

Three Ages Cub Camp Report

Earlier this year I volunteered to go with the Radyr Cubs on their summer camp to Pendine sands as a 'parent helper'. Admittedly it's easier to volunteer when things seem far off but I also thought it would be good to spend time with my eldest son Finn and enjoy the adventure that camping brings. I'd already helped out for the one night frostbite camp at Miskin Scout Village so I had an inkling of what I was letting myself in for!

The Cub Scout leaders are amazing, the level of organisation and planning that must go into a 4 day Cub camp for 30 children is phenomenal. The whole time at camp is based on a schedule of organised activities, hikes, building an observation platform, meals and free play time and I think a very short amount of sleep.

We arrived at Pendine on Saturday 24th May hoping to get the tents pitched and camp set up before the summer rain descended which we just managed to do. Despite the wet weather the Cubs were split into three groups and thrown straight into the organised activities.

I went with one group to learn "bushcraft" from a Ray Mears type chap. Building a shelter with tarpaulin and lighting a fire on damp ground kept spirits up and when interest in survival kits started to wane a rubber duck race in the stream restored order. Also, we learnt a valuable lesson not to eat mushrooms with the word 'death' in the name.

The Cubs were reunited after the afternoon exercises and the excitement of the first night on camp including campfire singsongs ensured that sleep would be put off for a while.

The 2nd day began early, really early as the sun woke most and the noise of 30 Cubs took care of the rest. The rotational activities this day saw me and my group in wetsuits in a biting wind on Pendine Sands taking the long walk to the cold sea to enjoy a morning of body boarding, the highlight of which was watching one young lad's attempt to get to England. The boys really enjoyed being in the sea and I really enjoyed making my wetsuit warm pushing Finn around on his body board. *(continued on page 7)*



Dear Editors,

I would like to express my thanks, through the Radyr Chain, to all those who sent cards, gifts and good wishes on the occasion of my retirement. I was quite overwhelmed

with the thoughtfulness and kindness shown to me.

I really have enjoyed my time in Radyr and this was in large part due to the friendliness and support of the local people. My

decision to return to Radyr in 2012 was based on two factors; the opportunity to return to the people from Radyr and Morganstown and the chance to work again with Anne and Jen.

Jen and Anne have been brilliant colleagues, hard working, creative and great fun to work with. I know I will miss them. I will also miss all our many readers and library users who have made working in Radyr library such a rewarding experience.

Retirement will be a new venture for me, which I am sure I will fill with hobbies and voluntary work and spending more time with family and friends.

I would like to thank everyone who has supported the library over the last fourteen years and for all the help and kindness shown to me throughout that time.

With all good wishes,
Caroline (Noall)



RADYR CHAIN

Number 215

Free to every home in Radyr and Morganstown

December 2014



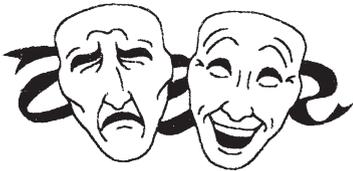
Happy 10th Birthday Radyr Beavers



On 3rd November, 2004, three nervous Beaver leaders opened the doors to twelve excited and eager beavers and we haven't looked back since!! Within weeks the colony grew to a full complement of 24 and it has grown from strength to strength since. We now have two groups on a Monday and Wednesday evening with twenty children in each.

In ten years over 150 Beavers have come and gone and swam up the river to cubs and have then continued their scouting journey to scouts and explorers. In fact some of our young leaders were our original beavers, which has completed their personal journey full circle. (See page 5)

COMING EVENTS



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

December

- 5 Christmas Tree Lighting Ceremony in Morganstown, Lychgate Gardens and Station Road. More details to follow 6.00pm
- 6 Police Community Security Event Pugh's Garden Centre. Our PCSOs will be offering advice on domestic and vehicle security 10.00am
- 6 Gêm rygbi / Rugby match Cwms Caerdydd / Cardiff Quins v Nelson Adran 1 Dwyrain / Division 1 East Croeso i bawb gymdeithasu yn y bar, cyn ac ar ôl y gêm. All welcome to socialize in the bar, before and after the game. 2.30pm
- 8 Radyr & Morganstown WI Celebration of Christmas. OCR 7.30pm
- 10 'The Chimes' by Lighthouse Theatre A wonderful adaption of a Christmas Story by Dickens. Morganstown Village Hall. Tickets £9 (£8 concessions, £5 students) from enerchi in Station Road, Nick Hawkins, 2084 2561 and Allan Cook, 2084 3176. For full details and on-line sales go to rma.ticketsource.co.uk. Supported by Night Out. 7.30pm
- 10 RCTS South Wales. Rails through the Tongwynlais Gap: A Survey of the last 35 Years. OCR 7.30pm
- 12 Twinning Fellowship Christmas Dinner Dance Radyr Golf Club. Dancing to Dave Escott.... further details after AGM 7.30pm

January

- 8 R&MCC Committee meetings OCR: Environment Committee 7.00pm
- 14 Radyr, Morganstown & District Gardening Club "ORCHIDS I GROW". An illustrated talk by Roy Bayley-Wood. New School Rooms, Christchurch, Heol Isaf. All Welcome. See Village Notice Boards or contact Richard Gregory, 02920842084 or richardjgregory@btop 7.30pm
- 14 RCTS South Wales. South Wales & Bristol from the 1960s to 1980s. OCR 7.30pm
- 15 R&MCC Monthly Meeting. OCR: 7:30pm
- 15 Radyr and Morganstown Local History Society Annual Dinner. 19.00 for 19.30. For details contact Allan Cook on 20843176 or on cookatradyr@fastmail 7.00pm
- 22 Film Night Showing by the R&M Association of 'Boyhood' in the Old Church Rooms. More details soon. 7.30pm
- 24 Barn Dance. RPMG is hosting a Barn Dance with supper at Morganstown Village Hall. £10 entry. All welcome. BYOB. Email chrisehill13@hotmail.com to reserve your place. 7.30pm



CHRISTMAS SERVICES

www.parish.radyr.org.uk

St. John's Church

Friday 21st December
6pm Carols round the Crib with Danescourt Christian Fellowship followed by refreshments

Sunday 23rd December
9.15am Family Eucharist

Christmas Eve
9pm First Eucharist of Christmas
Christmas Communion with Carols

Christ Church

Sunday 23rd December
8am & 11am Holy Eucharist
6pm Nine Lessons and Carols followed by refreshments

Christmas Eve
6pm Crib service
The Christmas Story led by the Sunday School
11pm Holy Communion for Christmas
'Midnight Mass'

Christmas Day
8am Holy Eucharist
A simple short service of Holy Communion
11am Family Eucharist
Holy Communion with Christmas Carols
Bring along a toy or gift to show us and make us smile!

Cover Illustration by John Hombel

CHRISTMAS SERVICES AT RADYR METHODIST CHURCH

Sunday 21st December
6.00pm à by Candlelight (tea/ coffee and mince pies will be served).

Wednesday 24th December
11.30pm Communion Service

Thursday, 25th December
10.00am Christmas Celebration Service
All are welcome.

HOLY FAMILY RC CHURCH

Keyston Road, Fairwater, Cardiff, CF5 3NP

Christmas Masses 2014
Christmas Vigil Mass on Wednesday 24th December at 8pm

Christmas Day Mass at 11am

Sunday Masses

Vigil Mass at 6pm

Sunday Mass at 11am

Please check the website for events and activities
www.holyfamilycardiff.org.uk

The above parish is served from St. Mary of the Angels Parish, Canton
Address: 67 Talbot Street, Cardiff CF11 9BX
Contact: 029 2023 0492

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

Spring Programme 2015

January

13 Sex in honeybees and humans

Prof. Robert Pickard

20 The Work of the C.A.B.

Dayne Owens

27 What does she do in that shed?

Pat Williams

February

3 The girl in the photograph

David Alexander

10 Women in Car Design Jenny Hann

17 Half Term

24 Economic Fraud Det. Insp. Roache

March

3 Trip - Llanelly House

10 The use of honey in medicine

Abdul Seckam

17 - Living with Aspergers Syndrome

Leslie Wood

Next Term begins on 24 March 2015

New Members Welcome

Telephone Number 2084 2461 or 20552610

Letters, articles, reports and other contributions are invited and should be submitted by January 15th. Submissions may be subject to editing at the Editor's discretion.

The views expressed in the Radyr Chain are not necessarily those of the Editors.

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**STATION ROAD, RADYR
TELEPHONE 029 2084 2437**

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

AND

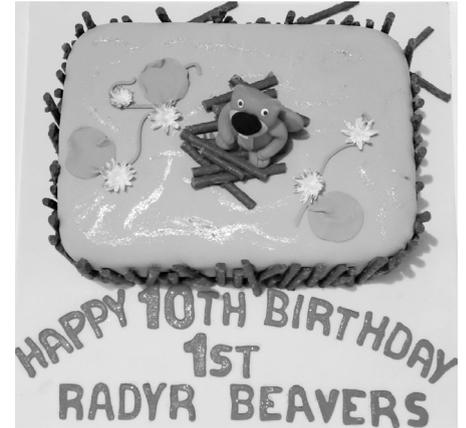
**WE ARE HERE FOR YOU OVER THE
CHRISTMAS PERIOD**

WITH MANY SPECIAL OFFERS

**COME AND CHECK OUT OUR OFF-LICENCE
PRICES THIS CHRISTMAS**

OPENING TIMES FOR THE CHRISTMAS PERIOD

**Christmas Eve - 8am to 8.30pm
Christmas Day - CLOSED
Boxing Day - 10.00am to 1.00pm
New Years Eve - 8am to 8pm
New Years Day - CLOSED**



the residents of Danybryn, three Cardiff Lord Mayors, the one and only Bear Grylls and not to forget a 6ft python and his friends!!

We have achieved badges galore from craft activity to the Global challenge and have been extremely fortunate to have many of our Beavers achieve the Chief Scouts Bronze award which is a tribute to the children's commitment and determination.

Recently we have been awarded The Disability Awareness Award in the Local organisation category for the promotion of positive attitude towards people with learning disabilities. We were kindly nominated by a parent. I am extremely proud to be attending the ceremony on 18th November.

There are many, many people who need to be thanked for the enormous success our Beaver colonies are. Without doubt Nicky Thomas whose brainwave it was in 2004 and Julie Sakkas who was also a member of the original trio! Emma Dyer and Vicki Westwell for years of service and for putting up with me! Andrew Hyder, Alistair Sloan, Andrea Darlington, Elaine Olsen, Rhian Mortimer, Sharon and Jonathon Robbins, Liz Smith and of course the current team of leaders! Apologies if I have left you off this enormous list. The parents of past and present beavers who have always given us their full support even when we present them with tired, dirty, wet and sometimes hyper children at the end of a session! But mostly the Beavers past and present, from the past 16 year olds to the present 6 year olds and everyone in-between. I commented recently that it never ceases to amaze me the determination of our children who sometimes face their own personal fears whether it is eating green potatoes to touching a 6ft python and never, never a complaint or moan. I am reminded constantly what a privilege it is to be a Radyr Beaver Scout Leader.

Happy 10th Birthday 1st Radyr Beavers – Fun and Friends – yes we did, do and continually do so !!! Simba

Happy 10th Birthday Radyr Beavers

(from front cover)

What have we accomplished in ten years? Well we have celebrated: 100 years of Scouting, 25 years of Beaver Scouts, 50 years of Scouting in Radyr. We have also celebrated The Golden Jubilee, the Olympics and recently the Commonwealth Games. We have also been fortunate to attend and take part in ten Remembrance Services.

Where have we been? We have been to Tredegar Park, Brecon Beacons, Bristol Zoo,

Amelia Trust Farm, Cantref Farm in Brecon, Dan y Bryn Cheshire Home, Radyr Church, Whitchurch Fire Station, Cardiff Central Fire Station, Penarth Lifeboat Station, The Lord Mayor's Mansion, Gelynys Farm, the Cardiff Gang Show and also our fantastic library in Radyr. We have travelled on fire engines, lifeboats, steam trains, tractors and grass sledges.

Who have we met? Radyr librarians, Radyr Church Wardens, Dog Groomers, Barry Swan Rescue who brought with them owls and hawks, Radyr Police, Newport Forensic police, 25 local beaver colonies, Dogs Trust, 2 Spring lambs! A nurse from A&E, a samba band leaders,

Three Ages Cub Camp Report

(from back cover)

We spent the afternoon back on the beach with the Cubs given the task of working in groups to make art with items at their disposal along the seafront. I have never seen so many dead jellyfish. The creativity displayed though ensured that they were all winners of a kind.

The excursions of camp were starting to tell so a slightly earlier night afforded the leaders and parents the opportunity to enjoy a well earned glass of wine.

The following day saw the final group activity for my team, the climbing wall and zip wire. This was an amazing activity, physically demanding and testing the courage of the cubs, and we found out that we have some excellent climbers in Radyr.

The sun came out before lunch and we enjoyed a good long hike in the afternoon along the coastal path to a pebbled beach and back. By now we were all pretty much good to drop and I think everyone had their best night sleep before packing to head for home the following morning.

The whole camp was brilliant and so much fun, the leaders (who volunteer so much of their time and energy) are excellent with the Cubs, and the boys and girls really enjoyed themselves and learnt so much during the four days. It was a really rewarding experience, I may even volunteer again next year!

Andrew Ashby, Parent Helper

I was asked to go along as a helper to cub camp, as my brother is a cub himself and my mum was also asked along to help out when taking care of 30 seven to ten year olds. Obviously, as a helper who is still in school, if the cubs were out doing all the different activities, then it meant I could help out preparing meals for lunch and dinner whilst they were out, and little things like that that weren't stressful. My personal favourite part was singing traditional campfire songs around the campfire with a huge pot of homemade hot chocolate and biscuits, as it was a nice ending to the day.

Megan Chisman, Young Helper

As a cub, I found the camp really enjoyable as I got to take part in every

activity with a bunch of my friends I knew from school. In my opinion, my favourite activity of the entire trip was bodyboarding in the sea, as it was basically lots of splashing around with my friends, even if it was very cold water! I also found that the food was really tasty, especially the breakfast as they had full-cooked breakfast everyday as well as cereal, and we also had a variety of meals for dinner. I would definitely recommend this camp to any cub! On the first full day, one of the definite highlights for probably all of the cubs was the making of the watchtower, although

lots of them were off making fires, playing football or run-around games, competing on a rope-based obstacle course or whittling their initials onto a huge chunk of wood. A few hours later, the watchtower was completed by a couple of the leaders, and in the afternoon of the next day, everyone went on a, sometimes exhausting, coast walk, along the paths that came with amazing views of the sea. It was also a very sunny day, so the views were even more clear.

Tom Chisman, Cub Scout

THREAT TO RADYR LIBRARY

As part of Cardiff Council's budget cuts, Radyr Library is under serious threat of closure.

Here is one of their recommended options:

"To cease all council funding and actively seek commercial, community and partner involvement.

If this is not forthcoming the service will be delivered through mobile provision."

Please fill in the survey about budget cuts, including the proposed cuts to Radyr Library.

**Go to:
www.surveys.cardiff.gov.uk/budget**



Meet Father Christmas

The annual lighting of the Christmas Tree in Radyr and Morganstown will take place on Friday 5th December.

The trees at Morganstown and in the Sidings will be lit at 6.00pm and the tree in Windsor Gardens at 6.40pm.

Many of the shops in Station Road will stay open late and there will be a craft market, BBQ and bar. Father Christmas will make an appearance in Station Road.

Please note that Station Road, from Heol Isaf to Windsor Crescent will be closed from 5.00pm.



Remembrance Day photograph by Chris Sutton.

Radyr and Morganstown District Gardening Club

Our 25th season continued in October with a fascinating talk by Dr. Ingrid Juttner of the National Museum of Wales on microscopic algae. We have all heard of or seen the Algae Blooms that occur in lakes and ponds in warm weather. Dr. Juttner discussed and illustrated these and many other strains of Algae, some toxic and others essential to life as they are at the bottom of the food chain. She went on to explain how the relative proportions of different types of algae in water can be used as an indicator of the health of the water and how this is being applied in a project to assess the health of rivers in Mid-Wales. Using the microscopes provided by Dr. Juttner the evening concluded with members examining the samples they had brought, a number of types of algae were spotted and identified by Dr. Juttner.

I am sure many of you will have visited the "aMazing Hedge Puzzle" at Symonds Yat but I wonder how many are aware of the ancient roots, mysticism and magic associated with the Maze. For our November meeting the Symonds Yat maze designed and builder, Lindsay Heyes, gave an illustrated talk with the title "Miraculous Mazes or Mazes, Myths, Maths and Magic". Mr. Heyes with his brother Edward planted the Maze in 1977 and he started his talk with the development of the maze, its planting and the trials of getting the hedges to the way you see them today. He then went on to discuss the history and development of the labyrinth and the maze, how they occur in early civilisations, the similarities between the different occurrences and the fact that they "... were never intended to be puzzles for people ... they were used as traps for evil spirits". Lindsay Heyes is an enthusiast who gave us a fascinating and entertaining evening.

We now break for the Christmas period and recommence in January 2015:

14th January – "Orchids I Grow"
with Roy Bayley-Wood

Mr. Bayley-Wood will talk about the growing of orchids, their care and cultivation, illustrated by examples of the orchids he grows.

11th February –
"Natural Histories – The Art of Small Things" with Laurie Young.
Laurie Young is an illustrator and will talk about botanical illustration.

Full details of these talks and the rest of the programme are available on the Radyr website.

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.

Visitors and New Members will be made very welcome. You don't have to know the Latin names of plants or have green fingers to come to a meeting; few of our members would claim to be experts. We just share an interest in gardens, plants and generally growing things. So come along – you will be very welcome.

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

Please see village notice boards and Radyr website (www.radyr.org.uk) for programme details and any changes or contact any committee member or our chairman, Richard Gregory (029 2084 2084).

Radyr & Morganstown Association

By the time you read this some of the events we would like to tell you about may well be over. Apologies for that but at least you will be able to judge whether we did what we said we were going to do.

We are looking towards Christmas and weather permitting, will be running (jointly with the Community Council) the ever-popular Christmas Tree Lighting Ceremony on **Friday, 5th December**. The tree in Morganstown will be lit at 6pm with the help of children from Bryn Deri Primary School and the tree in Lychgate Gardens will be lit at 6pm with children from Radyr Primary. The tree in Windsor Gardens will be lit at 6.40pm by the Festival Queen, followed by the 'switching on' of the Christmas lights in Station Road at

6.50pm by Radyr's own celebrity, **Professor Sir Martin Evans**. Santa will arrive shortly afterwards. Food and drink will be available from 6pm. Many of the shops will be open and there will be a variety of stalls. NSPCC, our charity for the year, will be collecting during the evening.

A few days later we have a treat for all ages – a wonderful stage adaptation of A Christmas Story by Charles Dickens, 'The Chimes'. This latest performance by Lighthouse Theatre is on **Wednesday, 10th December** at 7.30pm in Morganstown Village Hall. Tickets are £9. (£8. concessions, 35. students) and are available from ener-chi in Station Road, Nick Hawkins 2084 2561 and Allan Cook 2084 3176. For full details and on-line sales go to <http://rma.ticketsource.co.uk> It is supported by the Arts Council of Wales Night Out scheme.

In January we will be restarting our regular Film Nights in the Old Church Rooms. The film details will be added to the ticketsource site as soon as they are known. If you would like to get involved with the Film Club – choosing the films or helping with the event – do get in touch.

We are also starting to plan next year's May Festival, which will run from 2nd to 17th May. Again, if you would like to be involved with that in any way, do get in touch.

Our next meeting will be on **Monday, 2nd February**, when our own Allan Cook will be talking about 'Soaps' on TV. An interesting topic! All are welcome but if you would like to become a member of the Association (no charge) or would like to hear more about Association activities, contact the Secretary, Nick Hawkins (029 2084 2561 or rma@radyr.org.uk) or have a look at our web pages on www.radyr.org.uk You can also follow our activities on the Facebook page 'Radyr & Morganstown Hub'.

Finally, the R&M Executive would like to take this opportunity of wishing everyone a very happy forthcoming Festive Season and a successful New Year.

N O. 4 RADYR CHAIN

NEWS FROM RADYR AND MORGANSTOWN
FREE EVERY TWO MONTHS

THE CHANGING FACE OF RADYR



The new bridge crossing the River Taff at the railway station being put into position.

Radyr Scouts apprehend poachers.

Whilst on their Annual camp in the Wye Valley the scouts were foraging for firewood when a van drew up alongside them. Three men alighted and began to unload some hessian sacks and told the scouts to 'clear off'. The police were notified by the scout leader and they lay in wait the next morning at 5.30am and arrested the three men for poaching. In the van was hundreds of pounds worth of salmon. They admitted in court that they had been poaching for five years including killing deer in the Forest of Dean. - Some 200 deer. The police thanked the scouts for their diligence and being able to bring the poachers to justice. The poachers were sent to Gloucester prison.

Radyr & Morganstown WI

Congratulations to our darts team on winning the first prize at the County competition held at Tonteg during August.

It is the golden anniversary of the ACWW this year and to celebrate some of our energetic members carried the flag from Tongwylmais to Tonteg on foot and also found time to do some good deeds along the way!

Flag flying

A number of people have commented that they were pleased to see the flag outside the scout hall flying at half mast, the day of Earl Mountbatten's funeral. The only flag in Radyr!

"THE ORCHARD TO THE RESCUE"



The Orchard Restaurant in Park Road came to the rescue of the Old Church Rooms when the oven failed in the middle of a children's party. The children were in the middle of cooking when the gas oven failed. The Orchard proprietor, Dawn, agreed to bake off the goodies and saved the party. A great example of the community spirit at work!

The Orchard has been nominated for the South Wales Echo 'Food and Drink Award' 2014/15.

David Cargill

CHAIN COOKERY CORNER

Chicken and White Wine Tagliatelle

A quick, easy and tasty recipe at this very busy time of year.

Serves 4

- 1 onion sliced
- 2 medium leeks sliced
- 1 Tbs oil
- 500g (1lb2oz) chicken strips
- 1 courgette sliced
- 2 garlic cloves chopped
- 400g can Cream of Chicken soup
- Dash of white wine (optional)
- Half can water + chicken stock cube or home made stock
- Small bunch chopped parsley
- 400g (14oz) tagliatelle
- 200g (7oz) frozen peas
- 40g (2oz) grated Parmesan cheese
- Lemon Juice
- Fry onion and leeks in oil until golden
- Add chicken strips and courgette to pan
- Cook until brown
- Add garlic, soup, stock cube or stock and wine (if used)
- Simmer for five minutes
- Meanwhile cook tagliatelle
- Add peas and parsley to chicken
- Cook for further five minutes
- Drain tagliatelle
- Stir in chicken, cheese and seasoning
- Add lemon juice to taste
- Serve

A.M.P.

Letter to the Editor...



Dear Editors,

Through your pages I should like to express my appreciation of the Organisers of the half-term showing of the film 'Maleficent' in the Old Church Rooms. It provided an effortless and enjoyable afternoon for us, our 9 year old Granddaughter and her two friends.

Lovely not to have to get out the car but to be able to stroll to the airy, welcoming Hall.

No strident sound, no adverts, one trailer for the next month's showing of *Belle* (we bought tickets) and the local atmosphere enhanced by the prelude of David Cargill's skilfully edited film of past Radyr Carnival processions. I also have it reliably reported that Radyr ice-creams are lush. We were all enchanted by the main feature.

While the surprising sparseness of the audience worked in our favour as with *Maleficent* herself my better nature overcomes me and I commend the experience to your Readers.

Yours sincerely, **Zoë Pearce**

Dear Friends,

Jen and I would like to thank everyone for participating in Caroline's retirement celebrations. Caroline was thrilled with her cards, gifts and good wishes from you, the people of Radyr and Morganstown and surrounding areas. You made Caroline's last working day very special indeed.

Please look out for events in the library.

Communities 2.0 are providing computer tuition on a drop in basis. These sessions will be held every Friday until Christmas from 2.30pm until about 4.30pm. There is no need to book. Bring along your laptop or iPad if you would like. Alternatively, you may use the library computers.

Radyr Library Knitting and Crochet group are holding their annual Charity coffee morning on Monday, 1st December at 10.30 until 12.30. There will be knitted Christmas crafts on sale as well as a raffle and refreshments. All proceeds are to be donated to the Alzheimer's Society. Your support will be greatly appreciated.

There will be a Christmas/winter craft table for children from 15th December. Don't forget our Children's story times are held on Tuesdays at 10.15 and again at 2.15. Amser Stori is on a Wednesday

at 10.30. All are held during term times only.

We would like to thank you for supporting Radyr library and would like to wish everyone a merry Christmas and a very happy and health new year.

Raising Funds for the NSPCC

Festival celebrations around Radyr this December will benefit children in Wales by raising funds for the NSPCC.

The charity's fundraising committee in Radyr has teamed up with the Radyr & Morganstown Community Association to hose the lighting of the Christmas trees on Friday, 5th December. There will be stalls with crafts, a bran tub and tombola. Food and drink will be available as well as an appearance from Santa Claus himself.

Emma Brennan, NSPCC Community Fundraising Manager for Radyr, said "We're already feeling really festive here at the NSPCC and can't wait to crack open the mince pies. We look forward to seeing all the local residents of the Radyr area on Friday, 5th December for the lighting of the Christmas trees.

"The money raised will help us provide services for children and families in Wales who are going through incredibly tough times. This includes helping families to overcome sexual abuse, drug and alcohol issues, funding our ChildLine counsellors to be there for children over the Christmas period and also by supporting our ChildLine Schools Service which uses specially trained volunteers to talk to primary school children about abuse, giving them the skills to protect themselves".

The fundraising committee have already raised more than £400. due to the generosity of Dance Angels in allowing the NSPCC to sell programmes and hold a raffle when they staged a successful concert in St. David's Hall involving 125 children of all ages who are trained by Dance Angels at venues all over Cardiff. The costumes were first-class and the whole show was very well received by all who were there – we wish them continued success and hope to collaborate with them again in the future.

The charitable festivities will continue throughout December with the NSPCC's Carols by Candlelight event on Friday, 19th December at 6.30pm in Llandaff Cathedral. The evening will be conducted by S4C presenter Angharad Mair and will feature readings from special guests, as well as traditional carol singing. It is £20. for a family ticket or £10. for adults and £5. for children. To book, contact the NSPCC Cymru/Wales

fundraising team on 0203 188 3658 or at walesappeals@nspcc.org.uk

Meanwhile, we hope you all have a good Christmas and look forward to seeing you in February 2015 when we'll be holding another of our popular soup-and-sandwich lunches and the speaker will be Peter Vaughan, retired Chief Constable of South Wales, with some serious and amusing anecdotes of life on the beat in South Wales.

A Concert at Christchurch

On Saturday, 8th November, the audience at Christ Church Radyr was truly fortunate in being able to listen to an excellent musical performance given by the Radyr and Morganstown Choral Society under their conductor Peter Esswood.

The programme centred very appropriately on the theme of Remembrance. It consisted of a wide selection of music interspersed by readings which provided an emotionally-charged insight into the pain, anguish and heroism of so many of those who fought in the first-world war. These readings were delivered very sympathetically by members of the choir and guests.

The programme included works by Howard Goodall, Edward Elgar, John Rutter, César Franck and Paul Hindemith. The accomplished soprano, Ellen Williams, accompanied by Bethan Semmons (harp), Peter Esswood (cello) and David Thomas (organ) gave an exquisite performance of Franck's *Panis Angelicus*. The slow movement from Hindemith's *Sonata for Harp*, which was played most sensitively by Bethan Semmons, complemented perfectly the deeply reflective themes of the readings.

The main item of the programme was Howard Goodall's Requiem, entitled *Eternal Light*. One can only admire the determination of the choir and conductor in deciding to approach this work. It certainly made significant demands on the singers but it was clear that their extensive preparation made for a compelling and very moving performance which was beautifully delivered. The excellent soloists, Ellen Williams, Andrew Henley, Steven Hamnet and instrumentalists Bethan Semmons, Rhiannon Pritchard and David Thomas contributed significantly to the quality of the performance by means of their finely-honed musical skills.

Thank you Radyr and Morganstown Choral Society for such a rewarding evening. BFE

London to Paris Charity Bike Ride July 2014



It wasn't a difficult decision to make with my son Ben when during one of our many cycling rides together, we chatted casually about the possibility of embarking upon a charity ride to raise funds for a cause we had seen advertised recently with Action Medical Research for children. The route we had an eye on was London to Paris, a 280 mile ride over a period of four days, which sounded the ideal challenge for both of us.

Firstly, it would be a very worthwhile cause to support this particular charity, which relies solely on public donations for hundreds of thousands of sick and disabled children who need help and who have saved and changed lives through medical research, spending over £100m. funding some amazing breakthroughs. Secondly, it would be a great motivator for us both to train more often and get fitter and thirdly, maybe I would get to know my son a little more! With nearly forty years between us I knew it would be a challenge for me to keep pace with him, but equally a challenge for him to frustratingly slow down for me. A lot would depend on the generosity of friends, family and neighbours with regard to the raising of funding and who thankfully never let us down. With over £2,200. raised between us both, it was too late to back out and now our turn to deliver by completing the challenge and as the days grew closer our anticipation grew and wavered between excitement and panic.

Before you could say Bradley Wiggins, we were at the start line in Blackheath, London at 6am with 300 other cyclists after a calorie laden breakfast and a not too good a night's sleep, apprehensive as to how the next few days would unfold. With a fifteen minute safety talk from the organisers,

our tyres pumped up, bottles filled, energy gels spilling out of our back pocks and Ibuprofens administered (1) we were off and the apprehension that had consumed us over the preceding weeks evaporated in minutes as we soaked up the beautiful morning that we had so thankfully been favoured with along with the wonderful camaraderie that surrounded us with other fellow cyclists.



Just as the organisers had promised there were orange markers on the side of the road every mile for those that split from the main group and every twenty miles or so, cool drinks to top up your bottles and all the energy-packed sweets, nuts etc., you could imagine from temporary roadside marquees erected by the organisers and a magnificent buffet lunch. The standard of support from the bike technicians in their mobile vans, constantly monitoring every single rider along the route to the general management and constant communication, including the presence of doctors riding along with us, was second to none. Luckily and with great astonishment I personally didn't need any but it was a nice comfort feeling just in case!

The only incident that occurred before we reached the ferry and one that I look back on now as a little sadistically humorous was at about the 60-mile mark after descending a stretch of narrow downhill road in a split group of at least thirty of us at quite a health pace in the glaring sun and adorned with de rigueur Oakley sunglasses of course(!) We could see we were just about to turn a left hand bend and enter into a darkened tree-lined road so off come the glasses for fear of riding blind, to turn into what I could only describe as a vertical wall! This was a short but nevertheless 25% incline which without exception, no-one had expected. The majority of us were in the wrong gear, totally unprepared for a steep climb, with sunglasses in our hands hampering us from changing gear. Being in the

middle of the group, we were faced with ten or more shocked cyclists falling off one by one in front of us, unable to tackle the incline in the gears they were in. Everyone was in hysterics and only by luck more than judgement, both Ben and I managed to change down our gears, stay upright and forge our way up the hill at a snail's pace avoiding the road of littered bodies that lay all around us. There were no broken bones or road rash at that speed, just battered egos decorated with a few expletives that we won't go into here. That was to be the talking point of the day when we finally reached Dover and looked back on as all part of the fun of the ride!



The weather was beautiful but the roads and scenery were absolutely magnificent. If you have travelled through France by car before, you will know how wonderful this is, but if you ever get the chance to cycle, please, I would urge anyone to try it. Cycling provides you with the time to breath in the clear air, savour the views and experience the joy of being out in the open with friends you can chat to all day without being hampered by the constant beeping, roaring and sucking in of exhaust fumes from cars we unfortunately have to bear in the UK. Pin straight tree-lined roads adorned the route surrounded by farmland along with the welcoming site of colourful umbrellas and tables outside the many cafes that lined the streets of the next village, where you just could not pass without stretching your legs and sitting down with a well-earned coffee or chilled half pint of the local lager! A lager never tasted so good!

As we neared the imposing sight of the Eiffel Tower, waiting to welcome us, our group were joined by even more charity cyclists from other countries, who with their brightly coloured jerseys, swept in from adjoining roads to swamp the convoy in the final kilometres. There were friendly waves and big beaming smiles from everyone, all soaking up the incredible

continued ...



atmosphere that had developed. It was a sight for sore eyes and one which I will never forget.

Although I have thanked everyone who donated personally, I would like to thank them once again publicly and let them know how grateful I and all those less fortunate children are for their generosity. Without people such as them, the world would be a far poorer place to live.

If you feel that you would like to take the L2P challenge in July next year and raise money to get vital funds for medical research to help sick and disabled children and have some challenging fun at the same time, please log on to www.action.org.uk/action-london-paris

With three different routes to choose from, Jeff and Ben opted for the 'Cool Route', seeing as this was their first multi day cycling challenge.

- Dedicated fundraiser to support you
- See the finale of the Tour de France
- VIP entry into the heart of Paris
- Amazing lunches
- Highest standard of bike support
- Great accommodation

Jeff Tester of Radyr Bikes

Spurred on by his love of bikes and his L2P challenge conquered, Jeff has recently launched a new Cycling Service & Repair business in the heart of Radyr, aptly named **Radyr Bikes**, with free collection and delivery for all Radyr residents. See advert on this page for more details or visit their website at www.radyrbikes.co.uk

Please feel free to contact him if you are interested in either taking part in next year's charity ride and would like any help on this, or would like to discuss booking in your bike to him for a service or repair to enable you to get some training in for that ride to Paris! **Phone 07871 595 350.**

www.radyr.org.uk is...a one-stopshop for local information

ActionPhysio

at Radyr Medical Centre

The Knee Part 1

Patellofemoral pain syndrome (PFPS)

The knee region is made of two joints – a hinged knee joint comprising of the long thigh bone (femur) which sits on top of the shin bone (tibia) and secondly the patellofemoral joint – a triangular kneecap (patella) which slides in the groove at the end of the femur and is enveloped by a tendon which comes from the quadriceps muscles. The powerful quadriceps muscles lie on the front of the thigh and are responsible for straightening and in part bending the knee.

Pain from the patellofemoral joint is vague and felt in the front of the knee, 25% of the population will have pain here at some point in their lives. Patellofemoral joint pain can present in the enthusiastic gardener undertaking a heavy winter dig, seated desk based office workers, keen ramblers who tackle unplanned steeper slopes and even sightseers climbing the staircases and towers of Tuscany!

It is very common! But also very treatable with physiotherapy.

Pain is often felt:

- Ascending/descending stairs, getting up and down from a chair, squatting, climbing ladders – whether at home or work.
- If you sit for prolonged periods with your knee bent e.g. long car or plane journeys and also when sitting at the cinema or theatre.

Why is there pain?

- Research has demonstrated that people with PFPS have poor gluteal (buttock muscle) function on climbing stairs. Without this control the hip is less stable and the femur swings inwards stressing the knee. The outer half of the patellofemoral joint surface becomes overloaded and produces pain.
- In sitting the quadriceps are taut creating a strong compression force between the kneecap and the thigh bone which over time produces pain. The contact pressure increases as the knee bends further. If the quadriceps muscles are already short and tight this further compounds the problem.

Possible contributing factors?

- Old running shoes that no longer support the foot allowing the foot arch to roll down creating torsion at the knee.
- Tight muscles e.g. calf, quadriceps and hamstring muscles.
- Weak ineffective muscles creating imbalances
- A training programme or step usage

that is suddenly intensified e.g. distance, gradient, speed or step depth

- Swelling from knee surgery or trauma can inhibit the quadriceps causing the patella to maltrack and induce pain

Quick wins

- Avoid the pain provoking exercise and modify your programme
- If swelling is present, ice can help – wrapped in a protective covering applied over the front of the knee for ten minutes – 3-4 times a day
- Avoid sitting with the knee bent for prolonged periods. Try to swing the knee forwards and backwards 2-3 times every 20 minutes while sitting to reduce the pressure, or get up and have a walk
- In discussion with your GP or pharmacist a gel-based or oral non-steroidal anti-inflammatories may offer benefits in reducing swelling and inflammation
- Review your footwear if they are showing signs of age and lack appropriate support
- **Physiotherapy** – a comprehensive holistic approach to assessing you is essential. Once your specific needs have been identified a treatment plan is created with you and your recovery begins.

Physiotherapy treatment is multi-faceted and can consist of – joint and soft tissue mobilisations, muscle imbalance correction, stretches, core stability exercises and even taping.

ActionPhysio offers a comprehensive 45 minute initial assessment followed by 35-40 minute follow-up sessions. A clear home exercise programme forms an intrinsic part of your treatment and accelerates your recovery. Home visits are available.

I have been based at Radyr Medical Centre for eight years; *having previously been Head of the physiotherapy department at Bupa Cardiff and physiotherapist to the Wales Commonwealth Games Team 2002.* Please don't hesitate to contact me if you would like treatment or advice about ongoing knee problems or any other aches and pains.

Wishing you all an 'ActionPacked' Christmas and a health 2015.

Claire Beeson Grad Dip Phys MCSP AACCP
– ActionPhysio at Radyr Medical Centre
Tel : 07809 766 002
Email : actionphysio@btinternet.com
www.actionphysio.co.uk

Radyr & Morganstown Friends of Tenovus

An extremely successful Autumn fund-raising morning was held on 9th October at Radyr Golf Club, with this year's event taking on a different theme. This year Julia Hallinan of the CookShop Pontcanna had agreed to give us a Celebration Cuisine demonstration.

Visitors enjoyed looking at the displays on the various stalls before taking their seats, with refreshments served prior to Julia commencing her presentation. Her samples of syllabub trifle and assorted vol au vents proved to be most delicious and thoroughly enjoyed by those present, with copies of her recipes available for everyone.

The room was decorated with pink balloons with many friends wearing pink in recognition of Breast Cancer awareness month.

Douglas Hogg a very kind supporter and good friend of Tenovus generously donated one of his paintings of the Wenallt to be raffled. This raised £100. in support of the fund-raising event, with the very lucky winner, Una Scott, being delighted to be presented with her picture.

The morning's event was most successful with sales from the various stalls including the Tenovus Christmas cards and raffles helping to raise the total sum of £1423., which will help support the various ongoing Tenovus projects.

Chairman Rosanne and her committee are more grateful to all those who continue to give so generously to ensure our fund-raising events continue to be such a success. Grateful thanks also go to the management and staff of Radyr Golf Club whose help contributed to the overall running of the event.

In 1985 the first committee of Radyr and Morganstown Friends of Tenovus was formed and next year in 2015 we very much look forward to celebrating thirty years of fund-raising activities in the local area.

Alison Skidmore

Hello! My name is Zoe Delport



As you may remember, I wrote an article in April about going to volunteer in South Africa with the government funded International Citizen Service which sends young people aged 18-25 to work on projects in developing countries. I firstly wanted to say thank you very much to anyone who donated to my fundraising page – it was hugely appreciated!

I was accepted through International Citizen Service to the charity Restless Development. Restless Development believes that if we focus on addressing the issues that young people in deprived communities face such as HIV/AIDS, teenage pregnancy and unemployment then that can work to make those communities overcome those problems.



I was volunteering in the rural community of Sulenkama in the Eastern Cape of South Africa for Restless Development for three months. We were staying in a local Mama's home – Mama Phelicia, with her grandson Latita, with five goats, four geese and seven chickens. We were without flushing toilets, had a single tap in the garden for drinking water and had limited electricity with frequent power cuts, yet we had everything we could've needed. I was working with and sharing a room (and also a bed!) with two other local girls, Themabela and Sinovuyo. They taught

me so much, like how to wash myself in a basin, peel potatoes with a knife, cook traditional meals, wash my clothes by hand and also some basic Xhosa – the local language ... and much, much more. They were and have become my family.

The sad reality is that in the Eastern Cape, nine out of ten women have suffered some form of abuse in their lived whether it be physical, emotional, verbal or sexual. Another issue I saw was a very high rate of teenage pregnancy. Approximately 30% of teenagers in South Africa report to have ever been pregnant. The issue with teenage pregnancy is that it often means that the young mothers are unable to carry on with school, reducing their employment opportunities for the future.

Part of our aim whilst being in Sulenkama was to go into schools, young people to young people and have discussions to try and address and dispel myths on Sexual Relations and Gender Based Violence. We also handed out information on support for abuse. What we were doing were only small steps in reducing Gender Based Violence and Teenage Pregnancy but my hope is that perhaps over many years these small steps could eventually make a big difference.

I know that it made a big difference to me personally. Having to stand up in front of a class of teenagers and talk about sexual relations was by far one of the most challenging things I have ever done! But by putting myself in a situation that was perhaps a little out of my comfort zone, I learnt so much and grew a lot in confidence, along with making some real friends for life.



If anybody aged between 18-25 is thinking of taking a year out or between jobs or just wanting to challenge yourself and make a difference, I would strongly recommend International Citizen Service. It truly is a once-in-a-lifetime opportunity! If you're interested to find out a bit more about ICS then please visit www.volunteercs.org/

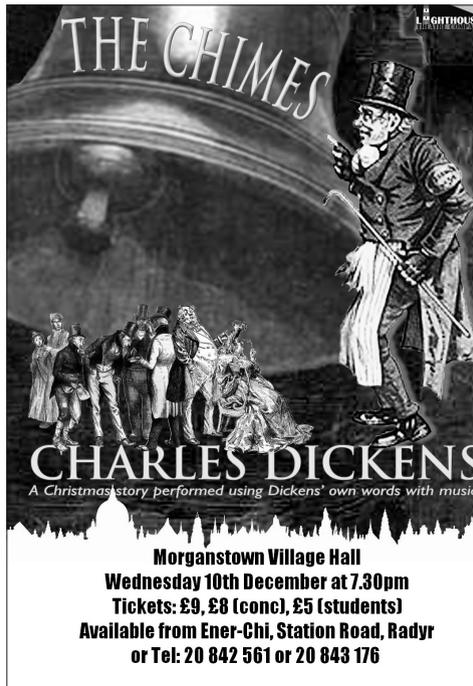
The Chimes

The Chimes is the second in Dickens' series of Christmas books, the first being *A Christmas Carol*, with as powerful a punch now as it had at the time.

In the run-up to the festive season, local porter, Trotty Veck, falls asleep in the doorway of a church. Woken by the bells, and magically dragged up the tower, he had just one chance to change the world...but will he listen to the bells?

The Chimes is a Victorian *It's a Wonderful Life*, filled with all of the master story teller's colourful characters and heart-rending poignancy. **The Chimes** is brought to Morganstown Village Hall by Swansea based professional theatre company *Lighthouse Theatre*. You may remember Lighthouse's delightful adaptation of Dylan Thomas' *Reminiscences of Childhood* at the R&M May Festival. Lighthouse are on a fifteen venue tour from Pwllheli to Porthcawl and from Chepstow to Swansea.

Lighthouse will bring their signature style to this classic by the most theatrical of authors, with a cast of five, carols, music and - of course - bells. This show will be fast, funny, inventive and entertaining, but most of



all a Christmas treat at this festive time of year.

"One of the most innovative productions of the festival year". The Daily Telegraph.

The Chimes is at Morganstown Village Hall at 7.30pm on Wednesday 10th December. Tickets: £9, £8 (concessions) £5 (students) from Ener-Chi, Station Road, Radyr, Nick Hawkins 20 842 561 or Allan Cook 20 843 176. Tickets may also be booked online, see the R&M Association website. Licensed Bar

Don't miss this pre christmas treat.

News from Radyr & Morganstown WI

Our October meeting took place on Monday the 13th. We were privileged to have as our speaker Keith Moger, a former Senior National Health Administrator whose talk was entitled "The history of health care in Cardiff, the capital city of Wales". It proved to be an interesting journey through the history of Cardiff's hospitals taking in the former isolation hospitals and workhouses of the city. Our audience, most of whom had been born and bred in the capital, listened attentively.

The following week on 20th October, our annual birthday party was held at Radyr Golf Club. The reception drinks were most appreciated and they were followed by a most enjoyable dinner. Our thanks go to the Committee for organising it and to the Golf Club staff for their service and hospitality.

We are now into November and that month's meeting was an Evening of Remembrance marking the hundred

years anniversary of the First World War. The Committee organised a World War One quiz and there were relevant poems and readings performed by members. The Community Council very kindly loaned their commemorative display about the World War for the evening and this special meeting ended with refreshments.

We have one more date in November prior to moving into the seasonal activities of December. On Tuesday, 18th November, a group is going to the National Museum of Wales where they will enjoy a guided tour.

On Friday, 5th December, Radyr's Christmas tree lights will be switched on and amongst the stalls and displays in Station Road, you will find one representing WI serving hot drinks and mince pies. Come down and join in the fun. This event always gets the community of Radyr into the festive spirit early in December.

Our December meeting will take place on Monday, 8th December. As is our tradition, the Committee members will

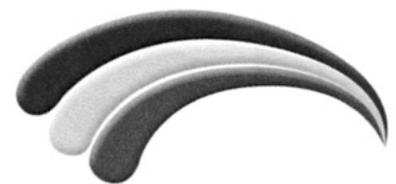
be hosting a Christmas celebration, the format and content of which remains secret until the night. However, our Secretary, Gaynor Leaf, who was responsible for "masterminding" the making of dresses for children in Africa has received photographs of the finished garments being worn proudly by little girls in Uganda. Hopefully, these will be on display at our "surprise" Christmas celebration.

Our programme for 2015 is now being planned. A lunch club visit to the Clink restaurant is due to take place on 29th January, 2015 at 12.30. Other events are in the pipeline but will be revealed in the New Year. Why not join us in the New Year. Our President, Pat Williams, can be contacted on 029 2084 3843 or you can contact us on

radyrandmorganstown.wi@gmail.com.

Meanwhile, a Merry Christmas and Happy New Year to all Chain readers from Radyr and Morganstown WI.

L.H.



1st Radyr Rainbows 1990-2015

We will be celebrating our 25th Birthday on 28th February, 2015. We are hoping to find out what it was like being a Rainbow 25 years ago. What did you wear and which games did you enjoy playing?

If you have been a Rainbow we'd love to hear from you especially if you were one of the original Rainbows back in 1990. Please contact our leader Minnie on 029 2084 2923 or auntiejuliee@hotmail.com

Thank you
1st Radyr Rainbows



Radyr & Morganstown Community Council

Cyngor Cymuned Radur a Threforgan



We now know that the Examination of the Local Development Plan (LDP) will take place between January 13 and February 27 2015. Over these weeks, the Inspector and her team will take evidence and hear arguments for amendments to the LDP and a report will be published later in the year. R&MCC have been invited to appear at many of the sessions to represent R&M and we will make our argument that development in NW Cardiff must be phased to allow it to be aligned with the Metro. Without this, we say, transport problems and unsustainable new development will make life for everyone extremely difficult. Members of the public may attend to listen to the Examination's discussions.

We responded strongly against the recent premature planning applications on three sites in Radyr, Danescourt and Fairwater. You can find a copy on the website or ask us to send you one. We

produced template responses to the planning applications so that people could submit their own. We will do this again. If you want to be added to a mailing list, just call Helena Fox on 20842213 or email clerk@radyr.org.uk. We are expecting an application for the rest of the site for which the LDP has allocated 5,000 homes and the developers are trying to increase to 7,000. To give that some perspective, R&M currently has some 2,700 homes and a population of some 6,700.

Alongside and coming into force at the same time as the LDP is the Community Infrastructure Levy (CIL) which is set at a fixed and non-negotiable sum per dwelling. The CIL is payable by the developer to the planning authority, Cardiff Council in our case. Cardiff's proposals for its CIL are now out for consultation and we will be responding to it. Any planning applications approved before the CIL is adopted will

avoid paying the levy. We say that that deprives Cardiff and our community of essential funds to pay for the extensive range of infrastructure needed for development of greenfield sites.

Be assured that R&MCC and its partners in the North West Cardiff Group are giving the LDP top priority. A great deal of work is being done on behalf of R&M to try to amend the LDP and the Examination is our last chance. If you want to know about this in more detail, do ask.

Elsewhere in this issue you will find a report on our WW1 commemoration project. If you are interested in being involved, please contact Helena Fox.

Helena Fox
Clerk to R&MCC
The Old Church Rooms,
Park Road, Radyr,
Cardiff CF15 8DF

FILM CLUB

The first meeting in 2015 of the Film Club will take place on Thursday, 29th January at 7.30pm in the Old Church Rooms.

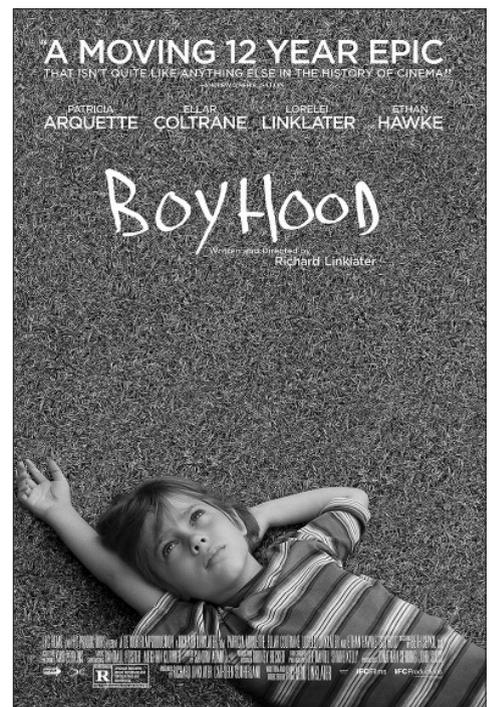
Since the Film Club started in the autumn, several improvements have been made to the set-up and even ice cream has started to be served in the interval.

Although the Old Church Rooms does not have a license to sell alcohol at these events, members of the audience are welcome to bring their own drinks and even glasses will be supplied.

The film chosen for January is *Boyhood*. Real life adventure. (15) 166 mins. Cinema release July 2014.

Filmed over twelve years with the same cast, Richard Linklater's film is a groundbreaking story of growing up as seen through the eyes of a child named Mason (a unique performance by Ellar Coltrane), who literally grows up on screen before our eyes. Starring Ethan Hawke and Patricia Arquette as Mason's parents.

Boyhood charts the rocky terrain of childhood like no other film has before. Snapshots of adolescence from road trips and family dinners to birthdays and graduations and all



the moments in between, comprise a moving and utterly compelling ode to growing up and parenting. To quote just one rave review "As a Russian I must say I understand American people and also myself much, much better with this movie. It was like ... about me ... I just COULD NOT imagine how much we are all the same ..."

A truly epic film.

REUNION WITH RADYR WARTIME REFUGEE BRUNO SUSSEMILCH

I had the pleasure of visiting former Radyr resident Bruno Sussemilch in Rudna outside Prague a fortnight ago. Bruno lived in Radyr roughly from 1940/1 to 1945 when he and his mother Kiara moved to Llandaff North until they returned to Czechoslovakia in 1946. They lived opposite us for the duration of the war. The story of his life is so remarkable I thought it might be a useful bit of Radyr history to get down on paper while there are Radyr and Morgan residents who might still remember to family.

My brother Prys and I hadn't seen Bruno Sussemilch for 68 years! We last saw him in 1946 when he was repatriated to Czechoslovakia.

We met up with him in Prague in September. He arrived in Radyr in 1940 and lived in the corner house of Heol Isaf and Station Road with his older sister Herta and mother Kiara. They had the upstairs flat and the Williams's lived in the downstairs flat. We lived in the house opposite at 32 Heol Isaf next to the Wesleyan Methodist Chapel. The Williams were evacuees from London and Mr. Williams was in the army in Burma. I don't think we ever saw him throughout the war. The house belonged to the Woods, the grocer family. The garden ran down to Bert Chapman's cobbler's shop.

Bruno had attended the Czech refugee school in Llanwrtyd Wells but didn't enjoy it. The school was in the Abernant Lake Hotel, which had been commandeered by the government. For understandable reasons, the speaking of German was banned at the school but Bruno, born in 1930, was basically first language German – the little town the family came from was Litmerice in the Sudetenland, the mainly German speaking part of Czechoslovakia. Litmerice was right on the German border. When the Czechs were completely sold down the river by the Munich Agreement of 1938 Hitler's armies marched across the border – a disaster for the Sussemilchs. The father Rudolf was a communist activist and was fighting on the republican side in the Spanish Civil War with the international brigade. He came home in 1938 but immediately had to flee eastwards, somehow getting across to Poland and then onwards to the Soviet Union.

They only saw him again on one occasion. The rest of the family were interned in the fort of Theresienstadt nearby, later the concentration camp of the same name – the so-called showpiece concentration camp. The whole family was under suspicion because of Rudolf's political activities.

Mrs. Sussemilch went to Prague to try to get exit travel documents from the German authorities and got the help of Sir Nicholas Winton, who arranged for travel passes for thousands of Jewish children, to get them out of Czechoslovakia before the impending outbreak of war, as Raoul Wellenberg did in Hungary. (Amazingly Sir Nicholas is still in good health aged 105!). The Sussemilchs weren't Jewish but their plight was very similar. Somehow they did get their documents and travelled the length of Nazi Germany, across the channel and eventually finished up in Heol Isaf, Radyr via Orpington, Maidenhead and Sheffield.

Kiara was quite a character. She was born in 1900 and had left school in 1914 to go to Vienna to work as a nurse when the First World War broke out. You had to grow up very quickly in those days! She'd had a bad experience working as a cook and cleaner for a family in Radyr so was delighted to work for my mother instead. I still remember her dumpling stews! Bruno went to Radyr Junior School. That was when 'Bummer' Griffiths was the head teacher and taught Standard 6&7 – that is the 12 and 13 year olds who hadn't passed the 11-plus. He was still the head when my brother started school in 1942 and myself in 1944. Herta was old enough to work on war production straight away.

Bruno's big friend in school and lifelong pal was Billy 'Boxer' David from Windsor Crescent. Billy and his other big mate Dave Newman, were part of Bert Chapman's gang of teenagers, always hanging around the cobbler's shop listening to Bert's views on the ways of the world. In the end that's how we tracked Bruno Down. Dave Newman bumped into me and out of the blue and said "You know Billy Boxer's been to visit Bruno Sussemilch over in Prague?" How Dave knew I would be absolutely overjoyed and excited to hear that I do not know but I was and rang my brother that night. The only problem was how to get in touch with Billy. He hadn't lived in Radyr in decades. I

knew his younger brother Johnny worked in Pembrokeshire but was probably retired by then. I had got Johnny's assistance on a similar little bit of Radyr history years before by a coincidence. I'd met the retired TV actor Jon Rollason, formerly of The Avengers, in North Wales. He'd told me he'd lived during the war in Junction Terrace as an evacuee from Birmingham. He'd been billeted with the Proberts at Number 1. I didn't remember him nor did my brother, so I emailed Johnny for help. He emailed back to say that Billy his brother used to walk to school with Jon every day! I'd lost Johnny's email address by now but as luck would have it I bumped into one of his ex-colleagues at Pembroke Power Station. He told me that Billy had spent his working career there as well. He promised to get me a phone number and was as good as his word. Eventually I phoned Johnny who directed me to Billy, who gave me Bruno's address in Rudna, outside Prague. So I got my letter off, not at all sure if he would reply. Ten days later he wrote back in remarkably good English, enclosing a photo of himself in Radyr Scout's uniform!

Then my brother wrote, enclosing the last Christmas card Mrs. S had sent circa 1949, which miraculously my brother had kept. Bruno wrote back to him so we planned a trip. We met up in our hotel and he took us to his home, self-built by him. I didn't think the communist regime would allow self-build housing but Bruno was as resourceful as his mother. Bruno is one of those guys that I'm always jealous of because he's fantastically skilled with his hands. Not only did he and his wife build the house themselves, he had gone on to build a touring caravan from the ground up. Likewise, the walls are covered with brass and wrought iron ornaments. Although he is now 84 and suffers with his back, he still spends a huge amount of time in his beloved workshop.

He is also hot stuff with the music, plays the guitar and the harmonica. He also burst out into song during our visit with a Welsh folk song he'd learnt in Bummer Griffiths' class, 'Ble r'wyd ti'n myned, fy eneth ffein i?' That's the Welsh version of 'Where are you going, my pretty young maid?' I'm not sure of the English version, but he could still remember it seventy years after leaving Radyr School. That's a pretty good tribute to Radyr Village School!

(continued on page 21)

Come 1944 and his 14th birthday, Bruno left school and went to work on the Treforest Trading Estate producing electrical switches. I think he said the company was called Elkay Switches. When the war was over he got a job at Harborne's Garage, the petrol filling station and motor repair garage behind the shops of Station Road. Six months later he had walked out of there because Mr. Harborne had given him a ferocious telling off for taking a week off to look after his mother. Herta had married a Czech airman by now and was living away. Anyway, fortunately for Bruno he went to try his luck at the Westward Ho Garage on Llantrisant Road and hit it off big time with Mr. Evans, the owner. So well, in fact, that Mr. Evans who had no children asked Bruno if he could adopt him. He could then take over the garage when Mr. Evans's time to pass on came. However, Bruno felt he must accompany his mother back to Czechoslovakia in 1946. That was with a view to Rudolf coming back from the Soviet Union. Sadly that never happened. He had met someone else and became part of the communist bureaucracy of East Germany. The only thing he did to help Kiara was to get her a job as a cook on the East German Embassy in Prague. Bruno meantime got a job in the huge steelworks in Kladno where 2400 people worked and that was where he met his wife. They worked five years worth of overtime to save up enough to buy the land and build their dream house in Rudna.

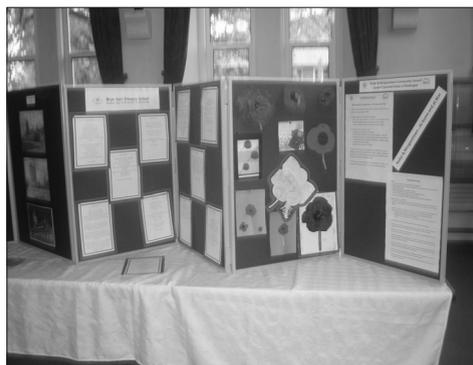
I should also add that Bruno was a very active and proud member of the Radyr Scouts. His house was covered in decorative versions of the Fleur de Lys, worked with brass and copper on wooden backing plates, beautifully done – he said he had taken the Scout oath in Radyr and had tried to live by the Scout oath for the rest of his life. He had lots of photographs of him and other members of the troop in Pant-tawel Woods and so forth.

That's why I say there is so much of Radyr's history and indeed Europe's history all wrapped up in Bruno's story. Does anyone else in Radyr or Morganstown remember him and can they fill in any more details?

Rhodri Morgan

Bryn Deri Remembers...

*They shall grow not old
as we who are left grow old;
Age shall not weary them,
Nor the years condemn,
At the going down of the sun
and in the morning
We shall remember them
Laurence Binyon 1914*



As part of their context for learning Fallen Fields, Years 5 and 6 at Bryn Deri set out to explore the 'War to end all wars' the conflict that had a devastating effect on millions of people across the world and indeed the families of Radyr and Morganstown. Working with staff from the War Memorials Trust the children investigated first hand evidence to find out about the conditions soldiers had to endure in the trenches and the huge scale of human loss. They visited Radyr and Morganstown cenotaph and followed the events of those people affected. For some it was a personal journey as they found information about members of their own families. Poppies of all shapes and sizes were created by the children as they remembered the heroes and heartbreak. The work that they produced was displayed in the Old Church Rooms as part of the Radyr and Morganstown World War One Project Launch.



The children continue to learn about war and peace this term through the



learning context Blitz. They investigated the reasons for World War Two and the impact that it had on the everyday lives of people including children. Pupils got a taste of wartime life when they took part in their very own evacuation. The 24 pupils, led by their teacher Miss Elizabeth Berry, dressed up like wartime children and complete with gas masks, suitcases and teddies, were waved off by their parents at the station, ready for a new life in "Danesbridge". When they arrived at Danescourt Primary, it had been made into a billeting office and all their pupils were in families such as the Bakers and Butchers. They were surprised by an air raid siren and the Danescourt Primary school pupils showed them what to do. It was a fantastic afternoon of real and relevant learning that the children will remember for a lifetime!

On Remembrance Sunday members of Year 6 were once again honoured to be asked to present a wreath of poppies from the children and the whole school community at Bryn Deri Primary. The children proudly joined the procession and attended the service held at Christ Church as did many more of our children who are members of the local Scout or Guide Associations.



Following the Church Service pupils from Bryn Deri joined The Royal Welsh College of Music and Drama at St. David's Hall in a special performance of Britten's War Requiem. They were conducted by Carlo Rizzi who ranks among today's leading conductors. It was a very proud moment for families and staff alike and a fitting way to end Remembrance Sunday 2014.

Running the London Marathon in April 2015

My name is Maria Spiteri and I live in Cardiff. I have been hoping to complete in the London Marathon for a couple of years now – and it's far from easy to get a place. It works on a ballot system and you have to enter at the end of April. Out of all the many thousands of applicants, only 25,000 are accepted as competitors. In October, I heard that I had not been successful – and this was for the second time! It only made me more determined than ever to compete.

Another route is via a charity. They pay for a number of entrants and all the hopefuls can then apply to a charity of their choice. I have chosen this route because I am determined to take part whilst raising awareness of a worthwhile charity.

The charity I am proud to support is called *Sense* which is a national charity that campaigns for children and adults who are deafblind. The charity sets out to improve the lives of those whose sight and hearing is seriously impaired, to help them and their families to cope with the challenges they face on a daily basis. It provides new opportunities for the deafblind enabling them to do things that would not have been possible without the help that *Sense* offers. The most upsetting part for the deafblind is the isolation that so often accompanies their condition and *Sense* helps them to overcome this barrier. The deafblind have far fewer choices than those who have normal vision and hearing and an important aspect of the charity's work is to enlarge the horizons of the deafblind and to enrich their lives in a range of new ways.

I am currently working on a supply basis as a Teaching Assistant and I have also had considerable experience as a qualified Nursery Nurse. This takes me all across Wales and I often help and care for pupils with special needs, who have a wide variety of disabilities. Working in close proximity with these children makes me keenly aware of their problems and the challenges they face.

The charity entrants to the London Marathon are required to raise a minimum amount for their chosen charity. In my case that is £1,600. So I need all the sponsorship and support that I can get. After I had obtained my guaranteed place, which meant so

much to me, I started training immediately. This began in October 2014 and I have increased my practice distance by one extra mile every week. In April 2014, I completed the Paris Marathon which was my greatest achievement so far. However, I am determined to complete the London Marathon for a charity that is close to my heart and founded in the UK.

This brings me to the point at which I have considered ways in which I can raise the vitally important £1,600. for *Sense*:

Babysitting/Childminding: Charged at £8. per hour.

As a fully qualified Level Three child care professional (CRB checked), I have worked in a private care nursery in Radyr for three years and currently as a supply teaching assistant.

Dog Walking/Sitting: Charged at £7. per hour.

I have my own much-loved pet dog and am very fond of animals and enjoy walking.

I am available for either jobs after 4pm on weekdays and any time on Saturdays and Sundays. **Please feel free to contact me on 07961 491 284 or by email maspi1@yahoo.co.uk**

These fees will be payable direct to 6the charity via my fund-raising page. You can donate at any time via the link below. The reference is

<https://www.justgiving.com/mariaspiteri-vim/>

or

text my unique code MAZZ85 and an amount of either £5. or £10. to 70070 – for example (MAZZ85 £5. to 70070)

My other fund-raising ideas include sponsored skydiving and there may also be opportunities to take part in charity treadmill running in supermarkets.

Your help will make an enormous difference to the work that *Sense* is able to do. £5. will enable a deafblind child to have a set of musical bells to stimulate what little hearing they have. £15. will provide a tactile book to develop a child's sense of sight and touch at the *Sense* family centre. £50. will pay for a vitally important professional assessment of a child's specific needs. Every donation, of whatever size, will enable a deafblind person to participate in enjoyable and stimulating activities, which would have been denied to them without the help of *Sense*.

Do give all the help and support that you can and follow the progress of my journey via my fundraising page. Warmest thanks in advance for your help and support.

Radyr Chiropractic and Wellness Clinic

A new health business has opened in Radyr by Dr. Alexander Clark (M Chiro). Alex is a fully qualified Chiropractor with Master's Degree gained at the Welsh Institute of Chiropractic affiliated with the University of Wales and registered with the General Chiropractic Council. He practices in London and has progressed to specialize in postural rehabilitation and the continued maintenance, education and well being for patients affected by poor skeletal bio-mechanics. He has recently returned to Wales and opened his own clinic.

The Clinic at 6-8 Station Road, Radyr is comfortable and welcoming with flexible appointment times. Your initial consultation includes a physical examination, your medical history, reaching a diagnosis, explaining the mechanism that caused your complaint, time to agree on a suitable treatment programme appropriate to your needs and the first treatment, if deemed relevant and suitable.

The importance of becoming pain free and mobile cannot be overstressed by in addition to Chiropractic treatment it is also important to try and maintain that with wellness programs which attempt to facilitate life improvements though recommending positive lifestyle changes. Wellness programs are often pursued by people seeking recovery from an illness, a specific health condition or injury and by those interested in improving their overall health.

There are many physical and financial stresses in all our lives which can often lead to us placing the most important aspects of our world "our personal and family's health and well being" down our list of priorities and Alex is currently offering a promotional reduction in charges for new patients alongside out-of-hours booking (all consultations are appointment only). They believe this is a start and one of many ways they can aid patients and their families in making the decision to help themselves for a healthier future.

Alex is happy to discuss any queries and can be contacted on 07732 391 912, email Radyrchiroclinic@aol.com and at Radyr Chiropractic and Wellness Clinic on Facebook.

Merched yWawr Bro Radur

Ddeng mlynedd union yn ôl i fis Tachwedd eleni agorwyd drysau Canolfan y Mileniwm am y tro cyntaf. Priodol felly oedd i ni wahodd Bet Davies, un o Uwch-reolwyr y Ganolfan i ddod atom Nos Fercher, Tachwedd 5ed i fwrw golwg yn ôl a "chymryd stoc" fel petai o'r hyn a gyflawnwyd yn ystod y ddegawd.

Dros y blynyddoedd mae'r Ganolfan wedi croesawu 13.5 miliwn o ymwelwyr, wedi gwerthu can miliwn o docynnau ac wedi llwyfannu tair mil a hanner o sioeau yn ogystal â'r pedair mil o gyflwyniadau ar lwyfan Y Lanfa. Dyna rai o'r ystadegau moel a'n syfrdanodd ond daeth yn amlwg nad y rhifau mawrion oedd wedi rhoi'r boddhad mwyaf i'r siaradwraig. Gwelsom ei bod yn ymfalchio yn y ffaith fod cynifer o blant, ieuencid a phobl gyda gwahanol anableddau wedi gallu manteisio ar adnoddau'r Ganolfan yn ystod y cyfnod. Roedd ei balchder yn amlwg wrth iddi adrodd ambell stori am blentyn oedd wedi blodeuo ar ôl cael y cyfle i werthfawrogi'r cyfleoedd a'r profiadau a gynigir iddyn nhw o fewn



Eirlys Eckley (gyflwynodd y gwestai), Bet Davies a Carys Puw Williams (llywydd) yr adeilad.

Nodwyd fod nifer helaeth o staff ffrynt y ty yn ddwyieithog ond y byddai'n falch i gyflogi mwy eto o Gymry sy'n medru'r Gymraeg.

Y weledigaeth wreiddiol pan godwyd Canolfan y Mileniwm oedd i ddangos y gorau o Gymru i'r byd a dod â'r gorau o'r byd i Gymru. Gyda'i hymroddiad, ei hegni a'i brwdfrydedd

mae Bet Davies yn sicir yn parhau i gyrchu at y nod o hyd ac yn cael mesur helaeth o lwyddiant a phleser yn y gwaith. Gwerthfawrogwyd ei sgwrs a'i harddull fyrlymus gan bawb yn ddiwahân a dymunwyd yn dda iddi hi ac i Ganolfan y Mileniwm ymlaen i'r ddegawd nesaf.

Rhiannon Evans

Operation Christmas Child

(Christmas Shoe Boxes)

The generosity of Radyr community has been outstanding with the number of boxes reaching 243.

Once again we have broken our record!

On Sunday November 16th a huge multicoloured wall of boxes was built at Christ Church. Each shoe box had been carefully and lovingly packed with a large selection of gifts. I am amazed by the vast variety of presents included. The Sunday School children and

congregations of Christchurch and St. John's Danescourt carefully carried their boxes to help build our 'Wall of love'. Early the next morning the boxes were collected and taken to a large warehouse in Llandough for sorting. Next, they will be crated and the first consignment from this area sent to Zambia. Later boxes will be sent to displaced Christians in Iraq. In the New Year we shall learn the destination of other boxes.

Operation Christmas Child is the world's largest Christmas project - devoted to spreading love, joy and hope to children living in war torn regions or

areas of desperate poverty.

You are all to be thanked most sincerely, but I must select a few by name.

Our 'super knitter' Gill Davies -RPMG knitted over 60 beautiful Beanie hats (all different colours and designs). Hilary Kitcher also knitted a bag full of brightly coloured bags, hats and mittens. Rose King despite being very poorly was responsible for 10 boxes and Marilyn Morgan persuaded her friends to fill 8 boxes. Other groups are Christchurch Sunday School, Mothers Union, Choir and congregation, St. John's Sunday School and congregation, Radyr and Morganstown W.I., Ladies of Radyr Golf Club, The Housewives Register (Chair Maureen Edmund), Radyr Parish Music Group,

Inner Wheel Cub of Machen (Chair Pam. St. Leger) and the French class - Rhiwbina. Also to be thanked are those who gave me donations.

We were delighted when Bryn Deri School telephoned for leaflets and information and I am pleased to report that 60 boxes were collected there. A big thankyou to them all.

That means our grand total is 303 boxes!

Anne-Marie Phillips



The photo is of some of the Sunday School children at Christchurch

Third Biennial Rotary Peace Conference

Thirty Rotary International Ambassadorial Scholars from all over the world met at the Welsh National Assembly in Cardiff to attend a Peace Conference. The main speakers were former hostage and peace campaigner, Terry Waite



and Rotary Peace Fellow, Melhem Mansour from Syria.

Rotary scholars are funded by Rotary worldwide to study abroad in order to build good relations and foster peace and goodwill between the sponsoring and host countries. At present there are more scholars studying peace and conflict resolution than any of Rotary's other five areas of focus.

Terry Waite spoke briefly of his time in captivity. He used this experience to get his audience to think how they would react to certain situations. It was a thought-provoking and questioning presentation given with conviction. Each member of that audience was left with ethical issues to think over.

Rotary Peace Fellow, Melhem Mansour pointed out that areas of



the world where the most conflict occurs have the fewest peace fellows, due to the small number of



Rotary clubs in regions such as the Middle East. He gave an insightful presentation of the role of a peace fellow and over dinner that evening explained to me in simple terms what was happening in his homeland.

After the conference, Cardiff West Rotarians Eric Blackwell and Liz Davies showed their guests Cardiff's World Harmony Peace Statue.



THREE PROGRAMMES FOR YEARS 11, 12, AND 13

LONG TERM EXCHANGE (LTEP)

AN ACADEMIC YEAR OF STUDY IN HIGH SCHOOL IN ANOTHER COUNTRY

16-18% YEARS AT OUTSET - USUALLY AFTER YEARS 11 OR 12

- BENEFITS**
- APPRECIATE OTHER CULTURES
 - SPEAK ANOTHER LANGUAGE LIKE A NATIVE
 - MAKE MANY INTERNATIONAL FRIENDS
 - LEARN A LOT ABOUT YOURSELF
 - OBTAIN SKILLS VALUED BY UNIVERSITIES AND EMPLOYERS
 - HAVE THE BEST YEAR OF YOUR LIFE

SHORT TERM EXCHANGE (STEP)

STUDENTS, TYPICALLY 15-18, ARE PAIRED

EXCHANGE - YOU AND YOUR PAIR SPEND UP TO 3* WEEKS TOGETHER IN EACH OTHER'S HOME (UP TO 6* WEEKS ALTOGETHER) DURING THE SUMMER HOLIDAYS

WHERE - NORMALLY COUNTRIES IN THE NORTHERN HEMISPHERE

RECENTLY OUR STUDENTS HAVE EXCHANGED WITH: FRANCE, FINLAND, SOUTH KOREA, TAIWAN, TURKEY, GERMANY, ITALY, USA, SPAIN

CAMPS AND TOURS

USUALLY 10-21 DAYS AWAY IN THE EASTER OR SUMMER HOLIDAYS

INTERNATIONAL GROUPS - USUALLY 1 OR 2 YOUNG PEOPLE FROM EACH COUNTRY

FOCUSED ON AN INTEREST, A HOBBY, OR A SKILL
EG: MUSIC, PHOTOGRAPHY, SAILING, MOUNTAINS, TENNIS, HISTORY ETC..

RECENT EXAMPLES - TAKE A LOOK ON THE WEBSITE FOR DETAILS OF OVER 80 CAMPS AND TOURS

WHAT DOES IT COST THE STUDENT?

ON ALL PROGRAMMES:

RETURN TRAVEL

INSURANCE

VISA (IF NEEDED)

INOCULATIONS (IF NEEDED)

A SMALL ADMINISTRATIVE CHARGE (CURRENTLY £15)

SOME CAMPS CHARGE A FEE - SEE INVITATIONS FOR DETAILS

ADVICE TO STUDENT

1. GET YOUR PARENTS' SUPPORT FOR YOUR PARTICIPATION
2. GO TO www.youthexchange.org.uk - CHECKOUT THE INFORMATION AND FIND THE ONLINE FORM "REGISTER YOUR INTEREST"
3. COMPLETE AND SEND THIS FORM FOR WHICHEVER OF OUR PROGRAMMES INTERESTS YOU.
4. INTERVIEW: YOUR LOCAL ROTARY CLUB WILL CALL YOUR HOME TO MAKE A DATE TO MEET YOU, AND YOUR PARENTS, AT HOME.
5. IF YOU PASS THE INTERVIEW WE SEND YOU AN APPLICATION FORM AND INSTRUCTIONS BY EMAIL - COMPLETE AND RETURN IT IMMEDIATELY!