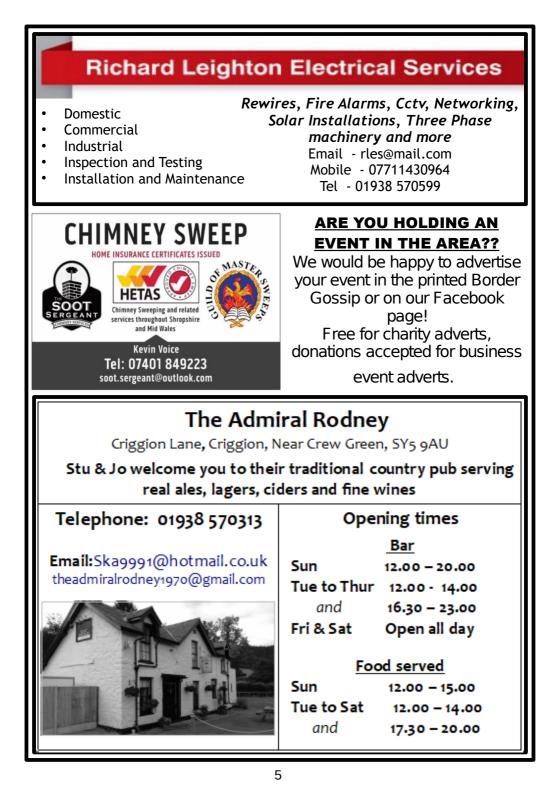


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VERN	Buttington T Booking Secre Facebook: bur	tary – Ai	nne Jerman	01938 570320
Ē		Week	ly Events:	
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١ /	Bowls 01938 556243	Knitting	/ Craft Group	
I ON /	Zumba 6.15 – 7.15pm	Pila	tes Class	
DNII	Thursday Playgroup		r iday aygroup	<u>Saturday</u>
BUI				
			Ysgo	ol Gynradd
Kn	itting / Craft G	roup	Butting	gton Trewern
(Meet alternate Tuesdays a Trewern Community Centr 1.30 -3.30 pm Term Time Only		Head Master -	P School Colin Jenkins 01938 570283 o website for school news.

School PTFA

Parents, Teachers & Friends Association

Chairperson - Karen Williams -07772 260 382 Secretary - Heidi Bentley - 07723133318 Treasurer – Lorraine Pryce - 07825 326 532 www.trewern.powys.sch.uk

Contacts:-Margaret 570518 Linda 570529 Pam 570001



Join us for tea/coffee, Biscuits and a chat. We charge £1.20 per session to cover cost of Community room and refreshments

Ti a Fi Group / Cylch Ti a Fi Welsh Mother & Toddler Group Facebook: Ti a Fi Buttington/Trewern

Buttington / Trewern Community Centre Tuesdays 9.30 – 11am. £2.50 per family

Lots of toys, games and crafts for children to explore and play with whilst interacting with other children.

Children from new-born to preschool welcome along with their parent, carer or child minder.

Refreshments for children and adults included. Welsh and Non-Welsh speaking

welcome.

Canolfan Gymunedol Buttington / Trewern Dydd Mawrth 9.30 – 11yb £2.50 y teulu

Llawer o deganau, gemau a chrefftau I blant gael archwylio a chwarae efo tra'n cydweithio efo plant eraill. Croesawn plant newydd-anedig hyd at oed ysgol efo'i rhieni, gofalwr neu gwarchodwr plant. Yn cynnwys lluniaeth ar gyfer y plant a'r oedolion. Croesawn Cymry Cymraeg a'r di-Gymraeg

Doors open from 9am

Buttington Trewern Playgroup

Buttington Trewern School Mon, Tues, Wed, Thurs & Fri - 8.30am – 11am Optional lunch club – 11am – 12.30pm ~ £5 per session

Do you have a child aged 3 to school age?

Are you looking for a fun, supportive pre-school environment for your child? Do you want your child to learn to socialise and develop their independence while being cared for by experienced, friendly staff?

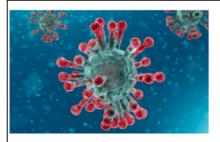
THEN BUTTINGTON TREWERN PLAYGROUP IS FOR YOU!

We offer:

- A safe, secure environment with both indoor and outdoor play areas
- Excellent inspection reports from Estyn and CSSIW
- Close working links with Buttington Trewern school
- Funding for 3 year olds (children accepted the term following their 3rd birthday)
- 2 free sessions a week to families who are receiving income support

Contact Play Leader Jenny Knight at buttingtontrewernplaygroup@gmail.com for more information

" Both of my children attended Buttington Trewern Playgroup and loved it. Having the chance to learn some independence and make new friends before starting school was invaluable", Mrs E Jones, Trewern.



Coronavirus (COVID-19) Updates

Here is our handy guide on where to find the latest information for Wales about coronavirus:

Welsh Government website

https://gov.wales/coronavirus



Llywodraeth Cymru Welsh Government

Detailed information on many topics including guidance on:

- how to protect yourself and others from coronavirus
- Self-isolating if there is a possible coronavirus infection in your household
- Legislation made to respond to the pandemic

NHS 111 Wales

Use the Coronavirus COVID-19 Symptom Checker for what to do if you think you/ someone else within your household has symptoms of coronavirus or you are unsure and need further guidance, general information/self-isolation advice.

https://111.wales.nhs.uk/SelfAssessments/symptomcheckers/COVID19.aspx

Do not go to your GPs surgery, a pharmacy or a hospital.

People no longer need to contact NHS111 if they think they may have contracted Novel Coronavirus (COVID-19).

Call 999 if there are any life threatening symptoms

- Severe breathing problems (eg can't talk normally, turning blue and gasping)
- Chest pain (eg like a tight band or heavy weight in or around the chest)
- Stroke (eg unable to raise arm, one sided limb weakness or drooping face)
- Severe injury/heavy bleeding that cannot be stopped
- Fitting now/unconcious (eg cannot be woken)

Public Health Wales website



lechyd Cyhoeddus Cymru Public Health

Wales

https://phw.nhs.wales/topics/latest-informationon-novel-coronavirus-covid-19

Latest information and guidance on COVID-19.

Includes guidance on how households with people with symptoms that fit the coronavirus should deal with waste:

Personal waste (such as used tissues) and disposable cleaning cloths can be stored securely within disposable rubbish bags. These bags should be placed within another bag, tied securely and kept separate from other waste. The bags should be put aside for at least 72 hours before being put in your usual external household waste (black wheelie) bin.

Other household waste can be disposed of as normal.



Prayer in a Pandemic By Cameron Bellm

May we who are merely inconvenienced Remember those whose lives are at stake. May we who have no risk factors Remember those most vulnerable. May we who have the luxury of working from home Remember those who must choose between preserving their health or making their rent. May we who have the flexibility to care for our children when their schools close Remember those who have no options. May we who have to cancel our trips Remember those that have no safe place to go. May we who are losing our margin money in the tumult of the economic market Remember those who have no margin at all. May we who settle in for a guarantine at home Remember those who have no home. As fear grips our country, let us choose love. During this time when we cannot physically wrap our arms around each other. Let us yet find ways to be the loving embrace of God to our

neighbours. Amen.

All Saints Church, Buttington 200 Club

Contact Jean Jones, Smithy, Buttington, Welshpool SY21 8SS

March winners:

£30 Judith Rawlinson £15 Helen Dart, Nina Stibbe, Margaret and David McLeary,Winnifred Gittins £5 David Dart

NN	Chairmai Booking Sec Treasu	n – Stuart cretary – K rer – Judy .middletov	Hughes 0193	01938 570286 570501
MIDDLETOWN	<u>Monday</u> Bingo		esday	Wednesday Border Club (2 nd Wed of the month)
MIDC	Thursday Whist Drive (1 st Thur of the month) Good Companions (3 rd Thur of the month)	Fr	iday	Saturday Whist Drive (1 st Sat of the month)
	Garden Grou	qu	В	INGO
	Jean Dorri	I	-	onday Night 8 pm town Village Hall
	01938570570 Email – jdorril@yahoo.co	om	Welshpool - Trewern - 7.	7.25 pm

				Bor	der G	iossi	p Wo	rdse	arch				
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BORDER SIX HELPFUL COMMUNITY LOCAL MIDDLETOWN WELSHPOOL VOLUNTEERS

GOSSIP MAGAZINE ARTICLES VILLAGES FACEBOOK POWYS HOPE

NEWS GROUPS FREE EVENTS TREWERN

Household Waste & Recycling Centres Reopen



All five Household Waste and Recycling Centres (HWRC) in Powys were due to reopen, with significant restrictions, **from Tuesday 26 May.**

POWYS HWRCs across Powys will open for essential use only. This essential use is for residents who have accumulated waste which cannot be collected through the normal kerbside collection service and

which cannot be stored safely at home until the lockdown restrictions are eased.

Please think carefully before you decide to visit an HWRC. Non-essential use puts yourself, other members of the public and staff at risk from spreading the virus.

The following changes and rules apply to all five HWRCs:

- 1. If you, or anyone in your household has coronavirus symptoms, you should follow the government and NHS guidelines, self-isolate and stay at home! Do not visit the HWRC.
- 2. You may be asked to provide proof of your address before entering the site please have this with you and show it to a member of staff when asked.
- 3. Only cars will be allowed into the HWRCs. Initially, no trade permits or commercial vehicles or trailer permits will be allowed. This helps to assist with managing demand, enforcing social distancing rules and controlling traffic levels. This will be continually uunder review and changed when appropriate.
- 4. A limited number of cars will be allowed on site at any one time. It will be a strict one-in-one-out system— this will cause delays, please be prepared to queue patiently in your car. If there are too many people waiting to enter, you may be asked to return at a quieter time to avoid causing disruption to the highway and local communities.
- Strict social distancing rules will be in place at all times. If these are breached, or you are abusive to staff, you will be asked to leave and the police may be called.
- 6. Where possible there should only be one person per vehicle. Only one person is allowed to leave the vehicle to unload this means that you can only take things that can be carried by one person. Staff on site cannot help unload or carry items under any circumstances.

- There will be a strict 10 minute time limit per car when on site please segregate waste before arriving to keep your visit short.
- 8. If at any time it becomes difficult for the HWRCs to operate or residents fail to co-operate, sites may be re-closed.

Note:

 Bulky Waste Collections, which were temporarily suspended at the start of the coronavirus outbreak, are now available to book via the Powys CC website subject to certain restrictions.

Now Open for Take-Away Orders Only

Green Dragon Inn, Buttington, SY21 8SS 01938 553076 Weekend Take-Away Service available Saturday 16.00 – 20.30 hrs Sunday 12.00 – 17.00 hrs

See menus on their Facebook page. Desserts and a selection of soft drinks, bottled beer & wines also available. Send a message via Facebook or telephone to order in advance and arrange collection. Payment is preferred by card when ordering over the phone but contactless card payment or cash on collection also accepted.



The Breidden Pub, Middletown, SY21 8EL 01938 570597 Monday closed, otherwise open 13.00 – 23.00

Take-Away menu online www.thebreidden.co.uk Bottles of wine & beers also available. Telephone to order in advance and arrange collection.



Halfway Diner, Halfway House, SY5 9DU 01743 885149 Open every day 11.30 – 20.00 hrs Collection & Delivery service available Delivery orders only through the Zoom Food 1hr App. Please install the app or telephone above number for more information.

See Facebook page of each establishment for the latest news and updates.

Now based in Trewern



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Homefix

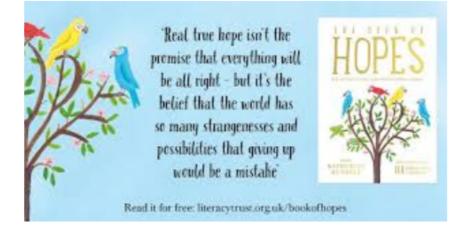
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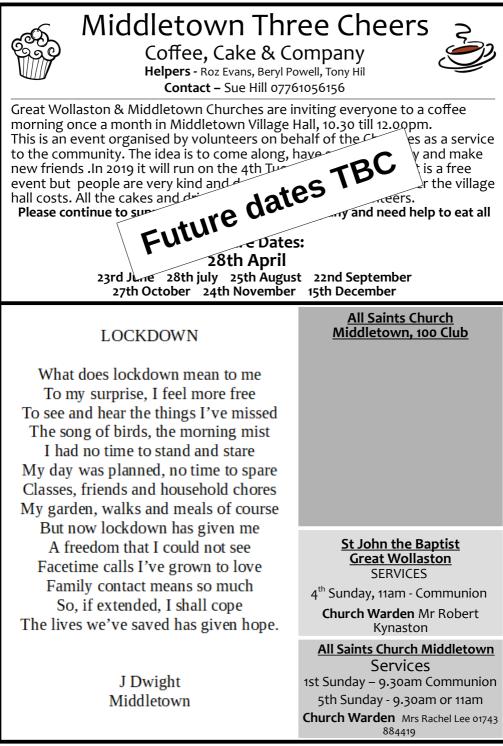
The Book of Hopes



Aiming to lift the spirits of children in lockdown this extraordinary collection of short stories, poems, essays and pictures has contributions from more than 100 writers and illustrators. Adults will be comforted, inspired and entertained too. The collection published by Bloomsbury is dedicated to everyone currently working in hospitals.

It is available to read online for free at: www.literacytrust.org.uk/bookofhopes

Bloomsbury intends to publish a gift book based on the project in the autumn in support of NHS Charities Together.



Dear All,

I'm sure you are all aware that The Ford Group of Parishes are without a Vicar at the moment.

We have the go ahead to recruit and were beginning to make some progress through the process. The first thing planned to happen was a facilitated open meeting in March where we were to collate some of the things that are important to us. Of course we had to cancel and hence I'm writing to you now.

Below is a list of questions. Would you please go through them, jot down a few answers and get them back to me.

Email home@ukhill.net or

Sue Hill, Lower Bulthy Cottage, Bulthy, Middletown, Nr Welshpool, Powys SY21 8ER

1. What are the three things people living in your community value most about living here?

2. What are the three main concerns / anxieties of people living in your community?

Your Local Church

3. Which aspects of your current worship and church life might attract a newcomer to join you?

4. What might put them off?

5. What would you say was the single biggest challenge facing your Church?

As a diocese, we are seeking to be guided by the following three shared priorities:

- 1. Spiritual and numerical growth
- 2. Contributing to the common good
- 3. Re-imagining ministry

6. Think about things that are already happening/ under way in your parishes which reflect each of these priorities;

7. Share ideas about ways in which each of these priority areas can be further developed over the coming years.

There are no right or wrong answers! I'm endeavouring to give as many people as possible the opportunity to contribute.

Look forward to hearing from you

Kind Regards Sue Hill



DONATIONS TO THE BORDER GOSSIP



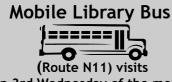
We are extremely grateful for the generous donations received from

** **

We are very grateful for any donations we receive and thank you so much for all your support.

If you would like to make a donation please contact Marion. Every donation ensures we can keep producing The Border Gossip for you to enjoy. Thank you

Marion Hayes - marionkhayes@hotmail.com



on 3rd Wednesday of the month Trewern (Pentre Gwyn estate) From 12.10-12.20 Middletown (Car Park) from 11.45-12.00



Local Recycling Paper Bank

in the car park of Middletown Village Hall raises money for the Village Hall.

Timetable for Celtic Travel Bus Se Th	ervice X75 (valid fr e X75 service lea				E		i di
Buttington – Green Dragon	0748	0951	1151	1351	1546	1706	
Trewern - Little Chef	0752	0955	1155	1355	1550	1710	
Middletown – Breidden Pub	0756	0959	1159	1359	1554	1714	
т	he X75 service lea	aves FOR	WELSHPO	OL from:			
Middletown – Breidden Pub	0730 Sch	0955	1155	1355	1505	1705	1825
Trewern – Little Chef	0734 Sch	0959	1159	1359	1509	1709	1829
Buttington – Green Dragon	0738 Sch	1003	1203	1403	1513	1713	1833

Movie quiz to test you and your family

With cinemas closed and no Flicks in the Sticks this quiz should have something for everyone. The questions span the decades. Family favourites are included and there are a few lockdown inspired questions too.

- 1 Dr Henry Walton is a university professor but as which whip cracking action hero is he better known?
- 2 Where did Harry Potter go to school?
- **3** Her diary contained dates with Mark and his caddish rival, Daniel Cleaver. Who is she?
- **4** What is the title of the next James Bond movie the release of which has been much delayed by production problems and the coronavirus outbreak?
- **5** Which British knight's silent screen persona is widely known as "The Tramp" or "The Little Tramp?"
- 6 In the movie *Frozen* which song does Elsa sing as she builds the castle?
- 7 For which movie did Steven Spielberg win his first Oscar for Best Director?
- 8 Which Alfred Hitchcock thriller is notorious for its shocking "shower scene"?
- **9** What is the name of Jack Sparrow's ship in the *Pirates of the Caribbean* franchise?
- 10 Which musical based upon Romeo & Juliet was a 1960s Oscar winner?
- **11** Portrayed by Bruce Willis and known for his sardonic one-liners and ribbed cotton vest, Detective Lieutenant John McClane appears in which film series?
- **12** This Hollywood star is currently relishing lockdown in Ireland with his family after production of his latest film was halted by Covid-19. Who is he?
- **13** Which Broadway show about Danny & Sandy was made into a film with John Travolta and Olivia Newton John?
- **14** Born Anakin Skywalker this character in the *Star Wars* films is better known by what name?
- **15** A 2011 film featuring Kate Winslet and Jude Law has had renewed popularity during the Covid-19 pandemic. What is its title?
- 16 Marion Morrison was the real name of which actor famous for his cowboy roles?
- **17** The "Swedish Sphinx" had a career in both silent and talking films before retiring at the age of 35 because she preferred to be alone. Who was she?
- 18 What is the name of the toy Space Ranger who features in the *Toy Story* films?
- 19 Taron Egerton from Aberystwyth appears in *Rocketman*. Who does he portray?
- 20 In which film does Judy Garland sing Somewhere Over the Rainbow?

Answers in the next issue.

We will be taking calls from customers who wish to pre-order any food or drinks through our Drive Thru. No need to leave your car!

Call us on 01938 570296 We can even deliver to those who

need it. We will also be selling:

- milk
- eggs
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- toilet rolls
- tinned beans & tomatoes
- large cartons of orange & apple juice
- tea bags
- sugar
- cereal



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Mon - Fri Saturday Sunday 7am - 6pm 8am - 6pm 9am - 6pm



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Marion Asks How Deep Are the Roots of Your Family Tree??

Time is usually the biggest barrier to researching our family history, but now we have more of that. Anyone can do it – you will uncover fascinating stories and finding out that our families got through past hardships is somehow reassuring during the current health crisis. If you like puzzles and detective trails and you are tenacious, you'll enjoy genealogy.

For those starting from scratch during lockdown a Zoom chat with an older relative is a good place to start. They will enjoy "meeting with you" and answering your questions. If possible ask them for names, dates and locations of events. You may learn some new family myths and legends – every family has one or two. Then armed with a few names you can start your internet searching.

The two most popular online resources are probably the subscription websites Findmypast (<u>www.findmypast.co.uk</u>) and Ancestry (<u>www.ancestry.co.uk</u>). Both sites have different subscription rates depending upon what records you wish to access and both also offer 14-day trial periods which are essentially "free" provided you cancel your subscription before the 14 days expires. Both sites have explanatory guides to get you started and help you build your family tree.

During lockdown, if you are a member of the Powys CC Library Service you can access the Library Edition of Ancestry free of charge from home. (Normally you have to visit a Powys library and use the library computers).

Birth, marriage and death records, which began in 1837, are the building blocks to your family history and are available on both Findmypast and Ancestry. Censuses have been taken every decade since 1841 (barring 1941 when war prevented it) and are accessible on many websites. Census records provide names, ages, addresses. places of birth and often occupations. The 1939 Register enables you to trace your family on the eve of the Second World War.

Parish records provide a detailed history of society with details of baptisms, marriages and burials which can go back to the reign of Henry VIII. Many local authorities have now digitised their records. Search at FamilySearch which is free (www.familysearch.org).

If you become "hooked" by what you have discovered so far it is then possible to search travel and migration records, crime and punishment records, military records, educational & work records, wills, historical newspapers etc.

I discovered an unknown 3x great-grandfather who was transported to New South Wales after being convicted at the Old Bailey in March 1828 for stealing 7 rabbits, 3 ducks and a drake. I was able to follow his journey through committal into Newgate Prison, incarceration on a prison hulk moored on the Thames at Chatham then onward to NSW aboard a convict ship. He was never to return to England (leaving a wife and 3 children behind) and served 7 years penal servitude working on a cattle ranch. As a free man he became a much loved local character, "liberal and unselfish to a fault" who opened a drover's trail across wild bush country. His life story, full of eccentricities and peculiarities warranted an article in the *Sydney Mail* almost 40 years after his death.

Who will you find??



Flicks in the Sticks



Welshpool Assembly Room in Town Hall: 7.00pm Adult: £3.50, Child £2.50 Tickets on door (Doors open 6.30pm)

Enquiries: 01938 552043 (Welshpool Tourist Information Centre)

The next scheduled screening will be September 2020

Local Garden Centres have re-opened with extra measures to ensure the safety of shoppers and staff. Social distancing to be strictly observed.

Welshpool, SY21 8RP

Mon – Sat: 8.30am – 5pm Sunday: 10.00am - 4pm



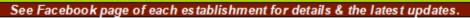
A∽Farm Shop

Garden Centre, Country Store and groundcare showroom open. Café toilets & customer changing rooms remain closed until further notice. Temporarily only accepting card payments. Regret staff unable to assist with carrying heavy items.

Guilsfield, SY21 9PH

Mon – Sat: 9.30am – 5pm Sunday: 11.00am – 5pm

Farm Shop open as usual, but limiting the number of people allowed into the shop.



Welshpool Rangers

For girls aged 14 years & over

Meet every Thursday Church House, Welshpool

Ranger Guide Leader Judy Evans 01938 570501



Welshpool Guides

For girls aged 10 to 14 years

Meet every Thursday Church House Welshpool VELSE

Guide Leader Judy Evans 01938 570501



St Winefrides Catholic Church

Raven Street, Welshpool. 01938 555657

Father Johnson

Weekly Services - Saturday Vigil Mass - 6-30pm Sunday Mass 9am

Powysland Museum, The Canal Wharf, Welshpool



Notice of Temporary Closure issued by Powys CC

The Powysland Museum temporarily closed to allow some of the museum exhibitions to be moved and redesigned in order to accommodate Welshpool Library within the building.

Contact for more info: powysland@powys.gov.uk Tel: 01938 554656

VIVIENNES

Ladies Hairdressing - Open 6 Days 29 High Street, Welshpool **Tel: 01938 553227**

LADS & DADS

Gentlemen's Barbers - Open 6 Days (8am-2pm Saturday) 40 High Street, Welshpool

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1/2 page - £100 for a year
For further information
Contact Marion Hayes:
marionkhayes@hotmail.com



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Quality Foot care for pain Relief and comfort

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Treatment in your own home





PILATES CLASS Ennis Exercise

Tuesdays 6.30pm-7.30pm Mixed Ability 7.30pm-8.30pm Intermediate **Buttington Trewern Community Centre** Cost: £30 per 6-week programme (£5 per session) Please contact Ennis Vingoe before attending a session on: ennis_vingoe@hotmail.com or 07803 583468

Back at it Dave Farrow Dip FT&ST Personal training

Personal training sports massage therapy 07964 991777 david.s.farrow@hotmail.co.uk

RAINBOWS

Since the start of the coronavirus lockdown rainbow pictures have sprung up everywhere, painted by children to "spread hope" and "show that we are all in this together." Rainbows are magical, a fact not lost on about every culture since time began. In many cultures rainbows



are signs of peace and happiness and symbols of hope. Somewhere Over the Rainbow, whether sung by Judy Garland, Eric Clapton, Israel "IZ" Kamakawiwo'ole or Ariana Grande captures that magic and hope.

Though rainbows feature prominently in myths and legends throughout history, no one had any idea what they actually were until the 17th century. In 1637 René Descartes discovered that rainbows were caused by light from the sun being split into different colours by rain. In 1666 Isaac Newton named the seven colours - red, orange, yellow, green, blue, indigo and violet -that we know today.

A rainbow doesn't actually exist, it isn't an object, it's an optical phenomenon. Rainbows are formed when sunlight is scattered from raindrops into the eyes of an observer. No two people see the same rainbow. The position of the sun and the raindrops in relation to the observer need to be just right for a rainbow to be seen:

- the sun needs to be behind the viewer;
- the sun needs to be low in the sky. The lower the sun in the sky the more of an arc of a rainbow the viewer will see;
- a source of water droplets (rain, fog, fountain, waterfall etc) must be in front of the viewer.

A rainbow is actually a complete circle but because of where we are usually positioned on the ground we can only see a half-circle or arc. From an aeroplane it is possible to see a rainbow as a complete circle.

According to Guinness World Records the longest-lasting (or longest observed) rainbow appeared at Yangmingshan, Chinese Taipei on 30 November 2017 where it remained for an unprecedented 8 hours 58 minutes as monitored by professors on the Chinese Cultural University campus, north of Taipei.

Some people use the acronym Roy G. Biv to help them remember the colours of the rainbow in the correct order. Another way of remembering things is to use words in a phrase to aid memory. This is called a mnemonic. For example, the sentence

Richard of York Gave Battle in Vain is a mnemonic to remember the colours of the rainbow in the correct order.

R	Red	Richard
0	Orange	Of
Y	Yellow	York
G	Green	Gave
В	Blue	Battle
1	Indigo	In
V	Violet	Vain

Can you write your own phrase to help you remember the colours of the rainbow in the correct order?

RESPONSE FROM BUTTINGTON INCINERATOR IMPACT GROUP REGARDING BROAD ENERGY'S "VIRTUAL CONSULTATION"

Here at BiIG, we are horrified by plans by Broad Energy to launch the incinerator project during lockdown. The Developers, Broad Energy, having delayed the project by almost four years have now chosen to launch it at a time of national crisis.

This is a massive and highly controversial industrial project which local people see as a threat to their health and well-being. The lives of many people in the local community are dominated by the pressures and stress created by COVID 19 and to launch this project now is unbelievably insensitive. It is particularly disappointing because the Managing Director of Broad Energy is a member of the local family that owns the site for the new incinerator. Broad Energy have said that they will hold a virtual consultation. Many people in our community, particularly the older and more vulnerable do not connect with the virtual world of the internet and social media. It is wrong that they should be denied involvement in something of such major importance.

The consultation on this project must be as broadly based as possible because of the complexity of what is involved. It is essential that people have the opportunity to take part in public meetings so that they can ask questions, listen to other people's responses and give their own feedback. This is fundamental to our democracy and has always been a part of our planning process.

We therefore ask Broad Energy to treat the local community with the decency and respect they deserve by listening to their views and therefore hold back on the consultation until lockdown is over. They have a history of delaying this project for business reasons. Now is the time to delay it so that the community can have a proper say about something that would affect their lives so much.

THIS IS OUR GAME



DYMA'N GÊM NI

DYMA RYGBI CYMREIG

<image>

Activities to keep the most active youngsters entertained plus video tutorials for them to practice and brush up on a number of key rugby skills and drills. Why not also take the opportunity to check out the exercise, nutrition & training programme developed by WRU's physical performance department to benefit a range of age groups and abilities?

https://www.wrugamelocker.wales/en/resources-and-videos

Stay Active!

Community Home Training

