

Radyr 'SPAR' Open Day following their refurbishment



The new refurbished shop front



New wider aisles for customers' ease of movement



Steve, Jeff, Janet and Karen with Heather, a grateful customer



Janet and Karen with free wines samples and nibbles for the day



Children investigating their 'Goody Bags'



County Councillor Rod McKerlich samples some wine



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RADYR CHAIN

Free to every home in Radyr and Morganstown



Number 198

February 2012



**Christmas scene in
Station Road**

See article on page 7



Radyr resident travels to Ecuador...

Jodie Davis, who resides in Penrhos, Radyr is a normal teenage girl. She is currently studying for her A levels in Welsh, Drama and Religious Education as Ysgol Gyfun Gymraeg Plasmawr in Fairwater. She enjoys going out with her friends, watching films, listening to and playing music as do all teenage girls her age. She has a particular love of drama and acting and is starring in a forthcoming feature film called 'Hunky Dory' and had several parts in Welsh language programmes such as Pobol y Cwm and Gwaith Catref.

One day last year Jodie came across a report which highlighted the plight of under privileged children living in Ecuador. The report showed the terrible conditions to which orphaned children are subjected. The living conditions are extremely poor and there is little or no future for these children. They are under-fed and have a very unhappy life with next to no education, meaning their prospects in life are extremely bleak.

continued on page 12

COMING EVENTS



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

JANUARY

- 28 Friends of Radyr Woods Working party (weather permitting). Contact: John Scott, 20842772. Meet by Taff Terrace entrance to the Woods. 9.30am

FEBRUARY

- 3 Radyr Primary PTA Band Night. For 1 night only Headteacher Mr Bussy's band, The Funk Sinatras, will be playing in the school hall. Tickets £5. Licensed bar. Please come and support the local school. Places limited, so please purchase your tickets from the school office ASAP. 7.30pm
- 6 R&M ASSOCIATION GENERAL MEETING, OCR Come along and hear Professor Ron Eccles talk about his work at the Common Cold Unit. All welcome. 7.30pm
- 8 Auditions for Festival 2012 Queen and King Radyr Guide Centre. All children up to the age of 12 are welcome to attend this interview process. The Queen and attendants must be available to attend any festival event between Saturday 5th May until Sunday 20th May. The King and any Knights will be needed for the festival fete day along with the Queen on Saturday 5th May from 10.30am. This will be a fun event so don't be shy. Further details from Maggie Roberts 2084 2995 6.30pm
- 8 Rail.Correspondence &Travel.Society. Old Church Rooms. Hugh Gold "Out and about in the last 24 months". All welcome. Visitors £2 incl coffee 7.30pm
- 8 Radyr, Morganstown and District Gardening Club. New Church Rooms, Heol Isaf "The Importance of The Honey Bee to The Gardener" an illustrated talk by Bill Lee Meeting open to members and non-members, all are welcome. For more information please contact Richard Gregory tel : 029 20842084 7.30pm
- 13 Radyr & Morganstown WI Old Church Rooms 7.30pm
- 15-18 Radyr Parish Music Group presents Gilbert & Sullivan's Iolanthe. An exciting staging of this comic operetta that contains some of Sullivan's most tuneful music and Gilbert's wittiest lyrics as they satirise the House of Lords. Venue: Bishop of Llandaff Church in Wales High School, Rookwood Close, Llandaff. For tickets contact Maggie Roberts 2084 2995 or Sue Thomas 2031 0894. 7.30pm
- 21 Imaging 2000. A to Z of Imaging by David Russell. Old Church Rooms - Photographers welcome. 7.30pm
- 22 Tenovus charity bags collection

A Tenovus van will be at the Guide Centre Bryn Derwen for one hour for the collection of bags of saleable goods for the Tenovus shops. Your support for this collection scheme would be appreciated. Tel. 20842096 1.30pm

- 23 Radyr & Morganstown Community Council Main monthly meeting of R&MCC. Chain Room, Old Church Rooms, Park Road 7.30pm

MARCH

- 6 PACT Meeting. Old Church rooms. All residents welcome. 7.30pm
- 12 Radyr & Morganstown WI. Old Church Rooms 7.30pm
- 14 Rail.Correspondence &Travel.Society Old Church rooms. Stephen Gay "Picture postcard Railway Ramble" All welcome. Visitors £2 incl coffee 7.30pm
- 14 Radyr, Morganstown and District Gardening Club. New Church rooms, Heol Isaf "Carnivorous Plants" an illustrated talk by Langford Williams. Meeting open to members and non members, all are welcome. For more information please contact Richard Gregory tel : 029 2084 2084 7.30pm

QUEEN'S DIAMOND JUBILEE 2012

On Wednesday, 15th February, 2012, Radyr & District Good Neighbours will be holding an afternoon tea for senior citizens from our area as part of the Jubilee celebrations. (As we have several events already in May and June we are celebrating her accession to the throne). The afternoon will commence at 3.00pm with entertainment (by The Welsh College of Music & Drama), followed by afternoon tea. Tickets (£1) on sale now from Radyr & District Good Neighbours, The Old Church Rooms (Tel. 2084 2404) or email radyrgoodneighbours@hotmail.co.uk if you would like to join us to celebrate this special event.

In 2002 over ninety residents joined us to celebrate the Golden Jubilee. Don't miss out on this very special event which will not be repeated in our lifetime! Buy your ticket now.

RECYCLING OF BATTERIES

A huge number is used in the UK each year and it is not a statutory duty for councils to arrange recycling. If batteries go to landfill they decay and leak heavy metals into surrounding soil and water and this is a potential hazard to plants and animals. It was estimated that in 2009, over 600 million batteries went to landfill in the UK.

The Editors of Radyr Chain, Bob and Mary Pearce, have waged a campaign to change this and for a long time Bob arranged collection points in local shops and conveyed the resultant used batteries to a council recycling centre. On election as County Councillor I became one of their conduits to the upper echelons of Cardiff Council and after considerable prodding, their efforts were crowned with success. Cardiff Council, from early 2011, started to open battery collection points around Cardiff in schools, libraries and public buildings and there are now over 100 such points. It is estimated that since then about 8 tonnes of batteries have been diverted from landfill and this is expected to steadily increase. Cardiff Council has received a Green Apple award for this achievement and I was asked by the Executive Member to pass this information to your Editors.

Congratulations to Bob and Mary. Now they can start a new campaign to persuade people to use rechargeable batteries as re-use is even better than recycling.

Rod McKerlich

A DATE FOR YOUR DIARY

Thursday, 23rd February, 2012.
Coffee Morning in Aid of Danybryn at Radyr Golf Club
At 10.30am.
Cake Stall. All welcome.
Tickets £2.00.
Phone 2084 2733.

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

Editor - Mary & Robert Pearce, 1 Windsor Grove, Radyr. 2084 2615

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

What's On - Mary Pearce, 1 Windsor Grove, Radyr. 2084 2615

Advertising - Jerry Bray, 41 Hazel Tree Close, Radyr. 2084 3387

E-Mail address - jerrybraychain@tiscali.co.uk

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

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

RADYR DRAMA SOCIETY
A REVIEW OF SAILOR BEWARE!
PERFORMANCE – SATURDAY, 26TH NOVEMBER, 2011



Since the passing of Les Dawson, humour at the expense of the ghastly mother-in-law has been a neglected area but in their production of King and Cary's 1956 farce *Sailor Beware!*, Radyr Drama Society provided an excellent evening's entertainment revisiting the genre.

At the centre of the action is the appropriately named Emma Hornett, a larger-than-life harridan whose daughter is to be married that day. The part calls for a commanding presence, the character being on stage almost throughout the action and Helen Windsor cowed one and all magnificently with her booming voice and withering delivery. Such a dominant character could easily overshadow the others and this is a play with a cast of nine. However the RDS players all gave finely judged performances. Emma's much put-upon husband was played with great gusto by Roger Page who brought out effectively the character of one who is not only dominated by his wife, but is content for this to be so. The scene in which he explains why he loves such a woman was delivered with much sensitivity, in marked contrast to his wonderfully rumbustious entry after a rather long evening at the pub! His sister, Edie, a woman once jilted at the altar and clearly missing a few marbles was delightfully realised by Zoë Pearce who brought out her dotty but likeable nature. In Pauline Watson the garrulous and opinionated neighbour with a nose for scandal came to life, while Nerys

Jones and Laura Green ably played the bride-to-be and her predatory bridesmaid respectively. The young men of the piece, groom Albert Tufnell and his best man, the improbably named Carnoustie Bligh, were effectively played by Peter Griffiths (Albert), who despite being in awe of his future mother-in-law, nevertheless finds the strength to stand up to her, even if that means jilting his bride, and Jim Cowan (Carnoustie) adopting a Scottish accent for the part and clearly relishing its comedic possibilities. David Roberts' other-worldly but perceptive Reverence Oliver Purefroy gently steered the action to its conclusion.

As we have come to expect from the Society, production values were high. The single set reproducing the drab interior of a house of the sixties (when this production was set), complete with three flying ducks, imaginatively included a large window to the side and a passage to the rear with a just visible (and used) flight of stairs, conveying the impression of a house rather than just a single room. The cast had space in which to manoeuvre and used the area well. Lighting and sound effects were well deployed; costumes accurately reflected the period. All credit to Allan Cook as director and the other members of the production team.

This reviewer was greatly heartened by the large audience that came on this, the last night of the run. It was clear that everyone enjoyed themselves enormously and we shall look forward to the Society's next production in April 2012.

RADYR, MORGANSTOWN
& DISTRICT GARDENING
CLUB

At last spring is on its way with promises of things to come, snowdrops are starting to flower, daffodils are well up with buds forming, tulips are poking their noses through the ground and many shrubs are showing signs of new growth. Likewise, the Garden Club is into its spring programme having started with an entertaining talk by Sheen Crossley on Garden History from the Pharaohs to the modern "Chelsea" garden via the formal and landscape movements.

The rest of the programme through to April is equally as interesting so why not come along to a Gardening Club meeting, exchange ideas with members and get tips from the specialises.

We do not all have green fingers and none claim to be an expert but we do enjoy chatting about gardening over coffee at our meetings and taking part in organised visits to gardens – so why not come along and join our members.

Dates for your diary are:

8th February – The Importance of The Honey Bee to The Gardener. An illustrated talk by Bill Lee looking at the life of the honey bee and what the gardener can do to encourage and sustain honey bees.

14th March – Carnivorous Plants. A talk by Langford Williams introducing us to the care and propagation of carnivorous plants both native and exotic (I am told Mr. Williams may bring some plants for sale).

11th April – AGM followed by Canton Community Gardens. The AGM will be followed by a talk by Michael Goode; What is a Community Garden? What is the history of the Canton Community Gardens their development and achievements?

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

We hope that there is something for everyone and look forward to meeting you.

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

Please see Village Notice Boards and Radyr website (www.radyr.org.uk) for programme details and any changes or contact our Chairman – Richard Gregory (029 2084 2084)

RADYR & MORGANSTOWN ASSOCIATION

Christmas 2011

The Association in conjunction with the Community Council created the Christmas scene in Station Road. Thursday, 8th December saw the



switching on of Christmas tree lights and carol singing in Morganstown, Windsor Gardens and Radyr Sidings. The pupils from Bryn Deri and Radyr Primary sang Christmas songs and carols at all the events. Our new lights in Station Road were switched on by Dr. Rhys Jones of BBC Wales, ably assisted by Jonathan Davies of rugby fame. Rhys is an old boy of the Comprehensive School and enjoyed his return to the village. The shopkeepers dressed their shop windows for the occasion and hosted a large crowd with samples and traditional fayre. Santa arrived in his sleigh and created a very large queue of young children waiting to chat with him. The event was a huge success despite the earlier abysmal weather conditions and all bodes well for an even bigger event next year, when we hope to have more lights and (almost certainly) a new location for the Christmas Tree in the Sidings

May Festival and Jubilee Celebrations

Work is progressing on the organisation of this year's Festival which will run from Saturday, 5th May to Sunday, 13th May. On Wednesday, 8th February, we will be auditioning for the May King and Queen. This is keeping with the theme of the Festival "King Arthur at Camelot".

Any youngster above the age of nine is welcome to compete for this appointment. The programme of events is now almost complete and we are pleased to be working this year with the George Thomas Hospice. We are particularly pleased to inform you that Allan Cook has managed to engage Donald Sturrock for the Literary event. Donald, a one time BBC producer has made a documentary about Roald Dahl and written the librettos for five operas based on the work of Dahl, the latest being "The Golden Ticket" – a version of Charlie and the Chocolate Factory. He has received the Spear Books Award for biography and has a number of accolades from both the Daily Telegraph and The Times.

The popular 'Concert in the Parc' event is being moved to the Jubilee weekend. The CC has now decided that they wish to extend this event and run it themselves. We wish them well in this venture.

Radyr Library

Our local councillor, Rod McKerlich, has already reported that the work on the library should be complete by June 2012, when additional facilities will be added to the existing library. This has been funded from the Section 106, planning gain from the development on the sidings and a grant from the Welsh Government. This item featured in the recent edition of *Capital Times*.

Radyr Sidings

A planning application for ten houses on the "community plot" has been withdrawn when Taylor Wimpey realised that this number would create a further requirement for social housing. They have now resubmitted an application for nine houses which avoids this commitment! Although we are not planning to oppose this application we do consider that action should be taken against TW to increase their financial commitment to the community. Both our County Councillor and Community Council have written in this vein.

PACT

In the last edition we expressed our disappointment with the turnout and regularity of PACT meetings. A few more residents attended the January meeting, but unfortunately PC Huw Thomas was unavailable as he was on duty in the area. A free and flowing discussion took place on a number of subject matters which affect our community and the regular report from Cllr. McKerlich was especially useful. The next meeting is scheduled for

Tuesday, 6th March, 2012 – come and join us.

NatWest Bank

We were concerned to hear that the local branch in Station Road will be reducing its opening hours and closing on Tuesday and Thursday each week from the 20th February. A number of letters have been sent to the Regional Director complaining that this is unacceptable to their customers and the community. They have extended hours at other branches in the outlying areas. The reasons given for the reduction in ours is *our* lower "footfall". We have argued that the bank is always full of waiting customers to be served. Local management staff of the bank have been invited to attend the Community Council meeting on Thursday, 19th January in the Old Church Rooms. If you would like to express your opinion there is a thread on the R&M website soapbox or you might like to write to the Regional Director, NatWest, 6 Brindley House, Birmingham B1 2UU. The Association has responded to this announcement.

Website

The web team which is made of volunteers from the community have circulated a questionnaire seeking the views of the users to its value and where it might be improved. The result of this questionnaire was made available on the website at the end of January.

Old Church Rooms

New chairs have been purchased for the Garth Room. These chairs are lighter for users and can be stacked on a trolley saving space and effort. Consideration is being given to a similar set up in the Weir Room.

Future Meetings

The next Association meeting has been arranged for Monday, 6th February when Professor Ron Eccles will give us a talk on the Common Cold Unit at Cardiff University. I am sure that we all could benefit from this! The meeting will be in the Garth Room and starts at 19:30. The following meeting will be our AGM in April. If you would like to consider joining the Association Executive then do get in touch – contact details are below. New members are welcome.

Contacts

If you would like to comment on any aspect of this Newsletter or regular further information, then either email the Secretary, Nick Hawkins, or ring the Chairman, Cyril Williams on 2084 2250.

NEW YEAR, NEW APPROACH TO HEALTHY LIVING?

Happy New Year All! Hope you all enjoyed yourselves over the festive period but for many of us our thoughts turn to losing those excess pounds, getting fit or regaining vitality. If this is you, read on!

Being overweight can compromise our health and self esteem. We know excess weight is almost always caused by overeating and under activity, in other words we eat more calories than we burn up. Many of us are overweight from comfort eating, boredom or just plain bad habits. Getting to grips with what, when and why you are eating can help identify triggers that being adjusted to create a healthier diet.

It really is quite simple! Think more about what your body needs to keep it healthy and disease free. Try to include more vegetables, fruit and whole grains into your diet and avoid processed ready meals, sugar, saturated fat and caffeine. Have some good quality protein with your meals such as lean meat (free rang/organic chicken, turkey, trim fats/skin from meat) and fish especially oily fish such as salmon and trout.

In addition to choosing healthier foods you need to get more active *everyday*. Include activities such as a brisk walk to the shops or to school, gardening and housework. As well as daily activity think about joining an exercise class or gym three times a

week. Getting out and about will increase feelings of positivity and wellness.

Make it an enjoyable experience by going with a friend or partner. The key to sticking with exercise is to make it part of your life and do something you enjoy!

Need more motivation? Try the following!

- Plan your goal. Set SMART goals...specific, measurable, achievable, realistic, time frame....such as "I want to lose half a stone in six weeks"
- Mix up your activities, go to the gym, a class, a brisk walk or run with friends
- Think positive! Believe in yourself! Visualise how you will feel and look as you progress
- Include the whole family in your healthy meal planning, it will do them good too!

Still need more support and motivation? Then hire a Personal Trainer! A good Personal Trainer will create a bespoke plan just for you and your lifestyle whilst offering support and encouragement all the way to achieving your goal.

Good luck!

Natalie Evans is a Personal Fitness Coach with BeingU! Personal Training and Personal Styling Services. Natalie operates a Body Conditioning Class on Wednesdays at 10.30am at Morganstown Village Hall. All abilities welcome. Also one-to-one sessions available. For more information call 07557 736568 www.BeingU.co.uk

TREFORGAN WI

Christmas seems a long way off now but we have a pleasant memory of our December meeting. As last year, we spent a few quiet hours together making seasonable table decorations. Even the most ham fisted of us was able to take home an attractive addition to our décor. It has become Treforgan's own 'crafty' Christmas tradition – an oasis in the hustle and bustle prevalent at that time.

Our 'soiree Noelle' at the beginning of December was a great success. Morganstown Village Hall was lit with candles and decorated appropriately. Mulled wine on arrival set the mood. Music, led by Radyr's own 'Cube', good food and pleasant company ensured enjoyment for members of Treforgan and those who joined us from other WIs.

So 2011 is behind us and Treforgan is finalising plans for 2012. We are exploring avenues towards a book club and genealogical research. We are inaugurating a craft group to take place in the afternoon of the fourth Thursday of every month. This will be in addition to the craft group already established in the morning of the second Friday in the month. Confused? Ring Judy on 029 2081 0243 for clarification and any other information you would like.

If these ideas come to fruition, underpinned with our usual meetings and outings, 2012 will be busy. It's the way we like it.

WANTED:

FIT ADULTS OR ENERGETIC YOUNGSTERS (18 OR OVER) WITH AN INTEREST IN WORKING OUTDOORS

You could help Friends of Radyr Woods by learning how to use our heavy duty petrol driven strimmers.

We would provide training sessions during March at a time to suit you.

For more information contact Phil Kitcher 2084 2520

Messy Times is moving on!



Firstly thank you to Radyr Baptist Church for all your hard work. Your time and support has been invaluable to many parents and toddlers over the years. As the Baptist Church however no longer meets in Radyr we have now become a self run group.

Messy by name, messy by nature, last term we painted, glued, cooked and explored dough, sand and water. Christmas was a time to party and dress up. This term we have based our

activities around an international theme, touring around China with dragons, Brazil with Mardi Gras masks and finishing with a visit to Camelot and King Arthur.

Come and join us, term time Wednesdays 1.30 – 3pm in the Garth Room of the Old Church Rooms. Admission £1 per adult, and 75p per toddler, under 1's free.

Contact Sally Evans tel 20842675 or sallybateman@doctors.org.uk

the residents of Ty Hafod Care Centre in Radyr and Danesbrook House in Danescourt. Commenting on their interaction, Angela Jones who is co-ordinating the project said:

"The residents taking part have been very welcoming towards the students, with some even preparing some photos and literature they had already about their lives. The Journeys Project will enable residents of care homes to become more engaged within their community. The schools and homes participating are keen to continue links even after the project has been completed. In some circumstances older people in care homes can receive few visitors and they can feel isolated from the community within which they live. The Journeys Project will wide participation and enhance community ties through a greater understanding between the generations".

Age Concern has been thrilled with the response from schools and care homes wanting to participate in the project. This is a true living history project from which both students and residents will gain a huge amount of satisfaction and enjoyment.

Susan Davies - Business Manager

RADYR COMPREHENSIVE SCHOOL NEWS

• Congratulations to Ella Powell in Year 7 on gaining her first Welsh Cap in Cricket. We wish her every success.

• **Radyr Gymnasts win Welsh Championship Award:** Some of the school's finest Gymnasts recently attended the Welsh Gymnastic Finals at the Welsh Institute of Sport in Sophia Gardens. Congratulations to our five young students who gained the Gold Award: Sophie Hancock; Mari Ure; Katie Green; Megan O'Connor and Teyanne Roberts.

• **Children in Need Day:** The whole school came together recently to work hard to beat last year's fundraising total of £1500. and indeed our hard-working students and staff exceeded all expectations by raising in excess of £3000. The school's Charity Committee worked very hard to arrange an array of activities on the day including Selling Pudsey Key Rings and Wristbands; Cake and Sweet Sales, Individual and Class Sponsored Silences, a very exciting Quiz between staff and students and leg waxing.

• **Welsh Baccalaureate Department:** Our Welsh Baccalaureate Students were

involved in two very exciting events during the Autumn term. The first event involved a visit by Lord Michael German who visited the school to explain to our students his role in the House of Lords and how the parliamentary system worked. The students were invited to ask several questions and it was a very informative afternoon.

The second exciting project involved our students working with Age Concern and going into local homes in the community. Following its success in the recent People's Millions competition, The Age Concern Cardiff and the Vale of Glamorgan Journeys Project was launched. The project will link all Cardiff comprehensive schools to their local care homes in order to interview residents about their life stories and experiences.

During this intergenerational project the residents' stories will be captured and recorded onto an audio CD with Life Books being produced by Age Concern for each care home resident taking part.

The project was launched on 18th November, 2011 when Radyr Comprehensive School received their first training workshop.

The students of Radyr Comprehensive School had already been introduced to

RADYR SCOUT POST 2011

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

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

Welsh's Veg Supplies, Station Road.

Pugh's Garden Centre, Morganstown.

Pzazz, Hair Designers, Castle Court.

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

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

During this year's Scout Post week our team handled around 50,000 cards in the scout hall.

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

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

NEWS FROM RADYR & MORGANSTOWN WI

In December we enjoyed a link group meeting celebration in Morganstown Village Hall hosted by Treforgan WI. The "Soirée Noel" was a French themed evening. Pâté, cheeses and mulled wine were served and entertainment was provided by a singing group who performed songs unaccompanied and in harmony in the manner of "The King Singers". They were followed by Raymond Rivron and his Jazz Band "Cube". It was a very sociable and festive occasion which we all enjoyed.

Our last meeting in December provided an opportunity for the new committee to introduce themselves. They are:

Pat Williams	<i>President</i>
Anne Rees	<i>Vice President</i>
Gaynor Leaf	<i>Secretary</i>
Rosanne Holmes	<i>Treasurer</i>
Sue Llewellyn	<i>Social Secretary</i>
Megan Delf	<i>Programme Secretary</i>
Jill Newbould	<i>Registration Officer</i>
Sue Coysh	<i>Raffle Organiser</i>

Following the business of the evening, mince pies were served accompanied by Keith John's wonderful mulled wine. Sue Llewellyn and Rosanne Holmes then led the group in a communal rendition of "The Twelve Days of Christmas", accompanied by Christine Davies.

Christmas now seems a long way off and our new Programme Secretary has planned a varied programme for 2012. This includes such topics as "Science and Shakespeare" in February, "Eyes Along the Coast" in March and "Myths and Myth Makers" in April. Our January meeting has already taken place. The speaker was Shiralee Williams who gave information about Emergency Personal Alarm systems. We were amazed at the number of gadgets available for this purpose. Should anyone be interested in finding out more, either for themselves or a relative, the number to ring is:

Cardiff Community Alarm Systems (Tel. 029 2061 4852).

These alarms can save lives. One of our own members feels she owes her life to the prompt response to a personal alarm, following a fall at home.

Looking ahead, our three reading groups, art and craft group, walking group and two genealogy groups have their programmes in place for 2012 and our first supper club of the year will take place on 23rd January at our local restaurant, "Seasons".

Tongwynlais WI are organising the annual St. David's Day walk from Cardiff Bay on Wednesday, 29th February. This event is part of the Taff Trailer's link group activities. It will be followed by lunch in Tongwynlais. Also for keen walkers, the Glamorgan Federation of Women's Institutes has arranged a "Blue Badge" guided walk around Cardiff on the 20th March.

I should perhaps add that taking part in any of these extra activities is purely voluntary. Should you wish to come along to the monthly meetings and just listen to the speaker, have a chat and refreshments, you will be more welcome. For more information, visit our website or contact Pat Williams (029 2084 3843) Email mpwradyr/@btinternet.com

Lesley Hall

IT IS THE SEASON OF SWAPPING

We have had the season of 'giving' but to be honest we need a season of 'lending'. What do I mean by this? I always thought a fair swap was the same as giving, we get to see a film once and to be honest I think unless it is a classic or a Christmas film (like Harry Potter or Elf) that's all you need. By the time you watch the film twice you know half the script and if you're anything like my brother you will try to predict the next line! That is REALLY irritating!

One tip is that you must give all swaps back on the same day. Our family try to use notes and even a swap book! When we do our swap, I and many other teenagers agree we have DVDs that have been on the shelves of our collections for many years and we never bring them out. Another tip is that the disc has to be in the case and be able to play itself. Also make sure it works apparently on my books, its brilliant for the environment and you can get what is a pretty much untouched book or DVD for no money at all!

It is a brilliant idea and I think we should have a system like that in the library where you place a DVD in a booth and get access to a booth of DVDs (but that's for permanent). My old parents have a distant memory of 'swap shop', which I looked on YouTube and think they should bring back

Look at <http://www.swapshop.co.uk/>.

Matthew Walker

NSPCC CHRISTMAS COFFEE MORNING – 24TH NOVEMBER, 2011.

The Radyr NSPCC Committee raised the excellent sum of £1038. at their very successful Christmas Coffee Morning held at Radyr Golf Club.

The money will go again to the appeal, 'Building Brighter Futures', which supports services run from the Cardiff headquarters of 'Diane Engelhardt House'. The main projects here focus on children under one year, children and young people who suffer both physical and sexual abuse, as well as children from minority and ethnic families.

'Childonline' is also a new local venture run from 'Diane Engelhardt House'. Children can now access the ChildLine Helpline from a computer.

Another initiative has been set up to provide support and education for the parents of young babies. It has been found that injury or neglect of the very young can have long term harmful consequences. Many parents are vulnerable having suffered abuse themselves.

Each year the NSPCC raise a substantial amount of money by arranging for children to receive a personal 'Letter from Santa'. In 2010, twelve thousand letters were sent out.

It would be impossible to raise this sum of money without the generosity and support of so many people. The committee would like to thank everyone who helps us to fundraise for this very worthwhile cause.

We would like to thank Gareth P. Morgan, the Club Manager for allowing us to use the Golf Club. Paul, the Caretaker, always does a magnificent job helping us behind the scenes.

We are very grateful to Rhiannon Parry, whose firm 'Cracking Cup Cakes' provided a wonderfully imaginative Hungry Caterpillar Cake for the 'Guest the Weight Competition'.

We would also like to thank Judy Mancuso from 'ener-chi', Radyr, for the very generous gifts of packs, including vouchers, for treatments at her clinic. Judy also provided the helium machine for the NSPCC balloons, which certainly added to the festive atmosphere.

Lastly, a thank you to everyone who buys a ticket and joins us for our Coffee Mornings. Our next date is 10th May, 2012. We hope to see you then.



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

Happy New Year! Christmas already seems a long time ago but I hope that all of you enjoyed the new lights in Station Road and R&MCC hopes to be able to add to them for next Christmas.

We hope to be able to have a permanent site for the tree in Radyr Sidings and are working with the RMA and the building developers on this. With a permanent site for the tree we hope to be able to arrange for tree lights too. The lighting event was great fun and it was lovely to see so many of you there. Many thanks to the RMA, shopkeepers and, as always, the many volunteers who made it happen.

Cardiff Council's new waste collection programme has been running for a few months. If you find it hard to remember what to put out when you can receive a very helpful free text every Sunday that will remind you. You can register by texting 'Tidy' + your house number and postcode to 60066. You can also sign up via Cardiff's website. Could I ask that you put your bags or bins on the kerbside before 6.00am on the day of collection, but no earlier than 4.30pm the day before. We have had some comments about waste being out for much longer which causes problems with animals and birds as well as looking untidy. Collection can be very early in the morning so they really do mean 6am!

Cardiff's Local Development Plan has been delayed for a year to challenge the Welsh Government's very high growth figures. The next time we are consulted on future plans for R&M and the wider city will be in November 2012. I will let you know when there are documents to view.

We and the other five community councils in Cardiff, have been working towards a Charter with Cardiff Council. This has been a very slow process but after waiting for two and a half years, Cardiff have now taken a step forward and issued a revised draft Charter. The Charter aims to help unitary authorities and their town and community councils work well together and understand each other's role. It would, for example, set up structured, regular contact and could lead to the delegation of some services. While the development of Charters is voluntary, the Welsh Government can require unitary authorities to adopt them, if necessary.

Helena Fox – Clerk to R&MCC

PROBLEMS FACING OUR COMMUNITIES

Community Site: The development at Radyr Sidings is a welcome addition to the communities of Radyr and Morganstown; it made use of "brown field land" to create homes for a large number of new residents. As part of the planning process the developer agreed to make some funds available to create community facilities and also agreed to make two plots of land available for community use. One of these plots was commonly described as a "Community Plot" and there was a popular misconception that this half acre could be used as the community wished; in fact the agreement is prescriptively worded and states that it is intended to house a new library or health centre; being a legally binding agreement it requires both parties to agree any change. Taylor Wimpey has, so far, refused to agree any variation and has made it clear that, wherever possible, it will seek to

claw back any possible benefits agreed as part of this planning process.

Taylor Wimpey (T-W) had outline planning permission to construct 350 homes on Sidings 2 but has actually built already some 420 homes; T-W has now sought permission to build nine additional houses on this "community plot". It is my firm view and that of the Community Council that building nine houses on this windfall plot will create a significant unexpected profit and this should be shared with our local community. This point has been put to T-W but given past responses, it is uncertain that they will agree. If they refuse, I suggest that we could organise a picket of the local sales office and seek publicity for this move; I would only do this if there were a large number of local residents who would join in. I would be grateful if people could contact me with their views or alternative suggestions.

NatWest Bank: This bank has

announced that it will reduce hours of opening of the Radyr branch which always seems busy when I go there; there is a clear risk that this is a prelude to closure. Reduced hours will be a detriment to our community but closure would be most serious. Various clients have written to the senior management asking a rethink and the Community Council has organised a public meeting with the local manager.

I would like to compile a list of local account holders who would be prepared to threaten that they will close their account and move to another bank if the local branch is closed. I realise the upheaval entailed in closing a principal account but this is a threat which any bank will take seriously if it is made by a number of clients. Meantime, I hope that the bank reconsiders the threat of reduced hours.

County Councillor Rod McKerlich
Email: rmckerlich@cardiff.gov.uk
Tel. 2084 3106

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 have a demanding job and I often don't get home before 7pm. I also bring work home at weekends. I am very ambitious and am proud of the fact that I can give my wife a lovely home and can pay for our sons to have a good education. We moved to Cardiff following my last promotion eight months ago and recently I have found it increasingly difficult to relate to my wife. She is at home all day and when I come home I feel stifled by her need to spend all her time with me. Sometimes I just want to say on later in work to have a bit of space.

Whilst this sounds very stressful for you, there is a positive way forward now that you have recognised these feelings. You said that you are working hard for your family, but firstly you may need to explore if this is what your family actually want? If it isn't, then your ambition and drive may meet your own goals but not necessarily their goals. However, if they want to continue to live in a big house, have expensive holidays and top of the range toys and computers, then they may need to accept that this might mean that they see very little of you.

When your family re-located with you generally children find it relatively easy to make new friends within the structure of school and various clubs. However, if your wife is at home all day, the naturally she will want to spend time with you when you get home as possibly she has less company during the day. Perhaps this is a good opportunity to talk to her about what she wants and needs now that you are in Cardiff? If she found the move difficult, is she happy to continue to follow you each time you move up the corporate ladder? If she is, does she have interests of her own that she can start to expand? As she begins to develop more of a life for herself, she will also start to find new friends and begin to feel more settled. She may want to consider either some part time work or some voluntary work, or even starting up her own business.

Meanwhile, you also may need to think about hobbies and interests so that you also have a life outside of work. Some of these may be joining a club or a choir with your wife, but also doing something for yourself. It is important to recognise how stress can build up and create the feeling that you never have time for

anything and your life becomes very insular. As you develop hobbies and interests you will also begin to relax and hopefully the time you spend with your wife will be far more enjoyable and fulfilling.

I failed my driving test recently as I got so nervous during the test. I believe I am a good driver and my Instructor is very pleased with me, but how do I get over my nerves so that I can book my next test?

When sports people are perfecting their skills, they often use visualisation to see themselves taking the perfect shot. I wonder when you think about your test, what pictures do you conjure up? Do you see yourself driving confidently and comfortably with the Examiner smiling and nodding next to you? Or do you just dread the thought of the test and feel anxious and nervous just thinking about it?

As your Instructor is pleased with your driving ability, I would suggest that you continue to find ways of driving as often as possible and associate it as an enjoyable experience. If a close friend has a car that you could drive, perhaps you could pay the additional insurance so that you have regular opportunities to drive? Each time you drive and you are feeling good, capture or 'anchor' that feeling by pressing your thumbs gently against the steering wheel. To build on this anchor, you can also sit quietly at home and visualise how it feels to be confidently driving along. As you build up the image in your mind and the positive feelings associated with driving, gently press your thumbs against the side of a table or a book, to reinforce the anchor.

Finally, by the time you feel ready to take your test, the habit of pressing your thumbs gently against the steering wheel will automatically tell your sub-conscious that you are confident and able to drive and it will just be another every day trip out in the car.

If you would like me to talk you through this process prior to your test, then drop me an email and we can arrange a time to reinforce this powerful mental re-programming. Good luck!

CHAIN COOKERY CORNER

Moroccan Lamb

This is easy to prepare, very tasty and warming and not too expensive.

Serves 8.

3 tsp. turmeric
3 tsp. paprika
1/2 tsp. cayenne pepper
3 tbs. plain flour
1 kg. diced lamb (shoulder is perfect)
4 medium onions finely chopped
6 garlic cloves chopped
2 tsp. cinnamon
3 tbs. grated ginger
3 tbs. tomato puree
3 tsp. crushed coriander seeds
1 tin chopped tomatoes
3 tbs. raisins or sultanas
olive oil
salt and pepper
8 dried apricots halved

1. Mix turmeric, paprika, cayenne and flour together in a bowl or large paper bag
2. Gradually throw in the lamb and toss it around to give it a good coating
3. Heat a large frying pan or iron casserole, add a little olive oil and gradually add the lamb. Brown on all sides, remove and set aside. Add more oil if needed.
4. Heat oven to 160C/320F/Gas 3
5. Put onions, garlic and cinnamon in the pan and fry for a few minutes.
6. Add the remaining ingredients plus the lamb and heat through.
7. Transfer everything to casserole or tagine.
8. Top up with stock or boiling water to cover everything.
9. Season with salt and pepper and place in oven for two hours.
10. Check after two hours, add stock if needed. It must be moist.
11. The flavours will develop if cooked the previous day.
12. Serve with couscous to which you can add chopped coriander and lemon juice.
13. Would freeze well.

A.M.P.

PACT

Partnerships and Communities Together

Happy New Year from your local officers Huw and Tori.

We are your local officers, covering Radyr & Morganstown, Creigiau & St Fagans and Pentyrch & Gwaelod y Garth.

Recently it is being reported that parking is becoming a problem in Radyr, Gwaelod y Garth and Pentyrch. We would like to remind drivers to not park on pavements, over double yellow lines and for longer than the permitted 1 hour on Station Road, Radyr. May we also remind those who do the school run to be mindful of obstructing pavements, parking on zigzag lines and to drive slowly.

PC Huw Thomas has been conducting patrols at night, and has noticed that many vehicles have been left unlocked, from a crime prevention point of view we urge vehicle owners to lock their cars and remove valuables from sight.

Neighbourhood Watch is being re-launched on email, anyone who would like to have more information or be on the mailing list can contact us as below.

PCSO Tori Miller 07584 883182
tori.miller@south-wales.pnn.police.uk

PC Huw Thomas 07584 004472
huw.thomas@south-wales.pnn.police.uk

To report an incident please use the 101 service.

PACT Meetings

Radyr Old Church Rooms, 7pm on the 29th of February and 24 th of March.

Creigiau Primary School, 7pm on the 8th of March

Pentyrch Rugby Club, 7pm on 9th of March

Rotary in Radyr

December saw us carry out two very successful collections in Radyr - toys and toiletries for Women's Aid and food for Cardiff Food Bank.



On behalf of both of these organisations we would like to thank everyone who gave donations, with a special mention to the Radyr Guides for their support. We would also like to thank those volunteers involved in collecting who braved the rain and cold.

We are delighted to report that your generous contributions resulted in us collecting a staggering 256 kilos of food for the food bank.



The Club took part in the Radyr Christmas Event. Several members went back to their childhood as they entertained the new generation of children with a windup train chuffing round the track.

January saw us welcome two new members.

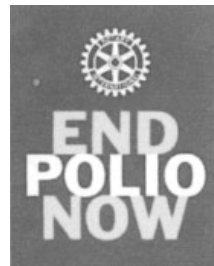


Gaynor Davies and Phil Head with President Eric Blackwell



Our first social event of the year was at Radyr golf club. Throughout the evening a series

of events unfolded which saw us investigate and solve the murder of a local businessman who had made numerous enemies, many of whom attended our dinner. A number of suspects identified themselves as the dinner progressed and guests competed to crack the case which led to the murderer being revealed! Mystery solved!



The beginning of the year represents an important milestone for Rotary. In 1985, Rotary international began its cam-

campaign to immunise all children against polio in a quest for the eventual eradication of the disease. In 1988, Rotary was involved, with the World Health Organisation, UNICEF and other organisations in the formation of the Global Polio Eradication Imperative, which made Rotary's goal a global imperative. Supported by the Bill and Melinda Gates Foundation, Rotarians worldwide raise funds and awareness and participate in immunisation events. At the beginning of 2011 Polio remained endemic in only 4 countries - Afghanistan, India, Nigeria and Pakistan. As Rotarians we are delighted that February 2012 sees 12 months without a Polio case diagnosed in India representing an important step towards our ultimate goal of Polio eradication.

PLEASE support our upcoming Fund Raising

Following the success of last year's event, in March we are holding another **St David's Day concert at Christ Church - featuring the fantastic Con Voce choir.**

In March we will be selling tickets for a **Trolley Dash at Asda in Leckwith.**

Details of both will be soon on our website

www.cardiffwestrotaryclub.wordpress.com as are details of Club

LOCAL MARTIAL ARTS CLUB CELEBRATES THIRTY YEARS...



Aikido Gakko Ueshiba club photo 29 November 2011

A martial arts club based in Morganstown is marking its 30th birthday with a special course on 21st January. Aikido Gakko Ueshiba, which uses Morganstown Village Hall as its main training venue, practices a traditional form of the Japanese art aikido, which is a martial art derived from the principles of the historic samurai warriors.

Aikido is non-competitive and seeks to use movement rather than physical strength to overcome an opponent. Although not the best known martial art, it is growing in popularity since first being introduced to the UK in 1955. The

club was founded thirty years ago by its chief instructor (or sensei in Japanese) Bernard Harding (6th dan) and has met at many venues throughout Cardiff before finally coming to Morganstown fourteen years ago. This is the second historic milestone recently for the club as Sensei Harding last year celebrated his fortieth year of practicing aikido. Aikido Gakko Ueshiba meets every Tuesday and Friday at 8pm in Morganstown Village Hall and beginners are always welcome to come along and experience aikido for themselves.

If you want to know more, please contact Richard Belcher on 07790 167560 or visit the club's

MOLLIE TILLEY

A HEART-FELT THANK YOU FROM BRYN WALTERS

I would like to thank all the very generous friends who were such a great support to me and my beloved Mollie during her final illness. You gave us your time and drove me to Penarth whenever I needed to go which allowed us to spend precious time together. I could not have done this so easily without your help and I shall be forever grateful for it. The crowds of people at Mollie's funeral show how well-loved she was in Radyr and Morganstown and she will be so very greatly missed.

With my very sincere thanks, Bryn Walters.

Radyr resident travels to Ecuador...

from front cover

This report touched Jodie to such an extent that she vowed she wanted to do something to help. She made the decision to organise a gap year in her studies and travel to Ecuador as a volunteer, deferring her studies for a year.

After a great deal of research she came across a charity called Latitude Global Volunteering which had a programme in Ecuador. The volunteer work it organises helps with the plight of the Ecuadorian children that had initially stirred Jodie to do something to help. Latitude Global Volunteering organise the trip from start to finish. Jodie would live with a local family in close proximity to an orphanage and her time would be spent providing support to the workers there on a daily basis. Her duties could be anything from teaching support, to cooking duties, to cleaning.

The programme runs from September 2012 to February 2013, which means Jodie will be away from her family and friends for six months, which encompasses Christmas and her birthday. Such was the emotional effect the plight of the children had on Jodie, this seems of little consequence to her.

As with these volunteer schemes, there is a vast sum of money needed to be raised to fund them. The Ecuadorian programme that Jodie intends to undertake will cost her £4,000. This covers all the expenses including flights, medical preparation, in-country support and a donation to the host family.

Jodie is desperate for Corporate Sponsors and if you can help, please contact her. Also in the coming months, Jodie intends to organise many fundraising events. These will include a quiz night, a charity concert, car boot sale, various sponsored events and many raffles. To do this she needs as many donations as possible.

This volunteer work is very important to Jodie, the plight of these children has touched her heart and she has an uncontrollable desire to help despite the profound effect it will have on her life.

If you feel there is anything you can contribute, large or small, either as a monetary donation or in an item that would be able to raffled, Jodie would like to hear from you. Jodie can be contacted at 12 Penrhos, Radyr, Cardiff, CF15 8RJ (Tel. 029 2084 4370 or via email on jlkdavis@hotmail.co.uk

GOOD NEWS FROM RADYR COMPREHENSIVE SCHOOL



Five Year 7 pupils from Radyr Comprehensive School were made Welsh Novice Champions on the 28th November 2011.

On Friday they had beaten off approximately five schools to become county champions and were put through to the Welsh Finals at the Welsh Institute of Sport in Sophia Gardens. They were up against schools from across Wales (approximately six teams). They had a nervous start but came through to perform fantastically. It was a real

pleasure to see the enjoyment from the girls and watch them perform after all their hard work in training.

When it was presentation time the girls (and their teacher) sat nervously waiting for the results. When Whitchurch were announced as second place we were beginning to think it was not going to be our day. But much to our delight, Radyr were announced as the Welsh Champions!

Mrs. V. Woods

Head of PE, Radyr Comprehensive

OPERATION CHRISTMAS CHILD

I am delighted to report that 175 brightly coloured and imaginatively filled shoe boxes were piled high in Christ Church on 20th November before travelling to the depot for distribution to many countries. Last year the boxes were transported to Belarus, Haiti, Kenya, Kosova, Kyrgyzstan, Liberia, Montenegro, Mozambique, Romania, Serbia, Swaziland, Ukraine and Zimbabwe. This is a wonderful total and the greatest to date.

These shoe boxes which are so thoughtfully filled, bring enormous joy to the poorest of children. Many of these children spend their entire childhood in orphanages and these boxes are their only gifts at Christmas time.

Everyone who filled a box is a star but

there are a few superstars I should like to mention. Rose King (W.I.) who has spent weeks in hospital, filled four and was responsible for a further eight. Gill Davies (R.P.M.G.) presented me with 23 beautifully knitted beanie hats, (Isobel Brown (Christ Church) who has been very poorly, knitted three pairs of Teddy Bear hand puppets and Hilary Kitcher (Church) knitted a pile of hats, teddy bear and clown puppets.

The groups who contributed include the congregations and Sunday Schools at Christ Church and St. Johns, the ladies section at Radyr Golf Club, Radyr & Morganstown W.I., French Class Rhiwbina and for the first time, Enerchi and the Radyr branch of the National Housewives Register who filled fifteen boxes.

Thank you all so much for your generosity with the boxes and donations.

Anne-Marie Phillips

Murder She Wrote

Among the many celebrations during 2012, the sixtieth anniversary of Agatha Christie's murder mystery, *The Mousetrap*, could easily get lost. It is difficult to imagine the London theatre scene without this cornerstone of the establishment.

Expecting it to run no more than eighteen months at the most, the management gave the original cast length of run contracts; that means that Richard Attenborough could still be playing the part of Detective Sergeant Trotter at the age of 88.

The Mousetrap has broken all box office records and by the end of this year it will have been performed some 25,000 times. The previous longest run was for the musical *Chu Chin Chow* which had only 2,239 performances. Since then musicals like *Phantom of the Opera* and *Les Miserables* have clocked up some long runs, but are still a long way behind *The Mousetrap*. Another interesting fact is that the actor David Raven played the part of Major Metcalf 4,575 times over a period of eleven years.

To celebrate its sixtieth birthday, the management of *The Mousetrap* have decided on a series of events including the number 60, one of which is a national tour of the play for sixty weeks. Happily, *The Mousetrap* will be coming to the New Theatre in Cardiff for one of those weeks in the autumn of 2012.

The Radyr Drama Society will also be celebrating the event by performing a farcical send up of the genre *Hello...Is There Any Body There?* By Ian Hornby. Lady Amelia Simpson-Squire is a successful crime novelist but she is having difficulty getting her next novel started. She drags in her husband, a family friend, the butler and the maid in the search for a plot, then a body turns up, then another then ... *Hello...Is There Any Body There?* Has the usual collection of characters most of whom I've already mentioned, as well as the police team who are totally incompetent, as in all good thrillers.

After their success in keeping audiences laughing with the delightful farce *Sailor Beware*, Radyr Drama Society are happy to guarantee you another evening of fun and laughter with an occasional interesting twist.

Hello...Is There Any Body There? can be seen at Morganstown Village Hall on Thursday, Friday and Saturday, 26th to 28th April at 7.30pm. Write these dates in your diary.

History Notes...

The R&M Local History Society have announced their programme for 2012.

Thursday, 8th March.

Caroline Pudney will outline the discoveries at the newly found port at Caerleon.

Thursday, 19th April.

An afternoon guided tour and tea at Fonmon Castle in the Vale of Glamorgan. £10.



Sunday, 6th May.

In the Footsteps of Pilgrims. A circular walk looking at the pilgrim routes in Radyr and the influence of the Mathew family. Meet outside the Radyr Court pub at 2.30pm. The walk will last about 2? hours. This is part of the R&M Festival.

Thursday, 24th May.

Rhianydd Tribiebrach. Medieval tombs in Wales, with special

reference to the Mathew tombs in Llandaff Cathedral.

Thursday, 28th June.

Annual trip to Salisbury and Wilton House. Wilton House is one of the finest historic houses in the UK with a fine art collection, lovely gardens and extensive water features. Coach and entry £21.

Thursday, 13th September.

If you Read This. Sian Price will talk about her recently published book of love letters from various war fronts.

Thursday 8th November.

Dr. Anita Jordan on Paupers.

All talks are at 7.30pm. in the Old Church Rooms. All are welcome. The pilgrim walk is part of the R&M Festival and details can be found in the Festival brochure. If you'd like to join us on either of the two visits, please contact Allan Cook on 2084 3176.

LEARN WELSH IN RADYR

The National Eisteddfod will be easily accessible from Radyr once again next August when it will be situated in Llandow in the Vale of Glamorgan.

Do you feel you'd like to know more about what's going on on the Maes? Would you like not to have to use the excellent translation equipment available at that event? Do you have children being educated through the medium of Welsh and want to keep up with them?

Have you ever thought about or tried to learn Welsh? Was the time or the location of the course not convenient? The Cardiff and Vale of Glamorgan Welsh for Adult Centre is looking into the possibility of running such a course in Radyr at a time to suit you. So you could be half way there by next year's Eisteddfod.

Learning Welsh with friends at a time and venue convenient for you makes the process easier, more enjoyable and more accessible.

For more information, please contact Gwennan Higham on 029 2087 4710 or email her at HighamGE@cf.ac.uk



STAR BLOOD DONOR

Mike Dams who has been a Radyr resident for 31 years gave his 100th pint when the Blood Donation Unit visited Radyr on 23 December.

Mike first started donating blood aged 18 when he left Larkfield Grammar School, Chepstow to take up a post at British Nylon Spinners, Pontypool. The Donation Unit made regular visits to the site and employees were encouraged to donate. When he moved to Dow Corning, Barry he continued donating regularly when they visited the site. On taking early retirement in 1999 he continued to give his pint in various locations across South Wales which culminated in his 100th pint on home turf in Radyr.

ROALD DAHL – STORYTELLER

The Festival organisers are particularly excited to have booked Roald Dahl's biographer, Donald Sturrock, for the 2012 Festival. Sturrock's recent biography of Roald Dahl, *Storyteller*, has been short listed for several awards and won the Spear Books Award for biography. The Daily Telegraph called it a "superb biography" and The Times Literary Supplement said of it "*Storyteller* does Dahl the service, as Dahl did for some of his characters, of revealing the human in the monstrous". Although Dahl had a long and close relationship with his mother it is interesting to note how many of his characters are orphans and it was while they lived at Ty Mynydd, Radyr that his father, Harald, died. Harald is buried in the graveyard at St. John's.

The Scotsman said of *Storyteller* ... Roald Dahl, a writer whose life was just about as far from boring as it is possible to be". Crash landing in the North African desert during the Second World War; his work for military intelligence, he was a contemporary of Ian Fleming; married to a Hollywood star, Patricia Neal; just for a start.

Sturrock, a one time BBC producer, has made a documentary about Dahl for the BBC and written the librettos for five operas based on the work of Dahl, the latest being *The Golden Ticket*, a version of Charlie and the Chocolate Factory.

Donald Sturrock will be at the Old Church Rooms at 7.30pm on Friday, 18th May.