



# Freystrop

## Community Christmas Letter

### 2018



*Freystrop was fortunate unlike many towns and cities in not having lost many people in the Great War. James Cousins of Clareston died of his injuries along with William and Frederick Bevan of Troopers Inn.*

Bombardier James Cousins  
No 41925 Royal Field Artillery No 41925  
Aged 27 years, Thursday November 21<sup>st</sup> 1918  
Buried in Freystrop Cemetery.



*"At the going down of the sun and in the morning  
We will remember them".*



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



### Community Council Chairman's Review

On behalf the Community Council may I wish all residents of the Parish a Happy Christmas and a Peaceful New Year.

The past year has been quite eventful and I want to thank our Clerk Clive Griffith and fellow Councillors for their support in dealing with all the issues that we have had to consider.

Early in the year we were advised by the Pembrokeshire County Council that any future elections and by-elections have to be funded by ourselves and this impacted on the amount we have to precept each year. The Data Protection Regulations also came into force requiring us to register with the Information Commissioners Office and sets out rules for how we handle data and personal information e.g. Electoral Register and any digitally held data.

As a representative of One Voice Wales Pembrokeshire Committee I have been involved with the County Council in developing a formal Charter on how Town and Community Councils and the County Council deal with each other on a whole range of issues such as planning, correspondence, complaints etc. Our Community Council have now ratified this document.

The review of the of the Local Development Plan by Pembrokeshire County Council grinds on – we await to see what candidate sites (for potential development) have been lodged the County Council for Freystrop. We understand that when the plan is produced it will elevate Freystrop to the category of a service village which may encourage more businesses and housing allocation.

The Community Council have a sub-committee looking after the Village Hall. We engaged a contractor to carry out external and interior improvements over the Summer. Bookings for the Hall are extremely good and offer a wide range of activities .It is also available for private functions.

David Thomas  
Chairman



## Peep into Freystrop's Past

The following information is taken from Mrs Beryl Davies book "Freystrop Folk" Copies of the book are still available.

Contact Mrs Davies Tel: 01437 890309.

### The War years .

The older men formed the Home Guard(Dad's Army).These included Freddy Rowlands, Tommy Owen, Alfred Hughes, Billie Green and Tommy Bennett. A wooden hut was provided at High Freystrop where they met and trained. Those with cars did the outlying areas. There was also a searchlight positioned in a field near the cemetery.



### Little Nash Farm Christmas Recipe.

150g pancetta or smoked bacon.	400g shallot.	1.2kg diced venison.
2tbs oil.1tbspn juniper berries.	2 Garlic cloves.	6 tbspn plain flour
1tsp allspice.2.5g button mushroom	6.50ml red wine.	1 bay leaf.
4.50ml beef stock.	1gg beaten.	3 sprigs thyme.
200grms whole chestnuts.	50g pastry.	

In a large pan fry the pancetta & shallots peeled & halved for 10 mins remove from pan.

Using a little more oil fry venison in 2 batches. Return all to pan.

Add crushed garlic, juniper berries & all spice & cook for 1 minute. Add f lour & cook for another minute.

Add halved mushrooms pour in wine & stock, add herbs. Bring back to the boil, cover & simmer for 3 hours until tender, (this can be done in the oven). Stir in chestnuts remove from heat & cool completely.

Put in a large pie dish with enough gravy to reach the rim.

Roll out the pastry to thickness of £1 coin. Cut off some strips & wet the rim of the dish & press the pastry onto it.

Brush the strips with beaten egg &7 cover with remaining pastry.

Trim off remaining pastry .Knock up the edges to neaten & flute with the back of a knife of thumb.

Decorate the top with pastry trimmings in shape of leaves or deer antlers.

Bake in for oven220c or gas 7 for 30 mins until golden.

Serve with seasonal vegetables.

Plenty of venison available locally over Christmas alternatively beef can be used instead.



## 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.

**Monday Evening:** Boxercise class.

**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**

### Craft Afternoon

We meet in the Village Hall on Tuesday 2pm-4pm  
and enjoy a varied selection of craft.

Commencing on January 8<sup>th</sup> 2019

Come along for a chat and cup of tea or coffee.

**Contact Esme Utting Tel: 01437 890682**



## Yoga Class - Tuesdays 10am – Midday

Yoga classes will continue in the New Year on Tuesday mornings. Why not come and join us and try some of the gentle exercises to help us all get over the festive season.

**For more information, contact Lin on 01437 929313.**

## Line Dancing

**Thursday 7-9pm,**

Recommencing January 2019.

For further information, **contact Jeff & Carol Tel: 01347 779109**



## **Freystrop Short Mat Bowls**

The Club is playing in the Presidents League this year. We have lost a few players due to work commitments and a few from injuries. We have played to the best of our ability, won some games and lost some. We have nearly finished the first half of the league and now have the cup games and friendlies.

Freystrop Short Mat Bowls club 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**

## **Freystrop Women's Institute 2018.**

Freystrop & District W.I. have had another good year. Our speakers held our interest and gave us smiles as well as some thought provoking moments. Some demonstrations were "hands on", craft making from used T shirts plus bits & pieces, glue and imagination resulted in having very sticky hands but being happy with the finished items. There were some quizzical looks at first with yoga, but we all ended the session weak with laughter and definitely relaxed.

A retired Midwife reminisced with members who had also worked for the NHS at the same time. This again brought smiles to faces with the swapping of anecdotes. We also had really interesting and fascinating talks on the Quakers Pembrokeshire and "A Pawnbrokers Daughter". A Bingo session had been requested so one of our members along with her husband organised this, we've never had such a quiet evening - everyone was concentrating hard on finding the number.

Enid Rees organised our educational outing and also some short trips. We visited Shop Fach Mathry for afternoon tea - no counting the calories that day. We also had a nostalgic trip to Magpies Nest Museum in Templeton, an amazing place with an enormous number of exhibits which kept our interest (and also that of accompanying husbands).

Our Educational trip was to the Brecon & Monmouthshire Canal. The weather was perfect so we saw everything at its best and then on to a lovely meal at the Castle Hotel at Llandovery.

Receiving information from PATCH that they were in desperate need of sanitary items for ladies we had the proverbial whip round and then bought and delivered a large number of items to PATCH.

We were also made aware that the Skate Board Park in Haverfordwest needs



to raise £3,000 a year themselves to keep the park safe to use.

We contributed cakes for them to sell on their stall on Carnival Day and again on their JAM session day.

Finally we are basking in reflected glory because Jen Poole won the All Wales W.I making a key ring taking the shape of the White Ribbon emblem in white embroidery with an embroidered bilingual "Not in my Name" in minute letters – a stunning effort no wonder she won the competition.

We meet on the second Wednesday of the month except August in the Village Hall Do come and join us.

Wishing you all a Happy Christmas and a Healthy and peaceful New Year

### **Freystrop Church Christmas Lunches.**

This year they were held in the village hall as the numbers had outgrown Little Nash Farm. They were very well supported with over 170 meals being served over several days. Along with the raffle over £1000 was raised for the church funds.

We are very grateful to all those who came and supported us, to those who made th soups, puddings and gave raffle prizes.

A special thanks is due to our Chapel friends for all their help and to all those who washed up ad cleared the room.

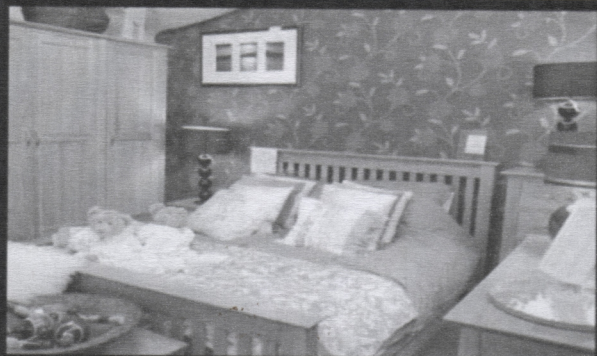
We look forward to seeing you at the Church Carol Service and also Christmas morning.

### **Middle Hill Chapel.**

Esme Utting reports that as part of the craft sessions the Chapel entered their craft work in the Federations Annual Assembly competition. The Chapel won a Faith in Action Award which was presented in London.







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**The Slate Centre LTD**

Middle Hill, Freystrop, Haverfordwest . SA62 4LD

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Fax: 01437 891910

Email: [theslatecentreltd@gmail.com](mailto:theslatecentreltd@gmail.com)

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



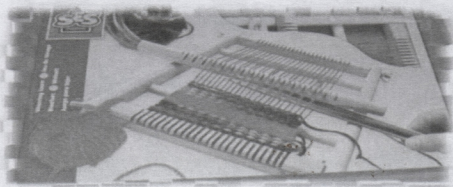
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## Hand Weaving

by Riitta Sinkonen Davies.  
Open for visitors by appointment.



Please phone 01437 890712.  
Mathom House, Moorland Rd,  
Freystrop. Email: [riitta@riitta.co.uk](mailto:riitta@riitta.co.uk)

## Christmas at Caddies Lower Freystrop

Famous for its all day  
breakfast!  
Booking advisable.  
01437 765687

For Christmas lunches why not try  
our new establishment.

**The Green Shed ,**  
**Old Hakin Road**  
**Merlins Bridge (by Frame)).**  
Tel:- 01437 700350



**Mayfield Golf Range & Golf Course,**  
**Lower Freystrop.**  
**SA62 4NN.**  
Tel: 01437 764300.



Week days 10am-9pm.  
Weekends 10am-7:30pm.

## 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.*



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.

## 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
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- 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)



### 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







**St Justinians Church.**

Carol Service 9<sup>th</sup> December 4pm.

Christmas Day Service 10am.

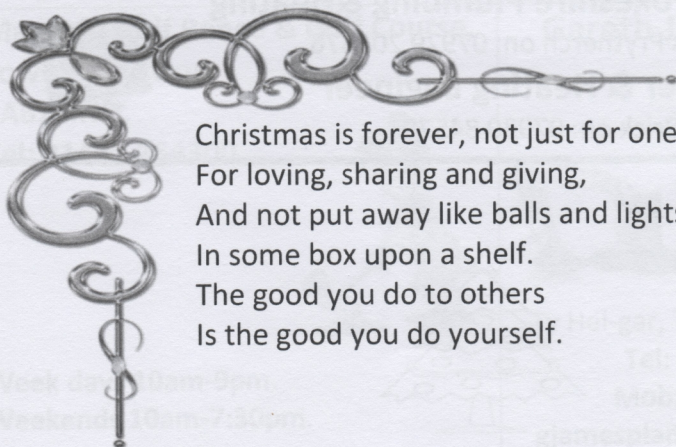
**Bethel Congregational Chapel, Middle Hill**

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

Christmas Eve Midnight Service - 11:45pm.

*On October 7<sup>th</sup> Rev.Christopher Gillham retired from his duties at Middle Hill Chapel after 33 years with us.*

*We wish him a happy and long retirement.*



Christmas is forever, not just for one day.  
For loving, sharing and giving,  
And not put away like balls and lights and tinsel,  
In some box upon a shelf.  
The good you do to others  
Is the good you do yourself.

Week days 10am-9pm  
Weekends 10am-7:30pm

Tel: 01437 851444  
Mob: 07814 201967

gameplan@stjustinians.org.uk