

## NSPCC LUNCH AT RADYR GOLF CLUB



*The NSPCC Committee at the Charity Lunch*

### The NSPCC held a very enjoyable Light Lunch on 14th February at Radyr Golf Club.

We would like to thank Chris Bleach, present Chairman of the Tommy Cooper Society for giving us such an entertaining and humorous talk on the life of Tommy Cooper. His Slides and film of the era brought back many memories of the entertainers of the day. It came as quite a surprise to discover that Tommy Cooper died thirty years ago! We all enjoyed seeing again some of Tommy Cooper's famous tricks.

The Lunch raised £900. for the NSPCC and thanks to a very generous donation of £100., this has risen to £1,000.

We would also like to thank Gareth Jones and his staff for their generosity and help which enabled us to raise this amount. Clare Probert and Paul Cale

worked hard behind the scenes ensuring that the event went smoothly. This included the washing up! Vince Sheppard, the chef, kindly prepared the excellent lunch, enabling us to make a good profit for the NSPCC.

Funding is still desperately needed. 90% of funding is from public donations.

The Jimmy Savile case has increased public awareness of child abuse, leading to greatly increased calls to the NSPCC Helpline. This is the official channel for victims both past and present. It is also a 24-hour phone line for adults to report child abuse or to seek advice.

The Radyr Committee would like to thank all those who support our events and through their generosity help the NSPCC to continue to help those who are most vulnerable in our society.



## SPRING TIME AT BRYN DERI

It has been a very short yet busy spring term at Bryn Deri Primary and even as we begin the final week of the spring term school continues to be crammed full of exciting opportunities both in school and out for pupils and staff alike.

The Science experience at Bryn Deri – XL Wales



The fun began with a whole school science enrichment week. Pupils were able to apply their science skills and enjoyed a range of exciting opportunities. This is what Dosbarth 4 had to say about it:

We have all had a fabulous time this week learning about Forces. Please take a look at all the photographs of us learning about up thrust, friction and air resistance. We also had the opportunity to make our own origami boats. This was extremely challenging until one of our pupils succeeded and this created a 'wave' of success for all of us, apart from Mrs. Netherway and Mrs. Burford who we think are still struggling. We have worked together by sharing our ideas and experiences. We helped each other to calculate averages and measure in Newtons. The week ended in a 'Who Wants to be a Millionaire Quiz' where we managed to win One million pounds. We all agree that Science can be FUN!

### Sword Fencing Opportunities



Thanks to a talented pupil in Dosbarth 6, pupils at Bryn Deri were given the opportunity to try out some new skills in fencing. The children were all very

*more on page 17*

# RADYR CHAIN

Free to every home in Radyr and Morganstown



Number 205

April 2013

## RADYR PARISH MUSIC GROUP'S OKLAHOMA



From the moment conductor Simon Davison lifted his baton and the orchestra started playing the overture for the RPMG'S production of Oklahoma, staged in the main hall of the Bishop of Llandaff High School last February, one felt one was in for a good evening. The youthful orchestra was well balanced, wholly in tune and fully under the conductor's control and remained so for the rest of the performance.

And this high standard was carried through into the rest of the production. The curtains parted to reveal an excellent three-tiered set designed and constructed by Raymond and Marilyn Rivron, with Aunt Eller, most effectively played by Gill Davies, busily churning butter in a very convincing butter-churn which I suspect was one of the many elaborate Rivron-made props which appeared throughout the evening.

With the scene thus set Curley, the hero of the show, made his appearance – and an immediate impact on the audience. I'm told that Owen Lucas, who played this part, is studying the oboe – not voice – at the Royal Welsh College of Music & Drama. With a voice and stage presence like his, if he could learn to dance and to move with a bit more fluidity, one feels he must have a good chance of a future in Musical Theatre if he wanted one. He was terrific.

So too was the heroine of the show, Laurey, played by Alice Jarvis. She looked delightful, sang beautifully and moved and acted with assurance – another talent we hope to see again in future productions.

Next to appear was the nice but dim cowpoke, Will Parker, played by Gareth Hurman with utterly convincing niceness and dimness, though it was hard to imagine him sticking to the back of a bucking bronco in a rodeo. He yearns for the hand of Ado Annie – the girl who "Cain't say no" – played equally convincingly by Sarah Jones. Her performance was a gem of comic acting which the audience loved. Her other beau is Ali Hakim, the travelling "Persian" salesman, in which part Drew Heusch gave another competent performance,

*continued on page 5*

**Your free copy of the Festival Programme  
is enclosed in this edition**

**Radyr & Morganstown Association**

# Festival

# 2013

4th to 19th May

Programme of Events

**tenovus**  
your cancer charity

Number 1054015  
Charity Sponsor: ener-chi

**Festival Theme: Colours of the World**

## COMING EVENTS



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

### April

- 4 A Coffee Morning will be held at Aldersyde, 40 Heol Isaf, Radyr by permission of Mrs Lorna Clarke for the benefit of the local Conservative Party. 10.30am
- 6 Cardiff Quins v Porth. Welcome to socialise in the clubhouse, before and after the game. 2.30pm
- 7 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
- 8 Radyr & Morganstown WI Institute meeting - talk on 'Hedgerow baskets' by Ms Susie Vaughan. Old Church Rooms. 7.30pm
- 10 How I Became a Garden Designer. The evening will start with our Annual General Meeting and will be followed by an illustrated talk by Jane Grehan discussing how she became a Garden Designer. 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
- 11 NSPCC coffee morning to be held at Radyr Golf Club - jewellery, scarves, handbags, cakes, tombola, plants, raffle. 10.30am
- 13 Cardiff Quins v St. Peters. Welcome to socialise in the clubhouse, before and after the game. 2.30pm
- 18 Visit to Tredegar House. The History Society will be visiting Tredegar House today, starting at 11.a.m. Entry £5.75 (Free to National Trust members). Non members are welcome. For details phone Allan Cook on 20843176. 11.00am
- 20 Radyr Woods working party. Path improvement and general light duties from 9am to 12noon. Meet in Taff Terrace Car Park or find working groups in the woods if later than 9am! Volunteers welcome. Weather permitting. 9.00am
- 22 R&M ASSOCIATION AGM  
All residents of Radyr & Morganstown are

eligible to be members of the Association and are invited to attend the AGM in the Old Church Rooms. Hear what's going on. Join in. Help to make your community a better place to live in. Refreshments will be served after the meeting. 7.30pm

- 25 R&MCC Monthly Meeting. Main monthly meeting of R&MCC. Chain Room, Old Church Rooms, Park Road CF15 8DF 7.30pm
- 25-27 Radyr Drama Society 'We'll Always Have Paris' by Jill Hyem. To be performed at Morganstown Village Hall, Tickets (£8, Concessions £7, Students £5) available from Vintage Gem in Station Road, or contact Sheila Phillips (20842585), Allan Cook (20843176) or Nicky Webber (20843582). 7.30pm
- 27 Friends of Tenovus Display in the community area of Radyr Library to inform local residents of the work and aims of the Charity. All are welcome to call in from 10 - 12 noon. 10.00am

### May

- 2 Annual meeting of R&MCC. Chain Room, Old Church Rooms, Park Road CF15 8DF 7.30pm
- 4-19 R&M ASSOCIATION FESTIVAL See enclosed Festival Guide for events
- 8 The Late Marilyn Monroe. Fluellen Theatre Company give the first performance of Francis Hardy's new play starring Jessica Sandry about the doomed screen idol. Morganstown Village Hall. Tickets £9, £8 (concessions) student's £4, from Vintage Gem, Station Road, Radyr; Nick Hawkins 20842561; or Allan Cook 20843176. Licensed Bar 7.30pm.
- 12 Christian Aid week start. Envelope distribution to houses in Radyr & Morganstown.
- 13 Radyr & Morganstown WI Annual Meeting and resolutions. Old Church Rooms 7.30pm
- 15 R&MCC Monthly Meeting. Main monthly meeting of R&MCC. Chain Room, Old Church Rooms, Park Road. 7.30pm

### EDITORIAL



We are always keen to have articles/news from local people, so if you have had an interesting experience or have made an interesting journey, why not write to *The Chain* and tell other people about it.

We shall be delighted to print it.

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

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## R & M FESTIVAL 2013

**Tuesday 7th May at 7.30 p.m.**

Fluellen Theatre Company  
present the world premier of

### THE LATE MARILYN MONROE

by Francis Hardy starring  
Jessica Sandry

Morganstown Village Hall  
Tickets £9, concessions £8  
students £4

**Saturday 11th May  
at 7.30 p.m.**

Cantemus Chamber Choir in  
**MOSTLY MOZART**

with Rejouissance String  
Ensemble leader Simon Jones  
conductor Huw Williams  
Christ Church, Radyr  
Tickets £9, concessions £8,  
students £4

**Wednesday 15th May  
at 12.45 p.m.**

The Welsh Academy of Voice  
present

### SOUTHERN STARS

Australian soprano Siobhan  
Stagg New Zealand Baritone  
Moses Mackay  
Methodist Church, Radyr.  
Tickets £5, concessions £4,  
students £3

**Friday 17th May at 7.30 p.m.**

The Literary Event Professor  
Chris Williams on

### THE RICHARD BURTON DIARIES

Old Church Rooms, Radyr  
Tickets £5, concessions £4,  
students £3.

Tickets can be obtained from the  
Festival Box Office, Vintage Gem,  
Station Road, Radyr,  
Nick Hawkins 2084 2561  
or Allan Cook 2084 3176

## RADYR PARISH MUSIC GROUP'S OKLAHOMA

...from front cover

though one would have liked him to have attempted a more distinctive accent, whether "Persian" or American.

A couple of the minor character performances which must have an appreciative mention at this point were those of Helen Blundell as Gertie Cummings (her laugh still haunts me) and Chris Dale as Andrew Carnes. They showed the depth of talent the Music Group currently enjoys.

As well as comedy and romance Oklahoma has its darker side too, represented by Judd, Aunt Eller's hired hand who has an unhealthy interest in mucky postcards and in Laurey. Brian Willis, a seasoned actor, invested his part with all the anger, repression and bitterness it called for, so that one had to keep reminding oneself that being a musical the show had to have a happy ending and Judd was bound to come to a sticky end. And so he did, though it has to be said that the fight scene at the end, which is fiendishly difficult to pull off, was a little anticlimactic.

But that is to carp, as anyone who saw the show will tell you. Jane Tabbener, originally expecting to be responsible for choreography (which it goes without saying was excellent) took over the direction of the show in unforeseen circumstances and did a magnificent job. Quite apart from her sure-footed direction of the principals she had to manage a chorus of 26 individuals of widely varying age, agility and aptitude, but Jane made it look easy. It was impressed with the way the chorus was grouped, the way they moved, the way they responded to and interacted with one another and with the principals and, of course, with the way they sang.

Which leads one on to the musical direction which, for the first time so far as the Parish Music Group is concerned, was in the evidently very capable hands of Ben Pinnow, who is undertaking postgraduate studies at the RWCMD. All the principals performed well under his direction and the chorus seemed to be in exceptionally fine voice. His task would have been much harder were it not for the unstinting work of Pauline Gutteridge as Assistant Musical Director and resident pianist, a role she has occupied for more years than she cares to remember, I suspect. I hear that she is now retiring; she will not be easy to replace.

Another retiree is Geoff Davies, or "Davies the Lights" as he should be known here in Radyr having lit every show RPMG has ever produced since its inception in 1985 – that's a total of 32 shows, not counting the many plays he has lit for Radyr Drama Society. His contribution will be greatly missed.

These productions, which are so much enjoyed ever year, are always the product of a large team of people. The efforts of many of them all too often go unsung – the stage crew, the wardrobe mistresses, the front of house, bar, box office and publicity teams, the people who do the administration (insurance, accounts, licences) and so on and so on. A quick scrutiny of this year's programme shows 36 people in these less glamorous roles, 27 of whom do not appear on stage. This show could not have gone on without them. Their reward will be knowing that everyone involved has built so well on the foundations bequeathed by the outgoing Directors, Tessa Davies and Gill Evans, that they have made it one of the best.

Graham Pearce



## Radyr & Morganstown Friends of Tenovus Beetle Drive Evening

On Friday evening 15 March Tenovus held another Beetle Drive evening which proved once again to be a huge success. Everyone had great fun throwing the dice and trying to be first to complete the beetle. An enjoyable supper was served during the interval before the start of the next round of games.

The money raised from this event will help Tenovus in their research and care for those affected by Cancer. Thank you to all the people who continue to give so much support to our local Tenovus branch.

Tenovus have been nominated as the named Charity for this years Festival with a Tenovus Charity bag collection taking place on Wednesday 8th May 12.30 - 2.00pm at the Guide Centre Bryn Derwen Radyr. For further details please telephone 2084 2096.

Tenovus Festival quiz will be held at the New School Rooms Christchurch Radyr on Thursday 9th May 7.30pm. For further details please telephone 2084 2197.

Please see the Festival programme for further details

Alison Skidmore

## FESTIVAL WALK

This year's Festival Walk will take place on Sunday, 5th May and will look at the history of Morganstown over the past four and a half thousand years, from the Lesser Garth Cave, via the Norman Motte and Bailey castle, 19th century Morganstown and Bethel Chapel to a 21st century housing development. It will be an opportunity to see the Motte and Bailey castle for the first time since the undergrowth has been cleared and since the area has been declared free of fungal infection.

The walk is an easy two to two and a half hour stroll along established footpaths.

Meet at the Morganstown Village Hall car park at 2.30pm.

## RADYR & DISTRICT SLIMMERS JOIN CAMPAIGN TO 'SLIM FOR GOOD'

A group of nearly fifty big-hearted slimmers from Radyr and surrounding districts are doing their bit for our local communities and for their own health by taking part in a sponsored slim to raise money for Tenovus.

Members of the Radyr Slimming World group are taking part in the weight loss club's national 'Slim for Good' campaign which aims to support communities across the UK by improving the health of local people and raising money for a local good cause at the same time.

"If you've struggled with your weight for a long time, then making that decision to take control and slim down requires a huge amount of motivation and commitment. At Slimming World we understand that only too well which is why we make sure our members get the right kind of support – support that can make all the difference to successful long-term weight loss" says Kathleen, Consultant for the Radyr (Morganstown) Slimming World groups. "What's more, members follow a health eating plan that encourages you to fill up on normal everyday foods like pasta and potatoes, lean meat, fish and poultry, fruit and vegetables and lots more – all without having to count, weigh or measure, so you're never hungry or deprived.

Sometimes your motivation needs an extra lift – especially at this time of year, when New Year's Resolutions are a distant memory. We know from experience that getting sponsored to lose weight is a great motivation booster. And when it's for a cause that's close to your heart, there's even more incentive to do well".

The members of Radyr's group voted for the local cause they most wanted to support and Tenovus was the runaway winner. Now, in a six-week sponsored slimathon, they're looking forward to making their loss Tenovus' gain.

"Taking part in the Slim for Good campaign helps to add an extra incentive to our members' commitment to reaching their dream weight. It's all about showing that taking the time to make lifestyle changes like eating more healthily and getting more active won't just benefit you, it will be good for everyone around you. Your family and

friends will get a healthier and happier you, you'll literally add years to your life and by joining our campaign to raise funds for Tenovus, you'll be helping the local community too.

I'm inviting anyone who'd like to lose weight and support our local community at the same time to come along to my group and join the Slim for Good challenge – where we'll be losing lbs and gaining £'s at the same time. The campaign lasts six weeks and by the time it ends, you'll be well on your way to a slimmer, happier and more confident you. And to top it all off, you'll be sharing in my groups' pride that every pound you've dropped has gone towards helping Tenovus to continue all the amazing work that they do".

The Friends of Tenovus are delighted that on the 70th Anniversary of the Charity, the Slimming World members in Radyr have chosen to support us with their 'Sponsored Slim for Good' Challenge. Tenovus is Wales' leading cancer charity' its aims are to provide treatment nearer patients' homes, to improve equity of access to services, to

deliver support services to patients and to fund research to improve cancer outcomes. The world's most successful breast cancer drug was developed by Tenovus scientists in Cardiff. The Charity's unique Mobile Cancer Support Unit offers patient services in Welsh communities in many ways, including treatment delivered by specialist NHS nurses.

Many grateful thanks are extended to all involved in the 'Slim for Good' Challenge and to all sponsors for their kind support of the important work of Tenovus.

Anyone wanting to take part in the Slim for Good campaign can do so any time from the beginning of March through to mid April 2013. Sponsorship forms are available from the Radyr and Districts Slimming World groups every Monday at 7.30pm and Friday at 9.30am at Morganstown Village Hall, Heol Syr Lewis.

For more information about Slim for Good call Kathleen on 07544 042134 or visit [www.slimmingworld.com](http://www.slimmingworld.com)

**Radyr & District  
Slimmers join national  
'Slim for Good' (March-April)  
Slimathon supporting Tenovus.**

**Come and see what we are  
about:**

**Morganstown Village Hall,  
Heol Syr Lewis,  
Mondays 7.30pm  
Fridays 9.30am**

**0844 897 8000**  
[www.slimmingworld.com](http://www.slimmingworld.com)

\*Half price membership until 28 March 2013

**Slimming  
WORLD**  
because you're amazing

## MUSIC AT THE 2013 FESTIVAL

Once again the Festival Committee have succeeded in lining up a strong music programme for the Festival. They are pleased to welcome back Cantemus Chamber Choir, who were such a hit at the 2011 Festival.

Cantemus will perform a programme entitled *Mostly Mozart* which includes two major vocal works. His *Solemn Vespers*, which includes the soprano solo *Laudate Dominum*, widely considered to be one of Mozart's most beautiful melodies; and the *Missa Brevis in F, K 192*. Other works in the programme will be by Purcell and Monteverdi's delightful *Beatus Vir*.

Cantemus will be accompanied by an organ and the string ensemble *Rejouissance* led by Simon Jones, who will also play a trio sonata. Simon Jones is Head of Historic Performance at the Royal College of Music and Drama. The evening will be conducted by Hugh Williams

### SOUTHERN STARS

After a short break, the Festival are pleased to welcome back artists who are on the Welsh Academy of Voice programme. The Welsh Academy of Voice was founded by international Welsh tenor, Dennis O'Neil, to put a final gloss on artists destined for the very top of the operatic world.

Several past pupils of the Academy are already beginning the carve out spectacular careers.



This year we are pleased to welcome two stars from the southern hemisphere. Siobhan Stagg is a soprano from Australia and Moses Mackay, a baritone, from New Zealand/Samoa. They will give a programme of songs, arias and duets.

Cantemus can be seen at Christ Church, Radyr on Saturday, 11th May at 7.30pm. Tickets £9., £8. (concession) £4. (students). Southern

Stars will be the lunchtime concert at 12.45pm on Wednesday, 15th May in the Methodist Church. Tickets £5., £4. (concessions) £3. (students).

Tickets for these events can be had from the Festival Box Office, Vintage Gem, Station Road, Radyr, Nick Hawkins (2084 2561) or Allan Cook (2084 3176).

### HOLLYWOOD COMES TO RADYR

Two Hollywood superstars will feature in this year's Festival programme.

Only weeks after a star was unveiled in Hollywood next to that of the woman he married twice and in the year which celebrates the fiftieth anniversary of their most controversial film together, *Cleopatra*; the *Richard Burton Diaries* are the literary event at the May Festival.



Professor Chris Williams found that he had an unexpected hit on his hands when he published and edited the *Diaries of Richard Burton*, which are now held at the University of Swansea. The diaries are beautifully annotated by Chris and his team and although there are gaps in them, you get a very different picture to the hell-raiser that is so often portrayed. Perhaps most moving are the very earliest entries where the teenage Richard Jenkins, who had lived with his sister and her husband since the death of his mother, talks of the hard life in a south Wales mining community. Here we see a regular chapel goer – three times most Sundays – commenting intelligently on the sermon of the previous day and looking forward to particularly famous preachers. In other entries we see his less than enamoured comments on the process of film making. Occasionally, Elizabeth Taylor will add a cryptic comment to the Diaries. A fascinating subject which will be a fascinating literary event.



Jessica Sandry

Fluellen Theatre Company will bring their long awaited new play, *The Late Marilyn Monroe*, which will receive its world premier at the Festival. Taking Marilyn's quote "I knew I belonged to the public and to the world, not because I was talented or even beautiful, but because I had never belonged to anything or anyone else" as her starting point; Francis Hardy's new play traces the fascinating and ultimately heartbreaking story of one of our best known screen goddesses.

Marilyn will be played by Jessica Sandry, last seen in Radyr in Fluellen's sell out production of *The Odd Couple*. Jessica is a well know face in film, television and theatre. She has played in *The Young Vic* and the Judi Dench Theatre in London. Fluellen have been regular visitors to Radyr and Morganstown and have brought such well received productions as *The Odd Couple*, *The Corn is Green* and *Under Milk Wood*. This should be another fascinating event.

*The Late Marilyn Monroe* will be at Morganstown Village Hall on Tuesday, 7th May at 7.30pm. Tickets £9., £8. (concessions) £3. (students).

*The Diaries of Richard Burton* will be at the Old Church Rooms, Radyr on Friday, 17th May at 7.30pm. Tickets £5., £4. (concessions) £3. (students).

Tickets may be obtained from the Festival Box Office, Vintage Gem, Station Road, Radyr, Nick Hawkins (2084 2561), or Allan Cook (2084 3176).

## Y MAT RHACS

Faint ohonoch sy'n cofio eich mam neu eich mamgu yn gwneud mat rhacs? Nid fel hobi neu withgaredd celfyddydol ond fel mater o anghenraid economaidd? Mae nifer ohonom yn cofio'r fframyn yng nghornel y gegin a bocs o stribedau hen ddrillad wrth ei ochr.

Wel mae rhai o cwmni drama Cwmni Cwm Ni, Caerffili yn mynd ati i wneud mat rhacs fel rhan o'l drama diweddaraf sef Y DYN GORE.

Mae'r Dyn Gore yn digwydd yn ystod yr Ail Rhyfel Byd pan ystyrir gwneud matiau yn rhan o'r "War Effort". Comedi yw Y Dyn Gore sydd wedi gosod mewn pentref glan mor yng ngorllewin Cymru. Mae criw u-boat Almaenig yn glanio yno er mwyn dod o hyd i dwr ffress ac ambell i beint o gwrw.

Almaenwr  
Yn siarad Cymraeg y Beibl a'r llyfr emynau. Dyn pwysig yn dod lawr o Lundain I weld beth sy'n mynd ymlaen. Dyna ddwy brif them y gomedi Newydd hon.  
Mi fydd Cwmni Cwm Ni yn perfformio Y Dyn Gore fel rhan o Wyl Radur ar Nos Fercher 8ed o Fai am 8 o.g. yn Ysgoldy Eglwys Cris, Heol Isaf, Radur.

Tocynnau £3.  
Allan Cook 2084 3176.

## DRAGON REPTILES

*Dear Editors,*

Just wanted to say a big thank you to Dragon Reptiles based at Pugh's Garden Centre.

I visited in February half term with a group of young people who have additional needs and they were fantastic. All of the team were really helpful and worked very well with the group. We will definitely be back to visit them and I won't hesitate to recommend them.

Thank you very much.  
Becky

## NEWS FROM RADYR LIBRARY

Spring has brought a lot of people to the library to either join or renew their membership, which has been really encouraging. If you haven't used the library for a while, please come along and have a look around and ask about all the recent improvements that have been happening. Your library card may expire if you haven't used it for a few years, so call in to check it is still valid and take some time to explore the new services and stock.

We have received plenty of new titles recently, both adult and children's books, with some gripping fiction from Helen Dunmore's ghostly story, *The Greatcoat*, classic writing from Elizabeth Bowen in *The Heath of the Heart*, the new Jeffrey Archer and a crime thriller set in Ukraine from Dan Smith, *The Child Thief*. The new non-fiction includes biographies of Bradley Wiggins, Jessica Ennis and David Walliams, some delicious cookery books and an intriguing history book "*Working Life in Britain*", which will bring back memories for some people. New books are arriving with each van delivery so come in and see the latest selection.

Our knitting and crochet group is gaining new members and meets monthly in the library. We also have some attractive new knitting and crochet books to give plenty of ideas. If you would be interested in joining this group, please get in touch.

Once a month we have the local police in the library for Cuppa with a Copper. This is an ideal opportunity to get to know the local police better and to raise any issues over a cup of tea. Please have a chat next time you see them in the library and get in touch if you want to know when the next Cuppa with a Copper will be held.

Our introduction to the library website had to be cancelled, due to not enough bookings. If you missed out and would like to know how to order books on-line, renew your own books, find recommended books, research old newspapers or trace your family tree – all of which you can do with your library card, then let us know and when we have a few names we will organise another session.

Finally, we offer belated congratulations to winner, Mrs. Alison Fortune, who did so well in our challenging Christmas charity quiz.

**Happy Spring reading.  
Anne, Jen and Caroline  
Radyr Library 2078 0996  
radyrlibrary@cardiff.gov.uk**

## IS THE WRITTEN WORD A THING OF THE PAST?

I was bored one snow-day a few weeks ago so I decided to write a few letters to people. I really enjoy writing (I've even written a rather witty piece to the Queen but can't remember what I wrote!) but that got me thinking, what will happen to it in the future? Why can't we write letters anymore? Is it the effort of using ink and posting a letter rather than pushing buttons?

Letters aren't just for friends and family. I have written to companies whose products I like asking them for freebies (unfortunately Cadburys only send pens and fact files about chocolate rather than a few bags of chocolate buttons!)

The only problem with this is that companies are more likely to send you free stuff if you are negative about their product and that's just depressing. On the other hand fan mail is fun to write and you can address letters to anyone you admire (as long as you can find the address online).

I have written to 'Charlie is so cook like' (a YouTube blogger), the Queen, Stephen Fry (a comedian), Eliza Doolittle (a famous singer) and the company who made Monopoly!

At the time of writing I am still waiting for a reply but when they come I will have the biggest collection of autographs (including the gorgeous girl from 'Harry Potter' called Bonnie Wright). I'll let you know how I get on.

Matthew Walker  
[Aged 13]

# Radyr Comprehensive News

Welsh Baccaulaureate News

## Baroness Pitkeathley Visits Year 12 Welsh Baccaulaureate Students

On Friday 11th January, Year 12 Welsh Baccaulaureate Students were visited by Baroness Pitkeathley, Deputy Speaker of the House of Lords. The Baroness spoke to our students for over an hour giving them a fascinating insight into the role the House of Lords plays in the political and parliamentary process. Baroness Pitkeathley's visit has been arranged through the Lord Speaker's "Peers in Schools" programme, which has been running across the UK since 2007 and has so far involved around 30,000 young people. The programme arranges for members of the House of Lords to visit schools and colleges across the country to give talks in support of the citizenship curriculum. Dr John Roe, Director of Sixth Form at Radyr Comprehensive, said "This is a fantastic opportunity for our students to interact with someone who knows the parliamentary system inside out, as it can sometimes seem far removed from their daily lives."



## Supporting Welsh Blood Day

On Friday 1st March, Year 12 students received a visit from Julie Ward of the Welsh Blood Service. Julie talked about the need for more blood donors and the work of this organisation. Apart from being St David's day, the 1st March was also Welsh Blood day, with many events taking place across Wales to promote the work of the blood service. Many of the current year 12 have applied to be young ambassadors for the blood service and one such student Samantha Thorne recently recorded a radio advert for the organisation that played throughout St David's Day on Real Radio.



## Developing Links with Universities

This term has been very busy for both year 12 and year 13 students. At the beginning of the term, all year 13 students attended a finance talk from James Brennan of Cardiff Metropolitan University. He covered a range of topics during his presentation from student bank accounts to student loan information. Year 12 continued their UCAS and Welsh Baccaulaureate provision with visits from representatives from Cardiff and Aberystwyth University. As part of the Welsh Baccaulaureate PSE module, all year 12 students took part in a series of workshops run by five, final year medical students from Cardiff University. The workshops were designed to raise awareness of the health dangers of alcohol. In addition to running the alcohol workshops, the students also met with a group of our students who are interested in pursuing a career in medicine.



At the end of this term, year 12 were visited from Mr Dewi Phillips, a schools' liaison assistant from Aberystwyth University. During his presentation, Mr Phillips covered topics such as how to apply for university, how to research courses on the UCAS website and the benefits of

a university education. Mr Phillips is pictured below with some of our year 12 students.



## Merched y Wawr Radur

Nos Wener, Ionawr 25ain, daeth nifer dda o aelodau, ffrindiau a rhai gŵyr ynghyd i Glwb Golff Radur i ddathlu gŵyl Santes Dwynwen. Roedd yn braf cael dod at ein gilydd, yn gwmni diddan, wedi wythnos arw a thrafferthus.

Arweiniwyd y noson yn hwyliog gan John Evans. Cafwyd pryd o fwyd a chawsom sgwrs gan Gill Griffiths, ein Llywydd Cenedlaethol. Siaradodd am ei hamcanion yn ystod ei thymor llywyddol. Anogodd yr aelodau i fynd ati i ysgrifennu drama i ferched yn unig, gogyfer â chystadleuaeth y Mudiad. Gofynnodd i ni roi o'n hamser i gynorthwyo'r Dysgwyr yn ein plith. Cawsom ein herio i gerdded llwybrau Cymru er lles ein hiechyd. Atgoffodd ni o'r bwriad i gasglu bob math o fagiâu i'w gwerthu, gyda'r elw yn mynd at gynorthwyo'r difreintiedig yn Ethiopia.

Yna fe'n diddanwyd gan aelodau o gôr y Waunddyfal. Afraid dweud i ni gael gwledd gerddorol dan arweinyddiaeth ddisgybledig yr amryddawn Huw Ffoulkes.

Diolchodd ein Llywydd, Carys Tudor Williams, yn gynnes iawn i bawb a gyfrannodd at lwyddiant y noson.

Yn y llun (o'r chwith i'r dde) – Carys Tudor Williams, John Evans a Gill Griffiths





# IRONBRIDGE GORGE

Ironbridge, on the Severn in Shropshire, was the birthplace of the Industrial Revolution. Nowadays, it is made up of more than ten Museums that celebrate the Industrial Revolution. The R&M Local History Society will be visiting Ironbridge on Thursday, 4th July.

It would be impossible to visit all the Museums in one day and we intend to visit the Coalport China Works in the morning and Blists Hill Victorian Town in the afternoon, rounding off the day with a visit to the Ironbridge itself.

The Coalport China Works is situated in the original building with the original kiln to fire the china and includes a fascinating collection of Coalport China. Blists Hill is a working Victorian town with a pub, a chip shop and a Victorian pharmacy. You can buy a pint of beer for three old pence and change your 21st century currency



*Blists Hill Victorian Town*

in a Victorian bank. There is also a Victorian fairground, canal and railway workings.

We will be leaving Radyr at 8.30am and travelling in a luxury coach (with toilet) to Ironbridge. We plan to be back in Radyr about 8.30pm.

Lunch will be taken at Blists Hill and there is a coffee shop at Coalport. Non members of the Society are invited to join the trip – subject to availability. The cost is £12. for the coach and entry £17.50. **For more details contact Allan Cook on 2084 3176.**

## Rotary in Radyr



**We celebrated St. David's Day in style with a concert at Christ Church. We are overjoyed to have raised over £400. for Macmillan Cancer Care and Rotary supported charities.**

We were entertained by Serenata choir, who performed both group and solo pieces. They sang for us a range from their repertoire, from musicals and operas and of course being St. David's Day, traditional Welsh pieces such as Calon Lan.

We were particularly pleased to welcome Luke Pedlar from Radyr Comprehensive School, who performed for us two excellent pieces. Luke has achieved Grade 8 in classical guitar and in February we sponsored him to take part in Rotary's Young Musician Competition.

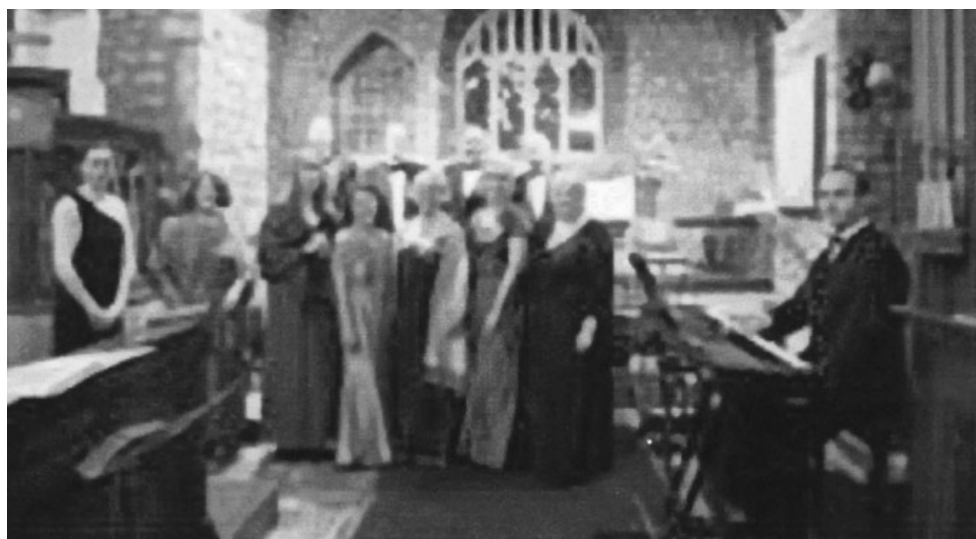
Once again we were delighted to have worked with Radyr Friends of Guiding who fundraised in the interval by providing refreshments.

### Upcoming events:

Thursday 2nd May to Sunday 5th May, 2013 – Sale of Raffle Tickets for our Trolley Dash at Asda, Leckwith, in aid of Macmillan Cancer Support and other Rotary supported Charities.

Saturday 4th May, 2013 – Brass Band Concert at Morganstown Village Hall as part of the Radyr and Morganstown Festival.

Further details are on our website [www.cardiffwestrotaryclub.wordpress.com](http://www.cardiffwestrotaryclub.wordpress.com) as are our club evenings or you can email [sec.cardiffwestrotary@gmail.com](mailto:sec.cardiffwestrotary@gmail.com) for more information.



blended sound, crisp clear test, the confidence of our soloist Jack, but also the British Sign Language which added to the choir's performance. The Orchestra consists of pupils of all levels of ability, some of whom have only been playing their musical instrument since September and others who are members of Cardiff and the Vale County Junior Orchestra. They played a range of pieces which ended with a very jolly 'Theme from Flintstones'. They were praised for the particularly good sound they made together, proper listening and careful timing. Well done to all involved. We are very proud of you!

**Music Marathon**

All pupils were given the chance to take part in a range of musical workshops on Friday, 8th March. The day began with a Samba workshop for Dosbarth 5 and Dosbarth 6. Pupils were able to enjoy performances from a professional flute and harp duo and participate in a workshop with Catherine Handley from the Royal Welsh College of Music and Drama (RWCMD). This is a long-standing and successful partnership which we continue to develop. The afternoon concluded with an informal coffee concert for family and friends to enjoy with performances from the choir, orchestra and woodwind ensemble.

**Fair Trade Fortnight**

Bryn Deri ECO committee were busy during Fair Trade Fortnight raising awareness of fair-trade issues and selling fair-trade goods at the end of each day. All classes were involved in fair trade learning activities in the classroom. It is important that we play our part as global citizens. The Eco Committee meet half termly and discuss a range of issues ensuring that Bryn Deri remains eco friendly and maintains the Eco Green Flag status.

**World Book Day**

A wonderful time was had by all on World Book Day. Staff and pupils came to school dressed as characters from their favourite books. Children enjoyed sharing books and exciting literacy activities. After school they were invited to a PTA book sale in the school hall.

**Aware for Modern Foreign Language Teaching**

Bryn Deri has been selected for the shortlist of schools in a national competition which recognises the work that the school does, as part of the Radyr and Morganstown Cluster Schools, in promoting the teaching of French. Our thanks to Madame Kirov who has been instrumental in this initiative. The results

will be announced on 14th March – the day the French arrive in school! This term, pupils have also had the opportunity to test out their Spanish skills when we hosted two teachers from schools in Spain. It is hoped that we can develop this link further.

**French Exchange 2013**

The exchange between Bryn Deri Primary School and Ecole Elementaire Jean Rostand has been in place now for twenty-five years – it has become a long-standing tradition and indeed, something to celebrate. On Thursday, 14th March, our friends from St. Philbert will be arriving at Bryn Deri Primary School. Twenty-seven pupils and accompanying adults will be arriving in Bryn Deri community and we would like to extend a very warm welcome to them. It promises to be a weekend of exciting events out and about in Cardiff and gives all the children a vital chance to practise French and English – a skill which is so important. It is a weekend that both adults and children will remember for a very long time. We would like to thank Radyr and Morganstown Twinning Association for their support in this venture.

*And finally ... pupils, staff and governors would like to wish all in the Radyr and Morganstown Community a very restful and peaceful Easter Break. We are all very much looking forward to the forthcoming May Festival events in the summer term!*

**DRAMA IN RADYR**

Just a reminder to all our supporters and friends both old and new of Radyr Drama Society that we are celebrating our 50th production with "We'll Always Have Paris", a light hearted comedy by Jill Hyem. Rehearsals are well under way and we look forward to entertaining you at Morganstown Village Hall from 25th to 27th April at 7.30pm.

Tickets £8., Concessions £7., Students £5. available from Vintage Gem, Station Road, Sheila Phillips (2084 2585), Nicky Webber (2084 3582) or Allan Cook (2084 3176)

**Traditional & 5 Element Acupuncture**

**John McGregor**  
Lic Ac, BSc(Hons), MBAC

for physical and emotional health problems

Home visits  
Mob: 07825 55 03 04



*Fair Trade Fortnight*

# Radyr & Morganstown Community Council

## Cyngor Cymuned Radur a Threforgan



We were sorry to lose Cain Thomas as a councillor in the New Year and thank him for his service to the community. The vacancy was advertised and because no one requested an election, R&MCC can now co-opt. As soon as the vacancy is filled, we will update the website and let you know in the next edition of the Chain.

Community councils may appoint a councillor or representative of the council as an additional governor to primary schools. Cllr Liz Nicholas sits on the governing body of Bryn Deri Primary School and we will shortly appoint a governor to Radyr Primary School. This is an opportunity for the council to support the schools with another person to share the work-load.

We have commissioned an updated map for R&M. A copy will be delivered to every household with the June issue of the Chain and we thank the Chain Gang in advance for agreeing to carry the extra weight for us. The map will show changes in R&M including the new roads in Radyr Sidings and the new footbridge over the river linking Radyr to Hailey Park. We have introduced some Welsh and a

new bilingual coloured logo. A copy will also be put online.

R&MCC continues to work with the schools in R&M on several projects. The new notice boards have been put up at Radyr and Bryn Deri Primary Schools. They include R&MCC information and notices of community events and we again thank both schools for agreeing to this.

We will shortly be announcing the details of the first annual R&MCC Literary Award as part of the Festival this year. The competition will be open to primary school-aged children living in R&M. Trophies will be awarded in each school and there will be prizes in each year group.

In place of rather lengthy council minutes, we are now posting a summary of key R&MCC activities on local notice boards. Full minutes can be found in the Old Church Rooms and online.

R&MCC has committed £700 to be shared between Radyr Primary School and Bryn Deri Primary School. This money will help towards the cost of materials and costumes for the Festival

Parade in May. We are delighted to support this exciting start to our community festival.

We continue to be involved in Cardiff's Local Development Plan. This has now reached the Masterplanning stage. We are very pleased to see Cardiff's innovative approach to this which aims to produce guidance to developers and planners for each of the big strategic sites. All our responses can be found on the website.

Councillors were pleased to meet many residents at the Radyr Library event on March 2. Some 75 people used the library that morning and visited R&MCC's display and discussed issues with councillors. We thank Radyr Library for their hospitality. Other local groups will be staging displays of their work in a similar way so keep a look out for them.

**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

### THE PROBUS CLUB OF CARDIFF WEST

We hold our meetings at Radyr Golf Club on the first Thursday of each month (except April when we have our AGM).

The Probus Club is for retired professional or business men. Our meetings commence with coffee at 10.30am, followed at 10.45 by a talk from an invited speaker on one of a wide variety of topics for about an hour. We then adjourn to the bar followed by lunch (if required) at about 12.30.

Visitors are welcome to join us at one of our monthly meetings. If you like what you see and hear and you would like to become a member, you will be made very welcome. There is a small annual membership fee.

Further details can be obtained from Mike Thomas (Secretary) on 029 2040 8056

Email: m.thomas29@ntlworld.com

*New members welcome.*

### MESSY TIMES MOTHER & TODDLER GROUP

Messy Times Mother and Toddler Group has had a busy term looking at the weather. We have cut, stuck, painted and cooked our way through the term. Next term we are on our travels, looking at colourful animals from around the world and planning our summer holidays.

Our coordinator, Clare Rayner, is leaving us at Easter and we would like to say a huge thanks to her for all her work over the last two years. Your enthusiasm, commitment and hard work have been brilliant. We are currently looking for someone to replace her.

As a mother led group we always welcome new attenders and helpers and aim to provide a relaxed, fun and friendly atmosphere. We meet term time Wednesday afternoons in the Old Church Rooms.

For further details contact  
sallybateman@doctors.org.uk

### RADYR FOOD FOR THOUGHT

*Venue:* The New School Rooms,  
Heol Isaf, Radyr

*Time:* Tuesdays 12.15-2pm

*Membership Fee:* £20.00.

*Lunch:* £6.50. *Talk only:* £2.00

#### Summer Programme 2013

19th March - Down Under  
Travels in Australia - Rosemary Scadden

26th March - Trip - Newport Wetlands,  
Lunch Waterloo Hotel, Newport &  
Tredegar House

2nd-16th April - Easter

23rd April - St. George and other  
musicians - Nic Treharne

30th April - Trip - Colby Woodland  
Garden & Laugharne

7th May - Lord Ninian Crichton Stuart  
Richard Brittain

14th May - A Presentation  
Mike Baker

21st May - Trip - Killerton House near  
Exeter

**Next Term begins on 8th October, 2013  
New Members Welcome**

**[Tel. No. 2084 2461/2055 2610]**

...from back cover

excited at the thought of being able to participate in this exciting sport and the event did not disappoint! It is hoped that children will be inspired to try out this sport at a local club and Bryn Deri may even have its own Olympic champion in Fencing.

### Young Citizens

Pupils in Year 6 have had a busy week before half term; not only was it science enrichment week but Judge and Jury were involved in the serious business of making important decisions in a case of shop lifting! Luckily they were under the expert guidance of local magistrates, including Mr. David Cargill, who were able to provide pupils with a brief history of magistrate courts in Britain and the roles of each of the court members. A range of sanctions were applied and an opportunity for the accused to modify their behaviour was given! Well done Dosbarth 6 – a great decision was made by all involved!

Dosbarth 6 also visited Crucial Crew Safety Zone where they further developed their awareness of how to keep themselves and others safe in the world around them. They were given opportunities to understand their roles and responsibilities as citizens in keeping laws which are in place to protect society. This is an important aspect of their Personal and Social Development and indeed their well-being.

### Around the World with Bryn Deri Nursery

Chinese New Year (10th February) was celebrated by our nursery pupils with a visit from China Wales Schools. Children from both morning and afternoon sessions were excitedly involved in dancing as part of the Chinese dragon as part of the celebrations. 2013 saw the end of the year of the Dragon and the beginning of the year of the Snake!

### Performing Arts in Dosbarth 4

Dosbarth 4 have had some exciting learning opportunities lately and they are really showing off some of their skills! The class has a wealth of talented musicians and dancers and so it is only right that they have the chance for those skills to be nurtured and developed. It also provided the chance for others to try something new and discover some hidden talents! This week Dosbarth 4 could be heard fully engaged in Song Writing Workshops with the Royal College of Music and Drama. Pupils also had the opportunity to participate in Dance Workshops at the Sherman Theatre with The National Dance Company of Wales! Mmmmm ... I can

feel a show coming on! West End theatres ... look out! You have competition!

### Radyr Lawn Tennis Growing Talent in Dosbarth 2

Following the success of last terms' coaching from Radyr Lawn Tennis Club, Dosbarth 2 have now started their programme of tennis coaching. This is a wonderful opportunity for them and gives them the chance to develop this skill further outside school in our local community. Radyr Cricket Club have also been coaching in school during March providing another opportunity to develop skills both inside school and out in our local community. We already have several children who are achieving much success within both these sports at our local community clubs.

### Stepping Back in Time with Dosbarth 5

Dosbarth 5 have been studying everyday life in the Victorian era. They have discovered a range of interesting facts about working life for children and on a recent visit to St. Fagan's, had first hand experience of being a Victorian child in a Victorian classroom! This is what Callum and Jack had to say:

The classroom was dim, dark and dull. The teacher was strict with no heart at all. Writing with a 'dip pen' was frustrating because sometimes you would press it down too hard and ink would splatter everywhere. If this happened you had to stand at the front of the class and face the wall which made you feel lonely and in despair. Unfortunately, one child was writing with his left hand which was not allowed. Locks were put on his left hand and he was forced to write with his right hand! At the very end of the day one child spoke Welsh and he was given the Welsh knot to hang around his neck and another two children almost had the cane for splattering ink and speaking Welsh. They had a narrow escape and were able to run in to the playground to play with equipment! We had a great time learning but school in the Victorian times was far more boring than today and a very unpleasant experience!

### Explorers in Dosbarth 1

Dosbarth 1 also travelled back in time. Back to the time when the dinosaurs roamed! A visit to the National Museum of Wales was a real adventure. They came back to school enthused and ready to find out more. Children in Year 1 can often be found engaged in reading, writing, counting and researching facts about some very fierce looking dinosaurs. In fact in the great forest can be found an enormous dinosaur which

they enjoyed creating ... luckily the children have told me it is a plant eating dinosaur so I have nothing to fear!

### Bryn Deri Eisteddfod 2013 – Dydd Gwyl Dewi Sant

Pupils, staff and governors spent a wonderful afternoon celebrating our Welsh culture and heritage. Classes performed a variety of Welsh songs, stories and poetry to a very high standard. Children had taken part in Art, Handwriting and Creative Writing



competitions. This year we even had a cake baking competition which was a huge success! The afternoon came to finale with the Charing of the Bard Ceremony and the National Anthem. Mrs. Lewis from the Radyr & Morganstown Women's Institute presented Grace with the cup and shield for her winning poem entitled The Wonders of Wales. Grace's poem was the winning poem in the Year 6 cluster schools category at the Radyr Comprehensive Eisteddfod. Sreenithi's poem gained Highly Commended. We are very proud of *all* our children's achievements. Dai awn!

### Thank You for the Music – Music for Youth



On Monday, 4th March I was extremely proud to accompany sixty-two pupils, all members of Bryn Deri Choir and Orchestra, to The Music for Youth Regional Festival Series. Our school was one of only three Cardiff primary schools who performed at this prestigious festival held at The Cardiff Coal Exchange Building. The choir sang a melody from Godspell brilliantly under the guidance of their conductor, Miss E. Berry and talented pianist Mr. G. Waters. The Judges were impressed not only by the quality of the pupils' voices, well

## NEWS FROM RADYR & MORGANSTOWN WI

Our Programme for Spring, 2013 is now well underway and all special interest groups are engaged in their activities – some members also took part in the Federation Spring walk along the coast at Porthcawl in February and enjoyed a day of brilliant sunshine. Our St. David's day Link Group walk from the Bay to Morganstown also took place on a dry day. Twenty three of our members took part and the post walk lunch was held in Morganstown Village Hall, hosted by Treforgan WI and was excellent. Earlier in February we held a supper club meal at the Cross Key's Inn, Nantgarw, which was very enjoyable. As readers may note, many of our activities and events do involve eating and drinking!

The speaker at our January meeting was Sara Huws from St. Fagan's Museum. She gave a highly informative illustrated talk on the restoration of St. Teilo's Church. Her knowledge and expertise made medieval history come to life. She was followed in February by David Bray whose talk entitled "Knights of the Black Bag" was an amusing look at rubbish disposal which include reminiscences of characters he had known throughout his working life in Cardiff Cleansing Department.

Our March meeting proved memorable. At the start, the winners of our local Primary Schools St. David's Day poetry writing competition were presented with the WI Millennium cups. The Radyr Primary School winner was Nawal Siddiqui and the Bryn Deri winner was Grace Morgan. Congratulations to both girls whose poetry was mature and impressive. They will each keep the cups for a year and in addition, received Book Tokens from WI.

In a change to the published programme, we were introduced to our speaker for the evening, The Rev. Darren Middleton, a Methodist Minister who proved to be inspirational. Born in Yorkshire, he had trained as a dancer and subsequently proved to be a consummate all-round performer and entertainer. Having pursued a stage career largely in musicals, his presentation (its too tame to call it a talk!) included high kicks and singing. He chose six songs to highlight his life's journey so far from seaside performer to West End stage to teacher to Minister. The songs were "I Swear by the Stars"

(Les Miserables), "There's a Place for us" (West Side Story), "That's Life", "Allow the Children Too" (Miss Saigon) "Love Changes Everything" and finally as a tribute to Lent and Easter, "Gethsemane" from Jesus Christ Superstar. In October, he is leaving Cardiff to train at Sandhurst as an Army Chaplain. We wish him, his wife and daughter well in this new chapter of a story which could be called "From one theatre to another".

Moving on to the next few weeks, as Spring hopefully returns, Radyr is planning and looking forward to Radyr Festival. This year it is the turn of our WI to be at the Festival Fete on Saturday, 4th May and we will be providing a stall of cakes, soups and preserves. There will also be a ladies lucky dip and a surprise activity for the children. We hope to see everyone at the Festival Fete.

Should you need more information about Radyr and Morganstown WI, visit our website or come along to one of our meetings as a visitor. We meet on the second Monday of each month in the Old Church Rooms, Park Road at 7.30pm. Alternatively, contact our President, Pat Williams on 029 2084 3843. L.J.H.

### The winning entry from Radyr Primary School Eisteddfod poetry writing competition

*The Endless Land of Freedom  
Wales was once calm and rural,  
The shades of green were wildly  
scattered in the valleys,  
Everyone thought the bright flowers  
would never die.*

*The water gushed down the waterfall,  
Contrasting with the illuminating  
green of the trees.  
The lakes looked like mirrors  
reflecting the sky,  
Complete with hundreds of buzzing  
bees.*

*The daffodils painted each other  
yellow and orange,  
So bright they could blind your eyes,  
They stop and gawp at their land – the  
Welsh scenery,  
And their little eyebrows rise.*

*The endless land of freedom,  
How breathtaking can it get?  
I hope Wales will stay like this,  
It is a time I shall never forget.*

Nawal Year 6

## CHRIST CHURCH, RADYR, BELL RINGERS

Church bell ringing can be a very rewarding hobby. It is a tradition dating back centuries. Bell ringing combines a unique blend of mental and physical activity. We start 2013 with a ringing band of ten. The ideal number for long term stability of a band is considered to be two able ringers per church bell; as we have eight bells at Christ Church, that leaves us with a shortfall of six ringers. If you would like to join us you would be most welcome either as an experienced ringer, a holiday visitor or as a trainee.

What's involved in ringing? Learning to ring. During the initial training period a separate learners practice is held for people who are new to bell ringing, where they can learn basic bell handling skills. These are usually held on Thursday evening at 7.00pm before the main practice starts at 7.30pm. Once the basics have been mastered, the new ringers transfer to the main practice which starts at 7.30pm. As your skills develop, our main requirement would be for you to ring for Sunday service 10am-11am on a regular basis and you would be welcome to continue to join us for practice on a Thursday evening.

Not sure if it's for you? The first three or four beginner sessions give new ringers the opportunity to sample what is involved. If during those first few weeks it turns out that there is more to learning to ring than the new ringer had expected, then there is no obligation to continue.

Teaching basic rope control. At first the tutor controls the rope and guides the new ringer through the mechanics of how to pull. Gradually, control shifts over to the learner and when the tutor is satisfied of the learner's confidence and competence, the new ringer takes full control of the bell.

The basic skills involve learning how and when to pull the bell rope. This usually takes about three sessions and through these, the knack of controlling a bell is developed.

Knowing when to pull is desirable in order to make the bell sound note at the right moment and to fit in with the other bells. Bell ringing is very much a team activity in which all the ringers must co-ordinate their efforts to produce a pleasing musical sound.

To find out more about bell ringing in Radyr, ring Clare Probert on 029 2021 2187, email [clare.probert@hotmail.co.uk](mailto:clare.probert@hotmail.co.uk) or simply turn up on a Thursday evening.

# Leonard Cheshire Disability

Danybryn would like to thank all who helped and attended the annual coffee morning at Radyr Golf Club which this year has raised £787.34. to help enhance the activities facilities and Danybryn.

Special thanks go to our hosts Radyr Golf Club and Dr. Joyce Davidson who, after sixteen years as Chair of

the House Support Group and organiser of this annual event, raising many thousands of pounds for Danybryn and its residents, has decided to retire as Chair of the Support Group. Danybryn thanks you for your help and support and is grateful you will continue to volunteer at the home visiting residents and supporting music groups such as "Lost Chord".

If you could spare an hour or two to volunteer at Danybryn and help with our computer club, gardening, drive our vehicles, escort residents on trips, please get in touch with our volunteer coordinator, Derek Bateman

Derek.bateman@lcdisability.org or 029 2084 2237 or visit us during the May Festival at our open morning date and times, details of which will be publicised in the Radyr Diary.



GLAMORGAN & GWENT  
PHYSIOTHERAPY

## EXERCISE AND YOUR SPRING/SUMMER FITNESS DRIVE

I must admit to suffering from a lack of drive and motivation to exercise over the winter months. Dark, cold mornings don't entice me to put on my running shoes and I usually work best when I have a goal in mind. I'm not alone!

Recent research in the UK found that one in three people who embarked on a New Year fitness programme had stopped or reduced by the following month. Many lost interest (37%), lacked time (335), while the rest blamed the cold weather.

Now is the time to make plans for your spring and summer fitness drive and the key is to be realistic, understanding your motivation and to have fun. Around Radyr there are a number of sports activities to suit everyone from swimming, tennis, karate and golf to gym, indoor bowls, Taekwondo or walks along the Taff trail ... to name just a few! It doesn't need to be exotic and you don't need to pour with sweat – just start and progress as able.

Set a goal, make a commitment and enjoy. There is overwhelming evidence to show that regular exercise is good for

you. If it was a pill we would all be taking it! It significantly reduces the risk of:

- Osteoarthritis
- Hip fractures and falls (among older adults)
- Depression and anxiety
- Dementia
- Coronary heart disease and stroke
- Colon and breast cancer

On a personal note I will be running the Cardiff Half Marathon again on Sunday, 6th October ... a long way off I know! ... but this is my annual challenge. It is an achievable goal (with training) for most active people and I will be looking for support and team mates to help raise money for the NSPCC and Barnardo's.

Glamorgan and Gwent Physiotherapy is 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](mailto:clare@gngphysio.co.uk)  
[www.gngphysio.co.uk](http://www.gngphysio.co.uk)

## CHAIN COOKERY CORNER

### Savoury Crumble

This is a delicious crumble with a selection of roasted vegetables under a crunchy crumble. Serve with a salad or instead of vegetables with a main course. Serves 6-8.

100g (light 4oz) cold butter  
150g (light 6oz) sifted plain flour  
1 heaped tspn sea salt  
100g (light 4oz) tasty cheddar cheese – grated  
75g (3oz) chopped almonds, hazelnuts or walnuts  
900g (2lb) peeled weight, selection of swede, butternut squash, pumpkin or sweet potato  
2 tbs olive oil  
1 medium onion – chopped  
Salt, pepper and nutmeg  
Few sprigs rosemary  
Pinch dried herbs  
2 cloves garlic – finely chopped

Balsamic Dressing  
30ml (2fl.oz) balsamic vinegar  
1 tspn Demerara sugar  
2 tbs olive oil  
1 tbs Dijon wholegrain mustard

Cut all vegetables into bite-sized pieces. Either place into large pan with the olive oil or into a large ovenproof dish – oven at 180C/Gas 4. Cook until lightly browned

Add onion, garlic, herbs and seasoning. Cook until tender – approximately 30 minutes. To make crumble topping, either use processor or rub butter into flour with fingertips. Add salt, cheese and nuts. Do not overmix. Texture should be loose and sandy.

Tip vegetables into dish and spread out. Remove rosemary. Sprinkle crumble mixture evenly over. Bake 20-30 minutes until crisp and golden.

To make dressing, just mix all ingredients together and serve with crumble.

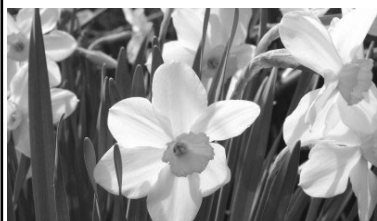
A.M.P.

# Your Essential Spring Gardening Guide!

Spring has finally sprung, and it's a true joy to see the garden begin to awaken after the long, cold winter months. It's also one of the busiest seasons in the garden - so we've quizzed our in-house experts to bring you your essential guide to Spring gardening no matter what your garden size, style or experience!

## To Do List

Despite the delay of Spring, there's plenty to be doing on the gardening front...



Protect new spring shoots from slugs — ask in-store about our vast range of products to find the one that will best suit your garden's needs!

Deal with weed growth before it gets out of hand — ask one of our team about the best solutions for your garden's requirements

Deadhead, lift and divide overgrown perennials

Plant onions, shallots and potatoes - we've got a huge selection now in stock!

Mow the lawn fortnightly — but only ever reduce the length of the grass by a third to avoid scalping the lawn

Pinch out fuchsia, sweet peas and pelargoniums to encourage fullness and heavier flowering

Collect rainwater and investigate ways in which your garden can best recycle water for irrigation - we've got a huge selection of water butts now in stock which are perfect for this!

Lift and divide overcrowded crops of daffodils and other spring flowering bulbs

Watch out for late frosts and protect tender plants where necessary with fleece or cloche

## Try This...

Want to maximize the impact of your spring bulbs next year? Apply high potash liquid feed around the clumps to boost your buds.

Fast growing French or English marigolds (now in stock at Pugh's) are ideal for companion planting with your vegetables — and when planted in a greenhouse will also prevent whitefly.

When sowing carrots, try planting spring onions or chives (we've got a huge selection now in stock) in between the rows to keep carrot flies at bay when thinning.

Sow hardy annuals straight into well-prepared soil by scattering on top and finely raking, or — to easily distinguish between flower and weed — sow in rows.

Now is the time to get working on your herb garden — and we've got a host of herbs, from parsley and thyme to lavender and rosemary — that will add plenty of colour and aroma to both your garden and your culinary efforts from just £1.49 per pot!



# Sow Now!

**Despite the unseasonably cold weather we've been experiencing, now is the perfect time to get seed sowing indoors...**

Sowing seeds indoors is a great way of started off tender plants earlier in the season to allow them plenty of time to grow and bulk up before being planted in the garden or vegetable plot once the weather warms up. Many vegetables, including tomatoes and runner beans, can be started off indoors, and will in fact benefit from the longer growing season that this method provides.

Annual bedding plants, such as sweet peas, marigolds and sunflowers can also be started off indoors to create spectacular flower displays for the summer.

Some tender perennials, such as cannas and begonias, can also be sown from seed indoors, but patience is necessary as these specimens can take up to two years to reach flowering size! However, these perennials will live indefinitely, so a slow start will certainly pay off in the long run!



With a heated greenhouse — or enough space and light in the home — some varieties (such as radishes and sweet peas) can be sown indoors as early as January, though most flowers and crops can be started between February and May for planting out later in the season once the risk of frost has passed.

## Getting Started...

**1.** Small seeds should be sown into shallow seed trays and pricked out into larger pots while still at the seedling stage, medium-sized seeds can be sown into individual modules in a tray, and large seeds can be sown individually into 9cm diameter pots.

**2.** Choose a standard, proprietary soil-based compost for seed sowing as these varieties tend to be finely milled and contain few nutrients which could damage seedlings.

**3.** Fill the container with compost, simply level, firm gently, and

water well, and check seed packets for specific instructions and preferences of your chosen crop.

**4.** Small seeds can be scatter-sown thinly over the surface of the compost, whereas larger seeds can be pressed individually into the surface of the compost a couple of centimetres apart in a seed tray. If you are using a modular plug tray, sow one seed per plug.

**5.** Label your crop, lightly water, cover with clear polythene or place in a heated propagator with a lid and maintain a temperature of around 18C, unless seed packet states otherwise.

**6.** Check daily for emergence, and once germination occurs, the polythene or propagator lid should be removed to increase ventilation.

**7.** Keep the compost moist at all times to maintain steady growth until the seedlings can be transplanted to bigger pots.

**Pugh's has a huge selection of seeds in stock - along with all the tools, accessories and further advice needed to get you started on your propagating journey this Spring - so why not pay us a visit today and get sowing?!**

**Happy sowing!**

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