

HALLOWEEN FUN AT RADYR LIBRARY

We've had a busy autumn so far with lots of under 5s and their carers enjoying our Rhyme and Story times at 10. 15 and 2.15 on Tuesdays and our new Amser Stori, with Kate from the Central library, at 10. 15am on Wednesdays. The rhymes and songs have been enlivened by sets of maracas kindly donated by Radyr and Morganstown Community Council, to whom we say a big thank you. The instruments are handed out each week and then carers, babies and toddlers all sing and shake together!



Our Halloween Party was spookily successful with a waiting list for tickets. Everyone dressed up and listened to stories and took part in each of the craft activities that Anne had devised. For ticketed library events, please let us know if you are not able to use your ticket, so we can offer the place to others. Congratulations to Siona Awsare, who won the story competition and Annelise Aus, who won the pumpkin colouring competition.

continued on page 7

Remembrance Day 11th November 2012

On Remembrance Day what appeared to be a record crowd had gathered in Heol Isaf, in warm sunshine, to witness the Act of Remembrance. The march on from Station Road was led by the City of Cardiff (Melingriffith) Band and the procession from Christ Church was led by Lieutenant Colonel Guy Clarke, OBE, TD, DL. The Prayers at the

Cenotaph were given by the Rector, the Reverend Canon Jenny Wigley assisted by the Assistant Curate, the Reverend Christine Colton and representatives of the Methodist and Roman Catholic churches of the parish of Radyr and Morganstown.

The first wreath was laid on behalf of Her Majesty The Queen by Lieutenant Colonel Guy Clarke, a Deputy Lieutenant of the County of South Glamorgan. He was followed by County Councillor



*continued on
page 11*

HALF MARATHON SUCCESS



Clare Rayner with her husband and brother who ran the Cardiff Half Marathon and raised £605 to be shared between the NSPCC and Barnardo's



RADYR CHAIN

Free to every home in Radyr and Morganstown

Number 203

December 2012



A winter scene by Sylvia Middleton

What a fantastic response once again! We presented our filled Christmas shoe boxes at 11am. Service at Christ Church on Sunday, 18th November and what a glorious, multi-coloured wall we built. Each box was filled to capacity with interesting gifts for boys and girls of specific ages.

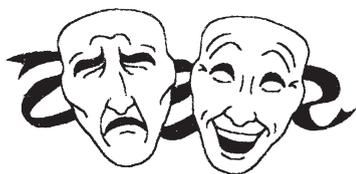
The generous people who filled the boxes include the Sunday Schools and congregations of St. John's and Christ Church, Radyr and Morganstown WI, Lady members of Radyr Golf Club, Radyr Housewives Register and French class Rhiwbina. Others who must be thanked are those who gave me donations to help with transport costs.

continued on page 7



OPERATION CHRISTMAS CHILD (Shoe Boxes)

COMING EVENTS



N.B. Details of all coming events can be found in the Diary section of the website www.Radyr.org.uk

December

- 1 Radyr Primary School Christmas Fayre 10.30-12.30. Why not come and join us, fun for all the family. Lots of stalls including tombola, toys, books, bingo, arts and crafts, Secret Santa, games and refreshments. Don't forget to visit Santa and get your magic reindeer food ready for Christmas. We look forward to seeing you there. 10.30am
- 2 FAMILY FUN CHURCH. Children of all ages, with accompanying adult(s), are invited to join us in our new venture Every first Sunday afternoon of the month for fun, craft, Bible story and song, plus refreshments. From 4pm to 5.15pm at Radyr Methodist Church. 4.00pm
- 7 Christmas Tree Lighting Event. See Details for the various venues on the noticeboard 6.00pm
- 9 Cylch Meithrin Christmas Fair. Radyr and Morganstown Cylch Meithrin would be delighted to see you at their Christmas Fair at the Old School Rooms between 10am and 1pm. We will have kiddies craft tables, nearly new clothes and toy stalls, gift and goodies stalls, seasonal refreshments and much more. 10.00am
- 10 Radyr & Morganstown WI. Old Church Rooms 6.30pm

January

- 2 MERCHED Y WAWR, RADUR. SANDRA ROSE yn siarad am ei gwaith llaw cywrain. Eglwys Methodistiaid Radur. 7.30pm
- 9 DNA Barcoding of the Welsh Flora Tim Rich of the National Museum of Wales will give an illustrated talk on the use of modern techniques in the classification of native plants. Radyr, Morganstown & District Gardening Club in the New School Rooms, Christchurch starting at 19.30 and followed by coffee/tea and chat. All are welcome. For more information please contact Richard Gregory (029 20842084). 7.30pm
- 25 MERCHED Y WAWR, RADUR. CINIO NOSON SANTES DWYNWEN. Clwb Golf, Radur. Cor y Waun Ddyfal Tocynnau £18 Ffoniwch Carys 20615616 7.30pm

RADYR METHODIST CHURCH CHARITIES FAIR & COFFEE MORNING 3RD NOVEMBER, 2012.

Christian Aid	£297.06
Catwel	£50.00
Radyr Methodist Church	£35.50
George Thomas Hospice	£120.00
Traidcraft	£60.00
Tenovus	£225.00
Guides	£130.00
CASIP	£30.00
PONT	£80.00
Scout Stamps	£168.00
Shoe boxes	£53.71
Family Fun Church	£12.10
Total	£1561.97

Thanks to all who helped and supported this event.

MERCHED Y WAWR RADUR

Mae hanner cant o aelodau yn cwrdd ar nos Fercher cyntaf bob mis yn neuadd y Capel Methodist yn Windsor Road. Daeth Dr. Eurwyn William atom ym mis Medi i siarad am gelfi Brynmawr. Aethom i fyd llenyddiaeth Cymru gyda Lleucu Siencyn ym his Mydref. Daeth Hywel Wyn Edwards, trefnydd yr Eisteddfod Genedlaethol i siarad am ei waith yn Nhachwedd. Byddwn yn ymuno gyda changhennau eraill y De ddwyrain ar nos Lun 10 fed o Ragfyr yng nghanolfan Gymraeg Soar ym Merthyr am ei gwasanaeth Nadolig. Mae croeso i aelodau Newydd yn enwedig y rhai ohonoch sydd yn dysgu Cymraeg. Mae ein cyfarfod nesaf ar Ionawr yr ail am 7.30pm pan fydd Sandra Rose yn siarad am ei Gwaith llaw cywrain.

Christmas Services at Christ Church

Sunday 23rd December

8am & 11am
Holy Eucharist

6pm – Nine Lessons and Carols, led by the choir

Monday 24th December Christmas Eve

6pm – Crib Service – the Christmas Story led by the Sunday School

11pm – Holy Communion for Christmas – 'Midnight Mass'

Tuesday 25th December Christmas Day

8am – Holy Eucharist – a simple short service of Holy Communion

11am – Family Eucharist – Holy Communion with Christmas Carols. Bring along a toy or gift to show us and make us smile!

Christmas Services at St. John's

Friday 21st December

6pm – Carols round the Crib, shared with Danescourt Christian Fellowship

Sunday 23rd December

9.15am – Family Eucharist

Monday 24th December Christmas Eve

9pm – Holy Eucharist – Christmas Communion, with Carols

Christmas Services at Radyr Methodist Church

Sunday, 16th December

10.30am – All Age Worship

6.00pm – Carol Service by candle light
Tea/coffee and mince pies will be served

Sunday, 23rd December

10.30am – Family Fun Christmas

Monday, 24th December

11.30pm – Communion Service

Tuesday, 25th December

10.00am – Christmas Celebration Service

Letters, articles, reports and other contributions are invited and should be submitted by January 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.

Editor - Mary & Robert Pearce, 1 Windsor Grove, Radyr. 2084 2615

E-Mail address - Chain@radyr.org.uk

What's On - Mary Pearce, 1 Windsor Grove, Radyr. 2084 2615

Advertising - Jerry Bray, 41 Hazel Tree Close, Radyr. 2084 3387

E-Mail address - jerrybraychain@tiscali.co.uk

Hon. Treasurer - Ellis Jenkins, (to whom donations may be sent; they will be gratefully acknowledged) 62 Windsor Avenue, Radyr, CF15 8BY

Distribution - Chris Wills, 1 Llwyn Drysgol, Radyr. 2084 2197

STATION ROAD
RADYR

SPAR 

PHONE
2084 2437

JEFF, JANET, STEPHEN AND STAFF
WISH ALL OUR CUSTOMERS
A VERY HAPPY CHRISTMAS AND NEW YEAR

WE ARE HERE FOR YOU OVER THE CHRISTMAS PERIOD

WITH MANY SPECIAL OFFERS

COME AND CHECK OUT OUR OFF-LICENCE PRICES
THIS CHRISTMAS

OPENING TIMES FOR THE CHRISTMAS PERIOD

Christmas Eve - 8am to 8.30pm
Christmas Day - CLOSED
Boxing Day - 9.30am to 1.30pm

New Years Eve - 8am to 8pm
New Years Day - CLOSED



NEW FUN MUMS AND TODDLER CLASS COMES TO RADYR



Occupational Therapist and founder of Discotots, Zoë Jefferies, has developed a unique music and movement programme for preschoolers, with an upbeat and contemporary twist!

Discotots offers fun learning through funky action songs, dancing, musical games and exciting props! It's also a chance to have a boogie in a friendly, relaxed environment with disco lights and bubbles, to feel good tracks that will even have the nans bopping!

Zoë says 'After having my son, I wanted to create a class or an activity that would be just as much fun for the mums (and dads and grandparents!) as it is for the tots.

What better way to start a bleak winter morning than in a fun-filled disco session?!

Funky Discotots birthday parties also available (up to 10 years).

For more details and to book a **free** taster session contact

T: 029 2070 6502

M: 07970 626 318

W: www.discotots.com E: info@discotots

FOUND

ONE EARING

**IN THE VICINITY OF THE
SCOUT HALL**

Telephone: 029 2084 2289

RADYR PARISH MUSIC GROUP

The Radyr Parish Music Group held a very successful Open Evening in September to launch our 2012-2013 season. As well as attracting new members it was an opportunity to introduce the brand new production team for our February musical, Rogers and Hammerstein's Oklahoma! Ben Pinnow becomes our new Musical Director. Ben is a Cardiff-based choral conductor and pianist, experienced in a wide variety of musical fields including musical theatre. He recently conducted Opera Mint's production of The Magic Flute. The second member of the production team is our Artistic Director and Choreographer Jane Clarke. Jane comes from Penarth where she runs the Jane Clarke School of Dance. Jane was the Choreographer of our past two musicals and is very much looking forward to playing an even bigger role and to working with Ben. Pauline Gutteridge once again brings her wealth of experience in her role as Assistant Musical Director and resident pianist. Simon Davison completes the team, returning as the show conductor and to take charge of our orchestra of young players.

Oklahoma! will be performed at the Bishop of Llandaff High School on Wednesday, 13th February to Saturday, 16th February, 2013. Tickets (price at £10. and £8. for concessions) will be available from January from ticketsource.co.uk/rpmg or from Maggie Roberts (2084 2995), Sue Thomas (2031 0894) or from RPMG members.

We are always looking for extra people to help especially during the week of the production – if you would be interested in helping out backstage please email us on music@radyr.org.uk For more details please visit our website at www.radyr.org/music

Julia Hallinan

News from Radyr library

continued from back cover

On-going events in the library include Councillor Rod McKerlich's Saturday morning surgeries, our fortnightly police surgeries (Cuppa with a Copper) and our monthly knitting and crochet group. To find out the date of the next event please contact the library. Don't forget you can also get your recycling, food and dog waste bags from the library and return your used batteries. At Christmas time we also sell scout stamps and have a scout post box.

A new adult monthly reading group has started in Radyr meeting on Mondays at 6pm. If you would like to join us please get in touch and ask for details of the next book we will be reading.



Our Christmas celebrations this year will include a special Christmas under 5s rhyme and story time in the week before Christmas, a crafts table where children can help themselves to activity sheets and crafts, a raffle and quiz available throughout December to raise money for the NSPCC (our Christmas charity) and a special coffee afternoon from 2pm onwards on Friday 21st December.



We know that many of you have tried our e-audio and e-book downloads. We now have some new additions to the great range of on-line resources available to library members. "Theory Test Pro" is designed to help with the driving theory test, while "Who else writes like this" does exactly what it says and suggests similar authors; it's a great way to discover new authors. "Who next" is a similar guide to children's authors. Many members are also making use of the family history websites available free with your

library card, "Ancestry" and "Find my past", although these do need to be accessed on a library pc. All of these wonderful resources are free with your library card.

Don't forget to bring your card with you each time you visit the library,

With all good wishes for Christmas
and the New Year,
Caroline, Jen and Anne at Radyr
library 2078 0996
radyrlibrary@cardiff.gov.uk

OPERATION CHRISTMASCHILD (Shoe Boxes) ...from front cover

Other super-stars include Gill Davies (Radyr Parish Music Group) who knitted 42 beautiful Beanie hats, Hilary Kitcher who knitted a bag full of clown and teddy bear hand puppets, bags and hats, Isobel Brown who also knitted and Rose King who rallied her pals into filling nine boxes.

This year our marvellous total was 166 boxes. These were collected on the 19th November by volunteers, then delivered to the warehouse before distribution to such countries as Belarus, Bosnia, Romania, Haiti, Kenya, Swaziland and many more.

On behalf of the children who have now received a Christmas present –
THANK YOU!

Anne-Marie Phillips

Treforgan WI

Wish you
A joyous
Christmas
and a
Happy
Healthy
New Year

Radyr Scout Group
has launched a new website
so to see what goes on
scouting wise in Radyr go to
www.radyrscouts.org

NEWS FROM RADYR & MORGANSTOWN WI

Our Institute was formed in 1957 and recently celebrated its 55th birthday at Radyr Golf Club on 1st October. This event was followed a week later by our October monthly meeting when our guest speaker was Sian Baker, a religion and ethics producer at the BBC. In complete contrast, our November speaker was Christine Greenow, a maker of exquisite jewellery with semi-precious stones. Both speakers were excellent and the meetings were well attended. It is especially pleasing to see new faces each month. Our membership seems to be steadily increasing.

It is easy to think that the monthly meetings are the only activities of the Institute. They are, indeed, its cornerstone where the business is always reported but Radyr and Morganstown WI literally never sleeps! Its extra mural activities are continuous and cover a very varied programme.

In September, a group of members went litter picking on the Mound Field as part of the "Keep Britain Tidy" campaign. Another group, on the 27th September, visited the Library Stacks where they saw interesting books of old Cardiff. On 10th October, there was a visit to the New Theatre to see the "cult" play "The Mousetrap". It was on tour for the first time in its sixty years run. Still in October, a group of stalwarts joined the Glamorgan Federation walk from Ystradowen where many of them got very muddy! We were also represented at the Autumn Glamorgan Federation council meeting where our delegate was Margaret Lewis who gave a comprehensive report back to members in our November meeting.

6th November found us in the BBC Studios in Llandaff for a fascinating guided tour ending with a fun photographic session against backgrounds of "Dr. Who" and "Merlin" and the Weather Report.

As is customary at the Remembrance Day Parade and Service, a wreath was laid representing the WI. This year it was laid by Rosanne Holmes, our Treasurer, as Pat Williams, our President, was away on a well deserved holiday.

Further into November on the 15th, a group are going to London to the Ideal Home Christmas Exhibition and on the 29th some of us will be going to hear Professor Pickard's lecture in Ararat Baptist Church. This is a Federation

event but our Institute has benefited from hearing this charismatic speaker as a guest at our own meetings in the past.

On 4th December, we join with our neighbouring Institutes in Aion Chapel in Tongwynlais for a Christmas celebration and on Monday the 10th, will end the year with our own Christmas meeting, the content of which has yet to be revealed!

Amidst all this activity our thriving "special interest" groups – book groups, genealogy, walking and art and craft continue to hold their monthly meetings and we now have a successful new group which began this October. The "Go On" initiative takes place in Radyr Library where experienced internet users are matched with learners who by means of one-to-one sessions are introduced to the advantages of going on line. As a totally "educationally challenged" pupil and a self confessed technophobe I have now enjoyed three sessions of this and am determined to continue. Thanks go to our "expert users" and to the "Radyr Library Girls" who make us so welcome in the library's community space .

In previous Chain articles I have mentioned the National federation of Women's Institutes challenge "Big Walk Little Splash", April-September, 2012. Our Institute achieved the 209 miles required but also as importantly was successful in achieving 100% participation. Some of our members are elderly but our Committee created opportunities for them to be involved and as well as improving physical well-being, new friendships and a sense of greater involvement were forged. The challenge even provided a lasting legacy as one of our most senior members, Mary Thompson, a sprightly 94 year old has started a walking group for people who are unable to walk very far. The "Little Walkers" now meet monthly and it provides an opportunity for a stroll, a chat and, of course, a cup of tea or coffee.

All the walks and swims have been recorded in a beautiful leather-bound journal complete with a CD. This has been taken to the Glamorgan Federation Offices and the Federation is forwarding it as the county entry to Denman College for judging at national level in the class for larger Institutes i.e. those with a membership of 36 and over. Who knows we might win the National Challenge – watch this space. No matter what the outcome, the legacy of this worthwhile project will live on and thanks go to all our members who took

part and particularly to our secretary, Gaynor Leaf, for the diligent and creative way in which the Journal was compiled and presented. A second copy will remain in our archives so I urge all members to read it.

We are now half way through November and fast approaching Christmas and New Year 2013. Our Programme for next year is about to go to print. Why not make a New Year's resolution to become a WI member? Our Institute strives to provide something of interest for all women. Our committee works tirelessly towards this end. If you are interested come along to one of our meetings. L.H.

For further information, contact
radyrandmorganstown.wi@gmail.com
or ring our President, Pat Williams, on
2084 3843
emailmpwradyr/@btinternet.com

WE HEAR THAT ...

As we prepare to descend into the depths of winter those organising the 2013 Festival are already basking in the early May sunshine. It will be a full two week Festival running from the 4th to the 19th of May, Tenovus are the chosen charity and it will be a colourful event, "colours" being the theme of the 2013 Festival.

There were few more colourful characters than the Welsh actor Richard Burton – some years ago the Festival presented a well received stage biography of the actor – this year's literary event will be a talk by Professor Chris Williams about his recently published, controversial and best selling *The Richard Burton Diaries*.

We are also happy to hear that, after a break of several years, a lunchtime concert will be given by artists from the Wales International Academy of Voice. The Academy is run by International tenor, Dennis O'Neill, to put a final gloss on singers destined for stardom and several singers who have appeared in previous Festivals are making quite an impression on the operatic world.

Finally, we are happy to hear that this year's main concert will be given by Cantemus, a choir that made such an impression in the 2011 Festival.

I can't wait for that May sunshine.

RADYR & MORGANSTOWN ASSOCIATION NEWS

The summer has come to an end with some successful events in the village – the 2012 Festival, which raised over £4500. for the George Thomas Hospice, a grand Jubilee Celebration organised by the Community Council, the re-opening of Radyr Library, the home international at Radyr Golf Club, the upgrading of the Tennis Club and our local dance group, Dance Angels, performing in Paris. And of course it was Olympic year.

But amongst the good news, we do have some concerns. We note with some alarm the recent imposition of a £1.50. charge for dispensing cash from the machine in Station Road, we deplore the continued closure for two days of NatWest bank and the loss of the café and greengrocers shop is very worrying. All these matters are the subject of discussion on the soapbox on the website. However, there may be good news on the latter as there are interested parties hoping to reopen the shops before Christmas.

By the time you read this article, the joint R&MCC and R&MA Christmas event will have taken place – we will have lit Christmas trees at the Granny Park, Morganstown, Lychgate Gardens and Windsor Gardens. Additional decorative lights will appear in Station Road thanks to the R&MCC and there will be the Christmas trees above the shops. This event is now well established in our village and let's hope it is here to stay!

Consideration is being given by the Association and other bodies to Cardiff Council's new Local Development Plan. It is proposed to develop the area between Pentrebanne and the Llantrisant Road with some 7500 houses and a further 750 houses in the Creigiau area. This would have a dramatic impact on our village – transport, schools, shops, leisure facilities and loss of green fields around the area. A number of meetings are being held to discuss the Plan and opposition is being countered by local groups.

Although this scale of development is not inevitable, Cardiff Council is being pressured by the Welsh Government to provide another 45000 homes over the

next twenty years. Initially Cardiff Council were planning a smaller number of houses on brown field land, but this was not accepted by the Welsh Government who insisted on a more expansive plan. Radyr Golf Club have taken advice as it is more than likely that houses will be built along the perimeter of their land, resulting in having to relocate part of the golf course! The traffic bottleneck through Llandaff will be greatly exacerbated and the "short cut" through Heol Isaf worsened. There are talks of opening the railway line through Creigiau and a link road to the M4, but this is all speculation. Your views should be communicated to either R&MCC or Cardiff Council who are holding meetings to discuss this urgent matter. The deadline for their response is Friday, 14th December. Further details can be found on the village website – www.radyr.org.uk

The planning of events for the 2013 May Festival is now well underway. Tenovus is the chosen charity. The theme for the Parade is "Colours of the World" and we are discussing with the two primary schools how they might use this as a school project with each class taking on a colour. Discussions have also taken place with the Comprehensive School as to where pupils can feature in the Festival. Allan Cook has already started to put together a number of arts events. We will be bringing back the "Concert in the Park" at Parc Radur play area, where we will have a number of youth bands performing. We are working with the local Tenovus group to make next year's Festival one to remember!

We have been discussing with the local library staff the idea of having village organisations taking space in the library to meet the community on a Saturday morning. This is to make people more aware of the various organisations and encourage more volunteers for these worthwhile groups.

Again we remind residents that the Association is looking for new members, especially younger people who are prepared to help organise, assist in events or just sit on committees, are all very welcome.

**Please get in touch with our
Chairman, Cyril Williams, 2084 2250
or our Secretary, Nick Hawkins,
rma@radyr.org.uk**

Remembrance Day 11th November 2012

...continued from back cover

Rod McKerlich and representatives of the Community Council, Community Association, the churches of the parish, military services, veterans and local organisations. Including for the first time pupils from the three schools in Radyr, the Comprehensive School, Radyr and Bryn Deri Primary Schools. In all twenty seven wreaths were laid under the direction of Lieutenant Colonel David Suthers, ERD, TD. The "two minutes silence" was observed at eleven o'clock and that part of the service was closed with the singing of the National Anthems, led by the City of Cardiff (Melingriffith) Band.

There followed a church service in Christ Church which was conducted by the Rector and the Assistant Curate, who also preached. The City of Cardiff (Melingriffith) Band led the march of veterans past the Cenotaph, followed by Air Training Corps cadets, scouts, guides, cubs, brownies, beavers and schoolchildren. The salute was taken by Lieutenant Colonel Guy Clarke. At the end of the parade the Community Council generously provided refreshments at the Radyr Tennis Club for all those who had taken part. Colonel Clarke read a letter from Her Majesty The Queen in reply to our letter of Loyal Greetings that had been sent to her from the village. The Chairman of the Community Council, Mr. Tyrone Davies, spoke to thank everyone for their support of Remembrance Day.

The results of the Poppy collection and wreath donations are being collated by the Royal British Legion and will be published in a later edition of the Radyr Chain.

Roy Scott and John Hunt

Letters...



Dear Editors

14th November, 2012.

May I through the medium of "The Chain", offer a very sincere Thank You to the kind people who stopped to offer assistance and the resident who provided a blanket for me while awaiting the arrival of the Ambulance on Sunday, 11th November.

Fortunately, my son and daughter-in-law were with me, but it is comforting to know that complete strangers were ready with help.

Thank you so very much.

A Grateful Resident

DEBIT CARD SCAM

Dear Editors,

Check your receipts before leaving the check-out

I bought a bunch of stuff, over £150. and I glanced at my receipt as the cashier was handing me the bags. I saw a cash-back of £40. I told her I didn't request a cash back and to delete it. She said I'd have to take the £40. because she couldn't delete it. I told her to call a supervisor. The supervisor came and said I'd have to take it. I said NO! Taking the £40. would be a cash advance against my credit card and I wasn't paying interest on a cash advance! If they couldn't delete it then they would have to delete the whole order. So the supervisor had the cashier delete the whole order and re-scan everything. The second time I looked at the electronic pad before I signed and a cash-back of £20. popped up. At that point I told the cashier and she deleted it. The total came out right. The cashier agreed that the electronic pad must be defective.

Obviously the cashier knew the electronic pad was defective because she never offered me the £40. at the beginning. Can you imagine how many people went through before me and at the end of her shift how much money she pocketed?

Just to alert everyone. My co-worker went to a supermarket last week. She had her items rung up by the cashier.

The cashier hurried her along and didn't give her a receipt. She asked the cashier for a receipt and the cashier was annoyed and gave it to her. My co-worker didn't look at her receipt until later that night. The receipt showed that she asked for £20. cash-back. She did not ask for cash-back!

My co-worker called the store who investigated but could not see the cashier pocket the money. She then called her niece who works for the bank and her niece told her this. This is a new scam going on. The cashier will key in that you asked for cash-back and then hand it to her friend who is the next person in the queue.

Please check your receipts right away when using credit or debit cards.

To make matters worse ... this scam can be done anywhere, at any retail or wholesale location.

[Name and address received]

60 Chapel Road, Abergavenny.
8 October, 2012.

Dear Editors,

I was delighted to receive a copy of the "Radyr Chain" and to see a photo of myself on Page 17. Another splendid edition of the "Radyr Chain". Well done.

However, I am writing to you to correct the piece about Radyr Cricket Club. I do not know who wrote the piece but feel for history's sake it should be correct. Firstly, John Eddy rang Keith Terry on 5th September 1970 and the two clubs amalgamated in 1970 and began playing jointly together in 1971.

1973 was the **third year** of the amalgamated club, when the pavilion was burnt down. The club was on a tour to the **Oxford area (not Devon and I have no idea where Pagnation is) on the 30th June and 1st July, 1973.**

Colin Jones and myself correctly were members of the **1970 Radyr Cricket Club.**

The amendments are correct – I have checked my records and the 1970 and 1973 fixture cards.

I hope this puts matters right.

Best Wishes
Robert King

TENOVUS COFFEE MORNING

On 11th October, arguably the wettest day of the year, supporters of Tenovus met at Radyr Golf Club to see friends, to enjoy a cup of coffee and to browse the very interesting stalls which featured cards, locally made bread and cakes, glass engraving, embroidery, knitted and other crafts, beauty products, flower arrangements, colourful scarves and books.

There was also an opportunity to view and buy original work, very kindly created by local artists and a photographer, to raise funds for the Charity. Many grateful thanks are extended to Keith John, one of the artists, who organised the production of cards displaying prints of the images. Packs containing six beautiful cards, suitable for all occasions, to use with your own message, were on sale. This is a wonderful new venture to mark the 70th anniversary of Tenovus and the adoption of the Charity for the 2013 Festival. Cards are available for purchase from the number below.

The event was also kindly supported by Enerchi with an interesting and informative talk by Janet Thomson, a specialist in lymph oedema treatment, who is available for private consultations.

The morning proved to be very enjoyable for around 150 people and the magnificent sum of almost £2,000. was raised on this occasion. Many sincere thanks go to all who braved the weather to support the Charity and to those who contributed to the event with their time and in other, very generous ways, to help the Friends of Tenovus to make the event such a wonderful success.

For purchase of cards showing the work of local artists please ring Lucille Sharp 2084 3108.

For Christmas card purchases please ring 2084 3051 and for information regarding the work of Tenovus and future events, please ring 2040 1872 or 2084 2096.

B. Fitzgerald

ROTARY IN RADYR

Once again we have been delighted by the generosity of the people of Radyr. At the end of October we carried out a collection for the Cardiff Foodbank. The Foodbank provides emergency food supplied for those who are temporarily unable to feed themselves and their families due to financial hardship. This year we collected a fantastic 302 kilograms and we would like to wholeheartedly thank everyone who gave us a donation. (Rtn's David Warrell and Mansel Thomas at the Foodbank delivering your donations).

At the end of November we're collecting toys and toiletries for Cardiff's Women's Aid. Christmas can be an especially difficult time for those staying with Women's Aid as they often arrive with few belongings. Our collection, which



we have also carried out for the previous two years, has always been very successful and we hope this year will be the same. So again we take the opportunity to say a big Thank You.

November and December are busy months for the club. Already this month we have had talks from Philippa Williams from the Fostering Network and Phillip Pinder from the RSPB. We've welcomed a new member, Nigel Hayward (pictured with President Stephen). We've also held a quiz night to raise money for charity and the club and we were honoured to have laid a wreath at the Cenotaph on Armistice Day. In December we will be at the Radyr Christmas Tree lighting ceremony running a stall with our clockwork train and, of course, we'll be holding a Christmas dinner.

Wishing you all a Merry Christmas and a Happy New Year from the Cardiff West Rotary Club.

Radyr, Morganstown and District Gardening Club

The Gardening Club is nearly half way through our winter programme which continued in October and November with seasonal talks on Apples and Christmas Trees. In October our "Local Pomologist" introduced us to the huge variety of native British apples which, despite this year's poor crop, can provide apples almost throughout the year. We were given the opportunity to sample a number of varieties and asked to identify a range of flavours. We were also given tips on the choice, planting and care of apple trees.

November followed with a talk by John Hunt, a retired forester now living locally, on his experiences in setting up a Christmas tree growing business, preparing, planting, growing, harvesting and marketing the trees. John highlighted, in an informative and amusing way, how labour intensive the business is, the

problems and the successes and how he dealt with the pitfalls in selling direct to the public.

Both these talks were thoroughly enjoyed by all who attended.

We now have a short break until the new year, to give you time to finish planting up those pots of bulbs etc., Our programme continues in January and February with:

January 9th

DNA Barcoding of Welsh Flora
Tim Rich - National Museum of Wales

Do not be put off by the title. This will be a fascinating talk, of interest to more than just gardeners, in which Tim Rich will discuss and illustrate how modern techniques are being used to check the classification of native Welsh Flora and in some cases leading to the re-classification of plants.

February 13th

Dyffryn and The National Trust
Geraldine Donovan

Geraldine has spoken to the Garden Club on previous occasions on

developments at Dyffryn. On this occasion she will give us an update on the position with regard to the National Trust and future developments of the gardens.

Meetings are open to all and 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.

All meetings (apart from visits) are at the New School Rooms (adjacent to Christchurch), Heol Isaf starting at 7.30pm and are followed by refreshments.

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

Please see Village notice boards and Radyr web site (www.radyr.org.uk) for programme details and any changes or contact our Chairman - Richard Gregory (029 2084 2084)

Just Ask Jane

JustAskJane@orangehome.co.uk

Jane is an experienced Change Coach and any questions can be sent to her at 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

I've been in the same job for over six years and there is now talk of redundancies. I feel so worried. I'll never find another job in the current job climate and I lie awake at night panicking about what I'm going to do if I lost my job.

Your reaction is understandable, as suddenly things are beginning to happen which feel as though they are out of your control. However, there are some things that you can do to take some control back. Firstly, you might try and see how much truth there is in the rumours by talking to one of the Managers. You could also find out how much you would be entitled to if you were selected for redundancy.

Even if you are not able to find out any factual information, you could begin to take action to prepare yourself. This includes drafting your CV and using resources such as websites or people you know who are involved in recruitment, to give you some advice about how to promote your skills and experience. You might also want to familiarise yourself with Agencies and jobsites to see what range of opportunities exist.

You also expressed a belief that 'you'll never find another job'. You can begin to challenge that belief, partly based on the fact that you found a job six years ago and also even though the market is slow, there are a number of jobs available. They might not be ideal but they could tide you over whilst you continue to look for a more appropriate role. When you accept temporary roles you continue to develop new skills, make new contacts and it demonstrates to future employers that you are flexible and committed to working.

My most important message for you is not to allow yourself to feel like a victim. Start to take some action, even if it's just a couple of hours a week. Talk to people to say that you might be looking for a new job. Consider different part time jobs. Think about

combining work with self employment if you have a hobby or interest from which you think you could begin to earn some money. As you take back control, you will feel re-energized to cope with whatever happens in the future.

I'm getting into a bit of a rut and would like to join a local club, perhaps a sports club where I could learn a new sport and meet new people. However, I'm really shy and the more I think about joining, the more nervous I feel.

I'm wondering how you are visualising what will happen when you take your first steps. If you already believe that it will be awful, then I can understand that you couldn't want to do anything. You may be picturing it as overwhelming and imagining crowds of people who all know each other, whilst seeing yourself standing on the sidelines all on your own?

It may be easier if you break your approach down into small steps. Do you know anyone who is already a member of the local club? If so, perhaps they could take you there once or twice as a guest when there is just a small event on. Otherwise you could look on the club's website and see if it gives details of Committee Members who you could contact for an informal chat.

If you are joining a sports club, there are usually some coaching classes that you could consider starting with. This will give you the opportunity to see if you like the sport and also you will meet others who are new and who probably share your nervousness. As your confidence grows through coaching and mixing with beginners, it will be a little easier to take the next step of attending one or two events and gradually you will begin to know a few more people.

In reality, it takes time to feel part of an established group. However, it can be quite quick to feel part of a beginners group and this will be the first step of your new social life!

CHAIN COOKERY CORNER

Citrus Roulade

This is a special, very light and tangy dessert that could be made ahead of time and frozen.

It is not difficult, but you will need a Swiss roll tin.

4 large eggs – separated into two large bowls
4oz (100g) caster sugar
2 big lemons, rind and juice
2oz (50g) ground almonds

Filling:

1/2 pt (250ml) whipping cream
1/2 oz (12g) sifted icing sugar
1-2 tablespoons Cointreau/Grand Marnier
Icing sugar for dusting

Line and thoroughly grease Swiss roll tin (use sunflower oil)

Heat oven Gas 4, 350F or 180C

Whisk egg yolks and caster sugar until pale and thick. It will leave a trail of mixture.

Gradually fold in lemon rind and juice.

Fold in ground almonds.

Make sure the beaters are spotless and whisk egg whites until stiff.

Fold a quarter into mixture to slacken, then fold rest in.

Pour into tin.

Bake for twenty minutes until sponge is firm to touch.

Remove from oven, leave in tin, cover with sheet of greaseproof paper and a damp tea towel until cool.

Whip cream (you might not want to use it all) + icing sugar + Cointreau until fairly thick.

Turn sponge on to greaseproof paper sprinkled with caster sugar.

Spread with cream, trim edges and roll up.

Leave final edge underneath.

Chill to serve (or freeze).

Dust with icing sugar.

A.M.P.

Radyr & Morganstown Community Council

Cyngor Cymuned Radur a Threforgan



Cardiff Council Local Development Plan
R&MCC is studying the latest LDP document and preparing a consultation response on behalf of our community. We are also working in partnership with St Fagans and Pentyrch Community Councils since so many of the issues are common to the wider area of NW Cardiff.

In the Village Plan, most residents opposed further development in R&M. Whatever Cardiff Council's finally approved number of houses and business development across Cardiff, and in the north west in particular, R&MCC feels that a key issue is whether the plan provides sufficient new infrastructure to match. Just considering the road network, anyone living in R&M will know what the traffic conditions are now, the state of road maintenance and that no significant improvements have been made despite the fact that R&M has grown by over 40% in recent years. You will also know that at either end of

R&M lie the bottlenecks of 19th century Llandaff and Ynys Bridge.

R&MCC feels strongly that planning any new development without appropriate infrastructure can only lessen the quality of life for everyone, existing and new, living in the area. The wording of the Preferred Strategy does not give us confidence since few of the infrastructure improvements referred to are funded and/or are unlikely to be built in the life of the LDP.

We have, therefore, commissioned a traffic survey from Traffic Planning Associates, as have St Fagans CC. This will include a study of the existing highway network at peak flow, analysis of the existing routes into Cardiff, M4, A470 and other strategic locations such as Radyr railway station. There will be predictions of additional traffic numbers from the LDP housing allocation and impacts of that allocation including on public transport, the highway network

and railway station car parking.

The resulting study will be used by R&MCC to inform its consultation response and provide hard professional evidence for our arguments. It will be published on the website.

We welcome your comments on the LDP which can be made by email, letter and via the Soapbox. A full version of the LDP is available on the R&M website and in the Old Church Rooms. The link to Cardiff's website is:

<http://bit.ly/RMAsBR>.

Helena Fox

Clerk to R&MCC

The Old Church Rooms,
Park Road, Radyr,
Cardiff CF15 8DF

Tel. 029 2084 2213

Email : clerk@radyr.org.uk

Living with and treating the effects of Lymphoedema

I was asked to give a talk by friends of Tenovus about lymphatic massage. I work as a lymphoedema practitioner and I am trained as a Vodder and Casley Smith Manual Lymph Drainage (MLD) massage therapist. I am also experienced in aromatherapy and reflexology.

A large part of my work is with clients who have had cancer related surgery and treatment, such as mastectomy, prostate cancer, melanoma, head and neck, gynaecological cancer and other cancers where there is a risk of lymphoedema.

The remainder of my clients have had cosmetic surgery or have problems with their immune system. I also work with clients who have had primary lymphoedema. This is a congenital abnormality of the lymphatic system. All can be at different stages in the process of coming to terms with the fact that lymphoedema is a chronic condition with major implications on lifestyle and self-image. However, with correct support and advice the condition can be managed successfully.

When clients come to me a comprehensive holistic assessment is

carried out including checking their range of movement and any areas pain. This includes good skin care to maintain food tissue condition and reduce the risk of infection; simple self-massage, a self-massage that clients can carry out themselves working on the superficial lymphatic system; advise and prescription in the use of support garments to reduce new swelling in order to enhance lymph drainage. In some cases multi layered bandaging is needed to restore shape and improving long term results.

Additional Treatments

I also perform lymphatic massage. This is a specific massage which aids the flow of lymph in the tissues. This action moves the lymph before it enters the lymph vessels, enabling the redirection of lymph to the existing and functioning lymph nodes.

To complement the treatment I suggest self-help measures to use. These include the use of aromatherapy without massage, e.g. vaporisers, baths, shower. Aromatherapy can assist the psychological aspects of living with this chronic condition.

Deep Breathing

The lymph system is activated by deep breathing!

Deep breathing and exercise can accelerate this cleansing process by as much as 15 times the normal pace. To cleanse your body through effective breathing, remember to breathe deep into the abdomen, like a vacuum. Start with 5 deep slow breaths. This aids the flow of lymph through your body.

- Place your hand on your tummy
- Take a deep breath in through your nose, allowing your tummy to fall
- Repeat this 5 times
- Have a short rest before getting up to avoid getting dizzy

If you would like to know more about lymphoedema, or need to refer a client, contact MLD UK for a practitioner list - www.mlduk.org.uk

Alternatively, if you wish to consult me I have clinics in Radyr at Ener-chi and Pontcanna at the Co Co Rooms. I would be glad to hear from you and am contactable through my web page - www.amanotherapies.co.uk or mobile - 07765 526790

Jan Thomson BSc, MLDuk, BLS IFPA, MAR

'Tis the season to visit Radyr's very own Garden Centre!

Christmas is fast approaching, which means Pugh's Garden Village is simply brimming with festive treats this season. From tinsel to trees to turkeys – this local gem has Christmas all wrapped up ...

Starting life as a small nursery of bedding plants, Pugh's Garden Village has been a local Radyr landmark for over forty years. Though it has grown in size, its values remain very much the same – and in keeping with tradition, each season provides visitors with a different experience of the garden centre, with winter being an especially magical time to visit.

The garden centre's famed Christmas Shop is this year brimming with more yuletide delights than ever before – and stepping inside this winter wonderland of seasonal decorations, stocking fillers and essential finishing touches is guaranteed to add more than a sprinkling of festive cheer to both the inside and outside of your home.

Of course, no festive home is complete without a Christmas tree and this year's unbeatable selection includes Nordman Fir Non-Needle Drop, Value Nordman Trees, Norway Spruce and potted Christmas trees – in a variety of shapes and sizes – all of which are available from 26th November.

Beautifully handcrafted fresh wreaths will be available off the shelf from December, but if you are looking for something completely unique, the garden centre's in-house florist will also be taking bespoke orders for wreaths, table centre pieces and seasonal bouquets that will provide the perfect finishing touches to season soirees.

When it comes to hosing yuletide get-togethers, the garden centre has now welcomed a sumptuous selection of oak furniture – including dining sets, living room essentials and storage – which are all available

for delivery in time for Christmas dinner!

On the subject of dinner, Pugh's Ty Nant Farm Shop is not only filled with festive treats from around the globe, but is also offering a selection of ready-made and bespoke hampers, along with the finest locally reared meats and turkeys now available to order for your Christmas feast.

And if you're looking for foodie inspiration, the garden centre's eagerly awaited Christmas Food Festival will take place on **1st and 2nd December** and will boast a scrumptious selection of foodie stalls, delicious samples, specialist tasting sessions and food demonstrations that will arm you with seasonal suggestions galore that are sure to impress your guests!

Pugh's Extended Garden Village has also brought a host of the nation's top stores to Radyr – including Mountain Warehouse, Robinson's Equestrian, Maidenhead Aquatics, PamPurred Pets, Cotton Traders, Edinburgh Woollen Mill, Dragon Reptiles, Quality Buildings and HeatForce – all of which are now brimming with exclusive seasonal discounts that you won't find anywhere else!

Got a gardening gripe? Pugh's will be answering your questions and queries – and providing our top seasonal gardening tips – in the next issue!

Pugh's Garden Village, Tynant Nurseries, Radyr, Cardiff, CF15 8LB
029 2084 2017
www.pughsgardenvillage.com
Find Pugh's on Facebook and Twitter!





FALLS IN THE ELDERLY

Falls are the most common cause of injury in people over 65. The winter weather can increase the risk of falling in the elderly and a recent survey by the Women's Royal Voluntary Service [WRVS] charity suggested that the fear of falling can be as debilitating as physical injuries and lead to isolation and loneliness.

Some of the facts:

About 30% of over 65's and approximately 50% of those aged 80 and over will fall in any given year. WRVS research published in July 2012 showed that 20% of older people over the age of 75 do not leave the house for days due to fear of falling. Women who sit for more than nine hours a day are 50% more likely to have a hip fracture than those who sit for less than six hours a day. A tailored exercise programme can reduce an individual's risk of falling by up to 50%.

[Facts from Age UK and WRVS]

As a physiotherapist I am often asked whether exercises and advice will really make a difference. The answer is emphatically YES. Even for my patients aged over 75 years the evidence shows that a daily exercise programme or activity plus addressing some key measures can reduce the likelihood of falling dramatically.

The National Institute for Clinical Excellence [NICE] have published a number of preventative measures to reduce the risk of falling. These include

1. Increasing exercise and physical activity. There is strong evidence for weight bearing exercises such as walking, climbing stairs, tai chi and dancing, which can help with balance, strength and coordination. Seeing a physiotherapist to address specific problems following a fall or after illness is recommended

2. Reviewing medication. A review of medication is always advisable if you are concerned about falling. Some medication can cause acute drowsiness, dizziness or balance problems. Therefore it is always wise to discuss

with your GP the type of medication and the time of day you are taking it.

3 Changing adverse environmental factors. Look critically at your home environment and your footwear. What are the trip hazards and can you reduce or eliminate them? I once treated an elderly patient who was referred to me following recurrent falls; this was simply addressed by getting her to buy some new slippers. She was wearing her late husband's slippers for sentimental reasons ...

4. Vision assessment. Regular eye checks and good lighting (especially at night) will help you to navigate around your home and outside – avoiding trip hazards!

5. Information, advice and understanding. The visual system, vestibular system (inner ears) and proprioception (the body's sense of movement and joint position) work together to maintain balance. Problems can occur when any of these systems are not working correctly. So for example our balance is challenged when we can't see clearly, if we have an inner ear infection or when there is severe weakness in the ankle/foot.

Understanding the factors which may effect your balance or chances of falling are key to reducing the risk and building confidence.



Clare Rayner BSc [Hons] MCSP

Telephone 0755 199 1773
Email: clare@gngphysio.co.uk
www.gngphysio.co.uk

A TEENS INDEPENDENT ESCAPE

I'd like to talk about those cold winter days when you just want to escape. Well, here is how I have a weekend away from my nagging parents.

I contact a friend or distant family who live in another area of the UK and ask them if I can stay for the weekend! My last journey was to what I think are the perfect hosts, family friends, Sarah and Andy Johns. You have to make sure you arrange a date and transport times (I took the train) and then you play the waiting game.

When you're at the station you need to buy your tickets earlier to get the best deal, a magazine (or more) for entertainment and a snack for the journey.

Andy and Sarah had kindly arranged for me to go and join them for bowling which was really cool, but your host doesn't have to arrange activities because you are trying to fit into their life rather than vice-versa. You explore new towns, possibly go for a browse in the shops and see the world from a different view.

Just make sure you attempt to pay your hosts, as they didn't have to host you.

I like to arrange my trips strategically so that when it's cold and boring you won't be home to suffer it.

Make sure you're good enough for them to want you back again. Also (and I know I'll sound like a teacher) don't keep homework other than the weekend, do it early because if you lose a book at someone else's home who lives FAR away then you shall get a detention guaranteed.

I have been to Haverfordwest, Bristol, Worcester and Ludlow. My parents don't know yet but I'd love to go to Scotland, Ireland and France but maybe when I'm older I would like to see Japan!

When you're in a different place you have a different perspective.

Matthew

BIRD BOXES!

On Friday five people from the Radyr and Morganstown Community Council and Radyr Wardens Conservation Team came to help us make bird boxes. First though our group was with Mrs. McKerlich, we had to write down all of the different types of birds we know on the whiteboard. Once we had done that we had to write and draw pictures of one of the birds we had just written down. I chose the house sparrow. We researched our chosen bird. I found out that house sparrows like to go around in noisy flocks and they gather in bushes.

After that we went up on to the field to make bird and bat boxes. I was in a group with Sam, Tom and Ben. We had to nail all of the different pieces of wood together with a hammer. It was quite hard. The man we went with was called Mr. Kitcher. He helped us so it wasn't that hard once we got the hang of it. Sam didn't need much help though because his dad is a carpenter. We used pliers at one point too. The pliers helped nail in the nails. Once we had built it we wrote our names on it. We are going to put them in our school nature trail.

I really enjoyed finding out how to make bird boxes and researching birds – it was very good fun. The thing I liked the most though was making the bird boxes. The thing I didn't like was when it ended.

Thomas Gasson Y6 JP
Radyr Primary School

Resources provided by Radyr and Morganstown CC, Radyr Library and the RSPB.

