

Festival Literary Competition 2013

During this year's Festival, R&MCC sponsored its first literary competition for all primary school-aged children living in R&M. The theme was *Colours*, to match the Festival Parade, and the work was judged by Caroline Noall of Radyr Library, Allan Cook of Festival Committee and Caroline Fowler, Head of Year 7 at Radyr Comprehensive School. We thank the judges for giving their time and expertise so generously. The competition was a great success with six entries per year group in each school going forward for final judging. The judges were most impressed with the standard of work. R&MCC donated a handsome glass trophy to each school to award to their Year 6 winners and donated book tokens for each year group with gifts for the runners-up. The winning entries were put on display in Radyr Library where many local people could enjoy them and be proud of our children's achievements. We will run the competition every year from now on and hope to involve Radyr Comprehensive School pupils too. Congratulations to everyone who took part.

Here are the winners:

Bryn Deri Primary School



Year Group

Year 6
Year 5
Year 4
Year 3
Year 2
Year 1
Reception

Winner

Teigan Sasoon-Taylor
Callum Dyer
Catherine Lewis
Chloe Thomas
Sharmeela Bragg
Megan O'Neill
Miles Martin-Boon

Highly Commended

Sreenilhi Balaji
Sophie Pocklington
Aidan Convery
Michael Strong
Oliver Welch
Eva Hutchings
Sian Clayton

Radyr Primary School



Year Group

Year 6
Year 5
Year 4
Year 3
Year 2
Year 1
Reception

Winner

Bethan Chadwick
Holly Mae Harrison
Elliot Vas
Ewan Crowle
Rania Siddiqui
Shayan Ali
Vera Jones

Highly Commended

Oliver Churchill
Jemma Lai
Adil Miah
Hannah Gasson
Aminah Khan
Lucas Goetz
Lewys Condon



Radyr & Morganstown Community Council Cyngor Cymuned Radur a Threforgan

Bryn Deri Primary School's Y6 winner says, "I was really pleased and proud to win the literary award this year especially because people were able to read and enjoy the poem that I created. When we were told to base our piece of work on the colour orange the very first thing that came in to my mind was a volcano. Although I have never seen a volcano erupt, I tried to get the pictures that came in to my mind on to the sheet of paper in words. I hope that I managed to do this and that you enjoyed my poem.

My poem took about an hour to write from start to finish. I wrote a draft first and then went back over it adding more detail and better words to describe the image. I enjoyed the whole process and will do it again."

Tiegan Sasoon-Taylor, aged 10 years and 11 months.

Radyr Primary School's Y6 winner says: "My name is Bethan Chadwick. I won the Festival Colour Poem for Year 6 Radyr Primary School. I was thinking about ideas for my poem in Liverpool (because my brother and Dad were going to be watching a football match there). My first main idea was 'The Wonders of the World'. I was going to do foods from different parts of the world and their colours or, the seven wonders of the world, I couldn't decide so I asked my dad. He said that the wonders of the world was the best idea so I started writing it properly. I don't really think about writing it properly, I just do it. I write what I think and feel. I searched up the seven wonders of the world to see their proper colour. I described their colour and their size in the poem. After I finished my dad read it and he said it was really good. He helped me (if a word didn't fit) think of another one. I also learned something new... What the actual seven wonders of the world were! I really enjoy writing poems and I was really happy I'd won!"

With thanks to Mick Sullivan for the photographs.

Helena Fox – Clerk to R&MCC

RADYR CHAIN

Free to every home in Radyr and Morganstown

Number 207

August 2013



RADYR & MORGANSTOWN FESTIVAL CHEQUE PRESENTATION



On Wednesday, 10th July, 2013 the Festival cheque presentation took place in the grounds of the Old Church Rooms as it was a glorious summer's evening. Chairman of the Festival Committee, David Cargill, reported that the Festival had once again been an enormous success.

Cyril Williams, Chairman of the Radyr & Morganstown Association presented a cheque for £4,600. Radyr & Morganstown Friends of Tenovus Chair, Rosanne Holmes, accepted the cheque and expressed grateful thanks on behalf of her committee for the monies raised. The committee were extremely grateful for the tremendous effort made by the Festival Committee and residents of Radyr and Morganstown in supporting Tenovus as the nominated charity for this year's Festival.

Also present at the meeting was Phil Parker, Cardiff Ambassador for LATCH (Welsh children's cancer charity). LATCH is the nominated charity for next year's Festival and Phil and his team are very much looking forward to being involved and working with the Festival Committee for 2014.

Following the meeting and presentations, drinks and a barbecue were then thoroughly enjoyed by all those present.

Radyr & Morganstown Friends of Tenovus continue with their fund-raising events and will be holding their Autumn Coffee Morning on Thursday, 10th October at Radyr Golf Club at 10.30am. We look forward to seeing all our friends and supporters who help us with such kindness and support throughout the year.

Alison Skidmore

Whenever one has strolled down Park Road over the last few months, the premises which once housed Chris Lloyd's grocery shop has been an intriguing hive of activity. Casual observation showed that the interior of the shop and its storeroom were being gutted, renovated and totally refitted. Then, in the second week in July – just as the heat wave emphatically heralded the arrival of summer – all was revealed: No. 7 Park Road re-opened as "The Orchard", a continental style café with tables set out jauntily on the pavement, more inside of course and yet others basking in the sunshine at the back of the premises.

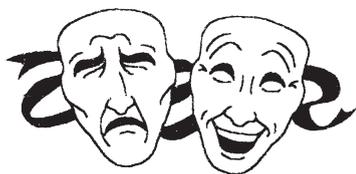
The first I knew of it was when my wife phoned from the library one Saturday early in July to say: "I'm not cooking lunch today – it's too hot. Get yourself

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New Café opens in Park Road



COMING EVENTS



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

August

- 8 Radyr Drama Society Auditions
Auditions for the planned November Production of 'An Inspector Calls' will be held in the Christchurch school rooms. All are welcome especially new members. 7.30pm
- 24 Danybryn Harvest Fete Join the residents for musical entertainment, BBQ and refreshments. Entrance £2, children free. Stall holders welcome at £5 a table. Contact Danybryn for more info 02920842237 1.00pm

September

- 1 LATCH Family Fun Day at Cardiff Model Engineering Society, Heath Park. Children of all ages with accompanying adult(s) are invited to the Family Fun Day commencing at 11.00am until 2.00pm. Train rides, various stalls and entertainment. For more information and to register your details contact Allie on 029 2074 8859 11.00am
- 4 Twinning AGM 7pm followed by a BBQ 8pm with Licensed Bar tickets £5 from Caroline 20842250. 7.00pm
- 6 Radyr Parish Music Group. Tonight is the first rehearsal of our new production of Thoroughly Modern Millie to be staged February 2014. We welcome all performers and friends, especially new faces, to come along, have a sing and dance and enjoy a glass of wine afterwards. Venue: New Schoolrooms, Christ Church, Heol Isaf, Radyr. For further details you can email us on music@radyr.org.uk. 7.30pm
- 9 Radyr & Morganstown WI Institute meeting - talk on 'History of Belly Dancing' by Ms Safina Soloman. Old Church Rooms. 7.30pm
- 16 R&M ASSOCIATION GENERAL MEETING. To be held in the Old Church Rooms. All residents of Radyr & Morganstown are eligible to be members of the Association and are invited to attend. The speaker will be our local MP, Kevin Brennan. 7.30pm
- 18 R&M Indoor Bowls Club. The new season starts 18th September and new members will be most welcomed. Meet

at Morganstown Village Hall Wednesday & Saturdays 2 and 6pm each day throughout the winter months. For more information www.radyr.org.uk/i-644

19 R&MCC Main monthly meeting. Chain Room, Old Church Rooms, Park Road CF15 8DF 7.30pm

October

- 6 Run for TEAM LATCH at the Cardiff Half Marathon on Sunday. For more information contact Allie on 029 2074 8859.
- 14 Radyr & Morganstown WI Institute Meeting - 'Spinning and Weaving' taster by Ms Heather Becket. Old Church Rooms. 7.30pm
- 17 R&MCC Main monthly meeting of R&MCC. Chain Room, Old Church Rooms, Park Road CF15 8DF. 7.30pm

NEWS FROM RADYR & MORGANSTOWN WI

The WI is now officially on summer holiday but the time leading up to the summer recess was busy.

In June, the National Federation of Women's Institutes held the Annual General Meeting in the Motorpoint Arena where the guest speakers were William Shawcross, Griff Rhys-Jones, John Humphrys and Jonathan Wilcocks. The highlight for the Radyr members was seeing Mary Thompson and Gaynor Leaf receive an award for the journal recording our big walk, little splash challenge. We celebrated with lunch at the Madeira Restaurant.

Later, in June, we had a tour of the Mansion House in Cardiff. The House boasts an extensive collection of artwork, furniture and antiques. The silver is particularly impressive. We learnt that most of the treasure had been bequeathed, donated or "scrounged". It is all on display and much of it is in regular use, such is the efficiency of the security system.

Our June meeting continued the theme of local stately homes when our guest speaker, Gerry Donovan, gave us an illustrated talk on the history and restoration of Dyffryn Gardens. The house and gardens are now under the auspices of the National Trust but Dyffryn is not your average National Trust property. The gardens are now being restored and the house is now stable and watertight but

many of its rooms aren't functional. In fact, it is in a state of change and it will be interesting to see how it changes and develops. Gerry's talk took us through the house's various incarnations and proved how much time, thought, expertise and finance has gone into the redevelopment to date.

A group of twelve members visited St. Fagans Folk Museum for a talk entitled Behind the Scenes Textiles. This was the last of the July events and did, in fact, take place after our Monday meeting on 8th July.

The speaker for this evening was Mrs. Pamela Robson and her subject was the Life of Mrs. Beeton. This Victorian domestic goddess enjoyed wealth, celebrity and acclaim but sadly died at the age of 28, leaving two very young little boys. Her story was a sad one in spite of her success. Mrs. Robson told it well with the help of photographs and interesting examples of Victorian kitchenalia.

We then moved on to the "end of term party" which had a patriotic theme, this year being the fiftieth anniversary of the Queen's Coronation. We were all clad in red, white and blue and sported crowns. Mary Thompson won the price for the crown, one so intricate in design that she could have lifted the Imperial State Crown from the strong room of London Tower. The refreshment team and committee served excellent snacks, nibbles and drinks and the evening ended with flag waving and the rousing singing of Rule Britannia and God Save the Queen led by Rhiannon Birdsall. We produce a sound that came a close second to the Last Night of the Proms!

A summer trip is planned for Tuesday, 6th August. The destination will be Tyntesfield Bristol. This is a National Trust property.

Looking towards the Autumn, Lunch Club will be meeting at Mulberry Street, Llandaff on the 17th September and plans are afoot for a joint birthday party and link group meeting on Wednesday, 23rd October at Morganstown Village Hall.

The first meeting of the Autumn Term will be Monday, 9th September. The speaker, Mrs. Safina Soloman, will be talking on the History of Belly Dancing (our programme is very wide ranging!)

We meet on the second Monday of the month at 7.30pm in the Old Church Rooms, Park Road, Radyr. New members and visitors are always welcome. Visit our website for more information or contact our President, Pat Williams, on 2084 3843.

Meanwhile, enjoy the summer – let's hope this weather lasts.

LJH

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

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1st Radyr Beavers

Another busy Beaver Year has come to a close for the Summer Holidays, and since the last time we wrote to the Chain we have been pond dipping in Fforest Farm and only 1 beaver ended up in the pond! We went on a snake hunt! and were very excited as we found 3 snakes. We have been orienteering - Thank you Penny Couston. We have visited the Central and Whitchurch Fire Stations, where we were able to use the hoses and investigate Fire Engines. And we had a very noisy evening, incase the residents of Radyr thought we were having a thunder storm, it was the Beavers having a samba workshop, within a hour a traditional samba sound could be heard!! and we rounded off our year with a party, where various sport games were played and finished off with cakes, biscuits and crisps!

Unfortunately we have had to bid a fond farewell to 2 of our leaders, Nala - Emma Dyer and Timone - Vicki Westwell as due to family commitments they have both decided to hang their woggles and kneckers up after 8 years of total dedication to the Radyr Beaver Colony. I am sure both past and present beavers would like to join me in saying a massive THANK YOU to them both, for the hard work ,time and support they have given to us.

Enjoy the Summer Holidays and I am looking forward to what activities and events await us in September!
Simba



RADYR GOOD NEIGHBOURS



Antonia Wigley and Radyr & District Good Neighbour Scheme would like to thank the local community for supporting the Open Garden on Sunday, 23rd June. Nearly £700. was raised for our local charity thanks to the hard work and community spirit of all involved.

In particular we would like to thank Treforgan WI who assisted with the delicious refreshments, Radyr Gardening Club who manned the plant stall and supplied many of the plants and the local residents who supported the event.

Community spirit at its best – a huge thank you to everyone involved.

Barbara Willis, Co-ordinator
Radyr & District Good Neighbour
Scheme
Tel: 029 2084 2404

THOROUGHLY MODERN MILLIE

Can you sing a bit? Dance a bit? Act a bit? Are you itching to stage manage? What about lending a hand with costumes? Is lighting your thing? Well this Radyr Parish Music Group needs YOU!

Our next production in February 2014 will be Richard Morris and Dick Scanlan's Thoroughly Modern Millie. We are holding an Open Rehearsal on Friday, 6th September at the New Schoolrooms, Christchurch at 7.30pm. We would love to see some new faces join our group and this is an opportunity for anyone interested to come along and meet us all.

Our production team will once again be led by Jane Clarke (Producer and Choreographer) and Ben Pinnow (Musical Director) and if Oklahoma's success is anything to go by we are all in for a treat. For more details please visit our website at www.radyr.org/music or email me, Julia Hallinan at gwyddfid@msn.com.

A REMINDER TO READERS OF THE RADYR CHAIN.....

.....that this unique amateur community newspaper depends on YOU to provide its content. While the Chain has a committed voluntary editorial and administrative team, most of whose names appear on Page 3, it has no journalists or reporters so the quality, quantity and nature of the content of the paper depends entirely on the community at large. The Chain has existed for over thirty years to provide Radyr and Morganstown with a vehicle for giving notice of and recording local events, celebrations, developments and changes, concerns, views and matters of interest by and for local people. It is a major contributor in providing Radyr and Morganstown with its sense of identity. As a proud ex-Chain Gang member I know how much sustained thought and effort goes into producing the Chain six times a year.

While recording local news and views is the Chain's purpose, readers may also be impressed to know that it is entirely self-funding. This has been achieved through the enterprise of the Advertising Manager supported by the efficiency of the Distribution Manager and the unremitting commitment of the team of anonymous deliverers who ensure that every household in our growing area receives their free copy.

Like so many community activities in Radyr and Morganstown the Chain is dependent on a small team of committed residents. The only people remunerated in its production are the Printers – and again as public-spirited Radyr residents their input into the presentation of the paper goes far beyond the call of duty.

Ten years ago the current editors reluctantly agreed to become caretaker editors until someone else could be found While they're still waiting let's give them and all those involved the support they deserve by submitting material for publication. The opportunity is provided – and the Chain's as good as we make it!

Zoë Pearce

New Café in Park Road

...from front cover



down here and we'll have lunch in the Orchard", whereupon she hung up. "What is she on about?" I thought to myself. "What orchard? It must be a touch of sunstroke. I'd better drive down there and bring her home".

So it was a relief as I parked to see contented looking couples sitting at elegant little tables outside what I still thought of as "Chris's", enjoying the lovely weather and their coffees or teas or their light lunches. A moment or two later my wife emerged from the library and we quickly claimed a table for ourselves before being invited to choose from an enterprising list of light bites and lunches, cakes and tarts (all home-made, including the bread accompanying, where appropriate, your lunch, coffees, a wide range of teas and soft drinks.

While my wife tucked away baked eggs with spinach and smoked salmon, I enjoyed Focaccia al Taglio with tomato extract, parma ham, parmesan cheese, cherry tomato and basil. Then I finished with a chocolate brownie which demonstrated to perfection that delightful combination of crispy outside and very slightly gooey inside. By the way, when you suggest a dessert does **your** wife say with more than a hint of self-righteousness "Oh no, I'm not having anything else, but you go ahead if you want to" and then proceed to eat half of what you have ordered with her coffee spoon?

Anyway, what this rambling item is trying to say is that "The Orchard" is a real enhancement of Radyr's amenities and I wish its proprietor, Dawn Cugno, every success. I for one will be back to sample its other offerings and for once in my life I think I can say without fear of contradiction, that goes for my wife as well.

Graham Pearce

JOTTINGS FROM THE R&M ASSOCIATION

It is a while since we put in a specific report to Radyr Chain – apologies to our readers. However, we did have a tremendous write up in colour of the Festival in the centre pages of last edition, for which we are very grateful to the Editors.

Regarding the Festival, we have now done all our sums and were delighted to be able to present Tenovus with a cheque for £4000 at our 'wind up' meeting; this replaced the cheque for £2500 presented at the RPMG concert on the final Saturday. So a really worthwhile year for our chosen Charity. Our chosen Charity for the coming year is LATCH, who support children with cancer and their families. We welcome them on board.

Things are 'hotting up' with the Cardiff Local Development Plan. The R&M Community Council is leading the detailed work on all aspects of the LDP and we know they are working alongside neighbouring Community Councils to achieve the best result for us all. However, the latest news is that a 'draft Deposit Plan' has been published (which can be seen via the Home Page of the R&M Website). Regrettably, the concerns of many people about a lack of any real drive to ensure that the necessary transport infrastructure is put in place before houses are built seem to have been swept aside and R&M is likely to be significantly impacted by neighbouring development. Keep a close watch on progress in this area by looking at the website or reading information that will be sent to you over the next few months. We may need to act strongly as a Community once the actual Deposit Plan is published around October, when there will be a six week period to send in responses. Note also that our local MP, Kevin Brennan, is due to speak at our **next General Meeting on 16th September** and we will ask him to spend a little time talking about the LDP. Make sure that meeting is in your diary.

Since Cardiff Council (largely 'due to cuts') are no longer able to supply us with new flowers in the hanging baskets in Station Road, we have decided to do it ourselves. We hope that, by the time you read this, all the baskets will be in place and looking wonderful. We are not quite certain whether we can afford to take on the cost ourselves, at least in perpetuity, but we will sort that out in due course. Interestingly, we have been told that R&M is unique at having such a hanging basket scheme. A number of projects were started when the Parks Department approached various localities back in 2010, but only the R&M scheme was completed. We may have had a little grief over running things, but we should be proud of that.

Also by the time you read this the R&M Website should have been updated to make everything look fresher and navigation easier. We hope you like the result. The Website continues to grow in importance as a hub for all sorts of information concerning our Community. If you are involved in a Community Organisation, please ensure that all your public events are mentioned on the Events Calendar (and form where they will be carried into Radyr Chain) and send the webteam news and pictures of what you have been doing and what you plan to do. We are considering setting up a special meeting in the near future to help with this process. We and the webteam are also looking closely at establishing an effective 'Social Media' element (i.e. Facebook or something) so that communication about what is going on can be much more rapid and fluid. Get in touch if you think you can help with that.

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

A Mum's Eye from Camp

Day 1 - And so I arrived in camp with my 9 year old daughter on the Saturday of a bank holiday weekend in glorious sunshine. I was staying 3 nights with 38 cubs, 8 adults that I barely knew and who was I sharing a tent with? I have to admit I was wondering why I had signed up to this!

All the tents were finally up, parents had said their goodbyes, sleeping bags and torches ready in tents. We set off for a walk to Pendine beach. In fact it was more an invasion of Pendine! The cubs appeared to fill this huge beach but what fun they had exploring. We then walked along the coastal path to the next bay and they all



set to work with the timeless classic task of building a fort to prevent the tide from coming in. This was a serious fort structured and engineered by a team of cubs, I was impressed. Then with a few wet and sandy cubs we headed back to camp for spag bol and rice pudding for 50, delicious!

Then camp fire time with songs, hot chocolate, biscuits and bed, however they weren't looking too tired to me! Safely zipped in their tents for the night, torches on, the laughing and chatting began. After a few patrols from Akela they eventually settled down for the night.

Day 2 - We were awoken by a very loud dawn chorus at 4:30 am closely followed



by all the cubs scampering out of their tents at 5am! It was then that I realised I should of bought ear plugs and from the pain in my hips the more expensive roll mat!

And so the cubs began their activities in three groups. One set off to extreme stream walking, another group to sea kayak and the other group went to Pembroke to canoe. All was going well until the water disappeared from the mill pond and 7 canoes and lots of cubs were stranded in the mud. Leader Mang went into rescue mode and the sea kayaking was abandoned for abseiling and zip wire. Great fun and I even had a go myself!

More yummy food for tea, campfire songs, hot chocolate, cake and a group of exhausted looking cubs trotted into beds and went pretty much straight to sleep!

Day 3 - Bank Holiday Monday greeted us with rain that lasted all day, but that didn't stop the cubs completing their final activity. The sight of my daughter coming back from Pendine beach in strong winds and torrential rain after body boarding in the sea with an actual smile through chattering teeth saying "that was fun", made me realise they will try a whole lot more if their parents aren't asking. The rest



of the afternoon was spent indoors playing challenging games such as can walking, the broom handle game and the squeeze machine!?! The cubs were entertained for hours and not an X-Box in sight!

There was much excitement when burger and chips were served for tea. Then with a mug of hot chocolate in hand we sang round our last campfire, each cub recounting their best and worst bits of camp.



Day 4 - And so the final day, tents all down bags packed parents collecting their little treasures.

I am now home and at last sitting on my comfy sofa looking forward to my super comfy bed. And so I reflect on my time at camp:

What fun they all had exploring the great outdoors, challenging themselves with new activities, making new friends, learning new skills and memories of camp they will never forget.

In the car on the way home I asked my daughter if she had a good time, she replied "I had the best time ever" and she really did.

I asked myself the same question and do you know what I actually did to!

The organisation and hard work that goes into camp by all the leaders is commendable who each volunteer their time freely. I was exhausted after camp as I am sure the rest of the leaders were. So on behalf of all the parents I would like to thank the leaders for their time, effort, enthusiasm and for looking after our cubs so well. THANK YOU !



Rotary in Radyr



On July 2nd outgoing President Stephen handed over the reins to our 2013-14 President Liz Davies. Liz may be a familiar face as she is very active in the Radyr community. As well as being involved in the church as a side's person and in the choir, Liz is a member of the drama society and often involved in local church and charity activities. Liz is also involved in a literacy programme in a local primary school, helping the schoolchildren to develop their reading skills, something which Liz finds immensely rewarding.



Liz is our first female president and is doing so in an historic year for Rotary in the UK. This year, Rotary International in Great Britain and Ireland (RIBI), which is the association of Rotary clubs in Wales, England, Scotland and Ireland, has the first female president in its 99 year history in Nan McCreadie from the Rotary Club of Feltham.

For her year, Liz has chosen Kidney Wales Foundation as her main charity to support. Kidney Wales Foundation provides important support to Kidney sufferers in Wales. As well as helping to fund a paediatric social worker, to aid families and children immediately after diagnosis, they offer grants for research and act as patient advocates, speaking for Kidney patients, most recently as part of the successful campaign to change the law on organ donation. We were delighted that at Liz's first meeting as President we were joined by Melanie Wager from KW.

Over the year we hope to hold a number of social and fundraising events – including a barn dance, race night and St. David's Day concert and, as always, visitors are welcome to join us at our weekly meetings.



Further details are on our website www.cardiffwestrotaryclub.wordpress.com as are our club evenings or you can email sec.cardiffwestrotary@gmail.com for more information.

Follow us on twitter @CardiffWestRota
Like us on Facebook

Cardiff Half Marathon on Sunday 6th October Plan for YOUR challenge!!

For anyone thinking of running their first half marathon this year this is the time to start! You should plan to run short distances 3-4 times a week (approx 30mins) ... building in one longer run each week.

It is achievable and realistic for someone of average fitness. There are numerous fitness plans on the internet ... usually spanning 10-12 weeks however once this Radyr Chain hits your door mat you may only have 6 weeks! ... Still achievable you just need to set some strict specific goals. This is a rough guide:

week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	3 miles	2 miles	Rest	3 miles	4 miles	6 miles	Rest
2	3 miles	4 miles	Rest	4 miles	4 miles	6 miles	Rest
3	4 miles	5 miles	Rest	5 miles	4 miles	8 miles	Rest
4	4 miles	6 miles	Rest	6 miles	4 miles	10 miles	Rest
5	4 miles	6 miles	Rest	5 miles	4 miles	12 miles	Rest
6	4 miles	Rest	3 miles	Rest	4 miles	Rest	Marathon

Don't forget the rest days ... these help your body build up to the necessary fitness level.

The main charity for this event is Barnardo's - a fantastic charity to support and with sponsorship you can raise money for a charity of your choice. I will be running for the NSPCC Radyr Branch donations welcome!

I'm keen to hear from anyone who is running this year – the most important thing is to have fun and enjoy the challenge. If you would like to discuss a more specific training schedule or require treatment for any aches and pains along the way then please contact me.



Clare Rayner
Phone: 07551991773
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RADYR BUS

I have just been speaking to Cardiff Bus regarding the changes to the service and the new timetables. As you all know, if you use the buss, the 33 will no longer run from 21st July – the bus service for Radyr and Morganstown will be the 63.

Cardiff Bus have had 5000 leaflets printed – the leaflet can be viewed on the website – however, please note that the leaflet shows the bus going through Canton – **THIS IS INCORRECT!!** The 62 and 63 will go through Llandaff and down Cathedral Road – it will **not** go to Canton.

The timetable shows the second bus stop as Radyr Primary School – they mean the primary school in Caer Graig not Park Road.

I have been assured that they will try to change the online timetable to make this clear – obviously the glossy timetables have already been printed.

Please pass this message on to anyone you know who uses the bus.

Judith Jones

BORED WITH WINTER MONTHS?

COME AND JOIN

Radyr and Morganstown Indoor mixed bowls club

(lads and lasses)

2013/14 season starts on 18th September

We meet at Morganstown Village Hall
Two sessions on Wednesdays and Saturdays
Afternoon 2 – 6pm and evening 6 – 10pm

But you can choose when you come, no obligation



We have friendly matches with other clubs, competitions,

Special afternoons and evenings, fun sessions

BUT MAINLY JUST TO ENJOY OURSELVES

YOU DO NOT NEED PREVIOUS EXPERIENCE

Or any special gear until you decide its for you

(no age barriers)



Don't stay at home and be miserable, come and learn a new
skill and laugh at the same time – you never know **YOU** could be our next
CHAMPION!

INTERESTED? Contact our secretary, Jerry Bray
029 2084 3387 email: jerrybray41@tiscali.co.uk
or simply wander down to the Village Hall and be captivated!

CHAIN COOKERY CORNER

Golden Rice Salad

A delicious dish particularly good
with a cold chicken recipe. Prepare
day before if required.

4oz (120g) dried apricots

Juice of 2 oranges

8oz (220g) long grain rice
(Basmati)

1 small onion

2 tbs oil

1/2 level tsp turmeric

1/2 level tsp coriander

3/4 pint (425 ml) water

1 bunch chives or spring onions

2oz (50g) toasted flaked almonds

Chopped parsley

Cut apricots into slivers and soak in
orange juice. Leave at least six
hours until all juice is absorbed
Peel, chop finely then soften onion
in oil for a few minutes in large
pan

Stir in coriander and turmeric

Add washed rice and stir. Add
water and salt

Bring to simmer, stirring until water
re-boils

Cover, cook over low heat for ten
minutes

Remove from heat, leave for 15
minutes

Dressing:

2 tbs wine vinegar

6 tbs oil

Salt and pepper

Make dressing in large bowl

Tip hot rice from pan and fork until
rice is coated with dressing

Leave overnight or approximately
6 hours

Trim and chop chives or spring
onions

Add to rice with apricots and
almonds and chopped parsley and
fork through

AMP



Hailey Park Loop Bridge

The Lord Mayor of Cardiff, Councillor Derek Morgan opened the 'Hailey Park Loop Bridge' on Friday 19th July in the presence of County, Community Councillors and representatives of Friends of Hailey Park. The bridge now links Radyr Sidings with Llandaff North for walkers and cyclists. This bridge replaces the old Radyr/Cardiff railway line across the River Taff and will be known locally as the 2nd Radyr/Taff pedestrian bridge.

Summer is in full swing - and there's much to be doing in the garden during these warmer months - so we've quizzed the local experts at Pugh's to bring you your essential guide to getting your unique outdoor space looking its very best for an al fresco Summer! Happy Gardening!

To Do List

Warmer climes are upon us, which means there's plenty to be doing on the gardening front...



Test plums, pears and apples each time you venture into the garden to check if they are ripe. Store only unblemished fruit, and eat or cook the blemished ones.

Keep on top of hoeing and weeding and watch out for any self-sown seedling that can be moved, potted or given to a friend as a gift.

Start collecting seeds from borders - dry them out, remove any chaff and debris and store in a sealed, labelled envelope to plant at a later date.

Place grease bands on the trunks of fruit trees to trap female wintering moths and stop them crawling up to lay their eggs.

Lift and divide perennials while the soil is still warm. Use a fork to lift the rootball, discard the centre of the clump and replant the young new shoots into well-prepared soil.

In mid-September, remove old bedding plants that have finished flowering for the year and replant with spring bedding plants such as wall flowers or spring bulbs.

Protect your crops from potentially damaging winds by staking tall Brussels sprouts and broccoli to give them extra support.

Give grass a pick me up before starting autumn lawn care at the end of September.

Try This...

Planning a getaway this summer? Don't forget to ask a family member, friend or neighbour to take over your indoor & outdoor plant feeding and watering duties.

Trim lavender after flowering (but avoid cutting into the old wood) and use as a fresh fragrance in the home.



Brighten up borders and pots by planting late flowering perennials in the empty spaces. Chrysanthemums, Echinacea, Rudbeckia and Japanese Anemones are among those that will add a welcome splash of colour.

Now is the time to start pruning evergreen perennials by removing old blooms; and keep herbaceous borders tidy by cutting the stems of foliage as soon as it starts to turn yellow.

Give next year's fruits the best head start by removing this summer's fruiting canes once all raspberries have been picked, and be sure to prune plums and damsons — by cutting out dead and diseased branches — immediately after fruiting.

Prepare soil for autumn planting of trees and shrubs by digging in plenty of well-rotted compost or manure to encourage root growth before the onset of winter.

Pest Control!

The glorious weather brings with it a whole new batch of beautiful blooms, but is also entices a swarm of snails and slugs who are only too eager to grab a slice of your garden...

However, help is at hand, and when it comes to protecting your plants from those pesky pests, we've got ample solutions and a plethora of products that will stop them in their tracks and deter their desire to feast on your flower bed.

Arguably, the simplest, cleanest way to banish slimy friends is chemical warfare. Slug and snail killer is a fail-safe option, and we recommend the pet-friendly Growing Success Snail & Slug Killer (available at both Pugh's Garden Villages), which is harmless to both pets and surrounding greenery. But whether you opt for chemical-based pellets or go down the organic route with pet and wildlife friendly pellets, copper tape or garlic-infused spray, Pugh's Garden Village has all the armour you could possibly need to protect your garden from becoming the next tasty treat!

If you prefer a more natural means of eliminating this unwanted attention, another option is to place crushed egg shells around your plants to create a sharp barrier that will



stop nature's nuisances tucking into your tempting plants.

Once the problem has been tackled above the surface, don't forget about the hidden nasties that reside underground. Vine Weevil Larva is a cream coloured creature that can live up to two years in the soil devouring your plants' roots.

If left to roam, these larvae will move from plant to plant destroying each one in its wake. Watch out for healthy plants that suddenly die or come away from the soil as this is a sign that these creatures are on the warpath! The easiest, and most effective way to treat this problem is by investing in a product called Bio Provado. If used on potted plants, it will also kill any green fly present and prevent pests for several weeks too.

Holiday Garden Maintenance!

Summer holiday on the horizon? Here's our top tips for keeping your garden in shape while you're away from home...

Water the garden thoroughly before you leave and make sure it has at least 2 inches of mulch around the plants to hold in water and moisture while you're gone.

It's also advisable to remove any weeds before embarking on your trip as they will steal water from your plants.

Investing in a drip hose will ensure the garden stays saturated by emitting smaller amounts of water over a longer period of time — providing an ideal way of watering the garden year-round.

Move plant away from direct sunlight and lower hanging baskets to minimise exposure.

Digging out irrigation trenches around the plants and between rows will help prevent water runoff and allow the plants to soak up any available water.

Moisture mats, self-watering pots and swell-gel will provide ample moisture for potted plants.

Ask family members, friends or neighbours to check your plants from time to time to make sure everything is kept in check.



Pugh's Garden Village
Tynant Nurseries, Radyr,
Cardiff CF15 8LB
Tel. 029 2084 2017



www.pughsgardenvillage.com

CARDIFF YOUTH WORKER IS SKYDIVING TO HELP TACKLE POVERTY IN BOLIVIA

A Morganstown Youth Worker is going to be skydiving at the end of July to support a project that tackles poverty in La Paz, Bolivia.

Becky Soundy, 22, will travel to Bolivia in September to work on the development programme for twelve weeks.

Becky will team up with Bolivian volunteers to tackle some of the problems facing the local community, after getting a place on the government funded International Citizen Service (ICS).

ICS allows young people aged 18-25 to contribute to long-term development projects in countries like Burkina Faso, Sierra Leone and Nepal. The scheme offers young people the chance to develop personally and learn about team working and leadership on projects that are of genuine value to communities around the world. On return to the UK, ICS volunteers undertake an 'Action at Home Project', ensuring that their new skills also benefit their local communities.

Becky said "Doing a skydive is a way of making sure developing countries can continue to benefit from the work of future volunteers, so it's vital I reach my target. I've been working hard building myself up to jumping from a plane!"

"The project I'm working on is run by the development charity, International Service and aims to work with young people with additional needs in La Paz. This is a unique opportunity to work alongside people from a different culture who have requested help from young volunteers to fight poverty and make a difference where it's needed most. I'm really excited to get out there".

To sponsor Becky Soundy visit www.justgiving.com/Becky-Soundy1

To find out more about ICS or to apply, visit www.ics-uk.org.uk or call 0208 780 7400.

LATCH

We are delighted that the Radyr & Morganstown Association has chosen LATCH Welsh Children's Cancer Charity as its charity for the coming year and we look forward to working closely with the Radyr & Morganstown Association.

Having a child diagnosed with cancer comes as a devastating blow. Faced with a period of months and sometimes years of gruelling treatment and an unknown future, the related emotional ups and downs are often referred to by families as like "being on a rollercoaster".

LATCH is a charity that supports children who are receiving treatment for cancer at

the Children's Hospital for Wales and their families.

In 2005, LATCH relocated from its original base at Llandough Hospital in Penarth to the new Paediatric Oncology Unit at the Children's Hospital for Wales in Cardiff. As part of the move, LATCH raised £800,000 for the provision of an additional storey to provide accommodation and a dedicated children's oncology out-patients department.

LATCH understands the financial and emotional burdens faced by families caring for a child with cancer as well as dealing with the logistics of family life during long stays in hospital. Families often have to make trips of over 200 miles to receive treatment.

LATCH provides family on-site accommodation free of charge to keep families together during their child's stay in hospital. As well as hotel style accommodation, there are communal kitchen, dining, laundry and living room facilities.

LATCH offers all families an initial financial support grant to cover their immediate needs and ongoing financial support during the years of treatment. All families also receive an annual grant to take a much needed holiday.

LATCH funds two dedicated social workers who ensure families receive practical, emotional and financial support. They give advice on claiming for benefits and how to access grants to cover additional expenses, such as travel, heating and extra childcare for siblings.

LATCH has recruited two support workers to offer practical assistance to the families whilst they are in hospital. They undertake tasks such as food shopping, collecting siblings from school or keeping the child company when the parents need to leave the hospital or simply need a break – anything to make life a bit easier.

LATCH funds the purchase of medical equipment and a range of clinical projects aimed at making the lives of children more comfortable on the wards, at home and in the community.

LATCH facilitated the funding for a psychologist to provide professional support to children and their families through any troubles they are facing.

LATCH sponsors a clinical team responsible for devising treatment summaries and long-term follow up plans for patients who have survived their childhood cancer.

LATCH recognises that activities and treats can help boost morale and keep children occupied during treatment. When in hospital, children especially miss

the stimulation and structure of their normal daily lives.

**For more information on LATCH visit www.latchwales.org
Follow us on twitter @latchwales
Like us on Facebook14.**

THE ROTARY CLUB OF CARDIFF – CITY OF LLANDAFF FOUNDED IN 1964

Local Radyr resident Jack Ayles has become President of Llandaff Rotary Club.

On 1st July, 2013, Rotary clubs across the world started a new year of charitable and other activities involving members who help those individuals who are most in need. Llandaff Rotary, one of the seventy Rotary clubs in Southern Wales, will celebrate fifty years since becoming chartered.

Fiftieth President, Rotarian Jack Ayles said at his inauguration that "The Club's priorities are to make sure that Llandaff Rotary is fit for purpose with a vibrant programme able to support local community and international projects. New club members drawn from businesses in the area can see the remarkable networking opportunities which Rotary can provide – there are some 1.3 million individual Rotarians worldwide.

Guest speaker, Professor Ron Eccles, Master of the Welsh Livery Guild, (another Radyr resident) congratulated the club on their many achievements over the last fifty years and wished the club continued success over the next half century.

As part of the club's Golden Anniversary, plans for involvement within our communities are in place. Already members have acted as marshals in the Cancer Research 'Walk for Life' where over 6000 runners and walkers with their families and supporters were able to discover more about the assistance that Rotarians can provide. Members assisted at the "Rainbow Fair" on the Cathedral Green and despite the cloudy and damp evening, enjoyed meeting the man visitors.

Application for membership of Rotary is open to men and women of all ages.

Contact: llandaffrotary@gmail.com
Website: www.llandaffrotary.com
Telephone: 029 2084 3474

Radyr & Morganstown Community Council

Cyngor Cymuned Radur a Threforgan



At this year's R&M Festival, the Community Council launched its new annual Literary Award. An article on this, with photos, appears elsewhere in this issue of the Chain.

We are still interested in hearing from local people who would like to contribute in any way to the commemoration of the start of WWI. Some of you will be living in houses that were built then and some may even have relatives who were living in R&M a hundred years ago. If you have any family memories or objects that relate to this important time in history do get in touch.

The Community Council keeps a very close eye on progress of Cardiff Council's Local Development Plan. You can find copies of all our consultation submissions on the LDP page of our website : <http://www.radyr.org.uk/7607>. The next phase is the Deposit Plan which is due to be released for public consultation

in October. This is the final draft of the LDP and should address all the questions and concerns raised at the previous version, called the Preferred Strategy. We will be studying the documents very carefully and are working with our neighbouring community councils in Pentyrch and St Fagans and with the Llandaff Society to pool our resources and expertise. We will be taking legal advice on our submissions to date and on how we can best represent the community in this next consultation. The LDP process is long and Cardiff's is even longer than usual because the first LDP was withdrawn and we are now working through a second version. You can be assured that R&MCC is doing everything it can to represent R&M's needs. The next consultation will be open for six weeks, probably in October, and we will be notifying you all of opportunities to comment. We will be in Radyr Library on Saturday September 21 where we hope to have a display on the

LDP consultation if all the documents have been released to the public by then.

Cardiff Council is encouraging local communities to have a plan in place to deal with emergencies like heavy snow and flooding. We will be working with local groups and individuals who have expertise or thoughts on how best to do this. If you would like to be involved, do get in touch.

Last issue we said that Sarah Thomas was now our representative governor at Bryn Deri Primary School. She is actually our representative governor at Radyr Primary School. My apologies!

Helena Fox

Clerk to R&MCC
The Old Church Rooms,
Park Road, Radyr,
Cardiff CF15 8DF
Tel. 029 2084 2213
Email : clerk@radyr.org.uk

OPEN DAY MORGANSTOWN MOTTE

We are happy to be able to tell you that Pugh's have gained planning permission for the development shown in the last edition of the Chain and that work will start shortly. The County Council will also begin work to clear the Nant-y-Garth as it runs alongside the playing field as a first stage to improving the drainage.

On Sunday, 15th September, there will be an open day at the Motte itself between 10.30am and 2.30pm. The hay meadow will be scythed and people will be on hand to explain the Motte and Bailey and the future plans for the area.

Why not come along and learn more or help us to formulate these plans. You can help with the grass collection and there will be a BBQ for lunch. Why not join us!



DANYBRYN FETE

Do you want a stall?

We invite you to
take this opportunity
to join Residents & Staff in
Celebration of the Harvest Season

This will be held in the grounds of
Danybryn Cheshire Home Radyr
on

Friday 23rd August 2013 from 1.00pm

ALL WILL BE WELCOME

Musical entertainment throughout the day, BBQ, Teas,
Coffees, Wine and other refreshments
will be available.

Entrance fee £2.00 Children free!!
Tickets available from Danybryn Reception or
at the Entrance to Danybryn on the day.

If you would like to hire a stall to display items to sell they will be available
@£5 per stall please contact
Christine Moore on 07528491819

All proceeds will be given to Danybryn to enable Residents with physical &
learning disabilities, lead a more active life.



RADYR & MORGANSTOWN WEBSITE

The R&M Website is looking a little different. Why? We felt it was time to introduce some new features and to refresh its appearance after the full-scale makeover which it had three years ago. If you haven't checked the site recently, please take a look and tell us what you think.

We've done away with the Google map and moved the paragraph about the Community. This means that more of the latest information is visible on your screen. You can now search the whole site, not just the Directory. We've brought some frequently used sections into view on the home page and made it easier for you to find your way around the site.

To make full use of the site you need to register. This is a very simple process and does not collect any personal data except for your email address. This will never be disclosed to anyone else. As a registered user you can book your events into the Diary so that they get listed automatically on the home page when the date comes around. You can also contribute to the regular discussions which take place on the Soapbox. You can follow a thread on the Soapbox or use it to send a private message to another contributor. You can also receive email alerts when a new item of News is published.

Your volunteer web team consists of David Cargill, Adam Colman, Tom Evans, Helena Fox, David Silver, Bethan Vaughan Cartwright and David Warren with Colin Johnson (Chair) and Nick Hawkins (Secretary). The team is always pleased to hear from anyone who would like to join them. Technical skills are not needed but an interest in communicating to all sections of the community is key.

Now is also the time for local businesses to check their entry in the Directory. Is your business based within the Community of Radyr & Morganstown? If so and if you/re not already in the Directory, perhaps you should let us know. The same applies if you offer a service or have a society or club which is not represented. Please email: businesses@radyr.org.uk either to request a new entry or a change to an existing one.

This is your very own website: it stands or falls on the use you make of it. News stores and announcements are always very welcome, as are suggestions for new features or ways of making the site more useful. Please write to us at web-team@radyr.org.uk

NATIONAL NEIGHBOURHOOD WATCH WEEK



A national Neighbourhood Watch week took place between 15th and 22nd June. The South Wales NWA Cardiff organised a number of venues including St. David's Centre in Cardiff, Whitchurch, Lisvane, Rhiwbina, Roath, Heath, Pontprennau, St. Mellons and last but not least, the Radyr library.

The launch in St. David's Centre was attended by Alun Michael, the newly appointed Police Commissioner and the Deputy Chief Constable, Julian Kirby, along with representatives from the police force and the NW team. Derek Bateman of Radyr (on the left in the photo) is the chairman of the SWNW Association covering the whole of the South Wales police area.

The event in Radyr library was attended by two PCSOs, Jessica Southern and Laura Smith along with NW representative David Cargill. Visitors to the library were given the opportunity to talk with the PCSOs, inspect the display and sign up for police alerts via email. We signed up 25 new residents to our local group making the total in excess of 130 members. Although the telephone ringmaster system is still just about

working, most of the communications from the police about criminal activities, advice and information are conveyed via email. Neighbourhood Watch can be street based, helping to keep our homes and neighbours safe. Any resident who would like to receive these messages in order to pass them on to their neighbours are welcome to provide their email address to the following: d.cargill@ntlworld.com

Neighbourhood Watch is feature every other month on the agenda of the PACT meetings held at the Old Church Rooms. Notice of these meetings do appear on the village notice board, Radyr Chain and the village website – www.radyr.org.uk Dr. Ralph Vaughan is the chairman of PACT and he is supported by PC Huw Thomas and Cllr Rod McKerlich at all these meetings. Cllr McKerlich issues a regular newsletter, which is an agenda item.

The next meeting will be in September and the date will be agreed at the June meeting and advertised as above. Come and join us and discuss local concerns and criminal incidents in our area.

David Cargill, NW Co-ordinator

RADYR FOOD FOR THOUGHT

Venue: The New School Rooms, Heol Isaf, Radyr

Time : Tuesdays 12.15-2pm

Membership Fee: £20.00. Lunch: £6.50. Talk only: £2.00.

Autumn Programme 2013

8th October – Polar Bears
Richard Smith

15th October – insole Court
John Prior-Morris

22nd October– A Tale of Three Cities
David Alexander

29th October – Half Term

5th November – Trip
12th November – William Edwards –
Bridge Builder Brian Davies
19th November – Looking Forward to
Christmas Barbara Forte
26th November – Dressmaking to
Politics Audrey Griffiths
3rd December – Trip – Insole Court
10th December – Christmas Party
Lorna Pearson

**Next term begins on
14th January, 2014**

**Telephone number 2084 2461 or
20552610**

VISIT TO ST. PHILBERT DE GRAND LIEU 2013

A total of 53 people took part in this year's visit to St. Philbert. A coach departed Radyr at 5pm on the 23rd May with 34 passengers. Although they arrived at 11.45am due to the driver regulations, the French Committee pulled out all the stops and provided a three course lunch for which we thanked them profusely. The normal welcome reception was held at 6pm, 24th May.

A simple itinerary had been arranged with a visit on Saturday morning to museum of French music and musicians. It was very interesting; a young female singer sang the songs made famous by Edith Piaf and a local gentleman from St. Philbert impersonated the French actor/comedian Bourvil. The evening soirée also included the performers we had seen at the museum who entertained us all throughout the evening along with a young man with a fabulous voice who encouraged women



from the audience to dance with him as seen in the photograph.

Sunday was free with hosts. Some visited Noirmoutier, others went on a boat ride on a canal and some visited the market in St. Philbert. The final event was a picnic for all who wanted to participate.

We look forward to their visit 6th-9th June, 2014.

Anyone wishing to join in with our activities and become a member of the Twinning can contact me at jumelagestphilbert@hotmail.co.uk

R&MA RAISES £4000 FOR TENOVUS

Following another successful Festival the Association was able to present a cheque for £4,000. to Tenovus. The Friends of Tenovus through the Festival period raised another £1,000. and held a very successful bag collection, valued at over £8,000. A very good example of teamwork in our community resulting in making Tenovus £13,000. better off!

A wind-down meeting held on the 10th July gave thanks to all the individuals, shopkeepers, sponsors, schools and organisations for their support during the 2013 Festival. It was also time to meet with our new charity for 1014 – LATCH. Representatives from the charity outlined the work of LATCH, based at the Heath Hospital, providing support for children suffering from cancer and helping families through a difficult time. We would ask other organisations raising funds during the rest of 2013 for charity to bear in mind LATCH at this year's village charity. There will be a bucket collection at the Christmas tree celebrations in Station Road in December. AS LATCH is a local charity and relatively small in number, we would ask for any volunteers from our community to provide them with some help and support. Contact Sue Thomas on 20310894 or any member of the Association. The following year we will be working with the local group of NSPCC, who will shadow our activities throughout 2013/14. Again we will be looking for local support in organising fund-raising activities during the following year.

Plans are already being considered for the 2014 Festival which includes the 100th anniversary of Radyr Lawn Tennis Club. LATCH being a children's charity a number of events will be centred around young people and our three schools.

David Cargill
Festival Chairman

EVERYONE'S READING IN RADYR THIS SUMMER

The arrival of summer means the start of the summer reading challenge. This year there is something for everyone. The theme for the children's challenge is "The Creepy House", which is proving very popular. The challenge is to read six books, fiction or non-fiction, across the six weeks of the school holidays. Sharing books and being read to also count towards the challenge as the aim is to continue enjoying books, in any way, throughout the holidays.

Children enrol on the challenge and choose two books. They then need to visit at least three times in the holidays to tell us about the books they have read. The books are recorded on a Creepy House poster. Rewards are given after completing two, four and six books and include some very smelly scratch and sniff stickers, zip tags and glow-in-the-dark wrist bands. There is also a brilliant Creepy House website (www.creepy-house.org.uk) Children who complete the challenge are rewarded with a medal and certificate in September.

Those too young to take part in the challenge (the under 4s) can enrol on a Baby Crawl challenge and collect stickers.

For adults we have an adult challenge, which again involves reading six books over the summer. We are hoping that Mums, Dads, Grandparents and children will challenge themselves to read this summer. We are receiving new books into the library every week and so there is a great choice of exciting, escapist summer reading on offer, alongside some fascinating factual books. So you will be spoilt for choice. Don't forget if you can't find what you are looking for, please ask, as we can borrow books from throughout south east Wales for you.

During the summer we will be holding a number of events for children. These are:

Tues, 30th July 11am Inside the Creepy House – stories and creepy crafts

Tues, 13th August 11am Spiders and spooks – stories, rhymes and crafts for the under 5s

Wed, 14th August 11am In a dark, dark house – stories and creepy crafts for the over 5s

Tues, 20th Aug 11am Amser Stori – spooky stories and crafts in Welsh for ages 2-7

Wed, 21 Aug 11am Frankenstein's monster lab – stories and making a paper monster puppet

Places on all these events must be booked in advance by ringing the library on 2078 0996

Our monthly reading group is getting to grips with titles we might not normally read and thoroughly enjoying the process. New members are welcome to join us. We are hoping to start a children's reading group in the autumn so if you know anyone who would be interested, let us know.

The summer will be busy in the library so we would like to thank you, in advance, for your patience during peak times. Please remember to always bring your library card with you as that really helps at busy times.

We look forward to seeing you taking up this summer's reading challenge.

Jen, Anne and Caroline
2078 0996
radyrlibrary@cardiff.gov.uk



Dance Angels, who rehearse in the Old Church rooms each Wednesday night have won the Welsh Title in the British Dance Organisation.

They also came 6th out of 117 dance groups in the London National Competition.



**AFC
RADYR**

A brief history...

The club was founded as Trelai Park Wanderers in 2004 and began life in the bottom tier of the Lazarou League, initially a group of friends the club progressed over the following two seasons, becoming in 2006 San Marino Stars.

We have already started some basic pre-season training, but will be holding some open training sessions prior to the start of the season, where we are hoping to attract some new local players. Players must be over 16. Details of sessions, as well as all our confirmed pre-season

friendlies are below. All potential players are welcome and we invite local residents to the pre-season games.

Sunday, 14th and 21st July – Pre-Season Training @ The Mound Field (behind Pugh's Garden Centre) 11am

Sunday, 28th July – AFC Radyr v Sparta Cathays 11am

Wednesday 31st July – AFC Radyr v Cardiff Corries 6.30pm

Sunday, 4th August – AFC Radyr v ACME Revolution 11am

Sunday 11th August – AFC Radyr v Creigiau FC 11am

All fixtures to be played at Radyr High School. We look forward to seeing you there!

Follow us on Twitter - @AFCRadyr

Like us on Facebook - AFCRadyr

Visit our website –

www.clubwebsite.co.uk/afcradyr01



Dr Mary E Gillham, a former resident of Brynteg, Radyr, pictured at the opening of the Garden's Inspirational Botanists - Women of Wales exhibition

**Dr Mary E Gillham MBE
1921-2013**

We are very sorry to record the death, earlier this year, of Dr Mary E Gillham MBE.

Mary was one of the subjects of the National Botanic Garden's 2012 exhibition entitled 'Inspirational Botanists - Women of Wales'.

With a career as a conservationist, researcher, teacher and author spanning more than 60 years, she was a natural choice for inclusion in our exhibition.

Mary's lifelong research project, started in Aberystwyth and Bangor Universities in the late 1940s, was 'The interaction of Plants and Animals in Crowded, Spraywashed Seabird Colonies'. Initially centred on the South Pembrokeshire islands, her work extended to studies of other British islands and eventually to lesser known Southern Hemisphere sites in Australia, New Zealand and South Africa.

In 1959/60, Mary was one of the first women to join an Antarctic expedition to Macquarie Island. Her study of Aldabra Island in the Indian Ocean led to the area being designated a World Heritage Site.

After spells of university lecturing in Exeter, New Zealand, Melbourne and Kano, Nigeria, Mary returned to Wales to work in Cardiff University teaching adults and leading ecological expeditions around Britain and further afield.

In 2008, Mary was awarded the MBE for 'Services to Nature Conservation in South Wales'.

Her many natural history publications will continue to inspire, and are a fitting memorial to a lovely lady who was always generous with her time and expertise.

Loretta Gibbs

By courtesy of the National Botanical Garden of Wales

40 years of Friday Nights



40 years ago Bryn Coed on Castle View, where we live, was being built; there was then no road and not all the houses were finished. Several of us who had already moved in, started to meet on a Friday night. The men went off to the pub and the 'girls' met up in each others houses for a drink. This tradition has continued throughout the years, with many of our new neighbours joining in. It is now, however, once a month, not every week.

We are the only 'originals' left in the road - why move when you have such lovely neighbours. Maybe our association is what David Cameron means by a 'big society'. Although Maggie said (some believe) - that there is no such thing as society, only

individuals - it seems to have worked for the 'Bryncoedians'.

To celebrate the 40th Anniversary of these Friday nights, we met for a celebratory dinner. Thirty-four of us, including four teenagers, (one couldn't come, The Duke of Edinburgh took precedence) plus two couples who now live away from Cardiff, went to the Red Lion in Pendoylan.

We all had a great evening, ending up with very brief speeches and a toast to 'Bryn Coed'! There is no doubt that this informal group, meeting so regularly over the years is, if not unique, most unusual. It has provided care, support and a lot of fun not to mention a few hangovers. Long may it continue.

Marion and Keith John