

CHRISTMAS TREE LIGHTING CEREMONY

Christmas arrived early in Radyr and Morganstown on the 7th December with the erection of three large trees, all lit with decorative lights. Bryn Deri School choir sang around the tree in the Granny Park at Morganstown whilst the Festival Queen, Grace Morgan and her attendants April Spiteri and Cerys Howard-Cook were ready to switch on the lights. The choir and audience gave a count down from 10 to 1 for the tree to be illuminated. Meanwhile, Park Road Primary School were singing their special carols around the newly-sited tree at Radyr Sidings. The Festival King, Daniel McKerlich was on duty here to switch on the lights, which came on and went off ... on dear! It took two expert electricians to sort out the problem over the next few days but they succeeded in lighting the tree. It was time to reconvene at the third tree in Windsor Gardens. Here the joint choirs sang to the accompaniment of the City of Cardiff Brass Band and the Festival Queen carried out her duties to switch on the last of the tree lights.

continued on page 5



BRIDGES VETERINARY SURGERY

Ten years ago on St. David's Day 2003, Mark and Rachel Bridges opened Bridges Veterinary Surgery at Pugh's Garden Centre in Morganstown.

The brand new surgery with fully equipped, air conditioned consulting and operating facilities with gleaming equipment was testament of what the very best, small animal, vet practices should offer.

Mark and Rachel have had years of experience in different practices and wanted to take the best from all and provide their clients with outstanding care and a supportive, friendly service. The success is shown in the large growth of the practice.

Many clients have been with the practice since those early days and the team have seen many puppies and kittens growing old gracefully. They have shared terribly sad times with you and great happiness when meeting your new little bundles of fluff.

The practice has also grown in terms of staff - a close-knit team who share the values that Mark and Rachel felt so strongly about

when setting up. A second vet was employed to cater for the growing popularity of the practice as well as additional nursing staff. The nurses all have a wealth of knowledge and are happy to give advice, answer questions or help out with your pet.

Mark has recently studied for and achieved a general practitioners Certificate in Veterinary Ophthalmology, which means the practice will be able to accept referrals from other practices for any ophthalmology (eye) cases. He is also qualified in acupuncture and can use this to help on some of his patients.

They have a website www.bridgesvets.co.uk and you can 'like' their page on Facebook, 'Bridges Veterinary Surgery', or you could even pop in and say Hi.

For the future, the practice will continue to provide the same high level of service. New, effective techniques and equipment will be purchased, learned and applied.

Above all, Bridges Vets will continue to provide their animal patients with the best in kind, professional and

committed care and try their very best to keep their clients happy.

Mark, Rachel and the team would like to thank all of their clients for their continued support and look forward to seeing you for the next ten years.



RADYR CHAIN

Free to every home in Radyr and Morganstown



Number 204

February 2013

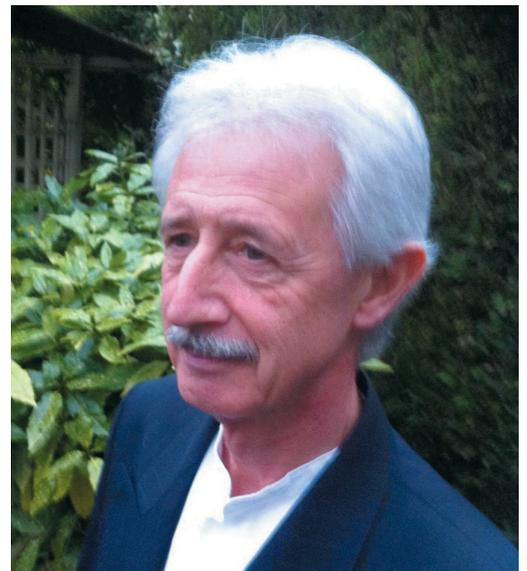
NEW YEARS HONOURS



We are sure you know already, but we are delighted to repeat hear that David Cargill, one of our Vice Presidents and a former Chairman of the Association, was awarded the British Empire Medal in this year's Queen's New Years Honours List. The citation was "For services to the community in Radyr and Morganstown" – which just about sums it up. David has, of course, personally led the running of the May Festival for over 25 years. This year is his 26th. In 2002, the Festival changed formally to supporting a Charity and many thousands of pounds have now been raised, not counting the considerable sums that have been raised by our local organisations over those 25 years. Apart from his work with the Association, David has been closely linked with many other R&M organisations, notably the Tennis and Golf Clubs, as well as having served as a Magistrate. The award is thoroughly deserved.

We were bound to mention David first but another Radyr resident – Keith Griffin – was awarded the OBE on the same occasion in recognition for his services to music in Wales.

Keith may not be as well known to local residents but he is one of the leading musical administrators in the UK, having spent a 40-year career providing invaluable support, advice, practical help and planning to a host of musical organisations – from community brass bands to the visit of Pope John Paul II to Wales in 1982. He founded the Welsh Amateur Music Federation (later to become Ty Cerdd) as well as the National Youth Brass Band in 1982, followed soon after by the National Choir, National Jazz and National Youth Wind Band organisations.



We send our heartiest congratulations to them both.

VOLANTE PRODUCTIONS CONCERT ON 18 NOVEMBER AT CHRISTCHURCH, RADYR

Following on from the very successful 50th anniversary concert in 2011, Christchurch again played host to Volante Productions to raise funds for Danybryn. An audience of around eighty people were entertained with a first half of Opera from Fidelio, La Traviata, Don Carlos, Lakmé, Carmen and more closing the Act with a call to refreshments with "Now to the banquet we press" from Gilbert & Sullivan's The Sorcerer.

The second half opened as the first half had closed with another Gilbert & Sullivan "Now for the Pirates Lair" from Pirates of Penzance and continued with songs from Carousel, The Secret Garden, Beauty and the Beast, Oklahoma, Cats and closing

with "Down Once More" from Phantom of the Opera.

Many thanks to Volante Productions and the Welsh National Opera and to the volunteer team who arranged all the refreshments and tidied the Church in readiness for evensong for a very entertaining afternoon, raising over £380. for Danybryn Activities.

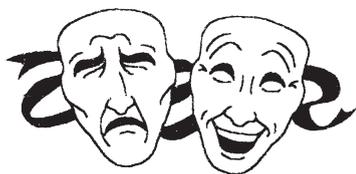
Derek Bateman

Volunteer Co-ordinator, Danybryn
Telephone
20842237/07738329525
Email:
Derek.bateman@LCDisability.org



David Doidge - Pianist, Fiona Harrison - Soprano
Simon Crosby Buttle - Tenor, Neda Bizzarri - Mezzo
Julian Boyce - Baritone

COMING EVENTS



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

February

- 3 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
- 4 R&M ASSOCIATION GENERAL MEETING, OCR. Chris Partridge, Keep Wales Tidy's Tidy Towns Project Officer for Cardiff, will be talking about his work. All Welcome. 7.30pm
- 13-16 Radyr Parish Music Group presents Oklahoma! A colourful and exciting staging of the Rodgers and Hammerstein classic musical with its memorable songs and characters. Presented at the Bishop of Llandaff High School. Tickets £10 (£8 concs Wed & Thu) from Maggie Roberts (029 2084 2995) or Sue Thomas (029 2031 0894) 7.30pm
- 13 Dyffryn & The National Trust Geraldine Donovan will give a talk on the current position of Dyffryn and the National Trust together with an update on the future development of the gardens at Dyffryn. 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
- 14 NSPCC Lunch at Radyr Golf Club An informal lunch featuring amusing light-hearted reminiscences from the chairman of the Tommy Cooper Society with soup & sandwiches, dessert & coffee. Tickets £10 from Jan Doody (20842478) - available January 2013. 12.00
- 21 Coffee Morning for Danybryn. Coffee Morning in aid of Dan-y-Bryn Cheshire Home at Radyr Golf Club. Stalls, etc. Tickets £2.00 from 20842733 or pay at door. 10.30am
- 25 Cuppa with a Copper. Radyr Library, Park Road: come and have tea with your Neighbourhood Policing Team and talk about the issues that matter most to you. 11am - 1pm. 11.00am
- 26 Festival Meeting. Old church Rooms - meeting for Festival 2013. 7.30pm

- 27 PACT OCR - All Welcome. Come and meet your local Councillor and police officer. 7.00pm
- 27 MERCHED Y WAWR, RADUR NOSON Y DYSGWYR. Eglwys Methodistiaid, Radur. 7.30pm

March

- 3 FAMILY FUN CHURCH. Children of all ages, with accompanying adult(s), are invited to join us in our new venture: FAMILY FUN CHURCH. 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
- 13 Propagating Fuchsias. An illustrated talk by John Jackson on the Fuchsia together with demonstration, advice and tips on propagation. 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
- 15 Tenovus Beetle Drive. Old Church Rooms Radyr. Bar. Raffle. Please Tel. 20842193 for tickets. All are welcome 7.30pm
- 25 Cuppa with a Copper. Radyr Library, Park Road: come and have tea with your Neighbourhood Policing Team and talk about the issues that matter most to you. 11am - 1pm. 11.00am

RADYR FOOD FOR THOUGHT

Venue: The New School Rooms, Heol Isaf, Radyr

Time: Tuesdays 12.15-2pm

Membership Fee: £20.00. Lunch £6.50.

Winter Programme 2013

- 8th January – A Grand-daughter's pilgrimage to China Jacqui James
- 15th January – A funny thing happened on the way to the theatre Philip Davies
- 22nd January – A Presentation Mike Baker
- 29th January – The story of Kyffin Williams Margaret Benedict
- 5th February – Trip Cookery demonstration and luncheon at Llanerch Vineyard
- 12th February – Floriade 2002 & the Dutch Bulbfields Sheena Crossley
- 19th February – Half Term
- 26th February – Natures Little Helpers Nigel Harris
- 5th March – Trip – Ludlow & Berrington Hall
- 12th March – A Boathouse Guide Sheila Lowe

Telephone Numbers 2084 2461/2055 2610

New Term Starts 19th March, 2013

EDITORIAL



During the recent snowfall older residents were very grateful for the help offered by their neighbours. Paths cleared and essential shopping brought to their door.

The community spirit is alive and well in Radyr and Morganstown.

RADYR SCOUT POST 2012

This year's Christmas Scout Post was again a successful fund raiser for the group.

I wish to thank the staff of the following local businesses for their efforts in selling scout post stamps this year:

Vintage Gem, Station Road

Pugh's Garden Centre,
Morganstown

Pzazz Hair Designers, Castle
Court

Radyr Library, Park Road.

Thanks also to our Leaders, volunteers, parents and the youngsters who helped sell stamps, sort and deliver post.

Scout Post is organised by the Cardiff and Vale Scouts for the collection and delivery of Christmas greetings in the Cardiff and Vale area. The collection and delivery of post is organised by local area scouts and voluntary organisations in areas where there is no scout group.

During this year's Scout Post our team handled around 60,000 cards in the scout hall.

Finally, I would like to thank the residents of Radyr and Morganstown for supporting their local scout group by purchasing stamps locally.

We look forward to your continued support again next Christmas. JBT

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

FOR SALE

Travel cot (Mothercare) in case
Quilt - blankets - sleepingbag
18-30 months

£10.00

Telephone: 029 2084 3103

CHRISTMAS TREE LIGHTING CEREMONY

from back cover

Station Road was closed to vehicular traffic and the stalls were now in position. The crowds were filling the road where there were stalls, shops, a barbecue, hot soup and mulled wine to sample. Chris Dale was the disc jockey for the night and he made sure that all the Christmas songs were heard by all! It was time for Santa to arrive and the switching on of the street illuminations. We had our own local celebrity, Jason Mohammad of BBC Wales to throw the switch and light up Station Road shopping centre. Again it was only with a co-ordinated count-down that it all worked. Santa was inundated with youngsters anxious to tell him their wish for Christmas. He sat in his sleigh with his helper giving out satsumas to each recipient. The weather was cold and blustery, we had already nearly lost the marquee in Windsor Gardens the previous evening and it was a job to keep the gazebos down on the ground. The music blasted out, the crowd visited the shops and cast an eye over the many

gifts on all the stalls, bought their burgers and sampled the mulled wine, making the shopping centre a picture to remember. This is our Community shopping centre. When it comes alive like this, don't we wish it could last all year! The mini Christmas trees situated over the shops helped to create the Christmas scene.

The shopkeepers held a Christmas window competition, which this year was won by Nicky's Sandwich Shop, second was Headway, closely followed by Excel Hair Salon in Morganstown. Many photographs were taken and appear on the village website www.radyr.org.uk. It's thanks to efforts of the shopkeepers, the Community Council and the Association that this event took place and a meeting has already taken place to consider the pluses and minuses in the planning for next year.

As we mentioned above, there is a new site at Lychgate Gardens, Radyr Sidings for the Christmas tree. Sadly, we have lost the use of the "Community plot" at the entrance to the estate and negotiations resulted in the new Community area being established.

Taylor Wimpey agreed to dig the hole for the tree and just in time for Christmas, agreement was reached with the local authority in creating a public power supply. The Community Council purchased a new set of lights (LED – which consume less power) and have already noted that an extended set of lights will be required next year. The connection of power to this new area will now be developed as a focal point for future Community events, especially in the May Festival.

ACKNOWLEDGEMENT

John and Maureen Hombal and family would like to thank our many friends and acquaintances for the letters and cards of condolence received following the sad loss of our daughter Sara. It has been quite overwhelming and a great comfort to know that so many of you were thinking of us at this very difficult time.

In particular, we are very grateful to Dr. David Jones and the Radyr District Nursing Team for the care and kindness to Sara and the support they gave us over those final weeks. Thank you also to Rev. Canon Jenny Wigley and Rev. Bill Barlow who conducted the Funeral Service at Christchurch.

MERCHED Y WAWR, CANGEN BRO RADUR



LLUN: [o'r chwith i'r dde]

Nia Jones, Eleri Jones, Shirley Williams, Rose Jones, Sandra Rose (gyda chasgliad o'i thrysorau tecstilau) Eirlys Davies a Carys Tudor Williams.

Cyfarfod Ionawr yr ail, 2013

Estynnwyd croeso i bawb ar ddechrau'r flwyddyn gan Carys Tudor Williams (y llywydd) ac roedd yn braf iawn cael aelod newydd arall atom, Sandra Price, sy wedi symud o Nantgaredig i fyw yn Llanishen. Anfonwyd ein cofion a'n dymuniadau da at Iona Jones. Cadeiriwyd y noson gan Eirlys Davies a diolchodd hi i Carys Tudor Williams, Eleri Jones (ysgrifenyddes) a Rose Jones (trysorydd) am drefnu dathliad Nadolig mor arbennig ym mwyty *ffresh* a chyngerdd yn Neuadd Alun Hoddinott ym mis Rhagfyr.

Cadwodd Sandra Rose ei thrysor pennaf tan yn olaf sef llyfr mawr gyflwynwyd iddi gan ei chydweithwyr yn y Gyfadran yn Ysgol Cwm Rhymni ar achlysur ei hymddeoliad, ar ôl ugain mlynedd yno fel athrawes tecstilau. Cysylltwyd â chyn-ddisgyblion oedd wedi astudio'r cwrs Lefel A, anfonwyd darn o ddefnydd calico atyn nhw a chais i ddylunio unrhyw beth yn ymwneud â RHOSYN. Doedd dim angen i Sandra ddarllen negeseuon yr un ohonyn nhw – roedd y darnau calico gorfenedig yn mynegi personoliaeth a dawn yr unigolyn.

Wrth ddiolch i Sandra Rose mynegodd Nia Jones (is-gadeirydd y gangen) ei syndod at gywreinerwydd y llyfr oedd yn dweud y cwbl am ein gwestai. Noson ysbrydoledig i ddechrau'r flwyddyn.

Y cyfarfod nesa

Nos Fercher, Chwefror 27ain mae Shirley Williams yn trefnu bod nifer o ddysgwyr yn ymuno gydag aelodau'r gangen. Bydd cyfle i gael sgwrs fer gyda nifer ohonyn nhw ac yna bydd rhai o aelodau Merched y Wawr yn siarad am 'Fy Hoff ___'.

News from Radyr library

We hope you all had a wonderful Christmas and new year and are now looking forward to what 2013 has to offer. In the library we look back on a great December raising money for the NSPCC with sales of quizzes and hand-knitted scarves, a raffle and, of course, Anne and Jen's coffee afternoon. In total you raised £195. and we would like to thank everyone for their support. Special thanks to the WI for all their help particularly with the coffee afternoon. Thank you, too, for all the cards, kind thoughts and gifts that were given to us over Christmas.

We are now looking forward to lots of library events in 2013, with National Storytelling month at the end of January. What better way to spend a winter's evening than by borrowing a book from the library and reading or telling a story.

National library day is on 9th February and so we are hoping all those of you who have been thinking of joining the library will come along on that day and do so. Just bring one item of i.d., a driving licence, bill or even a bank card and we will sort out the rest. Once you have your library card, all the resources of Cardiff libraries are available to you, books, e-books, e-audio books, computer use and on-line resources (including free access to the family history sites Ancestry and Find my Past and access to Driving Theory Test Pro for all learner drivers). We are hoping to have coffee and biscuits available on that morning so come along and celebrate libraries with us.

There are so many on-line resources and wonderful ways to use your library

card that we are holding a special introduction to "What else can you do with your library card" on Friday, 22nd February at 10.30am. Places are very limited so booking is essential, but if we get enough enquiries we will run more sessions.

Our monthly reading group, the Radyr Breakaways, is going well and would be delighted to welcome new readers. We meet at 6pm on a Monday night to discuss a book over coffee and biscuits.

Our weekly story and rhyme times are also going well, as is the Amser Stori, the Welsh/Bilingual story and rhyme time and with a wonderful selection of picture and board books it is a great way for you and your under 5 to have an enjoyable morning or afternoon, with some books to take home to continue the reading at home.

Many people are using our automated machine to borrow and return their books. Unfortunately, although you can pay fines to the machine, it does not give change. You should get an on-screen reminder and receipt asking you to go to the counter to collect your change. Please do so, as it helps us keep our finances straight. Many people are also discovering that they can avoid fines altogether by registering their email address and then getting email reminders just before their books are due back. Then it is easy to just go on-line and renew them all.

Please come and enjoy the new titles that are being added to stock every week. We look forward to seeing you again at the library soon.

Happy spring reading,

Caroline, Jen and Anne at Radyr Library

A VISIT FROM A FAMILIAR FACE?

Danny Laverty of Cwrt Tymynydd, a regular user of the 33 bus, is now a resident of Barclay Court Residential Home, 104 Cathedral Road, as the result of a fall. Many people have asked after him and I am sure he would appreciate a visit from a familiar face. His friendly chat was always welcome amongst his fellow travellers.

Also, as many people will know, Wyn Jack passed away recently. She had moved into residential care in the London area close to her family. Wyn will be missed by many for her involvement in so many good causes.

Sue Thomas

CHAIN COOKERY CORNER

Butternut Squash, Ginger, Chickpea and Ginger Soup

This is delicious, warming and nutritious! Rather a lot of ingredients but well worth it. The end result is a richly flavoured soup to which the chickpeas are added, which give a different texture. Any leftover will freeze. Serves 6/8

1 large white onion peeled and sliced
1 large leek washed and thinly sliced
2 cloves garlic peeled and chopped
1" [3cm] fresh root ginger peeled and chopped [Keep a root of fresh ginger in the freezer, use when needed]
2oz (50g) butter or oil
1/2 flat tspn turmeric
Approx. 1lb 4oz (600g) butternut squash peeled, deseeded, roughly chopped
Approx. 34fl.oz (1litre) chicken, ham or vegetable stock
1x14oz (400g) can chickpeas, drained and well rinsed under running water
7fl.oz (200ml) low fat cream or crème fraiche
Black pepper and salt
Freshly ground nutmeg
2oz (50g) coarsely grated tasty Cheddar cheese
3 1/2 oz (100ml) sour cream and chives to garnish

Melt butter in large pan
Add onion, leek, garlic and ginger
Sauté over a low heat with lid on
Stir occasionally until all soft
Add turmeric, squash and half stock
Cook over low heat until squash is cooked
Either mash with potato masher or tip into blender and return to pan
Add remaining stock, cream, chickpeas, salt and pepper to taste
Bring to boil, then simmer for fifteen minutes
Add grated nutmeg to taste
Stir in cheese
Serve in hot bowls with a dollop of cream
Snip a few chives over the top
AMP

THE REAL PRICE OF COAL

On the 6th December, one hundred and thirty seven years to the day, a plaque was unveiled in Gwaelod y Garth Village Hall as a memorial to the twenty three men and boys killed or injured in the Lan Mine Disaster.

Councillor David Suthers represented both the Radyr community and the mining industry at the dedication ceremony. David is a retired chief fuel technologist in the coal industry. He is pictured with Tyrone Sullivan, the man credited with saving and reopening the Tower colliery after it was closed by the NCB.

Twelve were killed outright in the Lan disaster and a further four died of their injuries, while seven of the injured survived. The youngest of those killed was Moses Llewellyn, a twelve year old from Morganstown, while another Llewellyn, listed as from Radyr – probably Morganstown – almost certainly a relative, was injured.

By 1875, Morganstown was growing into a large village, considerably outstripping Radyr and most of its occupants worked in the iron smelting, brick making and mining industries or on the Taff Vale Railway.

In the nineteenth century while Morganstown was a dormitory village, Gwaelod was a busy industrial one with mining, brick making and the smelting of iron all taking place at its very heart. It was said of Gwaelod that you could dig in any cellar and you would strike coal.

Due to the saucer shape of the South Wales coalfield, coal is very close to the surface in Gwaelod and the easiest way of access is by a "drift" or incline into the side of the mountain. The entrance to the Lan mine can still be seen in the undergrowth as you enter the village of Gwaelod, near to the Old Drift Garage which occupies the yard of the Lan colliery.

On the day of the explosion, one of workers, Evan Davies, was having a rest and a pipe of tobacco. At the time men were allowed to smoke in most areas of the mine; this is not thought to have caused the explosion but the use of a naked candle in one of the lamps.

Several sad stories were related in court, one relating to the lad Moses Llewellyn. Moses was a door boy, opening and closing doors to allow coal drams to pass through. He had apparently got bored with waiting and gone off to play hide and seek. There are many stories of



David Suthers and Tyrone o'Sullivan at the Lan Memorial event.



Drift entrance. Photo by Reg Malpass some years ago.

boys, some even younger than Moses, working as door boys. The practice seems to have been to give the child enough candles to light his shift on his first day and to reduce the candles one at a time until he spent his entire shift in total darkness. Within hours of the explosion the mines inspectors were on the scene. The more important person in this case was the assistant to the inspector, a Mr. William Galloway, whose research proved that mines with relatively low concentrations of gas could become dangerous when the dry coal dust became explosive. He recommended the watering of dry mines, a practice which when adopted saved many hundreds if not thousands of lives.

SPITTOON

By chance, Bethlehem Chapel in Gwaelod had celebrated its 140th anniversary a few weeks before the unveiling of the plaque. At one point the speaker showed what looked like a brass vase about eighteen inches high and proudly announced that it was a spittoon used in the chapel. In 1875, many of the working men of the village would have been "chapel" and would have frequented Bethlehem. While I had been aware of spittoons in pubs and working men's clubs, it had never crossed my mind that miners would need to bring up coal dust even during a religious service. Disasters and lung disease caused by dust were the real price of coal.

RADYR, MORGANSTOWN & DISTRICT GARDENING CLUB

With, at long last, a drier spell of weather and some cold, clear crisp days it should spur us on to get out in the garden and undertake some of that long overdue tidying up. I am sure that I have said this before, but one of the encouraging things about this time of the year is that the garden is starting to show a promise of things to come. The snowdrops are starting to flower, bulbs are poking their noses through the ground and many shrubs are showing signs of new growth, meaning that we should be thinking about spring planting and seed sowing for summer flowers and vegetables.

The Gardening Club spring programme started with a very informative talk by Dr. Tim Rich, Curator of the Herbarium at the National Museum of Wales on the subject of DNA Barcoding of the Welsh Flora. Dr. Rich discussed the project undertaken by the University of Wales at Aberystwyth, with the involvement of the Museum and many other bodies, to establish a DNA based data base of all known Welsh Flora (in the order of 1500 species). The project is a world first and we were privileged to hear about it and the potential for development.

Dates for your diary:

13th February

Dyffryn and The National Trust - Geraldine Donovan. Geraldine has spoken to the Gardening 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.

13th March

Propagating Fuchsias John Jackson
Mr. Jackson will share his enthusiasm for Fuchsias and discuss and Demonstrate methods of propagation

10th April

How I became a Garden Designer Jane Grehan. Following the AGM Jane Grehan will tell us what inspired her to take Up garden designing and how this has developed into a full time occupation

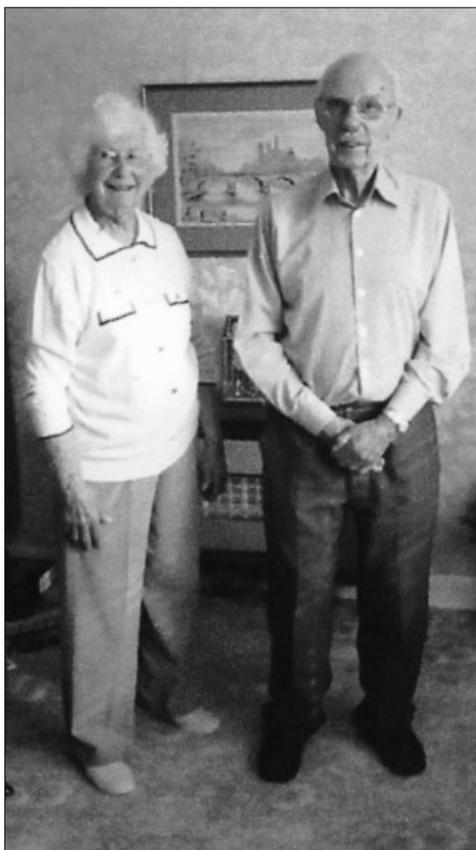
Meetings are open to all and take place on the second Wednesday of each month from September to April (with the exception of December) with illustrated talks and demonstrations. Some speakers bring examples of the plants they talk about and others bring plants for sale.

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 Website (www.radyr.org.uk) for programme details and any changes or contact our Chairman – Richard Gregory (2084 2084).

FAREWELL FROM BETTY & HAROLD JOHNSTON



After 42 years of living in Llwyn Drysgol and following a fall by Betty last summer and other health issues, Betty and Harold Johnston left Radyr at short notice. At the grand old age of 92 they are now safely living together and being well cared for in Shire Hall, Dumballs Road; amusingly only a stones throw from Harold's old factory office.

Betty was a keen and enthusiastic resident and enjoyed her involvement with various community groups including the Women's Institute, the Garden Society, Radyr Golf Club and Christ Church and was well known for her cake decorating skills, needlework and singing with the BBC Wales Choir.

Harold was a member of Cardiff Athletic Club for many years and an avid supporter of the Cardiff and Welsh teams. He enjoyed the occasional game of golf after retirement which was then replaced by weekly games of snooker with friends at Radyr Golf Club. His other passion was solving crosswords.

Sadly, their quick departure did not allow them to say farewell in person to all their neighbours and friends in Radyr and I would like to take this opportunity to say Cheerio on their behalf and to thank those in the community who have been so supportive of Betty and Harold over recent years.

Peter Johnston (Son)

MARILYN MONROE & RICHARD BURTON TO APPEAR AT MAY FESTIVAL

Well almost! The Arts events in the Festival have now been finalised and Fluellen Theatre Company will open their anxiously awaited production of *The Late Marilyn Monroe* at Morganstown Village Hall before a national tour. It is good to welcome Fluellen back to the Festival after a short break. They have brought many highly praised productions to Morganstown, including *The Odd Couple*, *The Corn is Green* and *Under Milk Wood*.

Professor Chris Williams of Swansea University had an unexpected hit on his hands when he edited *The Diaries of Richard Burton*. We are delighted to announce that he will give the Literary Lecture on this runaway best seller.

On the music front, two old friends return. The main concert will be given by that excellent choir Cantemus with orchestra and organ in the programme *Mainly Mozart*. Cantemus last appeared in the 2011 Festival.

Finally, the lunchtime concert will be given by Dennis O'Neill's Welsh Academy of Voice, a kind of finishing school for singers destined for the very top of their profession.

THE RADYR & MORGANSTOWN ASSOCIATION

ANNUAL GENERAL MEETING

Monday, 22nd April, 2013
7.30pm

Old Church Rooms

All residents of Radyr & Morganstown are eligible to be members of the Association and are invited to attend the AGM.

*Hear what's going on. Join in.
Help to make your community
a better place to live in.*

There will be a report on Association activities and an election of Officers and Committee.

Refreshments will be served after the meeting.

All posts are open for election. Nominations for Office should be sent by 21st April to the Secretary, Nick Hawkins, 7 Station Road, Radyr (2084 2561 or rma@radyr.org.uk)

RADYR'S ANSWER TO STARBUCKS –

TOAST!

Today I am reviewing a new business because for a few months now I have been mentioning that Radyr needs somewhere for 'my generation' to relax. I even wrote to coffee # 1 (a café chain) but now my wishes have been granted! 'Toast' has opened in Radyr and when I popped in for a snoop around I found a pleasant, warm coffee shop. It had a good variety of simple delights including toasted sandwiches, creamy hot chocolate and a selection of brownies and muffins!

Everything is well priced and the portions are generous. It is the only place I know of that sells cheap J20's (for those who don't know that is a fruit juice drink).

The only thing missing (in my point of view) is some of my fresh sponge cakes – although I may be biased because of my 'snackery' business!

The hot chocolate I drank was blissfully warm and dad's coffee was good quality. We shared a rack of toast with fresh jams and honey.

The staff are helpful and friendly with amazing customer service. Its location is perfect for me because I can walk to the café and buy myself a magazine to browse. It would be a good meeting place after a day in town (as seen in my first article) to be picked up by my parents when I'm feeling lazy.

I think its brilliant that this place has opened to fill a gap in the market, so don't let this shop bite the 'crust'.

Matthew Walker [aged 13]

REMEMBRANCE DAY 11TH NOVEMBER 2012.

The Royal British Legion, the charity that benefits from the Remembrance Day collections is most grateful to all those commercial premises and collectors who cover Radyr and Morganstown to make poppies available to all who wish to wear one, together with those who make generous donations to cover the cost of the wreaths that are laid each year.

The total amount collected this year amounted to £3528.72. made up of £2666.72. from poppy sales and £862.00 for wreaths.

Roy Scott

Happy haunting ground

After a mammoth journey from west Africa via London, Copenhagen and Oxford, ten "ghostly" rainforest trees reach their final destination. Artist **Angela Palmer** tells the story of Ghost Forest



When we lived in Hong Kong, I used to be fired up by a slogan on the HKTelecom vans which read: "What can be imagined, can be achieved."

I think this exhortation must have been ringing in my ears when I resolved to bring 10 great rainforest tree stumps to Europe and present them as a 'ghost forest'.

It all began when a scientist, Andrew Mitchell, told me a rainforest the size of a football pitch is being destroyed every four seconds. This seemed a horrifying statistic.

When rainforests are gone, they are gone, and this is happening on our watch.

The consequences of worldwide deforestation are, of course, well documented: the wholesale destruction of our rainforests not only destroys animals and plant life and the loss of the homes and livelihoods of indigenous peoples but it unbalances our climate.

Indeed it was no less than the Government's Chief Scientific Officer, Sir David King, who declared that climate change was a greater threat to humanity than terrorism.

As a mother of three, I reckoned my children would have every right to turn round in years to come and say: "You knew but you did nothing". It struck me that I could perhaps use my art as a means to illustrate the crisis which future generations will inherit.

My concept was to bring a series of huge stumps from a commercially logged, primary rainforest and present them as a 'ghost forest' in the centre of London.

People could then see, touch, and smell for themselves the mighty beasts we are destroying every few seconds; the absence of the trunks in the 'ghost forest' would act as a metaphor for

the loss of the planet's 'lungs'.

It was a crazy idea demanding an epic amount of military-style logistics, sweat, tears and family sacrifice. Our two boys were in the middle of exams but everyone in the family agreed to support me. It was not always easy but, astonishingly, no-one wavered - even during the moments of frankly dark despair.

I began to seek out loggers who might co-operate while, at the same time, I approached the Greater London Authority and the Mayor of London to request a site for the installation. To my astonishment Trafalgar Square was offered. It could not have been a better stage for the tree stumps: at 169 feet (about 50 metres), Nelson's Column is the approximate height the trees would have grown to in the forest.

After months of intense search I finally found a company of Lebanese loggers in western Ghana who were willing to meet me. It was deep in the Suhuma forest where I first saw the massive and majestic denya lying by the roadside, its root ball spanned nearly 30 feet. I knew immediately that if I could somehow haul this magnificent great beast to the feet of Nelson's Column it would be electrifying.

The roots looked like the nerve endings of the planet and, if we could preserve them intact, all the way to Europe, then I felt this would be a powerful symbol for man's wholesale destruction of our precious resources.

In the past 50 years, Ghana has lost 90 per cent of its virgin rainforest but now, determined to retain its remaining forests, Ghana operates sustainable logging under strictly-controlled regulations.

The Lebanese were understandably nervous, fearing they would be seen as the 'evil' loggers. I

explained that the stumps were intended as symbols of all rainforest trees in the world but, as they were from Ghana they would carry a powerful message of optimism for other countries to follow its policy of responsible forestry.

Each tree in Ghana's primary rainforest is numbered; only a few in any one concession can be logged, and each felling is witnessed by officials. When logging is complete, each concession must lie undisturbed for 40 years. As a result, the forest canopy is retained, the young saplings regenerate naturally, leading to a thicker forest, and the timber industry continues.

After three trips to Suhuma and weeks of nail-biting negotiations with the loggers and the Ghanaian authorities, I secured ten stumps: seven had naturally fallen in storms with their roots exposed and three were stumps from commercially logged trees

The next problem was transport there were no shipping containers in the world big enough to hold them.

And how would I transport the wide loads over 350km, from the forest to Takoradi, the port in Ghana (along dirt tracks in the middle of the rainy season)? And once in the UK, how could I get the tree stumps through customs and transported into Trafalgar Square? In the event, the stumps had to be washed free of earth by the Takoradi fire brigade before being lashed onto the decks of two ships bound for Tilbury Docks in East London.

The carbon footprint of the project was of course uppermost in my mind, but I felt its impact would outweigh the spend'. (Looking back, I think it was more than justified. According to one media report, over 173m people saw or heard about the "Ghost Forest" during its exhibition in Trafalgar Square in one week alone).

We offset the project's carbon footprint by investing in more energy-efficient stoves for Ghanaian households, which in turn leads to fewer trees being needed for fuel.

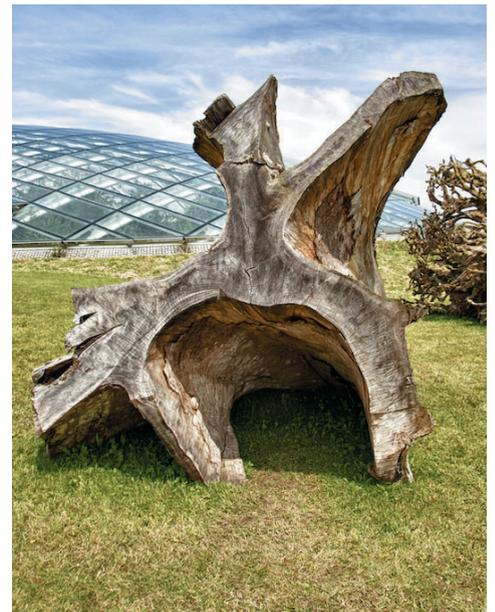
After an extraordinary week in Trafalgar Square, the Ghost Forest was then transported to Copenhagen where it was exhibited outside the Danish Parliament during the United Nations



The great denya is swung into position
Photo: Carl Stringer



Ghost Forest at the Museum of Natural History and the Pitt Rivers in Oxford



Climate Change conference, which was attended by more than 11,000 delegates. The rainforest 'ambassadors' then moved to the lawn of the Museum of Natural History and the Pitt Rivers in Oxford where they were seen by hundreds of thousands over the past two years.

Visitors to the trees included Kofi Annan, the former Secretary General of the United Nations, and a group of schoolgirls from an inner city London school at the suggestion of America's First Lady, Michelle Obama. (Mrs Obama was presented with a piece of the denya which is now in the White House).

It was in Oxford the Ghost Forest first came to the attention of Dr Rosie Plummer, director of the National Botanic Garden of Wales. After reading about the installation in Oxford Today magazine, Dr Plummer wrote and asked me if the Garden could offer a permanent home for the trees. Several national bodies had made similar approaches but as soon as I visited the visionary National Botanic Garden in the breathtaking Carmarthenshire hills I knew it was right. Dr Plummer emerged above all the other candidates as the perfect custodian: she is passionate about the rainforest and displays huge energy, dynamism and vibrancy.

We agreed the trees should be placed on the grass outside Norman Foster's futuristic Great

Glasshouse facing towards the 'Woods of the World' plantation; as the mighty African rainforest trees slowly degenerate over several generations the new growth over the valley would emerge.

The film recording the Ghost Forest's journey from deep in the Suhuma forest to Tilbury Docks, Trafalgar Square, Copenhagen, Oxford and their final pilgrimage to Wales will be shown inside the Great Glasshouse for all the visiting schoolchildren - and adults - and the educational programme around the trees, embracing arts, science and literature, will be sustained, I know, with a real energy and enthusiasm.

The Garden is also planning long-term ecological monitoring of the trees as they are naturally colonised in their Welsh habitat.

The day after we agreed on the trees' future home, Dr Plummer wrote: "From the instant that the Oxford magazine with Ghost Forest cover landed through my letter box over a year ago, I have tingled with the possibility of drawing it here to support our mutual ambitions."

The trees duly left Oxford at the end of July, and proceeded westwards in majestic style with flashing vehicle escorts to their permanent home (see: <http://www.bbc.co.uk/news/uk-wales-19047874>). This part of the project was funded by the Waterloo Foundation as part of its support

for rainforest charity, Size of Wales. The Size of Wales project aims to bring everyone in Wales together to help sustain an area of tropical forest the size of Wales as part of a national response to climate change. It is the brainchild of Heather Stevens who was one of the first supporters of the Ghost Forest. <http://www.sizeofwales.org.uk/>

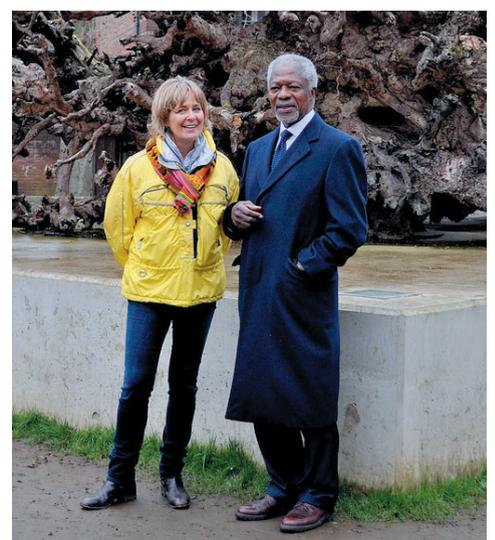
The trees look like magnificent sculptural beasts in their new home, against the backdrop of the Great Glasshouse. I must confess to being quite choked up as my old friend, the 300-year-old, 20-ton denya was put into position for the last time, joined by the nine other very special trees which have made such an extraordinary journey since they arrived on the ship from Africa into Tilbury Docks in East London in 2009.

During the installation in Wales I was approached by a wonderful elderly man who has followed the trees since their exhibition in Trafalgar Square. He said he wants his ashes scattered amongst them, and that certainly set me off. But as Dr Plummer said, this new home is another beginning for the Ghost Forest, so please stand by for news of these 'ambassadors' in Wales where I dearly hope they continue to inform and inspire people of all ages and backgrounds for generations to come.

We are indebted to the National Botanic Garden of Wales for their permission to print this article. ED.



Garden Director Rosie Plummer and artist Angela Palmer flanked by Lowri Jenkins and Hannah Scrase of Size Wales



Artist Angela Palmer with former Secretary General on the United Nations Kofi Annan

Christmas at Bryn Deri

The dark nights of winter saw the children of Bryn Deri enjoying a wide range of festivals of light to brighten their days. It began with a performance of the story of Rama and Sita brought to us by India Dance Wales to celebrate the festival of Diwali and the beautifully created diva lamps, lit and displayed around the school.

Following the performance, children participated in workshops and were given the opportunity to learn a little more about the festival, try traditional costumes and learn classical dance movements. Bonfire Night followed shortly which was celebrated with a successful Spooks and Sparkles Disco arranged by our PTA.

The Christmas preparations got off to an early start with the Annual PTA Christmas Fayre which was a huge success – Father Christmas himself made a visit to Bryn Deri – much to the excitement of all the

children! This was an exciting event which brought the whole school community together and brought out that good ol' Christmas spirit!

Christmas at Bryn Deri really was a magical time with staff and pupils eagerly rehearsing for their Christmas performances and the sound of children's voices singing throughout the school! The lighting of the Christmas tree in Morganstown and Radyr was a highlight of the Christmas Festivities. Bryn Deri children had rehearsed well and performed a repertoire of Christmas carols beautifully!

Christmas at school provided a wonderful opportunity to celebrate and to take the time to reflect on the Christmas story which was so beautifully performed by our very youngest pupils in our Nursery, Reception, Class One and Class Two. Important messages were delivered through our KS2 performance 'Home for Christmas' helping us to reflect on how we can all spread a little Christmas Spirit in our busy modern lives. I think everyone who attended the production will agree it was a truly professional performance

demonstrating the wealth of talent that exists in Bryn Deri.

The final week at school was filled with traditional Christmas celebrations such as a visit to the pantomime 'Sleeping Beauty', party food, dancing and a visit from Santa himself for our younger pupils. Foundation Phase children sang a selection of Christmas songs for Santa and were rewarded by a small gift to mark the beginning of the Christmas holidays!

The children, staff and governors of Bryn Deri Primary would like to wish everyone in Radyr and Morganstown a Happy New Year with good health and success in 2013!



GLAMORGAN & GWENT
PHYSIOTHERAPY

FALLS IN THE ELDERLY

LOW BACK PAIN

In mid December a man came to my clinic with acute back pain which started when he was putting up the Christmas tree. A classic twisting and pulling injury while adjusting the tree stump into the tree holder on his hands and knees! However, following advice, painkillers, exercises and mobilisations, he was pain free by Christmas day and able to eat his dinner with the fizz, bang and fire coming from the drinks, crackers and Christmas pud rather than any painful back sensations!

Low back pain is extremely common. 80% of the population will experience low back pain at some point in their lives; however, following the guidelines will help to speed up recovery and prevent recurrence.

Low back pain treatments:

- Use painkillers wisely – too many and you may be “spaced out”, too few and you may be “frozen with pain”
- Keep moving – movement will help to decrease muscle spasm

- Seek information and advice from your GP/Physiotherapist/Osteopath or other healthcare professional. The Back Care Book is free and a good source of information. Please contact me if you would like a copy

- There are three main treatment options for acute low back pain:

Manual therapy – a course of nine spinal mobilisation or manipulation sessions over a twelve week period

Exercise class – a set of eight structured classes over twelve weeks incorporating stretches, strengthening exercises and body awareness /posture

Acupuncture – a course of ten acupuncture needling sessions over a twelve week period

A quick guide to prevent recurrence:

- Keep active – a variety of exercises will help to maintain strength and flexibility
- Watch your posture and back alignment when lifting/carrying
- Avoid sitting for long periods of time – office workers beware ... stand, stretch and walk at lunchtime!
- Look after yourself and your mental health – stress can cause tension especially in the muscles across the shoulders and into the neck
- Monitor your capabilities – if you do little or no exercise then you may find yourself in trouble if you suddenly lift

huge boxes or rush into doing some heavy manual labour!

Please see your GP if you have: disabling pain which does not change with movement; pain following direct trauma to your body (i.e. fall from a height or car accident) or problems with your bladder or bowel.

A Back Care Booklet is available free of charge (P&P not included) please email or phone me. The information given in the article follows the National Institute for Health and Clinical Excellence guidelines see: www.nice.org.uk

Glamorgan and Gwent Physiotherapy is now based at Radyr Golf Club. Please feel free to contact me if you would like any help, information or treatment.



Clare Rayner BSc [Hons] MCSP

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

Radyr & Morganstown Community Council

Cyngor Cymuned Radur a Threforgan



Happy New Year! The Community Council was delighted to be able to increase the Christmas street lights in Station Road this year. We will continue to fund these lights, along with the three big trees, as they have been a great success and are an important part of the community's Christmas celebrations. We were also extremely pleased to fund the electrical supply to the Christmas tree at Radyr Sidings and our thanks go to the staff at Taylor Wimpey and Cardiff Council who helped make this happen. None of the Christmas celebrations, the trees and their lights and the Christmas Fair could take place without the many generous volunteers who give so much of their time, often out of doors in cold and wet weather. Thank you!

R&MCC is working with the schools in R&M on several projects. New

notice boards will be put up at Radyr and Bryn Deri Primary Schools shortly. They will include R&MCC information and notices of community events and we thank both schools for agreeing to this. Councillors have run bird and bat box-making events at the primary schools and the youth club which have been great fun for all. We are also planning to fund an R&M Festival literary competition this year. The Community Council has submitted a response to the latest consultation in Cardiff's Local Development Plan. You can see all the documents on the website but do contact the Clerk if you would like more information. We commissioned a transport survey which provided evidence to support our concern that the local transport network cannot support a large

housing and retail development and that there are few, if any, solutions to the bottle necks of Llandaff and Heol Isaf. There will be another consultation in the autumn and we will continue to work hard to represent R&M in this very important plan for our future.

We were very pleased to donate some very small maracas to Radyr Library for use by little children!

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

Radyr & District Good Neighbour Scheme

Cwrt Brynteg residents Mal and Iris Green celebrated their Diamond Wedding Anniversary on Boxing Day. However, members of Meet for Lunch, Radyr's lunch club for the young at heart, recognised this momentous anniversary at their Christmas lunch. CC Rod McKerlich presented the couple with flowers and a bottle of champagne to mark this very special event.

Meet for Lunch is overseen by Radyr & District Good Neighbour Scheme; we love to celebrate special occasions and in the past have helped local residents celebrate special birthdays for ages between 50 (volunteers) and 104. Our birthday party is always very special and last year we combined it with a celebration for the Queen's Diamond Jubilee. Good neighbours also celebrated the Jubilee with a sell-out afternoon tea attended by the Lord Mayor with entertainment by students from the Royal College of Music and Drama.

Apart from one part-time employee, all of the events are possible due to a

wonderful team of dedicated volunteers. If your New Year's resolution is to do some voluntary work why not join us as a volunteer and help someone in your community – just one hour per month is all it takes to be a Good Neighbour volunteer.

Would you like some company during these dark winter days? Come and join one of our very social groups – Wednesday morning in the Methodist Church Hall we have a coffee morning, no fund raising just a friendly chat and a cuppa or Friday Lunch Club in the Old Church Rooms (places must be booked on a Thursday) two-course hot meal £4.00. Please contact us.

Radyr Good Neighbours is funded, in the main, by Cardiff County Council; support for special events comes from Radyr & Morganstown Community Council and grateful clients occasionally make small donations which can be enlarged by signing a Gift Aid form. We have also been fortunate in the past to receive small, one-off grants from local organisations and in 2011, were the nominated charity for Radyr & Morganstown Festival Week. Apart from continuing to recruit more volunteers our biggest challenge is funding as the grant from Cardiff Council has not increased for over ten

years. [We are aware that many organisations provide grants and one-off funding for charitable projects. However, most of these stipulate no running costs. We need the funding for just that. This charity is a project in itself!] If you are able to help us as a volunteer or have any ideas how we can raise some extra funds or would like to join one of our groups, please contact the scheme. Email radyrgoodneighbours@hotmail.co.uk or telephone 2084 2404. Volunteering with Good Neighbours is not onerous; just one hour per month could make a difference to the life of a senior member of the community.



Update from Radyr Primary School

The community of Radyr Primary School enjoyed another busy term prior to the Christmas break culminating in a Christmas Fortnight comprising seven Christmas concerts, pantomimes, parties and carol singing for parents and pupils alike.

The term saw the school finalise its 'Vision Cloud' which was created by the pupils, staff, parents and governing body. The cloud



highlights the words which were mentioned most by stakeholders or to put it another way, the words deemed most pertinent when describing a vision for the school.

Our first harvest from the new allotments provided our cookery club with a range of organic produce from which they created a delicious potato salad and vegetable soup. The support of our parents, Mrs. Mouncher and Mr. Coley along with help from past pupil Katrina Davies have ensured that all of our children exercised their green fingers.

Our caretaker, Mr. Thomas, held an amnesty for pop bottles which he recycled to create a fabulous 'Pop Bottle Greenhouse' which we hope will widen our range of products in the spring.

Local representatives from the Community Council also visited



school to build bird and bat boxes with our Year 5 and Year 6 pupils. The boxes have now been installed along our nature trail and thanks to technology and Mr. Diment, we are looking forward to filming a bird nesting in the near future.

True to their word, the inspectorate Estyn revisited the school and was very impressed with the progress we had made against each of their recommendations. Impressed also were the Healthy Schools Wales assessors who judged our school worthy of its third Health School Leaf following a fabulous presentation and tour hosted by our eco-council.

To ensure our pupils remain safe on the roads, Year 6 completed their safe cycling course and Year 2 completed the Kerbcraft course and were delighted to be visited by 'Roadie' who drove into assembly to congratulate the children.

The Cardiff Cross Country Championships were held in December and we were delighted to be in first place for both the boys and the girls U11 teams. It was a fabulous effort by all of our runners who despite the cold and muddy conditions, gave their all and thoroughly enjoyed the occasion.

Our choir were busy in the run-up to the festive season, signing carols to raise money for the RNIB at IKEA in Cardiff. The children raised just over £150. for the charity.

We were glad of the Christmas Break but keen to return to school to see what the Spring Term has in store.

RADYR DRAMA SOCIETY'S NEW SEASON FOR 2013

The new year sees us looking forward to our new productions for 2013. As usual, we shall be performing two plays, the first of which will be on the 25th-27th April at Morganstown Village Hall. This will be the society's fiftieth production and a milestone to celebrate!

The play is "We'll Always have Paris" by Jill Hyem, who has written a number of drama series for television.

This is the story of three retired Englishwomen, who are old school friends. They meet up in Paris where two of the ladies are already living. There follows a light hearted comedy where the three reminisce and become involved in each other's lives once again.

We would like to wish all our loyal supporters a Happy New Year and look forward to seeing them in April.

Don't forget that new members are always welcome to secure the future of our society.

Letters...



11 January, 2013.

Dear Editors,

My husband, Sean, was involved in a serious cycling accident on Bryn Derwen hill on the 31st December, 2012. Three separate motorists and one pedestrian stopped to assist him. They provided a blanket, coat, rang an ambulance and also contacted me to let me know what had happened. They reassured Sean and all waited with him until the ambulance eventually arrived 45 minutes later. In the heat of the moment, we only got the name of Phil Hems but would like to thank the other three people for being such good Samaritans. You know who you are!

Sean suffered concussion, cut his right palm and displaced his clavicle. He is now recovering from an operation on his shoulder and is doing well. However, it is without doubt that the cycle helmet saved his life. The main impact was over his temporal lobe and it cracked in three places, but it did its job wonderfully well.

We hope this letter encourages everyone to wear a safety helmet when cycling.

Lyn Twamley

What is Acupuncture?

The Latin definition of acupuncture:
Acus – needle **puncture** – penetrate

Acupuncture is a method of treating certain disorders by inserting needles into various parts of the body. It originated in China where it has an elaborate theoretical and somewhat mystical basis. Recently it has been de-mystified by a number of Western Health Professionals, who have reinterpreted it in terms of modern anatomy, physiology and pathology. So today there exists two schools of acupuncture – traditional and modern (called dry needling).

The principal differences can be summarized:

Traditional

Follows rules laid down in the past
Based on pre-scientific ideas
Mystical and practical
Appeals to Westerners interested in
Mysticism

Modern

Mostly ignores the old rules
Based on modern anatomy and
physiology
No element of Mysticism

The main advantage of the modern approach, so far as Western health professionals are concerned, is that it can be easily assimilated into the rest of medical training without the need for years of training in the old traditional ways of learning a few hundred meridians and points. Also it has given rise to some new forms of treatment, such as periosteal acupuncture (into the heel directly), that did not form part of the traditional system.

Acupuncture for Foot Conditions

Acupuncture is not a complete system of medicine but rather a therapeutic tool that can be used by a wide range of health professionals that includes podiatrists. It is best viewed as an adjunct to the existing range of treatments rather than a separate speciality. Its main advantages are that it works in some disorders for which there is little or no effective treatment and that, in competent hands, is safe and particularly good

for musculo-skeletal and painful foot disorders. These are the areas supported by most of the scientific research into acupuncture.

In my extensive experience and within a recent paper for the Master's Degree in Podiatry (currently being published) I have shown that it can be useful in treating a number of disorders that include Plantar Faciitis, Hallux Limitus and Rigidus, Metatarsalgia, Morton's Neuroma, Digital neuritis, ankle and knee instability, Restless Leg syndrome, Intermittent claudication, Cramps, painful scars, Osteoarthritis and other non-specific aching foot conditions.

How Acupuncture Works

Some of the theories are:

1. Neurological – the pain gate theory (similar to the effects when using a TENS device)
2. Humeral – serotonin, endorphins and other neurotransmitters
3. Bioelectric – reduced electrical resistance at skin acupuncture points
4. Placebo Effect – commonly touted by sceptics

Most of the research has dealt with its analgesic effect in the nervous system. Anyone who has seen or tried the insertion of an acupuncture needle will have seen the surrounding red ring of histamine release that this can cause in the skin. This demonstrates an ability to alter local chemical and neurotransmitter substances at the skin level. To achieve lasting pain relief a course of acupuncture treatment is recommended.

If you would like to find out more about acupuncture for foot problems or would like to try Auricular (ear) acupuncture therapies for all other health conditions, I am available at Enerchi, Heol Isaf, Radyr on Tuesday or Thursday 95-7.30pm) or I can provide home visits at other times. Please contact: Tracy Gill MSc Podiatry, IHBC Masters, FSSCh, MBChA.

Tel. 07850 019804 or 20887 421.

Radyr NSPCC
invites you to a
Luncheon
(soup/sandwiches, dessert, coffee)

Tommy Cooper
'Son of Caerphilly'
A talk by Chris Bleach,
Chairman of the Tommy Cooper
Society



to be held at
Radyr Golf Club
Thursday 14th February 2013
12 noon for 12.30pm
Tickets: £10
(Available from: 029 2084 2478)

NSPCC
Dim mw y gredondeb i blant. DIM.
Cruelty to children must stop. FULL STOP.

Rhifau cofrestru eiddau NSPCC: 216401 a SO33717. NSPCC registered charity numbers 216401 and SO33717.

Rotary in Radyr



A Happy New Year from Cardiff West Rotary Club.

Before looking forward to what 2013 brings for the club we must first look back at the end of the last year. All of our members would like to thank all the people who gave so generously to our collections of food, toys and toiletries. We hope that any charitable collections we carry out in 2013 will be just as successful.

At the start of 2013, we have a number of events already being organised. After last year's incredibly enjoyable murder mystery event we are all looking forward to "Murder Onboard" at Radyr Golf Club on 8th February and hopefully some of you will join us. Once again we are organising our St. David's Day Concert at Christ Church, Radyr on 1st March. Also we'll be selling

tickets on 26th to 28th April at Asda in Leckwith for a trolley dash.

This time last year we told you about an important milestone for Rotary and our partners in the Global Polio Eradication Initiative. Polio Eradication is Rotary International's top priority and in January 2012 after a year with no new polio cases, India was removed from the list of endemic countries, leaving just Pakistan, Afghanistan and Nigeria. These countries are the only three remaining where polio is endemic, down from 125 countries when Rotary began its End Polio Now campaign in the 1980s. And in 2012, there were 222 cases of polio worldwide, down from 627 in 2011.

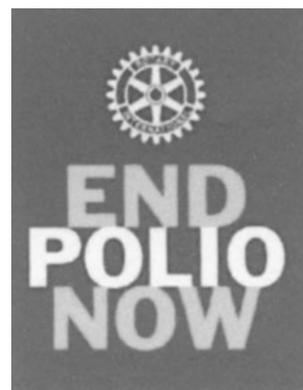
But the campaign still has a way to go. In order to be declared polio-free, India must have no new cases for a further twelve months. Rotarians in Great Britain and Ireland raise funds and awareness, with some travelling to India to help at National Immunisation Days. In

early December in Radyr, our members were raising money by selling purple crocus pins, which is the emblem of Polio Eradication. Hopefully with your continued support, Cardiff West Rotary Club can play its part in global Polio Eradication.

Further details are on our website www.cardiffwestrotaryclub.wordpress.com

as are our club evenings or you can email sec.cardiffwestrotary@gmail.com for further details.

Follow us on twitter @CardiffWestRota



PLAZA SUITE

BY NEIL SIMON

REVIEW OF RADYR DRAMA SOCIETY'S PRODUCTION – 22ND NOVEMBER 2012.

In their latest production Radyr Drama Society stages two-thirds of Neil Simon's 1960s trilogy of New York life as played out in one hotel room, the Plaza Suite of the title. Despite being stages on the same set and directed by the same producer (Pauline Watson), these were two very different productions: the one a study of the decline and fall of a long marriage (twenty-three years, twenty-four? – Karen, the wife [Sarah Jones] cannot remember), the other the chaotic start to a new marriage when the bride-to-be has an attack of nerves and barricades herself in the bathroom refusing to come out, much to the consternation of her parents (Roger Page and Julia Hallinan). Each piece was self-contained with its own curtain-call, so I shall consider them separately.

The first act, Visitor from Mamaroneck, finds Karen Nash, wife of self-made businessman Sam (Brian Willis), seeking to reinvigorate their marriage by checking in to the same room that the two used on their honeymoon. But the

attempt to reconnect with her husband is doomed: he is having an affair with his secretary (Katherine Greville) and is preoccupied with work. Karen cuts a pathetic figure: she cannot remember how long she has been married, how old she is and is probably wrong about the number of the hotel room. Her plans for a champagne and flowers celebration fall flat as Sam bitterly complains that it is interrupting his work. Why did she have to arrange to have the house painted that weekend? Simon's writing is sharp and the two leads, who must carry virtually all the dialogue, delivered it with the sparkle and pace that the rapid changes of mood demanded. Sarah Jones was by turns romantic and bickering, forgiving and frustrated, while Brian Willis was irascible, resigned, yet suddenly vivacious when his secretary turned up.

If the first act was a wry comedy of words, the second, by complete contrast, was a farce. Roger Page as father of the bride raged as his daughter refused to emerge from the bathroom, ruing the exact number of dollars he had expended on the wedding and blaming his wife for the present situation. Like a volcano, he rose and subsided, banging the door, wielding a chair, clambering out of the window (on the seventh floor!) to crawl along the ledge to the bathroom window which turned out

to be locked as well, to re-emerge the worse for a rainstorm and all-too-accurate pigeons. Meanwhile, his wife, similarly distraught, imagined she was having a heart-attack from all the to-do, but was totally devastated when she laddered her stockings. Julia Hallinan and Roger Page clearly relished the over-the-top parts and had the audience in stitches.

Although each of the two items was in essence a two-hander, credit must go to the minor characters who all gave solid support. Martin Jeeves as the waiter and Katherine Greville as the secretary were entirely convincing and a particular mention must go to Simon Timms who played the bellhop in the first act and the groom in the second. Sophia Griffiths was suitably radiant as the bride.

The two acts were very different and director Pauline Watson realised both admirably. The first is very reliant on the dialogue, but at no time was the action static; in the second the frantic movement around the stage was carefully managed. The build quality of the set was given a severe testing in Act Two, but as ever Dave Burgess' construction was rock solid as well as looking the part. Lighting, sound and wardrobe all contributed to a particularly enjoyable production. This reviewer looks forward to the next in April 2013.