

BERRIEW NEWSLETTER



NUMBER 323

FEBRUARY 2015

The Parish of Berriew

Vicar: Ven. Dr Peter J Pike 01686 640223
Curate: Revd Esther Yates 01686 625559
Reader: Mr Peter Watkin 01686 640640
Vicar's Warden: Mr Jim Maxwell 01686 640840
People's Warden: Mrs Rosemary Rogers 01686 640611

Sunday 1st. February The Presentation of Christ in the Temple

10.00am All-age Communion and Christingle
6.30pm Evening Prayer

Sunday 8th. February Second Sunday before Lent

10.00am Sung Eucharist
6.30pm Compline

Sunday 15th. February Sunday next before Lent

10.00am All-age Worship
6.30pm Holy Communion

Wednesday 18th. February Ash Wednesday

2.00pm Holy Communion for Ash Wednesday - for the Pool Mission Area
(There will also be an Ash Wednesday Service at 7.00pm for the Mission Area in St Mary's, Welshpool)

Sunday 22nd. February First Sunday of Lent

10.00am Sung Eucharist
6.30pm Evening Prayer

St. John's Mission Church - Fron

Sunday 8th. February 9.00am Holy Communion
Sunday 22nd. February 9.00am All-age Communion

Pantyffridd Mission Church

Sunday 1st. February 3.00pm Holy Communion
Sunday 15th. February 3.00pm Evening Prayer

Wednesdays at 10.30am We continue to offer 10.30am Morning Prayer in **St Beuno's**. On the first Wednesday of each month we celebrate the Eucharist together there instead. *All welcome!*

Choir Practices: Wednesdays at 6.00pm - in St Beuno's

Bellringers Practices: Wednesdays at 7.30pm - in St Beuno's
New ringers in particular are warmly welcome!

Berriew Parish Church Side Person Rota for February

10am. Service: Mr. John Sadler and Mrs. Rhian German.
6.30pm. Evening Service: Miss. Shirley Griffiths.

Berriew Parish Church Cleaning Rota for February.

Mrs. Frances Hughes and Miss. Shirley Griffiths.

Refail Presbyterian Chapel.

Minister Rev. Dr. D. Stirling

Services every Sunday at 10am. unless otherwise stated.

February 1st Joint Communion Abermule 10.30 am.
8th The Minister
15th Dr. Ashton
22nd T.B.A.

March 1st Joint Communion Brooks 10.30am.

Coffee is served in the assembly room after the service the 4th Sunday in the month.

Bridge Club every Friday at 7.30pm.

Knitting Club 2nd Tuesday of the month. Contact Jennie 01686 941813.

Yoga – for details of classes contact Marie 01686 669868.

The assembly rooms are available for hire. Contact Hans 01686 640648.

Pentre Llifior Wesleyan Methodist Chapel

Minister: The Rev. Sue Lawler, WELSHPOOL (01938 552794)

Services: 2.30pm. Sundays

February 1st Rev. Sue Lawler, HOLY COMMUNION Service
8th All – Age Cell Group
15th Rev. M. Taylor, Welshpool
22nd Mr. Gareth Evans, Stockport

ALL are WELCOME to attend/visit this 18th Cent. Methodist Heritage Site which will display new material from this year. The Chapel will be OPEN on Wednesdays & Thursdays each week from April to September inclusive (2pm – 4.30pm) for casual visitors and groups (the latter by prior arrangement – tel: Andrew Mathieson on 01938 555376) and on the 2nd Saturday each month (10.30am – 12noon) for Bacon Buddies.

Andrew Mathieson

ST JOHN'S MISSION CHURCH, FRON

May we wish everyone a very Happy, Healthy, Peaceful and Prosperous New Year 2015!

Ven Peter officiated at our Christmas Family Eucharist on Sunday 21st December.

The readings were given by Gareth Phillips and the prayers were said by Elerie Phillips, Claire, Millie-Grace and Louise Morris. The Fron Childrens' Choir consisting of Millie-Grace, Finlay and Louise sang the first verse of Away in a Manger and were then joined by the rest of the congregation, Finlay sang a solo Little Donkey and Millie-Grace played two items on her cornet! After the service the children were presented with gift tokens and chocolates, and light seasonal refreshments were provided for everyone. The church had been beautifully decorated by Sandra, Lawrence and Louise Morris and the refreshments provided by Sandra, Claire and Julie Morris. I would like to thank Heather Matthews for setting up the Fron Nativity Scene window in St Beuno's Church in Berriew. All the Nativity Displays looked wonderful and were so interesting and varied!

Fron 120 Club

December 2014 Winners are:-

First Prize	£10.00	No 37	Julie Morris	Barnfields, Newtown
Second Prize	£10.00	No 67	Freda James	Lower Rectory, Berriew
Third Prize	£5.00	No 69	Linda Tuffin	Corner House, Berriew

January 2015 Winners are:-

First Prize	£10.00	No 41	Claire Morris	Barnfields, Newtown
Second Prize	£10.00	No 109	Sue Miniken	Oaklands, Fron
Third Prize	£5.00	No 119	Jack Shepherd	Rylands, Fron

Helen Bennett

THANKS

I would like to express my thanks to all those kind people who sent messages, cards, and donations in memory of my husband John who passed away so suddenly on Sunday 23rd November. I take comfort from knowing of how highly John was thought of and cared about.

My thanks to Heather and Robert Matthews, and Lisa who were first at the scene and who rang for and gave help, the young paramedic who was driving past and stopped to help, the ambulance staff, police and the family, the friends and the members of Newtown Silver Band who all stayed until it was confirmed that John had passed away, and especially Ven Peter who stayed with me throughout that time.

Donations amounting to £2370.00 were given to Newtown Silver Band, North Powys Youth Band, Fron Church, Montgomery Church and Cancer Research.

My very grateful thanks to you all for your generosity and your wonderful support!

Helen B

News of our Young Folks
At St Beuno's

Our young folk were busy over the Christmas period. Both the Little saints and the Teen Seeker members made nativity scenes for the nativity festival. Seven of them joined the choir to sing in the carol service- bringing a lovely youthful tone to the four pieces that were sung.

For all of these we say a 'BIG THANK-YOU' to you all.

On the 10th January, they were able to come together in the Old School for a late Christmas Party - Some 24 youngsters enjoyed lots of games and tucked in to a lovely tea - provided by their parents

Many thanks to all the parents who helped us with this.

Now our new year begins - **Teen Seekers** will continue to meet on the **last Sunday** of each month at **4.45 until 6.15pm**. Meetings will allow the youngsters to organise some activities, to prepare for services, to serve the community, to enjoy fun together and to grow in faith. Membership is for young folks in year 6 of Primary school - and those now in High School.

25th January - will have begun the year but our next will be on **22nd February**.

Little saints usually takes place on the Saturday before the last week of half-term - but the Old School is not available on 7th February - so for this half term only - we shall meet on the day after you have broken up - **Saturday 14th February - 10.00 until 12.15pm**

Singing:

The youngsters who joined us for choir - provided a wonderful sound - it would be good to have them with us on a regular basis. A number have said they would like to do more - Choir practice is on a Wednesday - which clashes with a number of young folks activity - if there were enough we would be happy to organise a different time. Please contact **Esther** if you would like to form a group.

Finally - **a warm welcome to any youngsters who would like to join our groups**

And Choir would love some more adult voices too - Wednesday at 6.00pm in the Old School

Make it a New Year decision - have fun singing and help to lead our worship!

Contact: Esther - 01686 625559 - or any of the choir.....

BERRIEW NEWSLETTER

Chairman/Editor: Val Wallis

Items for publication may be left in the Newsletter post box, at the Spar, Berriew or e-mailed to the editor at: barrywallis246@btinternet.com.

The Berriew Newsletter is published monthly on a voluntary basis as a service to the community. The editor is empowered absolutely to withhold a contribution without explanation and does not accept liability for any opinions expressed by contributors. Articles may be edited for publication.

The Berriew Newsletter cannot vouch for the accuracy of offers, services or goods that appear in the Berriew Newsletter, nor can it be responsible for the outcome of any contract that may be entered into with an adviser.

Berriew Bells (A brief history part two). In 1902 the old wooden bell frame (still found in most towers) was replaced by a Iron H type frame with a ring of six bells with Hasting stays, hung on cast iron headstocks with gunmetal bearings until 1938 when new ball bearings were fitted. In 1962 the bells were augmented to eight with the existing bells rearranged with the now treble and fifth being mounted above the others on top of the frame.

The Bells

Treble

Inscribed:- In memory of Captain FF Corbett-Winder 1884-1960 of Vaynor and Glanrhiew. The gift of his wife 1962 (Cast by Taylors 3cwt 2qr.7lb. or 181kg)

Second

Inscribed:- In memory of Stephen Humphries-Owen 1908-1960. The gift of his sister Elizabeth 1962 (Cast by Taylors 4cwt. 5lb. or 206kg)

Third

Inscribed:- IN LAUDEM DEI ET IN HONOREM REGIS EDWARDI SEPTIMI REGIS INSIGNIBUS ORNATI AD VI KAL JUL ANNO DOMINI NOSTRI MDCCCCII DONO DEDIT CAROLUS EDVARDUS HOWELL DEUS REGEM SERVET

(Commemorating the coronation of Edward VII in 1902)

TAYLOR FECIT (Foundry mark) (Cast by Taylors 4cwt. 3qr. 25lb. or 253kg)

Fourth

Inscribed:- The gift of J Humphries the Rectory 1860

John Taylor & Co., Founders Loughboro Leicestershire (5cwt. 2qr. 6lb. or 283kg)

Fifth

Inscribed:- The gift of J Humphries the Rectory 1860

John Taylor & Co., Founders Loughborough Leicestershire (5cwt. 3qr. 18lb. or 301kg)

Sixth

Inscribed:- Peace and good neighbourhood T R

(Cast by Thomas Rudhall 6cwt 1qr.21lb. or 328kg)

Seventh

Inscribed:- Tho's Mansell & David Ellis Churchwardens 1766

(Cast by Thomas Rudhall 6cwt 3qr.22lb. or 354kg)

Tenor

Inscribed:- William Jones & Charles Davies Churchwardens A R 1706

(Originally cast by Abraham Rudhall 8cwt 1qr.20lb. or 429kg)

Recast 1912. Inscription added:-WJ Corbett-Winder & Francis E Marston Churchwardens (Recast by Taylors)

We are very fortunate in Berriew to have a very fine set of bells but to keep them ringing as our generations in the past have done we need more ringers so if you are interested in having a go please contact me or call at the tower on Wednesday practice.

Gordon Rogers 01686 640611

Please take a few moments to remember a young man who travelled a long way to help this country at a time of need.

On the 5th February 1944 Flying Officer John Worth Wright of the Royal Canadian Air Force took off from RAF Rednal (West Felton) on a training flight in Spitfire Mk 11A (P7979). At high altitude it is believed his oxygen system failed and he crashed at the Bryn Farm, Berriew at 17.55. He is buried at Chester (Blacon) Cemetery.

Few are now left to remember this after so many years but I have spoken to Mr Henry Cookson and he remembers the accident.

Berriew Newsletter STILL Needs You!!



If you were thinking of making 2015 the year you did something for the village – think no more – here is the ideal way to help. We are in desperate need of people to help collate and staple the Berriew Newsletter.

We meet at the Old School, Berriew on (usually) the last Friday in the month at 09.30 am. We'd be most grateful for a few new volunteers. Any questions please give Jill Sadler a ring - 01686 640343.

EXERCISE INJURY NUTRITION

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AFFORDABLE ADVANCED EXPERTISE AT YOUR HOME

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For Food/Diet Advice? Hons 1st Degree in Nutrition

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Fitness/well-being development and physical progress, far beyond anything possible in any class/gym or from any personal trainer, especially for the over 45s or those with medical conditions; and all in the privacy of your home. Some of Alan's clients are in their 80s.

Specialist areas: Over 45s, Weight Loss/Management, Ladies Exercise, Injury & Nutrition

www.alangordon-health.co.uk Telephone: 07833 110364

Let's Knit Local

Meets Refail assembly room every 2nd Tuesday of the month at 6pm – 8pm. If you have never knitted or purled a row before or held a crochet hook and would like to learn, or if you are an experienced knitter and would like to help others learn, please come along one Tuesday evening and join our friendly group for a cup of tea and chat.

Next meeting Tuesday 10th February at 6pm.

Contact Jennie 01686 941813

Email the: oracle_jennie@hotmail.com. Or: oraclejennie@yahoo.co.uk

The knitting club are knitting mice for the Children's ward at Birmingham Hospital.

The members of the knitting club are also knitting tulips for A.Y.M.E., this is an association for young people with M.E. Patterns available for both these projects from the knitting club. We are also knitting squares for the women in Sierra Leone who are suffering obstetric injuries following traumatic childbirth. These are simple knitted squares and if anyone would like to learn or just rediscover how to knit, these squares are quite easy to do.

Jennie Campbell

Recipe

Garlic Mushrooms

1 medium onion, chopped
2 cloves of garlic, thinly sliced
2 oz (50g) butter
8 oz (225g) mushrooms, roughly chopped
1 oz (25g) plain flour
8 fl oz (220ml) single cream
Pinch of nutmeg
Salt and pepper

Serves 3 as a sauce over jacket potatoes. Can also be used to fill cooked vol au vents.

1. Gently fry the onion and garlic in the butter for about 5 minutes until soft.
2. Stir in the mushrooms and cook over a gentle heat for 5 minutes, stirring now and again.
3. Sprinkle in the flour and stir well.
4. Add the cream, a little at a time, stirring well after each addition.
5. Cook the mixture for about 5 minutes, stirring occasionally.
6. Season with salt, pepper and nutmeg to taste.

Dawn McCallion

Celebrating 100 Years of Berriew CP School

The Governors of Berriew CP School are planning to organise an event to commemorate this wonderful occasion in the Summer Term 2015.

If anyone has any photographs, newspaper cuttings or memories that they would like to share, please contact the school on: 01686 640312 or email: office@berriew.powys.sch.uk.

THE TOM CAT SPOT

Happy New Year to everyone.

Has anyone made a New Years resolution? I've kept to mine, which was not to uncork a bottle of red wine, so I've been buying bottles with screw tops instead!

Bill, Edna and Gladys were the three magpies as I'm sure you remembered. They sold some real quality things at reasonable prices.

If you like different music styles have a look in at the Lion on every third Wednesday evening and you will like what you see!

Now do you remember the days when Berriew had a "Bakehouse". Freddie was the baker and as well as loaves every Monday made Chelsea buns and cream cakes, which they sold in "Whittinghams" shop. When Fred went on holiday one of the Whittingham brothers took over the role of baker. Ah, but which one was it?

Until next month .Keep smiling.

Tom Cat.

Note from the Treasurer.

The committee is always grateful for all donations and we hope to use them efficiently and economically to keep up the news service to Berriew.

We would like to thank The Lion Hotel and Mrs. I. Davies for their donations.

Mrs. P. Hall

www.berriew.com

A SLIGHTLY EDITED VERSION OF THE BERRIEW NEWSLETTER CAN BE SEEN EVERY MONTH ON www.berriew.com

SIMPLY GO TO THE BUTTON ON THE BOTTOM RIGHT HAND SIDE OF THE HOME PAGE MARKED NEWSLETTER AND CLICK FOR A DOWNLOAD.

FURTHERMORE AN ARCHIVE WILL BE MAINTAINED FOR YOUR CONVENIENCE, SO IF YOU MISS AN INTERESTING ARTICLE YOU WILL BE ABLE TO FIND IT THERE.

DON'T FORGET THAT ON www.berriew.com WE ARE ALWAYS INTERESTED IN RECEIVING - Articles and photographs concerning Berriew, both current and historical events, tourist information including the village and its surrounding area will all be welcome. If you want to contribute send your material to pete@biggerboat.uk.com

CLUBS AND ASSOCIATIONS

If you represent one of Berriew's clubs, associations or organisations etc... that hasn't already come on board, please get in touch and we'll be happy to tell you all about it.

ADVERTISING

We want to encourage more businesses to advertise on www.berriew.com and for only £25.00 for 12 months advertising, you can't go wrong. Please contact Pete Jackson on 01686 640436 or e-mail pete@biggerboat.uk.com to discuss your requirements.

The Berriew Community Website has been created with the assistance of grant funding from Powys Connections and is supported by the Berriew Community Council.

Pete Jackson – 01686 640436 – pete@biggerboat.uk.com

Hazel Wilson – 01686 668868 – hazel222@hotmail.com

Andy Kirkwood – 01686 640710 – andy@kirkwoodassociates.co.uk

Phil Wilson – 07740 510666

Cheers, Pete Jackson, Chairman.

Here are a few more maxims from the 1881 'Enquire Within'

The dictionary defines a maxim as “a general principle of a practical kind, derived from experience or observation”. Seemingly, the Victorians had an understanding of life, that in today's frantic, go-getting pace of living, has been jettisoned. Why? Are they no longer relevant?

- Moderation is a great safeguard.
- The healthiest feast costs the least.
- We increase our wealth, when we lessen our desire.
- Out of debt out of danger.
- Riches are but the baggage of fortune
- Gold is the dust that blinds all eyes.
- Truth is the rock large enough for all to stand on.
- Honesty is a strong staff to lean on.
- A spark may raise an awful blaze.
- A good word is as soon said as an ill one.
- A blind man should not judge colours.
- Punctuality begets confidence.
- A cup must be bitter, that a smile cannot sweeten.
- Falsehood, like nettles, stings those who meddle with it.
- If you covet praise, you do not deserve it.
- Truth is the hidden gem we should all dig for.

Rena Blakemore

Berriew W.I .Reports

At the December meeting our President Sue Usmar welcomed everyone to party night. This began with line dancing led by Gloria Hughes and her merry band which created lots of fun for dancers and onlookers alike as the steps and rhythm became more complex! It was a very enjoyable evening for all. Everyone contributed with refreshments and they were served by Iris Tombs and Ann Markwick.

The Christmas meal was held on December 20th at the Nags Head when everyone enjoyed a lovely meal and festive evening.

Carol singing with the Church choir took place on December 22nd and this year, in special memory to the fallen of both wars, it was held at the Lych gate. Afterwards mulled wine and refreshments were provided at the Old School. A very pleasant evening was enjoyed by all. We began the New Year with a return to the Community Centre. Sue thanked everyone who had helped with the presentation of the W.I. crib in the Church which was part of the village Nativity displays.

Two cups were presented for 2014 achievements; the 1st to Lillian Dawson who won the Doreen Jones Silver Salver for her collage entitled 'A rooftop view' and the other was the Berriew W.I. Competition cup for the most points gained in 2014 competitions and this went to Catriona Heeraman. Congratulations were given to both!

The Dominoes team have done well this season and hope they will represent Berriew in the final.

The speaker for the evening was Rev. Esther Yates who is well known to many members. She gave an interesting and hilarious talk about her life before holy orders when she was a school teacher in Edinburgh and Newtown. She was thanked by Sue. The quiz followed which was still on the theme of schools and teachers and this was won by Ann with Sue a close second. Linda won the raffle and then we all had welcome tea and biscuits provided by Frances.

Next month's speaker is unable to come so it will be a mystery speaker. However the competition is entitled 'Ship -Ahoy' so that might be a clue! This meeting, Wednesday 4th February, begins at the usual time of 7.15p.m. and will be held in the Community Centre. We return to the Old School in March, Wednesday 4th, when we all have a go at chocolate truffle making and do try to remember to bring along your prettiest Bon -Bon dish for the competition.

Happy New Year to all and why not give W.I. a go in 2015.

Ann Dixon

Nativity Scene Festival

Many thanks to all who contributed Nativity Scenes to the festival.

Thanks also to all who helped with organisation, setting up and dismantling.

The festival and the Carols in the Lychgate raised £123.64 for the Salvation Army and there were also generous contributions 'in kind' for the Refuge and Food Bank, so thank you for these as well.

(Thank-you letters from organisations are at the back of the church).

Rosemary (on behalf of Vicar and PCC).

Magic Lantern Show & Berriew Then and Now

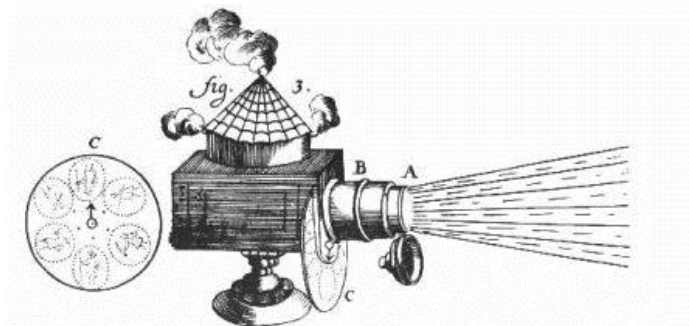
**Thursday 12th February, 7pm
at**

Berriew Bowling Club

Berriew is raising funds towards the 2015 Eisteddfod
at Meifod.

The Magic Lantern show, using original material, is
being presented by

Robert Williams and Joanna Campling



Berriew THEN and NOW presented by
Dave and Ferol Richards

Admission £3

Tea/Coffee and biscuits plus raffle.

All proceeds to the Eisteddfod

EXERCISE. The Safe and Sensible First Steps to Weight Loss.

How exactly should you go about losing the pounds if you're significantly overweight? Especially if you're starting from absolute ground zero beginnings and don't want to go to a gym or health club?

It's very important to start slowly as you don't want to get hurt, so a sense of caution and patience are your greatest assets going forward at this point. Yes, I do fully appreciate that you want to lose the weight as quickly as possible and yes, I know you want to get cracking and go for it asap, but making sure your 'house' has rock solid foundations before you start any 'all systems go' plan, is ... I can very much assure you ... the safest and most reliable mindset to adopt at this primary stage of your journey.

When you are overweight, for each and every extra pound you carry, it equates to a transferred loading of an extra 2.7kgs onto each one of your knees and this weight transfer situation is technically known as 'referred torque', so charging straight out there power-walking, jogging or running to get a good 'ol sweat on and bring you a sense of immediate achievement isn't I'm afraid ... going to be a smart move at all, as far as your joint health is concerned!

One of my clients (a lady who was originally 16kgs overweight) at first joined a club; one of a very well known national chain. She received a very short and totally inadequate testing of her body beforehand and then to make matters worse, one of their 'in house' personal trainers (actually their 'Chief Personal Trainer' unquote!) had her doing star jumps (jumping up in the air) from day one. Because of this grossly inappropriate exercise mode for someone in her physical condition, on the third visit at the end of the second week, the outer rims of her feet (known as the lateral arches) were scuffed and actually bled inside her training shoes! Thankfully, this bleeding feet scenario isn't an everyday happening, as that level of gross professional incompetence is reasonably uncommon (but actually not rare unfortunately!) but wherever you go for your guidance and whoever is providing it; if it hurts and your instructor is still encouraging you to 'grin and bear it' for progress sake; quickly find someone else to help you as soon as you possibly can!

People naturally assume they need to get out there immediately and really 'go for it' in order to start burning off the calories to lose the weight, but if you do that bearing the significant loading you're carrying around, you will almost certainly negatively affect your body, mainly your knees, pelvis and back, either subtly when you'd be actually unaware of it (called sub clinical damage, the results of which appear months, sometimes years later), or immediately and obviously so, when the affected regions hurt big time! It's absolutely 5 star vital to always start slowly and carefully.

(1) Before you lift a finger in any structured exercise or exertion, always see your GP and have your blood pressure and heart rate etc checked, telling them what you're about to embark upon.

(2) If your GP says it's fine to start exercising, *always* get your walking gait tested. Some sports shops offer a basic but fairly adequate level of this service and a personal trainer *realistically* qualified in Biomechanics can do so, although unfortunately very few personal trainers indeed have the requisite depth/ level of Biomechanics training necessary to provide the full and professionally concise procedure. Properly check the exact level of their qualifications if you approach one and be sure their training isn't just a week or only a few days course in Biomechanics, as that's not remotely enough. Amongst other elements, your heel to toe movements and your stride should be assessed, to make sure you have the correct exercise footwear and/or select the correct impact absorption insoles that are right for you.

(3). Strengthen your core muscles, as they are of the most vital importance for stabilizing your entire body for the work to come, but also approach this carefully when doing so.

4) Start working on your flexibility – stretching your muscles will make them stronger and help you get more mobile. Basic stretch books are plentiful and stretching every other day for two weeks and then daily if possible is very good news. Getting your Biomechanics fully and properly assessed is the only spot specific way to then make constructing what is literally a body-unique stretch structure possible, and is by far the very best way forward. However, in the absence of a Biomechanics professional to analyze you, the stretch books do offer an acceptably safe way forward, as long as you make absolutely 100% sure, that any stretch you perform is never painful or feels significantly 'not right' to you in any way.

4) After three or four weeks, you should be feeling more loose and flexible and your core muscles inside you will be more supportive, so now it's time to work on the strength aspect of your physiology.

(continued over)

5) After a couple of weeks, you can start power-walking. A power walk is simply a determined walk, and you'll build up your fitness safely this way, with your body dictating your pace and level. Your power walking shouldn't attract significant attention from other people when you're doing it, as it most certainly *is not* some headlong race walk or an exaggerated military arm pumping style at all; simply a determined, purposeful walking style, as if you're a little late for an appointment. Start with a moderately paced 15 minutes every other day and increase gradually, as it feels appropriate for you.

6) Once you can power walk efficiently you can start 'taking on' some *very gentle* hills if you're seeking some surface variety, but be very sure that you're around 4 weeks or so into your development before doing so. For gauging how much effort you make, once again, always 'listen' to your body, as it will tell you that you have more to give some days than others, so always follow its lead when it 'tells' you.

7) After that, if you feel like doing so, introduce some very gentle jogging for three minutes, followed by power walking for two minutes. It's something called 'intervals' and done properly, it is safely developmental. Jogging is not necessary to lose weight efficiently though, so if you feel very secure and safe in your power walking just stick with that.

Overweight and want to join a gym or health club?

Check it out very thoroughly. Make sure you are first asked to complete a *credibly* comprehensive health questionnaire, not just a single sheet. Around 3 x A4 sheets is just about acceptable, but less detail doesn't allow the instructor to know enough about your health status and exercise background before you go forward, and that's not good news at all for starting safely on the 'right foot'.

They should give you a professionally thorough check up, including assessing your flexibility, strength, VO2 Max (your lung/oxygen capacity, done on a bike or treadmill) peak flow (using something called a Spirometer) blood pressure and *full* body composition. If you are visibly very overweight, *they should always without fail*, insist that before any exercise is undertaken, you provide written evidence/approval from your GP, that they've fully sanctioned you to begin receiving exercise prescription. This last point is crucial and completely non negotiable.

If any of these basic requirements are not provided, walk away and find another premises, as overweight people are all very prone to lower back and knee problems and lack of properly efficient professional attention and testing at the outset, can result in some significantly nasty orthopaedic problems later on. I've personally witnessed such negative results appearing later, a great many times over the last 45 years.

If anyone ever says to you 'no pain no gain', or any similar phrase, walk away from that person immediately, as it could prove physically disastrous for you and most unfortunately, it is very much the credo of boot camps etc. Being as we're all very different physical individuals with finely individual strengths and weaknesses, all boot camps just use the 'one size fits all' method, and this totally random application regularly and often, actually *creates* problems for many people! Exercise effect discomfort sometimes does happen yes, (it's called DOMS, standing for Delayed Onset Muscle Soreness) but actual deeply rooted or very sharp pains are *never ever* acceptable within any exercise prescription for people seeking to lose weight, or in pursuit of any other physical goals either for that matter.

If you want to know in more detail, precisely how a gym/health club should always attend to your needs once you've joined, to make sure you'd get the best results achieved quickly, but at a pace that keeps your personal physiology completely safe in the process, do please feel free to e mail me. Alternatively, read my full article on weight loss on the website, where details of how a first approach to sensibly lose weight via exercise is there to read. It's based on my 45 years of experience, having privately assessed 1,876 personal trainers since 2002, and conducted 179 'secret shop' assessments of various health clubs/gyms since 2009. These 'secret shop' assignments were performed on behalf of companies who wanted to know the real truth, as to just how realistically safe/efficient those health club/gyms truly were, before responding to the corporate membership packages they were being offered by them.

All the best for successfully safe weight loss, completely free of any immediate or future problems.

Alan

Dental volunteer programme to Tanzania

Janet Evans (Practice manager) and Yvonne Wood (Hygienist) from Dentistry at Glansevern in Berriew, will be joining a team of 10 dentists, hygienists and nurses from all over the UK to take part in a Dental Volunteer Programme in Tanzania. They will be going to a very basic dental clinic in Manyara to train rural based Tanzanian Health Workers in the skills required to provide long-term, emergency dental care to their communities.

With 75% of the world's population living without access to a dentist and millions living in pain with no hope of treatment, the Bridge2Aid goal is clear; provide emergency dentistry and pain relief to those who need it most, and make a lasting change through training.

Janet and Yvonne between them have over 60 years of combined dental experience that they would like to share and pass on their dental knowledge and skills for such a worthy cause. This will be Janet's third dental volunteer programme having previously volunteered in Vietnam and Morocco.

Yvonne says, " Each time Janet returned to the UK, her overwhelming energy and passion to start fund raising for the next year has inspired me to join her." On Janet's previous trips she was 'hands on' assisting in treating over 2000 patients; men, women and children in desperate need of emergency dental care. She found this experience so rewarding and the gratitude for providing the basics to get these people out of pain was humbling. This time, Yvonne and Janet are part of the training team so that after their return , the dentistry can continue even after the team have gone.

Bridge2Aid focuses on sustainability, through empowering local people to improve their own lives over the long-term, and do this through the Dental Volunteer Programme (DVP). DVP was developed as a model of responsible, ethical volunteering to allow qualified dental professionals to pass on their skills to local health care personnel in Tanzania.

On a parting note, Janet says "Next year Dentistry at Glansevern will celebrate their 10th Anniversary at Berriew, Welshpool and so this is the perfect opportunity to be able to mark the occasion in a worthwhile way."

Janet and Yvonne are organising fund raising events and would be eternally grateful for any support no matter how small as all with make a huge difference to the lives of these people in freeing them from debilitating dental pain.

To donate, please either;

- 1) Send a donation to Dentistry at Glansevern, The Courtyard, Berriew, Welshpool, Powys. SY21 8AH made payable to Bridge 2 Aid.
- 2) Go to www.justgiving.com/janetandyvonnetrip to make a donation on line

Many thanks

Janet Evans & Yvonne Wood - Dentistry at Glansevern



Diary of Events

Wednesday	4 th	February	Berriew W.I. meeting 7.15pm.
Tuesday	10 th	February	Berriew Knitting Club 6pm.
Thursday	12 th	February	Magic Lantern Show & Berriew Then & Now 7pm.
Thursday	12 th	February	Berriew Community Council meeting 7pm.
Wednesday	18th	February	Closing date for the March Newsletter.
Wednesday	4 th	March	Berriew W.I. meeting 7.15pm.
Every Friday			Bridge Club at the Refail 7.30pm.
Every Wednesday			Tai Chi at Glansevern Hall, 11.30am – 12 noon and 6pm – 7pm.

Editor's Postscript

Well here we are again – 2015. We would like to wish everybody a belated but very Happy New Year.

We send our condolences to the families of Richard Pryce and Mrs. Olive Passant who both sadly passed away in recent weeks. Our thoughts are with you at this sad and difficult time.

We have placed another appeal in the Newsletter for more volunteers to help collate and staple the Newsletter. Volunteers are needed for approx. 2 hours on the morning of the last Friday of the month, and if we could get a few more of you to help, you will probably only be asked to participate about once every three months. The Newsletter is available from the Friday afternoon preceding the first Sunday of the month. Copies are available from The Spar (now moved to the stand by the bread display), The Tea Room, Allsorts, Berriew Church and Glansevern Gardens.

Congratulations to Diane Davies for winning the December Prize Crossword

Competition.

The closing date for the March Newsletter is Wednesday 18th February. Please note – all articles and correspondence left in the Newsletter Post Box must include a name and address and/or telephone number. Anonymous items will not be published.

Thank you to all the people who have helped in the production and distribution of this Newsletter.

Val Wallis/Editor