

# RADYR CHAIN



Number 239

Free to every home in Radyr and Morganstown

December 2018

## ITV Star to turn on the Christmas Lights

This year's Christmas Tree lighting ceremony will be on Friday 7th December – weather permitting – and we are delighted to report that ITV News Reader Kate Lewis, a supporter of *Action for Children*, our Charity for the year, will be with us to turn on the lights in Station Road. Kate has worked for ITV Wales for almost a decade. During this time she has worked as a reporter and producer on Welsh language programmes and, over the last few years, has become a familiar face both presenting the weather and reporting for Wales at Six.

Kate will be joined at the switch-on by the 'RCT Young Carers Choir' (also known as 'Young Carers Aloud'). The choir is a group of young carers aged 8 to 18 from Rhondda Cynon Taff whose lives are affected by their caring responsibilities for another family member. They will be singing a number of carols and we are delighted they will be with us.

Prior to the switch-on in Station Road, the Comprehensive School band will be playing Christmas music at the



lighting of the tree in Morganstown at 5:45pm, and the tree in Lychgate Gardens at 6:15pm. The action will then move to Windsor Gardens where a joint Choir from our two Primary Schools will sing carols whilst the tree there will be lit at 6:40pm. The Festival Queen and her attendants will also be there.

The lights will be lit in Station Road by Kate at 7:00pm precisely. Providing everyone has been good, Santa will arrive in his sleigh to talk to the young children. There is bound to be a bit of a queue so Santa will have some helpers around to keep everything in order. Every child will also be awarded a satsuma!

The Station Road stalls will be open from 6:00pm selling all sorts of goodies – crafts, gifts, jewellery and much more. Burgers, hot dogs and mulled wine will be available at the R&M Association stall and the WI will be dispensing tea and coffee. Many of the shops will also be open, including Cicchetti and our new refreshment outlets, Slice and Radyr Tap, so you will be able to do some shopping and even stay for a meal. Action for

Children will have a stall and be collecting during the evening.

Do come along and enjoy the festivities, arranged jointly between the R&M Association and the R&M Community Council. It is a lovely way to start the Christmas Season and entrance is free.



## COMING EVENTS



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

**Thur 6 Dec** **10:00 Probus of Cardiff West.** Radyr Golf Club. An illustrated talk "The Italian Connection Pt1, with music. New members welcome. Contact Mike Thomas 20408056

**Fri 7 Dec** **18:00 Christmas Tree Lighting Ceremony** - Station Road and elsewhere. Lighting of trees at Lychgate Gardens and Morganstown. The Windsor Gardens tree will be lit at 18:40 and the main lights in Station Road will be lit by a celebrity at 19:00. More details later.

**Mon 10 Dec** **19:30 Radyr and Morganstown WI Christmas Party** hosted by the Committee. Old Church Rooms.

**Mon 10 Dec** **19:30 Yoga for Health and Relaxation** - a regular Yoga class led by John and Sarah, BWY teachers. Beginners welcome. £7 per class. Radyr Guide Centre, Bryn Derwen CF15 8SW. email: Sarah.tovey@btinternet.com. 07593597425

**Wed 12 Dec** **19:30 RCTS South Wales & South Wales Railway Association.** Steam in a different light -railways in North East England in the 1960's. Richard Gaunt, author and photographer

**Wed 19 Dec** **18:30 Hansel & Gretel Pantomime** - Old Church Rooms. 'Once Upon a Time' Theatre Company presents this favourite Pantomime, sponsored by the R&M Community Council. Tickets 50p from 029 2084 2213 or clerk@radyr.wales

**Sun 23 Dec** **18:00 Lessons and Carols.** Come and celebrate the Christmas story at our annual service of Lessons and Carols, led by the Parish Choir. Christ Church, Radyr

**Mon 24 Dec** **16:00 Carols around the Crib.** Christ Church hosts its Sunday School as they lead in re-telling the Christmas Story in action and carols around the crib. This is always a busy service so do come early to secure your seat. Further info from Julie Davies - AuntieJuliee@hotmail.com

**Mon 24 Dec** **23:00 First Eucharist of Christmas (Midnight Mass).** Come and celebrate the First Eucharist of Christmas at Christ Church.

**Thur 3 Jan** **10:00 Probus of Cardiff West.** An illustrated talk on "Motivation" by Phil Evans. New Members welcome.

Contact Mike Thomas 20408056

**Wed 9 Jan** **19:30 RCTS South Wales & South Wales Railway Association.** 'Once Upon a Time in the West', A celebration of the colour photography of Peter W. Gray. Nigel Wassell.

**Wed 9 Jan** **19:30 Radyr, Morganstown & District Gardening Club.** "BRITISH SLUGS - CAN WE FORGIVE THEM" an illustrated talk by Dr. Ben Rowson New School Rooms, Christ Church, Heol Isaf. Meetings are open to all, visitors and new members welcomed. Contact: Janet Pearce 02920 843003.

**Tue 22 Jan** **19:00 PACT Meeting.** Come and discuss village matters with the local police and county councillor. All welcome

**Sun 3 Feb** **11:00 Christingle.** Celebrate Jesus, light of the world. Christ Church hosts a festival service for Candlemass, light your Christingle and shine His light across the World. Further details from Julie Davies - AuntieJuliee@hotmail.com

**Thur 7 Feb** **10:00 Probus of Cardiff West,** Radyr Golf Club. An illustrated talk on "Museum Past" by Mike Tooby. New members welcome. Contact Mike Thomas 20408056

**Mon 11 Feb** **19:30 R&M ASSOCIATION GENERAL MEETING, OLD CHURCH ROOMS.** Local resident Colin Johnson (who used to head Techniquet) will speak mostly about his more recent projects in 'Science meets the public, and vice-versa'. Also receive an update on local matters. All welcome. Further details from Nick Hawkins 029 2084 2561.

**Wed 13 Feb** **19:30 RCTS South Wales & South Wales Railway Association.** Cambrian and Brecon Railways in the early 1960's. John Davies

**Wed 13 Feb** **19:30 Radyr, Morganstown & District Gardening Club.** "GARDENS OF NEW ZEALAND" an illustrated talk by Sue Duffield New School Rooms, Christchurch, Heol Isaf. Meetings are open to all, visitors and new members welcomed. Contact: Janet Pearce 02920843003

**Thur 7 Mar** **10:00 Probus of Cardiff West,** Radyr Golf club. An illustrated talk on "Genetics" by Rhian Morgan. New members welcome. Contact Mike Thomas 20408056

**Thur 7 Mar** **10:00 Probus of Cardiff West,** Radyr Golf Club. Annual General Meeting. Contact Mike Thomas 20408056



### Christmas Services

At Christ Church, Radyr

**Sunday 2nd December**  
6 pm - Advent Ecumenical Service

**Sunday 23rd December**  
6 pm - Nine Lessons and Carols

**24th December - Christmas Eve**  
4 pm - Crib Service

11 pm - First Communion of Christmas 'Midnight Mass'

**25th December - Christmas Day**  
8am - Holy Communion  
11am - Family Communion

At St John's, Danescourt  
**Sunday 2nd December**  
9.15 am - Family Advent Communion

**Friday 21st December**  
6 pm - Carols Round the Crib

**24th December - Christmas Eve**  
9 pm - First Communion of Christmas

**25th December - Christmas Day**  
9.15 am - Family Communion



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.

**Receiving Editor** - Jeff Davison, 3 James Place, Treforest, Pontypridd CF37 1SQ

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

**Advertising** - Linda Turner, 19 Sycamore Tree Close, Radyr. 2084 3562

**E-Mail address** - lturner4@btinternet.com

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

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

THE FEBRUARY EDITION OF THE CHAIN WILL GO TO PRESS PROMPTLY ON THE 15th OF JANUARY. WE CANNOT GUARANTEE TO INCLUDE ITEMS THAT ARRIVE AFTER THAT DATE

# Action for children

This year's charity is Action for Children. Nina Rice, the chief fund-raising officer for the charity tells us a little about it.



Nina Rice - Action For Children  
Co-ordinator

Action for Children are thrilled to be working in partnership with the Radyr & Morganstown Association for their forthcoming programme of events with the Christmas Light Switch On only a couple of weeks away.

Next year will see 150 years since Action for Children was founded as the National Children's Home, with the first home in Waterloo, London. The first National Children's Home in Wales opened in 1911 and the charity has continued to grow, supporting more and more children and young people across the UK in ever broadening areas of work to support local community needs, including support for families; support for children with disabilities; fostering and adoption services; amongst many others.

The mental health of young people is a growing area of work for Action

for Children. In 2017 Action for Children started the 'Blues Programme' supporting youngsters aged 15-18, in Wales this programme is currently available in Cardiff and Rhyl. Young people in a number of local further education settings are given a simple questionnaire to complete. It is then assessed by our 'Blues Busters' and those youngsters considered to be at risk of some mental health struggles are invited to take part in the Blue 6-week programme. This programme works through different situations and circumstances with the young people to help them better deal with situations in a more positive way. Feedback from the young people has been exceptionally good, with a high percentage feeling the Blues Programme has been invaluable to them, and will continue to help them into adulthood.

Action for Children's 'Guide Project' has also just gone live. This service will be working with schools across Wales (English and Welsh) to give training to teachers to help them spot the signs of mental health issues in those aged 13-15 and give guidance and support as required. This is in addition to the School Based Counselling services we offer at all Cardiff High Schools.

Additionally Action for Children has launched a campaign called 'Build Sound Minds' to build better mental health and emotional wellbeing in young people. We share resources and guidance for parents, from Action for Children's mental health services team. Find out more at [www.buildsoundminds.org.uk](http://www.buildsoundminds.org.uk)

Thank you for your support, if you could volunteer some time to help Action for Children with the forthcoming events and activities in Radyr & Morganstown please contact Nina Rice, Senior Community Fundraiser, on 02920 347060 or email [nina.rice@actionforchildren.org.uk](mailto:nina.rice@actionforchildren.org.uk).

## CHAIN COOKERY CORNER

### Lamb Ragout with Smoked Paprika and Shallots

Serves 6

- 1kg. (2lb.) shoulder of lamb, cut into pieces.
- Oil to cook.
- 2 medium onions roughly chopped.
- 2 cloves garlic chopped.
- 6-12 shallots depending on size.
- 4 sweet long red peppers. (to skin the peppers, cut into flat quarters lengthwise, remove seeds, place skin up under hot grill until charred, remove and place in plastic bag for a few minutes, shake, remove and skin then chop).
- 1 chilli pepper - de-seeded.
- 2 teaspoons smoked paprika (or more to taste).
- 1 tin chopped tomatoes.
- 2 tablespoons tomato puree.
- 1 tablespoon flour.
- Salt and ground black pepper.

Heat oil in ovenproof casserole or pan.

Fry lamb pieces gradually until brown.

Remove from pan.

Saute onions until soft.

Add whole shallots, garlic and chilli.

Fry for a few minutes, add paprika and flour.

Stir to mix then add meat and juices plus all other ingredients and cover.

Cook casserole on moderate oven until tender - approx 1 hour.

Taste and adjust seasoning.

Better if allowed to cool and reheated the next day.

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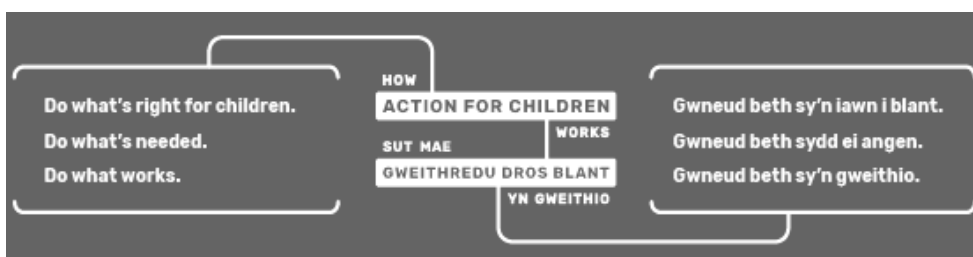
## INCANDESCENT LIGHT BULBS (boxed)

FOR FREE!

- 6 x Screw cap (ES) 60w. Opal candle
- 6 x (ES) 60w Reflector type R63

Collect from Geoff Davies

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**20'S PLENTY FOR WALES  
CONFERENCE REPORT FROM  
LOCAL RESIDENTS GROUP  
#20WALES #LOVE OUR VILLAGES**

Local residents of Radyr & Morganstown wanted to find out the facts about 20mph. We self-funded ourselves to attend a conference of 100 delegates in Cardiff's Glamorgan County Cricket Ground. Attendees included representatives from Cardiff Council, Public Health Wales, respected academics and those with an interest in making communities safer for all.

The event was opened by Cardiff's Transport Minister, Councillor Caro Wild. Paul Carter of Cardiff City Council reported on their plans for rolling out 20mph limits across the city as a core policy.

20mph default is recommended by Public Health Wales in residential areas. Experts say it would save up to £94M p.a. in injuries and £61M pa in air pollution related ill health [http://www.20splenty.org/wales\\_conf\\_-\\_ftn1](http://www.20splenty.org/wales_conf_-_ftn1). A national 20mph default would pay back its investment in a matter of days. Public Health Wales was represented Dr Sarah Jones and conference chair Dr Chrissie Pickin, Executive Director of Health and Wellbeing.

Devolution means that the Welsh Assembly are able to vote to set Welsh national speed limits separately from Westminster. 20mph is a public health change that fulfils all seven of the wellness criteria in the Well-being of Future Generations (WFG) Act.

Rod King MBE of 20's Plenty for Us set the International context for 20mph as the developing norm – not just for road safety, but for population and environmental health, active travel, mental health, business and tourism.

Mark Ruskell MSP, the Scottish Green party spokesman on Environment, inspired listeners with the progress of his "Restricted Roads (20mph Speed Limit) (Scotland)

Bill" [http://www.20splenty.org/wales\\_conf\\_-\\_ftn4](http://www.20splenty.org/wales_conf_-_ftn4). This calls for a National

20mph default and looks likely to be passed.

Paul Butcher, Calderdale's Director of Public Health reported that casualties have reduced by 30% in Calderdale on roads where 20mph has been implemented.

Prof Adrian Davis explained the Prevention Paradox, where small gains for the many add up to much more than a few people benefiting from large gains. 20mph as an area-wide scheme provides small individual, yet massive overall gains to the entire population of a place, and its visitors [http://www.20splenty.org/wales\\_conf\\_-\\_ftn1](http://www.20splenty.org/wales_conf_-_ftn1).

Interestingly, the subject of emissions is contentious, however, where implemented:

It is likely to reduce the appeal of 'shortcuts' and so reduce emissions because less traffic.

Traffic calming measures (such as tabled crossings), means traffic moves more smoothly with less acceleration

and braking, and so reduces noise. Acceleration and deceleration is the main culprit for increasing emissions.

More people take to active travel e.g. walking, cycling etc.

20's Plenty for Us is supported by (not exclusively!): Institute of Welsh Affairs, Public Health Wales, NICE, Royal College of Paediatrics and Child Health, Association of Directors of Public Health Brake, Cycling UK, Living Streets, Sustrans, FOE, British Heart Foundation, Clean Air, UK Transport for London, Edinburgh City Council and Glasgow City Council.

We learnt that 20mph is not just about safety. In Radyr & Morganstown it's about people feeling safe to cross the road, children allowed to walk to school, cyclists and pushchair users not feeling frustrated. We also need to consider the imminent construction of Plasdwr; there will essentially be a whole new town with to add to the 15,000+ vehicles per day currently using the route if we do nothing.

## What a busy couple of months for RMS

With our next show "How to Succeed in Business Without Really Trying" cast and well under way it's safe to say our feet haven't touched the ground, were delighted to welcome back lots of familiar faces and even more pleased that four of our brand new members have all been cast in principal roles. With laughter ringing around the hall it's proving to be great show, chorus have already been up on their feet and with latin, tap and classic 60s movement what's not to love.

Remember to keep an eye on our website for the ticket release date, of course if you want to get ahead of the

queue remember to check out our VIP scheme. It's a great way to support the company while getting a few treats for yourself, your support means we can keep running the company and producing high quality shows for your entertainment.

[www.radyrmusical.org.uk](http://www.radyrmusical.org.uk)

And finally why not come and join us on the 12th January for our annual Ceilidh, for just £10 we offer you a night of traditional scottish dancing with Hot Broth and Fresh Bread, what else could be better to shake off the January blues.. Again all information and booking details will be available on the website, alternatively please contact our Secretary Bethan Sims for further details. [secretary@radyrmusical.org.uk](mailto:secretary@radyrmusical.org.uk)



# News from Radyr and Morganstown WI

November 2018

The September report mentioned that our proposed trip to Blenheim Palace was postponed owing to Donald Trump's visit. The trip eventually took place on September 20th. Having travelled through rain, the weather obligingly improved and, after enjoying the magnificent interiors of the palace, members were able to take a walk in the grounds or to Woodstock.

Our October meeting was held on Monday 8th. The speaker, Helen Charles, told the story of "The Laconia Incident" which occurred on 12th December 1942 at the height of WW2. The event changed the general attitude of Germany's naval personnel towards rescuing stranded allied seamen and resulted in the issuing of the "Laconia Order". She illustrated her talk with photographs and press cuttings, including a copy of this "order".

The October speaker's talk was particularly relevant as the peace celebrations at Radyr were due to take place from 8th to 11th November.

Also in October, we made a welcome return to Radyr Golf Club for our 61st birthday celebration. This proved to be a beautiful occasion; it was a chance to dress up, to socialise with friends and to enjoy superb food which we didn't have to cook! Members were served a welcome drink of Prosecco followed by a delicious 3-course meal which ended with coffee and tempting chocolate petit four. All this was provided by new chef Christine Davies and her team. The service was faultless throughout and our thanks and congratulations go to the chef and team for their expertise and hospitality.

I have already referred to the Peace Festival which took place in Radyr from 8th to 11th November. The



*This is a photo of our birthday dinner at Radyr Golf Club.*

list of events, orchestrated by the World War One committee, culminated on Remembrance Sunday 11th November. This festival proved another example of the community of Radyr working together, involving all age groups and organisations. Many of our WI members were involved as part of the wider community. We were also represented at the Remembrance Day Service by our President, Ginny Jenkins, who laid a wreath on behalf of our WI. Many of the poppies around the war memorial and swathing Christ Church tower were the product of a summer spent knitting by residents of our villages, including WI members.

We now look forward to Christmas and our November meeting, held on the 12th, was a timely reminder that it is fast approaching. Our speaker was Alison Westwood of Eclipse Gift Wrapping. This lady engaged our members with demonstrations of gift wrapping which were works of art, style and ingenuity, albeit they would have been wasted on one's four-year-old grandchild! One finished parcel

resembled a designer handbag!

It was fun and very much appreciated by the creative and artistic members, though a little daunting for the ham-fisted brigade (I'm one of the latter).

As mentioned in the last edition of The Chain, we will be present at the Christmas tree lighting event on Friday 7th December, hosting our hot drinks and mince pie stall. I hope you will come and see us.

Now, as the next edition of The Chain is not due until 2019, a Merry Christmas and a Happy New Year to all Chain readers.

If you would like to find out more about our WI, which is very much at the heart of Radyr community, email us on [radyrandmorganstownwi@yahoo.co.uk](mailto:radyrandmorganstownwi@yahoo.co.uk) or look for our page on the Radyr and Morganstown Community website. Or just come along to a meeting as a visitor, we meet on the second Monday of the month at 7.30pm in the Old Church Rooms, Park Road.

LJH

## Rowan's Brunch...

Cardiff school girl raises money to support children with life-limiting condition

A school girl from Cardiff has raised money for a charity that funds research into a life-limiting condition.

Rowan Bailey-Lear, aged 10 from Morganstown has raised £130 for Harrison's Fund which is based in Surrey.

To raise money Rowan held a brunch at her house for her friends, selling tea, coffee, fruit juice, smoothies, and lots of food including banana bread, Mexican scrambled egg, bagels with cream cheese and salmon, apple muffins, croissants with homemade jam, strawberries, and melon and granola jars.

Carrie Lear, Rowan's mum said: "My best friend was at school with a girl whose daughter was in Harrison's class in primary school. She shared a post about Harrison's Fund, and I thought it looked like an excellent charity to support. Rowan loves science, and so she loves the fact that the charity directly supports scientific research to find a cure for Duchenne."

Harrison's Fund was set up in 2012 and funds research into Duchenne - a rare genetic condition which affects all the muscles in the body, causing them to waste away. Harrison's Fund's goal is to get as much money as possible into the hands of the world's best researchers, who are working to find a cure for Duchenne.



Rowan Bailey-Lear

The charity is currently funding 16 research projects in the US and the UK.

Rowan added: "I wanted something to work on and organise over the October half term holiday and I really liked the idea of hosting a brunch as it meant I would get to see some of my friends. My favourite part of the day was making fresh coffee and toasting the bagels. I hope my money raised helps find a cure for Duchenne and I can't wait to plan my next event."

Not only did Rowan host the brunch but she also spent the whole day before making apple muffins, banana bread, and granola. She also made the

Harrison's Fund bunting herself, and even made a food-related Spotify playlist - everything from Bread of Heaven to Strawberry Fields for the event.

Luci Roberts, campaigns executive at Harrison's Fund said: "We are so grateful to Rowan for creating her own Harrison's Brunch. She took her inspiration from our annual campaign that runs each June to raise much needed funds for the charity. Rowan worked so hard on the event and it really showed - the amount raised was just brilliant. If anyone else is keen to take part in Harrison's Brunch next year just keep an eye on the website as we will be launching in the New Year."

This was Rowan's second fundraiser for the charity as earlier in the year she grew her own herbs and sold them in decorated envelopes to her teachers.



## Radyr Junior Golf Academy



Radyr Junior Golf Academy has been busier than ever this past Summer. The golf club started junior evenings on a Monday which were designed to include juniors of all ages and abilities, giving them a chance to go on the course as much as possible. With the help of the club's PGA Professionals, the juniors learnt about the rules, etiquette and techniques of golf. During the school holidays, the club also ran half day junior camps which proved to be very popular.

October saw the start of the club's winter schedule which will include further golf camps during the half term break. For additional information, please contact Mr Christian Askins at the Professional Shop at the Radyr Golf Club.

## New Rector for Radyr



We hear that white smoke has been seen to come from the Bishop's Palace in Llandaff and that Bishop June was happy to announce that the Rev Vicki Burrows will be the new Rector of Radyr. She will take up her new position towards the end of February. As rector of Radyr she will be responsible for both Christ Church and the parish church St John the Baptist, now inexplicably in Danescourt, but

still the parish church of the parish of Radyr.

Vicki said "I am absolutely delighted to have been offered the post as your next Priest-in-Charge in Radyr and am very much looking forward to living, worshipping and serving in the Parish.

I am a wife, mother and priest, born in 1961 and married to Billy. We have 5 sons who are 19, 25, 27, 30 and 31) and we look after two girls of 9 and 17.

I served my Curacy in The Bourne in Farnham. I was a Parish with 4 churches, a strong choral tradition and a plethora of activities

I was then Rector of St Mary's Long Ditton for 7 years – the church grew significantly during this time and became an all age congregation serving the needs of the wider community. I was then Vicar of Royal Wootton Bassett, a community whose role in the life of the nation is well known, and I was also Area Dean of Calne in the Salisbury Diocese. More recently I was Vicar of Holy Trinity, Bramley and St Andrew's Grafham, two suburban and rural churches in Guildford Diocese until Bishop June invited me to live in Pendoylan and

serve in the East Vale Benefice. I am thrilled that I now have the opportunity to build on Jenny's legacy and the many firm foundations in Radyr, but also that I will be working alongside so many committed and able Christian reaching out to all who live, work or learn in the parish. Whilst I recognise that the new housing developments and the establishment of a new ministry area may worry some of you I genuinely believe that the arrival of thousands of new families is our shared opportunity to grow God's Kingdom, proclaim the gospel in this generation and so joyfully share the story of God's redeeming love for all people. I can't wait to move into the Rectory and we are looking forward to getting to know you all. I hope we will arrive by the second week of February and that I will be installed later that month. I am holding you all in my prayers and just ask that you would pray for us too as we begin a new chapter in our shared journey of faith."

We welcome Vicki to our midst, the Rector is an important person in the life of the two villages to Anglicans and non Anglicans alike and we wish her a long and successful incumbency.



*This photo (circa 1915) was sent in by Poppy Evans and pictures her great-aunt Elizabeth Morgan who was headmistress of Radyr Primary School for several decades in the 1900s. Her sister-in-law, on the left was married to Dr Mathias, the Radyr GP. The young girl on the right is their daughter Rachel Mathias. My great aunt Bessie in the centre was born at Cwm Farm, Morganstown towards the end of the 1800s.*



### A Report from The Community Council.

By the time this short report is read, this year will be almost at an end. It is however a pleasure to record some of outstanding events during this last year, Councillor David Suthers and his wife Joyce, have just celebrated their Diamond wedding. I am sure that readers will join the Council in sending our congratulations and very best wishes.

This last month, the Council has appointed a new Senior Clerk, Ms Lynne Thomas. Lynne qualified from the London School of Economics and has held several responsible posts in the past. We welcome her to the team and hope that she will enjoy her stay. On behalf of the Council, I would wish to thank most sincerely our Junior Clerk, Mrs Julie Hopkins, who has served the Council and residents in an outstanding manner following the resignation of Ms Ceri Mortimer. We are most grateful.

On behalf of all residents, I would very much like to congratulate Mr Mike Diment, his World War One Committee and the many volunteers who worked tirelessly to commemorate the end of the first World War. The events were a great success and included a concert, teas and great participation by the pupils of our three schools. The decorations at Christ Church, the poppies all around the Monument and the set out at Windsor Gardens were exemplary. Furthermore, at the end of the commemoration dinner, guests were treated to an excellent talk by Mr Ron Jones concerning the contributions our areas made in both World Wars.

The Old Church Rooms Management Committee are about to begin major structural repairs and improvements both inside and outside of the premises. These developments are essential as the Hall is central to many activities undertaken by all residents. Councillor Helen Lloyd Jones and her management of the Environment Committee has led to an enhanced ambience of many areas.

A delegation from your Community Council met for the second time with Mr Paul Carter of the Cardiff City Council Planning Department. Various options regarding Road Safety in our communities were discussed. These are recorded in an excellent paper produced by Councillor H Jones. The major outcome was that a draft plan incorporating a number of possible major Road Calming proposals along Heol Isaf and Ty Nant Roads was produced. This plan has been on display in both the Library and in the foyer of the

Old Church Rooms.

There are two main actions required. The first is to comment on the draft plan and the second is to provide the necessary funding. The first issue is being addressed by the Community Council Working Group joined by local representatives and their brief is to consider Road Safety matters THROUGHOUT our areas. Their report will shortly be available. The predominant concern is the proposed introduction of a 20 m p h speed limit and traffic calming measures along these two roads. However, it was made quite clear at this meeting that to establish all possible measures would take both time and funding.

The delegation was therefore asked to consider all the possible measures at Council and to recommend the first TWO or Three measures they would like to see established as soon as possible.

In addition, road safety along Bryn Derwen and Drysgol Roads was considered. There is only ONE official crossing along these two roads and it is situated near the Guide Hall which is well used by all residents, both young and old. Furthermore, many residents including many children cross the motorway bridge to gain access to Bryn Deri School, the transport network and, of course, the Guide Hall for a variety of activities.

There were also other road safety issues raised and discussed. These included the Station Car parks, entry and exits onto Kings Road, Kings Road itself and the Monument Area. The lack of pavements at the corner of Windsor Road needs urgent correction. Residents will be kept informed of progress.

The question of obtaining the necessary funding for all these developments was again discussed. It appeared that the City Council were currently unable to fund all measures immediately, hence the proposed phased funding was the other option. The Community Council is most grateful that, following discussions between the City Council and Redrow, the latter has kindly agreed to the early release of S106 funds of £300K. What now becomes of paramount importance is to try and ensure that this considerable sum is used in the most appropriate way.

Finally, may I wish on behalf of the Community Councillors a Happy Christmas and a prosperous New Year.

**Ralph S Vaughan.**

Chair Radyr and Morganstown Community Council

## Radyr Methodist Church Christmas Services

All are welcome to join us at our services and activities over the Christmas period, which are set out below.



**Saturday 22nd December 11-12am**

Carol singing on the steps of St. David's Hall Cardiff

**Sunday 23rd December 10.30am**

Family nativity service

**Sunday 23rd December 6.00pm**

Carol service

**Monday 24th December 11.30pm**

Communion service

**Tuesday 25th December 10.00am**

Christmas celebration

Sunday 30th December 10.30am  
No service at Radyr but we will be joining with other churches for a service at Conway Road Methodist Church

*We extend our best wishes for a peaceful Christmas.*

## Radyr Methodist Church Charities fair & Coffee morning

**Saturday 10th November**

Another successful event where the following amounts were raised for the various charities.

Christian Aid (Entry)	£141.70
Christian Aid (Cakes)	£53.10
City Hospice	£180.00
Action for Children	£50.00
Alzheimer's Society Cymru	£105.00
Tenovus	£283.00
Traidcraft	£435.90
PONT	£105.00
Guides	£69.50
Scout stamps	£153.00
Food Bank & Huggard Centre	£52.00
<b>Total</b>	<b>£1628.20</b>

*Many thanks to all who helped and supported this event.*



## Seasons greeting from all the team at Bridges Veterinary Surgery



We would like to take this opportunity to thank all of our lovely clients and local community for supporting us in a time when it is harder and harder for small independent businesses to continue. We really appreciate your loyalty.

With all the excitement and hustle and bustle at this time of year, we can sometimes forget that many of our festive treats can be troublesome for our beloved pets. Here's a little reminder of the foods and seasonal items that can cause your pet to become very poorly.

Firstly, let's talk about food. This certainly is the time of year for indulging and our pets, especially dogs, will often try their best to join in!

Many may already know that chocolate is very dangerous for dogs. It contains a chemical called Theobromine which is very toxic and can cause a range of symptoms from severe tummy upsets, tremors and seizures to serious problems with the heart. Generally, the darker the chocolate, the more Theobromine it contains, but all chocolate should be avoided and veterinary attention should be sought as soon as you've realised it's been eaten by your pooch. Don't forget that even though white chocolate doesn't contain enough Theobromine to be toxic, when eaten in large amounts (or even if tiny dogs or dogs with sensitive tummies eat a small amount) the fat content may cause digestive upsets and even pancreatitis.

Many luxury foods contain raisins. Raisins are so toxic to dogs that they cause severe kidney failure, even if eaten in tiny quantities. Christmas puddings, mince pies, fruit cakes and chocolate coated raisins (double toxicity whammy here) really needs to

be kept out of reach. Seek immediate veterinary attention should any of these be consumed. A lot of these items will also contain nuts. Macadamia nuts which although not as toxic as raisins, can cause tremors, joint stiffness and lethargy.

Turkey and other meats on the bone usually take centre stage during the festivities for us meat-eaters. Dogs will often do all they can to get their chops around a turkey carcass. However, the bones can cause severe gut problems from nasty irritation and pain, perforations, obstructions to severe constipation.

Cooked and uncooked onions, garlic, shallots and leeks can be toxic too. They often cause vomiting and diarrhoea, but can also cause anaemia (low blood cells).

For those of us who enjoy a sherry or three, alcohol has a similar effect on dogs and cats as it does on humans. It is quite common for dogs to help themselves to alcohol, if given the chance! Signs include wobbliness, but if drunk in excess can even reduce a dog's state of consciousness, sometimes resulting in a coma.

Artificial sweeteners (xylitol) are found in some festive and popular sweets, chewing gums, mouthwash and toothpaste. It is very toxic to dogs and symptoms include tiredness, vomiting and seizures.

So, in a nutshell, watch out for those leftovers on the kitchen worktops and make sure those bins are emptied regularly! Also, keep luxury foods well hidden – at a height if possible and don't hang chocolates from the tree.

Other items to watch out for during the party season include cigarettes and e-cigarettes. Nicotine is toxic to animals and it is not uncommon for

dogs to eat cigarette butts or chew on an e-cigarette. Symptoms of toxicity include diarrhoea, excitability / agitation, excessive drooling, rapid heart rate, collapse and seizures.

Plants, include mistletoe, holly and poinsettia often cause mouth irritation, vomiting and diarrhoea. Ivy can cause tummy upsets too but also skin irritation if animals are in contact for a long time.

With the widespread use of anti-freeze during the cold weather, it is important to note that the ingredient in anti-freeze (ethylene-glycol) is severely toxic to dogs and cats. If drunk, even small amounts will cause symptoms of incoordination, vomiting, weakness, tremors, seizures and loss of consciousness. Treatment is aggressive and can take a long time, and unfortunately can be unsuccessful. Keep it well hidden and clear up any spillages as soon as they occur.

Most of the toxicities above can be treated, but the quicker you get your pet to the vet after ingestion, the better.

Hopefully, the information above will allow you to plan your pet-friendly festivities and for them to pass without any unplanned visits to the vet!

If you have any concerns at all, give us a call at the surgery and we can advise on the best course of action. Treatment often involves making them vomit, activated charcoal and sometimes hospitalisation and a drip and any other medication necessary.

*We hope you have a lovely time with your family and pets at this wonderful time of the year. We wish you all a merry Christmas and a healthy happy New Year.*

Written by Roxanne Wild BVetMed



### Ty Coch Nursing Home, Llanishen

I would like to send warmest  
**Christmas Greetings**

to all my friends in Radyr  
and to wish them a  
happy and healthy new year.

Audrey Skidmore

# The Rotary Club of Cardiff West

What is Rotary? Many people think that Rotary Clubs are made up of old men wearing suits and ties, who meet once a week for a meal, a drink and a chat with their friends. Occasionally they organise a fund-raising event and donate the money raised to charity.

That was certainly true of Rotary Clubs in the past, in the days when you could buy 4 gallons of petrol for a pound and buy a 4 bedroomed detached house in Radyr for less than £20,000.



However, those days are long gone and like everything else, Rotary has moved on. The Rotary Club of Cardiff West was set up in 2010 and we meet every Tuesday evening for a meal in Radyr Golf Club. The club is made up of men and women, our youngest member is in her 30s. Our aim is to provide service to those less fortunate than ourselves, either by undertaking service projects locally or by raising funds for charities both locally and internationally, but at the same time we want to have fun together. Our meetings are light hearted, we have guest speakers on a variety of subjects, we hold a monthly general knowledge quiz as well as occasional theatre visits.

Here are some of the things that we have done:

- House to house collections of groceries for the Cardiff Foodbank, which is experiencing an increasing need for its services.
- Bucket collections, thanks to the permission of Pugh's Garden Centre at Morganstown.



- We organise the opening concert of the Radyr and Morganstown Festival in May, this year the charity supported was Alzheimer's UK, next year it will be Action for Children.
- We have a stall at the Christmas Tree lighting ceremony in Radyr every December.
- We attend the Remembrance Day Service at the Radyr War Memorial.
- We help Dan y Bryn Cheshire Home with their Annual Fete.
- As well as supporting large charities, we look for small local charities to support, these charities are often overlooked because they are not able to spend money on publicising their work.
- We hold a Charity Quiz every November to raise funds for the Rotary Foundation, whose main aim is to eradicate polio, which is still endemic in 2 countries in the world, Pakistan and Afghanistan.
- We hold joint meetings with other Rotary Clubs in Cardiff, this year we



have held a bowls night at Pentyrch Bowls Club and in November we will be holding a whist drive at Pentyrch Rugby Club.

During the last 9 years we have contributed to the following charities: Parkinson's UK, Macmillan Nurses, St John Ambulance, Ty Hafan, George Thomas Hospice, Wales Air Ambulance, Bipolar UK, Multiple Sclerosis UK, Cardiff Women's Aid, Dyfrig House Cardiff, Amelia Trust Farm, Blood Bikes Wales and many more.

If you are interested in finding out more about us, please look at our website:  
[www.cardiffwestrotaryclub.wordpress.com](mailto:www.cardiffwestrotaryclub.wordpress.com)

**Mansel Thomas - President.**

## Look After Your Valuables!

A recent report presented to Radyr and Morganstown Community Council focused on a small number of break-ins across the community.

In several of the incidents, forced entry was not required, because the house owners had left doors and windows open. A random check by law enforcement officers in and around the community revealed that a surprising number of households do, in fact, make entry to their homes very easy to accomplish, simply by not locking doors (especially rear doors) or securely closing windows.

So, even in suburban Radyr and Morganstown, the message is to make life difficult for those who wish to help themselves to your possessions. And here are some helpful suggestions:

- Fit an alarm - if you have an alarm, arrange for it to be serviced from time to time
- if you go out for the evening, leave a light on upstairs
- also, leave a radio playing, or use a fake television light somewhere in your house (these cost around £10 online - and it looks as if someone in the house is watching the television)

lock your doors (and check that you have great locks)

- close and secure your windows
- tell your neighbours to keep an eye on your house whenever you go away for a while

Although, in general, the level of crime in Radyr and Morganstown is lower than in other parts of the city, it's as well to take precautions.

Good luck!

Cllr H O Jones  
Deputy Chair  
Radyr and Morganstown  
Community Council

## Operation Christmas Child 2018 *...from back cover*

just one aspect of the work they undertake to alleviate suffering, malnutrition and poverty in crisis areas worldwide.

Our Christmas shoeboxes were taken to the depot at Llantrisant. Here, dozens of volunteers spend weeks in the freezing cold, sorting and crating the boxes, ready for transport.

In January we shall be informed of the destination of our boxes.

Thankyou all for supporting this worthwhile project once again. I must however thank a few individuals.

Gill Davies, who knitted 100 Beanie hats, Marion John, who knitted a bag full of hats, scarves and mittens and Marilyn Morgan who organized 15 of her friends into filling boxes.

Groups are the Sunday Schools and congregations of Christchurch and St. John's, Ladies of Radyr Golf Club, Rotary Club of Llandaff, Radyr N.W.R., Radyr and Morganstown W.I., Radyr Music Group and French class Rhiwbina. Bryn Deri Primary school are to be congratulated on their total and Park Road Primary school also joined in.

Many thanks also to those who gave donations.

Remember, the ray of sunshine your box will bring on Christmas morning.

Anne-Marie Phillips

## Letters to the Editor:...



*Dear Editor,*

I have noted the many serious concerns regarding traffic on Heol Isaf. This problem is likely to be furthered by the influx of hundreds of houses in the near future, bordering Llantrisant Road.

I vehemently suggest that all efforts should be made to deter traffic in Radyr. This may include sleeping policeman humps in the roads or a toll system as is employed in many cities and the Continent. I also wish to point out the complete flaunting of double yellow parking in Station Road. There appears to be no control and makes it particularly difficult for residents of this road. I have taken to photographing cars parked on these lines even obstructing corners or the entrance to elderly residents of Cwrt Bryn Teg. I would hope that action be taken to uphold the parking restrictions.

Name and address supplied

*Dear Editor*

I write regarding the door to the Newsagent in Station Road. I have asked them if it were possible to make it easier to open! But sadly this will not happen. I have, in the past, put my 8 stone weight against it and failed. I now have to travel to Treforest or Fairwater if I want money, a stamp or newspaper. Such a shame - and rather an inconvenience !!"

Contact details supplied

## Old Printer Cartridges

Do you have any old printer ink cartridges you don't know what to do with?

There is a collection box for them in the foyer of the Old Church Rooms.

Money raised goes to Ty Hafren and your doing a bit for the planet.

# Hansel and Gretel

Following a successful visit last year with Cinderella, the Once Upon a Time theatre company will be visiting Radyr with their latest production Hansel and Gretel. Based on the German fairy tale by the brothers Grimm, this story involves a brother and sister caught by a witch and imprisoned in her house made of cakes, sweets and other goodies. This often dark story has been lightened with a great deal of comedy and a happy ending.

Hansel and Gretel is a family show, suitable for children from 5 to 11 although the odd adult is allowed. Tickets 50p can be obtained from the Clerk to the Community Council, see the poster alongside.

Once Upon a Time  
Theatre Company

Proudly Presents

**Hansel & Gretel**  
2018

By  
Beverley  
Allridge

Tickets  
50p

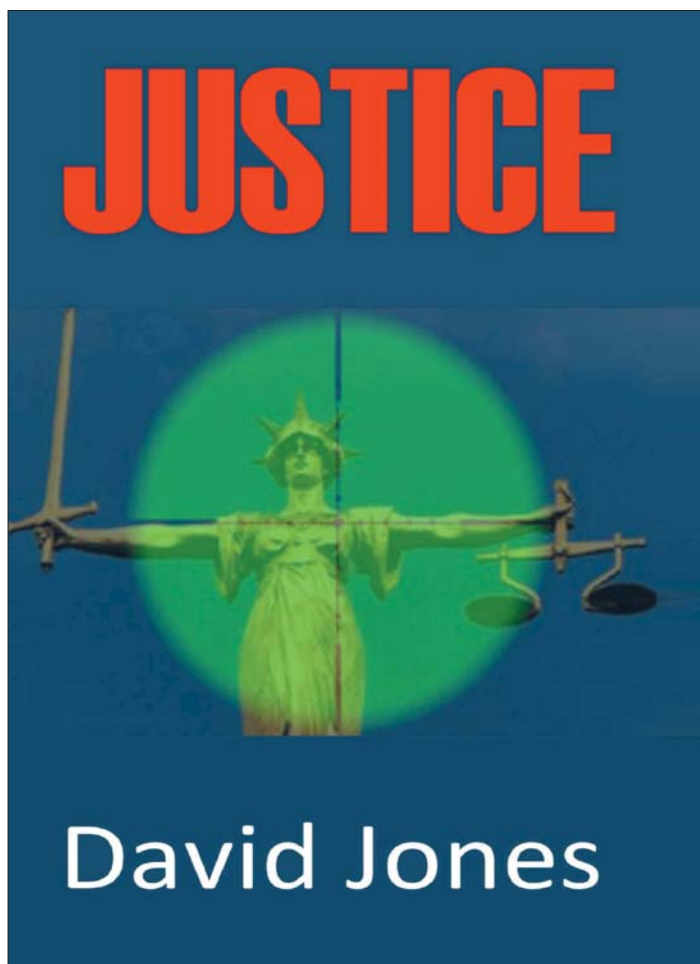
All  
Proceeds  
go to  
Charity

Sponsored by  
Radyr and  
Morganstown  
Community  
Council

**OLD CHURCH ROOMS**  
**6.30pm Wednesday 19th December 2018**

**BOX OFFICE**  
Radyr & Morganstown Community Council Office, Old Church Rooms  
Julie on 029 20842213 Email: clerk@radyr.wales  
Tickets sold on first come first served basis

Call now for information about how to book our future presentations in your venue.  
Once Upon a Time Theatre Company, 56 Railway Terrace, Llanelli, Carmarthenshire, SA  
15 2RH Email: bookings@onceuponatimetheatrecompany.co.uk OR 01554 770672



David Jones has lived in Kings Road, Radyr since 1999 and his children went to school in Radyr. In 2011 David and his wife moved to the Hague where his office was next to the International Court of Justice. He often looked in on the Court to see what was going on and was particularly interested in the Serbian war trials.

Now retired and living once again in Radyr, besides sailing his dinghy in the Bay and following his favourite Rugby team - The Scarlets - he has turned his hand to writing.

His first novel JUSTICE is newly published by Amazon. It is a political thriller of the escape of a notorious war criminal from his trial and the relentless search by one of his victims who is determined to assassinate him.

Published by Amazon in both paperback and available to download to kindle, smartphone or tablet for the bargain price of £2.99, it sounds like an ideal stocking filler.

# Operation Christmas Child 2018

The generosity of our community has been amazing once again.

On Tuesday November 20th, 256 Christmas shoe boxes were collected from Christchurch.

We held our 'Shoobox Sunday Services', at Christchurch and St. John's on November 18th. Our multi-coloured 'wall of love' was swiftly built, and all the boxes blessed by the Rev. Anthony Stevens. He gave an inspiring and knowledgeable sermon on the work of 'Samaritan's Purse'. The shoobox scheme is

*Christchurch Sunday School with the boxes  
See article on page 23*

