

# CUB CAMP 2011



**Following my own 'troubles' of camping trips when I and Chil (Nikki Proctor) were attacked by tent eating squirrels I wasn't sure what to expect from a 60+strong Cub camp.**

**Day 1** – Welsh weather ensured I had the full experience of nature as our arrival in the Gower was marked by grey clouds and sporadic (and sometimes heavy) rain. It was a case of wellies on; get the tents up, then lunch. The serious fun started with capture the flag followed by 3-sided football –three teams, three balls and three goals in the same match. The Cub's engineering skills were used building a kart for camp transport. The evening highlight was a walk to the cave full of large spiders, staring back at us, as well as the sight (or lack of) complete darkness. Returning to camp, with ghost stories, Cubs rounded off the evening around a huge camp fire before the rain came and all retreated to their tents!



**Day 2** – You guessed it, more rain! We were treated with eggy bread for breakfast, a personal favourite of mine which has now become a regular in my diet. Construction of the watch tower was completed; with the Cubs cutting and tying wood for the platform and ladder (not quite sure what we were watching for) Fishing skills were tested when camp made rods were used to catch D rings from the top of the tower. This was one of the unscheduled games. Archery and the "crystal maze" were on the activity agenda. During the bush tucker trial round there were some interesting reactions to some of the tucker. Fisherman's Friend was certainly a surprising favourite (a possible stocking filler for December 25th 2011). The evening's events were topped off with football, cops 'n' robbers (leaders included) and marsh mallows around the camp-fire.

**Day 3** – Beach day! Arrival was greeted by the first sign of sunlight. Beach day was brilliant! Spinning the rope is a Cub favourite. Akela Sloan and myself joined in but disappointingly I was not as skilled as I thought I would be and I'm sure Akela cheated staying out of range! The afternoon was topped off by the sweet relay; never have I seen such determination and speed in the Cubs before. The points they had gathered from the crystal maze games were converted to extra time for the race and they sure made good use of it! Before leaving the beach we took a 'Get Well Soon' picture, drawn in the sand for Chil (special thanks to Mang!). The arrival of the sun made the view on the walk back

much more enjoyable. Even the cows came out to have a look, much to Mangs, let's say, disapproval. Arriving back at camp the Cubs had enough energy to play a variety of games including capture the flag again, football (it just wasn't free time without it) and the bean bag game. Competing against the Cubs the official story is I let them win however those that know of my hand-eye co-ordination may interpret the score differently. A fabulous day was rounded off by one last camp-fire, which burnt particularly well without the rain and the dismantled watch tower which provided an excellent source of fuel.

**Day 4** – Packing up! Taking down the tents was exhausting in the sun! Most of the Cubs were highly efficient packing their kit which made things a lot smoother. Being my first green field camp with the Cubs, my personal highlight, to the amusement of Akela Bird, was the joy of filling the latrine in and removing the football.

Having spent the last 4 years of my life on a student diet, I must make a special mention and thanks to the cooks. We certainly didn't have to worry about poor diets, with cooked breakfasts, rice puddings, beef curries and chilli on the menu, and not a can opener in sight! The cubs were very well behaved and had a brilliant time. I still have to persuade Akela for my camp badge, apparently over 18's aren't allocated a badge, but in Jungle book Mowgli was said to be brought up as one of the Cubs and treated equally! I have signed up for 2012.

**Mowgli AKA Owen.**



# RADYR CHAIN

Free to every home in Radyr and Morganstown



Number 195

August 2011

## ~ 2012 Diamond Jubilee ~



### How should our Community celebrate the Jubilee?

You are invited to an open meeting of the Radyr & Morganstown Association at the Old Church Rooms on 5th September at 7.30pm together with Radyr & Morganstown Community Council

The RMA and the Community Council are planning events to celebrate the Diamond Jubilee of HM The Queen in June 2012.

We are holding a meeting on Monday, 5th September to which we invite all members of our community. We would welcome your ideas and we invite you to join us in the planning and/or delivery of the events.

Perhaps we could hold an R&M version of one of the official events: the Big Lunch? Other ideas include a Concert in Parc Radur with fireworks, the creation of a Jubilee Wood and the dedication of the Queen Elizabeth II Fields Challenge.

We look forward to seeing you then. If you have any questions, please contact:

Helena Fox, Clerk to R&MCC on 2084 2213 or [clerk@radyr.org.uk](mailto:clerk@radyr.org.uk)

Nick Hawkins, Secretary to RMA on 2084 2516 or [rma@radyr.org.uk](mailto:rma@radyr.org.uk)

### Radyr Youth Festival of Cricket

#### Youngsters Enjoy Cricket and Sunshine

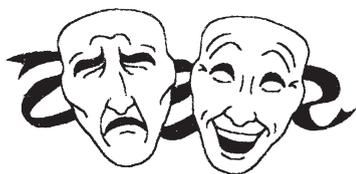
The first ever Radyr Youth Festival of Cricket was held last Sunday (10th July, 2011). A great day was had by everyone. Close to one hundred Radyr CC children, both boys and girls participated in the event. Most of the children in our Under 9s and Under 11s had great fun playing a number of games of cricket. The Under 7s gave a demonstration of their cricket skills learnt this season.

*continued on page 13*



THE RADYR CRICKE CLUB'S YOUTH CRICKET FESTIVAL FOR UNDER 7 UNDER 9 AND UNDER 11 YEAR OLDS

## COMING EVENTS



N.B. Details of all coming events can be found in the Diary section of the website [www.Radyr.org.uk](http://www.Radyr.org.uk)

### September

- 5 R&M ASSOCIATION GENERAL MEETING, OCR. A meeting of the RMA. Speaker and topic to be announced. All welcome. 7.30pm
- 11 INDUSTRIAL RADYR. As part of this year's "Open Doors" festival organised by the Civic Trust for Wales; Allan Cook of the Local History Society, will lead a walk looking at the Industrial Heritage of Radyr. The walk is approximately four miles long on the flat and follows good footpaths. Meet at the entrance to Radyr Station at 14.30. The walk lasts about two and a half hours. FREE. 2.30pm
- 12 Radyr & Morganstown WI, Old Church Rooms. Sea shells of the world - a talk by Jan Gosney. 7.30pm
- 14 Radyr, Morganstown & District Gardening Club "The Japanese Way" and illustrated talk by Gaynor Witchard showing the way Japanese culture and approach to gardens has influenced Western Garden Design. New Church Rooms, Heol Isaf. Meeting is open to members and non members For more information contact Richard Gregory (029 20842084) 7.30pm
- 15 PACT Meeting at 7pm in the Old Church Rooms. all welcome. 7.00pm
- 15 GHOST WALK. For the first meeting of the autumn the LOCAL HISTORY SOCIETY will be going in search of ghosts in Llandaff. An experienced ghost hunter, will be leading the walk. The charge is £4 per person. If you wish to join this walk please contact Allan Cook on 20843176. 7.45pm
- 22 R&MCC September Meeting. Radyr and Morganstown Community Council, September meeting. A meeting of the Council will be held in the Chain Room, Old Church Rooms. Members of the public are welcome to attend. 7.30pm

### October

- 3 Radyr & Morganstown WI. Birthday Dinner at Radyr Golf Club. 7.30pm
- 10 Radyr & Morganstown WI, Old Church Rooms. Members Evening - an opportunity to find out more about our special interest groups and members activities. 7.30pm
- 12 Radyr, Morganstown & District Gardening Club "Plant Hunting in China" an illustrated talk by Joseph Atkin giving his personal experiences of plant hunting in China. New Church Rooms, Heol Isaf. Meeting open to members and non members for more information contact Richard Gregory (029 20842084). 7.30pm
- 13 Tenovus Coffee Morning  
To be held at Radyr Golf Club. Please ring

- 20842096 or 20843108 for tickets. All are welcome. 10.30am
- 15 Posh Nosh Supper at Radyr Guide Centre. Tickets: Judith, 20843371, Gail, 20891137 or Pam, 20892010 7 for 7.30pm
- 27 R&MCC October Meeting Radyr and Morganstown Community Council, October meeting. A meeting of the Council will be held in the Chain Room, Old Church Rooms. Members of the public are welcome to attend. 7.30pm

## EDITORIAL



It has come to our attention that some of you feel that events have been inadequately reported or overlooked.

We would welcome your comments or additional reports and would print items in the next edition.

We should be grateful if all contributions are received by the Editors before the final date for the next edition. This is to be found at the bottom of page 3.

## NEWS FROM RADYR & MORGANSTOWN WI

We have now "broken up" for the summer holidays having completed the last two meetings of the term plus all our usual activities. On Monday, 13th June, we had a return visit by Professor Pickard who gave a fascinating and erudite talk entitled "The Wonder of Bees". He has the enviable gift of keeping a large crowd of chatty women silently hanging on his every word. He has kindly promised to return in our 2012 programme, perhaps to talk on "Science and Poetry". A natural communicator and teacher he has a great admiration for the W.I. saying that it will keep us young simply because we are all still learning.

Some of our more intrepid walkers joined the Federation Walk in Glyncoed last month. Although not easily beaten, the walk had to be

curtailed due to the atrocious weather conditions. They together with other Glamorgan Institute members were literally soaked to the skin.

On a gentler and more civilised note some members of the Tuesday book club attended one of the enjoyable literary lunches at Calcot Manor where the writer Virginia Nicholson spoke about her book "Millions Like Us" which chronicles women's lives during the Second World War.

During their June meeting our craft group made beaded bracelets under the tutelage of Kay Edwards and produced pieces of jewellery to a very high standard. Their last meeting will be in Morganstown Village Hall on Saturday, 29th July when the group will be making corsages using crystal beads and organza and other appropriate material.

Owing to the illness of our planned speaker, Rev. Kevin Davies, the end of term meeting followed a different format. Firstly the business part of the meeting took place when we received a report on the AGM in Liverpool from our delegate Barbara Sylvester of Treforgan W.I. As a novice delegate she produced a very witty and enjoyable account of proceedings. The rest of the evening followed a "floral theme" and took the form of an end of term party with a gardening quiz, a decorated floral hat competition and bubbly or wine and nibbles rather than tea! Congratulations go to Jeanne Hughes whose hat was worthy of David Shilling, the Ascot milliner – but well done to all those who gamely took part showing the usual creativity and flair that characterises so many W.I. members.

There will be no meeting in August but we are planning a "day out" to Aberglasney House and Gardens in the middle of the month. [Please contact Jill Newbold (Tel. 2084 3983) for details]. Our first autumn meeting is on Monday, 12th September at 7.30pm in the Old Church Rooms. The speaker will be Jan Gosney and her topic will be "Sea Shells of the World".

Early plans are being put in place for the 2012 programme and a second genealogy group will be formed in September. We always look forward to welcoming new members so if you are interested just visit our website and come along to the September 12th meeting as a guest.

**For more information, please contact Lesley Hall (Tel. 2084 3630) or Valerie Convery (Tel. 2020 6130).**

Letters, articles, reports and other contributions are invited and should be submitted by September 15th. Submissions may be subject to editing at the Editor's discretion. The views expressed in the Radyr Chain are not necessarily those of the Editors.

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**SPAR**

STATION ROAD, RADYR  
 OPEN: Mon to Sat 8a.m. - 10.00p.m.  
 Sunday 9a.m. - 10.00p.m.

**All services come with quality and value**

General Groceries - Chilled Foods & Ready Meals - Fresh Bread Daily  
 Confectionery - Fruit & Vegetables - Crisps & Snacks - Ice Cream  
 Quality Wines - Beers, Lagers & Ciders  
 Cigarettes & Tobacco - Photocopying - Greetings Cards - Phone top-up Cards

**REFURBISHMENT**

Jeff, Janet and Stephen Butler bought the Spar in Radyr in 1992 and even though many faces have changed not much has changed in the appearance of the shop. With the start of 2011 it was decided change was needed and plans started to have a complete refit and refurbishment of the store.

After listening to many comments around the village about how outdated the store looked and access around the store difficult due to narrow aisles and a heavy front door, we felt now was the time to put it right. The proposed plans are to gut the shop and start with all new equipment and floor plan. We want to see a bright clean shopping environment and the emphasis is 'fresh'.

New electronic front doors to make access easier, new flooring and ceiling and we are bringing in larger chiller cabinets, and for the first time we will be chilling all the white wines, beers and ciders. As the emphasis is 'fresh' we will have dedicated chilled cabinets

for fresh produce and are bringing in a lunch box cabinet to display sandwiches, pies and pastries etc. We are also having a promotion dairy cabinet at the front of the shop displaying all the fresh dairy promotions. Also Spar is bringing in a whole new range of products so we will be increasing our current stock range.

We are hopefully looking to start the work in August and it should take about a week to complete. Regrettably, there will be times when the shop will have to close due to shop fitting work but the plan is to keep it open as much as possible and work around the refurbishment. Please bear with us while the work is being done.

This is a very exciting project for us and we can't wait to see how the shop looks when completed. Hopefully we will have a more up to date shop that will look bright and clean and will be a very pleasant place to come and shop.

**RADYR, MORGANSTOWN & DISTRICT GARDENING CLUB**

It has come to that time of the year again when the summer flowers are coming to an end, autumn is beginning to show its face and the allotment harvest is under way. This is the time at which suppliers catalogues drop through the door and the gardener's thoughts turn to bulbs for the spring and seeds for next year's planting. Why not come along to a Gardening Club meeting, exchange ideas with members and get tips from the specialists.

You don't have to know the Latin names of plants or have green fingers; it does not matter whether you have a window box or an acre, just come along and join our members; none claim to be an expert. We simply share an interest in gardens and gardening and enjoy chatting about gardening over coffee at our meetings and taking part in organised visits to gardens.

Meetings, which are open to members and non-members, take place on the second Wednesday of each month from September to April (with the exception of December) with

illustrated talks and demonstrations. Some speakers bring examples of the plants they talk about and others bring plants for sale.

We also support community activities where we can provide plants and gardening assistance and we run a plant stall for the Festival Week Fete selling plants grown by members.

Our Programme Secretary has once again put together a varied programme of speakers and topics. The programme for September-November is:

14th September

**The Japanese Way**

An illustrated talk by Gaynor Witchard showing the way Japanese culture and approach to gardens has influenced Western garden design

12th October

**Plant Hunting in China**

An illustrated talk by Joseph Atkin giving his personal Experience of plant hunting in China

9th November

**Turkish Delights**

A talk by Linda Nottage illustrating the range of plants from Turkey which have found their way into our gardens

We hope that there is something for everyone and look forward to meeting you.

All meetings (apart from visits) are at the New Church Rooms, Heol Isaf on the second Wednesday of the month starting at 7.30pm and are followed by refreshments.

Please see Village notice boards and Radyr website: [www.radyr.org.uk](http://www.radyr.org.uk) for programme details and any changes or contact our Chairman – Richard Gregory (2084 2084).

**WANTED****FOR 2 MINI SHETLAND PONIES**

2 acres approx. (minimum) of pasture land in Morganstown or Radyr area.

Willing to fence at own expense if necessary.

Please phone Ann Martin-Jones on 029 2084 4602

# GEORGE THOMAS HOSPICE CARE

Established in 1984 George Thomas Hospice Care was instrumental in bringing palliative care to Cardiff and the Vale of Glamorgan, giving crucial support to those suffering from cancer and many other life threatening illnesses. Playing a crucial role in its continuing development since, GTHC is the major provider of specialist community palliative care for Cardiff.

Since 1984 GTHC has cared for over 18,000 patients and their families. With several hundred patients at any one time it is presently taking over twelve new patients each week. Operating originally from a converted house in Penylan, in 1005 Ty George Thomas, a new, award winning, purpose built hospice centre in the grounds of Whitchurch Hospital was opened for the charity by its Patron HRH The Prince of Wales.

GTHC has a highly regarded multi-disciplinary consultant led clinical team of doctors, specialist nurses, occupational therapists, physio-therapist, social worker, welfare rights officer and bereavement counsellor. Recognising the many, varied and complex needs of its patients and their

families GTHC offers care provision that is regarded as the model for future community palliative care development in Wales.

All help provided by GTHC is free of charge to its patients who are aged from 18 and their families. It seeks to preserve the dignity and quality of life of patients and recognises the uniqueness and particular needs of each individual situation.

The specialist home-based care of George Thomas Hospice Care enables patients to be released from hospital more quickly or delaying their admittance, allowing them to spend more time in their own homes with the support of their loved ones which is what evidence shows that the large majority of patients and families want, giving them greater comfort at a most difficult and sensitive period in their lives.

In addition to its home-based care GTHC offers to those patients able to attend a day care support programme of therapies, clinics and support activities at Ty George Thomas. This offers an important support network for patients and provides a valuable

respite facility for family and carers. Recent developments in the day care programme include support for children suffering bereavement and extending palliative care to groups within society who have traditionally under-accessed it.

Though GTHC works closely with local statutory health care providers it is an independent charity with annual running costs that are well over £1.2 million each year. With no automatic or guaranteed statutory funding the large bulk of the expenditure has to be met from its own ongoing fund raising effort. This requires great effort from a wide range of fundraising events, activities and sources, staff and volunteers. Volunteers give crucial support to GTHC and we are continually seeking to increase and enhance its volunteer base for our shops, general fundraising and administration.

Corporate support/sponsorship of fundraising dinners, balls, concerts, fashion shows and other events and activities and other involvement is vital to the work of GTHC and enables it to be the local hospice providing local care.

## ELIMINATE STRESS & TENSION FROM YOUR LIFE – YOU CAN DO IT! - YOU are the Master of your Mind – not your mind

How often do you come from work feeling tired, mentally exhausted, with achy back and tense shoulders?

Have you admitted to yourself with almost hopeless finality that you can never stop your mind from chatting or racing and that it is impossible for you to switch off?

Regardless of our job or age, we can all relate to these statements.

The mind, it seems, has become in complete charge of us, constantly racing, planning, solving, worrying feeling depressed, the list is endless. And it affects our health, our sense of well-being, our inspiration, joy and ability to cope with life. Why do we allow this? There is no simple answer here. Our lack of understanding as to



how the mind operates and to what extent its workings affect us and our everyday life experiences, is probably one of the major reasons.

The basic truth is that anyone can switch off. We all have that ability. Saying that you cannot switch off is like saying that you cannot digest your food. Ability to “switch off” is our innate ability and like a muscle, if not used, goes into atrophy. All we need to do is to use the muscle and our minds will obey. This is where regular meditation practice combined with body de-tense and breathing exercises or gentle yoga come to rescue. Scientifically proven ancient methods work very well in this day and age.

Those who applied them in their life report many positive changes to health, vitality and ability to enjoy life to the full.

So, do not delay your happiness. Research, investigate and find a suitable class or teacher to help you start your way towards Stress Free Living.

De-stress and Unwind 5-week course is starting 13th September in Old Church Rooms, Radyr 6.15 - 7.30pm.

To book your place please call Transform on 2055 1813 or visit [www.transform-workplaceyoga.co.uk](http://www.transform-workplaceyoga.co.uk)



## COUNCILLORS REPORT

### CHANGES TO REFUSE COLLECTION – MAKING CARDIFF A MORE SUSTAINABLE CITY

With effect from 12th September, there will be a number of changes to refuse collection in Radyr and Morganstown.

- The day of collections will change from Tuesday to Monday
- Larger, additional food caddies will be supplied to each house for a weekly collection of food waste along
- Green bags for recyclable refuse will be collected weekly
- Black wheelie bins will be emptied once a fortnight
- Green wheelie bins for garden waste alone will be emptied once a fortnight, alternating with the black wheelie bin service
- Street sweeping will follow refuse collection on each Tuesday
- If a resident has special needs arising from use of disposable nappies or incontinence pads, they can register to receive an additional hygiene service which will operate on the weeks where there is no black wheelie bin service
- Each home will receive a booklet confirming these changes.

The change of collection days is to enable collections to be realigned to the current population of wards; over the years some rounds have become very long while others are ridiculously short. By remodelling the collections this will remove these anomalies and minimise the required number of vehicle and staff. The reason for changing the pattern of collections is to maximise achieved recycling of refuse to meet demanding standards set by Welsh Government. Cardiff Council has to reach 52% recycling by 2012/13 and the target ratchets up from that date; there are large financial penalties for failure to meet the targets set and, of course, everyone wants to reduce the use of landfill which is in short supply as well as being unpleasant for its neighbours. Our ward currently prepares 55% of refuse for recycling or composting which is

commendable; the best performer in Cardiff, Lisvane, has achieved 64% and the worst is at 27%. Great strides have been made in the last three years as more than 90% of Cardiff refuse was sent to landfill before then. Of course, there will be changes in the means of treating the refuse collected. I am a member of two scrutiny committees established to assess the optimum technologies for treating food waste, organic garden waste and residual (black wheelie) waste. I would be happy to explain these to interested parties or to submit an article to a future edition of the Radyr Chain.

On a different but related theme, plans are well advanced to generate hydro-electricity using Radyr Weir. Twin Archimedes Screws will be driven by water power and will be connected to turbines which will produce electricity at the approximate rate of 400KW; some 1.55 million KWh per annum will make a saving of about 665 tonnes of Carbon Dioxide. The screws are very large and are designed to avoid injuring fish stocks which will be provided with a new and better fish pass. There will be a new picnic area equipped with display boards describing the industrial past of the weir together with an explanation of the science of the production of electricity.

Each month I produce a newsletter which is put on the local website and I will send an individual copy to any resident who requests this. If you want any information on this article or any other local concern, do not hesitate to contact me.

**Cllr. Rod McKerlich** (Tel. 2084 3106 and email [rmckerlich@cardiff.gov.uk](mailto:rmckerlich@cardiff.gov.uk))

### CORRECTION Andrew Cox Barbering

The Salons late evenings are Tuesday and Thursday until 7.00pm and not 2.00pm as mistakenly printed in the last issue of *Radyr Chain*

## CARDIFF WEST ROTARY CLUB CELEBRATES ITS FIRST BIRTHDAY

This July Cardiff West Rotary Club celebrated its first birthday. Since the club was formed on 26th June, 2010, we have seen the number of members increasing from 23 to 27. We hope for even more in the coming year.

Our Club has supported local charities such as Women's Aid and Dyfrig House with collections in our community.

Fund raising events meant we have been able to support other local charities with donations. These include Radyr Scouts, the Friends of Guiding, the Teenage Cancer Trust and The Princess Royal Trust for Carers.

Last year was a very busy year. We held a number of social events including a Fun Quiz, a Poems & Pints night and a St. David's Day concert in Christchurch. The concert featured the fabulous voices of Cor Voce, the renowned four-part choir and their soloist from 'Only Men Aloud', Ben Smith.

Rotary has supported a number of local events including the Radyr & Morganstown Festival. Some of our younger members took part in the Bute Park Fun Run.

We have heard from some inspirational speakers such as Tyrone O'Sullivan, OBE, who gave an amusing and emotive talk on the story of Tower Colliery, and Ian Purcell from the Cardiff Food Bank. He spoke of their work that in the last year including collection of 25 tonnes of food which was distributed to 1500 people.

Our President this year is local resident Eric Blackwell, who is looking forward to continuing the hectic pace of the Club's first year.

Next year we want to do even more and need your help to do so. If you would like to get involved in fund raising, or would like further information on Cardiff West Rotary Club and would like to become involved in helping with local, national and international projects, please contact: David Warrell on 2056 2531 or check on our website [www.cardiffwestrotaryclub.wordpress.com](http://www.cardiffwestrotaryclub.wordpress.com)

## OLYMPIC TORCH BEARER



Dr. Charles Williams, known as C.D. by his many friends, is a Past Captain and Club Champion of Radyr Golf Club. He obtained his doctorate at Merton College, Oxford under the supervision of Sir Cyril Hinshelwood, a Nobel Prize Winner in 1956.



He was educated at Canton High School and was Welsh Youth and Welsh Schools' Champion in the 440 and 880 yards.

After leaving Oxford, he worked for Huntley & Palmers in Reading as Assistant Chief Chemist where he completed in a Sports Day in April, 1948 with considerable success. Subsequently, he was invited to join Reading Athletic and became Southern Counties 440 and 880 yard

champion. He was persuaded to run the mile and after winning, was invited to carry the Olympic Torch through Ascot in July, 1948.

C.D. is President of Cardiff Athletic Club and was recently presented with a Commemorative Cap and gold pin at a ceremony when the I.R.M. inducted Cardiff RFC and former Captain Frank Howard (1883) into their Hall of Fame.

## RADYR & DISTRICT GOOD NEIGHBOUR SCHEME



Radyr and District Good Neighbour Scheme would like to say a huge thank you to everyone who supported Radyr and Morganstown Festival fortnight. We would especially like to thank the Festival Committee and the Association for all of their hard work organising events over the two weeks. We are a small, local charity based in The Old Church Rooms in Radyr and the money raised will all stay within the local community.

We run two lunch clubs and a friendship group. Volunteers help

with transport to these events and to run the events. We also offer a befriending service, shopping, local transport, letter writing etc. If we are unable to help we usually know of an organisation that can.

All of the services we offer are dependent on having enough volunteers to fulfil the tasks. We hate having to tell someone we cannot help because we do not have enough volunteers. We are an aging population and our services is as important now as it was when we started in 1988. We always need new volunteers as the success of the Scheme is dependent on them. We are all getting older every day and one day might require help ourselves. Volunteering is a good way of making friends and getting

involved in your local community. No regular commitment is required. Some of our volunteers are only available term time, others can only help on specific days, mornings or afternoons. Any hour you can give would be much appreciated. Our current data base of volunteers does not include anyone from Morganstown and two of the three volunteers from the new developments within Radyr (Parc Radyr and The Sidings Development) previously lived in the older parts of Radyr. I am sure this is not a true reflection of the community spirit in these areas. If you think you could help us or if we could help you, please contact us on 2084 2404.

**RADYR & MORGANSTOWN  
FRIENDS OF TENOVUS  
SPONSORED WALK &  
STRAWBERRY TEA**

In 1995 the first sponsored walk took place from Castell Coch and every year it attracted a number of walkers to take part in this annual fund-raising event.

This year's Tenovus sponsored walk took place on Sunday, 3rd July and some forty volunteer walkers gathered at the tennis courts in Cardiff Castle grounds at 2pm. We were delighted to see so many of our supporters taking part on such a warm and sunny afternoon. When they reached Hailey Park they were pleased to have a break and enjoyed welcome cold refreshments. Upon arrival at Christchurch Radyr they were all treated to a strawberry tea with home-made scones topped with strawberry jam and fresh cream as a thank you for their efforts.

They were joined by further local supporters who sat outside in glorious sunshine under the gazebos enjoying the delicious strawberry tea

made by Janet Boyce and her team of helpers.

The sponsored walk raised in excess of £3,000. and these much-needed funds will help Tenovus provide additional care and support for people affected by cancer. This is only possible due to the continued help that we receive from friends and the local community. In the last financial year, £13,000. was raised and these monies have been very much appreciated by Tenovus in Cardiff.

Should you wish to support Tenovus in any way then please contact Chairman Rosanne Holmes Tel. 2040 1872.

Our next fund-raising event will be an Autumn Coffee Morning to be held at Radyr Golf Club on Thursday, 13th October, 2011 at 10.30am. There will be a variety of stalls including a cake stall, book stall, together with a raffle and tombola. Tenovus Charity Christmas cards will also be on sale.

Tickets are £2. and are available from Lucille Sharp Tel. 2084 3108, or you may pay at the door.

Once again a big thank you to all the people who continue to give so much support to our local Tenovus branch.

**Alison Skidmore**

**BRYN DERI**

The School Watch Action Team (SWAT) at Bryn Deri Primary School has received a letter from a resident of Radyr and Morganstown asking for our help in raising awareness of the problem of dog mess that still persist in certain areas of the community.

The resident thought that if children highlighted this issue and showed our concern, we may have a positive effect.

We know that most dog owners clean up after their dogs and it is only a few owners who cause the problem. We would like to appeal to them to avoid the unpleasant medical conditions caused by dog mess. Pedestrians, especially those with children and pushchairs, and wheelchair users would appreciate mess-free walkways.

We have registered our school's support of National Poop Scoop week (25-31 July) on the Dogs Trust website:

[www.poopscoopweek.co.uk](http://www.poopscoopweek.co.uk) which might be of interest to dog owners.

Thank you on behalf of Bryn Deri Primary School Watch Action Team and Eco-Committee

**THANK YOU**

It's thanks to all you kind ladies who delivered wool to 40 Windsor Avenue that we were able to deliver eight knee rugs to the Dan-y-Bryn patients.

Do keep the wool coming – we can utilize it all and deliver the knitted pieces to good causes – such as Dan-y-Bryn.

Many, many thanks – Barbara Brunt.



**MARK DRAKEFORD AM**

Cardiff West has a new Assembly Member, Mark Drakeford, elected on 5th May. Mark has taken over from Rhodri Morgan and will be working closely with Cardiff West's Labour MP, Kevin Brennan, to provide an effective service to all parts of the constituency, including Radyr.

Mark said 'I've been able to spend time in Radyr before, during and since the election campaign. It's allowed me to make a start on getting to know the issues which matter most to people who live in this part of the constituency - something on which I will be building over the coming weeks'. If you want to contact Mark or Kevin, surgeries are held every Saturday between 10.00 and 12.30 at Ely Library, Grand Avenue, Ely, Cardiff. No appointment is necessary, so just come along on the day.

Mark and Kevin can also be contacted at the constituency office :

Cardiff West Constituency Office, Transport House, 1 Cathedral Road, Cardiff, CF11 9SD. [Tel. 029 2022 3207]



## RADYR AND MORGANSTOWN COMMUNITY COUNCIL'S COLUMNS

Radyr & Morganstown Community Council, The Old Church Rooms, Park Rd., Radyr, Cardiff, CF15 8DF.  
Tel: 029 2084 2213. E-Mail: [clerk@radyr.org.uk](mailto:clerk@radyr.org.uk)  
Clerk/Clerc: Helena Fox

Elsewhere in this edition of the Chain you will see that you are invited to a meeting on September 5 to discuss ideas for the Diamond Jubilee celebrations in June 2012. The Community Council is working with the Radyr & Morganstown Association to coordinate events and we would very much welcome your ideas and, needless to say, offers of practical help. As a community R&M has a long tradition of community involvement in national celebrations. This meeting is a first step and we will be asking for ideas and volunteers and discussing ideas we have already had.

The meeting will take place on Monday, September 5 at 7:30pm in the Old Church Rooms, Park Road, Radyr.

More and more of you are using our community website [www.radyr.org.uk](http://www.radyr.org.uk). In the past year there were over 35,500 visits to the site with an average of 5 pages viewed per visit. The Webteam keep a close eye on the site and the latest upgrades have been made to the Soapbox. This is a part of the site where you can air your views and ask questions. You can be anonymous and can now use an avatar and automatically follow discussions and news items. Thanks to Colin Johnson, chair of the Webteam, and all the team's volunteer members. The technical support is provided by Dark Green Media Ltd.

Within the Community Council's pages of the website I have added a new page on the Local Development Plan. There was a recent flurry of activity on the LDP during the public consultation on Candidate Sites. Things will be quiet for a few months until the draft LDP is put out for consultation in November. The LDP will have considerable consequences for the whole of Cardiff and R&M so I encourage you to take part in the consultations.

Keep an eye out for further information on our community environmental event to be held in Windsor Gardens on September 17. We will have fun activities for all the family such as willow weaving and making hazel hurdles.

**Helena Fox - Clerk to R&MCC**



### NEW TO RADYR

Caroline Harris, a fitness instructor in Cardiff, offers this advice about exercise: "You don't get anywhere standing still". Caroline is passionate about exercise and believes that there is a form of exercise for everyone of all ages.

And if you give her 50 minutes of your time, she'll have you sold on Aqua Zumba, a highly rhythmic form of water aerobics and a way to incorporate a fitness regimen without going to the gym. "It's about letting go and having fun and learning to enjoy fitness rather than dread it" she says. You might recognize Zumba, a popular fitness class that is all about movement, dancing and feeling the rhythm of the pulsating sounds of world music. Add water and you have Aqua Zumba.

"Aqua Zumba combines the fun and passion of Zumba with the added buoyancy of water" says Caroline, who is starting up a new one-hour class on Tuesday evenings at **Radyr Comprehensive School** Pool. The school pool is a perfect venue for this

class since it is a lovely environment.

When you are in the water, you are hidden and therefore free to wiggle, she said. You can shake and move without feeling self-conscious.

"But don't be fooled. This is not your grandmother's aqua class. The moves are intense; we're moving our bodies for 50 minutes against the resistance of water. The movements are challenging and you can really feel the muscles working against the resistance" she added.

Merengue, Cumbia and Reggaeton are a few of the dance rhythms that are incorporated into the class. Exercise movements include hamstring curls, Zumba shuffle, kicking, twisting and clapping.

"The beautiful thing about my Zumba classes is that I invite you to make the movements your own, 'you do what you want'. It matters that you move, not how you move. This way everyone feels good in my classes, all ages, all abilities, all fitness levels" says Caroline.

Caroline cites a long list of potential health benefits to Aqua Zumba. Among them are decreased working heart rate compared to similar intensity on land' increased heart rate recovery due to the effects of water; increased lung capacity and increased bone density.



Caroline, who runs a number of different fitness classes in and around the Cardiff area, is a personal trainer, group fitness instructor and Cardiff school's coach. She currently spends some of her time working in Radyr school teaching girls fitness as part of the 5 x 60 programme. She also teaches traditional Zumba classes. However, this will be the first aqua version in this area of Cardiff. Caroline sees community fitness as a vital service to help people improve their overall health and fitness and live longer happier lives.

Come and try it - you'll love it. For more information, please contact Caroline directly on 07505236316 or visit [www.zumba.com](http://www.zumba.com) and search for local classes.

# Just Ask Jane

[JustAskJane@orangehome.co.uk](mailto:JustAskJane@orangehome.co.uk)

Jane is an experienced Change Coach and any questions can be sent to her at [JustAskJane@Orangehome.co.uk](mailto:JustAskJane@Orangehome.co.uk) Jane will try and respond to all emails, but please include a comment as to whether you would agree for your question to be published

*For the past few months I've had trouble sleeping. It takes me ages to fall asleep and then I wake up again in the early hours of the morning. It feels as though I've hardly slept at all and then I seem to fall into a deep sleep just before the alarm clock rings.*

When you have a change in sleeping pattern, it can be very frustrating and the more you try to sleep, the more elusive it is. However, we can look at two approaches here in relation to sleeping, but of course if you are worrying about something in particular, then you will need to address that too. Winding down slowly towards bed time can help you to fall into a gentle sleep. You might consider reviewing that your mattress is still comfortable, the bedding not too warm and keeping the curtains closed if you have a lot of street light outside. Avoid using a computer or watching TV in the bedroom as it sends a message to the brain to remain active and ideally you are aiming to re-establish the link between bed and sleep at this stage. Consider reducing the use of alcohol to help you to sleep as this tends to wear off and is one of the reasons why some people wake after a couple of hours of sleep. Secondly you need to review the 'strategy' you are using when you wake in the middle of the night. If you find that you are checking the time and calculating how much sleep you have had, then you are asking the brain to do something active. Perhaps try moving the clock so that you can't see it? Also be aware of what your thoughts are. Are you thinking that 'I must get to sleep' or 'How tired I am going to be in the morning'? The probable reason that you tend to fall asleep as it nears time to get up is that you have stopped trying to get to sleep. Therefore when you wake in the middle of the night, try changing the thought to be 'I am sleepy' and say it to yourself in a very boring yawny voice, or think 'I'll just lie here and relax'. As you have already experienced, once you stop trying to sleep, it will happen naturally.

*I am starting a new job soon and I'm worried about getting to know new people. I am confident in my work skills but I tend to be very quiet. I don't seem able to make small talk and whilst I'm happy to stand on the side lines, I'm not sure how I'll be viewed by my new colleagues.*

It's OK to be quiet – if everyone were extravert it would be a little overwhelming. However, it's good to be able to get to know your colleagues so that you are at ease with one another. Different cultures use different 'rituals' to break the ice. In the UK, we often say 'How are you?' even though we are not

aiming to find out how someone actually is. Conversation then becomes a little like a game of tennis. The first serve may be 'How was your evening (or weekend)' and the other player might return with 'OK thanks'. The game could finish there, but if the other player continues with 'I went to see a play/film/out for a meal' followed by 'And what about you?', then the rally continues for a while. Perhaps prepare a couple of standard questions and a couple of topics about something you did or a programme you enjoyed. Remember – there is no pressure to be interesting, but people tend to warm to someone who is interested! As you begin to focus on learning more about your colleagues, you will feel less self conscious. And just as in a game of tennis, only respond to the current shot – there's no point in trying to plan six shots ahead as the game may well have changed direction by then! If you want some additional techniques to help you relax more when in company, please email me at [JustAskJane@orangehome.co.uk](mailto:JustAskJane@orangehome.co.uk)

*Just Ask Jane*

[JustAskJane@orangehome.co.uk](mailto:JustAskJane@orangehome.co.uk)

## THE DISABILITIES TRUST

Thank you for publishing the item about my tea-party in the last "Chain". It was an amazing success on a beautiful sunny afternoon and raised a fantastic £550!!!

In your next edition, would you please thank everyone who supported me so wonderfully, bringing delicious cakes for the stall and really generous raffle prizes. Huw's parents (Nick and Jenny Thatcher and his sister, Carys, in Holmfirth) are so very grateful that this money is now available to help brain damaged youngsters, in memory of our dear Huw.

Thank you  
**Mary Phillips**

## CHAIN COOKERY CORNER

### Ginger Cake

(Great for picnics)

12oz (350g) plain flower  
3-4 teaspns. Ground ginger  
1 heaped teaspoon of baking powder  
6oz (175g) Demerara or soft brown sugar  
5oz (150g) margarine  
8oz (225g) syrup  
1 medium egg  
1/2pt. warm milk  
preserved ginger (optional)

Oven Gas 3, 330F, 170C  
Grease and line two 2lb. loaf tins

Sieve dry ingredients into mixing bowl

Place sugar, syrup plus margarine into saucepan

Melt gently and stir in

Warm milk and beat egg

Pour all liquid ingredients onto flour

Beat until mixed

Pour evenly between two tins

Drop in chopped pieces of ginger

Bake until well risen and springy in the centre and shrinking slightly from the sides for approximately 45 minutes.

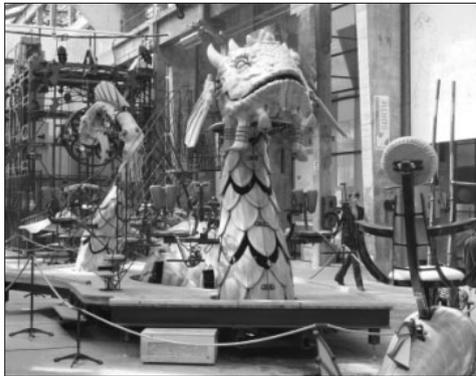
The cake is best left until the next day when the top becomes sticky.

A.M.P.

# Bryn Deri News

## Island of the Imagination

Children from Bryn Deri lived in communities on an exotic island without ever leaving the school. In June we had a whole school theme week entitled "Island of the Imagination". Classes were organised into mixed age groups each representing a community on the island. Everyone entered into the spirit of the project. Their



communities could be near a lake, volcano, desert, rainforest or beach. Island spirits also played their part. The teachers were led by the children as to how their communities would live and work together. It was a truly inspiring week of activity; full of fun, creativity and learning. The island's name was thought up by Rebecca de Torres – Rainbow Island. The children showcased some of their work at the end of the week and parents will also get a chance to sample some of their endeavours on our Open Day on July 4th



Many thanks to everyone for their energy and enthusiasm particularly the staff who continue to inspire and support all our children so well. To get a flavour of the week you may wish to visit our website gallery [www.brynderiprm.cardiff.sch.uk](http://www.brynderiprm.cardiff.sch.uk)

## Vive La Jumelage (Twinning)– 25 years

Our visit to St Philbert de Grand Lieu included 13 pupils from Bryn Deri and 9 from Radyr Primary, 4 staff and 1 parent from Bryn Deri and 2 parents from Radyr Primary. Also included was Gabrielle Kirov who teaches French to both primary schools. The party was led by Andrew Thorne – deputy headteacher at Bryn Deri. Radyr Primary has not been involved with twinning for many years so it was a great opportunity to be involved in a joint venture.

What a welcome we had. Banners with Welsh flags adorned the town and dragons (albeit green ones for some reason) were painted on the roads.

It was special to be there with members of the Radyr and Morganstown Twinning Association and representatives from Bichenbach in Germany which is also twinned with St Philbert.

Everyone really appreciated the hospitality and friendliness of the host families. The experience for the children (and the adults accompanying them come to that) was wonderful.

Many activities were packed into the weekend including a visit to the amazing giant elephant and machines in Nantes and visits to Noirmoutier and the salt marshes. The twinning event in the Abbey saw the French and Welsh children singing together which was very enjoyable and a grand picnic on the Sunday gave the children plenty to occupy themselves with their host families.

Everyone has come away with great memories – here are some from the children ....If you want to find out more please go to the photo gallery and blog on our website :

[www.brynderiprm.cardiff.sch.uk](http://www.brynderiprm.cardiff.sch.uk)  
We are so grateful for the staff and parents who supported the visit we could not have done it without them.

## NSPCC CALLS FOR LOCAL VOLUNTEERS TO HELP OUT AT THIS YEAR'S HACK ON THE ST. DAVID'S PENINSULA

The NSPCC is calling for people to play their part in helping to end child cruelty by volunteering to help out with the NSPCC's 'HACK' (Hike Against Cruelty to Kids) on the St. David's Peninsula.

The St. David's Peninsula HACK takes place on Saturday, 17th September, 2011. The route follows some of the most stunning coastline in Wales, along the beautiful Pembrokeshire coastal path.

There are two circular options along Wales' most popular coastal destination. A 12.5 mile walk which offers participants the chance to see Britain's smallest city, St. David's, or a tougher 24 mile route which takes you further along the coast and across country, taking in the charms of the village of Solva.

The HACK takes a lot of planning and organising and requires many people on the day to help support walkers. The NSPCC is looking for volunteers to help.

Volunteers play a key part in the organising and running of the event and keeping all walkers safe during the day. The types of things you could get involved in are:

- Join your local HACK committee and help in the pre-planning and organisation
- Registering entrants on the morning of the walk prior to their starting
- Manning a check point - registering walkers' progress and safety or handing out drink and refreshments
- Marshalling along the route
- Assisting with the BBC at the end of the walk (if applicable)
- Helping set up the HACK site the day before
- Collecting and delivering equipment and supplies for the event
- Assisting at 'HQ' where walkers are monitored via computer
- Registering entrants on completion of the hike and handing out certificates and t-shirts
- Help by donating relevant goods for the day (van hire, drinks, BBQ food etc)

NSPCC fundraising manager, Jo Leonard, said (We really want to hear from anyone who would like to help out. Volunteering is a fantastic way to support the NSPCC and it's fun! You can get a lot of satisfaction and enjoyment from knowing you're helping out at an event that will be raising vital funds for vulnerable children and young people who desperately need our support".

To find out more about volunteering, please contact the NSPCC Cymru/Wales appeals office on Tel: 0203 188 3658 or e-mail: [walesappeals@nspcc.org.uk](mailto:walesappeals@nspcc.org.uk)

For further information, online registrations and payments, please log on to [www.nspcc.org.uk/hack](http://www.nspcc.org.uk/hack) The registration fee is £20. per person and the walk is for over 18s only. The registration deadline is Friday, 26th August, 2011 for St. David's.

# Scout Camp 2011 – Acorn Adventure Centre Llangorse



**On Monday, 30th May, 25 Scouts and 4 Leaders set off for a very different Scout camp experience. In the past Scout camps were very traditional with tents, fields no mod coms and certainly no mod amenities! But not this year. This was five star accommodation by comparison. As soon as the Scouts arrived they eagerly found their cabins and beds and where they would be living for the next five days. Even the Scout Leaders (especially one!) eagerly bounced on their beds and ran water just because they could! The Leaders even had a TV in their lounge but surely there would be no time to watch it!**

As soon as the Scouts had unpacked, the dark black clouds and rain disappeared and the sun shone – this was to be the weather for the next five days – even suntan lotion was to be applied! The troop was split into three patrols, each patrol was allocated a Leader and the timetable shown, definitely no time to watch TV!

Each patrol had a morning activity and then they would gather altogether at base for a very delicious lunch and then depart for an afternoon activity. Three hours later Scouts would

return to base slightly tired, extremely excited to swap stories with their friends and eagerly awaiting their again delicious evening meal with pudding!

So what were the activities on offer to each Scout and Leader? Well, there was dragon boating, sailing, kayaking, wall climbing and abseiling, high ropes, raft making, zip wiring and no Scout camp would be complete without a five mile hill hike, although I am still convinced it was actually a mountain not a hill!

The ultimate memory for me though was on the Wednesday evening when all Scouts packed an overnight bag! Their bags were then loaded onto an awaiting speed boat. The Scouts were given their instructions; they were camping overnight in tents further down the lake. The two dragon boats filled with 25 Scouts and their Leaders paddling off into the distance and with their oars in time was a sight to behold. Once the Scouts disembarked, camp was set. Firewood was gathered and a camp fire lit. The firm favourite as always was twizzlers and marshmallows roasting on the camp fire. The following morning the tents were packed

away and everyone returned to base again in the dragon boats for a much needed breakfast.

Camp ended on the Friday with lots of wet clothes but not because of rain – because of the activities! And as always it never ceases to amaze me, youngsters these days get so much bad press, but to watch these Scouts aged between 11-14, boys and girls, over the week tackle each activity with enthusiasm, vigour and never a moan. Each Scout overcoming a personal goal, whether it was fear of heights, being away from home or even trying pasta for the first time. We sometimes don't give credit where credit is due. So I would like to thank each Scout that came on camp this year for a fantastic week. It was a pleasure being with you all and watching you enjoy your week. Special thanks to David (Skip), Mark and Colin for making the week possible. So not a traditional camp with traditional Scout skills this year but certainly one that I will remember and very probably, 25 Scouts will too.

**Simba (Ruth)**

# RADYR & MORGANSTOWN ASSOCIATION

We haven't told you about what the Association is doing recently, so here is a quick update.

Firstly we have had to make a few changes to our meetings for the rest of the year. Our next meeting, on 5th September, will now be a joint meeting with the Community Council focusing on next year's Diamond Jubilee celebrations. There are more details about this meeting elsewhere in this edition of the Chain. Everyone is welcome; the meeting is not just for Association members. Do come along if you have any ideas to contribute. Rhodri Morgan will be addressing us on 7th November (topic to be chosen nearer the time) and Professor Ron Eccles will be talking about his work at the Common Cold Unit on 6th February. Please put all these meetings in your diary; they will all be in the Garth Room in the Old Church Rooms, starting at 19.30. Non-members of the Association are always welcome.

Incidentally, we no longer include on the agenda for our meetings a report from our local Councillor, Rod McKerlich. He now reports every month at the PACT meeting (next ones are 15th September and 8th November, both 19.00 Old Church Rooms) and we do not wish to duplicate things. We encourage you to attend.

Work on the hard-standing area at Parc Radur is now completed. This area can now be used by children of all ages to play games (football, netball etc.) all year round, particularly when the grass area is too wet for play. We had hoped the work would have been completed for us to use during the Festival for the 'Concert in the Parc' but it took longer than anticipated but will provide an improved community facility for the future. Cardiff County Council carried out the work at the request of our Councillor, Rod McKerlich, to whom many thanks.

Wish almost half a year away, we have started planning the Christmas Tree lighting ceremony, which will take place this year on Thursday, 8th December. With the support of the Community Council and the local traders and some luck with the weather, it will be even better than last year. We hope to have some Christmas lights to switch on in Station Road in addition to the usual Christmas trees above the shops and there will again be an additional tree at the Sidings if it's possible. The local businesses will be competing for the "Best dressed window" and there will be craft stalls, a bar and BBQ and lots of Carol Singing. Santa may well drop in for a visit ...

And wishing even more time away, a quick reminder that the R&M Festival next year will run from Saturday, 5th May to Sunday, 20th May and we will be supporting The George Thomas Hospice charity. The theme for the Festival will be King Arthur/Camelot. Note that George Thomas Hospice is now our charity for the year – until after the Festival. This means that, if we run any events (such as at Christmas), we will seek to promote the charity and take the opportunity to fund raise for them. If you are involved in an R&M organisation that is considering donating funds to a charity, then do consider joining with us. Together we should be able to raise quite a respectable sum over the year. And by the way, do let us know if you have a charity to suggest for future years. We are very open to suggestions.

We hope you have noticed that the flower baskets have come to Station Road at last and very nice they look. Many thanks to Cardiff Council for supplying them, even though we had to wait rather a long time! If you are at the Old Church Rooms, have a look at the delightful flower garden that has been created by Park Road nursery by and for their children. The materials were donated by Pugh's to whom we also send our thanks. This little garden radiates with colour along with an abundance of

health green beans – well done nursery staff and children.

If you would like to become a member of the R&M Association (there is no charge for membership and you will receive our regular two-monthly Newsletter), or would like to hear more about Association activities, contact the Secretary, Nick Hawkins (029 2084 2561 or rma@radyr.org.uk) or have a look at our web pages on [www.radyr.org.uk](http://www.radyr.org.uk)

from front cover...

## Radyr Youth Festival of Cricket Youngsters Enjoy Cricket and Sunshine

Others from the Under 13s and Under 15s helped to umpire and score, which was great experience for them. Huge numbers of parents stayed for the entire day and enjoyed the cricket and the sunshine.

In addition, the club raised nearly £1,500. towards the new outdoor net complex, which will be a huge benefit to everyone at the club, from our oldest players to our youngest!

Thank you ...

I'm sure that everyone would want to extend a huge thank you to Tony Butlin and Sarah Jones for all their hard work in organising the event. Thank you also to all the parents and club members that ran stalls, managed teams and helped on the day. Thank you to all the older children that umpired and scored. Thank you to all the parents that supported and the children that participated. Thank you as well to everyone who stayed to help clear up afterwards – it made life a lot easier!

Most importantly, we hope that everyone had a great time.

# RADYR PRIMARY SCHOOL

The Summer Term 2011 has been a fantastic term for the staff and pupils of Radyr Primary School and it has been particularly rewarding for myself.

I was four days in post (with four day's experience as a Headteacher) when Estyn rang to say the school would be inspected four weeks later and I had to work quickly to ensure that I understood the school's many strengths and areas in need of development.

The support I received from staff, pupils, parents and the governing body was both excellent and vital and by the time the inspectors arrive, myself and the staff were ready to 'show off' the fantastic work that continues everyday within the school. Our report is due to be published mid-August and whilst there are clear areas that we can improve on, I am delighted that the many strengths of the school have been recognised throughout and the main contributing factor is of course the children who attend our school. Their behaviour and manners are exemplary and inspection team commented after each session how impressive the pupils were in terms of conduct, attainment and their use of Welsh. They truly are a credit to us and we are very proud.

Inspection aside, I believe that Easter was the best time to take up post. I took part in a fantastic three mile fun run and attended the Service that marked the end of the two-week Radyr and Morganstown Annual Festival where I was delighted to listen to our choir perform songs which they had written. The festival highlighted the strong community that surrounds our school and the many benefits the children gain from it.



Our PTA work very hard to ensure that Radyr involves the community as often as possible in the life of the school.

Throughout the term, the school has received many awards, particularly in football and netball and we were delighted to receive our second Health School Leaf before the end of term – a fitting accolade to the hard work of staff and pupils.

Before the end of term, our orchestra and choir (including our Year 2 Choir) entertained a capacity crowd in the school hall. The children weren't at all fazed by the size of the audience and performed with an amazing level of skill and composure.

The Summer Term has seen a significant number of pupils join us at Radyr with all parents commenting upon our school's excellent reputation. This reputation is nothing new; it has been developed over 115 years and continues to grow through the efforts of the pupils, the hard work and dedication of the staff and the support of our parents and school governors.

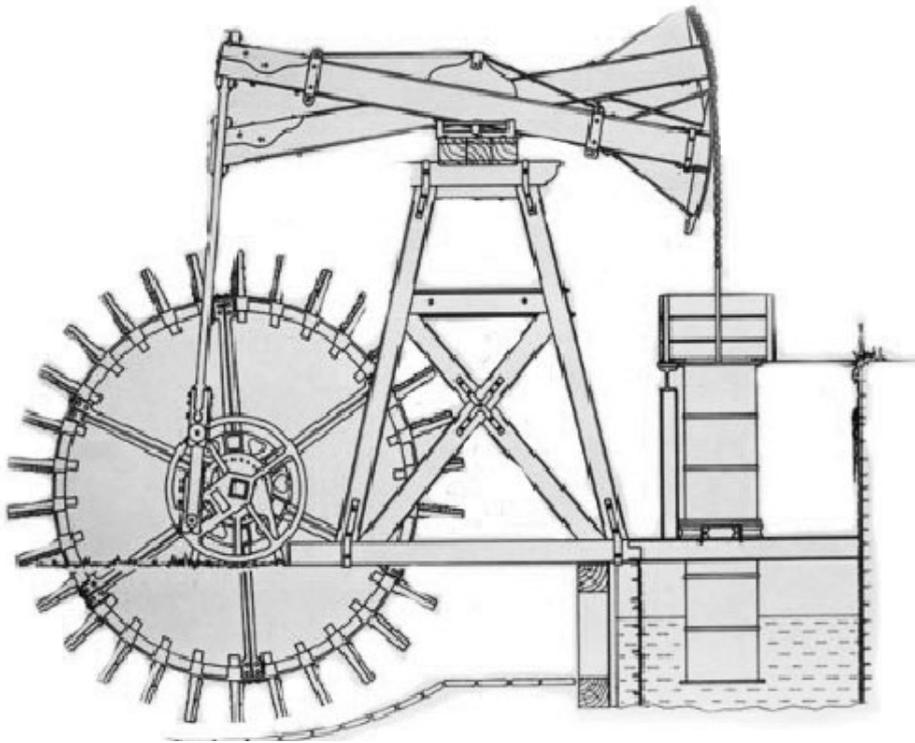
I am delighted to see our Year 6 children growing with excitement as they prepare for their transition to high school. I am also a little sad that I have only had one term to get to know them. In their final term they have set an excellent example to the rest of the school and I can't wait to hear about their future achievements.

Luckily we have an excellent group of Year 5 pupils ready to take the lead and as everyone moves up the school (and we are joined by a very excited new intake of Reception pupils), the coming school year will see Radyr continue to develop and grow as part of this community. We will endeavour to keep you posted.

May I take this opportunity to wish staff, pupils, parents, governors and all members of the community a fantastic, safe and sun-filled summer!

**Jonathan Bussy**  
Headteacher  
Radyr Primary School

# History Society Notes



## Can I draw readers attention to three walks during September of historical interest.

**Walk 1.** Sept 3rd to 5th 2011. Historian Madelaine Grey will be recreating the three day pilgrimage walk from Llantarnam to Penrhys. Llantarnam was a Cistercian monastery just north of Newport and in the later middle ages a very famous statue of Virgin Mary was found on a farm owned by the monks at Penrhys in the Rhondda. Pilgrims flocked to the shrine. This is a moderately difficult walk over three days taking in some of the lovely Monmouthshire and Glamorganshire countryside. Walkers will return to the Cardiff area each evening. Why not join us for one or more days.

**Walk 2.** Sunday 11th September at 2.30. Allan Cook will recreate the walk looking at the industrial heritage of Radyr and its surroundings as part of the Open Doors initiative of the Civic Trust for Wales. This

relatively easy four mile walk on the flat follows established footpaths. It will look at the Taff Vale Railway, the Glamorganshire Canal and feeder, the tramway between Gwaelod y Garth and Melingriffith iron works, the wheel at Melingriffith, Gelynis Farm and the Norman Motte and Bailey at Morganstown. The newly restored Melingriffith water wheel will be working on this afternoon. Duration about 2 1/2 hrs. Free. Meet at the entrance to Radyr station.

**Walk 3.** Thursday 15th Sept at 7.45. A ghost walk around Llandaff. Experienced ghost hunter Jim Cowan will lead this walk for the R&M History Society. Cost £4. For more details or to book phone Allan Cook on 2084 3176.

## FLYING DUCKS

Do you remember the series of three plaster flying ducks, or were they geese, so popular in the 1950's? They flew across the walls of many a stately home and were immortalised in one of the houses in CORONATION STREET. The Drama Society are looking to borrow or buy three such cultural icons for their next production SAILOR BEWARE. Sailor Beware is set in the late 1950's in a northern English town. The daughter of the house, Shirley, is about to marry the aforementioned sailor much to her mother's disgust. Emma Hornett is the original mother and mother-in-law from hell, dominating the lives of her hen pecked husband and family.

Unusually for the period, when the play opened at the Aldwych Theatre in London in 1955, it had no star names. Those were the days when drama critics sent back their copy immediately and the reviews could be read next morning. Peggy Mount received such rave reviews for her performance as Emma Hornett that when she arrived at the theatre on the second night the billboard read, Peggy Mount in Sailor Beware.

That was the beginning of Peggy Mount's very successful theatre, television and film career. Sailor Beware was made into a film the following year starring Peggy Mount, Shirley Eaton, Ronald Lewis and Gordon Jackson.

SAILOR BEWARE is a classic comedy of the period. By modern standards it is delightfully politically incorrect and will have you rolling in the aisles. The cast of nine will include many of the companies established favourites as well as new faces. SAILOR BEWARE can be seen at Morganstown Village Hall on Thursday to Saturday November 24th to 26th.

Oh yes! If you do have a set of flying ducks please contact Allan Cook on 2084 3176.

# Summer End

**What does 'Summer End' mean to you/ Warm near-autumnal days spent reflecting on recent holidays? The beginning of the harvest?**

No. 'Summer End' is the name of the old people's home featured in the play of that name (written by Eric Chappell, more famous for 'Rising Damp') performed in Morganstown Village Hall from 9th to 11th June by the Radyr Drama Society. Summer End is not a nice place; people die there. And it was set in winter, just before Christmas. But it wasn't very Christmassy either.

The plot was set in just one room, excellently designed as ever by Dave Burgess and dominated by the two inmates (I use the word advisedly), May Brewer (played by Nicky Webber) and Emily Baines (played by Zoé Pearce). May had taken over the very bed recently occupied by Bella, who had died in suspicious circumstances (according to Emily). And what had happened to her money and her sapphire ring?

Eric Chappell's plot led us on a merry dance of suspicions involving almost all the characters presented to us. Was it Sally (Rachel Jordan) the



Welsh orderly who was clearly improving her house beyond her means? Or the owner of the home, Mrs. Lang (Julia Hallinan), who seemed to have little regard for her clients? Emily's son, Alan (David Roberts) seemed above suspicion, but was he? We even had doubts about the loathsome Vernon Watts (whom we never met).

This, in my opinion, was not the finest RDS production I have seen. Zoé was, however, on top form as the manipulative and acerbic Emily and held the plot together almost single-handedly. Thora Hird (who came to mind) could not have done it better. Nicky's character seemed a

bit slight by comparison but came to life in the second act. Rachel's Sally was nicely done with a good reading of the character. Julia looked the part as the occasionally formidable Mrs. Lang but, perhaps, lacked consistency. David stumbled over a few of his lines as Alan and struggled to place his character until he, along with Nicky, came to life towards the end.

So, a slightly halting production but one that was, in the end, as enjoyable as ever. You can't go far wrong with a play that has lines like 'For someone with glaucoma, you don't miss much' and Graham Pearce's production strove hard to bring out the humour, to which the audience responded well. A bit more certainty in the dialogue and greater depth in some of the characterisation would have worked wonders. Geoff Davies and Peter Davies' lighting was as competent as ever, given that special effects were not called for.

So whodunit? Indeed, was Bella murdered at all? If you don't know, you didn't see the play, so shame on you. You will have to see it somewhere else as I am not going to tell you. And don't miss the next production of this very talented group.

NH



# CARDIFF HARLEQUINS RFC



**Would like to welcome new players who will help the club in its drive for promotion to Division 3 of the WRU SWALEC National Leagues.**

The Club was originally called Cardiff High School Old Boys but even though it was an open club the name gave the impression that membership was limited to former pupils of that school. The Club has always attracted players from all over Cardiff and beyond – no doubt the reputation for friendliness and playing open running rugby has always been a big draw along with facilities that are second to none.

The Club's home is the Diamond Ground on Forest Farm Road in Whitchurch – an ideal location alongside the River Taff and adjacent to the Country Park. In addition to senior and junior rugby for both men and women, the Club also hosts a Cricket Club, a Lacrosse Club, a Running Club and weekly Line Dancing classes (Mondays at 7pm).

CRICC is responsible for organising the rugby teams from U7 to U13 within the club. Its policy is to hold all training sessions in Welsh so that the children hear and use the language for two hours a week outside their school environment. Most of the children now come from homes where neither parent speaks Welsh, but the children attend Welsh medium education. Implementing the policy is a constant problem as it is difficult to find suitable volunteer coaches who are fluent in the language. From U14 upwards the club is bilingual. If you feel that this standard, played at the club, is suitable for you, come and prove it, profit from it and enjoy the experience. Training for the 2011-12 season will start mid July. If playing is not for you and you

## A Long Walk for Save the Children

**From August 11th onwards myself (Carys Bird, 18) and two friends, Gareth (17, St Teilos) and Tom (17, Cardiff High), will be walking over 200km along the South Wales coast in order to raise money for Save the Children.**

After months of planning and some last minute alterations, our route is complete - from Cardiff Bay to St David's in Pembrokeshire via Barry, Porthcawl, Port Talbot, Swansea, Carmarthen, Tenby, Bosherton and Milford Haven. Phew. We hope to finish by the 19th, which means over 30km a day of walking (the first day being a massive 42km) and we will be camping every night. The route is very varied - from seaside resorts to

are a Welsh speaking rugby fan, come and help us regain our language through playing the game.

This Summer has seen the formation of the Cardiff Harlequins Pétanque Club – Pétanque being a game which is very well known in France. Come along before 8pm on Tuesdays if you are interested in playing. The Club's location on the Taff Trail is ideal for cycling, canoeing, rambling and many other activities. If you are interested in using it as a base, or would just like more information about any of the current activities, please contact one of the Committee found from this web address:

[www.rugby.cardiffharlequins.com/contact](http://www.rugby.cardiffharlequins.com/contact)

Other web addresses for more information are:

Cricket – [www.cardiff.plya-cricket.com/home/home.asp](http://www.cardiff.plya-cricket.com/home/home.asp)

Lacrosse – [www.cardifflacrosse.co.uk/](http://www.cardifflacrosse.co.uk/)  
Pétanque – Facebook [see Cardiff Harlequins Pétanque Club]

Running:

[www.welshathletics.org/clubs/club-list/cardiff-harlequins-running-club.aspx.aspx](http://www.welshathletics.org/clubs/club-list/cardiff-harlequins-running-club.aspx.aspx)

*In British sport the name Harlequin implies a club that is broad based with very open attitudes and a desire to play sport attractively not just to win*

beautiful inlets to industrial sites - and we know that it will be a fantastic experience and a very memorable way to see more of Wales.

We will be talking on BBC Radio Wales and (fingers crossed) on BBC Wales Today at some point and hopefully in newspapers along the coast so look out for three extremely good looking people in Save the Children t-shirts!

Many friends have called us crazy but already, following some assemblies, a cake sale, a raffle and support from our schools and families, we have raised over £1800 and with your help can smash past the £2000 mark. Save the Children is a brilliant charity that works in over 120 countries to help break the poverty chain and aims to give every child a fair shot at life.

Each year, 8 million children under the age of five die of preventable illnesses and we want to help their work in tackling this.

If you would like to sponsor us and give to Save the Children, please visit our JustGiving website -

**www.**

**[justgiving.com/Cardiff2StDavids](http://justgiving.com/Cardiff2StDavids)**

Finally, if you would like to wave us off on our trek, then get yourselves down to Roald Dahl Plass on 11th August to say goodbye (you'll have to be there at about 6am though as we need to leave very early!)

I hope you can all give something to help a great cause and all that is left to say is bring on the blisters! and here is a picture of the team.



From Left to Right Tom Bevan, Carys Bird and Gareth Whatley

## CARDIFF QUINS GIRLS RUGBY PLAN TO OUTSMART OPPOSITION



Local girl's rugby team, Cardiff Quins hope to outsmart the opposition next season thanks to a sponsorship deal with Local Independent Mercedes-Benz Specialist Stuttgart Garage. Joanne Jones, Cardiff Quins Under 18's Captain and Megan Jones, Cardiff Quins Under 15's Captain who are pictured above with Kevin James, were delighted with the new kit bags, tracksuits, polo shirts and hoodies.

Kevin said "When we were approached by the Quins I was delighted that we could help". Cardiff Quins have over the past three years developed into one of the premier girls clubs in Britain, with several players having represented Wales. Now all their hard work and dedication has been rewarded.

Visit: Cardiff Quins at  
[www.quinsgirlsrugby.co.uk](http://www.quinsgirlsrugby.co.uk)  
Stuttgart Garage at  
[www.stuttgartgarage.co.uk](http://www.stuttgartgarage.co.uk)



# Girlguiding UK

*girls in the lead*

## RADYR FRIENDS OF GUIDING POSH NOSH EVENING

Do you remember when the Guide Centre opened in 1984 we held some very enjoyable evenings, just good food, wine and chat?

On Saturday, 15th October, we are holding a Posh Nosh Supper to raise funds for expensive structural repairs to the Guide Centre.

Do come and join us and meet up with friends old and new over a glass or two of wine and good food.

**Tickets £17.50. Licensed Bar**

To buy tickets and book your table by contacting  
Judith Tel: 2084 3371,  
Gail Tel: 2089 1137 or Pam Tel: 2089 2010  
or any member of the Friends of Guiding committee.



Due to the announced retirement of our current postholder, Radyr Primary School are looking to appoint a new caretaker for September 2011. The successful applicant must have a flexible and adaptable approach to undertaking a variety of work, assisting the headteacher in ensuring that our school is safe and presented to a high standard.

The post is for 33 hours a week with the opportunity of an additional 15 hours cleaning duties. The post also requires the successful applicant to act as a keyholder for out of hours contact and lettings and the position is subject to an enhanced CRB check.

A full job description and further information about the post can be obtained by contacting:

**Mr. Jonathan Bussy**  
**Headteacher, Radyr Primary School**  
**Park Road, Radyr CF15 8DF**  
**02920 842228**  
[schooladmin@radyrprm.cardiff.sch.uk](mailto:schooladmin@radyrprm.cardiff.sch.uk)