

Freystrop Community Christmas Letter 2015

The Community Councillors &
County Councillor Michael John
wish you the compliments of the season.



Bethel Chapel 2014.
by kind permission of Miss J. Locke

Community Chairman's Review.

I am pleased to be able to pen this note on the work of the Community Council and Village Hall & Playing Fields Management Committee over the past year. Recently we co-opted two new Community Councillors following the resignation of Cllr. Les Abbot and the untimely passing of Cllr Ryan Davies.

The new Councillors are Mrs Dawn Harries from Maddox Moor and Mr Carl Griffiths from Moorland Road. We also took the opportunity to welcome two new members onto the Village Hall & Playing Field Management Committee, Mr Jamie Streeter from New Road and Mr Ross Harries from Moorland Road. Jamie is Chairman of Governors of Cleddau Reach School and Ross is a governor of Hook School.

The Community Council have been actively engaged with the County Council; over the year in a new era of open dialogue with consultations taking place on secondary school's re-organisation and a charter for better working between the Community, Town and County Councils.

We pushed for certain highway improvements and are pleased with the work done to improve the safety at Lower Freystrop junction together with the extended section of speed restriction. Improved drainage work has been done on Moorland Road and the County Council are promising further work on road surfaces, signage and surface water drainage which has affected certain properties.

Major renovation has been carried out at the Village Hall with a completely refitted kitchen, upgraded toilets and porch together with internal decoration. All of the current users are impressed with the work and it is hoped that this will lead to additional bookings. Information on bookings on page.

We are also pleased that the playing field is being used fairly regularly by Llangwm AFC for their Pembrokeshire League football matches.

We will shortly be setting up a Community website to keep residents better informed of matters of interest and activities in the locality. If this letter is being read by new residents than I would like to welcome them and hope that they will enjoy living here and participate in local activities.

David Thomas, Chairman.

wd.thomas1@btopenworld.com

Village Hall Activities

Monday: Community Council Meetings 7:30pm (2nd Monday of the Month except August & December) Members of the community are welcome to attend.

Tuesday Morning: Yoga

Tuesday Afternoon: Craft

Tuesday Evening: Short Mat Bowls

Wednesday: W. I. 2nd Wednesday of month only.

Thursday: Line Dancing

Please see the other adverts in the newsletter for contact names, telephone numbers & times.

The Village Hall is available for hire!

For long term bookings contact David Thomas, Tel: 01437 890297

For individual bookings contact Mrs E Utting, Tel: 01437 890682.

Craft Afternoon.

We meet at the Village Hall on Tuesday 2pm-4pm and enjoy a varied selection of crochet, knitting & quilting. Come along for a chat and a cup of tea or coffee.

Mrs Utting, Tel: 01437 8890682

Yoga

Every Tuesday
10:00am to midday



Contact Lin on 01437 929313



Freystrop Short Mat Bowls

We have enjoyed a very successful year, finishing 2nd in both the main league and the Presidents shield, missing out in the main league by 1 point. We did win the Dot Banner Rose Bowl for the highest aggregate in the main league, the first time the 2nd placed team has won the trophy.

Other trophies won were:

- The Joan Proctor Shield by Simon Lewis & Sean Hughes.
- The Bill Jenkins Trophy - Dai Pollock, Simon Lewis, Marley Hughes & Sean Hughes.
- As a club we won the Letterston Cup and the Pauline Thomas Cup.
- Sean Hughes won the County Singles
- Sara James & Hayden Davies won the County Triples.
- The Gerry Laugharne Trophy was won by Simon Lewis, Marley Hughes and Seam Hughes.

Mark Thorpe, Mike Harries and Sean Hughes played for Wales in the European Championships in Derby in March.

Sara Davies also played in the under 21's at the same venue.

Congratulation to club members Sean and Jess on the birth of their son and also in the same month Mark & Lynette on the birth of their daughter.

For information regarding the Club contact Mrs Lewis on: 01437 763301



In the Village Hall Thursday Evening 7-9pm.

For further information, contact Jeff &

Carol

Tel: 01437 779109

Freystrop Women's Institute

2015 will be remembered, by committee members especially, as a hectic year. Celebrating the centenary of the movement's formation proved wonderful at all levels, no less in Freystrop.

With our membership increasing, each meeting sees a new face come through the door. February saw our Anniversary Dinner held at the Mariners Hotel, a superb meal enjoyed by everyone!

Then endless practice for the team who appeared in "Anything Goes" at the Torch Theatre in April. Activities are especially busy for some of us, what with "gentle exercise" walking, curling etc. all year long.

June saw some members journey to London for the AGM in the presence of Her Majesty the Queen and other member of the Royal household. A few of the party also enjoyed a visit to Buckingham Palace for tea in the gardens. All had a wonderful time.

Our annual outing also took place in June, this time to Tredegar House and Dyffryn Gardens, with a meal to follow at the Machynys Golf Club, Llanelli. We returned home tired had experienced a great day out.

September saw some members enjoy a tour of the Pembrokeshire Islands aboard the Waverly, this being organised by the County Federation, voted a massive hit by those who attended this event.

In September we held a Celebratory Party, when all present saw Pat cut the Centenary Cake, which was made by Mrs Beryl Davies. Both Pat and Beryl are founder members of Freystrop W.I.

November 28th was our "Open Afternoon" with a display of the work and activities of Freystrop members over the past 34 years took place.

Our Christmas meal at the Pembrokeshire College will end a year of true celebration.

Meetings take place 2nd Wednesday of the month at 7pm at the village Hall.

President Roz Redding and all members wish you compliments of the season and a happy and healthy 2016

Hand Weaving

by Riitta Sinkonen Davies.

Open for visitors

April 1st - October 1st

10am - 5:00pm.

Please phone 01437 890712.

Mathom House, Moorland Rd,
Freystrop.

Email: riitta@riitta.co.uk

Looking Good Salon

Moorland Road, Freystrop.

Tel: 07760 385130.

Samantha would like to wish all
her clients a Merry Christmas &
Happy New Year.



The salon offers hair, nail &
beauty treatments in a friendly &
relaxed atmosphere.



Gareth James Plant Hire

Ty Hel-gar, Targate Rd, Freystrop.

Tel: 01437 891222.

Mob: 07814 861951.

Or email:

gjamesplanthire@hotmail.co.uk

Christmas at Caddies

Lower Freystrop

Famous for its
all day breakfast

For December

2 course

Christmas Lunch

£7:99 per head.

Booking advisable.

Tel: 01437 765687



Mayfield Golf Range & Golf Course, Lower Freystrop. SA62 4NN.

Tel: 01437 764300.



Weekdays: 10:00am - 9:00pm.

Weekends: 10:00am - 7:30pm.



Locals serving
the local community
Mayfield Golf Centre
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Try our rare breed pork and home reared
beef, homemade pies, pasties and faggots.

Seasonal vegetables and lots of local
produce.

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poultry now being taken.

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Monday to Friday 8:30am-5:30pm

Saturday 8:30am-4:00pm.



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Pembrokeshire. SA62 4LE
Lockebrothers@tiscali.co.uk



The Slate Centre LTD

Middle Hill, Freystrop, Haverfordwest . SA62 4LD

Tel: 01437 890451

Fax: 01437 891910

Email: theslatecentreltd@gmail.com

<http://www.slatecentrewales.co.uk>

Happy Holidays from The Tiddly!

Christmas Menu's start December 1st

Book now for our New Year's Party - Numbers limited!

Great Entertainment!

Call us now to book on: 01437 891073.

Opening Hours

Tuesday to Saturday 11:30am - 2:00pm

Sunday 11:30am - 2pm & 6pm till late.



Moorland Road Garage, Freystrop.

Car Mechanic & Agricultural Fitter.

Also for rent Lock up Storage Containers.

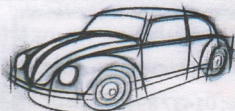
Contact Leslie Brick on: 01437 891062

Mechanical & Body Shop Repairs.

Martyn Rudd

Shire Hall, Moorland Road, Freystrop.

Tel: 01437 899354 or Mob: 07900 440303



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Plumbing & Heating Engineer
Joe Brick 07930 845791



Peep into Freystrop' Past.

In view of the Chairman's opening remarks this may be of interest to Freystrop Folk. Does this sound familiar!

"Because of the poor condition of the roads and charges at Toll Gate locals took other routes to Haverfordwest.

Llangwm fisher women & coal hawkers from Freystrop took the footpath along the river. Others took the narrow lanes across the moor but these could be dangerous in the dark.

The area between Freystrop Cross & the common was known as Cardmaker's Pool, a rough track for a road way, in wet weather it was almost impassable with mud knee high.

A local committee was formed to raise funds to re-surface the road but only £ 100 was raised because after the pits were closed the road was only used by a small number of peoples and was ignored by the County Council. After many years of campaigning the road was finally made up with stone and tarred surface.

It was opened in the late forties with great pageantry some children were transported by bus, others on a tractor & trailer waving flags & wearing paper hats for the opening ceremony".

This extract is reproduced by kind permission from Mrs Beryl Davies' book "Freystrop & Folk" copies of which are still available, sales of which are used in the community. Contact her on Tel: 01437 890309.

Charity begins in Freystrop or so it seems

- A Charity Walk for the new Dialysis Unit at Withybush raised £700.
- Samantha Brick raised £600 for Macmillan at a Table Top afternoon.
- The parish collection for Paul Sartori Fund raised £475.78p.
- A Strawberry Tea at Clareston Hall raised £3000.50 for the Noah's Ark & Macmillan Nurses.
- Clareston also hosted a Wine & Cheese Evening in August which raised £1,189:00 which was shared between Bethel Chapel Middle Hill & St Justinians Church Lower Freystrop. Many thanks to the James family.
That I think is a grand total of £5964.78p

Many thanks to all those involved with the organisation and also to everyone who came along and supported these events.

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Victoria Davies & Paula Davies are cycling from Vietnam to Cambodia in November 2016 to raise money for the Paul Sartori fund. Sponsorship Forms are available from The Furniture Directory on 01437 890390

*Ryan Davies Furniture Directory Ball  
May 21st 2016.*

*In aid of the Paul Sartori Charity.  
Tickets available from  
Furniture Directory Freystrop  
Please support this worthy cause  
and also remember the late  
wonderful Ryan.*



## Little Nash Christmas Recipe

### Cabbage or Kale, Mushroom & Sweet Potato Bake.

1lb sweet potato peeled & diced. 2tbs olive or coconut oil.

Half red cabbage or kale.

1 red onion thinly sliced.

2 large clove of garlic crushed.

3/4.1b mushrooms.

2 spring onions finely sliced.

6 medium size eggs beaten.

Heat oven to 180 c, gas 4.



Season the sweet potato with salt & pepper and roast in 1tbsn oil for about 30 mins.

Wash cabbage or kale, remove the stems from the leaves & steam for 5 mins. then squeeze dry.

Gently fry onions in a small amount of oil for 5mins until soft.

Add the crushed garlic, mushrooms and cook for 3 mins.

Add spring onions. Briefly cook stirring thoroughly in to mixture.

Stir in cabbage or kale & sweet potato.

Pour in beaten eggs season and fold into the mixture.

Cook over gentle heat for 7-8 minutes then put in oven for 5 mins until set and brown on top.

Fold in half top with chopped parsley. Serve with green salad or cut into strips for a buffet meal.

Enjoy!



### St Justinian Church

6<sup>th</sup> Dec: Morning Prayer 11:30am

13<sup>th</sup> Dec: Carols by Candlelight 4:00pm

6<sup>th</sup> Dec: Morning Prayer 11:30am

25<sup>th</sup> Dec: Christmas Day Holy Communion 10:00am.

27<sup>th</sup> Dec: Joint Parish Service 10am at St Justinians.

A warm welcome to Father Marcus Zipperlen for his first Christmas in the parish.

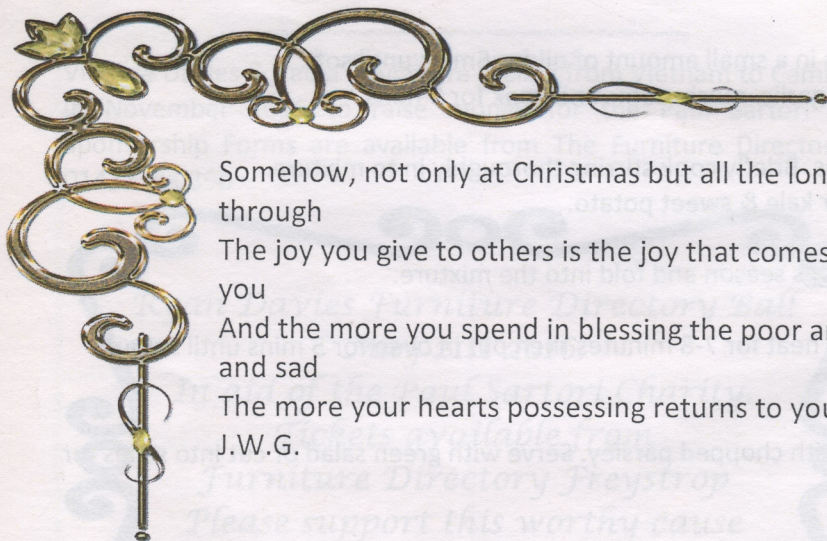


### Bethel Congregational Chapel, Middle Hill

This is the 30th year that Reverend Gillham has been the Minister of the Chapel and he and the congregation look forward to your company again.

20<sup>th</sup> December Carol Service. 2:30pm.

Christmas Eve Midnight Service 11:45pm.



Somehow, not only at Christmas but all the long year  
through

The joy you give to others is the joy that comes back to  
you

And the more you spend in blessing the poor and lonely  
and sad

The more your hearts possessing returns to you glad.

J.W.G.