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## Dear Readers,



Summer is drawing to a close. How has it been for you? I always have mixed feelings about the summer. I love my daughter being off school and getting a chance to spend time with her and to pursue her interests with her, but juggling that time with running a business can be really tricky. By the time September comes around there's a sense that she is ready to go back to school and I am ready to relieve that pressure of trying to find the sweet spot in the whole work-life balance thing. If you have children, I hope you've managed to enjoy spending time with them this summer and have made some memories to cherish.

This month, as is fairly traditional for us for the September issue, the magazine is all about food and drink and there's lots of tasty, juicy articles on the subject for you to explore. There are also plenty of events to check out in the month ahead as well as our usual spread of community and lifestyle articles to enjoy.

Enjoy this month's read!

*Hannah*

**Publisher:** Focus Magazines Ltd

Tel: 01873 856614

EMAIL: hello@thefocus.wales

**Contributions:**

Stuart Baldwin, Francis Buxton, Paul Chalinder, Dr Giles P Croft, Elinor Evans, Nick Hopkin, Adele Nozedar, Marion Pearse, Jonathan Powell, Kate Thomas

**Contributing organisations:**

Abergavenny Food Festival, Longtown Mountain Rescue

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## Abergavenny Food Festival Celebrates Local Food Stories



**T**he Abergavenny Food Festival (21 & 22 September) showcases many of Wales' top-notch producers and chefs. Performing this year on the Robert Price Kitchens Stage in the Market Hall: Chris Harrod (chef-proprietor of Michelin Starred The Whitebrook near Monmouth), Gwenann Davies (Head Chef, at legendary gastropub, The Felin Fach Griffin), and Jonathan Woolway (ex Chef Director of the Michelin Starred St John Restaurant Group) whose newest venture is The Shed on Swansea's seafront. Over 100 Welsh food producers and exhibitors are also showcased across the market venues.

And then there's the Local & Vocal Stage, sponsored by Taylor & Co Estate Agents (Abergavenny) – a vibrant, lively corner of the castle grounds dedicated to all things 'local'. It is a space for engaging stories and discussions; championing producers, growers, businesses and creatives; filled with conversations helping us better understand our local food and how to produce a healthy, prosperous, just and sustainable food system.

Local & Vocal programmer David Urry says: 'We try to find a balance between the serious and the silly, environmental and cultural, celebratory and cerebral. This year's programme has involved our community more than ever

before. We've worked directly with organisations, authorities, schools, and of course producers, growers and businesses.'

The 2024 Local & Vocal Stage will include: 'Peak Peers Presents' where a panel of young people who are working in or connected to food systems locally explore issues important to them; Llafur Ni – Hanes Ceirch Du Cymreig / Back in Black – The Story of Welsh Black Oats (in Welsh with simultaneous translation); and five schools in Monmouthshire say 'Give Chickpeas a Chance' and invite you to taste recipes they've designed so school meals can no longer be linked to deforestation. Master Chef winner James Nathan is the judge. And look out for foraged lunches, storytelling, music, a Welsh Gardeners' Kitchen Question Time, and discussions on a wide range of issues, including 'pasture fed meat', 'access to land', and 'homes for growers'.

All these events are part of the Stroller Ticket programme. See the full 'What's On' lineup at [www.abergavennyfoodfestival.com](http://www.abergavennyfoodfestival.com)

**LEFT TO RIGHT: Chris Harrod, Nerys Howell (co-host, Welsh Gardeners' Kitchen Question Time), Gwenann Davies, and singer/songwriter Paola who will be performing on the Sunday.**



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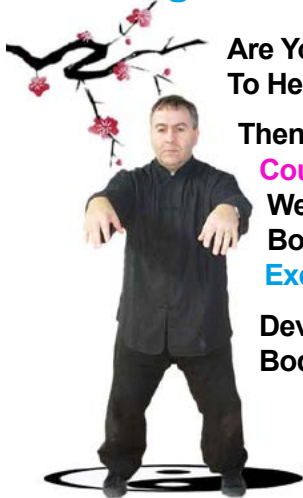
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# Fairtrade Fortnight 2024



Fairtrade flower producers in Kenya



**“Fairtrade Fortnight in September? I thought it was back in the spring.” That’s right – it used to be every year around the spring half-term. This year, 2024, the national organisers have moved it to September: ideal for Abergavenny, climaxing as it does at the weekend of our Food Festival (Fairtrade Fortnight dates are Sept 9th-22nd, though one of our events falls on the 5th).**

Why celebrate Fair Trade? Why buy Fair Trade products (look for the logo)? Because Fair Trade means producers – of anything from coffee, tea and chocolate to clothing, flowers or craft goods – receive a fairer price, can afford to feed their families, send their children to school and cover their farming costs.

The theme of Fairtrade Fortnight 2024? “Be the change, Choose Fairtrade”. Why not be the change yourself? - and join the shoppers who last year generated around £20 million in Premium payments so that producers could invest in healthcare, education and environmental initiatives of their choice.

We’re proud that, for the past 17 years, Abergavenny has officially been a Fairtrade Community with the full backing of our Town Council. Wales itself was the first Fairtrade nation in the world! - in 2018.

The Abergavenny Fairtrade Forum, a small group of local volunteers who are continuing to work to ensure maximum possible sales of Fairtrade products in our town, are

currently updating our register of local providers. Are you part of a business, shop, cafe or organisation which offers Fairtrade products? Even two items are enough to name you as a Fairtrade outlet! Let us know please: [abergavenny-ft-forum@googlegroups.com](mailto:abergavenny-ft-forum@googlegroups.com)

Below you'll find our programme for Fairtrade Fortnight: you'll be welcome to join any of the events, and at some of them you'll be able to buy from a small range of Fairtrade products.

Looking for more information about Fairtrade? - <https://www.fairtrade.org.uk/what-is-fairtrade/> And for Fairtrade in Monmouthshire visit: <https://monmouthshirefairtrade.org.uk/>

Francis Buxton

Date	Time	Event	Venue
Thurs 5 <sup>th</sup>	10:30 am	Themed coffee morning with Fairtrade stall	Christchurch North St
Tues 10 <sup>th</sup>	10:30 am	Themed coffee morning with Fairtrade stall	Methodist hall Castle St
Sat 14 <sup>th</sup>	10:30 am	Authors in Conversation (Sharif Gemie) followed by Fairtrade coffee morning	Library in Town Hall
Sat 14 <sup>th</sup>	Midday	Schools' event	Outside Waitrose store
Fri 20 <sup>th</sup>	10:00 am	'To Vietnam with Skedaddle: a Fairtrade journey': U3A talk by Francis Buxton	Thursdays club building, Penny Pound
Sat 21 <sup>st</sup>	9:30 am-10:30	Abergavenny Food Festival: Fairtrade stall	Market hall
Sat 21 <sup>st</sup>	1:00 pm	'March for Africa' also involving 'Love Zimbabwe' charity	From Methodist church Castle St
Sun 22 <sup>nd</sup>	4:00 pm	Fairtrade Fortnight ecumenical worship	URC church Castle St

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## Join the Abergavenny Hockey Club!



**A**re you looking to become part of a vibrant community, improve your fitness, and enjoy the thrill of teamwork and competition? Look no further! We are a welcoming and inclusive club that caters to players of all ages and skill levels. Whether you're a seasoned pro or a complete beginner, there's a place for you here.

Why Join Abergavenny Hockey Club?

### 1. COMMUNITY SPIRIT

At Abergavenny Hockey Club we pride ourselves on our strong sense of community. Our members come from all walk of life, united by a shared love for hockey. Joining our club means becoming part of a supportive and friendly environment where friendships are formed on and off the pitch.

### 2. FITNESS AND FUN

Hockey is not only an exhilarating sport, it's also a fantastic way to stay fit and healthy. Our training sessions and matches provide an excellent workout while honing your agility, coordination and strength. Plus, you'll have a blast whilst doing it. At Abergavenny Hockey Club we believe that sports should be enjoyable, and we strive to create an atmosphere that is both fun and competitive.

### 3. INCLUSIVITY AND DIVERSITY

We believe that hockey is for everyone. Our club is committed to welcoming players of all ages, genders, and backgrounds. Whether you are a young player just starting out or an adult looking to rekindle your passion for the game, you'll find a warm welcome here.

### HOW TO GET INVOLVED

Joining Abergavenny Hockey Club is easy! We invite you to attend our upcoming club day on the 7th of September or one of our upcoming training sessions to see if our club is the right fit for you.

#### Junior Training (aged 6-14)

- Tuesday Evenings, 6:30pm – 7:30pm at Crickhowell High School Astro, NP8 1AW, Starting from the 10th of September.

#### Senior Training – Tuesday

Evenings, 7:30pm – 9pm at Crickhowell High School Astro, NP7 1AW, Starting from the 3rd of September.

For Any Enquires, please get in touch on our Instagram [@abergavennyhockey](https://www.instagram.com/abergavennyhockey) or through our website: [www.abergavennyhockey.co.uk](http://www.abergavennyhockey.co.uk)

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# Learn to Sing With Synergy

**Synergy, an award-winning male voice close harmony acapella choir are offering a free four week long 'Learn to Sing' course starting on Thursday 12th September between 7pm and 8:30pm at the choir's rehearsal venue, The St Michaels Centre, Abergavenny, NP7 5UD. This will be followed by three further Thursday sessions and culminating in an evening concert on Saturday 5th October.**

Synergy, led by our talented young Musical Director Owen McCarthy, are fresh from recent success winning best UK choir under 40 voices at the prestigious *Cornish International Male Voice Choir Competition* in May held at Truro Cathedral, scoring highly and coming 3rd place in the overall competition including larger choirs. This is the third occasion Synergy have won the accolade repeating success in 2011 and 2013.

Boasting only 25 singers on stage, Synergy are looking to use this success to expand and are seeking new voices to supplement the 4 parts that make up their sound: Tenors, Leads, Baritones and Basses.

This free course to males over the age of 18 offers the opportunity to sing on stage with Synergy and find out which part their voice best suits.

During the course singers will learn:

- Vocal warm ups
- Singing technique and exercises
- Learning two songs from Synergy's extensive repertoire to perform with Synergy in the evening Concert in October.

We can assure you that you don't need to read music or be an accomplished solo singer, its our blend of parts that gives us our unique sound different to a traditional Male Voice Choir. Just come along, have fun and enjoy the experience without obligation.

You will be made most welcome.

To register your interest just fill out the online section at [www.synergysingers.co.uk/Its](http://www.synergysingers.co.uk/Its) or contact our Chairman Grant on 07957 872996. Check out events on the website to see and hear us perform.



**TOP: Synergy assembled in their hotel after just receiving the award. ABOVE: The trophy**

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# Longtown Mountain Rescue



Bloreng. A local man had managed to fall and sustain a lower leg injury on his Saturday morning hike and needed assistance getting off the hill and on to Nevill Hall for treatment. We wish him a speedy recovery from what our medical team suspected was a broken ankle.

A very similar incident occurred on the Sugar Loaf later in the month, where once again Gwent Police asked LMRT to go to the assistance of a walker with an ankle injury.

Amongst all this has been the regular team training sessions. Our monthly full-day session focussed on how to set up for a crag rescue, a practical skill that is a minimum requirement of all team members. From a medical aspect, an evening session was held to brush up knowledge on drug formulary, something that is crucial for our casualty carers dealing with medical incidents.

## Call Outs & Training

After an exceptionally busy June and July for the team, which saw a 129% uplift on the same period in 2023 (as detailed in the July issue of Focus), activity levelled off in August, with just three call outs in the first three weeks of the month.

The month started with a late night call out to Pen y Gadiar

Fawr where fifteen team members went to assist two campers in need of help. One of the casualties was suffering from heat exhaustion coupled with severe vomiting. After nearly three hours, the team brought the pair off the hill where they were handed over to the Welsh Ambulance Service.

This was followed with a team call out made in response to a request from Gwent Police to assist a casualty on the

## Advice for walkers

As we head into September we continue to expect many visitors to the area such as those heading to Abergavenny for the Food Festival. Away from the the food and drink on offer, many will want to explore the wonderful hills and valleys of the eastern Brecons, so we thought it would be worthwhile sharing some advice from

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Mountain Rescue England & Wales (MREW), who are asking people to be 'Adventure Smart' before they set out:

Their Adventure Smart campaign asks three questions:

### 1. Do I have the skills?

Whether it's hiking up a mountain, climbing or mountain biking, people should consider if they have the skills for what they're doing.

### 2. Do I know what the weather will be like?

The weather has the potential to make or spoil your day. This doesn't have to mean that a spot of drizzle or even a howling gale has to stop us in our tracks but the key is to

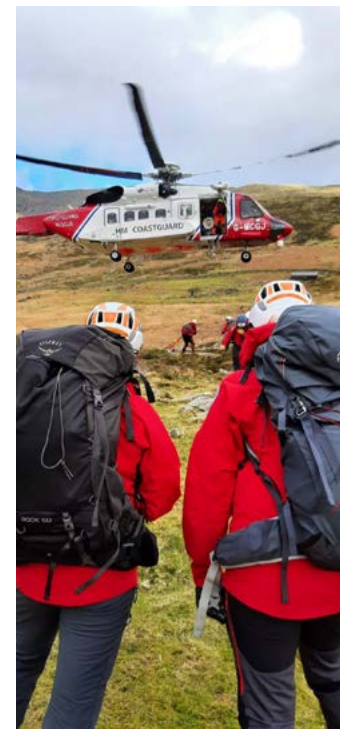
prepare accordingly and accept that you may have to adapt your plans.

### 3. Do I have the right gear?

Clothing and footwear are obviously a major consideration but what else should you consider? Smart phones, apps and smart technology have, for many, overtaken maps and compasses, but remember that phone batteries can drain very rapidly, so have a back up plan and at the very least take a power bank.

Whichever way you plan to enjoy the mountains, be #adventuresmart.

Longtown Mountain Rescue



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# Food For Good

**The kitchen at Abergavenny Community Centre sits squarely at the heart of operations where good food and hospitality is a recurring theme.**

Our cooks, Emily and Sarah, take pride in preparing nutritious meals for the Wednesday lunch club and baking delicious treats for the weekly Friday Coffee Morning and monthly Sunday Tea. What's more, the Centre also benefits from trusted helpers, like Rob, who arrives early on Friday morning to prepare a really decent fresh soup for anyone that cares to drop in for the Midday 'Light Lunch'.



We celebrate skills and know-how and have recently concluded the latest round of 'Cooking For Life' which is a cookery programme that equips children and young people aged 8 years+ with practical tools for life. These popular sessions were made possible by the Monmouthshire Food Partnership and the Trust is now looking at ways to continue this important local work.

For a number of years, ordinary cooks have been bringing their skills into the Community Centre kitchen, and with a little oversight and help on the day, diners have been taken on a culinary journey through different parts of Eastern and Central Europe, Asia, the Mediterranean and Africa! Perhaps your life is too busy at the moment to make community connections but we all need to eat, and with so many ethnicities to be explored in Abergavenny the World Bistros are an ideal way for people to come together to enjoy a fabulous meal. We're really excited to announce that in November we'll be taking off to Mexico. Please join us if you can.



The Charity that runs the Community Centre places a high value on the power of food to do good, and in resourcing and maintaining a commercial grade kitchen the Trust shows a clear commitment to bringing people together to socialise, break down barriers and build community ties.

If you are curious about possible involvement in a future World Bistro, or indeed you have your own thoughts and ideas to involve people in growing, preparing and sharing food then we'd like to hear from you.

Marion Pearce

**LEFT: The Community Centre kitchen in action at the African World Bistro in 2022 and Cooking For Life programme in 2024**



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## Harry Webb Remembered in National Road Victim Month & Green Man Festival



**L**ast month was National Road Victim Month, an annual campaign highlighting the significant number of people needlessly killed and injured in crashes on the UK's roads. The campaign, organized by RoadPeace, the national charity for road crash victims, aims to raise awareness about the following facts: Every day in the UK, five people are killed and around 80 are seriously injured, on average, in road collisions.

Since records began in 1926, over 500,000 people have been killed in UK road crashes, far exceeding the 375,000 UK citizens killed due to warfare during the same period.

The routine daily activity of driving results in more fatalities annually in the UK than both murder and terrorism combined.

In 2022 alone, 1,766 people were reported killed and 141,560 people were reported injured in collisions on UK roads.

National Road Victim Month, which was established in 1998 by RoadPeace, also recognizes the work of the emergency services, who respond to road crashes every day, and highlights the mental and physical impact that road crashes have on them.

Last month's campaign, which was heavily supported by Webb's of Crickhowell, focused on raising awareness about the many needless deaths and injuries that occur every day on our roads. Pat and Mike Webb tragically lost their son, Harry, in September 2023 in a hit and run incident while Harry was out cycling. His loss left his family and friends devastated. In support of RoadPeace, John Webb will be donating the

funds received from his history talks throughout the year to the campaign in memory of Harry.

Alongside the National Road Victim Month, Harry Webb was also remembered as part of the Green Man Festival, which took place at the Glanusk Estate last month. Fiona Stewart of the Green Man Festival had heard about Harry and about his friends who had come to the hospital and waited for two long days, willing Harry to recover following the hit and run. Fiona also knew that Harry was a musician and well-loved locally. As a result, she invited Harry's friends to the Green Man as guests so that they could be together and share their memories of Harry. Notes were tied to the Green Man by his friends and family for memories and lasting friendship.

A touching tribute from the Festival itself to Harry reads as follows: "Green Man 2024 is dedicated to Harry Webb, a son of Crickhowell and a Welsh Man of music. For 27 years, the world enjoyed his sparkling intellect, incredible talent, and beautiful kind heart. Harry achieved so much and touched many lives, including those of his wonderful family and friends from all over the world who will be forever connected through their love for him. "The thoughts of you are so beguiling I dreamt about you and woke up smiling" – lyrics from Harry Webb's own composition: 'I Woke up Smiling'"

Harry's family highlight that the kindness, compassion, and generosity shown by Fiona Stewart is a huge comfort. Pat Webb said that, "The wonderful gesture has helped many of his friends from all different sections of Harry's life get together and share in their loss and remember Harry's love of life, laughter, and music."

# DISCOVER THE FUTURE OF ABERGAVENNY TOWN CENTRE!



Abergavenny Town Council and Monmouthshire County Council have launched the Abergavenny Placemaking Plan. This initiative is designed to enhance our town centre, ensuring it remains a vibrant, sustainable, and inclusive space for everyone.

## WHAT IS PLACEMAKING?

Placemaking is about more than just development – it's about creating spaces where we all want to live, work, and play. The Abergavenny Placemaking Plan will guide future investments and developments, ensuring they contribute positively to our town's long-term well-being.

## GET INVOLVED!

Your input is essential to the Placemaking Plan's success. Over the next six months, you'll have several ways to participate:

- **Stakeholder Sessions:** Join our walkabouts and workshops to explore the town centre, discuss its challenges, and help shape proposals.
- **Community Consultations:** Share your thoughts at face-to-face events or through online presentations and questionnaires.
- **Feedback on Proposals:** Review and refine our ideas as the plan takes shape, ensuring it aligns with the community's vision.

## STAY CONNECTED

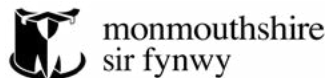
To stay informed and involved with the Abergavenny Placemaking Plan, please contact us at:

Email: [office@abergavennytowncouncil.gov.uk](mailto:office@abergavennytowncouncil.gov.uk)

Email: [MCCRegeneration@monmouthshire.gov.uk](mailto:MCCRegeneration@monmouthshire.gov.uk)



## PLAN FUNDED AND SUPPORTED BY



# Abergavenny In Bloom



In recent years, the Abergavenny In Bloom initiative has grown remarkably, thanks to the dedicated efforts of our community. Volunteers from the Laurie Jones Community Orchard, Friends of Castle Meadows, Linda Vista Gardens, Bailey Park, Keep Abergavenny Tidy, and the Civic Society all played a pivotal role in transforming the town into a blooming success. Their hard work was further supported by the independent business community and Monmouthshire County Council's Grounds Team at Llanfoist, who collaborated closely with our Town Team.

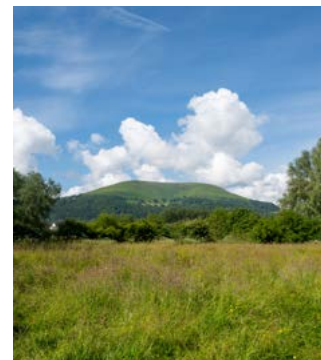
Throughout the year, councillors and staff joined forces with volunteers for litter picks, weeding, and painting bollards and signposts, all in a bid to ensure Abergavenny looked its very best. A highlight of this year's efforts was the collaboration with the Gwent Green Grid Partnership, resulting in the largest mural project to date in Bailey Park, celebrating local pollinators. We are immensely grateful to the volunteer stonemasons who worked tirelessly to repoint and repair the bus station's raised stone beds just in time for this year's judging.

We extend our heartfelt thanks to the 12 'It's Your Neighbourhood' participants who took the time to submit their projects for assessment and wish them every success in continuing to meet the high standards set in previous years. A special mention goes to Our Lady and St Michael's RC Primary School, which entered the school category with hopes of improving upon their impressive 2nd place finish last year. We also thank Kenny on Merthyr Road for offering his front garden

for consideration in this year's competition.

Without the continued support from across the town, we would not have been able to maintain our Gold standard. We look forward to celebrating the efforts of everyone involved when Abergavenny hosts the Wales in Bloom 2024 Award Ceremony on Friday, 13th September 2024.

Abergavenny Town Council is both humbled and proud to have worked alongside such a passionate and committed community, whose dedication to enhancing the town's beauty and environment has been truly inspiring. We eagerly anticipate showcasing these efforts at the upcoming Wales in Bloom ceremony and are excited to welcome everyone to Abergavenny for this prestigious event.



## ABERGAVENTNY FILM SOCIETY

THE LONGEST RUNNING FILM SOCIETY IN WALES



20<sup>th</sup> September  
**The Taste of Things (12)**  
136 mins. French with English subtitles. Open to all. Doors open 6:30



25<sup>th</sup> September  
**Monster (12)** 126 mins

Doors 4pm for 4:30pm screening and 7pm for 7:30pm screening.  
Melville Centre, Pen-y-Pound, Abergavenny NP7 5UD  
Guests welcome (£5). Bar open  
[thefilmsociety.co.uk](http://thefilmsociety.co.uk)

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## SEPTEMBER EVENTS CALENDAR

31ST AUGUST

**Outdoor Theatre at Abergavenny Castle**  
**THE GONDOLIERS**



7pm, Abergavenny Castle Grounds

4TH SEPTEMBER

**ABERGAVENTNY OVER 50'S GROUP**

We invite Nicola from Greyhound Rescue and Rehoming Centre to give an informative talk and to tell us about their efforts and fundraising for these animals.  
2pm, Trinity Church Hall, Baker St, Abergavenny. All Welcome.

5TH – 22ND SEPTEMBER

**FAIRTRADE FORTNIGHT**

See article on Page 9 for details and programme of events

7TH SEPTEMBER

**ABERGAVENTNY CARNIVAL**



Parade starting at 12pm at Baker Street, parading through town and finishing at Bailey Park where there will be lots of free activities for children and adults to try. Along with a Fun Fair and craft stalls.

11TH SEPTEMBER

**Book-ish Event**  
**HORATIO CLARE**  
**YOUR JOURNEY YOUR WAY**

7:30pm, Manor Hotel, Crickhowell  
See Page 58 for prices and booking info

12TH SEPTEMBER

**LEARN TO SING WITH SYNERGY**



Free 4 Week Singing Course

7pm – 8:30pm, St Michael's Centre, Abergavenny. See Page 13 for advert and article for more info

12TH SEPTEMBER

**FERMENTATION AND PICKLING WORKSHOP**

A creative community session at Peak Cymru, Old School Crickhowell

14TH SEPTEMBER

**USK SHOW**

From 9am, Usk Showgrounds, Llandenny [Uskshow.co.uk](http://Uskshow.co.uk)

14TH SEPTEMBER

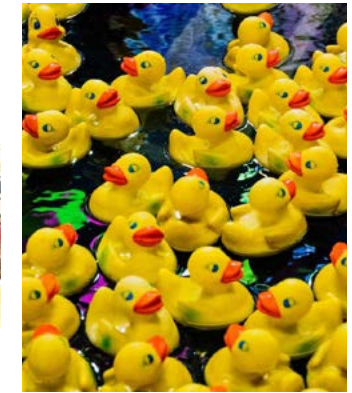
**REPAIR CAFÉ ABERGAVENTNY – CAFFI TRWSIO Y FENNI**

Book, enquire or drop in We repair household items, electrical and otherwise. (no microwaves) manual bicycles safety check. Appointment essential for woodwork, jewellery, and electronic (no sentimental/antique teddys or dolls please). Sewing repairs – advice only for zips and alterations. Labour is free (donations welcome). Please note parts are not supplied and items can't be left. Our objective is to keep repairable

items out of landfill. 11am-2pm. Last booking taken at 1.15pm. Abergavenny Community Centre, Merthyr Rd, Abergavenny  
Contact [repaircafeabergavenny@gmail.com](mailto:repaircafeabergavenny@gmail.com) and Facebook messenger  
Please note: this month's Repair Café is a week earlier than usual

15TH SEPTEMBER

**AUTUMN DUCK RACE**



1000 ducks head down the river at Swan Meadows in Abergavenny to help the dogs at Hope Rescue. The ducks will launch from the road bridge over the river, then travel downstream, navigating boulders, steep drops and pond weeds before being collected by our team of Hope Rescue volunteers (don't forget your wellies guys!). Each duck costs £1 and the first across the finish line is the winner.  
12pm, Swan Meadow, Abergavenny

15TH SEPTEMBER

**GOYTRE WHARF LATE SUMMER FAIR**

10.30am, Goytre Wharf

16TH SEPTEMBER

**Book-ish Event**  
**CHRIS WHITAKER**  
**ALL THE COLOURS OF THE DARK**

7.30pm, Book-ish Loft. See Page 58 for prices and booking info

CONTINUED OVERLEAF...

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# HYDREF 2024 / OCTOBER 2024

## Beth sydd ymlaen / Whats On

### The History of Rock

£25

Dydd Gwener / Friday 4 @ 7:30pm

### From Gold to Rio

£24

Dydd Sadwrn / Saturday 5 @ 7:30pm

### Abergavenny Borough Band

-

Dydd Sadwrn / Saturday 12 @ 7:30pm

### The Three Musketeers

£13 >

Dydd Llun / Monday 14 @ 7:30pm

### Peter Wakelin's Talk ...

£15/\*

Dydd Mercher / Wednesday 16 @ 7:30pm

### A Tiger's Tale ...

£9.50

Dydd Sadwrn / Saturday 19 @ 11am & 1:30pm

### Undermined

£13 >

Dydd Mawrth / Tuesday 22 @ 7:30pm

### The Dime Notes

£18

Dydd Gwener / Friday 25 @ 7:30pm

### The Wizard of Oz

£15

Dydd Mercher / Wednesday 30 & 31 @ 7pm



*Yn dynodi pris cychwynnol  
Denotes a starting price*



*Am ddim i Aelodau ALHS  
Free to ALHS Members*



# BOROUGH THEATRE

YFENNI · ABERGAVENNY

## THE THREE MUSKETEERS

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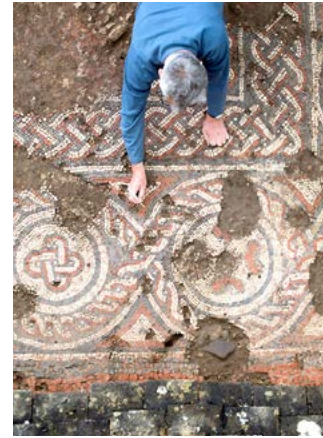
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abergavenny.co.uk

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18TH SEPTEMBER

**Abergavenny Local History Society  
CHEDWORTH MOSAIC**



Martin Papworth talks. 7.30pm,  
Borough Theatre Abergavenny  
Free to Society Members. See Page  
61 for more info

19TH SEPTEMBER

**Book-ish Event  
PETER JAMES – ONE OF US IS DEAD**  
7.30pm Borough Theatre Abergavenny  
See Page 58 for prices and booking  
info

20TH SEPTEMBER

**Abergavenny Film Society  
Screening  
THE TASTE OF THINGS** (in French  
with English subtitles)



Cert 12, 136 mins running time  
As part of the Food Festival,

Abergavenny Film Society is proud  
to offer this romantic, sensual, food  
focused film, examining the lives of  
celebrated gourmet Dodin and  
his trusted collaborator Eugenie.  
For the first time she allows him to  
cook for her and their lives change  
forever.

Open to all. Doors open 6.30. Bar  
open 6.30 till 11pm. Tickets £7 (£5  
for under 25s) online from [https://  
melvillecentre.org.uk/event/the-  
taste-of-things/](https://melvillecentre.org.uk/event/the-taste-of-things/)

21ST-22ND SEPTEMBER

**ABERGAVENNY FOOD FESTIVAL**



See our article on Page 17. Visit  
[www.abergavennyfoodfestival.com](http://www.abergavennyfoodfestival.com)  
for info and ticketing.

21ST SEPTEMBER

**Crickhowell Cancer  
Research Wales Presents:  
A NIGHT WITH ELVIS**  
7pm, Manor Hotel, Crickhowell  
Tickets £25 to include supper.  
Available from Committee  
Members, Webbs, or contact 07854  
318229

23RD SEPTEMBER

**Book-ish Event  
DAN BIGGAR  
THE BIGGAR PICTURE**  
7.30pm, Blaenavon Workmen's Hall  
See Page 58 for prices and booking  
info

EVENTS

25TH SEPTEMBER

**Abergavenny Film Society  
MONSTER (12)**



A complex Japanese film which  
sensitively explores the worlds of  
misunderstood children through the  
eyes of parents, teachers and  
the children themselves. An exciting  
story with an intriguing ending, an  
excellent film to launch our new  
season!  
Two Showings at 4.30pm and  
7.30pm, Melville Centre, Penypound,  
Abergavenny

26TH SEPTEMBER

**ABERGAVENNY FARMERS' MARKET**  
9am, Abergavenny Market Hall

2ND OCTOBER

**ABERGAVENNY OVER 50S GROUP**

We welcome Jeremy Thomas,  
resident artist at the Tite Barn  
in Abergavenny, for an informal  
chat with us, taking us through his  
career and insights into some of his  
artwork.  
2pm, Trinity Church Hall, Baker Street,  
Abergavenny

## SHARE YOUR EVENTS

Go to [thefocus.wales/calendar](http://thefocus.wales/calendar)

**A Note about Events**  
All the events listed are correct at the time of  
publishing. We strongly recommend double  
checking dates and times prior to attending  
an event to ensure these have not changed.  
Focus Magazines accepts no responsibility for  
errors or omissions

# HELP I OSOD EICH EIDDO



Mae Gwasanaeth Gosod Sir Fynwy'n cynnig ffordd wahanol a chost effeithiol o rentu eich eiddo.

Ein nod yw gwneud rheoli a gosod eich eiddo'n broses syml a rhwydd, a gweithio gyda chi ar reoli a hysbysebu eich eiddo yn ogystal â dod o hyd i denantiaid wedi'u fetio ar gyfer:

Cynlluniau Rhentu Preifat

Cynlluniau Lesio Preifat

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 lesioedd 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

# HELP TO RENT OUT YOUR PROPERTY



Monmouthshire Letting Service offer an alternative and cost-effective way to rent your property.

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Monmouthshire Letting Service offer short and long-term leasing schemes. Additionally, with 'Leasing Scheme Wales' funded by the Welsh Government and managed by Monmouthshire Letting Service, we have long term leases available for between five and twenty years.

Grants are available to help bring empty homes back into use.

If you are interested in letting your accommodation or to find out more details about the service and what we offer, please contact Clare Hamer



Rhif ffôn/ Telephone: 01873 735426

E-bost/ Email: [MLS@monmouthshire.gov.uk](mailto:MLS@monmouthshire.gov.uk)

Gwefan Website: [www.monmouthshire.gov.uk/MLS](http://www.monmouthshire.gov.uk/MLS)

Gwefan/Website: [www.gov.wales/leasing-scheme-wales-guidance](http://www.gov.wales/leasing-scheme-wales-guidance)



# September Weather Outlook

by Jonathan Powell



Photography by  
Stuart Baldwin @Blaenavonphotos

At times, summer delivered some pleasant conditions accompanied by short-lived bursts of heat but in a more consistent vein, periods of warmth in line with seasonal averages. As a change of season beckons, the Atlantic is poised to perhaps see autumn enter the arena with no uncertainty about its intentions. With the jet stream expected to be in close proximity, a turbulent month looks likely with spells of wet and windy weather, which if sustained, may well give rise to flooding issues. With a sequence of low pressure systems enabling these conditions, settled weather may prove to be a less frequent occurrence but upon any such arrival, expect late warmth in the sun as the shortening hours of light and time of year generate a multitude of glorious colours across the landscape. Above the average for rainfall with temperatures around the average.



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### CONTACT US:

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**[www.diamondhomesupport.com](http://www.diamondhomesupport.com)**

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3 Circles Care already has a fabulous team of dedicated, hardworking, closely knit team of carers; however, we need more of them so that we can expand our ever-growing client base.

We provide care to people in their own homes and we are looking for reliable, hard-working, dedicated, enthusiastic people to join our small, friendly team. If you are aged 18 plus, are physically fit, have a full driving licence and access to your own vehicle for work then we would love to hear from you.



*We look forward to meeting you and welcoming you to our team!*

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### Contact Us

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**Telephone: 01873 269 273**

**Office 9, Central Chambers, Lion Street, Abergavenny,  
Monmouthshire NP7 5PE**



# NOTES FROM A FOODIE

THERE'S SO MUCH IN OUR AREA TO ENJOY - SO MANY DELICIOUS FOOD AND DRINK CHOICES RIGHT ON OUR DOORSTEP THAT SOMETIMES IT CAN FEEL A LITTLE OVERWHELMING. NEVER FEAR OUR RESIDENT FOODIE HAS DISCOVERED SOME WONDERFUL GEMS TO HIGHLIGHT AND SHARES THEM WITH US HERE. YOUR ONLY JOB IS TO GO AND CHECK THEM OUT!



A Proper pizza!

## THE PROPER PIZZA CO, BRECON

Who doesn't love pizza?! The problem isn't the lack of pizza, but finding good, proper pizza that hits the spot. Lucky us, because The Proper Pizza Company Ltd based in Lion's Yard, Brecon, are serving up the good stuff...authentic Neopolitan style pizzas! There's no mucking about - these guys use the freshest ingredients and understand that a pizza crust is a fine thing that takes time to create. That's why they take loads of care with their dough and let it prove for hours to develop just the right flavour.

Why I rate them... Vegans, Vegetarians and those looking for Gluten free options are all catered for! I'd recommend booking ahead to avoid disappointment!



Kings Arms, Abergavenny



The Proper Pizza Co, Brecon

## COACH & HORSES, LLANGYNIDR

Everyone loves a pub in a picturesque location and you really can't beat this one. The Coach & Horses is a charming village pub bordering the Mon & Brec canal and is the perfect place to unwind and enjoy the nature that surrounds you. Here you can enjoy firm pub favourites from the menu, including burgers, curries and delicious gourmet pies from Cashells, just down the road!

Why I rate them...A marvellous location with picturesque views from the beer garden. A great place to stop for a refreshing drink or a delicious meal.

## KINGS ARMS, ABERGAVENNY

The Kings Arms Hotel is the beating heart of Abergavenny. It's been here since as early as 1405, and has the original timbers and features to prove it! In the summer months you can enjoy a proper al fresco experience at one of the tables in bustling St John's Square, soaking up the atmosphere of town life. In the chillier months, head inside this cosy haven, where you can settle down with a drink by the fireside.

Why I rate them... Characterful bar area, fresh, locally sourced food. Try their side of Parmesan & Truffle Fries for an indulgent treat!



Coach & Horses, Llangynidr



Excellent burger at the Coach & Horses!

CONTINUED OVERLEAF...

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Maiflour Bakery, Crickhowell

### MAIFLOUR BAKERY, CRICKHOWELL

Take a walk along the High Street in Crickhowell and you might catch the aroma of buttery pastry in the air. No you're not in Paris, but you'd be forgiven for thinking it, because Maiflour bakery uses French butter to craft all their morning pastries. Think flaky croissants, indulgent pains au chocolat and tasty peach or rhubarb danishes to sink your teeth into, paired beautifully with your morning cup of tea or coffee. And to top it off, their flour is organic too!

Why I rate them... Their range of bread and treats are baked freshly, in-house, daily! You can't ask for more! Try their savoury sarnies, wraps and pasties too...



Our Pizzas are made by hand using only the finest quality ingredients.

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### K&K KITCHEN, ABERGAVENNY

Tucked away behind Abergavenny Market Hall in Brewery Yard is a café to delight your senses. Here you can enjoy a full English breakfast, sandwiches and burgers or venture to South East Asia for Thai delights. It's fresh and it's authentic and their Thai menu is now available on Fridays and Saturdays to take away. With the car park right outside, it's so easy to place an order and pick up!

Why I rate them... Fantastic pad thai and delicious spring rolls with fresh flavours that pack a punch. Make sure you try their takeaway!



K&K Kitchen, Abergavenny



# Mushroom Miscellany

Renowned local forager, hedgerow guru and author of many useful handbooks on the subject, Adele Nozedar, is about to celebrate the release of her new book *Mushroom Miscellany*. It is a foray into the wild world of mushrooms, which features facts, mushroom profiles, recipes and more. Ahead of its release next month, we asked Adele to tell us about her book as well as share one of the recipes from it.

"This gorgeous little book features fun facts, mushroom profiles, recipes and more. Writing it was a joy, and I hope that you will love it too! For example, did you know that until the late 1960s we thought that there were just two categories that fitted the entire planet - animal and vegetable. But an ecologist, Robert Whittaker, blew this idea apart when he proposed that there were not just two, but five of these categories...and a very important one was held to be fungal. The Wood Wide Web concept is even more recent, and related to the fungal world. Without this we are doomed!

Why? Well, imagine if everything on the planet remained intact. For example, if car parts never got rusty. Or if leaves never rotted down. Or if the bodies of humans and animals remained as they were, intact but no longer alive. Grizzly thought, isn't it? This book explores these possibilities as well as the 'new' science that encompasses the Wood Wide Web and lots more besides, including the medicinal, the foodie, the mushrooms that glow in the dark and more, including food!"



## Forager's Breakfast

serves 4

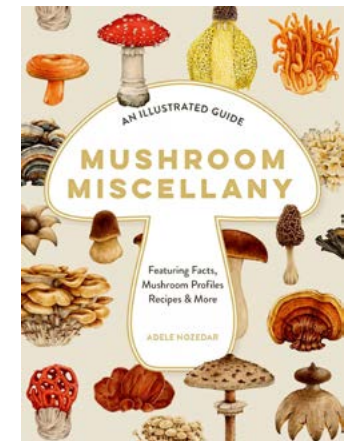
The ultimate forager's breakfast, wild mushrooms on toast is an excellent way to appreciate your foraged treasures in a hearty meal – or to enjoy a delicious haul from your local farmers' market. Add fresh herbs, sliced ham or prosciutto, or crème fraiche for extra indulgence – or keep things simple (and vegan!) with the following recipe:

### Ingredients

- 350g mixed wild mushrooms
- 4 large slices sourdough bread
- 1tbsp olive oil
- Butter or vegan substitute, plus extra for frying (optional)
- 1 garlic clove, crushed
- Handful of fresh herbs, such as parsley or thyme (optional)

### Method

1. Wash and prepare your mushrooms. If using larger mushrooms or a mix of mushrooms, slice to ensure all are of a similar size. This will ensure even cooking.
2. Toast the sourdough bread, butter lightly, then set aside. Place 1 slice on each plate.
3. Heat a large frying pan with olive oil or butter, as desired. Add the mushrooms and cook for 2 minutes, followed by the garlic. Cook for 3-4 more minutes.
4. Top the prepared toasts with the garlic and sprinkle with fresh herbs. Enjoy!



Adele's book, *Mushroom Miscellany* will be on sale from 10th October from all good book retailers, priced at £12.99.

Please note: While many wild mushrooms are edible, a few are poisonous and can make you sick or even kill you. Don't eat any mushroom, unless absolutely certain of its identification. Be sure you know the identity of a mushroom, and that it is safe, before eating it. It is the responsibility of the individual to ensure the safety of anything they choose to ingest

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# THE RISE AND RISE OF STREET FOOD



**H**ave you noticed the popularity of street food? If not, where have you been? If so, then you're noticing a trend that shows no signs of slowing. Street food traders including pop-ups and food trucks now have a place in a massive market worth £1.2 billion. There are over 7,000 street food vans in the UK and that number has grown by 20% year on year. Even here, in

Abergavenny, you'll notice the popularity of street food with pop-ups regularly taking place at various pubs as well the introduction of the monthly Street Food and Night Market at Abergavenny Market Hall, which has now become a staple for our community.

Not long ago the whole street food thing was a bit of a niche market, but now it has pretty much become part of British

culture and offers customers the chance to try out different cuisines from all over the world. The Covid Pandemic changed much about the hospitality industry. With restaurants and pubs being forced to close, would-be street food vendors spotted a gap in the dining market where they could go mobile and safely serve food, unlike indoor food venues which were not permitted to open. Selling from a food

van also significantly reduces overheads like the cost of rental premises and staff and businesses can go where the footfall is, instead of waiting for customers to come to them.

As a result of the relatively low start-up and running costs, food from street food vendors tends to be competitively priced, which means customers are inspired to try new foods without breaking the bank.

With the cost of living crisis forcing everyone to tighten their belts, dining out is one of those luxuries that many of us have forfeited. Cuisine from food trucks and street vendors that is lower in cost but as tasty as restaurant offerings, can offer a perfect alternative to those keeping to a budget but still looking for a treat now and then.

The growth of street food looks set to continue, so if you haven't tried some of what's on offer locally, why not give it a go? The best place to keep informed of pop-ups and their locations is, of course, on social media either by following a vendor's account to see where they'll pop-up next or via a local page, like Abergavenny Voice.



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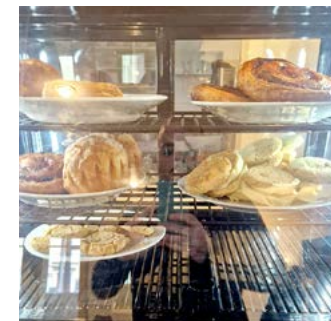
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Gateway Church is made up of people from all walks of life and from many different nations, and is so much more than worship alone. It is a community hub where people can come together to connect through food, and through giving...

Gateway Community Cafe is open to anyone Tuesday to Thursday (10 am - 2 pm) and on average has between 50-60 people attend each day. We offer free cooked meals, hot drinks, a selection of cakes, pastries, and sandwiches. We also support those who find themselves homeless with shower and laundry facilities as well as providing clothes and toiletries if needed. We have a community food cupboard for people to access as well as a baby bank offering support to expectant and new parents.

During the week we have various sessions that run alongside cafe. These include Art clubs, a Photography Club and Bible Journaling, as well as ongoing classes in conjunction with Monmouthshire County Council, Monmouthshire Housing Association, and other volunteer agencies. Pop-up information sessions are run by PCSOs (Police Community Support Officers).

Operation Gateway Relief runs annually at Christmas time. We give out hampers, gift bags, hot meals, and meal kits to vulnerable and needy people in the community. In 2023, over 1500 people received hampers through this project, including staff working at Nevill Hall hospital.

Parent & toddlers attracts between 25 - 35 babies and toddlers having fun together at our Rehoboth

building on a Friday morning (10.30 - 12) while their parents, grandparents or carers relax and have a chat over tea, coffee and biscuits. Young Families meet several times throughout the year for social evenings with food and games, an Easter egg hunt, a Family Fun Fete and a Light Night in October. Holiday Club runs for a whole week in August, with 90-100 children from the community enjoying activities based around a Christian theme.

Gateway Church, Monk Street, Abergavenny, NP7 5ND

Rehoboth Centre, Castle Street, Abergavenny, NP7 5EE

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# Hot Honey

**H**ot honey is one of the latest food trends to hit restaurants and street food offerings in 2024. Drizzled over everything from pizza to ice-cream, hot honey is exactly what you might expect it to be; in its simplest form it is honey infused with chilli and is a perfect condiment if you enjoy the combination of sweet and spicy flavours.

## Where do I put it?

**Pizza!** The guy who purportedly introduced the idea of hot honey in New York, first served it as a condiment on pizza. Add some spice to your slice, but use it carefully as a little goes a long way.

**Cheese.** Pour it over a tangy feta or whip up the feta with some ricotta and Greek yoghurt to create the GOAT of dips!

**Sobrasada.** That delicious spreadable Spanish sausage made using pork, paprika and spices! Spread it on cut slices of baguette, pour over the hot honey and demolish.

**Roasted Vegetables.** Adding a little hot honey to your roasted vegetables after they are cooked can give them just the right amount of extra seasoning to make them delicious to even the most veggie-averse eater. Sublime on roasted carrots too!

**Ice-cream.** It doesn't sound like a match does it, but the contrast between heat and cold really works. Keep things simple and serve it over a scoop of good quality vanilla ice-cream.

*What is it? How do you make it, and where do you put it?*

## How do I make it?

You will need:

- 340g runny honey
- 2 tsp chilli flakes
- 1 tbsp apple cider vinegar or white wine vinegar

Add the honey and chilli to a saucepan. Bring to a simmer over a medium heat, then remove from the heat and stir in the apple cider vinegar. Leave to cool before transferring to a glass container. Strain to remove chilli flakes if desired.

A note about the chilli. Our recipe uses dried chilli, but you can use fresh. Red or habanero chillis work well. The heat level will differ depending on the type of chilli – and how much – you decide to use. If you're trying it for the first time, simple shop-bought chilli flakes are a good place to start, after which you can start tinkering with chilli types and quantities according to your taste.

A note about the honey. We like Abergavenny Honey by Blorenge Mountain Bees ([blorenge-mountain-bees.com](http://blorenge-mountain-bees.com)) and Llangattock Apiaries ([llangattockapiaries.co.uk](http://llangattockapiaries.co.uk)). These are delicious, local Welsh honeys and make a perfect choice for your recipe.

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**H**ayman & Stone is a locally based travel agency. Inspired by his experience of working and travelling in more than 40 countries, Paul Chalinder established the agency in order to help people discover new and exciting destinations. As a proud franchise of Hays Travel, the UK's largest independent travel company, we have the unique advantage of accessing over 400 travel, cruise, and tour operators, allowing us to offer you the best impartial advice, exclusive deals and financial protection through our ABTA membership.



Paul's extensive experience includes working with international organizations including Oxfam, Save the Children, and UNICEF. His travels have taken him to some of the world's most remote and breathtaking locations, particularly in southern Africa, where he has gained invaluable insights and knowledge. This expertise allows us to curate unique travel experiences that few others can offer.

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**B**lack Mountain Fabric is on the move! Black Mountain Fabric will soon be relocating from our shop at 29 Cross Street to a quaint log cabin in the Mardy, just 1.5 miles from town. We will be keeping hold of our stock of around 500 fabric bolts, threads, wadding and haberdashery at the new location, so you'll have plenty to choose from. Our shop in town will close at the end of October, and specific closing days will be announced on our Facebook Page and website.

Don't worry, we won't be disappearing! We'll be working hard to prepare our log cabin to welcome visitors and our lovely customers, with an expected opening date of 22nd November. We will have all the usual lovely fabrics available, as well as many more that are arriving all the time. There will also be plenty of off-road parking right outside the log cabin, making it easy to visit us. You'll be welcome to come and browse our fabrics, just as you would have done in the shop.



Visiting the log cabin will be by appointment only, and you can message us and make an appointment on our website: [www.blackmountainfabric.co.uk](http://www.blackmountainfabric.co.uk) or find out if we have something particular in stock.

We will continue with the quilt shows and *Wonderwool Wales*, as well as organising lots of interesting workshops for you to enjoy. If you're interested in attending a workshop, you can view and book them on our website, or call the shop on 01873 858827 up to and including 22nd November, after which the number may change. Alternatively, until we close our doors in October, why not pop into the shop at 29 Cross Street and speak to one of our helpful staff members, who will be very happy to answer any questions you may have. We look forward to welcoming you to our new and cosy log cabin soon!



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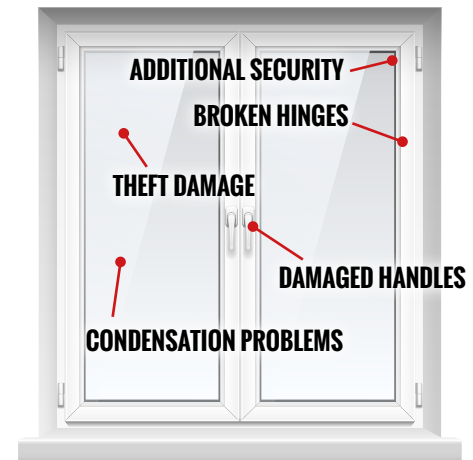
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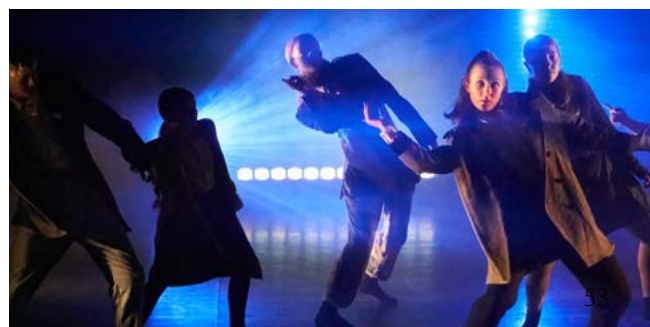
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**S**am Warburton, the former Wales and British Lions rugby captain, recently spoke at a sports social event about the importance of consistency. He asked those present who had exercised/worked out 3 times a week, every week, in the last month. Many hands were raised! He then asked who had exercised 3 times a week, every week, in the last 3 months. Many less hands went up. 6 months? Even less, and by the time he got to a year, hardly any at all.

We don't need to be world class sportsmen or women to see the point he is making. Consistency is what separates those who achieve their goals and those who never seem to improve or get the real benefits they desire.

We all have to start somewhere, and it doesn't really matter what or how much we do, as long as we do it. 3 times a week. Even 5 minutes, 3 times a week, will help us to make positive changes and once we roll out our mat or put on our T shirts and just start, often the 5 minutes fly by and we find ourselves doing more than we intended.

We all know the benefits, there's enough evidence out there, and we all know that there will be days or weeks when we just don't feel like it. Motivation is hard to sustain and when we aim too high, we just set ourselves up to fail. But we can start small, with whatever we enjoy, and on the days that are tough, dig deep and just do it.

Small steps will keep moving us forwards and consistency will pay in the end. Making exercise part of our lives will undoubtedly help us to feel better, happier, healthier and stronger. How do you want to feel this time next year?!

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# Simple Tastes

"Simplicity is an acquired taste. Mankind, left free, instinctively complicates life."  
~ *Katharine Fullerton Gerould*

One of my favourite ways to indulge the creative impulse is to rustle up a multi-dish curry feast. There's something about the hours of preparation — chopping, grinding, blending — and the juggling of vats of spicy, bubbling deliciousness in the kitchen, that really helps me to lose my self and be present for hours at a time.

But when I started out, there was one staple dish I just *couldn't* get right. I'd ordered tarka dal in every restaurant I'd ever eaten in and it always looked and tasted exactly the same (i.e. yellow and moreish), but I seemed powerless to replicate it.

I'd tried all the recipes I had, and took notes from cookbooks wherever I could find them, cross-referencing ingredients and experimenting with different combinations. I used various pulses as the base and adjusted quantities endlessly, performing spice alchemy, in an attempt to reproduce that rich, fragrant gravy, but it never seemed to even come close.

I became convinced I was missing that one, transformative ingredient, and made it my kitchen life's work to identify what it was. (Such was my obsession that I even created a 'Tarka Dal Matrix' spreadsheet to document my various failures.)

One evening, having filled my stomach with another lake of yellow dal goodness at a local curry house — still trying to figure out the element I was missing, by taste — I cracked, begging my venerable waiter to let me in on the secret recipe.

My first surprise was the granting of my request (I'd always assumed restaurant curries were a bit like magic tricks - never to be decoded) but that paled next to my astonishment at what he said next:

"There are only three ingredients."

What?! All these years I'd been furiously *adding* stuff to get to where I wanted to be, and with every additional flavour, I was innocently taking myself further and further away from the answer.

I tried it at home the very next day, *subtracting* everything that was not required, and it was effortlessly perfect.

When it comes to happiness and wellbeing, we fall foul of this same tendency: to over-complicate. We've got it in our heads that we are not complete; that there's a missing, transformative ingredient required, before we can be at peace in our lives.

But what if the secret recipe for wellbeing isn't to *add* techniques, tools and practices to remember

and apply, but rather to simply *subtract* everything that's getting in the way of us seeing our innate mental health?

Ironically the very thought that we are not enough is itself enough to keep us stuck forever in a miserable cycle of seeking, where happiness becomes another goal to achieve; something we really have to work at.

When we realise for ourselves that there's nothing psychologically wrong with us, or missing in our make-up, that search ends, as layers of misunderstanding fall away and the weight of the world lifts from our shoulders.

This leaves us with far less on our minds, a deep-seated contentment with life as it is, and a freedom to pursue our ambitions, safe in the knowledge that all the ingredients for a rich and rewarding life are already within us.

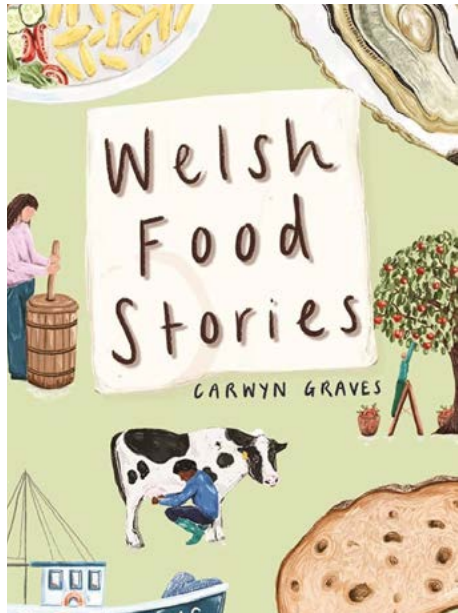
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If you'd like the secret recipe for Restaurant Tarka Dal, I posted it online here: <https://gilescroft.link/tarka-dal>

# BOOK RECOMMENDATIONS

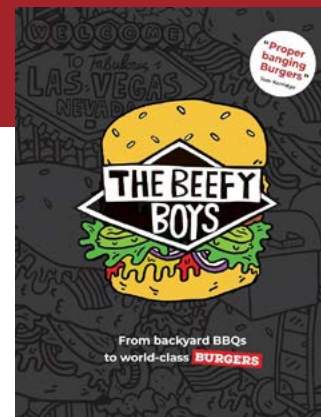


*Looking for some culinary inspiration? Here are some suggestions from the Book-ish Booksellers to switch-up your mealtime rotations!*

## Welsh Food Stories

**Carwyn Graves**  
£14.99

Welsh Food Stories explores more than two thousand years of history to discover the rich but forgotten heritage of Welsh foods - from oysters to cider, salted butter to salt-marsh lamb. Despite centuries of industry, ancient traditions have survived in pockets across the country among farmers, bakers, fisherfolk, brewers and growers who are taking Welsh food back to its roots, and trailblazing truly sustainable foods as they do so.



## The Beefy Boys

**Liz Knight** £20

Four childhood friends who became owners of one of the hottest burger brands in the world, The Beefy Boys show readers how to create the perfect burger in this accessible and vibrant cookbook. The Beefy Boys book shows you the secrets of the perfect burger, from steaming to assembling, to patty styles, unique condiments and sauce, through classic recipes for the world-beating Beefy Boy burger, Oklahoma Onion Boy, Peanut Butter and Jelly Boy, Nashville Hot Chicken Burger, Buffalo Chicken Burger and veggie faves Beanie Boy and Leafy Boy. There are also joy-inducing sides including Pastrami Fries, Jalapeño Poppers and Millionaire Fries.



## Buds & Blossoms

**Liz Knight**  
£28

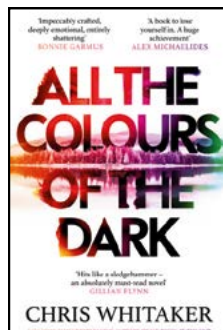
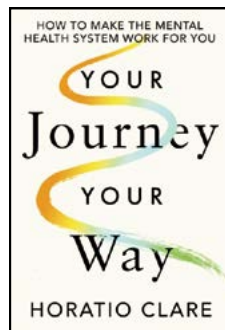
Liz Knight seeks to reinvigorate our love for cooking with edible flowers through her incredible recipes and engaging writing style. She includes 20 different flowering plants, all of which are easily sourced, and takes us on a delicious journey through more than 100 recipes from Rose Arrabiata and Magnolia leaves with Aubergine and Miso to Lilac Lemon Possets as well as a Marigold Martini. The versatility of the flowers Liz includes here is astonishing and you'll be amazed by how many different sorts of dishes will be enhanced by them.



## Greekish

**Georgina Hayden** £26

Inspired by her Greek-Cypriot roots and Greek travels, Georgina has collected recipes that are easy to throw together, bursting with flavour and sure to be cooked on repeat in countless kitchens. With fewer ingredients and less stress, the recipes showcase familiar Mediterranean ingredients in classic combinations, as well as plenty of Greek-influenced dishes with Georgina's twists. Think sticky aubergine and pomegranate tart, spanakopita jacket potatoes, Baklava cheesecake and more.



## {BOOK•ISH}

BOOKS, CONVERSATION & MORE

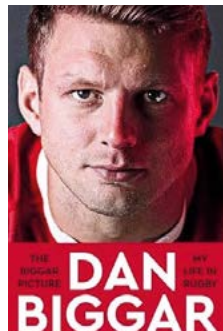
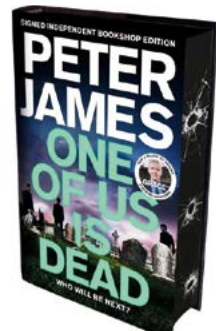
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**PETER JAMES: 19TH SEPT - 7.30PM**  
BOROUGH THEATRE, ABERGAVENNY  
TICKET £16 | WITH BOOK £30

**DAN BIGGAR: 23RD SEPT - 7.30PM**  
BLAENAVON WORKMEN'S HALL  
TICKET £25 WITH SIGNED BOOK

BOOK ONLINE: [WWW.BOOK-ISH.CO.UK/EVENTS](http://WWW.BOOK-ISH.CO.UK/EVENTS)



## Crazy Water, Pickled Lemons

**Diana Henry** £26

The companion to Henry's wintery, comfort-filled cookbook comes it's bright summery partner! Crazy Water, Pickled Lemons gathers together dishes that combine colourful, aromatic and perfumed ingredients to bring pleasure to your kitchen and an intoxicating whiff of warmer climes to your table.



## 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. Honestly does it get better than the pizza salad wine combination?

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HISTORY



**Rewriting History**

Archaeologist Martin Papworth with the mosaic.  
Credit National Trust-Stephen Haywood.

The existence of a 5th-Century mosaic floor at Chedworth villa in Gloucestershire, contradicts established ideas about post-Roman Britain. Helen Morgan from Abergavenny Local History Society reports.

that after discussions with the National Trust's experts, a second radiocarbon date was needed alongside pottery analysis before we could be sure. It is interesting to speculate why Chedworth Villa's owners were still living in this style well into the 5th century and it seems that in the West Country, especially in and near Cirencester, the Romanised way of life was sustained for a while."

Previously, it had been believed all Roman towns and villas were abandoned and fell into decay at the end of the 4th Century. After almost 400 years of Roman occupation, Britain had been lost as the Empire crumbled. Soldiers and members of the civil service were withdrawn or no longer paid in cash. Production declined and the industries the Romans had created became unsustainable. With the arrival of the Anglo Saxons in the 5th Century, Britannia entered the Dark Ages with most of the population turning to subsistence farming. Or so it was thought.

also the Romanised way of living in Britain as a whole." It is still not known who owned Chedworth but a possible clue to the source of the villa owner exists in an earlier mosaic floor where Bacchus, the god of wine, fertility and agriculture, is heavily represented.

Most mosaics at Chedworth date to the 4th century. The villa was a place of opulence and luxury with extensive bath house rooms and features made from marble — a material so precious it was usually reserved for the imperial family. "Whilst this (latest) mosaic doesn't show the high level of skill of other mosaics at Chedworth, the creation of a new room well into the 5th century and the laying of a new floor indicates that wealthy individuals were continuing to pursue an opulent lifestyle later than previously thought," says Martin Papworth. "Indeed, this 5th-century date was so different from what is generally thought,

Martin Papworth's talk on the Chedworth mosaic at the Borough Theatre on September 18th starts at 7.30pm. It is free to members. Membership costs £15 per annum. Non-members can join on the night or in advance via the website: [abergavennylocalhistorysociety.org.uk](http://abergavennylocalhistorysociety.org.uk).



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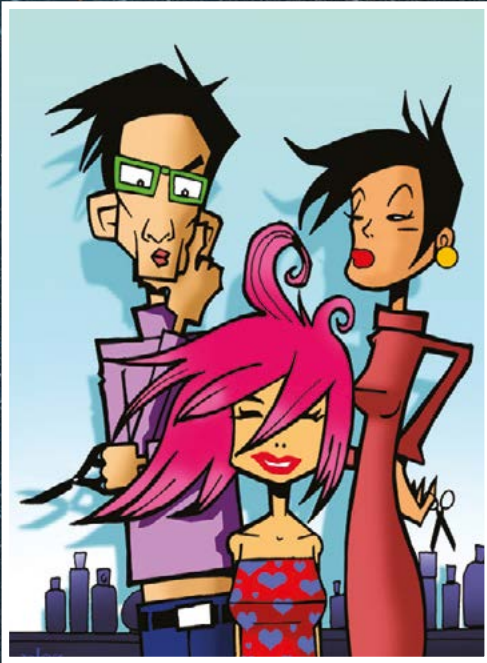
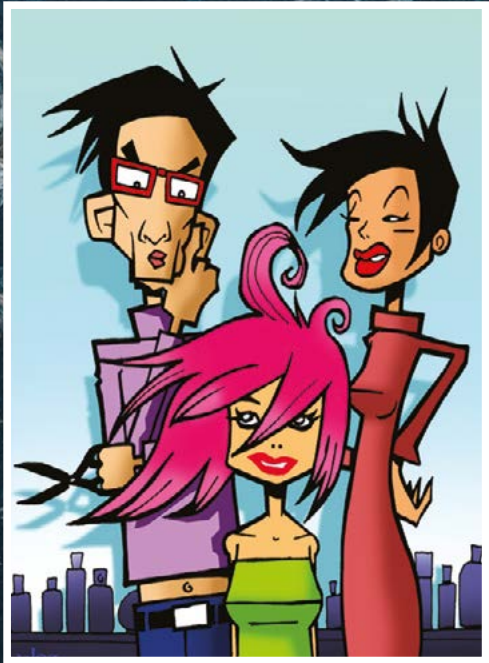
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# PUZZLES SPOT THE DIFFERENCE



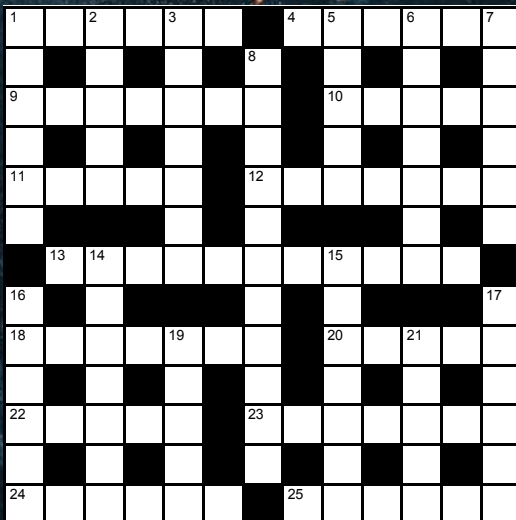
## Quick Crossword

### ACROSS

1. Demand (6)
4. Smaller (6)
9. Hair cleanser (7)
10. Spin (5)
11. Freight (5)
12. Advantage (7)
13. Always (11)
18. Tolerant (7)
20. Arrive at (5)
22. Expel (5)
23. Apparent (7)
24. Dismal (6)
25. Floats (6)

### DOWN

1. Bug (6)
2. Step (5)
3. Prop up (7)
5. Consumed (5)
6. Accomplished (7)
7. Tell (6)
8. Mixture (11)
14. Exterior (7)
15. Appearance (7)
16. Scatter (6)
17. Phantoms (6)
19. Insert (5)
2. Bypass (5)



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