

The Official Opening of the Refurbished Dan y Bryn Cheshire Home



On Monday, 5th September, Mark Drakeford, AM, officially opened the final stage of the three stage redevelopment of Dan y Bryn Cheshire Home. Professor Simon Smail, Regional board member of Leonard Cheshire Disability, introduced Mr. Drakeford and outlined the improvements which have taken place over the last two years. Starting with the accommodation wing alongside the main house, followed by the demolition of the rooms on the south side of the building being replaced by modern en-suite facilities and the final stage upgrading the house into purpose-built activity rooms, kitchen and dining area. Upstairs has

been converted into more en-suite accommodation.

The invited guests, all supporters of the charity, were given a conducted tour around the premises and were impressed with the quality of the building, the innovation of new technology and the provision of en-suite facilities for the residents. Each block has its own kitchen and dining area equal to a four-star hotel. Individual users are able to use the assistive technology to remotely switch on their TVs, open and close doors, shut curtains, open windows and use the telephone from their wheelchairs.

The gardens have been newly landscaped. There is a closed area full of new plants and bushes, kindly provided by Pugh's Garden Centre, the new garden to the rear of the building is set amongst the trees and to the south a new lawn where more recently you would have seen a host of portacabins and builders rubble. What a transformation!

This Victorian building has been converted into a modern purpose designed home for thirty residents, all enjoying their own privacy whilst receiving first-class medical and residential support from a dedicated team of professionals.

As a community, we should be proud of this home situated in the centre of our village and give it all the support we can – both financially and in voluntary time for a good cause. Funds have been provided for this project by Leonard Cheshire Disability, Henry Smith Charity, the Big Lottery Fund, sponsors and local supporters. You will recall last year, Martin Williams, a resident of the home, was pushed up Snowden in his wheelchair to raise funds for this project.

If you get the opportunity to visit the home in the near future you will be impressed with these new facilities. You can see photographs of the opening on the village website – www.radyr.org.uk – click on the news item which will take you to the Dan y Bryn pages.

DAC

Radyr Garden is judged 3rd Best in Cardiff...

Norman and Barbara Clewer's garden at 6 Windsor Avenue achieved its best result ever in the Cardiff in Bloom competition. As well as being best in the Electoral Division, it was also rated third in the whole of Cardiff.

For the first time this year the Garden was in the "Yellow Book" of the National Gardens Scheme, with an open day in July, which was well attended and enjoyed, in spite of rather bad weather.

Thanks to all who supported the day, and thus contributed to the National Gardens charities.



RADYR CHAIN

Free to every home in Radyr and Morganstown



Number 196

October 2011

Community Environmental Event held in Windsor Gardens...



Radyr & Morganstown Community Council held its second community environmental event in Windsor Gardens. We had a lot of fun planting shrubs and bulbs to add colour to the gardens. We made bird and bat boxes, found out about Radyr and Danybryn Woodlands and wove willow into dream catchers and sharks



The winners of the colouring competition

Summer Reading Challenge...

This year's Summer Reading Challenge, Circus Stars has proved hugely popular with children throughout Cardiff and it's great to see the young people of Radyr joining in so wholeheartedly.

Children throughout the UK take part in this Reading Agency initiative and research has shown that there are clear benefits for the reading development of children who are out of school for six weeks during the summer.

continued on page 13

COMING EVENTS



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

October

- 3 Radyr & Morganstown WI Birthday Dinner at Radyr Golf Club. 7.30pm
- 8 Radyr Parish Music Group. A Night at the Races. Race evening with light supper. All welcome. Old Church Rooms. Tickets available from Martin Coysh on 20842954. 7.30pm
- 8 Twinning Fellowship AGM. O.C.R. Weir Room 8.00pm
- 10 Radyr & Morganstown WI, Old Church Rooms. Members Evening - an opportunity to find out more about our special interest groups and members activities. 7.30pm
- 10 Morganstown Village Hall Annual General Meeting will take place in the Committee Rooms (enter by rear outside steps) All Welcome. 8.00pm
- 11 PACT Old Church rooms. Come and discuss police and community issues with PC Huw Thomas and Cllr Rod Mckerlich. 7.00pm
- 11 Imaging 2000 Old Church Rooms - Technical Night on Raw and Photoshop. Photographers welcome. 7.30pm
- 12 Radyr, Morganstown & District Gardening Club "Plant Hunting in China" an illustrated talk by Joseph Atkin giving his personal experiences of plant hunting in China. New Church Rooms. Meeting open to members and non members for more information contact Richard Gregory (029 20842084) 7.30pm
- 12 Rail Correspondence & Travel Society. Old Church Rooms. John Spencer Gilks "Railtours of Wales" All welcome. Visitors £2 incl coffee. 7.30pm
- 13 Tenovus Coffee Morning, Radyr Golf Club. Please ring 20842096 or 20843108 for tickets. All are welcome. 10.30am
- 15 Twinning Fellowship. Wine Tasting Quiz night..O.C.R Garth Room. Tickets £10 from Caroline 2084 250 or Maggie 2984 2995 All welcome ..maximum in team 8 people... All welcome 7.30pm
- 17 Festival Meeting. Old Church Rooms. All representatives of organisations welcome to discuss the 2012 Festival. 7.30pm
- 22 Posh Nosh Supper. Radyr Guide Centre 7 for 7.30pm. Tickets £17.50 available from Judith Turnbull 2084 3371. Licensed Bar. Come along and join us for a Posh Nosh Supper - Good Food, Wine & a chance to catch up with friends old & new. In aid of Guide Centre Building Fund. 7.00pm
- 25 Imaging 2000. Old Church Rooms - "Print Appreciation" by Robert Lloyd. Photographers welcome. 6.30pm

- 27 R&MCC October Meeting. Chain Room, Old Church Rooms. Members of the public are welcome to attend.

November

- 5 CHARITIES FAIR and COFFEE MORNING Please support our Annual Charities Fair and Coffee Morning at Radyr Methodist Church. Enjoy a cuppa and chat with friends old and new, before you buy your Christmas Cards and Gifts, plus Scout Stamps. £1.50 entrance, includes Coffee/Tea and biscuits More details later. 10.00am
- 7 R&M ASSOCIATION GENERAL MEETING, OCR. Come along and hear Rhodri Morgan (former Radyr resident) speak. Topic to be announced. All welcome. 7.30pm
- 8 PACT Meeting at 7pm in the Old Church Rooms. all welcome 7.00pm
- 9 Radyr, Morganstown & District Gardening Club. "Turkish Delights" a talk by Linda Nottage illustrating the range of plants from Turkey which have found their way into our gardens. New Church Rooms. Meeting open to members and non members, all welcome. For further information please contact Richard Gregory (029 20842084) 7.30pm
- 9 Rail Correspondence & Travel Society Old Church Rooms. Terry Nichols "Images of Steam in the West Country". all welcome. Visitors £2 incl coffee. 7.30pm
- 10 PIGSTIES AND PARADISE. Radyr and Morganstown Local History Society. For the last talk in the current season Liz Pitman will give a talk on a nineteenth century diarist in Glamorgan. Old Church Rooms. All are welcome. 7.30pm
- 14 Radyr & Morganstown WI, Old Church Rooms. Annual meeting. Election of officers etc. your opportunity to get more involved in our WI. 7.30pm
- 24-26 SAILOR BEWARE. Radyr Drama Society present the delightful 1950's comedy 7.25pm
- 24 R&MCC November Meeting. A meeting of the Council will be held in the Chain Room, Old Church Rooms. Members of the public are welcome to attend. 7.30pm

EDITORIAL



We draw your attention to the PACT and Association meetings that are poorly attended. If you have any concerns, why not attend and bring them to the notice of the Police or your Councillor.

DO YOU WISH TO SEND GREETINGS TO FAMILY & FRIENDS THIS CHRISTMAS?

WHY NOT USE SCOUTS CHRISTMAS POST 2011.

Once again, Radyr Scouts are providing the opportunity for you to send Christmas Greetings through the Scout Post to family and friends living in the **Cardiff and Vale areas.**

If you wish to support scouting in Radyr and Morganstown, please purchase your scout post stamps from the local area outlets:

**Pugh's Garden Centre,
Morganstown**

**Pzazz Hair Designers, Castle
Court, Caer Graig**

Radyr Library, Park Road

Veg Vendor, Station Road

**Section Leaders and members of
Radyr Scout Group**

We are grateful to these local businesses that support scouting in Radyr and Morganstown by selling stamps during such a busy period.

Can I thank all those people who have supported Scout Christmas Post in previous years. By purchasing your stamps locally, you are providing the Radyr scout group with its largest source of fund raising during the year.

Leaflets giving information on Scout Post 2011 will be delivered to your door at the beginning of November. Stamps costing 20p will be available at the local outlets from the start of November.

Please note that scout post greetings will only be delivered to the Cardiff and the Vale areas indicated on the scout post 2011 leaflet.

The last date for posting this year is **Monday, 5th December, 2011.** Please use the post boxes provided at the outlets and the scout hall.

Be prepared to post early and save money by using Scout Christmas Post 2011.

JBT

Letters, articles, reports and other contributions are invited and should be submitted by November 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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**TEAM ATLANTIC DASH 2011**

Two Fire Fighters from South Wales FRS are attempting to raise £100,000. for charity this winter by rowing across the Atlantic Ocean. The pair are raising money for four charities being the Fire Fighters charity, Breast Cancer Care, Help for Heroes and the WRVS.

John Haskell and Jamie Windsor who work in Ely and Whitchurch Fire Stations are the prospective shark bait. Jamie went to Radyr Comprehensive School twenty years ago! They will be leaving the island of La Gomera in the Canaries on the 4th December and arriving in Barbados (ish) some three months later (ish). The teams' slogan being:

- 4 Charities**
- 3000 Miles**
- 3 Months at sea**
- 2 Men**
- 1 Boat**
- 0 Items of clothing**

The "0 items of clothing" is causing the most interest and concern, not least for the crew. The reason for the prolonged nudity is that salt crystals form over the body during the trip and these then chafe the skin during the tow, causing open sores. Nudity presents its own problems, mostly being sunburn and hungry seagulls.

The two main aims of the trip are to raise money for the chosen charities and not dying. The event is a serious undertaking and the crews will face 40-50ft waves, sharks, tropical storms, navigation, winds and currents. More people have been into space than have rowed the Atlantic!

The duo will row the 3000 mile trip using a two hour rotating shift day and night burning 10,000 calories each day. The

pair will be eating freeze dried food and the occasional bit of fish. (They cannot fish too much as this will attract sharks!).

The pair are linking in with other organisations, principally to use the publicity we are gaining to promote fire safety and to talk with/motivate young people to do something interesting that helps others.

John had the idea for the fundraising event after his wife recovered from breast cancer. Given the support he received from this charity he wanted to give something back. Jamie has always supported the elderly as being a fire-fighter, he goes into many homes and sees great people in need of some support.

The team are raising money at various events, being:

Fireworks night at Whitchurch fire station. (Tickets will be available as usual at the station soon)

Car Washes

Corporate sponsors (We desperately need more corporate involvement. If you can help, please contact us)

Marathon Treadmill runs at supermarkets

Public donation

If you would like to donate any amount it would be greatly appreciated by the team and this can be done on the website below.

If anybody is available to help in any way, then could you please contact:

John 079 2004 5325
Jamie 07831 455 605
www.atlanticdash.co.uk

Please search for us on You Tube or you can follow us on:

Facebook
 Team Atlantic Dash 2011

LLONGYFARCHIADAU CONGRATULATIONS

Congratulations to Manon Rhys, Goetre Fawr, Radyr for winning the Prose Medal at the National Eisteddfod held at Wrecsam during the first week of August.

The prestigious prize was for a prose work of less than 40,000 words on the theme of *rebellion* and Manon won it with her novel *Neb Ond Ni (No-one Except Us)* which examines the close, mystical relationship between two children with special needs.

To add to the occasion, the Medal ceremony, held in the Eisteddfod pavilion, was officiated by her husband, T. James Jones, the current Archdruid of Wales.

Llongyfarchiadau i Manon Rhys, Goetre Fawr, Radyr am ennill y Fedal Ryddiaith yn Eisteddfod Genedlaethol Wrecsam ddechrau Awst.

Cynigwyd y wobwr eleni am gyfrol o dan 40,000 gair yn dwyn y teitl 'Gwrthryfel', ac fe'I henillwyd gan Manon am nofel, *Neb ond Ni*, sy'n sôn am y berthynas ryfedd rhwng Dewi a Siriol, dau o blant a chanddynt anghenion arbennig.

Ychwanegwyd at yr achlysur gan y ffaith mai gŵr Manon, yr Archdderwydd T. James Jones, a weinyddai'r seremoni wobryo.

HISTORY NOTES

Forty-one people turned up for the "Open Doors" walk on Sunday, 11th September. The walk ended at the Melingriffith Wheel which was working after its recent restoration and Steve Rowson – an expert on the Glamorganshire canal – was on hand to explain the history.

The History Society's next meeting is a talk by Liz Pitman entitled "Pigsties and Paradise", a look at a nineteenth century diarists visit to Glamorgan. The meeting is on Thursday, 10th November at 7.30pm in the Old Church Rooms. All are welcome.

RADYR – ONE HUNDRED YEARS AGO

Who was there, where did they live and what did they do?

Now, through the fully available 1911 Population Census, we can take an exact one-hundred-year look back in time at the lives of Radyr and Morganstown residents who were (it is sometimes alleged) “basking in the sun of the late Edwardian Era” (the horrors of the First World War being just over the horizon).

In 1911, Radyr and Morganstown had a population of some 1,340 in 261 dwellings, which included about 100 souls in that part of the parish which is now separate from our community council area and lies in Danescourt and west of the Llantrisant Road. It was a time of considerable influx to the area and many families were newcomers with numbers in the villages having increased by over 400 in the preceding ten years. The only named roads were Windsor Road, Junction Terrace, Station Road and Woodfield Terrace in Radyr where most of the growth had been. Morganstown had been largely completed earlier in the century with Chapel Road, Gelynis Terrace, Post Office Row, Springfield Gardens and Teamans Row (see “The Story of the Williams Family and the Making of Morganstown” available at the Cardiff Libraries). Main Road ran the length of Radyr and Morganstown.

This mass of intriguing detail can be studied at the new Glamorgan Archives Centre off Sloper Road at Leckwith, or on-line with the aid of Findmypast or Ancestry. Our many new 21st century incomers to the village could find this a good introduction to researching local history. As a ‘taster’, a few of the aspects of life in 1911 Radyr and Morganstown are highlighted here.

How Welsh was Radyr? Not very, is the answer. Only 164 persons claimed to speak Welsh, while just over half of the 261 households were headed by an adult born in Wales (and a great number of those were from ‘debatable’ Monmouthshire). Most of the immigrants were, not unexpectedly, from the neighbouring ‘ring’ of West Country counties – Hereford, Gloucester, Somerset and Devon. Several other English counties also contributed, while the only slightly more ‘exotic’ household heads were John Templeton, Maes y Llech Farm, from Ayrshire, Scotland; Isaac Williams, Bryn Melyn, Station

Road, “Commercial Traveller Tea”, born in Cork; Joseph Piffarette, The Laurels, Main Road (now Heol Isaf), “Wholesale Ships Stores Dealer” from Switzerland and Jacques Dupont, “Coal Export Manager”, Dhu Artach, Main Road, also from Switzerland.

The ‘big houses’ were probably at their ‘peak’ at that time. The largest of all was Colonel Henry Oakden Fisher’s “Ty Mynydd”, with five indoor servants and three outdoor workers to look after twenty rooms, a family of five and the grounds. Also on the ‘estate’ were three cottages for a gamekeeper, a gardener and a butler/valet; plus The Lodge for the coachman and the laundry run by a widow with her 7-year-old son. Only slightly less grand were the Franklin Thomases of Dan-y-Bryn, the Joneses at Frondeg and the Lewises of Tynant House.

The ‘small houses’ are just as interesting. For example, The Old Mill (now a ruin) at the confluence of the Ty Nant and the Taff had four rooms for the six occupants of a cowman’s household. One of the Maerdy cottages (on the golf course) had only three rooms for the Bodenham parents and their seven sons. The adjoining cottage did have three daughters! Smaller still were the four gypsy caravans (one with nine in the family) drawn up in Quarry Road (near Radyr Court) where the Prices and Thomases all claimed to be “basket and peg makers”.

A good example of the many new middle class households could be St. Elmo on Main Road, Radyr, where Matthew Warren, 43, born in Cheshire, Clerk of the Rural District Council, lived in eight rooms with his wife Beatrice, 34, born in Staffordshire, two sons, two daughters (all born locally) and one female servant. Another was Bronwydd, Golf Road (now part of Windsor Road), where Floyd Stephens, born in Cardiff, was a 37 year-old “toy and fancy dealer” living with his (Welsh speaking) wife Edith, 36, from Pembrokeshire, their two daughters born in Cardiff and a “sick nurse” from Durham.

The presence of Radyr Golf Club, founded in 1902 (see Ron Jones’ official centenary history “Playing through Time”), was felt across the village by 1911. James Randall, the steward and his wife, the stewardess, lived with a son and two female servants in the four rooms of Golf Club House. Harry


Marjoram, the “golf club maker” and his family were in Main Road, Henry Gooding the “golf groundsman” had to walk from Rose Tree Cottage in Morganstown to get to the club, perhaps with young Reginald Francis, age 14, who lived in Gelynis Terrace and was a “caddy”. Or, maybe Henry picked up his fellow Devonian elder brother Thomas, who was also a greenkeeper at the club and lived at Driscoll Cottages.

The area, by 1911, had a fairly good range of public and private services. The Primary School (in what would become Park Road) was partially complemented by the private St. Winifred’s School in Main Road, Radyr, run by Miss Bertha Wilson and one teacher for both boarders and day pupils. The old established church of St. John Baptist in the south of the parish had been joined by the new Christ Church in 1904 to cater for the growth of population nearer the centre of the village. Non-conformists had been served by Bethel Chapel in Morganstown since 1842, while competition was provided in 1901 by a new Methodist Church in Radyr. Also providing competition was the ancient Ty-Yn-Y-Nant Inn at the northern entrance to Morganstown, with host John Jones from Devon “assisted in business” by three of his adult children. More solid sustenance could be had at the bakers (sharing the post office) in Morganstown, Newman’s grocery in Chapel Road and The Shop run by the Woods’ family in Station Road. Constable Davies lived, with his family, in the police station on Main Road, which had been the prominent house on the rise built by Morgan Williams, the founder and developer of Morganstown and which still stands as “Woodfield” overlooking the “granny park”.

Of course, most of the land was farmed and much of interest can be found in examining the Census returns of the Bales of Gylinis, the Watkins of Cwm, the Llewellens of Goitre, the Templetons of Maes y Llech, the Lowries of Radyr Farm and the Bassetts of Waterhall.

In some ways it must seem like another world (especially to schoolchildren taking up local history), but many who lived in that era were readily recalled by friends and relatives (and several survivors were interviewed) when the Radyr Local History Group published its “Memories” in 1993.

Cliff Curry - Radyr. August, 2011.



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**A voucher for a free
drink with your first
spend at the Bar**

**Radyr
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NEWS FROM RADYR & MORGANSTOWN WOMEN'S INSTITUTE

Though we held no meeting in August we did have a "day out" to Aberglasney which was very enjoyable. It included a stroll around the beautiful gardens, a talk about the history of the buildings and some of the very colourful characters who had lived there and, of course, the usual obligatory leisurely lunch break.

On 12th September, we resumed our meetings when Jan Gosney was the speaker as the first meeting of the Autumn term. Her talk "Sea Shells of the World" was the result of a long interest in shells, all her extensive knowledge gleaned by means of self study. Her exhibition included many beautiful examples and items of jewellery such as pearls and cameos.

Also in the September meeting as well as the usual business, Anne-Marie Phillips gave a brief presentation on "Operation Christmas Child". This

was an appeal to WI members to fill a shoe box with suitable Christmas gifts for a child in the impoverished countries of Eastern Europe. In past years she has had a very good response from us and many other organisations in the village. She is hoping to replicate past success this year.

By the time the next "Chain" is in print we will have held our annual birthday celebration at Radyr Golf Club on Monday, 3rd October. The following weeks, Monday, 10th October, will be our 600th meeting of the Institute. To mark this occasion, we are planning to hold an exhibition of our current activities and our past history and achievements, including the famous WI pantomimes of the 80's.

Monday, 14th November is the date of our Annual Meeting when we will elect new officers and committee members. Nora Starkey, our Programme Secretary, Val Convery, our Secretary and I will be standing

down this year. Val and I have served eight years on committee during which we have both been Presidents. We have enjoyed our committee years very much but feel it is time for new people with fresh ideas to take over. When it was first formed, Radyr & Morganstown Institute instigated the rule that the President should be in post for a maximum of three years, a wise decision which ensures that the organisation continues to change and develop. However, I shall still continue as the "Chain" correspondent and will actively support our Institute in all it undertakes.

Until November, should anyone be interested in more information, contact Lesley Hall 2084 3630 or Val Convery 2020 6130 or visit our website.

The names of new officers and contact numbers will be published in subsequent editions of the Radyr Chain after our November election.



Cardiff Farmers' Markets Marchnadoedd Ffermwyr Caerdydd

Roath

Every Saturday

9.30am - 1.30pm

MACKINTOSH SPORTS CLUB
KEPPOCH STREET, ROATH,
CF24 3JW

Includes Arts & Crafts Bazaar

Riverside

Every Sunday

10.00am - 2pm

FITZHAMMON EMBANKMENT
OPPOSITE MILLENNIUM STADIUM
CF11 6AN

Every other Friday

Rhiwbina

10.00am - 1.00pm

BUTCHER'S ARMS,
HEOL Y FELIN
CF14 6NB

Llandaff North

3pm - 6.30pm

THE RAILWAY, STATION ROAD
CF14 2FH

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September: 9 & 23

October: 7 & 21

November: 4 & 18

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RADYR & MORGANSTOWN/ST. PHILBERT DE GRAND LIEU TWINNING FELLOWSHIP

The Twinning Committee were delighted when Bryn Deri School agreed to move their annual visit to Jean Rostand School in St. Philbert to coincide with the 25th Anniversary of the Twinning in St. Philbert in May. We were also very pleased that Councillor Mike Diment agreed to come along, with his wife Ruth, to represent our Community Council.

Our numbers were slightly down for this celebratory occasion as several Twinning family weddings were taking place around this time. One of these involved Chairman Caroline Williams so our past Chairman, Maggie Roberts, ably deputised.

St. Philbert Council had taken over the arrangements for this very special weekend and invited their other Twin town of Bickenbach, Frankfurt, German, to join us, to celebrate their fifth anniversary. They had certainly gone to town ... St. Philbert was adorned with flags and banners, shops had displays and the streets were decorated with stencilled dragons or German flags. Although both groups were only there for a weekend, a week-long Festival had been arranged in conjunction with the two Twinning committees. Activities included films, conferences, discussion groups on Europe and exhibitions. Had we known in advance, those of us who had arrived earlier in the week could have possibly participated.

The Bickenbach party arrived mid-morning on Friday, 28th and were given a welcome luncheon. Later that day at 6pm another welcome reception was held, this time for the Welsh Twinning members. We were, as always, very warmly greeted by our host families before the reception which was quite unlike any that had been held in previous years. The German visitors also came along joined by a noisy group of young men from Belgium, in St. Philbert for the football tournament. We were introduced to a line up of St. Philbert Councillors and others who had been involved in planning the week-long festivities. Speeches were made, twice translated and other activities planned for the weekend announced ... advance

knowledge would have meant that some of us could have tried the Nordic walking and Archery.

The rest of the evening was spent with our host families and friends at dinner parties and soirees and as usual we all had a lively and very enjoyable time.

Saturday morning most of the Welsh Twinners headed off to visit Chateau La Chabotterie, a very important historic site during the terrible Vendee wars that took place during the French Revolution. A very interesting and informative morning was enjoyed by all including some of the German visitors which gave us an opportunity to get to know them. Those among us who had met the visitors from Bickenbach on other occasions were happy to be re-acquainted.

The official ceremony to celebrate both anniversaries was held later that afternoon in the 9th Century Abbey. We were joined by the school children who opened the proceedings with traditional songs. The May of St. Philbert, Monique Rabin, then spoke followed by Councillor Mike Diment and the Mayor of Bickenbach, Gunter Martini. Chairmen Alain Fourrier, Claude Limonnier, Maggie Roberts and Karin Coradill then spoke on behalf of the respective Twinning Fellowships. This was followed by the signing of the Charters, reaffirming our friendship and the exchange of gifts. A delightful champagne reception followed in the Abbey gardens before the Anniversary Dinner of Breton fare with traditional folk music and dancing in the spacious community centre.

The Sunday morning conference was chaired by the Regional European Representative, the theme being "Twinning in 2011- What's the point?" Significantly, this was attended by few of the visitors, although challenging issues concerning the future of twinning were raised (on which UK enquiries are now in train). In the afternoon there were games and exhibitions with interesting regional food tasting and displays in the landscaped grounds of a former nunnery but we were unable to contribute as we had not received any advance information. In the evening this event developed into a "big country picnic" which united residents and visitors and ended with a magnificent fireworks display.

St. Philbert Council put an enormous

effort into the weekend, which we all appreciated, but we felt that not enough emphasis was put on the reason for such celebrations – the St. Philbert/Radyr & Morganstown's 25th Anniversary. This was due perhaps to the fresh enthusiasm of those involved with Bickenbach.

Everyone had a good time and enjoyed themselves over the weekend, as we always do and the first timers thought it a wonderful experience. We continue to have a very strong bond of friendship with our French friends and are looking forward to welcoming them back to Radyr next May.

If you are interested in joining the exciting Twinning Fellowship for an insightful taste of France, our committee would be happy to hear from you. Phone: Caroline 2084 2250, Diana 2056 4711 or Maggie 2084 2995 for more information.

ARE YOU RETIRED? WOULD YOU LIKE SOME COMPANY?

If your answer was yes to both of these questions come and join Radyr and District Good Neighbour Scheme. Our coffee morning is held every Wednesday in Radyr Methodist Church Hall, just £1. for a cup of freshly made coffee and a biscuit. No fund raising, just a small, friendly group who meet for a chat and a cuppa from 10.30-11.30.

We also have a weekly lunch club every Friday in the Old Church Rooms, where a hot, two-course meal, cup of tea or coffee and a raffle are available, all for just £4.00. New members always welcome (we have male and female members). The lunch club must be pre-booked by contacting Radyr & District Good Neighbour Scheme, by 9.30am on the preceding Thursday. No need to book for the coffee morning, just call in if you are passing.

If you would like to join either of these groups but you are unable to walk to the venues or use public transport, we may be able to help you with a lift with one of our volunteers.

Telephone 2084 2404 to book a place at the lunch club or for more information about Radyr and District Good Neighbour Scheme.

RADYR LAWN TENNIS CLUB

It's an exciting time for Radyr Lawn Tennis Club – we have a new coach who joined the club in August and we're working hard towards making the club even bigger and better.

Our new coach is Drew Lumb, who has joined RLTC from Caerphilly and has already introduced a hectic schedule of coaching for juniors and adults, offering a range of coaching for all ages and levels.

And if you're a budding Sharapova or Murray but haven't played since you left school, don't worry! There's even Rusty Rackets coaching for adults keen to get back into the game.

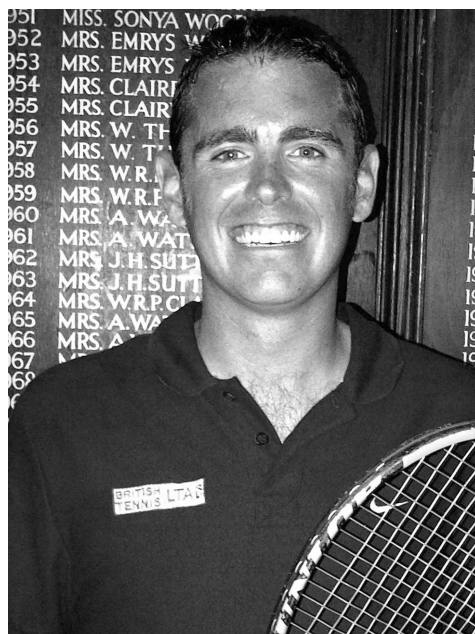
As well as lessons for kids, ranging from Mini Tots (aimed at 2-4 year olds) up to high school level, Drew has introduced a new singles ladder, touch tennis, an over-50s drop-in session, daytime adult coaching and cardiottennis – a fantastic workout which may even improve your tennis skills too!

We enjoyed a very successful Open Week – with Theresa Evans winning the women's singles title and ladies doubles with her partner, Helen Morteo and a new member, Richard Greaves winning the men's singles and mixed doubles with his partner, Michelle de Villiers.

The infamous beer and wine was also enjoyed by all, with Theresa Evans adding to her trophy tally by winning alongside Simon Coley. The Celts took on the English on the August bank holiday weekend tournament and the club also hosted the Open Junior Radyr Tournament.

Teas on a Saturday afternoon have remained hugely popular with everyone – what could be better than a game of tennis followed by cake and sandwiches on a sunny (or wet) afternoon?

We also have plenty of events to look forward to, including the conclusion of our handicaps tournament, the annual progressive supper (the perfect way to meet members you haven't got round to talking to yet) and our Fireworks extravaganza on Saturday, 5th November. Come and enjoy the spectacular Fireworks Display with a pint and a hotdog from the barbecue, as well as plenty of sweets and drinks for the children. Look out for our advertising banner outside the club, with more details. We also have a brand new



Drew Lumb

website, making it much easier to find out more about the club, with membership details and forms, coaching information and plenty of info about the club. Log on to www.radyrtennis.co.uk www.facebook.com/RadyrTennisClub for further information and additional tennis events throughout the year.

Don't forget we also have a big screen for all the big sporting events, especially the Rugby World Cup and key football matches and a well-stocked bar for playing and non-playing members.

SCIENTISTS OF WALES – POSTERS PROJECT

Over the period 1992-1995 I produced a set of four posters indicating aspects of the life and work of scientists of Wales. This was done with the help of officers of the Welsh Joint Education Committee with a grant from the then Welsh Office.

Each poster carries information about each of ten scientists (face photo, brief biographical information, strikingly coloured background pictures indicating the scientist's principal field of interest). Thus the set of posters depicts forty scientists. The textual information is in Welsh on one side and in English on the other side of each poster. One set was sent to every school and college in Wales for display; many are still to be seen. Most of the depicted scientists were still active.

The posters were produced in order to convey some knowledge of the rich inheritance of Wales with respect to science, an inheritance still in process. The reason for showing some biographical information, most significantly the names of schools attended by each scientist, was

to inform the young observers that these famous people had actually attended 'our' school, thus planting the seed that science was a pursuit for all, not confined to someone rich who attended a favoured school faraway.

The passage of time since 1992 has taken its inevitable toll, so I have embarked on a project to produce another set of posters, depicting a new gallery of those who have pursued and are pursuing the sciences. In this context, 'science' is given a wide interpretation, encompassing the disciplines that arise from classical biology, chemistry and physics. To this extent, the posters will not depict those engaged in 'social sciences', but will, on this occasion, include mathematics, computer science and information technology, thus better reflecting some changes that have become prominent since 1992.

There is only ONE condition for a scientist to be considered for inclusion on the posters, namely that he/she shall have been educated in schools in Wales, either primary or secondary or both. This is because the main function of the posters is to inform and encourage those who are engaged in science courses in Wales. By now these courses are collectively known by the acronym STEM (science, technology, engineering, mathematics).

I completed a new set of four posters (42 persons depicted) in April this year. With funds from the Welsh Assembly Government for printing and distribution, each of 1633 schools in Wales received a set in May. Copies of the 1995 set are now out of print, but the new sets (four posters) are available from me for £10. each.

Neville Evans.

DIOLCH/THANK YOU

I bawb sydd wedi cyfrannu: Cetrus Inc, Hen Ffonau Symudol a Stampiau wedi eu defnyddio yn Llyfrgell Radur at ymgyrch Merched y Wawr/Achub y Plant. O ddiwedd Medi byddwn yn terfynu'r casgliad hwn. Rydym yn faich o gyhoeddi fod ymgyrch Merched Y Wawr, trwy Gymru eleni wedi cyfrannu dros £9,000. I gronfa Achub y Plant.

To everyone who contributed: used ink cartridges, old mobile phones and used stamps to Merched y Wawr/Save the Children project at Radyr Library. As from the end of September, this collection will cease. We are pleased to announce that the Merched Y Wawr project for this year, throughout Wales, contributed over £9,000. to Save the Children.



RADYR AND MORGANSTOWN COMMUNITY COUNCIL'S COLUMNS

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

We welcome a new Councillor to R&MCC: Cllr Ann Martin-Jones was co-opted in July. Cllr Jones lives in Morganstown and brings another business person's knowledge to the Council as proprietor of The Filling Station in Station Road.

In early September there was a meeting to discuss ideas for the Diamond Jubilee celebrations in June 2012. We were delighted with the suggestions put forward and the number of people who have said they would like to be involved. There is a Soapbox discussion on the R&M website where you can see a list of possible events and other comments. We are starting to narrow down the possibilities by looking at costs, timings and practicalities. Please feel free to add your thoughts on the Soapbox or contact me if you have any suggestions. We will keep you informed of the plans through the website and in the Radyr Chain.

On September 17 we held an environmental event in Windsor Gardens. The heavy rain held off and we had a lot of fun planting shrubs and bulbs, making bird and bat boxes, finding out about our woodlands and weaving willow into dream catchers and sharks! Many thanks to everyone who worked hard to make the event happen and to the Radyr Methodist Church who kindly let us use their facilities. See photos on front cover.

Helena Fox - Clerk to R&MCC



The weather summary - by John Trenchard

So much of our summer weather depends on the position of the Azores area of high pressure to the SW of the UK and the area of low pressure in the Iceland area. More often than not the UK lies between these two pressure areas, with the southern parts having the best weather (no doubt cricket lovers will have noticed)

Sometimes the Azores High moves north to give good weather, but if it is too far to the west it allows cool Wly winds to develop over the British Isles whilst at other the low pressure moves south from Iceland giving us changeable weather, mostly in Northern Areas. This is the pattern this year leading to the coldest daytime temperatures since 2001. However since 2001 there have been 5 wetter and 5 drier summers.

The summer pattern described above can change in September as the hurricane season in the western Atlantic reaches a peak around the loth as sea temperatures reach their warmest. This sometimes leads to hurricanes moving east across the Atlantic reaching the British Isles as a deep and intense autumn gale, as recently experienced in Scotland and northern England., this started its life as a tropical wave, becoming a hurricane and then a deep Atlantic depression.

SAILOR BEWARE

For their autumn production the Drama Society have decided on the hilarious 1950's comedy *Sailor Beware*. Even today it is unusual for a play to open in the West End of London without a star name to draw in the audience. *Sailor Beware* was the exception. It opened at the Strand Theatre in 1955 with no stars. Back in 1955 all the London press attended the first night and reviews appeared the following morning. Peggy Mount made such an impression as the battleaxe, Emma Hornett, that she was instantly shot to stardom and by the time that she arrived at the Strand Theatre on the second night, her name was up in lights, "Peggy Mount in *Sailor Beware*".

She later went on to repeat the part in the film version with Shirley Eaton as her daughter and Gordon Jackson as the Scottish best man, Carnoustie.

Sailor Beware takes place over two days, the day before and the day of the daughter's wedding. Emma has had no help from her hen-pecked, ferret fancying husband, Henry. She blames Henry for introducing Shirley to the orphaned sailor, Alfred, of whom she certainly does not approve. Ad a batty sister-in-law, a nosy neighbour, a Scottish best man who's afraid of women and a scheming bridesmaid, together with a dose of measles and you have the perfect set up for a classic farce.

Many of the Drama Society's regulars



will be seen in the production, Helen Windsor as Emma, Roger Page as Henry, Zoë Pearce as the batty sister-in-law and Pauline Watson as the nosy neighbour, Mrs. Lack. Three newcomers to the Society play the younger parts and *Sailor Beware* will see the welcome return of Jim Cowan as the Scottish best man, Carnoustie Bligh.

Allan Cook, who is directing this production, said "I normally prefer to work in the round, but this classic farce needs the claustrophobic north country living room that you get with a proscenium production and I know that Dave Burgess will give me one of his classic sets".

**Sailor Beware can be seen at
Morganstown Village Hall on
Thursday, Friday and Saturday
November 24-26 at 7.30pm.**

**Tickets £8. Adult. £7. Concession. £5.
Child/Students
From Veg Vendor, Station Road, Radyr,
Sheila Phillips 2084 2585
Allan Cook 2084 3176**

*Medical help will be on hand for those
who can't stop laughing.*

Just Ask Jane

JustAskJane@orangehome.co.uk

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

I used to have a good appetite but lately I find that I'm just picking at food when I'm at home and I can't be bothered to cook a proper meal anymore. The other day I realised that I was sitting in front of the TV, eating an assortment of food from the fridge only because it was close to its use-by date.

As long as your general health is ok and you are not experiencing major changes in your sleep patterns or mood swings, it might just be that you are in a rut. If you are picking at snacks and junk food then it is probably because they are available in your kitchen. One of the opportunities to kick start yourself back into healthy eating habits is to start with a shopping list, written at a time when you are feeling positive and self disciplined. As you increase the amount of fruit and vegetables in your kitchen and review the type of snacks that you are buying, it will make it harder to get away with just reaching for a packet of noodles for tea!

One technique is to imagine that you are having a guest to stay with you – even a film star if you want! Each time you sit down to eat, your guest is having the same meal. Would you give a friend or neighbour cheese, crackers and a banana for an evening meal on a cold night? Would you give a special guest a cup of packet soup in a mug whilst you stared listlessly at something bland on the TV? Try and make each meal time an occasion. Bring out your favourite crockery, your best glass or mug, set the table and treat yourself as if you were your best friend.

You might even think about joining a cookery evening class – not only will you definitely have something new and different to each at least once a week, it may stimulate your interest into trying new dishes and inviting friends round to sample them!

I share an office with five other people and whilst some of the time we all seem to get on well and we have a good laugh, there are some days when they seem to complain about the slightest thing and it feels like all they do is whinge all day. It's really getting me down. I tend to think of myself as a positive, happy, easy-going person but some days I leave work and I feel as though I can't face going back the next day.

Sometimes it's ok to have a bit of a moan about the weather or the traffic as it can just be small talk to start the day off. However, when others join in, I tend to picture it as a sort of tornado. Whilst initially the energy was just moving between two people as they exchanged whinges as more people join in, the energy begins to take on a swirling effect and starts to spin.

It is fed by people's negativity yet after a while it takes on a force of its own and actually starts to spin faster, drawing energy from everyone it touches. If you can imagine this tornado beginning to spin around the office and even drawing energy from people who visit the room and who contribute with a whinge of their own, you will begin to see how it is draining the energy from everyone. By the end of the day, it has burnt out, leaving you feeling exhausted.

The good news is, it can be resolved. If you feel confident to share your experience with your colleagues, you could agree a code word – just as tornado – to highlight when someone has started moaning. Often people don't realise they are even doing it. Of course, there may well be one or two persistent moaners but the problem only starts when others join in, so by encouraging the majority to not join in, to change the subject and to keep things light, I'm sure it won't be long before your happy-go-lucky energy is buzzing around the office again.

CRAFT COUNCIL Can you knit or crochet?

Craft Club is a national scheme to teach children yarn skills in fun and lively community settings using the help of volunteers. If you can knit or crochet and want to learn how to pass on these skills, come and join us at one of the free Craft Club volunteer training days taking place across the UK from September.

After a successful first year with over 350 active clubs in schools Craft Club is expanding in to community settings including museums, cinemas and libraries. It will work on the same premise with volunteers passing on their skills to others in a fun and lively environment – in this case to parents as well as children.

There are seven confirmed training days across the UK. More will be announced soon on the Craft Club website.

If you can't commit to a whole day, you can find out more about Craft Club with our short talks at the Knitting and Stitching Show, Alexandra Palace, 6-9 October. Book your free place at one of these talks here.

**National Wool Museum,
Carmarthenshire – 14 October, 2011.**

CHAIN COOKERY CORNER

Summer Fish Quiche

10 in. (25cm) chilled quiche case
2 medium onions
1 tin tuna (7oz. 200g)
4oz. (100g) peeled prawns
4 anchovy fillets
1 oz. butter
Small bunch parsley
1 tbs. oil
1 carton cottage cheese (4oz. 100g)
4 eggs
1/4 pint single cream (5fl. Oz. 150ml)
or yoghurt
Salt and pepper
Pinch Cayenne
3oz. (75g) Cheddar Cheese
1 oz. white breadcrumbs

Peel onions and chop finely
Melt butter with oil and cook onions over low heat until soft
Grate cheese
Drain tuna and flake.
Using a food processor or beating by hand, mix together cottage cheese, cream, eggs, seasoning, anchovies, half cheese and parsley.
Spread onions and tuna over base of pastry case.
Spread prawns on top.
Pour over egg mixture and top with breadcrumbs and remaining cheese.
Bake at 375. 190C Reg. 5 for about 35 minutes until golden.

QUICHE PASTRY

This is quite a different pastry recipe that can be rolled out to line the quiche dish/tin, chilled, then filled and baked WITHOUT the need to bake blind.

To make two 10 inch (25cm) cases:
12 oz. (350g) SR flour
Pinch of salt
5oz. (150g) butter or margarine
1 small egg
Dry sherry or dry white wine

Sieve dry ingredients into mixing bowl.
Cut butter into small pieces and rub in until fine. Beat egg and add to flour using a knife. Gradually add enough liquid until dough forms a ball around knife. Cover and place in fridge to cool.
Roll out to fit quiche dishes, prick the base with fork and chill until use.

A.M.P.

Erratum: 1 heaped teaspoon bicarbonate of soda was omitted from the Ginger Cake recipe in the last issue - apologies.

SCIENCE & TECHNOLOGY MEDAL OF THE NATIONAL EISTEDDFOD OF WALES, AUGUST 2011.



Neville Evans was this year's recipient of this Medal; it was presented to him at the Eisteddfod, which this year was held in Wrexham. The Medal is awarded 'to acknowledge and honour a substantial contribution to the use of Welsh in the world of science'. The Eisteddfod is an annual festival of literature and music, but by now (forty years after the first 'incursion' of science) the science and technology pavilion is a very popular attraction. The Eisteddfod moves to a different location each year, attracting about 20,000 visitors daily over the week (always the first full week of August) of its events.

After a short formal presentation of the Medal by the President of the Court of the Eisteddfod in the main pavilion (about 3000 seats), a special presentation ceremony, arranged by the Central Science Panel of the Eisteddfod, was held in one of the smaller (250 seats) locations, The Pagoda.

At this ceremony, after a statement by the Chairman of the selection panel about the process of choosing the winner of the Medal and the reasons for this year's choice, Neville was duly re-presented with his medal (that is, the medal on its ribbon was again hung around his neck) by the Chairman of the Eisteddfod Council.

This was followed by the presentation of a framed poem which had been written by Glenys Roberts, who lives in Llantrisant. She was last year's winner of the Crown (one of the two prestigious poetry competitions, the other is for the Chair). The Crown is awarded for the best poem written in free verse, while the Chair is for the best in the strict metre of Cynghanedd, an ancient poetic style. It was especially pleasing for Neville that Glenys herself was

present to read her poem, which traced Neville's early years, his love of science and his dedication to the promotion of science throughout his life.

Then followed a tribute by another scientist, who was a contemporary of Neville's at Swansea University; for several years the two have done a lot with respect to science in the Eisteddfod and in other ways.

To end, a choir of young girls sang two unaccompanied songs, one a hymn, *Pererin Wyf* (Pilgrim that I am) to the tune *Amazing Grace* and a folk tune *Deryn y bwn o'r Bala* (just a bit of fun). They were conducted by Angharad Thomas (also a physicist, as well as a gifted harpist and soprano), well-known to Neville; she is the Wales Field Officer of the Institute of Physics to which Neville has belonged for over fifty years.

This year was actually a two-celebration event because on the following day Neville was received into the Gorsedd (Institution) of Bards. It was, fortunately, a lovely sunny day so the ceremony was held outside. Neville wore a green robe and head-dress. Lots of people have asked about the differences in the colours of robes and how they are awarded. I will try to explain in simple terms. The green robes – The Ovate Order – are awarded in appreciation of 'substantial service to Wales'; among those with Neville was Nigel Owens, the international rugby referee. The white robes – The Druidic Order – are for those who have made a 'substantial contribution to Literature, Music, Scholarship or Art in Wales and others 'for their recognised contribution', often in their fields of expertise; a few years ago The Archbishop of Canterbury, Dr. Rowan Williams, was recognised, as

was Robert Croft, the Glamorgan cricketer. The blue robes are for those who have passed the Gorsedd examination; graduates of the universities of Wales in Welsh and Music may apply for acceptance to this Order.

Those who wear white and have a green headband (laurel leaves) are those who have been winners of past competitions for the Crown, the Chair or the Prose Medal.

Each person who belongs to the Gorsedd has a bardic name. Neville's bardic name is *Nefyl Gendros-Nedd*. He chose this, partly because he has always wanted to have a hyphenated surname, but mostly to acknowledge his upbringing in Gendros which is on the western outskirts of Swansea and in the Neath area.

The event takes place (weather permitting) within the circle of Gorsedd Stones close to the main Eisteddfod field; these stones are reminiscent of Stonehenge in their shape but smaller. Up until a few years ago each Eisteddfod had its own stones, which usually remained at the location of the Eisteddfod (e.g. *Ynysangharad Park* in *Pontypridd*). However, the logistics of finding and placing these large stones at a chosen location each year became problematic, so now the stones are made of heavy plastic and are used each year wherever the Eisteddfod is held.

The ceremony to receive new bards is a colourful spectacle with the existing bards sitting in an arc together in their different coloured robes; invited guests (usually families of the new bards) complete the circle. Spectators form an outer circle as best they can to get a good view. The Archdruid, who serves for three years, stands in the middle on a large stone (*Y Maen Llog/The Logan Stone*). The proceedings open with a prayer, a hymn, a floral dance by a group of about sixteen primary age girls and the presentation of the *Blodeuged*, a sheaf of 'flowers from the land and soil of Wales', by a young woman of the area of the Eisteddfod to the Archdruid.

Each new member (on this occasion, 19 green, 13 white) is called to the Logan Stone and a short description of him or her is read out and the bardic name announced. He/she is then welcomed to the Gorsedd by the Archdruid. When all have been received, the ceremony closes with the national anthem.

It is worth mentioning that although the Gorsedd has druidic similarities, there is nothing pseudo-religious, certainly not sacrilegious, about the ceremonies. The whole enterprise is intended to honour the best of Wales and the dressing-up is just a bit of theatre, just like weddings and other celebrations.

The Malvern Challenge 2011

I have never written an article for the Radyr Chain before so I hope you enjoy this. The Malvern Challenge is a weekend especially for Scouts and Guides, to come together, and at the end the aim is to feel as if you have achieved something and to have fun.

So, on Friday afternoon some very lucky people got the afternoon off school. Sadly I was not one of these people. They set up the tents and then went to the pub for dinner. As usual me and my sister Nia (and my mum) were the last to arrive. I blame my dad (only joking). When we got there it was raining so we went down to the barn. The barn is a place where you can go if you want to listen to some good music or watch some entertainers. They do a talent show and as one of the acts started singing High School Musical, there were loads of people that turned around and headed for the door. Also, although I didn't see it, apparently one of the leaders got a tinsy bit tipsy, so when you see this - **You know who you are and I've read the leaders booklet and you are not allowed to get drunk on scout camp!!!** That's also a warning for any other scout leaders!! Now that I will surely be kicked out of the Scout group I can move onto the next morning.

We went to have our breakfast. Beans are supposed to be good for the heart, but by the time Malvern had ended I was sick of them. The breakfast was generally good though and the veggie sausages were very nice. Then we collected our lunch, our tactics were not to push-in but to just queue-hop. That way we got to the front of every queue. When I found out my patrol I went to talk to them. Our patrol decided that we had to be the first back so we were told that we had to run the whole 8 miles around the course. I refused and then got told that they would leave me behind then. We got told by our leaders David and Mark to take it easy, but we still ended up running a lot of the way so I woke

up the next morning with a really sore leg. It didn't help that the tent walls were really thin so that we were kept awake by people running around screaming "Where's my tent" and "Free Hugs". David and Mark turned down my idea of doing loads of fundraising, selling all the tents and then buying those really big campervans or caravans.

On Saturday night we watched a fire show and a strange contortionist, it was disgusting and I felt slightly sick. He put a T-shirt in beer and then threw it out in to the audience. One of our scouts caught it but when everyone was trying to grab it someone ripped off the sleeve. He went back to the tents, smelling of alcohol.

We were the only Scout group to enter the netball knockout tournament and came second, not too shabby. In the morning the presentations happened. Our patrol did very well in the first aid control point but we unfortunately did not get that medal, so we were all sun bathing and it said the winners of Check point 5 are 1st Radyr Scouts and everyone was like oh, we won, wasn't expecting that! It made it even better that it was my patrol that got the medal, coming an overall 27th. Not bad considering there were over 460 groups taking part. But one of our other 1st Radyr team that did even better, coming 5th overall.

Then we went on all of the rides, which were part of the Malvern Challenge fair and all of the rides were really good. By that time we had to go home. On the way home we stared with jealousy at a car with its roof down as it was so hot and then we fell asleep and didn't wake up again before coming into our house. My Mum read this and laughed the whole way through so this article can't be that bad can it? Anyway thank you for reading it.

By Erin Berry.

GNOSTIC INSTITUTE OF ANTHROPOLOGY



The time has arrived to search and get answers to our most intimate questions. To know one's self is the most important step to give in our lives. Have access to the knowledge and practices given from ancient civilizations to take the important step to transform ourselves and consequently our lives.

The Gnostic Institute of Anthropology is an international organization, with a presence in UK for more than twenty years and in Wales since 2008. We are based in Radyr and frequently give public lectures about different subjects related with Art, Science, Philosophy and Mysticism.

Samael Aun Weor – founder of the Gnostic Institute of Anthropology says:

"To theorize is of no use, you must go to the heart of the matter, to the facts. The teaching is given in a dialectic way but I repeat, don't simply content yourselves with mere bookish information. Turn doctrine into facts. Today, with these practical and precisely didactic exercises, any sincere aspirant can provoke a Great Change, the authentic radical transformation. What is truly needed is continuing of purposes".

Public Lectures for September, every Tuesday at 7.30pm, venue to be confirmed.

6th September
Introduction to Meditation
13th September
Self Remember and Self
Observation
20th September
Tibetan Secret of Rejuvenation
27th September
Tibetan Secret of Rejuvenation II

For more information call us on 2084 2342 or visit our website:

www.gnostic-institute.org/cardiff.htm

RADYR & MORGANSTOWN ASSOCIATION

Here is our usual run through of some items that have been interesting us recently.

We are a little concerned about the future of the regular PACT meeting (PACT stands for Partnerships and Communities Together, by the way). If you look on the R&M website you will find them described as a 'forum where the police and other groups that serve Radyr and Morganstown meet with residents. They take place once a month in order to deal with the issues that affect resident. They are organised and run by the police'. Dr. Ralph Vaughan has been chairing the meetings since their inception and doing a good job trying to hold things together. However, he would like to hand over to a successor and has announced that he will stand down at the beginning of 2012. Councillor Rod McKerlich always attends and gives a report. However, the meetings are not well promoted; they are seldom well attended; the same people seem to attend on each occasion; and often the same issues are raised. Unfortunately, the last meeting had its date changed three times. The Association are asking the question – who are the meetings for and what they are achieving.

You might conclude from this that we advocate they cease, but that is not our intent. We would like to see them built up and serving a wider purpose. Where else can you attend a short (they normally last less than an hour) open meeting to learn about important aspects of our Community, to raise any issues that concern you (not just police related) and actually prioritise matters of importance? So, please watch out for the dates of future meetings. They should be listed in Radyr Chain but they do change so check on the events diary on the R&M website if you can. And come along and be involved. The next meeting is scheduled for Tuesday, 11th October.

As mentioned in the last Radyr Chain, we are now planning the Christmas Tree lighting ceremony, which will be on Thursday, 8th

December. Thanks to funding from both the Community Council and the local shops we will definitely have new lights in Station Road which will be switched on at the same time as the main Christmas Tree in Windsor Park. We have applied to have Station Road closed (from 5pm) on the evening to allow the set up of stalls. There will be lots to do. Look out for more details on advertisements and on the R&M website – www.radyr.org.uk

Look out for more details of the next Association meeting on 7th November. Rhodri Morgan (who used to live in Radyr) will be addressing us and he says he will choose the topic nearer the time. Not to be missed!

We have just heard and we expect this will be reported elsewhere in this edition of Radyr Chain, about two planning matters. Firstly, planning permission has been granted for the new library in Park Road. Despite our misgivings about the way things have been handled, this is good news. We hope to be involved in discussions about how the new building will be fitted out. If we have any on-going concerns it is the length of time the library will be shut. If we can find any means to minimise that, we will. Secondly, we have heard that planning permission has been applied for by Taylor Wimpey for ten houses on what we have been calling the 'Community Plot'. Sad but inevitable. We do not think we will oppose the application. We are pretty certain that we will be able to use the plot this Christmas. We already have plans for adopting another site on the Sidings development for future activities at Christmas and other times.

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

TREFORGAN WI

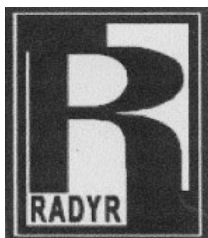
Events and opportunities proceed apace in Treforgan WI. This year we are the hosts for 'the Taff Trailers' – a group consisting of the adjacent WI's of Taffs Well and Tongwynlais, Pontcanna and Canton, Radyr and Morganstown and Treforgan who enjoy getting together from time to time. In the past we have gone on walks organised by Taffs Well and Tongwynlais; visited Chapter theatre with Pontcanna and Canton and joined Radyr and Morganstown for a Christmas event. Now we have been challenged to a skittles match, we are planning a Christmas evening involving all of us and a member from Treforgan went as a delegate to the annual meeting of the national Federation of Women's Institutes in Liverpool, bearing voting instructions from all four 'Taff Trailers'.

The adopted resolution concerned public libraries and we are now charged with preventing any further closures. So 'love your libraries', 'use them or lose them' and please sign our petition if you are approached. Enough support and the government will have to discuss the matter.

Closer to home, we have continued with our lively monthly meetings and excursions. For example, we tried to ride with Pedal Power again but rain stopped play. However, it was not so wet that we couldn't enjoy the lunch we had arranged in the Mochyn Ddu on the same day. We went map reading in Sophia Gardens – that was rather muddy too. WE had a tour of Taffs Well Quarry, equipped with fetching hard hats in daffodil yellow, again followed by lunch – this time in the Tynant. Not all of us you understand, just the more energetic amongst us who chose to participate.

In August, our meeting was relaxed and self indulgent with a 'strawberry spectacular'. We chatted over strawberries and cream, strawberry sponge cakes and cheesecakes and home-made strawberry jam. There were strawberry banners, crocheted strawberries made into book marks and prizes of mugs with strawberry decoration. An amble to see the medlar trees in the nearby park was the most strenuous activity on offer.

Plans for our programme for 2012 are in hand and look intriguing. For more information, contact Sue Smith 2084 3920.



RADYR COMPREHENSIVE SCHOOL PARENTS STAFF FRIENDS ASSOCIATION

The Radyr Comprehensive School Parents Staff and Friends Association (PSFA) was re-launched two years ago and during that time we have been working hard to raise funds in support of all the pupils at the school. Our committee meets once a month during term time and new members are always very welcome. With the re-launch we organised a logo competition for pupils and received some excellent and imaginative entries. The competition was won by Nia Berry 9S.

We have held a number of successful fundraising events including a Murder Mystery Evening, a Quiz night, Christmas Shopping evening and a series of popular Car Boot Sales. An important source of funding remains our subscription draw, with monthly cash prizes. Further details and information about the Subscription Draw can be found on the school website.

Another source of funding is the easyfundraising website. If you use this portal to access a huge range of on-line shopping sites you can

generate funds for us without it costing you a penny! Simply register at www.easyfundraising.org.uk and select Radyr Comprehensive School Association as your cause to support. There are over 2000 retailers linked to this portal who all offer a donation for purchases made through the site with no extra cost to you. Please consider supporting us as you start to think about your Christmas shopping.

Funds that we have raised over the past two years have made a real difference to the pupils at Radyr Comprehensive School. We have purchased electronic keyboards for the music department, computers for the library, made a donation to the school council and most recently have funded a Wireless Cloud System which allows wireless internet access for pupils within the school, while maintaining the security of the school internet system. This will make a huge difference to internet access for both pupils and staff within the school.

Events planned for this term include a Christmas Shopping Evening in the school hall in early November and a Christmas shopping trip to the Bath Christmas Markets on Saturday, 26th November. For further details about these events, please contact susandavies@cardiff.gof.uk. Please support us in any way you can – we are not looking for a big commitment but are very grateful for any help so that we can continue to support the excellent work of all of the teachers and staff at Radyr Comprehensive School.

Karen Parady, Secretary, PSFA

First I search online for deals on websites like www.vouchercodes.com and see if I can find some discount tokens. Occasionally you find some Tesco club card points for a free meal [not including drinks!] which helps with the budget.

When on the train always bring a small bag of sweets, nothing fancy just something cheap and shareable – it helps because the trip is quite long but do not hop on the wrong train [me and a few friends did and ended up in Aber Halt which I now know is near Caerphilly!!].

When in town have a good look round and when choosing a t-shirt try to go a bit away from Hollister, it's expensive and really not original. Instead, try 'Jack-Jones' – they have trendy tops that could fit you as size small and are about ten pounds each.

Also, I would recommend a shop called 'simply shakes' that make blended milkshakes out of milk, ice cream and a chocolate of your choice – they are near the post office in the Queens Arcade and are better priced than their rivals!

When in the cinema treat yourself [my favourite is 'Ben and Jerry's' ice cream cookie dough flavour!] and make sure to see a good movie. If you're there with a group make sure everyone pays for their own tickets because it's fair that way!

You could become a member of your cinema or order your tickets online but I would recommend checking the time first and making sure your group all want to see the movie. But here is a tried and tested idea – try to squeeze all your friends into a photo booth with a photo for one!

So there you have it – a brilliant day out that's changed a lot in a generation. What did your generation do when they were twelve?

Matthew Walker
[Aged 12]

A TWELVE YEAR OLD'S TRIP INTO TOWN ...

The difference between my mum and dad's generation and ours is what they did when they were bored compared to us. As our parents ramble on about how a ball gave them, as children, years of enjoyment, we just think "Not this again!"

When we are bored, we play 'Call of duty' on the Playstation. I will admit I love video games, blasting zombies, facebooking etc. Another

thing I like to do with my friends is a town trip.

We take the train to Cardiff Queen Street and make our way to the St. David's Centre. We look in Hollister cloths shop, grab a doughnut, buy a copy of the latest game. But how can we do that without our whole wallet being washed out into an empty pit where we keep our "Krispy Kreme" loyalty cards? Well, it sounds hard but I do it every time.

NAMIBIA EXPEDITION 2012

In the summer holidays of 2012, I will be part of a group of 22 students and 4 teachers from Radyr Comprehensive School who are going on a month long expedition to Namibia, in South West Africa. This expedition is organised partly by the company Outlook Expeditions and partly by us, the students. Outlook Expeditions chose the destination, we decided on the itinerary. This includes:

A week long community project, in which my group and I will help build a pre-primary school and a village in central Namibia. Aim: to gain experience of different cultures and to help the local community.

A wildlife tour in one of Namibia's famous National Parks. Aim: to further our knowledge of Namibia.

A sightseeing visit to see the oldest sand dunes in the world. Aim: to see some of Namibia's most famous and beautiful venues.

A week long trek in the Naukluft mountains. Aim: to build teamwork skills and further personal development.

As an expedition like this is very expensive, every member of the group is responsible for independently raising their own funds. Some of the methods include backpacking, selling raffle tickets and taking part in sponsored events. Last weekend, I completed a sponsored abseil in the Sea Walls section of the Avon Gorge, just outside Bristol. When we got to the Avon Gorge I put on the helmet and harness and joined a group and we practiced how to let the rope through our harness to control our descent. Then we all had to walk up a tiny steep path to the top of the cliff. Once we were at the top, we formed a queue and the first two abseilers went to the two safety ropes, which were tied around trees. After they had got to the bottom, one of the instructors called

me over and he tied two ropes to my harness: one safety rope in case I fell; one rope that would allow me to control my descent. Then came the scariest part of the abseil – leaning right back and stepping over the 85 foot drop! Looking down made me nervous, so I just faced the cliff and started off with very small steps. I gradually got more confident and by the halfway mark I was going quite fast! The hardest part was when, about 20 ft from the bottom, it got very slippery because the rock was wet from the rain earlier that day. I managed to keep my footing though and got to the bottom in one piece! [Although I nearly sat on a hawthorn bush at the very bottom because I wasn't looking down]. I was very relieved to be at the bottom, but it was still a great experience and I would definitely like to abseil again in the future. I managed to raise quite a lot of money, but there is still a substantial amount to raise. Because of this, I have decided to offer my services as a babysitter and dogwalker [for more details, please call 2084 4991 – all proceeds to my Namibia fund]. I, along with the other members of the group, will be taking part in more backpacks in the coming months. Please feel free to come along and support us in raising funds for this once-in-a-lifetime experience. The dates of our backpacks are as follows:

- Sunday, 2nd October**
- Tesco, Western Avenue**
- Saturday, 15th October**
- M&S, Culverhouse Cross**
- Saturday, 12th November**
- Tesco, Western Avenue**
- Saturday, 10th December**
- M&S, Culverhouse Cross**

I can't wait until next summer when I will be able to do my expedition and I hope to write another article on my return!
Ciara Berry



PRESS RELEASE

SUPPORT YOUR LOCAL HOSPICE WALK FOR HOPE

**10.00am Sunday, 9th
October, Bute Park, Cardiff**

**Nursing patients who need us.
Helping families who love
them.**

Enjoy a lovely Sunday morning walk through Cardiff's Bute Park. Join local celebrities, Cardiff City footballers, members of the Welsh Netball Squad, fancy dress walkers and many others in a morning of fun. At the same time support the local hospice for Cardiff in helping local people facing Cancer and other life threatening illnesses. Walk as an individual, with your family or with a group of friends or work colleagues.

Join the **Walk for Hope** in support of the work of George Thomas Hospice Care the local hospice for Cardiff that at any one time in caring for and supporting hundreds of patients in Cardiff.

The Walk for Hope will set off from the Temple of Peace in Cathays Park at 10.00am on Sunday, 9th October.

Details of the Walk and Sponsorship Forms and a wide range of other fundraising events for the local hospice for Cardiff can be obtained from Nicky Piper, Fundraising and Events Officer and Sarah Harris, Community Fundraising Officer and George Thomas Hospice Care at the contact details below:

Nicky Piper or Sarah Harris
George Thomas Hospice Care
Ty George Thomas
Whitchurch Hospital Grounds
Park Road
Whitchurch, Cardiff

Telephone: 029 2052 4150
Email: nicky.piper@gthc.org.uk
Sarah.Harris@gthc.org.uk



CYLCH MEITHRIN RADUR A PHENTREPOETH

Autumn Term Events/Digwyddiadau Tymor yr Hydref

Monday, 17th October: Halloween-Nos Calan Gaeaf Coffee Morning
Dydd Llun 17fed Hydref: Bore Coffi Calan Gaeaf

£5., pay on the door or tickets to be purchased from Meithrin. Come along for a relaxing chat with good coffee and exquisite cakes. Also a great chance to stock up on decorations and crafts for your Nos Calan Gaeaf/Halloween celebrations.

£5., i'w dalu wrth gyrraedd neu drwy docynnau o flaen llaw. Dewch i fwynhau danteithion lu yng nghwmni rhieni a chyfeillion y Cylch. Fe fydd hefyd yn gyfle da i brynu eitemau ar gyfer Noson Calan Gaeaf.

Bake Sale Week: 7-11 November
Wythnos Bobi: 7-11 Tachwedd

Fundraising for Meithrin – how you can help.

Bake a batch of cakes or cookies (with the help of your child/children) for sale to colleagues at your or your partner's workplace, or any other public event. The money you raise will be used to fund the purchase of essential equipment for Meithrin. Register to take part (registration form, advertising material and recipes will be available from Meithrin from 1st November).

A prize will be given for the most money raised in a week!

Codi arian I'r Cylch – sut y gallwch helpu.

Pobwch gacennau (gyda help eich plentyn neu blant) i'w gwerthur i'ch cydweithwyr neu gydweithiwr eich partner yn y gweithle neu mewn unrhyw ddigwyddiad cyhoeddus arall. Fe fydd yr arian yr ydych yn llwyddio i'w godi yn cael ei ddefnyddio i brynu offer hanfodol i'r Cylch. Cofrestrwch i gymryd rhan (fe fydd ffurflen gofrestri, pamffledi hysbysebu a ryseitiau ar gael o'r Cylch o Dachwedd y cyntaf)

Fe fydd gwobr i bwy bynnag sy'n codi'r mwya o arian mewn wythnos.

Monday, 21st November: Ladies' Dinner and Auction (8pm till late, Seasons Kitchen and Bar)
Dydd Llun 21ain Tachwedd: Noson i'r

Merched a Ocsiwn (8pm tan yr hwyr, Seasons Kitchen and Bar)

Enjoy a glamorous ladies' night out, with a delicious three-course meal at Seasons Kitchen and Bar, in the heart of Radyr. The highlight of the evening will be an auction of brilliant prizes and services donated by local businesses and friends of the Cylch. A great opportunity to pick up some unique Christmas gifts!

£25. ahead, tickets to be purchased from Meithrin or by contacting rgn@cadarn.net

Noson o fwynhau yng nghwmni mamau a chyfeillion y Cylch gyda phryd tri chwrs yn Seasons Kitchen and Bar, yn Radur. Uchafbwynt y noson fydd ocsiwn o eiternau fydd wedi eu rhoi gan fusnesau lleol a chyfeillion yr Ysgol Feithrin. Fe fydd hefyd yn gyfle da i brynu ambell i anrheg Nadolig.

Tocynnau £25 y pen i'w prynu o'r Cylch neu drwy gystlltu â rgn@cadarn.net

Friday 2nd December: Magic Memories Morning
Dydd Gwener 2il Rhagfyr: Bore Atgofion Melys

With Christmas just around the corner, be sure to come to our Magic Memories Ti a Fi morning: you and your baby will be able to create unique personalized gifts for family and friends.

Â'r Nadolig yn prysur nesau peidiwch a cholli'r cyfle ar y ail o Ragfyr yhn ystod Ti a Fi i greu anrheg unigryw i'ch teulu a'ch ffrindiau.

Saturday, 3rd December: Christmas Fair (1100-1300 Old Church Rooms)
Sadwrn 3ydd Rhagfyr: Ffair Nadolig (1100-1300 Ystafelloedd yn Hen Eglwys)

Join Sion Corn and friends as they prepare for Christmas/Nadolig with a fun-packed Festive Fair, featuring cake and confectionary stalls, Christmas craft-making workshops, snack and mince pie bar, raffle and plenty more. Also a chance to purchase crafts and other gifts in time for Christmas.

Ymunwch a Sion Corn a'r ffrindiau wrth iddyn nhw baratoi at y Nadolig. Fe fydd digon o gyfle i brynu cacennau, danteithion a chreftiau Nadoligaidd yn ogystal a chyfle i droi eich llaw at ambell grefft. Bydd hefyd raffl, siop mins peis a chwnter fwyd.

CORRECTION

The St. David's Day pictures printed on the cover of the April edition of 'Radyr Chain' were of the children of the Cylch Meithrin and not Bryn Deri School.
Ed.



MORGANSTOWN VILLAGE HALL

ANNUAL GENERAL MEETING

To be held in
THE COMMITTEE ROOM

on
10th OCTOBER 2011

at 8.00pm

ALL ARE WELCOME
(Entrance at the stage door)

CF15 Tutoring

Dr. Steffan Cook

Science
& Math
Tutor



(Welsh or English)

07401509848

"trial lesson is free"

Dear Editors,

Thank you for the August edition, which maintained your usual high standards, except in our respect.

The piece that describes the career of Dr. Charles Williams was very interesting to read, especially since it gives another illustration of the fact that we are more than a nation of bards and singers as our national anthem declares. You indicate that he was educated at Canton High School and at Oxford University and then pursued a career in the chemical industry. You also note his prowess in athletics.

I could not but admire his achievements, but also could not but wonder how much more he might have achieved had he received formal primary education. Since you do not mention his primary school, I have to assume that either he was secretly educated up to the age of eleven or that he suffered some degree of deprivation, such as illness.

Alternatively, the explanation lies in your own attitude to primary education, one of disdain, derision, scorn and reluctant forbearance. This attitude, which I have noted in many researches, is common to editors of many different publications. It is also found in Welsh, as I pointed out recently in a similarly gentle rebuke to the editor of Y Dinesydd, the Cardiff paper.

This attitude, in its essence, betrays a mode of thinking that contends that primary schools are meant mainly, even solely, to keep the little darlings/horrors quiet, teach them manners, multiplication tables and corekt sbelinngs. They should stop all this nonsense of pretending to teach science, information technology, history, geography and, in particular, thinking skills. This country does not need people to think, just obey.

I write in despair and in anger, but also in hope that this mild rebuke

(try not to get me really upset) will touch your heart and disturb your brain.

Yours forgivingly,
Neville Evans

P.S. I take this opportunity to express public thanks to Miss Lewis, Miss Thomas, Miss Eustace, Miss Lloyd, Miss Davies, Mr. Adams, Mr. Jenkins, Miss Lloyd (not the aforementioned, who had to leave when she became Mrs. Jenkins, not wife of the aforementioned), Mr. Williams and Miss Fenton, most of whom contributed to my early education in Gendros, Swansea. I imagine that each is now in that state of abundant (I nearly wrote 'warm', but that could be religiously misconstrued) appreciation.

Editors' Comment

We recognise that the part of Primary Schools is often not acknowledged and agree with your comments.

C.D. Williams tells us that he received an excellent education at Lansdowne School, which included the teaching of Welsh. He won a scholarship to Canton High School which reflects the excellence of the teaching at Lansdowne.

CHARITIES FAIR

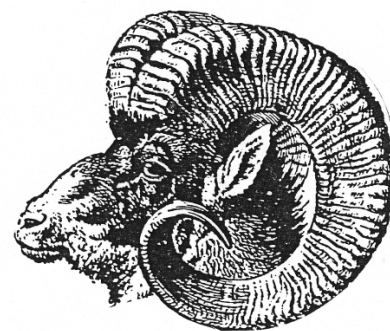
RADYR
METHODIST CHURCH

SATURDAY
5th NOVEMBER 2011
10-12am

Entrance £1.50
(to include refreshments)

Proceeds to
Christian Aid

Come and buy your charity
Christmas cards,
Scout stamps,
Traidcraft gifts and more



RADYR & MORGANSTOWN INDOOR BOWLS CLUB (The RAMS)

Our new season 2011/12 has opened which runs from September to April next. We meet at Morganstown Village Hall every Wednesday and Saturday afternoon (2-6pm) and evening (6 - 9pm).

We are a very friendly club for both men and ladies.

We play occasional matches against local indoor clubs, have our own competitions and special fun nights where sometimes we are prepared to make fools of ourselves.

Previous experience of bowling is **not necessary** - there is plenty of members willing to let you borrow their bowls and give advice - not always necessarily the best!

Why not try before you buy! Come and try your hand at a new experience - you may even enjoy yourself.

The only thing we ask is that you wear shoes (or slippers) without a deep heel.

If you would like any further information give our secretary Jerry a ring at 029 2084 3387. Or you could have a look at our web page at www.radyr.org.uk/l-644

We look forward to seeing you soon.

The Great Hatch

When you think of pets what do you think of Normally people think of something furry and cute like a cat or dog maybe a rabbit or another small furry. Well unlike normal people I have an extraordinary pet. we have six chickens! they tick all our boxes: They're not too hard to keep, They're alright for handling, They have brilliant personalities, They eat all leftovers, They also give eggs back to you for looking after them!

We have six: Crystal, salt, pepper, Winnie, Lola and speckles. Each chicken has its own food preference and rank in the 'pecking order.' my friends keep saying I should name them things like 'curry, roast E.T.C

Hatching hens is a real adventure! We put eggs under a broody hen, (a broody hen wants to hatch the eggs!) Then we waited 21 days roughly! The hen would only just feed! I was 'shell-shocked' (bad pun) one day after school to go, check the hen and collect the eggs, I heard a gentle cheep which was one of the sweetest sound I've ever heard,

A tiny, fluffy, yolk yellow head with a florescent, orange beak peek out the mothers wing followed by a few more! I rushed to the phone to tell all

the news to mum, dad and my brother sam! I was amazed and hypnotized to the cuteness of the chicks and rushed to the garden centre for a bag of chick crumbs (the food you feed chicks!)

They grew up fast and one morning I heard distantly a loud cockerels crow! We had to do something and ended up boxing them into a cardboard box! Dad thought the box was empty but my brother and I tried to warn dad that Sam carried a hen INTO the box as he picked it up Eventually we convinced him to be gentle. I thought the birds were for the chop or being relocated and given to our friends at Sutton-Maur farm (a 'small' holding which I would recommend!) but sadly Sutton-Maur were busy so we took them to a farm and caravan site called Treavayne which we LOVE! They happily took them and I can still see them in treavayne chick hatchery settling down and when I walk past I

feed them a slug! (I once spooked two lads with my knowledge of the birds!) I would recommend chicken keeping to anyone as they are fun and child friendly and a real pleasure to have! They are also good to talk to and feed if you've had a bad day also they spellbind little kids!

Summer Reading Challenge

From front cover...

As the children read they collect rewards such as bookmarks, chatterboxes, wristbands and yoyos.

And for all those children who read six books, librarians visit their schools in the Autumn term to present medals and certificates.

It's good for readers and it's good for libraries as we get to know the books children really love and enjoy as well as recommending titles and authors they may not have discovered.

For further information about children's library services in Cardiff please contact:

Heather Noble, Children's Library Services Manager/Rheolwraig Gwasanaeth Llyfrgelloedd Plant Cardiff Libraries/Llyfrgelloedd Caerdydd

Community Facilities/Cyfleusterau Cymunedol

Tel/Ffôn 029 2078 0973;
Mobile/Ffôn Symudol:
079 7725 2507



Catching up on sleep!



Circus Day at the Library

