



# Freystrop Community Christmas Letter 2016



The Community Councillors & County Councillor Michael John  
wish you a very Merry Christmas and a Prosperous New Year.



Freystrop in Snow  
By kind permission of Mr MR Harries



## Community Council Chairman's Review



Another year has gone quickly by and the Community Council has been involved over the last year with a variety of mundane but essential issues, such as adopting the new Councils Code of Conduct and getting to grips with the ever increasing financial reporting requirements. On the latter issue we are indebted to Jamie Streeter who has taken on the role of Responsible Financial Officer to look after the Community Councils budgets and Audit requirements.

These seemingly ever increasing administrative matters are taking their toll on Clerks across the County with at least one third of the Clerks out of the 73 Town and Community Councils resigning in the past couple of years. Our Clerk Mrs Kasha Roach has relinquished the role after nearly 30 years of dedicated service. As Chairman I know how much she enjoyed the work and I personally want to thank her for the many years of loyal service. We wish her well for the future.

We continue to deal with planning issues and responding to other requests for comments from a variety of organisations. Pembrokeshire County Council's Local Development Plan will commence a review in mid-2017 and landowners wishing to make submissions for potential developments need to be aware that this will be the last opportunity before 2021.

In May 2017 Community Council elections will be held on the same day as the County Council elections and anyone interested in standing for either Council may do so.

The Village Hall has a regular rota of bookings from the Freystrop WI, Freystrop Short Mat Bowls Club, Line Dancing, Yoga and Age Concern Craft groups which are our main sources of income. Occasional parties are held but we could easily accommodate more especially at weekends (see elsewhere for booking contact numbers).

May I wish you all a Happy Christmas and prosperous New Year.

David Thomas  
Chairman, Freystrop Community Council



## Little Nash Farm Christmas Recipe



### Hot & Sour Turkey Soup

**Ingredients:** 1 tbsp. vegetable oil, 300g (11-12oz) turkey breast cut into strips, 5cm(2in) root ginger peeled & grated. 4 spring onions finely sliced, 1-2 tbsp. Thai red curry paste, 75g(30z) wild rice, 1.1 litres(2pts) hot chicken stock/vegetable stock or water, 200g(2oz) mangetout sliced, juice of 1 lime.

**Method:** Heat the oil & stir in turkey for 5 minutes, until browned. Add the ginger and spring onions & cook for 2-3 minutes. Stir in curry paste and cook for a further 2 minutes. Add the rice, stir to coat in curry paste. Add the hot stock stir & bring to the boil. Reduce heat & simmer for 20 minutes. Add the mangetout & cook for 5 minutes or until rice is cooked. Add lime juice. Serve with crusty bread or rolls.

### Chilli Jam - Delicious with cold meats.

**Ingredients:** 1 litre fresh pressed apple juice or a mixture of juice & cider vinegar. 150g red chilli, 150g sweet red peppers. 1Kg Jam Sugar.

**Method:** Blitz the chilli & pepper complete with seeds in a processor until finely chopped. Add to liquid & cook for about 30 minutes. Add 1 kg jam sugar and stir until dissolved, boil then boil rapidly for 10 minutes until setting point is reached. Finely chop 5-6 shallots and add to the jam. Pour into screw top pots.

### Poor Man's Cakes

**Ingredients:** 500g(1lb) Self-Raising Flour, 250g butter or margarine, pinch of salt, 150g sugar, 1 large cooking apple -grated.

**Method:** Rub the fat into flour, add the grated apple & mix together to form a stiff dough. Roll out as for Welsh Cakes, cut into rounds. Bake on a hot greased griddle until brown on each side. Serve with butter & sprinkled with sugar.





## Peep into Freystrop' Past



It seems that in the past Freystrop was quite a thirsty village, home to several inns. The following taken from Mrs Beryl Davies book "Freystrop Folk". Copies of the book are still available, contact Mrs Davies on 01437 890309.

Troopers Inn at the Freystrop - Llangwm crossroads in 1804 was recorded as a meeting place for the Pembroke Yeomanry before going on "exercise".

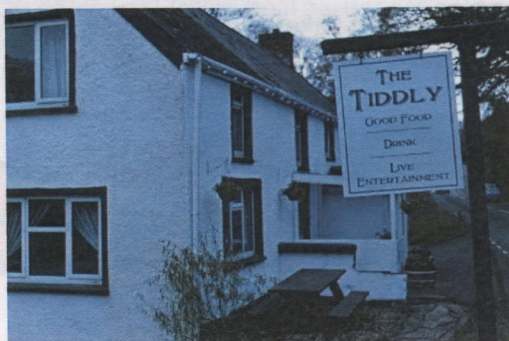
Others include The Anchor Inn on the river, The Bumble Bee and The Lamb & Flag in Little Milford, The Whip & Line and The Pelican at Cardmakers Pool, Moorland Road, Rising Sun, Summer Hill, New Road and The Weary Traveller possibly renamed the Travellers Rest, which is the only one still in existence and is now known by its local name "The Tiddly".

The most famous of them all was the Colliers Arms on the cross road alongside the village pound. This pub was known to exist in 1753 as it was part of the Little Milford estate when Caesar Mathias took the lease. In 1822 a joint licence was granted to Martha Cousins and Mark Bennett. The licence stated:

"They should not permit drunkenness or tippling nor getting drunk - no gaming with cards draughts, dice or bagatelle or other sedentary games nor bull, bear or badger baiting or cock fighting".

Of interest cock fighting was known to have been held in the village as there is reference to a cock pit at the top end of Moorland road.

In many cases these inns were one room in a farmhouse or cottage alongside a route to work and the beer was brewed on site.



## Freystrop Short Mat Bowls



We're at the halfway point in the bowls season, with Freystrop currently lying mid table in the Pembrokeshire league. During the summer we lost some of our members, so we're pleased with our current position.

Congratulations to James John Davies who has retained the Pembrokeshire under 21 singles title, having won it 2015. James has also been selected to represent Wales at under 21's along with his sister Sara John Davies next April.

On the 3<sup>rd</sup> & 4<sup>th</sup> December at Heatherton Bowls Centre, the Pembrokeshire County team are competing in a triangular competition against the top counties from England and Ireland. James along with Mike Harries will be representing Freystrop in the county side.

On the national scene, Wales triumphed in the British Isles competition which was held in Bromsgrove in November. Nine players from Pembrokeshire were selected in the Wales side and a further 6 in the Wales A side.

Freystrop Short Mat Bowls club have enjoyed another successful year. We would love to have members of the local community come and be a part of the club. All are welcome to come and see what bowls is all about. For further information about the club or if you want to come and give it a try, please call Margaret Lewis - Tel: 01437 763301



### Craft Afternoon

Commencing on the 10<sup>th</sup> January 2017  
We meet in the Village Hall on Tuesday 2pm-4pm  
and enjoy a varied selection of craft.  
Come along for a chat and cup of tea or coffee.  
**Contact Esme Utting Tel: 01437 890682**

### Line Dancing

In the Village Hall Thursday Evening 7-9pm, Commencing 12<sup>th</sup> January 2017  
**For further information, contact Jeff & Carol Tel: 01347 779109**



## **Yoga Class - Tuesdays 10am – Midday**

Our class which began in 2014 combines a nice mix of very gentle Dru Yoga & traditional Hatha Yoga and is suitable for adults of all ages and abilities, from total beginners to those who are not very strong or are flexibly challenged.

This gentle style yoga is beneficial for posture and flexibility, keeping fit, alleviating stress, improving breathing and relaxing mind and body. It is quite different from popular modern yoga in that it does not aim to raise the temperature and heart rate or help you to lose weight quickly.

The postures we use stretch, extend and flex the spine; exercise the joints and muscles, keeping the body strong and supple. Relaxation and breathing exercise are usually at the start and end of the class, to help increase stability, reduce stress and allow the body to use its energy more constructively. **For more information, contact Lin on 01437 929313.**

## **Charity begins in Freystrop**

A Village Fun Day raised £2,000 for the Macmillan Cancer Charity. Many thanks to all those involved with the organisation and also to everyone who came along and supported the event.

## **Village Hall Timetable**

**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:** WI, 2nd Wednesday of month only

**Thursday Evening:** Line Dancing.

**Sunday Evening:** Short Mat Bowls – Practice Session



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

## **The Village Hall is available for hire!**

For long term bookings please contact: Mr David Thomas - **Tel: 01437 890297**

For individual bookings please contact: Mrs Esme Utting - **Tel: 01437 890682**

## Freystrop Women's Institute 2016.

This year has whizzed by for our members, probably because we have been enjoying ourselves.

Our speakers have given really interesting talks with beautiful slides of views and people working in different environments. One demonstrator made really tasty cakes and was meticulous in cutting each one to make sure that everyone had a slice of each one.

Our annual day away trip as usual organised by Enid Rees took us to the Judges Lodgings in Presteigne – a fascinating place. In the afternoon we travelled a short distance to Bryans's Ground where we walked around a wonderful array of "Garden Rooms". All agreed that they would love to visit both venues again.

Locally we have been on short trips to Puffin Produce, friends and husbands came too, a guided tour of Cardigan Castle, with lunch in their new restaurant afterwards. We also visited Cwm Deri Vineyard with afternoon tea. There was a lot of clinking of bottles on the return to our cars.

Jen Poole assisted by Daphne Morgan dressed the windows of WI House in Haverfordwest in May

Six members gained their First Aid Certificates after a full day's course in Freystrop Hall. A team of four members won the car treasure Hunt in North Pembrokeshire and a team of three members came joint third in the walking treasure hunt in Haverfordwest

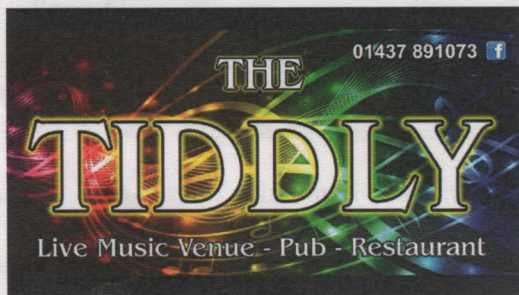
Roz Redding had two photographs accepted for the 2017 WI Calendar competition.

We meet in Freystrop Village Hall at 7pm on the second Wednesday of each month except August. We give a warm and friendly welcome to all prospective members.

Wishing you a Happy Christmas and Peaceful New Year.

Roz Redding  
President





Everyone at the Tiddly is looking forward to the Festive Season. We are fully booked on the first 3 weekends of December; we do have some spaces on Friday, 23<sup>rd</sup> and Saturday 24<sup>th</sup> December.

We are open Wednesday – Saturday 6pm to late. Sunday lunch 12pm -2:30pm.

We have an amazing three course Christmas menu for £24.95, along with a full night of entertainment.

Open Christmas day Menu £45 - must book.

New Year's Eve Tickets available £20 to include a full hot & cold buffet, Champagne reception great line up of live entertainment, party favours & fireworks at midnight. Theme black & white dress code

This is our 3rd year of business for the festive season and we look forward to seeing you to raise a glass. Merry Christmas everyone from Team Tiddly.  
For all bookings, please call **01437 891073**.

### **Moorland Road Garage, Freystrop**

Car Mechanic & Agricultural Fitter

Also for rent - Lock up Storage Containers.

Contact Leslie Brick on: 01437 891062



### **Freystrop Mechanical & Body Shop Repairs**

Shire Hall, Moorland Road, Freystrop

Call Martyn Rudd on:

01437 899354 or 07900 440303

### **Pembrokeshire Plumbing & Heating**

Call Ross Prytherch on: 07929 201876.

**Plumber & Heating Engineer**

Call Joe Brick on: 07930 845791





*Free delivery within Pems. Open Mon-Sat*

**FURNITURE DIRECTORY**

Freystrop Cross, only 3 miles out of  
Haverfordwest on the Burton Road

**Tel: 01437 890390**

**[www.furnituredirectory.eu](http://www.furnituredirectory.eu)**

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



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sweet treats & Cakes. Find  
us on Facebook or call Rhian  
on: 01437 890822



## Hand Weaving

by Riitta Sinkonen Davies.

Open for visitors from the

1<sup>st</sup> April to 1<sup>st</sup> October

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 & a Happy New Year.*

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

## 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



## GATE 2 PLATE



Locals serving  
the local community  
Mayfield Golf Centre  
Lower Freystrop

Try our rare breed pork and home reared beef, homemade pies, pasties and faggots.

Seasonal vegetables and lots of local produce

Christmas orders for fresh local poultry now being taken.

Tel 01437 779451

[www.gate2platefarmshop.co.uk](http://www.gate2platefarmshop.co.uk)

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

Saturday 8:30am-4:00pm.

## Mayfield Golf Range & Golf

Course, Lower Freystrop.

SA62 4NN.

Tel: 01437 764300.



Week days 10am-9pm.

Weekends 10am-7:30pm.

## Gareth James Plant Hire



Ty Hel-gar, Targate Rd, Freystrop.

Tel: 01437 891222

Mob: 07814 861951

[gjamesplanthire@hotmail.co.uk](mailto:gjamesplanthire@hotmail.co.uk)



### K9 Gold Pet Services

- Opening 1st January 2017
- Dog boarding and day care
- Crate Hire
- Pet Bedding Laundry Service
- 45 year of experience handling & showing dogs
- Find us on Facebook or at <http://k9gold.dog>



For further information, please give Rachel a call on 01437 899308.

Alternatively drop us an email to:  
[Rachel@k9Gold.dog](mailto:Rachel@k9Gold.dog)



## Vacancy at Freystrop Community Council

Applications are invited for the post of Clerk & Financial Officer to Freystrop Community Council. The post includes secretarial duties for the Village Hall and Playing Field Management Committee (a subcommittee of FCC and a registered charity).

The successful candidate will be required to attending meetings of the Council, keep minutes, deal with correspondence (both mail and email). Good computer skills are essential and knowledge of local government administration at a community level would be an advantage.

The financial duties will include keeping records of all transactions, regular reporting of expenditure against budget and preparing of accounts for annual external audit.

The work normally amounts to 3-4 hours per week. The salary will be based on nationally agreed pay scales and the candidates level of experience.

For further information and an application form, please contact the Chairman: Mr David Thomas, Settlands, 207 New Road, Freystrop, Haverfordwest, SA62 4LQ. Tel: 01437 890297. Email: [wd.thomas1@btopenworld.com](mailto:wd.thomas1@btopenworld.com)

**Closing date for applications is 31st December 2016.**





## St Justinian Church

11<sup>th</sup> December: Carols by Candlelight 4pm

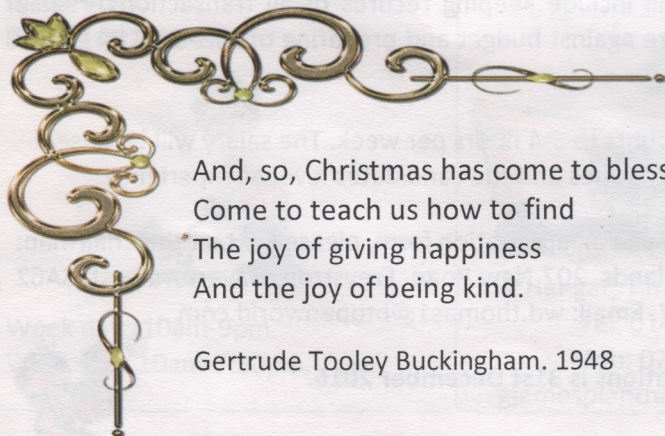
25<sup>th</sup> December: Christmas Day Holy Communion 10am.



## Bethel Congregational Chapel, Middle Hill

18<sup>th</sup> December Carol Service - 2:30pm

Christmas Eve Midnight Service - 11:45pm



And, so, Christmas has come to bless us!  
Come to teach us how to find  
The joy of giving happiness  
And the joy of being kind.

Gertrude Tooley Buckingham. 1948

