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Saturday

21st October 2023

9.30am - 12.30pm

Thursday

8th February 2024

5.00pm - 8.00pm

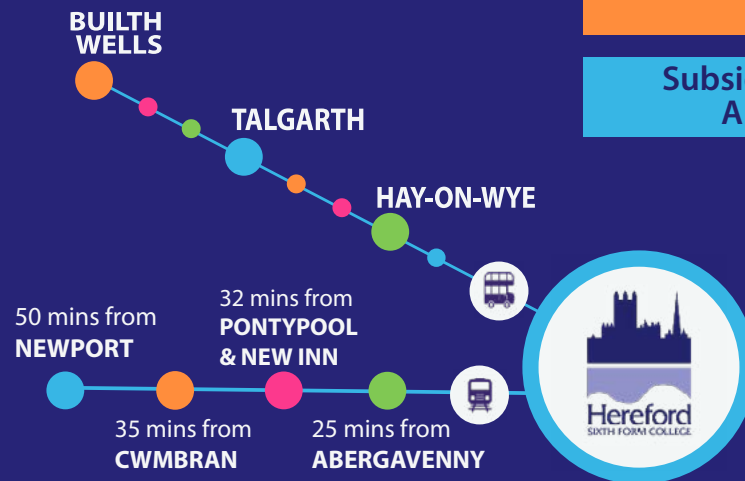


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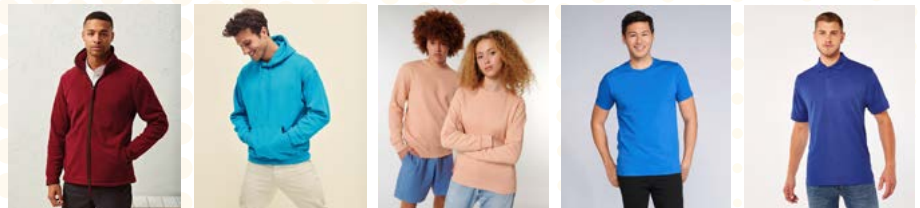
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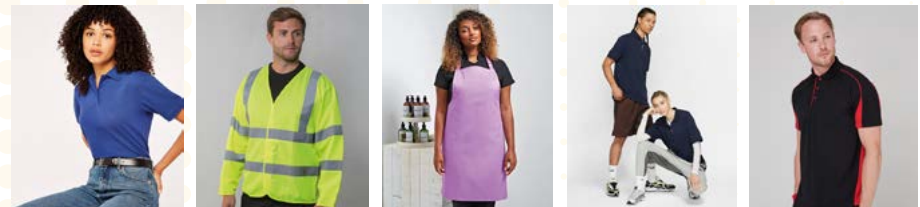


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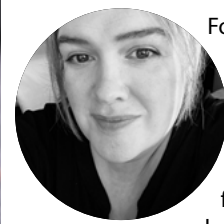
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Dear Readers,



Food is one of everyone's favourite topics. We all have an opinion, don't we? We're lucky to live in an area that's widely respected from a culinary point of view, with lots of great eateries, pop ups and food and drinks businesses on our doorstep.

This month, the Abergavenny Food Festival takes place on 16th and 17th September and last month we ran a competition to win one of 5 pairs of Food Festival stroller tickets that we were giving away. The winners of that competition were: Mrs Heather Turgis, Maneek Harry, Alison Morgan, Helen Botting and Klara Lewis. Congratulations to them, and enjoy!

This year, I'm once again looking forward to taking part in the Food Festival and can be found in the Local and Vocal Tent in the Castle Grounds throughout the course of the weekend. I'll be talking to local producers and food business owners about what they do. I hope to see some of you there.

Continuing the theme of food and drink, we're delighted to bring you some foodie inspired articles this month including top foodie book picks as well as our much anticipated article on Best Burgers to be found locally. Who is the pick of the crop. See page 33 for the answer!

Enjoy this month's read,

Hannah

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COME TO THE
**Greener
Abergavenny
Fair**

On **October 1st**
In the
Abergavenny Market Hall
10:30am to 4:00pm

Stalls, Talks
and Tours,
Music, and lots of
Family fun!

FREE ENTRY FOR ALL



Greener Abergavenny

costing the world.

Community action and individual choices really do make a difference. "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has." (Mary Mead.)

This October will see the first event organised by the new *Greener Abergavenny* group, and it's going to be a big one! The fair will showcase all aspects of living more sustainably, including energy, transport, nature, food, farming, education, careers, buying green, waste and rivers.

We are increasingly seeing the effects of warmer and wetter weather, becoming concerned and wanting to act to mitigate the impacts of climate and ecological changes, locally and globally. If you are unsure what you can do to tackle this big topic then this the event for you! The Fair will focus on positive changes that have an impact on the climate and nature crisis that we find ourselves in.

Although the problem looks huge many proven solutions exist. You will find experts who have inspiring suggestions, without

A variety of stalls will focus on family-friendly hands-on activities, games and art. Have you ever made a painting using a bicycle before, or squeezed your own apple juice? Give it a go!

You will also find stalls offering advice on reducing energy bills, sourcing locally grown food, electric and hydrogen cars, clothes swapping, borrowing home appliances and tools, local green spaces, e-bikes and more.

There will be displays and talks on the new King Henry 3-19 school building, exciting eco-projects in our junior schools, decarbonising the national grid, water consumption and river care and green corridors.

If that's not enough there will be music, including a Climate Choir and some free guided walks around our beautiful green spaces.

The event will open with a wildlife procession from the Bandstand in Bailey Park. To be involved simply turn up around 10.30 wearing an animal/insect mask. We will be accompanied by a Samba band all the way to the hall. All ages are welcome to join in.

Greener Abergavenny want to shine a light on the great work already being done by many groups locally, to inspire, inform, entertain, and involve all of the community to let people decide how they would like to be involved in those things that are already happening, or to get involved in new initiatives.

And what comes after the fair? We will be meeting and inviting all together with representatives of the many groups around the town to join us in suggesting other initiatives that will help the town. It may be a Used Clothes Fashion show, an Energy forum, deforestation projects in schools and more. We are seeing many great ideas already in other parts of Monmouthshire, Wales and England. Perhaps we can pick those we think could work here, learn, and make things happen! We want your bright ideas too!

We look forward to seeing you on the day.

For more information about the Fair, watch local social media and look for the posters.

To learn about the organisation, please contact GreenerAbergavenny@gmail.com.

Greener Abergavenny



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HPS Monmouthshire group is for people who love plants and gardening and enjoy sharing their enthusiasm with other like-minded gardeners in the county and beyond.

Non-members are welcome to come along - it's an opportunity to meet people with similar interests in a friendly atmosphere. Entry fees vary between £4 and £8. Our regular meetings are held at the village hall in Little Mill NP4 0HJ.

The group also hosts occasional Zoom talks and organises garden visits, gardening discussion dinners and plant sales. Keep in touch by emailing monmouthshirehps@gmail.com or look up our website www.hpsmonmouthshire.co.uk Lots of news and plant-related information in both. If you are interested in coming to any of our events, we would love to hear from you. Here's what's coming up in the next two months:

Saturday 2nd Sept 2.30pm Little Mill Village Hall 'Robinson's Wild

Garden at Gravetye' by Tom Coward the Head Gardener at Gravetye Manor in Sussex. An illustrated talk.

Saturday 9th September The Usk Show a highlight of many people's year. We will be selling plants on our stand. Come and buy!

Saturday 14th October 2.30pm Little Mill Village Hall 'A Garden above the Estuary' by Adam Alexander. Adam, also known as the Seed Detective, will be full of tips and techniques for growing his beloved heritage veg so you can enjoy it at reasonable cost and by sustainable, organic methods.

Wednesday 18th October Tim Walker 7.30 'Paradise Lost and Restored' a Zoom talk. Tim, the former Director of Oxford Botanic Garden, looks at how gardening has changed over the last 400 years. Or has it?

Please do come along to the meetings - we look forward to welcoming you.

A.C. PUDDLE



fires - fireplaces - stoves



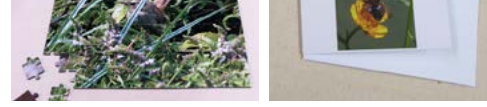
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If you fancy a little creative break during your visit to the Food Festival this year, come along to Lulworth house at 30 Monk Street and enjoy some inspirational fun.

Where reclamation textile artist Pam Wesson will be hosting a garden event on 16th and 17th September. In collaboration with the Makers Gallery and artist Lou Seabourne. You can relax with a refreshing drink from pop up Barristas, whilst you create your own unique and colourful food themed art. As simple or as elaborate as you like. Yours to keep as a souvenir of your food festival experience. Suitable for all the family.

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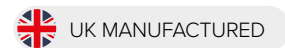
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Good Medicine... but not the Traditional Kind

"**E**at your greens - they're good for you"

How many times have you said that to your kids, and got the reply, (even though, they may not have tasted them before) "I don't like them... they're green!"

Now, I only mention this because whenever I tell people that I teach Tai Chi they say to me, "Oh, yes, you wave your arms about don't you? I couldn't do that!"

Complementary therapies, often gets a similar unknowing, negative response.

What if good medicine was not the traditional kind, and, what if the public knew more about the many local options that are available to manage their health without resorting to sticking plaster solutions and our overstretched National Health Service? Surely, that would be good news?

Therapists and practitioners are all different; many are often judged without knowledge of their huge potential benefits. Even Yoga can be misunderstood (and just to clarify, you don't have to put your foot behind your head to be able practice Yoga!) Is it a pre-conception that anything other than 'traditional medicine' is unsafe or 'coloured green'?

All complementary practitioners have the same purpose: to improve people's lives, whether that's for pain, stress, fitness, mental balance, breathing, head to foot, inside and outside. They get results and most are evidenced by scientific studies.

So here's some even better news for the curious, the anxious, the unsure - who want to know

what is available locally to maintain their health and wellbeing - or for those who are just fed up relying on pills and potions and a broken system...

Our unique two day event, with over 20 different therapists & practitioners, for you to see, hear and 'taste' the alternative ways to stay fit and healthy, may help you decide how you might manage your future health.

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Playworkers

Abergavenny Community Centre is looking to build a team of Playworkers to work with local children.

Playwork is a fun, dynamic approach to facilitating children's play and supporting their individual needs.


The Centre is offering anyone looking to develop their skills and qualifications an amazing opportunity to attend free Level 1 Training in **Outdoor Learning and Play**.

Applicants must be aged 14+ and will be required to assist holiday activities at Abergavenny Community Centre.

For more information contact Lucy via email:
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FOR MORE INFORMATION, OR TO BOOK, PLEASE CONTACT BEN HENRIQUES:
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FACEBOOK GROUP - 'ABERGAVNNY MEDITATION COMMUNITY'



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The Friends of Castle Meadows and Mon Life's Countryside Warden recently unveiled their new pond dipping platform.

During a visit from pupils at Llanfoist School at the end of the summer term, twelve different species were successfully identified in their pond dip. These included: Pond snail, Ramshorn snail, Fish (minnow & stickleback), Water mite, Water skater, Water hoglouse, Mayfly nymphs, Lesser water boatman, Pond skater, Damselfly nymph, Newt larvae (with front & back legs but still with external gills)

The new platform is situated amongst the thicker reeds, and will gradually provide a more protected area for our pond creatures to thrive and be safely viewed. The slightly lower number of finds this year is possibly a reflection of the recent lowering of the water level necessitated by the installation of the platform, and the continued degradation of the central bank area due to dogs entering the pond there. We'll continue to monitor the situation and, hopefully, the next school visit will see an increase in the recorded numbers of our aquatic invertebrates.

In another first the Friends also invited Kristen Thobroe from the Blaenau Gwent and Torfaen Local Nature Partnership to assist the pupils with the creation of their own minibeast mansion in the meadows copse. The children loved foraging for rotting bark, sticks, leaves and other detritus as well as for the creatures living in and around the finds. These included woodlice,

beetles, ladybirds, centipedes and spiders, and these were brought back for checking in to their new bug hotel with much enjoyment by the 6 year olds. The children also discovered the healthy crab apple tree and brought along some of its fruit for the minibeasts to enjoy. The nearby community orchard has named its hotel 'Bughingham Palace', so the pupils have promised that they'll find a name for their creation at the start of the new term.

As well as Kristen's expert and empathetic contribution, the Friends would like to thank Abergavenny Garden Centre for their donation of a number of surplus pallets and clay pots for the bug hotel's creation, and also to Mike and Ross from Mon Life for helping collect and then get the materials into the meadows copse.

The Llanfoist pupils were a joy to host. They were well prepared, knowledgeable and wonderfully behaved - a credit to themselves, the teaching staff and their school.

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Stop Smoking	Examination Nerves
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SEPTEMBER EVENTS CALENDAR

2ND SEPTEMBER LLANOVER FLOWER & VEGETABLE SHOW

Llanover's annual vegetable and flower show returns! Lots of sections to enter your prize vegetable and blooms. Also plenty of other sections such as cookery, preserves, photography, crafts etc. There's something for everyone and all abilities. Please join us to make this a fantastic show.
8am-2pm, Llanover Village Hall

2ND SEPTEMBER HARDY PLANTS SOCIETY

Robinson's Wild Garden at Gravetye by Tom Coward, Head Gardener at Gravetye Manor in Sussex. An illustrated talk
2:30pm, Little Mill Village Hall
See Pg 9 for more info

4TH SEPTEMBER BOOK-ISH WRITING GROUP

A monthly meeting in Book-ish for writers of all levels to write, develop, and share their work in an informal and supportive setting.
7pm-9pm, Book-ish Loft, 18 High St, Crickhowell
Tickets £6.50 from book-ish.co.uk/events

6TH SEPTEMBER (AND FIRST WED OF EVERY MONTH) CHESS CLUB

7.30pm, Angel Inn, Grosmont

8TH SEPTEMBER Llanfoist Village Hall Film Night THE FABELMANS (PG-13)

Growing up in post-World War II era Arizona, young Sammy Fabelman aspires to become a filmmaker as

he reaches adolescence, but soon discovers a shattering family secret and explores how the power of films can help him see the truth.
Doors open 7pm, Film starts at 7.30pm, Bar available
Tickets £5, children £3 on the door

9TH SEPTEMBER REPAIR CAFÉ

We repair household items including toasters, vacuum cleaners, printers, electronic items, electric lawnmowers, manual bicycles (safety check), strimmers (sorry no microwaves), basic sewing, sewing machines etc – jewellery, woodwork and sharpening by appointment only.
Book or just turn up. Labour free (donations welcome) – parts are not supplied.
11am-2pm, Abergavenny Community Centre, Merthyr Rd, Abergavenny

9TH SEPTEMBER ABERGAVENTY CRAFT FAIR

9am-4pm, Market Hall, Abergavenny

9TH SEPTEMBER USK SHOW

Uskshow.co.uk

13TH SEPTEMBER GOVILON WI

7.30pm, Salisbury Hall, Govilon
All new members welcome.
Find us outside Waitrose on 16th September 10am-4pm celebrating National WI Day!

16TH SEPTEMBER AUTUMN FESTIVAL LUNCH

In celebration of the WI movement in Monmouthshire. Arts, crafts, refreshments, raffle and more. All are welcome.
12pm-4pm, Llanvapley Cricket Pavillion

16TH & 17TH SEPTEMBER 25TH ABERGAVENTY FOOD FESTIVAL

Celebrating 25 years of one of the biggest and best Food Festivals. Two days of foodie events, produce stalls and street food.
www.abergavennyfoodfestival.com

16TH SEPTEMBER ONE DAY MORE

Forget Me Not Productions present an evening of Musical Theatre, with songs from Les Miserables, Miss Saigon, Martin Guerre and other smash hits from the musical pairing of Claude Michel Schonberg and Alain Boublil. All proceeds being donated to the Alzheimer's Society.
Tickets £12

Boroughtheatrebergavenny.co.uk
7.30pm, Borough Theatre Abergavenny

28TH SEPTEMBER ABERGAVENTY STREET FOOD & CRAFT NIGHT MARKET

5pm-9pm, Market Hall, Abergavenny

29TH SEP – 1ST OCTOBER WALLZWALL JAZZ FESTIVAL

For line up and ticket info see blackmountainjazz.co.uk

1ST OCTOBER GREENER ABERGAVENTY



The first Greener Abergavenny fair will have more than 40 stalls, tours, talks, entertainment, fun and hands-on attractions and interaction and activities for all ages.
Entry is FREE. Come to have fun exploring how you and others in the area can make a greener, resilient and sustainable Abergavenny, supporting nature, lowering bills, hear about and support local groups and initiatives, and get access to information from experts.
10.30am-4pm, Market Hall, Abergavenny
See Page 7 for more info



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We pride ourselves on providing tasty meals and snacks, where we use homegrown produce wherever possible (including fresh eggs from our own Llancayo House free-range chickens), plus other free range, organic and locally-sourced foods. Breakfast, lunch and dinner are catered for in our bright and airy dining room, and can be served outside on our terrace when the weather is fine.

We are pleased to offer a range of daily activities for our guests, including keep-fit activities, lawn games (e.g. croquet and boules), quiz evenings, cooking club, organised card and board games, gardening, music and fun trips away to the local area.

Llancayo House is in the fortunate position of having lovely animals on-site for guests to enjoy. Whether you enjoy the company of horses or feeding the chickens - there will be plenty of animal time here. And well-behaved pets are more than welcome! Please contact us now to reserve your room- only 10 bedrooms available.

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Our showroom has a wide range of stoves on display from leading stove manufacturers. A visit is always recommended - but not necessary - to appreciate the operation of the stoves and to discuss your requirements.

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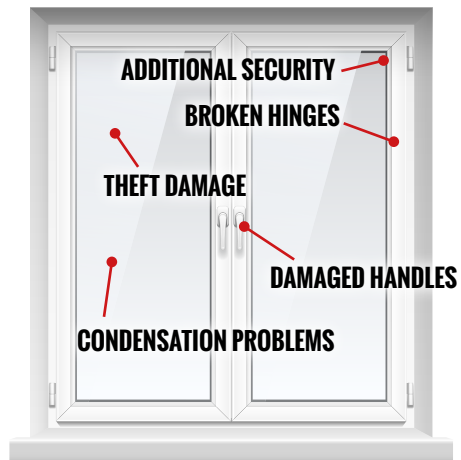
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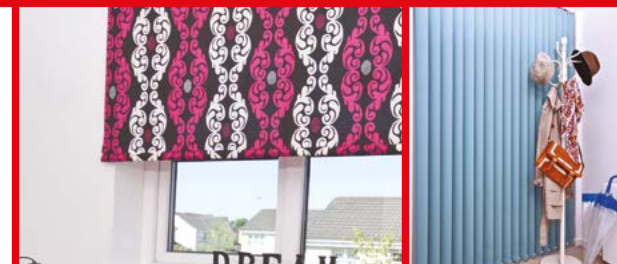
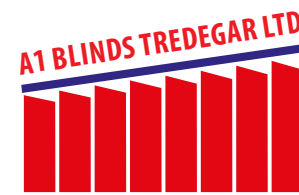


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The Humble Garage



but you would be surprised by how animated people can become at the prospect of a garage and how disappointed they are when one is lacking. Prior to the invention of the car, outbuildings tended to be used to house livestock and to store carriages; from basic stables with space for a carriage to more ornate coach houses with stalls and cobbled floors, often with a hayloft above where a groom would sleep.

Having been an estate agent for more years than I can count, I am still intrigued and sometimes fascinated by garages. A pretty boring subject, I know,



Usually, when visiting a property to carry out a Market Appraisal, I walk around the interior of the house first and then proceed outside. At this point I am asked if I want to see the garage and outbuildings. Outbuildings I don't mind, especially if there are stables and horses involved, but garages? I have to feign interest and excitement.

In my experience, garages fall into 3 categories (1) immaculate, everything in its place and often with a workshop area too, (2) utilised as additional living space/ study/gym/utility room or (3) a complete mess and used for storage. Very rarely do I visit a property where the garage is used to keep cars, especially cars used on a day to day basis.

Shortly after the invention of the first cars, owners wanted somewhere to store their prized possession when not in use. Many older cars did not have a roof, so finding somewhere to protect them during bad weather was

an important consideration. Initially, cars were stored in the carriage house along with the horse as, at the time, both the car as well as a horse and carriage were being used for the purpose of transportation. This didn't represent an ideal solution, which prompted car owners to start looking at alternatives...and along came the garage.

During the early 1900s, architects were looking at alternative storage for cars and the garage was born. Introduced into the English language around 1902, the word garage was derived from the French word 'garer', which means to shelter or protect.

The garage evolved initially as a 'shared storage space' in towns, then often the adaptation of an

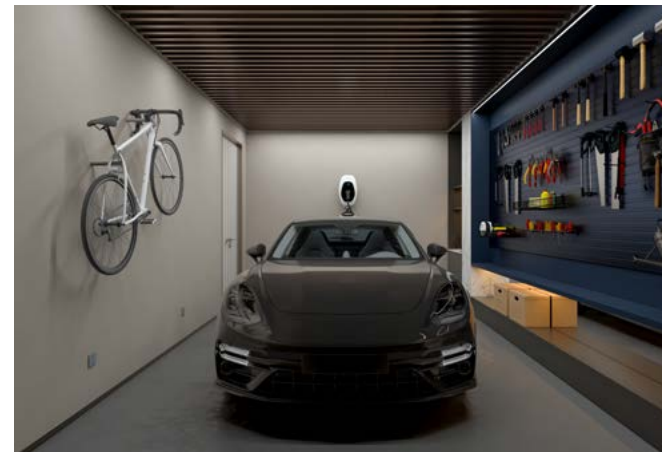
original coach house before the addition of a building at home. The original garages were small with just enough room to store the car, floors were often dirt and there was no lighting or windows. The doors were wooden, often the coach house doors so they were cumbersome to open and shut. It is believed the first up and over type of garage door was invented in circa 1921 by a Mr C.G. Johnson who, a few years later, invented an electric garage door opener. The emergence of garages with power and light was beginning and what was nothing more than a shelter created from necessity was becoming more of a bespoke outbuilding with space for a vehicle, storage and workshop too.

Today garages are an important consideration for homeowners. Since the COVID pandemic and working from home is more commonplace, we have seen people either converting their garage to a study or, if it has a pitched roof, creating a workspace above. Both new builds and the conversion of older coach houses often have additional living space which has a flexible use either as guest accommodation, playroom, hobby room or office.



During my time as an agent, I have sold garages for some strong prices - they are still a commodity in demand. Many years ago, my husband owned a house in Dartmouth which had a garage next door belonging to another property in the town. My husband bought the other property just so he could obtain the garage next to his house! I have heard many similar stories over the years which goes to show just how much the humble garage remains very much in demand today.

Heather Cook



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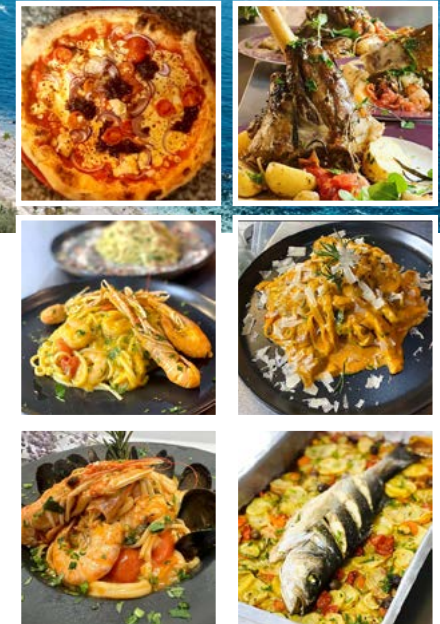
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We have permits in place at our wastewater treatment works to protect the river. These permits are set by our environmental regulators and can be changed by them when needed, to reflect the changing needs of the river, or when new evidence is found. When this happens, we work with our regulators to improve and upgrade our treatment works.

We understand that river water quality is an important matter for local residents and we are committed to playing our part to reducing our impact on the river Usk and the wider environment. To find out more visit dwrcymru.com/environment or scan this handy QR code.



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Mae ein gwaith ymchwil gyda Chyfoeth Naturiol Cymru'n dangos bod ein hasedau (fel ein gweithfeydd trin, o'n Gorlifoedd Storm Cyfun neu CSOs) yn gyfrifol am tua 21% o'r ffosffadâu yn afon Wysg, o'r CSOs sy'n gyfrifol am gwa 1%. Mae'r gweddill yn cael ei achosi gan ffactorau eraill fel defnydd tir gwledig a bow anifeiliaid, dŵr yn draenio oddi ar wynebau trefol, draeniau sydd wedi eu cam-gysylltu, a thanciau septig preifat.

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Rydyn ni'n deall bod ansawdd dŵr afonol yn fater pwysig i drigolion lleol ac rydyn ni wedi ymrwymo i chwarae ein rhan wrth leihau ein heffaith ar afon Wysg a'r amgylchedd ehangach. I gael rhagor o fanylion, ewch i dwrcymru.com/amgylchedd neu sganwch y cod QR hwylus.



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the centre is an inspirational space for the whole community.

As well as a host of open access classes we are incredible proud of our Disability and Youth Development Programmes.

Our disability programme offers a range of classes for disabled people. We have seven classes at the centre including Monmouthshire Connected Dance Company MCDC. MCDC is Dance Blast's flagship company for disabled people and offers opportunities for members to perform and work alongside visiting professional dance artists.

Our Youth Development Programme, which includes two flagship groups; Monmouthshire Youth Dance Company MYDC and Monmouthshire Youth Circus Company MYCC. Both these groups supports and nurtures young, talented dancers/aerial circus artists in the Monmouthshire area. It provides opportunities for young people to develop key skills and

work with professional artist and choreographers from across the UK.

Our flagship companies have just performed at Green Man working with professional dance/circus artists and recent graduates from Cirkomedia on a full length production for the Back of Beyond stage. Very exciting!!!

We have a free taster session for our new MYDC Foundation group (8-12yrs) on Wednesday 13th September 4pm-5pm. If you're a talented dancer why not come and find out what it's all about.

Theres so much going on. Why not check out our website and come and have a Blast!

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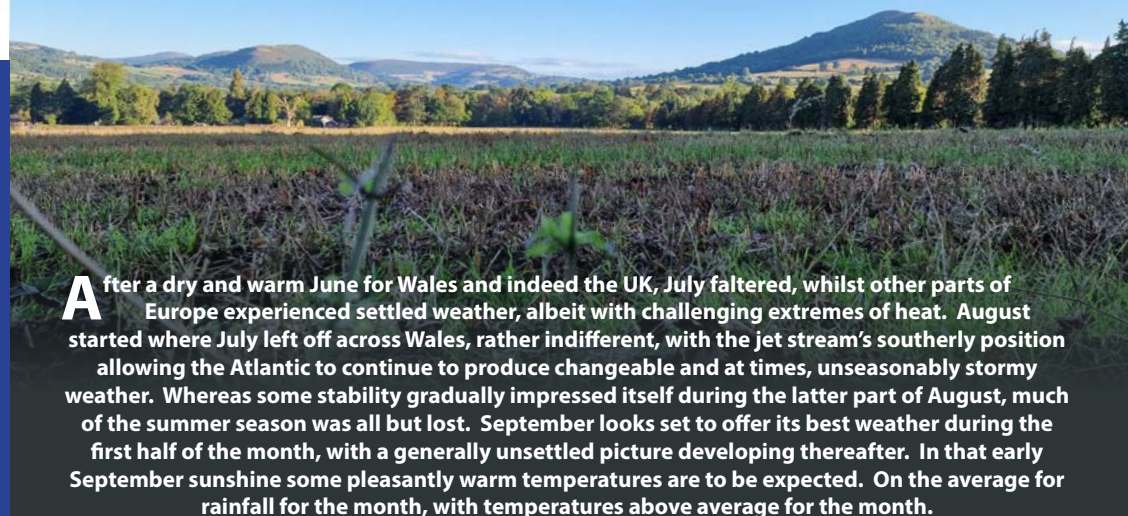
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September Weather Outlook

by Jonathan Powell



After a dry and warm June for Wales and indeed the UK, July faltered, whilst other parts of Europe experienced settled weather, albeit with challenging extremes of heat. August started where July left off across Wales, rather indifferent, with the jet stream's southerly position allowing the Atlantic to continue to produce changeable and at times, unseasonably stormy weather. Whereas some stability gradually impressed itself during the latter part of August, much of the summer season was all but lost. September looks set to offer its best weather during the first half of the month, with a generally unsettled picture developing thereafter. In that early September sunshine some pleasantly warm temperatures are to be expected. On the average for rainfall for the month, with temperatures above average for the month.



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BEST BURGERS

Hamburgers have been around in some form or another for a very long time. In 1758 they appeared in a book entitled 'The Art of Cookery Made Easy' by Hannah Glasse and were referred to as a 'Hamburg sausage.' The true origins of the hamburger, however, are unknown and although the term Hamburger derives from the German city, Hamburg, there is no certain connection between the food and the city. There are many who have claimed to be the true inventors over the years, but nobody can properly trace the burger's true origins.

One thing is for certain, the hamburger is one of the nation's most popular dishes and in the UK it's estimated that the burger market is worth over £3 billion and, unsurprisingly, features in the top ten choices when it comes to takeaway food.

So what makes a great burger? Well, it's a question that has no definite answer. Some will argue that the key is a patty with a high fat content (around 40%) to keep it moist, using chuck or brisket. Others say a coarse grind on well-aged prime rib is best. You can get some pretty banging meat free burgers too, whether you buy these as alternative protein products or you slap a hunk of halloumi or panko crumbed aubergine slices between a bun.

And about the bun...is brioche best? Some say yes, while others will tell you that a brioche isn't robust enough to deal with all those juices and suggest that the chewiness of a sourdough roll is more suitable.

Cheese, pickles and sauces are also points of contention with modern twists including relishes made with bacon, or mayonnaise laced with sriracha or kimchee. The possibilities are endless which is perhaps why the burger endures...because it has so many ways of being reinvented.



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We recently asked the good people of Abergavenny to take a vote on where they enjoy their favourite burgers locally and people voted enthusiastically. We gathered more than 950 votes and here is Abergavenny's Top 3 choices!

1. Auberge with 24% of the vote
2. Hustler Burger (pop ups around Abergavenny) with 19% of the vote
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Posture & Pain

Have your days of feeling 100 percent become increasingly rare? Maybe your neck feels achy and stiff, to the point where the simple act of turning your head from side to side makes a clicking or crunching sound. Perhaps your back aches down by your tailbone and higher up as well. After you've been staring at a screen for any length of time, a dull ache forms, so you massage your temples for relief. You try to avoid taking any pain relief but some days it's just unbearable

Excessive sitting in today's modern (post-pandemic) world can lead to a multitude of chronic pain disorders and orthopaedic ailments. A few include:

Loss of muscle and strength – we naturally start to experience a

decrease in muscle mass from our early thirties! When we slouch in front of a screen, muscles begin to atrophy from lack of use.

Muscle imbalances – a hunched posture and too much sitting, whether that's lots of driving or working at a desk, weakens our postural muscles. As certain muscles cease doing their job correctly, others strain to compensate, causing muscle imbalances. Muscles that are chronically shortened or lengthened can't function optimally and eventually create stiffness and in the long run, pain.

Muscle Spasms – muscle spasms occur when the body needs to protect something. This is seen in many cases of back pain, the most common condition we see. A spasm is a sudden involuntary tightening of a muscle, usually due to overuse



or fatigue, electrolyte depletion, or a joint being stressed dangerously, like a dislocation or a fracture.

People often blame "bad positions" for being at fault for their posture related aches and pains.

However, there's no such thing as bad posture. The cause of most posture related pain is when we stay in ANY position for prolonged periods of time! It's not "how" we sit or stand, it's "how often" we move our bodies throughout the day.

That's why the BEST posture is the NEXT posture!

Movement really is medicine but if you're still experiencing pain and/or muscle tightness then do get in touch. We can help to relieve tight muscle aches and identify muscle imbalance to assist sustainable recovery.

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~ Alan Watts



Had you ever stopped to wonder why little kids behave with such confidence? Ask toddlers if they're any good at singing, dancing, drawing, football, you name it – they'll let you know they're *actually* the best, and if you're lucky, they'll give you a demonstration, there and then.

My own daughter, when little, never held back in bashing away at the piano with a self-satisfied grin on her face. Now she's older, her playing is much more hesitant and self-conscious.

Observing this progression in children, and in our own relationship with confidence, we

are led naturally to conclude that confidence doesn't last; that maybe it's a personality trait reserved for the chosen few; or that to have more of it, we need to gain a *lot* more experience of success.

Looking to the origins of the word — '*confidere*'; which is Latin for having 'full trust' — it's easy to see why. When we're *not* feeling confident about a situation, we have no trust in our abilities. Our head is full of what-ifs and worst-case scenarios, or it's dwelling on past mistakes and how they're just going to happen all over again.

Seen through this lens, it *looks* like the obvious solution is to tackle this worrisome thinking head on: to work hard at building up our self-concept from being someone who's maybe a bit quiet and insecure, to one who's bold and self-assured. Then we'll be ok.

This *additive* model (where an 'inadequate you' needs extra stuff to make a 'better version' of you) lies at the heart of the personal development industry. Books, seminars and success gurus awaken our deepest fears and promise confidence as the prize, if we're willing to open our wallets and put the work in, on ourselves.

But it's built on a lie.

Little kids don't have some grand concept of themselves that their confidence stems from, they have *no* concept of themselves! It's not some bold idea of 'who they are' that they

fully trust, it's the infinite creative energy of life in the moment. They draw from the same, ever-present well of confidence as us, they just don't have any thinking about it!

It is our belief in, and reliance upon, an imagined self-concept, that is the very source of our disquiet.

Confidence is innate and unconditional, in other words, it's an inbuilt part of who we are that arises naturally and effortlessly whenever our attention *isn't* being consumed by our conditioned beliefs and fears. It is an eternal flame, burning inside of us, the light of which can only ever be briefly obscured.

Confidence is therefore not something we build, or create. It is simply an absence of insecure, personal thinking. The answer is *subtractive*. With less on our minds, we find our strength was there all along.

This simple insight changed my life, when it hit me up on stage once, in front of a hundred people. Consumed by nerves, I suddenly realised that the fear I felt wasn't coming from the audience, or what might happen, but from my own fearful thinking, right there, in that moment.

Stunned, relieved, inspired, I watched my fears dissolve as I became present to the situation before me and delivered a talk for the ages. I rediscovered the child-like confidence within, that day, and there is nothing stopping you from doing so too.

Knowing where to look for it, your path is now clear.



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To learn how the subtractive approach to wellbeing helps busy, stressed-out staff, watch this 3 minute video and get in touch if you'd like to support your employees in this way: gilescroft.link/staff-wellbeing

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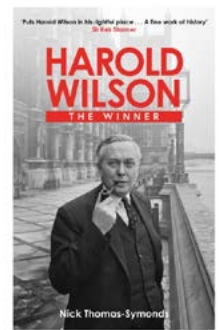
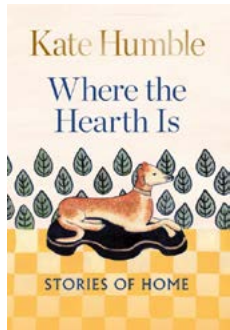
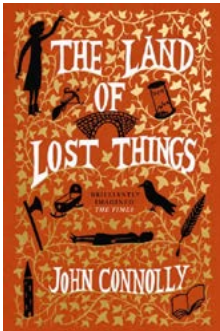
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27TH SEPT - KATE HUMBLE
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29TH SEPT - NICK THOMAS-SYMONDS
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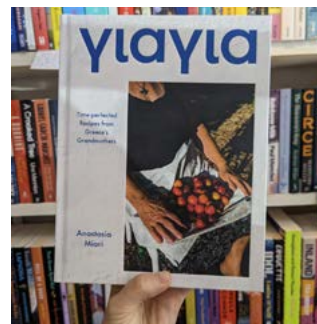
Books

This month the team at Book-ish offer their freshly selected foodie book choices, ready to serve!



Of Cabbages and Kimchi: A Practical Guide to the World of Fermented Food

James Read - £22
James Read takes the ten greatest 'living' ferments - fermented foods that are neither cooked nor pasteurized - and places them under the microscope, before cooking with them in all their delicious versatility. From the fiery funk of kimchi to the velvet tang of kefir, James describes the microbial process, then shares his recipes for recreating these wonders in your own kitchen - no specialist equipment required.



Yiayia: Time-perfected Recipes from Greece's Grandmothers

Anastasia Miari - £27
From Cretan Dakos salad to Ionian

pasta, Yiayia brings together a wide variety of dishes crafted by the culinary geniuses that are Greece's grandmothers.



Salad Pizza Wine: and many more good things from Elena

Janice Tiefenbach, Stephanie Mercier Voyer, Ryan Gray £29.99
A different kind of cookbook, from a different kind of restaurant. The team behind the award-winning Montreal pizza joint Elena presents Salad Pizza Wine, delivering recipes for all of life's good things, with fresh, delicious and easy-to-recreate takes on modern Italian dishes.



Nora Ephron - £9.99
Seven months into her pregnancy, Rachel discovers that her husband is in love with another woman. The fact that this woman has a 'neck as long as an arm and a nose as long as a thumb' is no consolation. Food sometimes is, though, since Rachel is a cookery writer, and between trying to win Mark back and wishing him dead, she offers us some of her favourite recipes. Heartburn is a roller coaster of love, betrayal, loss and most satisfyingly revenge.



With the Fire on High

Elizabeth Acevedo - £7.99

Though she is still a high-school student, Emoni has a two-year-old daughter, for whom she wants nothing but the best. When it comes to her own prospects, she is less focused - but then she's offered the chance to join a cooking class taught by a gifted chef, to develop her own subtle palate and powerful gift.



Lose you to Find Me

Erik J Brown - £6.99

This is a tender-hearted romance between culinary school aspirant Tommy and his old crush Gabe who he is forced to train up...



Crying in H Mart

Michelle Zauner - £9.99

From the indie rockstar Japanese Breakfast, an unflinching, powerful, deeply moving memoir about growing up mixed-race, Korean food, losing her Korean mother, and forging her own identity.

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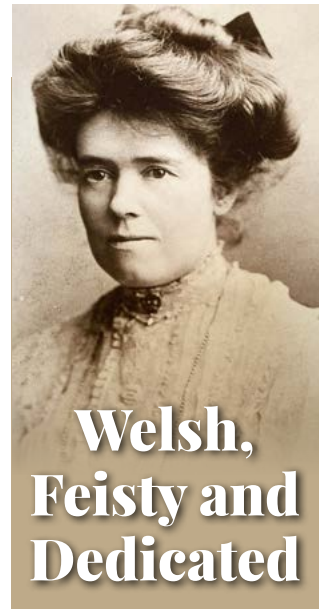
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Welsh, Feisty and Dedicated

Rachel Barrett was a passionate suffragette who confronted Lloyd George. Helen Morgan from Abergavenny Local History Society reports.

Born in 1874 in Carmarthen, she came from a middle-class, Welsh-speaking family for whom 'Education' was sacred. She did so well at school that she won a scholarship to University. After graduating from Aberystwyth in Mathematics and Science she became a teacher but by 1906 she had joined the Women's Social and Political Union (WSPU).

She left Wales and soon became a full-time worker for the WSPU. As a Welsh speaker, Rachel led a campaign in North Wales and was part of a deputation who met Lloyd George at his house in Cricieth in 1911. The outcome was that she was more convinced than ever of his opposition to the WSPU and his insincerity regarding votes for women.

Rachel became a leading campaigner and, with her ability to challenge and debate, was chosen to meet Reginald McKenna, the Home Secretary, says Mary Thorley. As well as calling for suffragettes to be treated as political prisoners, she defended the burning of buildings and the smashing of windows. She was a keen photographer and when Herbert Asquith opposed the provisions of the Conciliation Bill in 1910 she recorded the Prime Minister outside the Houses of Parliament. (The Conciliation Bill would have given women who owned property and some married women the right to vote and was brought to Parliament again in 1911 and 1912). In 1910, as the suffragettes protested, more than 150 were assaulted by the police and other men, and 119 women were arrested. This infamous event enflamed the suffragettes and they became more militant. They destroyed pillar boxes, broke

shop windows and set fire to the refreshment rooms in Regent's Park. In April 1913, the notorious "Cat and Mouse Act" was passed. Mrs Pankhurst was sentenced to three years' prison, police raided the WSPU office and Rachel, with five others, was arrested. Her trial coincided with the death of Emily Wilding Davison who was hit by King George V's horse when she invaded the racetrack. Davison's funeral brought London to a standstill. Rachel, a chief mourner, walked immediately behind the coffin in the procession. Days later, Rachel was found guilty of damaging property and inciting others. Sent to Holloway, she went on hunger strike, was released when she became ill, then re-arrested when she had recovered. Eventually, she was smuggled into Kingsway House where she lived in secret, editing *The Suffragette*.

At the outbreak of war in 1914, all suffragette prisoners were freed. Rachel became a mathematics teacher at a boys' school. She died, aged 79, in a Sussex nursing home on 26 August 1953.

Mary Thorley's talk at the Borough Theatre on September 20th starts at 7.30pm. To reserve your seat, contact the Borough Theatre (free to ALHS members). For details visit abergavennylocalhistorysociety.org.uk



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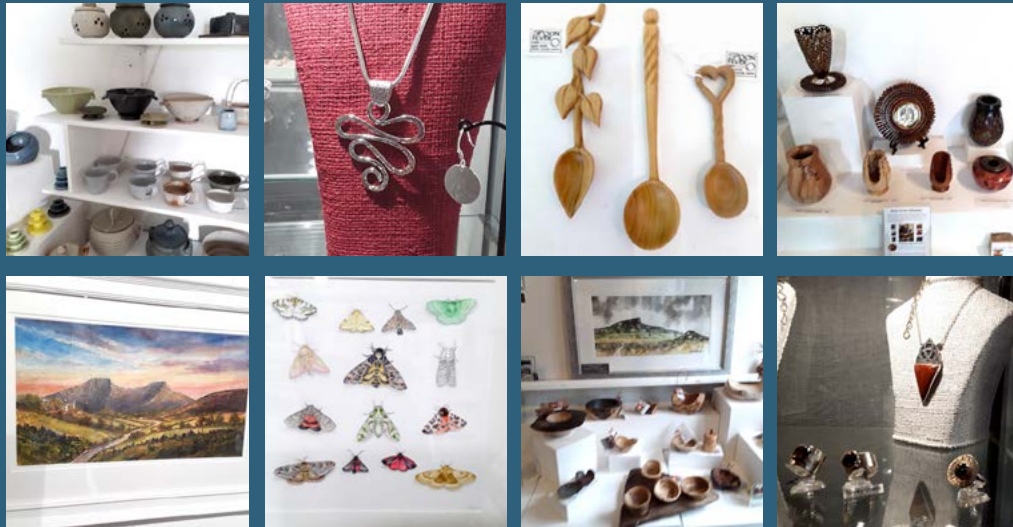
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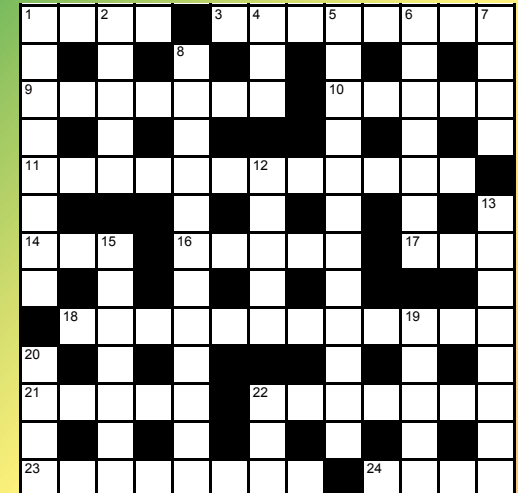
SUNNIES

ACROSS

- 1 In addition (4)
- 3 Greets (8)
- 9 Painful condition (7)
- 10 Childminder (5)
- 11 Developments (12)
- 14 Appropriate (3)
- 16 Braid hair (5)
- 17 Winter sport (3)
- 18 Purposefully (12)
- 21 Time-piece (5)
- 22 Distinctive (7)
- 23 Moving very fast (8)
- 24 Questions (4)

DOWN

- 1 From the United States (8)
- 2 Tantrum (5)
- 4 Used for seeing (3)
- 5 Condensed (12)
- 6 Parts of an hour (7)
- 7 Speaks (4)
- 8 Talented (12)
- 12 Delete (5)
- 13 Two wheeled vehicles (8)
- 15 Rigid support frame (7)
- 19 Departs (5)
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Gyda chymorth ac arweiniad gan ein tîm, cyfeillgar, profiadol a phroffesiynol.

Mae Gwasanaeth Gosod Sir Fynwy'n cynnig cynlluniau gosod tymor byr a hirdymor. At hyn, mae gennym lesoedd hirdymor, rhwng pump ac ugain mlynedd, ar gael drwy 'Gynllun Lesio Cymru' a ariennir gan Lywodraeth Cymru ac a reolir gan Wasanaeth Lesio Sir Fynwy.

Mae grantiau ar gael i helpu dod â chartrefi gwag yn ôl i gael eu defnyddio.

Os oes diddordeb gennych mewn gosod eich eiddo, neu os hoffech fwy o fanylion ynglŷn â'r gwasanaeth a'r hyn yr ydym yn ei gynnig, cysylltwch â Clare Hamer

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