

Rhosgoch Gossip

Volume 22 Issue 4

Mar Apr 2017

£1

BLACK MOUNTAINS TREK

The 11th March saw Martha and I set off from Longtown on The Black Mountains Trek, a 30 km hike organized by St Michael's Hospice. With three big inclines to climb and a couple of long ridge walks, we set off at a pace into the



mist - up Hatterrall Hill then down into the Vale of Ewyas then up again onto the main ridge of the Black Mountains, with Chwarel y Fan the highest point. Down again to Capel-y-ffin, across the valley and finally stopping for lunch near the farm called The Vision. This was a brief affair as we'd been grazing on Snickers bars the whole way and felt rather full. Then a long slog back up to join the Offa's Dyke path followed by the last ridge back to the imposing Black Darren rocks and down the slippery slope to Longtown where, after walking for eight and a quarter hours, a medal, a cup of tea



and a two course meal in the village hall was awaiting. The scenery was spectacular, the weather dry and the sense of being on a worthwhile endeavour,

with over one hundred other walkers and runners, to help raise a smidgen of the ninety million pounds needed to fund St Michael's Hospice every year was great. It was also a pleasure to walk with my daughter Martha who, once upon a time, disliked walking intensely. Now it's become one of her favoured past times and something that we enjoy doing together. Thank you so much to all who donated to the cause; between us we raised £645. Wendy Cadwallender

PAINSCASTLE BUS SHELTER



Painscastle Bus Shelter is now a local Information hub. It is home to the village notice board. There is also a map of the Bachawy valley and a map of the village of Painscastle with some information for locals and visitors alike. There is a book box where you are welcome to beg, borrow or exchange any books. Many thanks to the team of helpers especially, Simon Balm, Peter Spode, Phil Griffiths, Dainis & Wendy Ozols. It is a community space - please use it, add things if you wish, enjoy the displays and information, as it serves its original purpose of protection from the weather. ML

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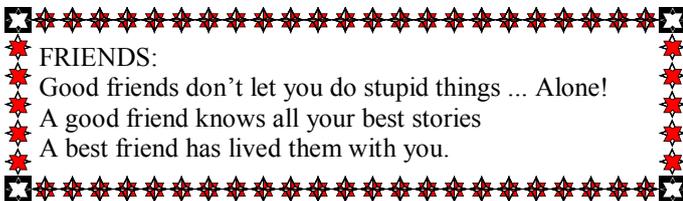
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 Tuesday 9.30am - Eardisley Village Hall
 Tuesday 6.15pm - Booth's Bookshop Studio, Hay
 Wednesday 9.30am - Painscastle Village Hall
 Wednesday 6.15pm - Clifford Community Centre
 Friday 9.15am Booth's Bookshop Studio, Hay

My classes last for one hour, are suitable for all ages and fitness levels and are charged on a pay as you go basis. Classes will remain at £6 and £4 for a second class within the same week. I will also be holding further Super Saturday Pilates sessions following the positive response to those already held.

If you are interested in any of the above classes please call me on 07702 241725 or emma@pilatesemma.co.uk w.pilatesemma.co.uk

Break up for Easter on Tuesday 11th April & return Monday 24th April. HAPPY EASTER



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BRACKEN TRUST

Bracken Trust is a Cancer Care unit which is self funding. They support people going through cancer, as well as their families.

They are currently collecting old stamps and bras to raise money. If you have any to donate, you can either drop them off at Bracken Trust, or with me or Ruby Bagley. Your donation can help them to provide fantastic support for cancer patients, including providing counsellors, lymphodema specialists, coffee and a chat, body therapies, social trips (lunches out etc) and group support (yoga, light exercise, tai chi, singing, art and gardening plus many more).

Call Margaret Brown on 01982 560791 for more info.

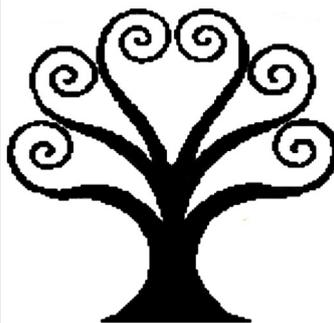


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FARM FOCUS

At Groesvaen we farm sheep, alongside an agricultural contracting business. We run a commercial flock of Suffolk cross ewes and a few Mules; the ewes are put to Texel rams, apart from the Mules for which we have had to purchase a Suffolk ram called Chief (this was not a request it was an order from the younger generation). We produce lamb for the fat market and all replacement ewe lambs are purchased locally.

March is here at last; this is the month every sheep farmer dreads. March seems to come around more quickly every year.

We have finally finished hedge trimming, much to Alvin's delight. Again, he has done hours and hours for us with some help from Sam, and Mick has to admit that he needs to watch his position as Alvin once again is on top form!

At the end of February, the shed is prepared for the sheep to be housed for lambing. The sheep are wintered on roots and return just before lambing. When they are housed, they are fed on silage and a corn, cake and beet nut mix. This is to help the ewes produce a good supply of milk for their offspring. Lambing is now in full swing, lots of lambs arriving and a few departing. We have to admit a few depart; each year, we try to sort the problem of losing a few, but every year something new always pops up. As yet the threat of the Schmallenberg virus seems to have avoided us and, fingers crossed, this will continue. The most help you can have at lambing is the weather and so far this year we have been very lucky. As we only have a small flock of ewes we both have jobs, so lambing is quite a balancing act, with both of us trying to hold down our jobs. I have an understanding boss at RM Jones who allows me to come and go as I please in March, and Mick's farmers/customers/friends show us patience which he really does appreciate. When I am not at work, Mick always tries to pop and catch up on a job somewhere. But, the phone rang at my desk a

couple of times last week with a request to return home as quickly as I could, when I had only been in for a couple of hours.

Lambing at Groesvaen is a family affair; help from Nanas with the boys and supplies of cake and casseroles is normal. Both boys are very hands on this year; they are feeding tiddlings, suckling lambs, watering, littering, haying and caking the little pens, but by far the favourite job is pulling lambs. Most of the boys' pet ewes have lambed and things are looking promising. With both boys playing rugby it is quite a choice - rugby or lambing - but we always try to make sure they get to their games (with thanks to a few other rugby parents).

Lambing will soon start to slow down and the ewes and lambs will be out on grass and our thoughts will soon turn to the next jobs. Planting the spring wheat and barley is the next job on which to concentrate and Alvin's mind is on planting potatoes. Before we know it harvest will be upon us.
Joy Farmer



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TRETOWER COURT AND CASTLE

Tretower Court and Castle are situated on flat meadowland by the northern bank of the tiny river Rhiangoll. They are in the care of CADW, having been bought for the nation as a result of an appeal to the government made by the newly formed Brecknock Society in 1929. What followed was a long process of conservation and restoration of Tretower Court and it is now a fascinating and wonderful place to visit. The castle has not been restored.



Tretower Castle was first established in the late 11th century by a man called Picard, (a follower of a Norman invader called Bernard of Neufmarché who had seized the old Welsh kingdom of Brycheiniog). He built an earth and timber castle next to the stream. At its heart was a motte (or mound) surrounded by a ditch. From here, the Picard family exercised local power and influence for the next two centuries. During this time, alterations were made to the castle, including the addition of a shell, with tall stone walls around the perimeter of the motte, and a towered gateway. Later, in the mid 13th century, a large four-storey circular stone tower was added. This had a military purpose, but was also built to freshly assert Roger Picard's authority over the lands which he controlled. This round tower is one of the most obvious features of the site nowadays. It is fascinating to walk around the ruins and to imagine what it must have been like to live there.

Since the demise of the Picard family in the early 14th century, the castle has had many different owners, including the Berkeleys of Berkeley Castle in Gloucestershire (late 14th century) and Sir William ap Thomas, who bought both Tretower and Raglan Castles from the Berkeleys. In around 1450, Roger Vaughan came to live at Tretower and a long association with the Vaughan family began.

Roger Vaughan built the house which became known as Tretower Court in the mid 15th century. He was beheaded in 1471 and the Court passed to his son. The house remained in Vaughan ownership until 1786 when a member of the family sold it

to William Parry. The Parrys rented out the property from about 1855 and by the end of the 19th century the house was in a pretty dilapidated state.



Since coming under the stewardship of CADW, much work has been done and the house is now an interesting place to visit. Some rooms have been furnished to reflect what they would have looked like in the 15th century, including the kitchen and the wonderful great hall, with its high table on a dais at one end. This room has an impressive wooden roof and a fascinating painted wall showing some of the history of the Vaughan family. Upstairs, there is a long gallery with rooms leading off, including another large space that was once sub-divided into four smaller rooms with wooden screens. This also has a fine timber roof with arch-brace trusses. There are many more restored rooms to explore in addition to the ones mentioned.



The Court is well worth visiting and, outside, the enclosed garden has been developed as a recreation of a 15th century pleasure garden, its design being faithful to the period and to someone of Sir Roger Vaughan's rank.

In summer, this must look and smell wonderful when the roses are flowering. There is also a herb garden which must also smell amazing and a dripping fountain of the sort shown in contemporary manuscripts. Behind the court, on the path leading to the castle, there is a large grassed area with picnic benches making this an ideal place for a family



day out. You can get drinks and snacks from the very well stocked CADW shop on site and the staff are extremely friendly and helpful.

PAINSCASTLE & DISTRICT LOCAL INTEREST GROUP

The Local Interest Group meet on the last Thursday of the month at the Adullam Hall Painscastle. During the winter there have been a series of talks and discussions on various topics of local interest. The Feb meeting was:-
WarAg and the Ploughing up of the Begwns during WW2

This was covered by Bill Johnson, who used to work as an agricultural adviser in an organisation which succeeded WarAg. He started work in Somerset, where he witnessed some hostility to WarAg from local people, especially those worst affected by dispossession. However, in his talk he intended to concentrate on the Begwns and how they were used during WW2.

By way of an introduction, Bill told us a little of the background to the policies employed in our local area. Whilst Britain was not, in general, prepared for WW2, the Ministry of Food definitely was, and quickly introduced the "Dig for Victory" campaign, which led to the cultivation of areas hitherto not used for arable production, including the downlands in S. England, parks in cities, people's gardens and places like the Begwns being dug up in order to increase agricultural production. "Pig Clubs" were started and the Women's Land Army was mobilised. Right from the start, food was rationed, but in order for this to work, it was essential that food was available locally. WarAg told farmers what they had to grow and they also advised them on how best to grow their crops. In fact, it is considered that people were better fed during WW2 than they had been before, or indeed, probably have been since!

Maesllwch Castle was the local WarAg office (Radnorshire War Agricultural Executive Committee), the main HQ being in Llandrindod. It was also the base of the Land Army much to the delight of the local lads!

Bill showed us a photo of the Begwns which featured bracken, gorse and grass. He then told us of the old adage: "Under bracken there is gold, under gorse there is silver, and under heather there is destitution." The photo of the Begwns showed that there was considerable potential for productive agriculture as bracken dominates (with grass) and there is also gorse, but little heather. This made the area very good for potato production. The soils have a low pH since no lime had been applied for livestock grazing and, in any case, lime was scarce during the early part of the war as it was used for building. The pH was too low for cereal production, but potatoes can make excellent use of the nutrients accumulated from the years of livestock grazing and decaying bracken as they grow. He went on to tell us that potatoes were an excellent food crop to grow during WW2; they are high in fibre, good suppliers of energy and they contain many essential elements of nutrition, such as vitamins B1, B6 and C, niacin, calcium and potassium.

A large area of the Begwns was ploughed up and evidence can still be seen, for example the large concrete platforms to the far west of the ridge which were once

covered in Anderson Shelters and used for the maintenance of the machinery used for potato production. These shelters are still being used by a farmer, but they were moved, after the war, to Church House Farm at Llanfaredd. The shelters were not used for the storage of potatoes as they were not suitable. In all, 300 acres of the Begwns were opened up to potato production and this provided sufficient work for the local young men, meaning that they could stay in the area and work on their family farms as well.

Bill went on to talk about the use of machinery. The Americans sent tractors to the UK during the war to help with agricultural production. However, the early models were not always suitable for use in places like the Begwns. For example, some tractors had a "tricycle" arrangement of wheels and would easily topple over on uneven ground or slopes. A more successful tractor was the Standard Fordson which was lower and four-wheeled. Later in the war, from 1945 onwards, D2 Caterpillars were used, and these were brought in by train to Glasbury.

Gradually, during the war, potato production on the Begwns ceased; it is not possible to sustain yields when growing the same crop year after year on the same land. By the end of WW2, the Begwns were mainly used for cattle production. The cattle were driven, en masse, down to the market in Hay and it was advisable to keep well away from the area when this was happening as it resembled a stampede.

Whilst WarAg was not always popular, the farming policies were very successful. They kept the population fed during the war and the prices of food products were fixed and standard all over the country, as were the prices given to the farmers for their output. In 1947, the Agriculture Act was passed. This stated that never again would farmers be under-rewarded for the crops and livestock they produced, in other words it guaranteed prices; it also gave farmers an assured market. This policy lasted until 1973 when the UK joined what was then the European Economic Community (EEC), the forerunner of the EU.

On April 27th the meeting will include the history of Upper Llanddewi house by Richard Thomas and a R.A.C. Car trial based at Llandrindod Wells using local roads (1920s). Professional pictures originally on plate glass negatives, 'doctored' by Peter Spode and Den. Ozols. presented by Geoff Moore.

May should be the first of our summer visits when we use the light evenings to explore some of the local places in the area, welding together local history, myths, legends and people's memories. On June 29th we will be having a Begwns Pond Walk led by Penny Williams starting slightly earlier at 7pm.

As we discovered last year, there are lots of places within a few miles which have not been researched and explored. The mills of the Bachawy Valley is an ongoing project with the lost mill of Melyn Rhos still not located. We also hope to make more progress on the men who went to World War One, from the area. Why are there memorials in some of the parish churches but nothing in Llanbedr, nor Llanddewi? If you have a project you are interested in, please let us know.
ML

WEDNESDAY LUNCH CLUB

We meet between 12:30 and 1pm on the 3rd Wednesday of each month, usually at the Rhosgoch Golf Club. The dates of the next two meetings are :- April 19th & May 17th
Do come and join us!
For more details contact Wendy King 01497-851229

PAINSCASTLE RECYCLING & RUBBISH COLLECTION

Kerbside recycling collections in the Painscastle area are every Thursday with three weekly rubbish collections. The dates of the rubbish collections are:-
30th March 20th April 11th May 1st June

CULINARY COLUMN

Wetherspoons Brecon

When I was growing up, Wetherspoons was known for its sticky carpets, cheap booze and lax attitude to ID. It has started many a drinking career, but seems to have built a new reputation for cask ale, low prices, long opening hours, good food and no music. Apparently, Brecon has now made it into the 21st century with the opening of a new Spoons in the George Hotel. Cultures and ages collide in this lively melting pot, where teenagers dressed to impress take advantage of the cheap drinks alongside octogenarians enjoying a catchup pint. The diversity and liveliness is what impresses most about the place. With apparently £2.2 million, they have done a sparkling job with the refurbishment which has not taken the charm away from the original 16th century coaching inn. The seating is varied in this large pub which means that you could have a cosy catchup in a booth, more of a sophisticated soiree in the conservatory or lunch outside on a summer's day. The bar is large, airy, and it feels special. Any time we have been here it has been packed with a great atmosphere- not a small feat in Brecon on a Monday night.

Spoons also manages to be such a crowd pleaser because of its long opening hours. You can start your day with breakfast at 7am and not have to wobble home until you have had your supper at 11pm. This sounds like a great retirement plan! The food is well made pub fare with a wide range of classics that are quickly prepared. The plentiful staff will take your order at the large bar, or you can rest your legs, embrace technology and get your food and drinks through the order and pay app on your phone. Nope, I didn't know how to do this, but just knowing that I could made me feel ten times cooler! My Gentleman Friend had a mixed grill which was a protein feast fit for a hard working farmer, with a tender lamb steak thrown in for extra Welsh bonus points. My chicken burger was tasty with plenty of appealing crunchiness, and excellent chips and onion rings. I can only imagine how it would have tasted even better when fully embracing the cheap drinks, but children, lambs and hangovers are a morning cocktail that not even those prices could tempt me into.

Spoons is an unpretentious night out with something to please everybody. With people going out less, and more pubs closing each year, Spoons seems a great addition to Brecon's night life.

The George Hotel Wetherspoons, 1 George Street, Brecon Beacons National Park, Brecon LD3 7LD. Telephone number 01874 620250

Mary Berry's lemon drizzle traybake

Mary Berry is my cooking idol. If I could have a drink with anyone, it would be Mary Berry, and if I met her in Brecon Wetherspoons I think it might be just about swish enough to get her to stay for a second round. The Aga Book has been my cooking bible, and her simple no nonsense delicious recipes are hard to beat. This lemon drizzle traybake is an all in one recipe, but it is the lemon syrup put on top after baking that adds the extra zing and moistness. Perfect for lambing coffee time, this is a favourite.

Ingredients:

225g butter, softened
225g caster sugar
275g self-raising flour
2 teaspoons baking powder
4 eggs
4 tablespoons milk
finely grated rind of 2 lemons

Crunchy topping

175g (6 oz) granulated sugar
juice of 2 lemons

Method:

Line the base and sides of a traybake tin or roasting tin, 30 x 23 x 4 cm. Pre-heat the oven to 160°C.

Measure all the ingredients for the traybake into a large bowl and beat well for about 2 minutes until well blended. Put the mixture into the prepared tin and level the top with the back of the spatula.

Bake in the middle of the pre-heated oven for about 35-40 minutes or until the traybake springs back when pressed lightly with a finger in the centre and is beginning to shrink away from the sides of the tin.

Allow the traybake to cool in the tin for a few minutes then lift the traybake out of the tin still in the lining paper.

To make the crunchy topping, mix the lemon juice and granulated sugar in a small bowl to give a runny consistency. Spoon this mixture evenly over the traybake whilst it is still just warm but not too hot. Cut into about squares when cold. Taken from MaryBerry.co.uk



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CONGRATULATIONS

Best wishes to Sarah (nee Price) and Chris Bound on the birth of a baby boy, Harry Edward Bound, born on 17th February 2017, a little brother for Sam and a second grandson for Richard & Celia Price, Trewyrlod

MIKEY'S DIARY



Hi there. It's my favourite time of year, I love lambing time. The baby lambs are lovely, I always go and check on them, I help Mo with the tiddlers and generally I become an important cog in the Lundy lambing time organisation!

Sometimes I do not seem to be fully appreciated, either by the humans who often shout, sometimes very nasty words, and also by the sheepdogs. They seem to think they are the only ones who understand sheep! They say I am in the way and not helping, however if they only realised, without me, things would be harder still—well that's what I think anyway.

I have not been very well lately, I have had trouble with my ears. Mo was trying to put stuff in them, but in the end she had to take me to the vet. They were very sore and they gave me those steroid tablets again. They are pretty good things really, they energise you, it's a bit like a battery being charged up. In fact I felt so well I have been down the village a couple of times to see how they are getting on down there.

I have been to the vet's four times now, Abbie took me once, but we had an awful job getting her back home as they have toys for little people to play with and she wanted to stay. Mo says if I have to go many more times she may leave me there as payment for the bill. I am not sure I like that idea, I don't mind going there now, I have put my bad experiences behind me, but I couldn't see anything that could compare with the Rayburn and my warm bed beside it, so I think I will stick to the Lundy. But it is nice to go for a ride in the car as I don't seem to go on many trips lately, it is pretty sad when a highlight in my life is a car ride to the vet's!

It looks like TD has been to the vet's as well, as he has got a big bandage on his leg and he is walking with sticks; he calls them crutches. Mo says he has had an operation on his knee and we have to look after him carefully for the next few months. He can have my bed by the Rayburn when I am out if he likes, I will ask him next time I see him. He is rather special otherwise I wouldn't consider it!

Mo says that Abbie and Pam have flown away to Ireland, so she won't be bothering me for a while. Abbie I mean, Pam is quite kind, but Abbie does have a certain obsession with me, I suppose it is easily understood! She means to be kind but doesn't really mind which way up she tries to pick me. Usually she can't lift me as I am too heavy, I am not fat, I am just well built! It is useful being in the house after the children have been there as I do a bit of cleaning up, sometimes it is crumbs, sometimes it is whole biscuits!

Erin and Ava (Mo's other grand daughters) are coming over later, that usually means I have to move out from my Rayburn bed to my night-time quarters in the alley. Ava is crawling everywhere now, I think she sneaks in my bed when I am not around, that is probably why they want me to move out. Erin is in charge of the lambing at Bleddfa. She usually takes dad Darren to catch the ewes but I think she gives the orders. They have some students to help, so I think Erin is very occupied checking on them as well. She goes to Nursery some days, when she can be spared, I think she tries to give orders there too!

It is awfully cold at Lundy lately; Mo says that the Rayburn has been tired, but she thinks that it is now cured. However the heating boiler, which is in the alley where I sleep, has caught the same disease. I often snuggle up to the boiler when there is a cold draught coming through the outside door, so I don't want that to be cold as well.

I think that is about it for now, I had better go and check on those tiddlers, they are quite demanding really. Mikey

DATES FOR YOUR DIARY

Sat Apr 1st Glasbury Arts Dance Workshop Glasbury Hall 2.30pm
 Sat Apr 1st Sonia Sabri Dance company presents Salaam at Gwernyfed High School at 7.30pm (Glasbury Arts)
 Sat Apr 1st Easter Bingo Rhosgoch Golf club 7.30 pm
 Sat Apr 15th Bryngwyn Church Easter Egg Hunt Party at Rhosgoch Golf Club at 4.30pm
 Wed Apr 19th Lunch Club at Rhosgoch Golf Club
 Thr May 4th Election Day at Painscastle Village Hall
 Thr May 4th Quiz for RDA at Baskerville Arms, Clyro 7pm
 Fri May 19th Quiz Night at Rhosgoch Golf Club 7.30 pm
 Sun May 21st Evening of Entertainment at Erwood Market Hall 7.30pm
 Thr Jun 1st Quiz (Urdd) at Baskerville Arms, Clyro 7.30pm
 Sat Jul 1st Wedding Dress display & teat Llanbedr Church
 Sun Jul 2nd Concert by the Bracken Trust singers at Llanbedr Church 2.30 pm
 Sun Jul 16th Afternoon cream teas at Bryngwyn Church 3.30 pm

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Sun May 7th Annual Reunion service 2.30 pm (Revd Phillip Morris)

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 Apr 30th United Service at Rhosgoch 2.30pm
 May 7th Painscastle Reunion 2.30 pm

MORIAH BAPTIST CHAPEL, LLANDEILO GRABAN

Services Sundays at 2.30pm
 Apr 9th United Service at LG Church
 Apr 14th Good Friday Sankey Evening 6.30 pm
 Apr 16th Rev G Bingham (Communion)
 Apr 30th Rhosgoch Chapel
 May 7th Painscastle Reunion
 May 14th Special Service Rev Steve Wallis
 May 28th Ruth Hargest
 Jun 11th Crickadarn Special Service

A DATE FOR YOUR DIARIES

Bryngwyn Church is hosting afternoon cream teas followed by a church service, on Sunday 16th July 2017 @ 3.30pm
 Everyone is welcome.



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PAINSCASTLE CHURCHES

Sun Apr 2nd Fifth Sunday of Lent

10.30 am Mattins Newchurch
 3.00 pm Eucharist Llanddewi Fach

HOLY WEEK

Sun Apr 9th Palm Sunday

11.00 am Eucharist Llanbedr

Good Friday Apr 14th

3.00 pm Liturgy of the Passion Llanbedr

Sun Apr 16th Easter Day

9.30 am Eucharist Bryngwyn
 11.00 am Eucharist Newchurch

Thr Apr 27th

7.00 pm Inauguration of the BUILT Ministry Area Aberedw

Sun Apr 30th 3rd Sunday of Easter

11.00 am Eucharist Llanbedr

Sun May 7th 4th Sunday of Easter

10.30 am Mattins Newchurch
 11.00 am Morning Prayer Llandeilo Graban
 3.00 pm Eucharist Llanddewi Fach

Sun May 14th 5th Sunday of Easter

11.00 am Eucharist Llanbedr

URDD EISTEDDFOD EVENTS – LOCAL AND NATIONAL!

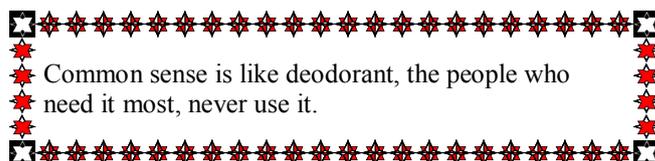


Following the success of their bilingual carol service, 'Swper Santes Dwynwen' and prize bingo evening, the Glasbury, Clyro and Painscastle Urdd Eisteddfod fundraising committee are pleased to welcome summer's arrival with their next

event to raise money for 2018's major youth festival at the Royal Welsh showground. This will be a Quiz Night at the Baskerville Arms Hotel, Clyro. The host for the evening will be the experienced Questionmaster, Percy Haynes. Questions will be in English. There is plenty of time for studying, as the quiz will be on Thursday 1st June. Be there at 7.30pm, ready to start promptly at 8. Teams of up to 5 people are welcome, and the entry fee will be £2 per person.

For details about the quiz (but not about the answers!), contact Percy on 01497 820670, or for more information about Urdd Eisteddfod fundraising in Glasbury, Clyro and Painscastle, telephone Paul Hartley on 01497 847428.

The quiz will take place during this year's Urdd Eisteddfod, which is located around Bridgend College's Pencoed Campus. Tickets are available now from the Urdd website (<http://www.urdd.cymru/en> for the English language site), with discounts on tickets sold before 1st May. Those that can't make it to Bridgend should keep an eye on S4C between 29th May and 3rd June for coverage of the many and varied competitions that take place, as well as concerts and the major ceremonies recognising the achievements of the main winners. If you need proof that Welsh children, teenagers and young adults are extremely talented, look no further!



VILLAGE QUIRE NEWS

The Village Quire continue our busy spring schedule with a concert in April at one of our favourite churches; the gorgeous little Radnorshire church of St Mary's in New Radnor (LD8 2TE) where, on Saturday 22nd April, we will be performing our show 'When Adam Delved ...'

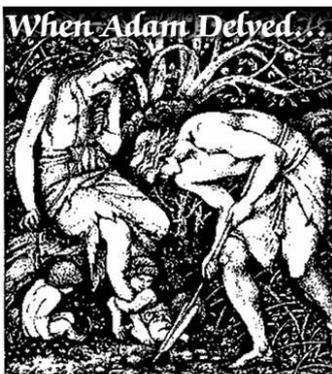
For this concert we are delighted to be joined by professional voice artist and storyteller, Malk Williams, who describes himself as 'collector of hats, bowties and small eccentricities'. Malk will be our reader for 'When Adam Delved ...'

The concert begins at 7.30 pm, and tickets cost just £8 (to include a glass of wine) and are available from Michael Capstick on 01544 350411 / 350352. Hope to see you there!

'When Adam delved and Eve span, who was then the gentleman?'

Come with the *Village Quire* on a journey through the 18th and 19th centuries. Meet humble cottager dwellers contented with their lot. Glimpse life in the cosy parlours of the gentry. Watch as unrest creeps in with the introduction of the corn-laws in the years following the Napoleonic wars. Hear echoes of the loves, jealousies and temptations of days gone by ... All told through the eyes of *Thomas Hardy, Samuel Pepys, Fred Archer, William Cobbett, Mary Webb and Thomas Edward Lewis (of Clungunford)*, and not forgetting the Quire's very own favourite ... the delightful *Parson James Woodforde*.

Tale telling with West Gallery psalmody, folk song and catches of the period, sung in the energetic style of the *Village Quire*.



When Adam delved and Eve span
Who was then the gentleman?

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GLASBURY ARTS

Gwernyfed High School and Glasbury Village Hall,

Saturday, April 1, 2017

Sonia Sabri Dance Company presents Salaam at 7.30pm at Gwernyfed High School.

Dance workshop at Glasbury Village Hall from 2.30pm.

Salaam, meaning 'peace', is Sonia Sabri Company's latest stunning dance creation. This programme cleverly weaves a dialogue between live music and Kathak dance based on Hindu culture, celebrating harmony, inner stillness and the simple bliss of being alive together with the exciting music and dance.

Ticket prices Performance: £10 full price, £8 concessions (unwaged, students, over-60s) Workshop, £12, £10 Concessions. Combined workshop and performance ticket, £20, £16 concessions.

Members' discount applies.

Tickets: by telephone on 0333 666 3366 or online at: www.glasburyarts.co.uk

Supported by the Night Out scheme and Hereford and Brecon Windows

LLANBEDR CHURCH

- Early news: the first weekend in July, Llanbedr Church will play host to a wedding dress display with teas, on Saturday July 1st, also a concert by the Bracken Trust Singers at the church on Sunday July 2nd at 2.30pm.
- Further details available from Ruby Bagley 01982-560616



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EDITOR'S NOTES

I hope you enjoy this edition of the 'Gossip'. There are features on local news and events. Farm Focus [P3], Culinary Column [P6], Mikey is on [P7], Tots [P16], Church & Chapel services [P8]. Thanks to everyone who has contributed to this issue, please continue to send articles, news and events. [m.lloyd1@btconnect.com or 01497-851609]. ML (Editor)

The Rhosgoch Gossip is available at Clyro Filling Station & Painscastle Farmers Buying Group. It is available by subscription (due in September), £6 for delivery in Rhosgoch and Painscastle and adjoining areas, £12 posted. We welcome all correspondence, letters, articles, local news, comments etc. For further details 01497-851609 OR m.lloyd1@btconnect.com. E&OE.

POWYS PRATTLES

VIRTUAL REALITY AND FAKE NEWS IN LLAN-DRINDOD? – SURELY NOT....

We hear a lot about virtual reality (VR) and ‘fake news’ these days – from the VR headsets you can now use to enter a different (virtual) world to the daily utterances we see on our TV screens from the new US President’s press spokesperson about things he says have happened, but clearly have not! Living in rural Powys we might think that such odd goings-on are not something we should be concerned about. But we would be wrong. On several occasions in the past few months being in County Hall has been like sitting in a VR pod as the things that have been said by the governing (Independent) Cabinet members have borne no semblance to actual reality.

A classic example revealed itself just the other day, when the Council’s Cabinet considered a detailed report into the current £5 million over-spend in adult social care services, compiled by a joint committee of councillors made up from all the council’s groups. The committee collated evidence from social care and accountancy experts from outside the council and it is difficult to think of a more thorough piece of work. Yet, instead of accepting the report, owning up to mistakes and vowing to do better in future, the Cabinet member responsible for adult social care services mounted a spirited but wholly spurious ‘rubbishing’ of the whole thing. The figures were all wrong, the way they had been collected was all wrong, etc. etc. Basically it was all a load of baloney. Except it wasn’t. The joint committee got it right and a thorough double-checking of the figures showed (again) it had got it right.

But hey, if you say something is not true and go on saying it’s not true, it must be right. Right? Straight out of the Trump view of the world and all happening in jolly old Powys County Council; and very embarrassing it was too to be there (as I was). The VR-ness of it all was made worse by the fact that the Cabinet member concerned made much of the pressures that adult social care is under across the UK, which we all accept, but did not even attempt to acknowledge the financial mis-management and policy failings that the committee’s report had so graphically exposed.

In truth, health & social care spending in Wales is higher per person than in England, contrary to claims repeatedly made by the current and previous UK Prime Ministers. Successive Welsh Governments have protected social care spending, while in England it has indeed plummeted, with terrible consequences. But there should be enough money in Powys’s social care system to maintain good, safe services.

So, what painful lessons can current and future councillors learn from all this? Stick to the facts, own up to mistakes and junk the VR goggles. Will Powys County Council’s next Cabinet (after the local government elections on the 4th May) heed that advice? Well, it will if I have got anything to do with it!

Now, I’m sure I’ve just seen a pink dragon crossing my front lawn. Must get a new pair of specs (or should that be VR goggles?).....

Cllr James Gibson-Watt

Please contact me anytime about absolutely anything on 01497 820434 or 07971048737 or at cllrjgw@powys.go.uk

Life is too short to be serious all the time, so if you can’t laugh at yourself call me and I’ll laugh at you.
Life is short, Smile while you still have teeth.

ASSEMBLY NEWS

Many *Gossip* readers will have been shocked by the Conservative Chancellor’s announcement that he would be increasing national insurance contributions for self-employed workers. Not only did this break a Tory manifesto pledge but it would have been particularly damaging to rural areas like this.

Figures from the Office for National Statistics (ONS) show that 9,400 people in Brecon and Radnorshire were self-employed in October 2015 - September 2016, the highest number of any Welsh constituency. Self-employed people make-up 29% of all people aged 16+ who are in employment here. It is clear this policy would have a disproportionately negative impact on this area.

Many self-employed people are already struggling, margins are very tight, so it would have been a very bitter pill to swallow. It would also have had a massive impact on agriculture, which is why farming unions also expressed their opposition.

The Chancellor’s budget also confirmed plans to cut corporation tax. It was galling for self-employed people facing this national insurance contributions rise while corporations are benefitting from a tax cut.

A week after the budget, after widespread condemnation and pressure, the government confirmed it would be u-turning on the policy. This will have come as a huge relief to many self-employed workers, however, the fact it was ever on the table is indicative of a Government with mistaken priorities.

When this proposal was announced, I wrote to the Chancellor outlining my concerns and to ask what considerations he gave to constituencies like Brecon and Radnorshire when he conceived the plans. A party with the interests of rural Wales at heart would never have even proposed such a damaging tax rise in the first place.

I will continue to stand up for workers in Brecon and Radnorshire. If you would like to discuss this, or any other issue with me, please contact my office on 01874 625 739 or email me on Kirsty.Williams@assembly.wales.

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NEWS FROM WESTMINSTER

Last Friday, Sir Michael Fallon MP presented soldiers from 1st Battalion The Royal Irish Regiment with shamrocks on St Patrick's Day in Brecon.

The presentation took place at 160th Infantry Brigade and Headquarters Wales, which prepares 1 R Irish for deployment around the world and also has operational command for 2nd Battalion The Royal Irish, 1st Battalion The Rifles and 6th Battalion The Rifles.

On his visit to Brecon, Sir Michael was briefed by Brigadier Alan Richmond OBE, the head of the Army in Wales, about current and most recent commitments in Iraq and Afghanistan. 1 R Irish mascot, Brian Boru, an Irish Wolfhound, was also on hand as part of the St Patrick's Day celebration.

The Defence Secretary, who also witnessed live firing manoeuvres later in the afternoon on the Sennybridge Training Area, said the Infantry Battle School at Dering Lines would remain open, providing world-class training to 3,500 infantry soldiers each year who are preparing to become future Army leaders. He also announced that the Regimental Museum of The Royal Welsh is likely to remain in its current location for at least a decade as the Ministry of Defence discusses a long-term lease for the site.

Defence Secretary Sir Michael Fallon said:

"Brecon has a long history with the Army and this will continue for many years to come. We are committed to a Defence future in Wales, a country that is so vital to Army training and exercises and a place where many of our Armed Forces are proud to call home."

Chris Davies MP said:

"I have been campaigning for the Barracks to stay in its current location and will continue to do so. I will continue to try and persuade Mr Fallon to keep the Barracks open as it is a huge asset to our local community.

I thoroughly enjoyed showing Mr Fallon around our beautiful community and hope he returns to discuss the Barracks' future very soon."

Feel free to contact me at –

chris.davies.mp@parliament.uk

BRYNGWYN RIDING FOR THE DISABLED

The new season is well under way with our regular Thursday and Saturday sessions, and we are looking forward to spring.

A date for your diaries; there will be a pub quiz at the Baskerville Arms, Clyro on the 4th May, starting at 7pm. It's £10 for a team of 5 with all proceeds being split between Bryngwyn RDA and injured veterans. Please call Sally on 07831 379562 for further information.

If you would like to volunteer for RDA please get in touch on 01982 560363 or email bryngwyn.rda@gmail.com

M.Drew

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COMMUNITY COUNCIL NEWS

Chairman, Philip Lewis, Llandeviron

Vice-chairman, Robert Tyler, Lower Pentrecaeau

Richard Ball, 2 Hermon Villas

Monty Graham, 2 Castle Meadow

Treana Davies, Lettypiad

Deri Jones, Portway

David Nicholls, Castlefield Close

Mrs Jenny Smith, Penrhiw

Meetings are held on the 3rd Monday of the month.

Agendas and minutes for meetings are posted on the notice boards in Painscastle, Rhosgoch and Llandeilo Graban.

Clerk: Richard Price, Trewyrld 01497-851244

Agendas and approved minutes are also on the Painscastle-Rhosgoch website: www.painscastle-rhosgoch.co.uk

WHY NOT TRY THE WI ?.....

Bryngwyn WI meet monthly and have a range of workshops, speakers and outings organised for 2017.

Anyone is welcome and you can expect a warm welcome, good company and great refreshments!

Why not come along to our next meeting on Tuesday 4 April 7pm at Painscastle Village hall where we will be having a workshop making pretty paper birds with Sue Hodgetts.

In May we are off to visit the Senedd in Cardiff.

We look forward to seeing you.....come and give it a try.....

Bryngwyn WI 2017 Programme

Apr 4th Sue Hodgetts – How to make beautiful paper birds

May 2nd Visit to the Senedd in Cardiff - all day

Jun 6th Fr Paul Keown – From Pulpit to Stage

Jul 4th Mollie Moore – Fun with Cars and Geoff

Aug 1st Mike Edwards – Macular Degeneration

Sep 5th Evening Visit to Midway Nurseries

Oct 3rd The History of Police Dogs

Nov 7th AGM

Dec 5th Di, Sue G and Wendy – Let it Snow!

Meetings are held in Painscastle Village Hall, at 7.00pm, unless otherwise stated. Visitors and new members are always welcome. Please contact Mollie Moore (851296) or Edwina Griffiths (8512824) for more details.

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YFC NEWS

Chairman's Log

Week 24 to Week 34 – Stardate – 9/1/17 to 20/1/17

In between these dates we have been practising and performing the Entertainment. We have had a lot of fun over the last couple of months attempting to perfect our performance.

We came 7th overall. Sophie Protheroe, Tom Protheroe, James Poulton and Rich Meredith received a nomination for best musicians. Nigel and Sophie Protheroe won the trophy for best original script which is amazing.

We also did a performance at Lady Hawkins High School in Kington with Radnor Valley and we raised just over £200 for the club.

I would like to just say thank you to Nigel Protheroe and Sophie Protheroe for writing and producing it. Also to everyone who came and helped out over the last couple months - it is very much appreciated.

The next major YFC event is the Rally which Knighton are hosting this year. It is on the 10th June.

PAINSCASTLE MOTHERS' UNION

The months pass so quickly I have to get the Minute Book out to remind me of the meetings held in February and March.

In February we were pleased to welcome a new member; Carolyn Keown. As the Rev Paul Keown was also with us, we took the opportunity to ask him to admit Carolyn as a member of the Mothers' Union. We all enjoyed Paul's experiences from 'Actor to the Ministry', realising it was a slow journey, with some similarities along the way.

We continued our Prayer Link with the Worldwide Membership in Wave of Prayer in February. Somewhere in the world, at a given time members are remembering, lighting candles and praying for MU members.

For our March meeting we welcomed Helen Davies from the Bracken Trust, who gave us a very thoughtful and interesting talk on the Trust; from its small beginnings by two Doctors, to raising funds for a permanent building to all the services and support it offers today to family and patients of cancer.

Our next meeting in on 11th April, when we will discuss 'Faith in Action', the theme for Swansea and Brecon Mothers' Union for 2017. Fran Shaw, 01982 560480



Hay & District Dial-a-Ride

Good News! – We have just taken delivery of a brand new fully accessible Volkswagen Transporter. This was the result of a grant by the Department for Transport's Community Minibus fund 2 years ago. It is a very welcome replacement for our smaller vehicle and is already in service.

Volunteers Wanted – We have a vacancy for a **Trustee**, which would suit someone who can make an active contribution to the Board. Ideally we would like to have someone with specific expertise i.e. fundraising or being a service user. Meeting commitments are 4 per year but additional time and input would be required.

Our fundraising and events programme is a very important part of Dial-a-Ride's year, and applications are invited for a volunteer **Fundraising Officer** to help out with these. It would suit someone sociable, organised and friendly and who only wants to do a few hours a month.

For an application/information pack or a chat about any of these vacancies, please call Lesley Moore on 01497 821616.

Find us on Facebook for up-to-date information on our essential community transport service and events.

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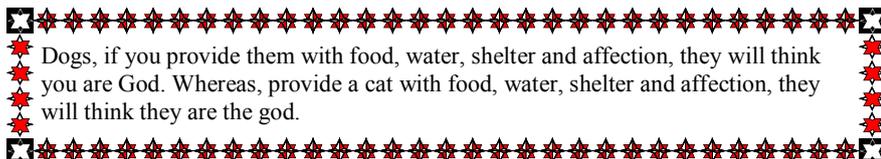
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★ Dogs, if you provide them with food, water, shelter and affection, they will think you are God. Whereas, provide a cat with food, water, shelter and affection, they will think they are the god.

GARDENING CLUB

Gardening Club was held on Thursday 9th March when Mr Peter Guthrie was the speaker. He spoke on Bee Keeping and Honey Production. Peter's interest in bees started when he was nine years old, as his grandfather and father kept bees as a hobby. Peter lives at Boughrood but has hives around the country to enable him to produce different varieties of honey. Peter judged the room competition, a limerick, which was won by Rosemary Lally.



Peter Guthrie extolling the virtues of carpet underlay

WHEN PETER BECAME A BEEKEEPER

When Peter became a beekeeper
 He also became a sound sleeper
 With fabulous dreams
 About honey ice creams
 His life just could not have been sweeter!

The winning limerick Rosemary Lally

- *****
 * **GARDENING CLUB** *
 * Sat Apr 1st Easter Bingo *
 * Thr May 18th Tour of Hereford Cathedral *
 * Thr Jun 8th Bargain Hunt (Roger Bright & Roy Williams) *
 * Sat Jul 1st Trip to National Botanic Garden *
 * Thr Aug 17th Flower & Vegetable Show *
 * Thr Sep 14th Mrs Elizabeth Banks DL, CMLi. *
 * Thr Oct 12th Norma Olds- The wool trade & being a shepherdess *

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 * Don't worry about failures, worry about the chances you miss when you don't even try. (Jack Canfield) *
 * The great thing in this world is not so much where you stand as in what direction you are moving. (Oliver Wendell Holmes) *
 * Even if you are on the right track, you will get run over if you just sit there. (Will Rogers) *

CAN WE BRING BACK CURLEW AND LAPWING TO THE BEGWNS?

No doubt many of you enjoy heading up to the Begwns with binoculars in hand to see what birds are about. I was up there the other day and saw a flock of Golden Plover, glittering in the sky as they swooped and curved over the landscape. I flushed a number of Snipe whilst surveying the ponds and saw that the two Swans had returned to Monks Pool, sadly missing a friend. In the spring the Begwns will come alive with the songs of Yellowhammer, Stonechat, Linnet and the lonesome call of the Curlew.

This coming spring I will be up there bright and early to carry out a breeding bird survey with a focus on Curlew and Lapwing. There is no escaping the fact that both of these have faced dramatic declines across the UK in the last 20 years, the Begwns is no exception to this trend. There is a line-up of culprits; intensification of farming, predation and disturbance. There are a few of these issues that we can address on the Begwns, what I am writing about today is disturbance by dogs.

The Begwns is understandably a wonderful place to take the dog for a run and, as open access land, is a real treasure for the local community. However, a dog running loose on the common comes at a price which inflates in spring, that being the disturbance of nesting birds and worrying sheep in lamb or with lambs. The countryside code does state that dogs should be kept under close control on open access land at all times; unfortunately this is not always the case. A parent bird being regularly flushed from the nest could just be enough to make the nest fail, let alone the odd opportunistic pooch eating a chick or two.

Across our sites this winter we have had reports of sheep worrying, with some particularly horrible cases where sheep have either been killed or put down because of their injuries. We are now reaching a time of year when sheep will be heavily pregnant and a dog simply making the sheep run can be doing unseen damage to them.

The Begwns is valuable to different people for varying reasons, but it is also valuable to wildlife. If we can balance our interests alongside those of the creatures that call it home then we all win.

If you would like to contact me about the article, or any other issues regarding the Begwns, my email is kate.jones@nationaltrust.org.uk

National Plant Monitoring Scheme - opportunities for local volunteers in Wales

Do you know anyone with an interest in wild plants or who would like to learn more about them? As the weather warms and the days get longer we are looking for people to help us.

The National Plant Monitoring Scheme is helping us to understand what is happening to different habitats across the UK and is set to run for a number of years. The Scheme has been running for two survey seasons and over 900 volunteers have signed up and been out surveying. One of the reasons the scheme has enjoyed such good success in attracting volunteers is because of the support of local community councils in Wales, for which we are grateful.

Many of these volunteers are new to plant surveying and have found the scheme accessible, are enjoying taking part through exploring places close to them and finding out new things. Volunteers are supported by materials which are sent to them, online resources and free training courses.

Do you know somebody who enjoys being outside?

There are still opportunities to get involved with the scheme as a volunteer. In fact, the more volunteers we have the more information is generated allowing us to get an even better understanding of what is happening in the landscape.

Who we are and what we need:

This scheme is a partnership between the Botanical Society of Britain and Ireland (BSBI), JNCC, Centre for Ecology and Hydrology (CEH) and Plantlife, and is backed by the government. Volunteers are recruited and supported to survey 5 plots in a kilometre square close to where they live. The plots are surveyed twice a year. The kilometre squares to monitor have been identified by stratified random sampling. The plants have been chosen as indicators of the health of individual habitats. There are 3 levels volunteers can participate at, depending on confidence and knowledge, and support will be provided both through training, web and telephone.

More help please:

There are still lots of squares available for surveying so we would be hugely grateful if you can use your communication channels to promote the scheme again using either the [news-letter](#) or the [NPMS flyer](#) attached above, and available by link.

The [live map](#) on the NPMS website shows the squares that are available. We particularly need to promote the scheme in remote areas including those with coastal and upland habitats. We are looking for volunteers throughout Wales but there are particular needs in Ceredigion, Carmarthenshire, Powys, South Wales and North East Wales.

To sign up please visit www.npms.org.uk or for further information please email support@npms.org.uk or phone 01722 342743.



National Plant Monitoring Scheme
Monitoring our wild flowers

What is it?
The National Plant Monitoring Scheme (NPMS) is organised and funded by BSBI, CEH, JNCC and Plantlife. The aim is to collect data to provide an annual indication of changes in plant abundance and diversity.

Why is it needed?
Thanks to volunteers, we have a very good understanding of changes in the populations of birds, butterflies and bats. Plants are the foundations of ecosystems, but currently we do not have a good measure of changes in plant populations.

How will it work?
This is a scientific survey, so you will be randomly allocated a convenient 1km square to visit. The visit involves recording plant 'indicator species' in plots. Within your 1km square you will record around 5 plots.

Who can take part?
Anyone interested in nature who can identify plants, or who is keen to learn. Different levels of participation ensure that all who are keen can participate: you do not have to be an experienced botanist. There will be training materials provided and the opportunity to attend workshops throughout the year.

For more information visit: www.npms.org.uk

Logos for Botanical Society of Britain and Ireland, Centre for Ecology and Hydrology, JNCC, and Plantlife. A QR code is also present.

GUEST PREACHERS AT THE CHAPEL

The Rhosgoch Chapel often welcomes guest preachers who bring the Christian message in their own ways. Recently we were very pleased to listen to the teachings of the Rev Gordon Bingham, the pastor of Bethesda Evangelical Church in Hay on Wye (pictured with his son David), and Lesley and Duncan MacClean.



Duncan and Lesley live in North West Herefordshire where their home is a house of hospitality. Duncan is a Baptist Minister and Lesley's background is in nursing and health visiting. They have a shared passion to encourage discipleship and transformation of the heart.

In 2004 they left church ministry to set up House of Azar (meaning to help and to succour) from where they offer space, retreat, a listening ear and spiritual direction.



As Companions of the Northumbria Community, their home reflects the rule and rhythm of the Community. They also travel, taking the ethos of Community into many different settings.

They have two married daughters and four grandchildren.

We are especially excited by the visit of the Rev Meredith Powell from Llanidloes, who will conduct our Good Friday service. Perhaps the most important event of the Christian calendar, this service commemorates the day Christ died for our sins.

We are open to all so please come along at 7 pm on the 14th April to take part.

MEET GOGO

The Rhosgoch Chapel Sunday School mums and the Chapel members have clubbed together to sponsor a child. His name is Nexgo Juslin (prefers to be called "Gogo") and he lives in Haiti. Gogo lives with his parents, with home duties which include gardening/farming, cleaning and helping out in the kitchen. He is an only child and for fun plays football, walks, reads and listens to music. He attends Sunday School and Church regularly - at school he is rated an average scholar.

Gogo lives west of Port-au-Prince, 30,000 residents. in this area are Most adults are some work as street the equivalent of



in Cote Plage, 8km Prince, home to Common problems coughs and fever. unemployed but vendors and earn \$47 a month. the Compassion ing with the staff Child Develop- grant of £25 a Gogo with Bible exams, health and recreational activi- schoolbooks and uniforms.

Managed by organisation, work- of Combattant ment Centre, the month will sponsor teaching, medical hygiene education, ties, education, uniforms.

JANE – Home Hairdresser

Jane Smith has been doing my hair for about 9 years now. Jane does not work out of a salon – she comes to the home of her client. I find it very convenient – no travelling, no waiting - much nicer!

Jane qualified as a hairdresser in Solihull, and now has 30 years' experience in her art. She worked in Ludlow and Bromyard before moving to Hay-on-Wye about 9 years ago and started building up a clientele of women who value having their hair done in the comfort and privacy of their own home.

Jane is married and has two grown-up children. She keeps herself fit by swimming and walking. She and her husband spend their holidays in the UK, eg Cornwall and the Lake District, but they feel that this Wye Valley area takes a lot of beating! And they consider themselves extremely lucky to be able to sit on their balcony in Begwyns Bluff looking at the view over the valley towards Hay - "It's like being on holiday all year long."

Jane offers a full hairdressing service: cuts; all forms of colouring; highlights; perms; and she will even cut your husband's hair! Her 'patch' covers an area with a radius of 10 miles around her home in Clyro. Jane advertises in the Rhosgoch Gossip and the Wye Local. So - why not give her a ring, book an appointment, and find out for yourself how great Jane's service could be for you.

Author - Wendy King Photographer – Michael King



 * The strongest people are not those who show strength in
 * front of us but those who win battles we know nothing
 * about.
 * Don't try to understand everything, because some things are
 * not meant to be understood, but to be accepted.
