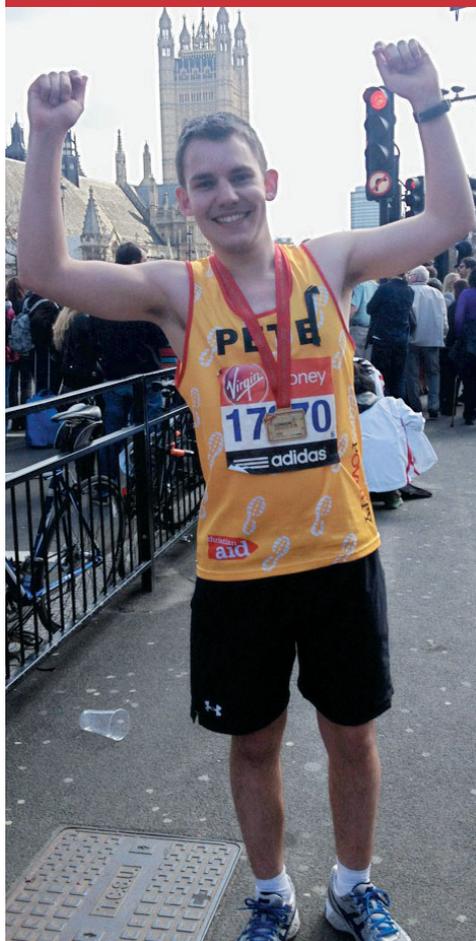


LOCAL RADYR BARRISTER RAN LONDON MARATHON FOR CHRISTIAN AID



Christian Aid's work and I urge you to let it inspire you in the same way that it has inspired me. I can't sit still while people go hungry...can you?

You can still help Peter to give pOVERty the run around by sponsoring him as much or as little as you can at:

www.virginmoneygiving.com/PeterDonnison

NEWS FROM RADYR PRIMARY SCHOOL

At the start of the Summer Term, our Year 6 pupils set out on an exciting and exhausting week to the Stackpole Outdoor Education Centre in Pembrokeshire. The children took part in a range of adventurous activities including canoeing and mountain biking. The children created and posted daily blogs on the school website and Mr Bussy visited the centre on the Wednesday to be greeted by happy

smiling faces from pupils, staff and centre staff alike. Many thanks to Mrs Pryce-Morris, Mr Thomas, Mrs Hampson and Miss Davies for accompanying the children and also to Mrs Potts and student teacher Lucy Wells who attended as volunteers.

Brain Training

Parent and Professor Derek Jones revisited school to announce the winners of the Brain Art Competition held in



more on page 7

Local barrister Peter Donnison, 24 years old, raised over £1,500 for Christian Aid by running 26.2 miles in the Virgin London Marathon on 21 April 2013 completing it in 3hrs 45 minutes! He currently works for a solicitors firm in Cardiff and lives in Radyr. Although a keen sports fan and enjoying playing hockey and running he'd never ran a marathon before!

So why did he bother? "Trust me, the training was not much fun in the cold and dark nights of winter and 26.2 miles is more than just a jog in the park. Well, the thing that kept me going during my training was knowing that I was supporting the fantastic work of Christian Aid and raising awareness about the horrific issue of world poverty."

Why Christian Aid? "I've been going to Church since I was a child and my faith is a massive part of my life. During my gap year in 2008 my eyes were opened to God's heart for the poor and for those living in poverty. I ran for Christian Aid was because I am inspired by their God given belief in making poverty a thing of the past. Their passion not just to improve things for the poor but to end poverty is what is keeping me running and will be at the forefront of my mind as I enter the tough final miles of the marathon."

What inspires Peter? "I remember one of the first slogans I heard from Christian Aid when I was a child was this: 'Give someone a fish and they will have food for a day; teach them to fish and they will have food for life'. This philosophy remains at the heart of

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Rtn Eric Blackwell
Tel: 029 20842717

Rotary International
in Great Britain & Ireland

RADYR CHAIN

Free to every home in Radyr and Morganstown

Number 206

June 2013

RANGERS 2013 FOOTBALL FESTIVAL HUGE SUCCESS



We raised a staggering £10,185. for Radyr Rangers on Sunday, 5th May. Last year the club pulled in a respectable £3,500. but to raise over £10,000. is unbelievable. Pensioner Mike Dyer who also helped referee one game during the festival said "I think it's incredible what this group of parents have achieved. They are a credit to the community".

Sunday, 5th May saw Radyr Rangers hold their annual football festival. Fifty teams of nearly 600 children descended on Radyr to attend the festival held at the mound field (behind Pugh's Garden Centre). The festival organising committee were down at the mound field at 6am to assemble the stalls, marquees and erect goal posts.

Festival Coordinator Sarah Gasson said "It is brilliant to see so many local children getting an opportunity to play against other teams. They all had a fabulous time". Festival Coordinator Joss Peacock who celebrated her 50th birthday on the day of the festival added "The whole festival continues to go from strength to strength and we were pleased to welcome all of the teams who participated and to have fantastic weather has just been an added bonus".

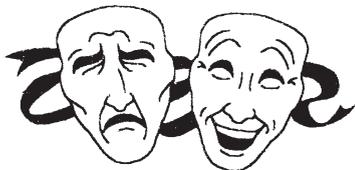
The crowds at the mound field had swelled to well over 3000 people by mid-afternoon as anxious mums rushed to slap on lost of sun cream. "The atmosphere was electric" said Head Coach, Nick Hughes, who had consumed six bacon rolls and two slices of Dominos Pizza by mid afternoon before having to stand down from his refereeing duties with a nasty bout of indigestion!

Everyone was in agreement that this was the best football festival that has been held by Radyr Rangers. Diane White, Radyr Rangers Treasurer said "Although no one team will be crowned festival champions, there seems to be a general feeling that everyone who has taken part has won something, be it new friends or respect and appreciation for other players".

The crowds at the mound field were blowing their vuvezeles like crazy after lunch as the festival was blessed with glorious sunshine. The only incident to report was a couple of grandmothers who fainted and needed attention from the St. John's Ambulance after catching sight of referee Giles Peacock jogging on to Pitch 2 in a pair of tight lycra shorts! *continued on page 5*



COMING EVENTS



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

June

- 8 Cuppa with a copper PCSO Beth Langdon will be in the Library to meet the community 10.00am
- 8 Radyr Girl Guides and Brownies at Radyr Library. Come and meet the guiders and learn more about guiding. 10.00am
- 10 Radyr & Morganstown WI Institute meeting - talk on 'History and Restoration of Dyffryn Gardens' by Ms Gerry Donovan. Old Church Rooms 7.30pm
- 10 RDS Play Reading. Radyr Drama Society play reading at Christchurch School Rooms. All are welcome. 7.30pm
- 15 NSPCC is at Radyr Library. Come and meet committee members of Radyr NSPCC and learn more about their work. 10.00am
- 17 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. Ron Jones of Radyr will talk on his work as a sports presenter for radio and TV. 7.30pm
- 17 Cheese and Wine Evening. Cardiff West Conservatives are holding this event with a special guest at Radyr Golf Club. Tickets costing £15 are obtainable from Sue McKerlich on 20842764. 7.30pm
- 20 R&MCC Monthly Meeting. Main monthly meeting of R&MCC. Chain Room, Old Church Rooms, Park Road CF15 8DF 7.30pm
- 20 RDS AGM & Play Reading. Radyr Drama Society will hold their AGM at Christchurch School Rooms followed by a play reading. All are welcome. 7.30pm
- 22 Neighbourhood Watch. There will be a Neighbourhood Watch display in the Library. Come and sign up for police alerts and local information. 10.00am
- 25 PACT. Your Neighbourhood Policing team welcome you to a PACT meeting at the Old Church Room, Park Road, Radyr. 7.00pm
- 30 Tenovus Sponsored Walk and Strawberry Tea. The Walk will start at Cardiff Castle and end at Christchurch Radyr for Strawberry Tea. Non walkers are welcome to come to the Strawberry Tea which will start at 3.15 pm at the New

School Rooms. Tickets £5 for non walkers concession for children. For details and walk sponsor forms please ring 20842096. For tea tickets please ring 20842887. All welcome. 2.00pm

July

- 4 Visit to Ironbridge Gorge. The History Society will visit the Coalport China Museum, Bliss Hill Victorian Town and the Ironbridge itself. Non members are welcome. Coach £12 entry 17.50. More details from Allan Cook 20843176.8.30am
- 6 Cuppa with a copper. PCSO Beth Langdon will be in the library to meet the community 10.00am
- 7 FAMILY FUN CHURCH. Children of all ages, with accompanying adult(s), are invited to join us in our new venture: Every first Sunday afternoon of the month for fun, craft, Bible story and song, plus refreshments. From 4pm to 5.15pm at Radyr Methodist Church 4.00pm
- 8 Radyr & Morganstown WI. Institute meeting - talk on 'Life of Mrs Beeton' by Mrs Pamela Robson. Old Church Rooms. 7.30pm
- 10 Salmon Lunch at Radyr Golf Club. Radyr and Morganstown Conservatives are holding their Annual Salmon Lunch at Radyr Tennis Club; tickets costing £12 are available from Sue McKerlich on 20842764. 12.30pm
- 18 R&MCC Monthly Meeting. Main monthly meeting of R&MCC. Chain Room, Old Church Rooms, Park Road CF15 8DF 7.30pm

NEWS FROM RADYR & MORGANSTOWN WI

The Festival is now in its second week and WI members, together with all other organisations in our community, have been involved. This year it was our turn to take part in the Festival Fete on 4th May. Members gave generously to supply cakes and provisions stalls and donated gifts for a ladies' lucky dip. There were also tattoos for the children. The sum of £236. was raised for the Festival charity, Tenovus. This total is likely to increase as the children's activity will be available at the Sidings Fete. Our May meeting was a combination of the resolutions for the National AGM and our own Institute's annual meeting. This format is a new innovation introduced at

National/Federation level and makes for a lengthy meeting. The final outcome was that our officers and committee remain in place for another year. As members, we thank them for a year of dedicated work which has provided us all with a varied programme of trips, events, speakers and activities, none of which organise themselves. Our returned officers are, once more:

Pat Williams - President

Gaynor Leaf - Secretary

Rosanne Holmes - Treasurer

Together with their committee, we thank them for past achievements and wish them another successful year.

In June, we have a talk by Gerry Donovan on the history/restoration of Dyffryn Gardens and in July, Pamela Robson will talk to us about "The Life of Mrs. Beeton". The June meeting will be preceded by the taking of a new group photograph and as our July meeting is also our end of term summer celebration, we plan to follow a patriotic theme and wear red, white and blue and crowns! This should prove to be a colourful and interesting evening.

This year, the National AGM is being held in Cardiff at the Motorpoint Arena on Saturday, 1st June, A group of R&M members will attend. Amongst the guest speakers are Griff Rhys Jones and John Humphrys but, no doubt, true to form, the highlight of our day will be the pre-booked lunch at the Madeira Restaurant. As an Institute we will be celebrating as we are receiving an award for the journal recording our "big walk, little splash" challenge.

Two further events are planned prior to the summer recess: a conducted tour of the Mansion House and a behind-the-scenes look at textiles in St. Fagan's Museum. Book groups, walking, crafts, genealogy and computer learning all continue planned programmes throughout the summer term.

Our membership continues to grow. We have ten new members this year so far. Should you need more information, visit our website or come to one of our meetings as a visitor. We meet on the second Monday of the month in the Old Church Rooms, Park Road at 7.30pm. Alternatively, contact our President, Pat Williams, on 2084 3843. L.J.H.

Letters, articles, reports and other contributions are invited and should be submitted by July 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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RANGERS 2013 FOOTBALL FESTIVAL HUGE SUCCESS

...from front cover

Neil Desmond, Rangers Chairman added "This festival is a community festival and I would personally like to thank the local businesses who agreed to advertise in this year's festival programme:

Radyr Garage Ltd
Whites Dental Centre
Evans & Jones
Cathedral Cleaners
Salon Nia
Find my Pitch.com
Ison Window Cleaners
BW Builders
The Tynant Inn
Radyr Eye Care
Nicky's Sandwich Shop
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Amber Digital
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Dignity Funeral Services
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Paradox Hairdressing
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Toast Coffee Shop
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Pizzazz
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Solo Hair & Beauty
Corporate Safety Wear
Andrew Cox Barbering
Apollo Distribution
Direct Source
Horton & Gooch Accountants
Michael Graham Young
Tracey Gill Acupuncture
Sunburst Music Ltd.
Dominos Pizza

The support we have received from the above local companies will open many new opportunities to develop their football skills

There is a lot of time and expense involved in running a community based football team like Radyr Rangers and without the support we have received from our sponsors, we would be unable to provide for the purchase of equipment, kit, insurance, travel expenses or registration fees.

The coaches and parents involved in Radyr Rangers strongly believe that the opportunity that Radyr Rangers provides will broaden their discipline and character on and off the field which can only be a benefit to the community as a whole. The under 11's parents who organised this year's festival have witnessed their children enjoy enormously successful seasons of junior football and I firmly believe that no other squad in the history of Radyr Rangers will have been better prepared for the competitive challenges that lie ahead.

The coaches of the under 11's would like to thank a new local sponsor, Radyr Garage Ltd., who have generously agreed to sponsor the under 12 squad for next season.

Mike Hunt - Festival Reporter



CHAIN COOKERY CORNER

Rhubarb & Orange Dessert / Cake

An unusual dessert/cake with interesting flavours and three different textures. Either serve warm with a dollop of crème fraiche or cold as a cake.

Serves 6/8.

Rhubarb Layer
250g (9oz) prepared rhubarb cut into pieces 3cm or 1 1/2"
50g (2oz) caster sugar
Zest 1/2 orange

Mix all together, cover and leave at least two hours

Line 23cm (9") springform tin
Heat oven 190C or Gas 5

Almond Cake
150g (5oz) unsalted butter
120g (4oz) caster sugar
80g (3oz) SR flour
1/2 tspn baking powder
120g (4oz) ground almonds
2 medium eggs
Zest and juice 1/2 orange

Beat all together but do not overbeat

Spoon into prepared tin and spread
Drain any juice from rhubarb and carefully place on mixture
Bake 25 minutes

Nut Topping
30g (1oz) butter
30g (1oz) muscovado sugar
55g (2oz) slivered almonds
1/2 tspn cinnamon

Gently melt together and place on top of rhubarb

Reduce oven to 180C or Gas 4
Bake for further 25/30 minutes
Cool in tin

A.M.P.

NEWS FROM RADYR PRIMARY SCHOOL

...from back cover

Cardiff University's Brain Training Event. All entries were displayed at the event and winning entries received a prize for their school with overall winners receiving their very own Star Wars Brain Trainer. We were delighted to learn that Jamie in Y4 won the Brain Scientist's Prize of a book for the school (one winner per school) and Matthew also in Y4 was the overall winner from all schools who took part. Matthew received the Star Wars Brain Trainer as his prize. A mosaic of all entries has been placed in the main school entrance.

Olympic Visitor

The children were very fortunate to meet Team GB Olympic Hockey Star James Tindall. James was in Cardiff promoting Ian Botham's Big Welsh Walk and kindly offered to hold an assembly for the pupils. James' talk was very well delivered and inspired the pupils to continue working hard to develop their own talents.



An Evening of Movies and Musicals

Our choir were in action on Saturday 20th April, performing a selection of film and musical theatre music along with a full orchestra to a packed venue of 1600 people in St David's Hall. The Movies and Musicals Evening was in support of the Stroke Association and once again, the children displayed outstanding behaviour and performed with confidence and enthusiasm throughout. A fabulous opportunity! Many thanks to Mrs Hampson and to our choir parents for their continued support.

Rugby Evening

Parents and grandparents were thoroughly entertained by rugby legends Jonathan Davies, Martyn Williams and International Referee Nigel Owens in an evening of rugby Questions and Answers in May to help raise funds for our new library project. The evening was very well supported by local businesses who donated some fabulous prizes for the raffle, many thanks to all and especially to our panellists who gave up their time to support our plans. The library is due to be refurbished during the Summer Break and is being largely funded by the fundraising efforts of our fabulous PTA.

Pumpkin Competition

Thanks to ideas from Mr Coley and hard work from Mr Thomas, we have installed three pumpkin beds on site to be used as a house competition. Each house (Ty Glas, Ty Gwyrdd and Ty Coch) have prepared pots and two seeds have been planted per house. Fingers crossed one of the houses will have a real record breaker by the Autumn.

Tigers are not Rubbish

Mrs Greaves class have been working hard recently to create the fabulous tiger shown below. The sculpture which is made from recycled materials was selected for the final 10 shortlist in the 'Save the Tigers' National Competition and was displayed at the



St Pancras International Station in London where it was judged by Born Free Foundation Founder Virginia McKenna and leading Children's author Lauren St John. Although we received high commendation for our efforts, we were unfortunately not the overall winner. To make the final 10 in a national competition is still quite an achievement however—well done Y1CG

Rotary Football Tournament

Our footballers travelled to Western Leisure Centre to take part in the Cardiff Rotary Club Annual Football Tournament. The boys played six games in total and won the first five conceding only one goal. The sixth game was the final which the boys won 3-0 against Llanishen Fach. The boys performed superbly and were a credit to the school.



RADYR, MORGANSTOWN & DISTRICT GARDENING CLUB

Once again we have come to the end of another successful year and ended our programme of winter evening meetings with the AGM followed by a talk by Jane Grehan on "How I became a Garden Designer". Jane who designed and planted one of the show gardens at the 2012 RHS Cardiff Show traced and illustrated with many of her designs, her career from the opportunity to follow a long-held interest in gardens and plants presented by changes in her original work-place, through to becoming a professional garden designer.

Despite the interesting winter programme, attracting new members remains a problem – meetings are publicised widely by poster and around the village, through the Radyr Chain and through the Radyr website. However, what is pleasing is the consistency of attendance by members and the number of visitors attending single meetings all of which is a reflection of the interest in the programme topics and the club is indebted to our Programme Secretary who each year puts together an interesting and varied programme.

As in previous years we ran a plant stall at the Festival fete and despite the slow start to the growing season, members and friends provided a good number of plants. We sold most of them; thanks go to all those who helped both growing and selling. Last year we included an activity for children, to encourage an interest in growing from seed. We successfully repeated it this year making pots from strips of newspaper, planting a seed and "Watch it Grow". Our grateful thanks go to Pugh's Garden Centre who once again kindly donated seeds and compost.

Meanwhile, progress is being made in arranging the programme for 2013/2014 and our first meeting will be on Wednesday, 11th September when we hope to see you. The full programme will be announced in due course via the Radyr Chain and Radyr website.

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

You don't have to know the Latin names of plants or have green fingers to come to a meeting' few of our members would claim to be experts. We just share an

interest in gardens, plants and generally growing things. So co along – you will be very welcome.

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

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

1ST RADYR BEAVER NEWS



As always it's been another busy start to the Beaver Calendar with the beavers taking part in many events and activities. We started off our year with a hike along the canal and bird watching in the bird hides. Not many birds were seen that evening but possibly because twenty 6-8 year olds are not very quiet when they are as enthusiastic as beaver scouts! We have had first aid nights, water nights and science nights. We have had welly walks in the dark and map reading evenings. We have celebrated the Chinese New Year and St. David's Day. And as part of our Friendship challenge we planted spring pots for the residents of Danybryn and the children were very proud to present these to some of the residents when we went to visit. With any luck they are enjoying the hopefully colourful spring flowers during this very chilly spring.

We, as many members of scout groups over our area and district, enjoyed a fun packed day in St. Fagans on 7th October when Bear Grylls, the chief scout, popped in to say Hello to everyone! We spent a very enjoyable evening in Radyr Library, where Caroline read us wonderful stories for us to celebrate National Story Telling week – Thank you Caroline!

And recently an 8ft python came to visit us along with some of his friends that consisted of cockroaches, small lizards, big lizards, scorpions, tarantulas and some smaller snakes! I was very impressed how the beaver scouts happily touched and held some of these creatures overcoming any fears they may have had. Pity that can't be said for some of the leaders! You know who you are!

So all in all a very busy calendar and it's not finished yet. So what's next? Well that would be telling! You'll have to wait and see. The Beaver Scout Motto – Fun and Friends – well we certainly do! **Simba**

Rotary in Radyr



As part of Radyr and Morganstown Festival we held a brass band concert on 4th May at Morganstown Village Hall. This is the second year that we have held an event during the festival. This year the RAF St. Athan Voluntary Brass Band performed and they were excellent. We had a great turnout and are very pleased that we raised £280. for Tenovus.



Also in May we organised a raffle for Macmillan Cancer Support and other Rotary supported charities. We are very grateful to Asda in Leckwith for allowing us to sell raffle tickets across four days and the winning ticket was picked by Rebecca Parke for Macmillan. We are delighted to raise £500. for Macmillan, which has been President Stephen's chosen charity over the last year.



The Rotary year runs from the beginning of July to the end of June. On behalf of President Stephen and all our members we would like to thank the people of Radyr, Morganstown and the surrounding areas for their continued support in all our endeavours. We hope that this will continue in the future.

Thank you.

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



ERGONOMIC CHAIRS, THE ODD SHAPED MOUSE AND STANDING AT YOUR DESK – THE OFFICE OF THE FUTURE

Working life is often bottoms plonked in a chair for eight hours a day ... hunched shoulders, slouching over the computer, crossing our legs and cradling the phone between our chin and ear ... stress levels rising without the physical activity to balance the drama ... an ergonomic disaster! Ergonomics is the science of work and a person's relationship to that work, it is derived from two Greek words: "ergon" = work and "nomoi" = natural laws. An ergonomic assessment is one which assesses you and your workstation to minimise the risk of injury and help maximise productivity.

An active physical job in the long-term is now often less problematic than a sedentary based office position. There are the obvious musculoskeletal aches and pains, repetitive strain injuries (RSI) and chronic low back pain associated with poor sedentary working habits; however, recent research has shown even more problems for the office worker or couch potato. Extended sitting slows the body's metabolism of glucose and lowers the levels of good (HDL) cholesterol in the blood; risk factors toward developing heart disease and Type 2 diabetes. Even with a good exercise programme outside work the research indicates that people will struggle to combat the negative effects of a sedentary working environment.

So what should we do? Do ergonomic assessments and office adaptations hold the key? An ergonomic assessment is often seen as an

opportunity to provide a nice swivel chair and an odd shaped mouse! However, understanding what you do and identifying the problems and adjusting postures/habits may help to prevent the aches and pains of tomorrow.

Adjustable height desks are now becoming more popular and for good reason. Standing at the desk working for a period of time not hunched in a chair will help your back, digestion and improve your circulation! I predict that the offices of tomorrow will be more dynamic and office workers will be encouraged to move and work in different positions. Standing, stretching and wiggling ... ensuring that staff return the next day refreshed and with less aches and pains ... and ultimately less sick leave and more productivity!

Glamorgan and Gwent Physiotherapy is based at Radyr Golf Club. Please feel free to contact me if you would like an ergonomic assessment, help, information or treatment.



Clare Rayner

Phone: 07551991773

Email: clare@gngphysio.co.uk

www.gngphysio.co.uk

MY BUCKET LIST FOR SUMMER 2013!

The impossible has happened again. Wales has had its first glimpse of sunlight, which means that the six weeks of school holidays will be arriving shortly! If you don't plan a bit, summer holidays can be boring. Luckily for me I have found a way of occupying myself for the whole six weeks! I have made a summer bucket list.

A bucket list is a list of adventures to do before you die so a summer bucket list is a note of things to do before the summer ends.

My bucket list from last year contained some activities. Top of my list was ...

Climbing the Garth Mountain with friends (a task I found relatively easy), another was to complete 'the coke and mints experiment' which involves adding a mento mint to a bottle of coke and seeing it fizz everywhere! These may sound a bit mild for the adrenaline junkies amongst my friends, but of course they could always choose to do some more exciting activities such as rock climbing and kayaking.

Other parts of the bucket list were more simple such as write a letter to a foreign friend, draw something in chalk on the road and cook myself a meal using fresh ingredients.

This year on my 2013 summer bucket list, I have a vlog (a video diary online) to keep myself amused. Mine is on YouTube and is called 'countofhats' so I shall keep my YouTube viewers informed of my summer bucket list when school ends for the summer. This site will also include other opinions and experiences from my life in Radyr.

Some of the activities I would like to do this year include going to a concert or festival to see a live band, watching at least five of my favourite films of all time (which include James Bond and Harry Potter) and visiting the Doctor Who exhibition in Cardiff Bay.

If you have some suggestions to add to my bucket list for this summer, do get in touch!

CUPPA WITH A COPPER

[NOT PROTECTIVELY MARKED]

I will be a Radyr Library on:

Saturday, 8th June, 2013 @1000-1300

Saturday, 6th July, 2013 @ 1000-1300.

It's a drop-in session so anybody is welcome to come along and have a chat to me!

If there are any problems, then let me know.
The PSCO for Radyr, Morganstown & Gwaelod.

We'll Always have Paris

RADYR DRAMA SOCIETY, 25-28
APRIL 2013

In 1963 academic Edwin R. Schoell observed that, in Britain, *"There is, particularly in professional quarters, a deep-rooted suspicion that amateur theatre is really an institution that exists in order to give significance to "amateur dramatics", a frivolous kind of amusement with no pretension to art"*.

On the basis of this production, however, no statement could be further from the truth. Every aspect exuded the professionalism and commitment of those involved, on stage and backstage.

The stakes were undeniably high: to mark its 50th production, the RDS chose a little known play by respected TV dramatist, Jill Hyem (House of Elliot, Tenko) lacking obvious extremes of mystery, slapstick or dramatic plot development.

Instead, "We'll always have Paris" is described as "feel-good play with laughter and tears, the promise of romance, friendship and anger and the advantages and disadvantages of growing old". The play flows through the interaction of characters and how they change and develop over several weeks. This places an obvious challenge on any Director and cast, to convey these developments clearly but without cliché, whilst maintaining the attention and enjoyment of the audience. In this respect, under the control of director Nicky Webber, the production succeeded admirably.

To begin with, we had another immaculate set by Dave Burgess who, besides his imagination and attention to detail, repeatedly seems to make the tiny stage at Morganstown Village Hall appear larger to the audience than it actually is. This time we had a snug rooftop Paris apartment, the setting for the

reunion of three very different mature English ladies: Nancy, Anna and Raquel. Friends since boarding school, but following widely diverging paths in the four or so decades since, they find themselves in Parish, the city which Nancy and Raquel now call home and which recently widowed Anna is visiting at the invitation of Nancy.

Nancy, played by Zoé Pearce, represents "stability" to the point of predictability. Single and settled, with a routine which includes yoga, art galleries and preparing meals, her role is really to be the linchpin for the other two less stable characters. Zoé nevertheless held the balance consistently, eliciting laughs and audience reaction in her own right, not least in her reactions to her two friends' eccentricities.

The one downside in Nancy's life is her tyrannical landlady, Madame Boussiron, an icy character fond of one-upmanship. Kate Greville oozed with iciness in her performance. It was just a pity that her appearances on stage were so brief, although she made the most of them.

Anna and Raquel contrast sharply, but are both tremendously colourful characters and were expertly played. Pauline Watson gave a powerful performance as the exhausted and downtrodden Anna, emotionally wrecked from twenty years of dutiful care for her ungrateful late husband in a loveless marriage. Pauline projected this convincingly both physically and emotionally. Gradually we see her personality and poise blossom as she regains confidence in herself, encouraged by the attentive Charlot, a local handyman and out-of-work actor, played by Peter Griffiths. It was a delight to see Peter back on stage and he handled a difficult part with great competence. Charlot is a friendly, obliging and always cheerful character, hiding his own private grief. As the play progresses, he and

Anna develop a "special friendship". In playing Charlot, Peter faces a similar challenge to Zoé in terms of keeping interesting a character without obvious emotional props. Peter worked the part well and trod the fine line between understanding and overstating a delicate role.

The character of Raquel is a complete contrast, holding Anna in equipoise! The audience heard about Raquel long before her appearance and so we were anticipating a colourful character. We were told she had changed her name from Rachel and had gone through a series of lovers in between trips to South Africa for cosmetic surgery. On to the stage she strode, and she did not disappoint, thanks to a confident performance by Sarah Jones displaying a poise and attitude blending Beverly in "Abigail's Party" with Patsy in "Absolutely Fabulous"! She gave the audience the biggest laughs of the night, but nevertheless successfully held back from allowing her character to become too dominant or farcical.

The scene of the three ladies playing monopoly and getting progressively more tipsy, was a classic of stage comedy and a highlight of the evening, but the whole play moved smoothly towards its climax where all characters undergo once change or other. Nicky Webber's direction was effective, keeping a tight control overall while allowing each cast member to shine.

One downbeat footnote to this production was the size of the audience. It was a pity that such a polished performance by all concerned was appreciated by a total of less than 150 people over three nights. So this review ends, not with a "support your local Sheriff" plea, but a reminder to the people of Radyr and Morganstown that you are missing out on some damn fine home-grown talent and a great and different evening out!

Jim Cowan

The arrival of the summer months means there's much to do in the garden – 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 this summer! Happy Gardening!

To Do List :

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

Deadhead roses and feed with a slow-release fertiliser to encourage a new flush of flowers

Regularly hoe borders to keep weeds under control

Thin apples and plums to improve fruit size and quality

Sow salad leaves in small quantities to provide a supply of fresh salad options throughout summer

Protect ripening strawberry plants by surrounding them with draw or matting then covering with a net to ward off birds

Tie in twining climbers such as sweet peas and honeysuckle to keep the young growth tidy and damage-free

Dig out any problem lawn weeds or treat with a suitable weed killer

Keep summer bedding plants blooming with a feed of high-potash fertiliser

Cut back violas that have been flowering for weeks and treat them to a liquid feed

Snip off the damaged shoot tips of fuchsias as they are likely to have been nibbled by bugs

Kick start late-flowering clematis with a feed of high-potash soluble fertiliser



Try This:

Prevent sweet peas from drying out by soaking the soil at least once a week and covering with a thick layer of mulch to retain moisture. Continue to pick daily to prevent the seed pods from developing (which will make the plant die out) – and use the beautifully scented petals to



add a splash of fresh perfume to the home!

Deadhead perennials and bedding plants to help preserve their energy and keep them blooming throughout the summer and into autumn

Pinch out the tops of flowering broad beans as blackfly like to congregate in the tips. If they have already appeared, spray with water or use soapy water to wash them away

Snip the flowering heads of garlic to ensure the energy is directed to the bulb as opposed to the seeds – and use the heads for cooking and steaming to add fabulous flavour to your dishes

Looking to add a splash of colour to the garden this season? Our top picks include Geum 'Totally Tangerine', Hebe 'Rhubarb and Custard', Coprosma 'Pina Colada' and Spirea 'Sundrop'

Hanging Around!

Well planted hanging baskets add a rainbow of eye level colour to the garden ...

Hanging baskets provide one of the easiest and most beautiful ways of displaying a fantastic range of colours in the garden during the summer. Whether you have a large or small garden, a patio, a balcony or no garden at all, hanging baskets brimming with cascading flowers and foliage will provide months of pleasure

Incredibly versatile – baskets can be securely attached to the side of a house, from the beams of a pergola, fixed to a wall or suspend from a sturdy branch on a well-sited tree

There is a vast range of flowering plants that flourish exceptionally well in hanging baskets – and don't forget that



hanging baskets are not restricted to the summer months – an eye-catching display of ivy, primulas, winter flowering pansies, bulbs and heather will offer a year-round splash of colour

Pugh's Garden Village offer a beautiful selection of ready-planted hanging baskets, but if you would prefer to create your own this sum then here's a few of our top tips ...

Rest the basket on a reasonably large pot so that trailing plants hang down as you plant

Line the basket using sphagnum moss or readily available liners – and place a saucer in the bottom of the basket to help retain water

Fill the basket using either a proprietary tub and basket compost that has water-retaining crystals or add your own crystals to a good quality general purpose potting compost

Mix slow-release fertiliser into the compost to ensure an even supply of plant food throughout the season (half-fill the basket with compost if using a wire basket with a mix of flowering and foliage plants

Gently tease the roots of a few trailing plants through the sides and then cover with compost

Add the flowering plants as you work up the basket and 'round off' the top of the basket by placing a more upright plant in the centre

Water thoroughly and set the basket out of direct sunlight for approximately one week before placing it in its final position

A liquid feed once a week will also help to maintain your plants in peak condition

Remember that the secret of successful hanging baskets is watering! A daily watering is essential, but the visual effects will make it all worthwhile!

Pugh's Garden Village
Tynant Nurseries, Radyr,
Cardiff CF15 8LB
Tel. 029 2084 2017
www.pughsgardenvillage.com
Find Pugh's on Facebook & Twitter!



SHAPE UP FOR SUMMER

Do you want to lose a bit of weight? What can you realistically achieve? If improved health or performance is your priority it is time to change your current eating habits.

Losing weight involves making changes that are sustainable for the long-term. When the afternoon energy slump hits, you may be tempted to reach for fast-releasing sugars found in sweets, confectionery, cakes and biscuits. Substituting these for more nutritious snacks containing slower releasing sugars and protein may help to control your appetite to avoid over-eating at dinner, give you more energy and reduce sugar cravings.

Health snacks containing less than 100 calories include: a boiled egg, a cup of blueberries or strawberries with a few almonds, vegetable crudites and a tablespoon of hummus or guacamole, or a small handful of unsalted nuts and seeds.

My philosophy is to teach people to eat real food in the real world. I do not use: points or colour systems, very low calorie diets or any diet that costs people their health, slows their metabolism, fails in the long term and damages confidence and self-esteem. I believe in arming people with the tools, knowledge and motivation, to make health nutrition choices to optimise their health potential and to inspire their families to do the same.

As a CNHC registered nutritional therapist, in conjunction with a highly qualified personal trainer, we offer weight loss and fitness programmes that are inspirational, educational, motivational and highly successful. Each session lasts for an hour per week for a minimum of eight weeks. This is available as part of an optimal sized group allowing for personal attention with team spirit or on an individual basis.

In order to create the best possible health and weight loss results and the on-going motivation for lasting change, the session always incorporates the following key elements:

- Nutritional Education – teaching about how the body works and how to take control of your own health
- Exercise programme
- Motivational coaching – what stops you achieving what you want in life
- Small group numbers – with a high level of individual support and attention
- Plus weekly goal setting, food diary review, all set in a fun, supportive group environment

If you would like to find out more about the weight loss and fitness programme, please contact me for a no obligation telephone conversation.



Joanne Jackson

BSc. Nutritional Medicine, mBANT, CNHC, BSc. (Hons) Radiography, PGCE
Tel. 07970 227 037
Email: Joanne@whole-nutrition.co.uk
www.whole-nutrition.co.uk

NEWS FROM RADYR LIBRARY

It is that time of year again. We are now able to reveal the theme of this year's summer reading challenge. It is ... Creepy House! We are looking forward to planning some spooky activities for the children over the summer holidays! Remember to join the reading challenge just before the children break up from

school. As usual, the children will be challenged to read six books over the six week holiday and will receive a prize after two, four and six books. Once the children are back in school, they will receive a medal and certificate. So don't forget to sign up for the challenge. You'll have a whaaaaaale of a time!

We now have a large collection of lost property here in the library including four hats, a scarf, a doll, some children's sunglasses, normal glasses, a glasses case, a toy Dalmatian puppy and two toy sheep (one with only three legs!). If you think that you may have lost any of these items, please ask a member of staff. Unfortunately, we will have to get rid of them by the end of June.

We have been holding Saturday sessions here in the library, with local groups having the opportunity to promote themselves. We have had groups such as Tenovus, Radyr Cricket Club and Radyr Community Council. We are continuing to hold sessions over the next few months. So pop along and see what the local community has to offer. Alternatively, if you would like to promote your community group, send us an email to radyrlibrary@cardiff.gov.uk

Our storytime and rhymetime sessions are still going strong. We have two English sessions at 10:15am and 2:15pm on a Tuesday where we tell a story, sing songs and make a craft. We also have a Welsh language Storytime on a Wednesday at 10:30am.

Just a reminder that we have a supply of green bags, food waste bags and dog waste bags available in the library. The new rolls of green bags now have 52 bags on a roll, so please be aware that you may not need to take a second roll.

We also have some fantastic resources available to library users. Our e-reference service has Ancestry.com and Find My Past; a theory test programme to help you pass your test; newspaper archives and encyclopaedias which may be useful for homework.

If you have an e-reader (not a kindle) or a pc/laptop/tablet, we have a free e-book service where you can download library e-books from home and borrow them for up to three weeks. All you need is your library card number and your PIN number that is attached to your card. Please contact a member of staff for further information.

We are still having lots of new adults and children's books arrive in the library, so why not pay us a visit and take a look on our new book stand.

*Thank you for your continued support and fingers crossed for a nice summer.
Jen, Anne and Caroline*

Radyr & Morganstown Community Council

Cyngor Cymuned Radur a Threforgan



We welcomed a new councillor to R&MCC in May: Julia Hallinan. Julia and her family have lived in Cardiff and R&M for many years and she has witnessed the enormous changes that have taken place. While living in a new community in Devon, Julia was one of the founding members of the local community association, became a community councillor and school governor. On returning to R&M, she was the Beaver Leader in Radyr and is a key member of the Radyr Parish Music Group. She will be a valuable member of the R&MCC team which is back up to its full strength of 12 councillors with Cllr Rod McKerlich as Chairman and Cllr David Silver as Vice Chairman this year.

An updated version of the R&M map is included with this edition of the Chain. We hope you continue to find it useful and that it stays up to date for some

time to come! The biggest threat to that is Cardiff Council's Local Development Plan and the council has been diligent in its responses on your behalf. The next consultation will be the autumn and we are considering how best to prepare for that. All our responses can be found on the R&M website.

R&MCC, like all community councils, may appoint governors to primary schools in its ward. We are delighted to say that Sarah Thomas is now our representative governor at Bryn Deri Primary School. Sarah was a councillor with R&MCC so she knows how we work and is already hard at work supporting the school.

2014 sees the centenary of World War 1. There will be national events to commemorate this huge event and we are starting to think about how to do that here. R&M has a book of

remembrance which recorded details of men who served. The book was never completed and one project is to research their military records and fill in the gaps. We also plan to digitize the book and put it on the website for everyone to see. If you are interested in joining a group to consider this project, please contact me. If you have any family history or objects that you would like to share we would be very interested in discussing it with you.

Congratulations to everyone who made the Festival such a success this year.

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

RADYR & DISTRICT



GOOD NEIGHBOUR SCHEME

... are grateful to Antonia Wigley for opening her garden, to raise funds for our deplete coffers. Our main grant from Cardiff County Council has not been increased for over ten years and following council cutbacks will be reduced by 10% this year. We hope that local residents will support the open garden as all money raised will be donated to Good Neighbours. We are a small, local charity helping senior residents with neighbourly tasks – local transport, befriending, friendship group, lunch clubs etc., helping them to feel part of a caring and supportive community.

OPEN GARDEN

in aid of

RADYR & DISTRICT GOOD NEIGHBOUR SCHEME

Sunday, 23rd June
3pm-6pm

“Monkstone”, 21 Windsor Road,
Radyr, CF15 8BQ

Entrance adults £5.
Children Free

Tea & Cake included in ticket price

Plant Sale

Tickets available from
Antonia Wigley 2084 2755
or
Good Neighbours 2084 2404

THE MOUND FIELD

Things may be moving slowly but they are moving and several developments have happened regarding the Mound Field and the Motte and Bailey in Morganstown.

Firstly, Pugh's Garden Village have submitted very exciting plans for the re-development of the Garden Centre (see artists impression), starting in the area around the old Morganstown Rugby Club. As well as creating more retail space and new enlarged catering facilities, it will include an interpretation centre for the Lower Taff Valley. As parking around the Old Rugby Club will be restricted to protect the remains of the Bailey, the County Council propose to enlarge the car park on the Mound Field itself. One of the problems for those playing football on the Mound Field is drainage. The County Council are looking into the possibility of draining the whole or parts of the Mound Field.

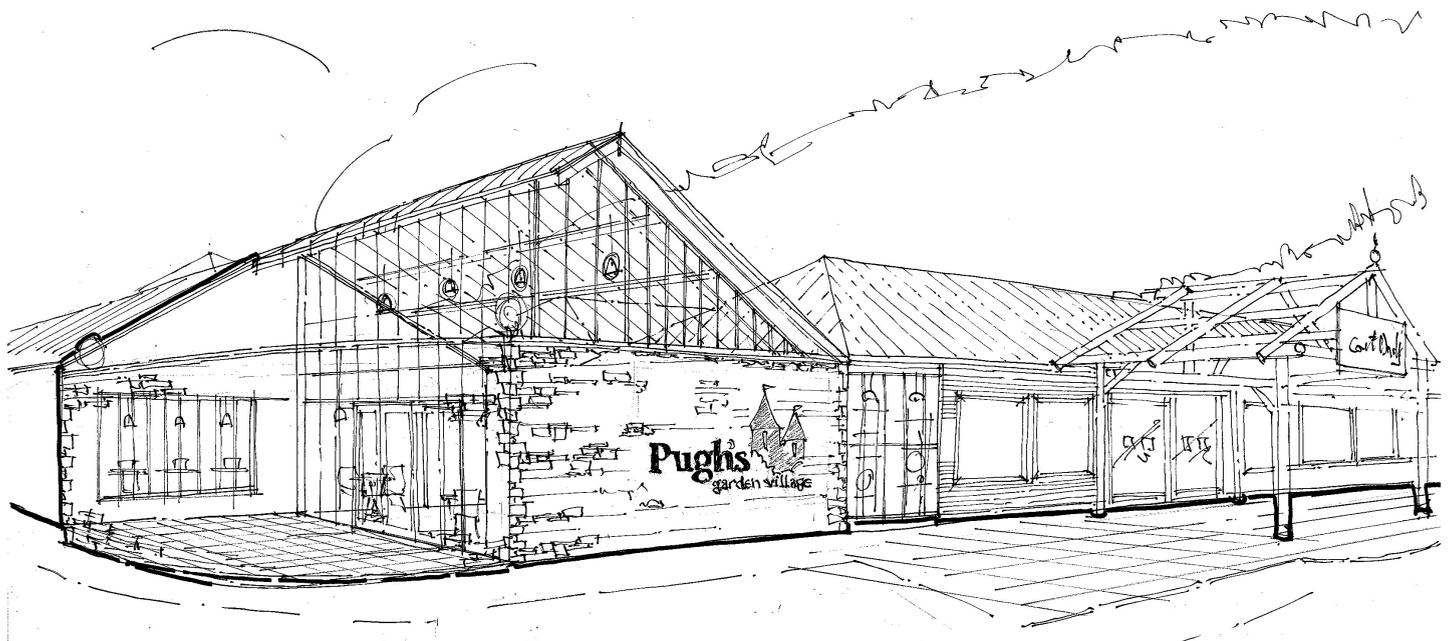
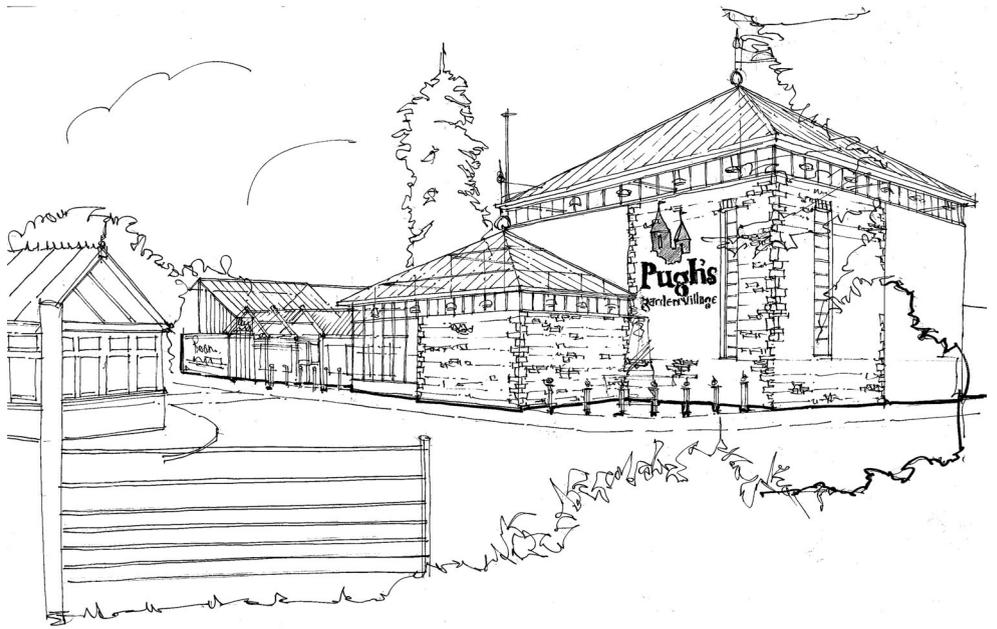
Finally to the Motte and Bailey itself. The area has been declared clear of the fungal infection and will be opened up again shortly. Most of the trees have been cleared from the site and the extent and height of the Motte can be seen again for the first time in many years. The County Council propose to put in a low fence around the site with interpretation boards. The grassy area will be kept as a wild flower meadow and once we know what species already exist, more species will be

introduced. Pathways will be cut in the meadow and seating introduced.

The Motte and Bailey castle is one of a series of similar structures built along the base of Caerphilly Mountain between Morganstown and Ruperra. They were probably built by the Norman conquerors of Glamorgan around the year 1100 and would have formed the first boundary between the English and the Welsh. The Motte would have consisted of a mound of stone and soil – currently about 18 feet high – surrounded on the top by a wooden palisade with a wooden tower in its centre, to which the inhabitants of the castle would have withdrawn if attacked by the Welsh. The Bailey was at normal ground height and would have consisted of an oblong palisade within which the inhabitants of the complex would have lived. We don't believe that the wooden palisades

were replaced by stone walls as happened in Cardiff Castle because the structures would have become redundant once the Normans had conquered the Principality of Senghenydd and built Caerphilly Castle.

Morganstown is the best preserved of these Motte and Bailey castles, but we know very little of its history. To our knowledge it had never been excavated. A Friends group is in the course of being set up to look after the site and assist the County Council in its management and to secure funds for its mapping and excavation. These are long-term goals and we need local residents to take an interest in what should become a very attractive corner of Radyr and Morganstown. If you are interested in becoming a Friend of the Mound Field, please contact Allan Cook on 20843176.



CONNECT THROUGH THINK, FEEL, KNOW

Most, if not all, of us are drawn to trying to develop a better understanding of ourselves. Why we think and feel the way we do, why we sometimes surprise ourselves and other times behave in ways which, on reflection, could have been handled better? What of our deeper beliefs? What about the dark and mysterious realm of the sub-conscious? What about the nature versus nurture debate? What really makes us human?

These are not new questions but we are now seeing the availability of data for the first time which can throw new and exciting light on possible answers. The source of this data is neuroscience.

Neuroscience is concerned with the study of the body's nervous system and of particular relevance here is the role of the brain and the heart in determining our everyday behaviour and our experience of life. Traditionally this has been the domain of psychology but the classical psychologists of the last century did not have access to the data that is now available through functional MRI scanning technology. They had access only to dead brains, useful to understand anatomy but very limited in terms of actually seeing the brain in action. Now the technology gives us exactly this insight: seeing the live brain respond to everyday stimuli. The results are radical and amazing.

Although I have studied Psychology and Sociology at university level, I am not a neurologist myself but I have been privileged in recent years to have direct access to practising neurological consultants. What these guys are dealing with deserves to be understood well beyond the clinical arena with which they are primarily concerned. I honestly believe we are on the path to unlocking secrets of humanity which

have previously been largely hidden from us and subject more typically to the realm of philosophers and poets.

The challenge is communicating a very complex subject in language which is simple and understandable. This is the motivation that led me to write my book "Connect through Think Feel Know". The book sets out to explain some of the fundamental neuroscientific principles which underpin human behaviour by use of the Think Feel Know model. This is a model which introduced us to the interaction of the three main regions of the brain which influence our behaviour.

The *thinking* region of the brain is the cortex and reflects a world of logic, data, structure, process, method and rules. The *feeling* layer, the limbic region, operates on totally different principles: here it is about energy, sensing, feeling, emotions, relationships and creativity. The knowing layer, the basal region, is the world of instincts, intuition and "gut" responses.

It is our own unique blending of the inner workings of these regions of the brain which determines the way we "show up" in life, the way we process and give meaning to our experiences and the impact that we have on others.

The first indication of this is the way we communicate. The "Primary Thinker" likes to be specific, clear and have sensible rules. He/she will tend to think things through before communicating. "Primary Fellers" are much more inclined to react spontaneously in the moment. They will react to what they are sensing. They are typically animated (positively or negatively) and wear their hearts on their sleeves. "Primary Knowers" go with gut instinct and intuition. They don't waste time thinking about the detail or getting emotional, they just get to the point. This doesn't make them right but they invariably believe they are right.

Of course, we use all three styles and can move quickly from one to the next but over time we will tend to favour one or two of the styles over the others in certain situations.

There is no one style that is better than the others: they are all significant. The power of the learning is in understanding how our own style impacts our life and the lives of those around us.

Communication is just the starting point. The science and the model offer the potential to unlock human performance in all aspects of life. My book is largely illustrative of the business environment as that is where I have most experience of putting these concepts into action. Yet the principles extend well beyond, including relationships, families, sport and education.

Most of us have questions unanswered about ourselves, whether they are everyday or deeply personal. Understanding how our brains and hearts contribute so significantly to making us what we are can take us to a whole new level of meaning in our lives.

For further information please visit www.thinkfeelknowbook.com or contact Clive on chyland@thinkfeelknow.com

GreengAge Project Volunteers Needed!

Are you an older person or interested in working with older people?

Would you like to work with older people and help them to grow their own fruit, vegetables or flowers?

GreengAge is a befriending project aimed at older people who live in the Cardiff area. If you'd like to volunteer for GreengAge please get in touch with us now.

By getting involved in this project, you can make a positive difference to your own and someone else's life.

GreengAge is managed by Gofal, one of Wales leading mental health charities and is funded by the Big Lottery Fund

Tel: 029 20674 310
E: greengage@gofal.org.uk
www.gofal.org.uk

FOR SALE

Mahogany top desk 65 x 30 inches
Hide inlay, 2 pedestals (computer)
Matching 2 drawer filing cabinet

£465.00 ono (new £1550.00)

Telephone 029 2089 1067

Tea for Two, a magazine, fresh chicken and my prescription!

I really value our local shops and services; it's so much nicer to know the names of shopkeepers, exchange local news and not have to drive too far. I still use the supermarket but having a range of local shops and our wonderful library is so precious.

Dee in Martin's always has our papers ready and is quick to highlight any special offers; Gareth is unfailingly helpful in the chemist shop as is the staff in Spar. But it's a real treat that we have now an old-fashioned tea shop. I've enjoyed browsing in Vintage Gem since it opened and bought some Christmas presents there. Last time I went in I was delighted to find part of the shop given over to a tea room. It took me back to my childhood and the treat of afternoon tea with my Gran. The mixture of vintage curios and tea, coffee and cakes really works - and I saw someone using WIFI- rather more 21st century than vintage! All the tables are covered in hand-embroidered table clothes; tea is served in china cups and there's a mouth-watering range of home baked cakes displayed on pretty cake stands. I don't know the name of the owner of this shop yet but I'm sure after a few visits for coffee and a natter with a friend, I'll know her by name in the same way as other local traders.

I remember when we had Maldwyn's greengrocery, a butcher and travel agent- those days have long gone but at least we have a nucleus of shops to call our own in Radyr- it's always busy in our village but parking is much easier than in Whitchurch, our 'noisy neighbour' down the road.

Sue King

CONSIDER YOURSELF AT HOME!

"Small pleasures, small pleasures, who would deny us these?"

For those fans of the Theatre, why not join us for the beloved musical, *Oliver!* on the 22nd and 23rd June.

Shine Theatre Group are presenting the ever popular story of the boy who asked for more at the Bishop of Llandaff High School. Lionel Bart's sensational score includes Food Glorious Food, Consider Yourself, You've Got to Pick-a-Pocket or Two, I'd Do Anything, Oom Pah Pah, As Long As He Needs Me and many more, with our live band and singers.

Our cast of children and adults bring to life all of Dickens' characters, larger than life, with all their facets glowing in this production. Revel in the energy of Dodger and the pickpockets, delight in the innocence of Oliver and laugh at the foolish Fagin.

"Consider Yourself at Home, consider yourself one of the Family" as we welcome you to escape into this well-crafted tale.

www.shineperformers.co.uk

7pm Saturday, 22nd June and 3pm Sunday, 23rd June – special price for children aged 12 and under, just £5. at the Sunday matinee show. For tickets see www.ticketsource.co.uk/shineperformers or call the Box Office 0844 8700 887

WORKING WITH OUR ANCIENT LANDSCAPE



THE ELEMENTAL FORCES OF BRITAIN

THURSDAYS, 2013
(7:00-9:00PM)

**9TH MAY
23RD MAY
6TH JUNE
20TH JUNE
4TH JULY
18TH JULY**

VENUE:

CHAPTER ARTS CENTRE
MEETINGS ROOM 1, MARKET ROAD,
CANTON, CARDIFF CF5 1QE

**GNOSTIC INSTITUTE
OF ANTHROPOLOGY**
WWW.GNOSTIC-INSTITUTE.ORG
TEL: 07908970672



Results from all the Competitions

Festival Colouring Competition - Artist and Judge Keith John

BRYN DERI SCHOOL

Under 8

1st Prize Theo Thomas 2nd Prize Caitlin Grace Bretland
Highly Commended Alex Poole, Aaneefan Backus and Coco de Maid.

8 years to 11 years

1st Prize Rose Melhuish 2nd Prize Sophie Thomas
Highly Commended April Spiteri, Annabelle de Graaf, Chloe Thomas

RADYR PRIMARY SCHOOL

Under 8

1st Prize Stella Sommers 2nd Prize Rania Siddiqui
Highly Commended Rhys Thomas, Adam Abdel Ghafar.

8 years to 11 years

1st Prize Jonathan Harries 2nd Prize Todd McNamara
Highly Commended Adil Miah, Leire Dafis Sagarmendi.

Freehand Painting

Under 8

1st Prize Ella Jackson 2nd Prize Amy Westnell

8 years to 11 years

1st Prize Nawal Siddiqui 2nd Prize Kirsten Ullah-Sigher
Highly Commended Frances Davies-Walsh, Megan Lawson

Artist's Special

Highly Commended Thomas James, Tommy Francesco

Duck Race

Winner Judy Grundy
2nd Prize Sue Jenkins
3rd Prize Griff Gibbs

Imaging 2000 Photographic Competition

Winner Windsor Fortt
2nd Prize Adrian Hopkins
3rd Prize Tim Lewis

Fun Run

Year 3/4 boys - 1st Huw Riley (RPS), 2nd Dmitry Williams (RPS), 3rd Joseph Taylor (BD)
Year 3/4 girls - 1st Ella Jackson (RPS), 2nd Katie Gould (BD), 3rd Mollie Mainwaring (BD)
Year 5/6 boys - 1st Sammy Peacock, 2nd Max Long, 3rd Will Couston (All RPS)
Year 5/6 girls - 1st Nia Riley (RPS), 2nd Grace Morgan (BD), 3rd Zoe Pippa Hall (BD)
Year 7/8/9 girls - 1st Alys Booth (And first female overall), 2nd Aimee Whitcombe, 3rd Tirion Jordan
Year 7/8/9 boys - 1st Thomas Hughes, 2nd Ben Ladd, 3rd Archie Evans
Year 10/11/12 girls - 1st Miriam Smith
Year 10/11/12 boys - 1st Jack Gooch, 2nd Ioan Phillips, 3rd Harry Thomas
Adult Female - 1st Bethan Smith, 2nd Kate Grundy, 3rd Joanne Jackson
Adult Male - 1st Mark Palser (1st overall), 2nd John Palser, 3rd Gareth Jones

Festival Prize Raffle

1st Prize	Geoff Saunders	Overnight stay at the Celtic Manor
2nd Prize	Nick Holmes Garden	Design by Caroline Jones of C.J. Garden Designs 20843594
3rd Prize	Peter Walker	Edible fruit bouquet by Fruitylicious of Meadowfield Way, Morganstown
4th Prize	Bernard John	Dinner at Toast's Restaurant in Station Road, Radyr
5th Prize	Margaret Lewis	Voucher from Ener-chi in Station Road, Radyr
6th Prize	Nicky Aubrey	Everyman Theatre tickets - "Guys and Dolls"
7th Prize	Jean Monk	Voucher for Eye Care in Station Road, Radyr
8th Prize	Stella Thomas	Voucher for Headway in Station Road, Radyr
9th Prize	Jill Newbould	Bottle of wine
10th Prize	Alex Skibinski	Bottle of wine - Spar Grocers, Station Road, Radyr
11th Prize	Anna Elliot	Bottle of wine - MGY Estate Agents, Station Road, Radyr
12th Prize	Eiddwen Evans	Voucher for Vintage Gem, Station Road, Radyr
13th Prize	Walker	Voucher for Cathedral Dry Cleaners, Station Road, Radyr
14th Prize	Kath Davies	Bottle of champagne - White's the Dentist, Station Road, Radyr
15th Prize	Tammy	Box of chocolates from the staff of Martins in Station Road, Radyr
16th Prize	David Suthers	Everyman Theatre tickets - 'Mid Summer Night's Dream'
17th Prize	Gareth Hermon	Voucher for Andrew Cox, barber, Station Road, Radyr
18th Prize	H. Tough	Body spray from Co-op Chemist, Station Road, Radyr
19th Prize	Robert Popple	Body spray from Co-op Chemist, Station Road, Radyr

David Cargill

Festival Chairman



Ener-Chi was the main sponsor of the Festival Charity - TENOVUS

C.J. Garden Designs is a local business, providing planting schemes for your borders and designs for your garden.

Future Events for the Association:
Old Church Rooms

17th June 2013 Speaker - Ron Jones, talking about his career in sports journalism

16th Sept 2013 Speaker - Kevin Brennan MP, talking about life in Westminster

18th Nov 2013 Speaker - Martin Chamberlain, talking about Forest Farm

3rd Feb 2014 Speaker - Gwyn Rees, talking about researching your family history

Everybody is welcome to come and listen to these interesting speakers.

New members and possible committee members and volunteers are very welcome.

Our Festival celebrations depend upon the support of the whole community - please come and help.

Festival 2013 'Simply the Best'!



The weather forecasts have been critical this year as each event the committee scrutinise their computers hoping for good weather! The Festival Parade, depicting 'Colours of the World', was well supported by all three schools and playgroups with children dressed in all the colours of the rainbow. David Roberts the Paralympic, led the parade with local council and association representatives in three open top cars. The man of many colours with his black cat and white rabbit followed by the TENOVUS mascot led the walkers with the sound of the Comprehensive School samba band, watched by many onlookers. They eventually arrived at the Old Church Rooms for the Opening ceremony by David

Roberts. Dancers from Dance Angels and Zumba performed for the large crowd. Park Road, now closed to traffic, was full of stalls whilst the children enjoyed the bouncy castle, candy floss, ice cream and the barbecue. The adults had tea with the NSPCC and viewed the exhibition of photos by Imaging 2000. The weather kept fine despite an early morning downpour. So far so good!



In the evening we were very well entertained by the RAF St Athens Band at Morganstown Village Hall with a varied programme of music, ending with a selection of pieces from the James Bond films. Thanks to the Cardiff West Rotary Club for organising this event. They meet every Tuesday evening at the Golf Club.

Sunday was a superb day for the Radyr Rangers Football Tournament and the Festival walk, led by Allan Cook around the older part of Morganstown and the Mote. An excellent history lesson about an area close to us all. Whilst the Tennis Club were setting up their Open barbecue, representatives of the Community were filing in to Christ church for the Civic Service. The service was led by ministers from a number of denominations. The highlight of the evening was a duet sung by



Hayleigh Bradley and Briony Powell, pupils from the Comprehensive School. The Chairman of the Community Council, Tyrone Davies entertained his guests at the Old Church Rooms giving the Festival a big send off.



Monday brought the traditional Fun Run with enthusiastic competitors racing through the village with some style. Mark Palser was the overall winner. This event is in its 26th year and is a favourite with both primary schools. In the afternoon the weather remained dry and the Festival Queen, Erica Kingsbury with her attendants, Rose Melhuish and Emma Harvard, was crowned. They had a busy two weeks ahead of them! Maypole Dancers from Bryn Deri Primary School and modern dancers from Radyr Primary School danced for the Festival Queen and the



crowd of onlookers. This was 'simply the best' way to start our Festival. Even the tangling of the ribbons went unnoticed!

The Festival Queen's party were now off to Dan y Bryn Cheshire Home, the Methodist Hall for tea with the Treforgan WI and then to the Children's Tea Party at Morganstown Village Hall. On Tuesday you would have found small children and their mums being entertained to stories in our new library - what a good facility we now have together with a dedicated team of staff. We were all looking forward to the Festival Theatre in the evening - "The Late Marilyn" -



and it did not disappoint, as long as you were not of a delicate disposition! This was the premier presentation of the show before moving to Swansea for a short season. Wednesday was the day for Welsh speakers and learners with children in the morning - adults in the evening, whilst the Wardens were leading their annual walk through Radyr Woods. The Tennis Quiz is now in its 26th year which was well attended with the ladies (and one man) from the Meet for Lunch group winning the competition - but only just!



The two primary schools held their disco night at Bryn Deri School on Friday whilst the jazz enthusiasts filled the Old Church Rooms for the Twinning Jazz Night with CUBE. There was plenty of toe tapping as the traditional music filled the air with lots of improvisation.



The first of the 'Val Allen Shows' took place on the second Saturday at Ty Gwyn Farm. The weather had worsened and the horse boxes had some difficulty getting on to the field for the Festival Gymkhana. Despite the cold, the day went off superbly well. It was Allan Cook's second concert of the week at Christ church with the Cantemus Chamber Choir and Rejouissance performing works mainly by Mozart. Cantemus has been delighting audiences for almost 20 years with its enthusiasm and musicality. They have toured Europe and performed on radio and at local festivals. We were holding our breath again for the weather,. We were very disappointed that the Sunday forecast was wet and gloomy, so the 'Music on the Patio' had to held indoors, but none the worse for that, with an excellent meal and wonderful entertainment from Octave and Suzannah Jayne. Thanks go to Terry Fitzgerald and Ralph Vaughan.

Unfortunately the weather was the winner for Junior School Boules and this will now take place during the summer! So it was indoors again on Wednesday for the lunchtime concert at the Methodist Hall

for the 'Southern Stars', Siobhan Stagg from Australia and Moses MacKay from New Zealand with Jane Samuel, the official accompanist to Katherine Jenkins, on piano. Their programme was varied Mozart to Les Miserables and The Phantom of the Opera. Meanwhile the Good Neighbours were preparing for their Senior Citizens Tea Party with entertainment from Bryn Deri School Choir. In the evening at the Guide Hall, the dice was being thrown to get a 6 for a head and a 5 for a body - the Guides' Beetle Drive! The Mick Sullivan Show was scheduled for the Thursday, despite the clash with another concert and the R&M CC meeting. There was good support for the video and still photograph presentation of Christmas 2012, Oklahoma, Festival 2012 /2013 and the Radyr and Morganstown Olympics with a number of celebrity torch carriers.

Professor Chris Williams gave a fascinating talk about how he compiled the book, 'The diaries of Richard Burton' with the permission of Sally Burton. He outlined the highs and lows of Burton's life and his ability to read numerous authors both classical and fictional.



We look forward to the publication of the paper back, later this year.

The last weekend hosted five more events, mainly weather dependent. The first was the Dog Show on the newly created Community area at Lychgate Gardens, already set up with an electricity supply for many future events. We want to see a few more local people joining the party!.

Numerous dogs of all shapes and sizes, different breeds, but all well behaved, competing for the waggiest tail, best trick and fancy dress, kept the audience entertained. The Association provided

both a drinks stall and barbecue to keep every body refreshed. The Tractor Boys from Aberthin displayed their tractors and competed for the best kept tractor.



Morganstown Village Hall was being prepared for the Radyr Parish Music Group Concert - 'A kaleidoscope of Song'. The Group, under its new conductor Christopher Fossey and pianist Leigh Bracegirdle, covered all the colours of the rainbow.



The Chairman of the Association, Cyril Williams, with the help of the Festival Queen, drew the Festival Raffle. A presentation was made of a cheque for £2500 as an interim donation to the representative from TENOVUS, Richard Pugh, We also heard that the bag collection during the Festival raised £8500 from the community. A presentation of the Ken Innis Cup was made to the Festival Chairman, David Cargill - unexpectedly! Cyril thanked all the helpers for making the Festival such a success and wished Tenovus well for the future with a promise of more funds to come!

The last day of the Festival brought three more events, the Duck Dash, Skateboard Demo and the Concert in the Parc. The weather was superb, with the river flowing well for the ducks, recovered by the skilled canoe team. The Skate Off, hosted by the Radyr Youth Club under the leadership of Clare Barnett, attracted skaters from all over Cardiff. Meanwhile the team of volunteers were busy erecting

two large marquees on the play area at Parc Radur. With flags flying and bunting in place, the stage was set for the many youth bands, choirs and the brass ensemble. Matt Brettle of the Comprehensive School introduced the bands and individual artists during the afternoon session. Brian Willis took over at 4.30pm introducing 'Starling Radicals' from Creigiau and 'Radio Feynman' from Caerphilly, who played a variety of rock and cover style music, for the large crowd picnicking on the grassy banks. At 6.15pm, Brian introduced Peter Esswood and 'Ode To Joy' including the 'Sing with us' choir supported by TENOVUS, the Radyr Primary School choir and the Cambrensis Brass Ensemble. Katie Hampson, a teacher at Radyr Primary, accompanied the group on the electronic piano, kindly loaned by Leigh Bracegirdle. A feast of music and what a finalé to our Festival !



Radyr & Morganstown Association wished to thank all our sponsors, organisers and volunteers (although we need lots more!) for their time and expertise during this Festival and for making it a great Community event.

Richard Pugh of TENOVUS has written - "We are thrilled with the support from Radyr and Morganstown throughout the Festival, which was a great two weeks filled with entertainment and a great community feel. Our Friends of Tenovus Group continue to do a brilliant job and we look forward to continuing to work closely with the community in the future. The money raised will help us to continue to support cancer patients and their families right across Wales, something we could not do without the backing from communities like yours". Alexandra Morgan wrote: "I have just arrived home from tonight's event (concert in the parc) and on a high from such an amazing atmosphere. What a wonderful way to end the Festival and thank goodness for such glorious sunshine. The TENOVUS Choir really enjoyed being part of the event".



The Festival Queen, Erica wrote: "I really enjoyed my time as Festival Queen and it was a fantastic experience. I got to meet lots of interesting people and attended a variety of events. It is hard to single one event out but the highlights for me were visiting Dan y Bryn, (and meeting people who knew my grandmother) Duck Dash, Crowning Ceremony, Parade, Dog Show and Gymkhana, in other words pretty much everything! Thanks to Maggie and all who helped us fulfil our duties. Thanks to Emma and Rose for their company, we had great fun. Good luck to the next Festival Queen. Princess Emma said "I felt quite nervous at the interview, but proud to be selected. My favourite event was the Duck Dash when we launched hundreds of yellow plastic ducks into the River Taff. My second was the Parade, driving in an open top car at the front. We waved to the crowds and then helped David Roberts to open the Fete. He let us wear his Olympic medals. I would recommend others to attend the interview as I have learnt a lot about Radyr, its people and having lots of fun".

Princess Rose wrote: "The experience was very exciting and fun. My favourite event was the Duck Dash. The hardest part was looking at Mick Sullivan's camera and trying to look fabulous at the same time!"