

Rhosgoch Gossip

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WEDDING FESTIVAL AT LLANBEDR

Visitors to Llanbedr Church over the weekend of 1/2nd July were delighted to find a display of wedding dresses through the ages. Fifteen kind people rooted in the back of the wardrobe or up in the attic and we had a wonderful display of dresses from 1962 up to the present day. The weather was kind to us and the Church looked beautiful. On the Sunday afternoon we had a concert starring the Bracken Trust singers, under the direction of Chris Clarke. This group comprises nurses, cancer sufferers, recovered cancer sufferers and friends and they delighted us with a medley of popular songs. Song sheets were provided and we all had a good sing too! The afternoon was rounded off with tea for the singers and the audience. I hesitate to publish a list of thank yous in case I leave anyone out, but here goes.



Wedding dresses were received from: Chris Rose and her two daughters, Pat Horne, Ruby, Margaret & Phil Bagley, Margaret Lloyd, Maria Davies (Girlie), Chris Lewis & Sharon, Debbie Lewis, Iris Lloyd and Bethan and Sue Farmer.

Many thanks to everyone who helped to clear the Churchyard, arrange the flowers and provide the delicious tea. Last, but not least, particular thanks to Ruby (whose idea it was) and who masterminded the whole effort.



Bracken Trust Singers

PRIZE FOR PAINSCASTLE POET

Our resident poet has received an award for her latest poem. Edwina Griffiths had second prize in the recent Radnor Federation WI Poetry and Prose competition

PASSING OF TIME

The passing of time, the memories we treasure
Things that gave us so much pleasure
Our childhood days of carefree ease
No-one only ourselves to please
Parents, siblings, spending time together
Having fun in all sorts of weather
Schooldays, college days, life's learning curve
Paving our paths as the future unfurls
Teenage years passed in a flash
As spots and boys and tantrums clash
Married life has been my joy
Bringing up two girls and a boy
Now they have gone their separate ways
Children of their own to fill the days
My working life has come to an end
Making time to spend with my friend
To reminisce about things in the past
How our lives have gone by so very fast
The world moves on at such a pace
It's almost as though the human race
Has hardly any time to ponder
And it makes one really wonder
About all the things that life has brought
Yet, yes, we must all pause for thought
Because the passing of time is like a ticking clock
It ticks, and it ticks, but it will never stop.

GRADUATION NEWS

Congratulations Jessica East for achieving your AAT Level 4. Jessica has been studying part time initially at NPTC Brecon College and then for her higher level at Neath College. Putting her qualification to good use, Jessica works at R J Joinery in Hay on Wye.

Bethany Price graduated with a BA (Hons) in Business Management and I.T.

Aaron Nicholls got a BSc in Sport & Exercise Science at Swansea University.

Carys Hughes graduated with a Foundation Degree in Childhood Studies.

Both Carys and Bethany studied at NPTC Brecon.

Well done to all, they were all pupils at Rhosgoch School, and best wishes for the future.

YFC NEWS

Chairman's Log

Week 45 – Stardate – 22/5/17

Rally prep was well under way this week. Other than this it was a fairly quiet week.

Week 46 – Stardate – 29/5/17

This week again just masses and masses of rally prep.

Week 47 – Stardate – 5/6/17

Rally week was finally here. The day started with a strong coffee and a bacon roll. TP, James Poulton Ollie Metcalfe and I then proceeded to put on womens' clothes and get on stage for the lip sync battle. It's safe to say it was potentially the most embarrassing thing I have done with YFC. On the other stage was the group/solo singing. Sophie Protheroe sang the solo and Sophie, Claire and Emily Bagley sang in the group singing. Aaron Bagley and Thomas Lloyd took on the sheep shearing. James Poulton and Rich Meredith came 3rd in the live commentary. Emily Bagley and Emma Evans came 2nd in the Junior Challenge. The last competition of the day was the main ring display, which this year was to perform an opening ceremony for a sporting event. We chose sumo wrestling which saw me, TP, Rich, Rebecca Lloyd, Claire Meredith and Ollie Metcalfe dressed up in inflatable sumo costumes parading around in front of a couple of hundred young farmers.

Week 48 – Stardate – 12/6/17

This was a very busy weekend for all of us. On the Friday night was Thomas Lloyd's 21st Birthday party, which from what I understand was a night to be remembered. On the Saturday Claire Meredith and I had Emma Haines' wedding, which we were bridesmaid and usher for. Tom Protheroe, Richard Meredith and Rebecca Lloyd held the pikels as they came out of church. The Sunday was especially busy this week with 2 fundraisers in one day. The Offa's Dyke Run had asked us to steward the run for them for the second year running. So, Tom Protheroe, Rich Meredith, Josh Davies, Josh Nichols, Rebecca Lloyd, Rob Gore, Charlie East, Charlotte Protheroe and Sophie Protheroe dotted themselves along the section we had to steward.

Later on that day Meryl Lloyd had organised a fundraiser for Rhosgoch YFC and Gwernyfed Rugby Club. They had the Talgarth Male Voice Choir and the Titley Ladies Choir singing. It was an excellent evening with the majority of YFC in attendance or helping. Combined with the Offa's Dyke money we had raised about £700, which is amazing.

Week 49 – Stardate – 19/6/17

After a busy weekend we decided to have a BBQ and Hot tub evening on the Thursday night. Meryl was kind enough to let us use the Pentre. It was a much needed chill-out session for everyone.

Week 50 – Stardate – 26/6/17

On the Tuesday we had a county executive meeting at Radnor's new offices. This was a particularly important meeting because it was time to vote on who becomes the next county vice chairman. James Poulton was running against Gwen Samuel from Aberedw YFC. As they were counting the votes you could feel the tension in the air. It was soon alleviated when James Poulton's name was read out. So it was straight to the pub to celebrate. I must say a massive congratulations to James on achieving this and wish him all the best for the next couple of years.

Week 51 – Stardate – 3/7/17

On the Thursday we had a meeting at the village hall in Painscastle and we played innuendo bingo from Radio 1. It's a game where you hold water in your mouth and play clips from the TV that make you laugh. The aim is not to laugh and keep the water in your mouth. It is a lot harder than you would think.

Week 52 – Stardate – 10/7/17

On the Thursday we went up to the golf club for a social evening. Now this weekend was supposed to be an ordinary quiet weekend, but it wasn't to be. On the Friday night Thomas Lloyd had revealed he has bought 4 Pygmy Goats for his girlfriend's birthday. It wasn't the dream present he thought it to be because earlier that day they had all escaped from the field they were in and were currently roaming around the Rhosgoch countryside. They were still missing by Saturday and Sunday morning. As comical as it was Lloydie was obviously very worried about his goats and was about to give up hope when Andrew Ritchie posted on the Rhosgoch and Painscastle Community page on Facebook asking if anyone had lost 4 pygmy goats, as they were in his field. Well this caused great amusement amongst all and it lead to perhaps the greatest goat hunt Rhosgoch has ever seen. About 15 of us headed down to Andrew's and proceeded to track down the missing goats. After about an hour we had still not seen, heard or smelled any form of goat. We were about to go



home when we heard shouts from the bushes to which 4 goats came darting across the field with 15 young farmers in pursuit. It

was quite a sight to be honest and it was suggested to make it an annual event, so we may have unwittingly helped in the first annual goat hunt.

Week 53 – Stardate – 17/7/17

Most of us were flat out decorating caravans to take up to YPV (Young People's Village). On the Thursday night we had our Pre-AGM meeting, which involves us discussing the roles for the next YFC year. As I am writing this we are right on the eve of Royal Welsh, so next week most of us will be up there socializing and working.

On Sunday 30th July, we will be having a sports day and BBQ at Andrew Ritchies. All are welcome. We always like to see new faces, so don't be shy as we are a friendly bunch. It will start at 3.30pm.

We also have our dinner coming up on 4th August at Rhosgoch Golf Club at 7.00pm. We have a live band called Northern Ruin and the guest speaker is Mark Powell from Llandefalle YFC. Tickets are £20 If you are interested in attending can you please contact me on 07977019776 or Tom Protheroe on 07837830187.

This will probably be my last addition to the Gossip. All that's left to do now is wish next year's chairman, Richard Meredith all the best. Thank you all for reading. I have thoroughly enjoyed writing these logs for the past 12 months.

Shaun Meredith

FARM FOCUS

So here I am in the middle of what is, after lambing, the busiest time of the year. It's harvest time and in amongst this Mo drops me a casual email which contains a hint of flattery (telling me I'm supposedly good on deadlines!) along with a plea to write an article on Farm Focus for the Gossip within the week. Slight panic! But, as I sit typing away I'm actually feeling quite smug. It's Tuesday the 11th July and much needed rain is falling steadily outside and doing the power of good. It's almost like we ordered it!

But why so smug I hear you ask? Well the fact is we (an assortment of sons, nephews plus a mate, brother in law and a couple of perfect strangers) had managed to put in the barn some 700 small square bales of perfect meadow hay last night. There is nothing that smells as sweet as the pungent aroma of fresh hay, wafting in through your bedroom window with the rain beginning to fall as you drift off to sleep, knowing that you have no cut grass down and spoiling, bliss!

It slightly pains me to admit that I have been farming long enough to remember the introduction of the round balers in the early seventies, a machine, which it's true to say has revolutionised the harvest, allowing us to harvest more acreage more quickly, with less labour and a certain degree of confidence that the grass can be gathered without the rain spoiling the crop. It's true we still need three or four days of sunshine to make hay, but a round bale can be wrapped for silage ideally the day after cutting, simples!

But, if you want to make small bale hay you learn to study the weather forecasts, a task made easier, as so much else these days by the ubiquitous internet with access to loads of different forecasts, Met Office, BBC and my own favourite, which is strangely the Norwegian National Service- www.yr.no (go on try it!) Ideally you pick a period when there is a nice high pressure system over us, stick the mower on, chop it down, then its tedder on and, as an old farmer once told me, go through it as often as you can "because it dries more quickly when it's in the air". Then, when you judge the crop is dry enough, comes the fun part! You hitch up your small square baler. Now these things are probably the most temperamental piece of machinery on the farm. They seem to have hundreds of moving parts which are all prone to break down at the most inconvenient of times. I have often said I would like to see inside the mind of the man who invented the Knotter mechanism, because that is a wonder in itself! So you cross your fingers, say a little prayer and hopefully everything holds together, the rain holds off and you end up with a field of lovely small bales. Round up your army of "willing" helpers - here I find it helpful to offer the promise of BBQ and Beer after completion of the task. Then, all being well, after a period of sweaty labour (which I tell them is good for them) a very pleasant evening follows with a glass or two of cider and a lot of leg pulling. Now I have described the perfect scenario and obviously it doesn't always work out that way, but just for today I am going to believe that it does.

So am I just a sentimental masochistic traditionalist in continuing to make a few small bales every year? Well I don't think so. It's true that most of our crop these days goes for pit silage or big bales, but when winter comes there is nothing so handy for the odd small group of animals in the fields or sheds as a small bale of good hay. There is of course a slight downside in that if you have friends or relatives with horses then you are always popular! And of course they really come into their own at that other busy time, lambing, which is probably when Mo will be asking me to write the next article!

Happy harvest everybody- Chris Dance



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PAINSCASTLE FETE & SPORTS

Sunday 27th August 2.30pm

2.30pm Fancy Dress Parade through the village, followed by judging - prizes for all ages

2.45pm Sheep Judging starts - classes include: Continental Butchers Lamb, Native Butchers Lamb, Continental Ewe Lamb, Native Ewe Lamb, Champion Exhibit

3.00pm Childrens Races followed by egg throwing competition

3.30pm Novelty Dog Show

4.00pm Best Decorated Hobby Horse Competition followed by races

4.30pm Evening BBQ

6.30pm Evening entertainment

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Local Interest Group Visit to the Begwns Ponds

On 29th June, the Local Interest Group visited the ponds on the Begwns on a walk led by Hannah Shaw and Penny Williams from the Freshwater Habitats Trust (FHT). Some of Wales' best ponds can be found on the Begwns and they have been designated as Flagship Ponds because they have important species in them, such as Pillwort and Tubular Water Dropwort.

An important aspect of the Begwns is that there are many ponds, of varying sizes and depths. Around 70% of larger pond animals can fly and so this high number and close proximity make it possible for them to move quite easily from pond to pond. There are some permanent ponds, but also quite a few that are temporary and this helps the ponds to support a very wide variety of wetland plants and animals.

Hannah and Penny took us to look at three of the ponds, starting with Bombhole Pond, near the road beneath the Roundabout (SO 16020 44139). Penny explained that most invertebrate life is found within the first metre around the edge of the pond in very shallow water, only a couple of centimetres in depth. Many invertebrates are air breathing and therefore the best habitat for them is around the edge where they can get to the surface quickly, and where there will also be much vegetation in which they can shelter and algae and other creatures that they can eat. Hannah used a net to take a sample and found the following: a baby newt (Palmate or Smooth), Mosquito larva, Pond Skater, Damselfly larva (possibly an Emerald Damselfly), Greater Water Boatman (these swim on their backs and are carnivores; they can also give a nasty nip if their hypodermic needle-like mouth parts pierce your skin), Caddis Fly case and Red Bloodworm. Penny tested the water in the pond and found it had low levels of both phosphate and nitrate, thus indicating that the water is really clean. In the pond, the following plants were growing: Unbranched Bur-reed, Floating Club Rush (this is common in Wales, but is on the Red List in England because it has become so rare), a Water Starwort (which likes slightly acid water) and Broad-leaved Pondweed. All of these plants again indicated that the water is clean.



We then walked up past the Roundabout and down the hill to Pond B10 (SO 14914 44311). This pond is large and round in shape. Penny told us that there are two things that are important about the pond. Firstly, it is temporary; it dries out in the summer. Secondly, poaching occurs. This happens when grazing animals use the ponds and trample around the edge creating muddy margins, resulting in a mixture of bare and vegetated ground. This creates the perfect habitat for many terrestrial, semi-aquatic and aquatic plants and also invertebrates.

Surrounding the margin of this pond was a pale green sward, which is an outstanding patch of Pillwort. This plant

is so rare in the UK that it is protected and included on the Red List, but the Begwns ponds are a very important site where it is relatively common. Pillwort particularly likes temporary ponds and Radnorshire is internationally important for this plant. Also in this pond were Shoreweed (*Littorella uniflora*), which is an indicator plant for important ponds, and Water Purslane, which has little pink flowers in the axes between the leaves. Hannah pulled out some samples from this pond and found Pond Skater (with wings), Greater Water Boatman, Gnat pupa, Lesser Water Boatman (they swim on their front and are herbivores) and Caddis Fly.



The last pond we visited was B5 (SO 14707 44211). This is a long pond which holds more water than the previous one. It is large and has a flat bottom and so the depth is fairly uniform throughout. In this pond, Penny pointed out Unbranched Bur-reed, rare in England but relatively common on the Begwns. There was also Lesser Marshwort, an indicator of very clean water and, again, on the Red List in England. We also saw some Water Crowfoot. Pillwort surrounds the margins of this pond and we could also see Marsh Bedstraw and Spike Rush around the edge. Smooth Rush was present in abundance and there was also some Star Sedge, on the Red List in England but not Wales. Once again, there was evidence of poaching and grazing and the animals obviously go right out into the middle of the pond. Hannah took a sample from the pond and found Diving Beetle, Greater Water Boatman, Daphnia (water flea), Mayfly larva, a newly hatched baby newt (Smooth or Palmate), Dragonfly larva, Caddis Fly and Swimming Caddis Fly.

Penny concluded our visit by telling us that the best way of managing the ponds on the Begwns is to leave them as they are, especially the ones that are temporary. Deepening them would ruin the important habitat. The National Trust is a very good owner and the commoners are responsible users of the hill, in fact poaching by their animals is very important in maintaining the unique environment in the ponds. The ponds are designated Priority Ponds under the Biodiversity Action Plan and this will ensure their continuing importance nationally.

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Well I know it's still mid summer, but we're already looking ahead to the next short-mat bowls season that starts in early September and we will be looking forward to building some strong teams to represent Painscastle in upcoming events. The Brecon & Radnor group, of which Painscastle is a member, will be arranging county eliminators for the County matches starting in October, charity pairs and triples matches, as well as drumming up support for the Brecon & Radnor League. So we're going to look forward to plenty of action again this season.

We will also be having the usual round of "friendlies" when we play other clubs in the Brecon & Radnor area on a friendly basis; we aim to win of course - but it's no great disaster if we don't. Our club had another good year last year and won most of our friendlies, a really good effort! This year we'll try and crack the magical 100% (we say that every year.....), so watch this space!

Some of our long-standing members had to leave the club at the end of last season, so we have some vacancies to fill to keep our expertise up to strength. No previous experience necessary - we'll give you all the support you need. So if you're interested and up for a new challenge, come along and give it a try, you'd be very welcome - we must keep our team strength up! We meet every Wednesday evening in Painscastle Village Hall (when we're not playing elsewhere!) It's informal, it's a good social atmosphere and the tea's excellent! Alternatively you can contact Jeremy directly on 01497 851345 or Ruby on 01982 560616. Maybe see you there!

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CULINARY COLUMN

The Swan at Hay.

The weather was beautiful, the valleys smelled of drying hay, and tractors purred in the fields busying round to gather the harvest. We had our fields all done, and the most important boxes to tick for our supper out were good beer and a lovely garden to sit in. How did I forget that this is Wales? The day arrived, the heavens opened, and my idea of sitting under an umbrella in the beer garden did not look too promising. Through the rivulets of rain running down the window panes I can say that The Swan has a beautifully manicured lawn that no doubt benefitted from the downpour, but it has an equally cosy bar area and a very fine garden room restaurant.

The hotel underwent a refurbishment in 2016 and the dining room has yet to experience the makeover, but there is an old-worldly charm about the flowery curtains and expansive fireplace. The menu, however, has been jet propelled into the 21st century. Before the starters arrived the waitress brought over a smoking bowl filled with burning herbs, over which was positioned bang-on-trend charcoal bread. Black as soot but deceptively soft and fresh, this tasted much better than the bread my brother and I used to cook on a fire at the bottom of the garden, and certainly added a theatrical element to the evening. My starter of duck liver pate was beautifully presented with lots of individual flavours but perhaps lacked a definitive punch. My Gentleman Friend's smoked salmon mousse was light and delicate, and looked very pretty. I chose Caesar salad for my main course, trying to keep a light summery frame of mind as the rain lashed down. My Gentleman Friend went for winter comfort food and had a hearty cockle-warming plateful of brisket, beef fillet and vegetables. I think he got the better deal, but my salad was packed full of meat and flavour, and had a lovely crunch from the beetroot crisps. The puddings are described by their three principal flavours, so 'Meadowsweet, Pistachio, Gooseberry' left a lot to the imagination. It did not disappoint however when it arrived at the table. The plant 'Meadowsweet' is flowering beautifully at the moment, and gave an almond sweetness when infused into the Pannacotta. This was sprinkled with vibrant pistachios and dotted with bright green gooseberry puree so that the visual effect was lovely, but as a ham fisted amateur cook I would have chucked on a few whole squashy sweet gooseberries to give it that zing!

The Swan serves exciting food that is far from run of the mill, and the flavour experimentation makes for a much more interesting meal. Definitely one to watch as their menu changes often, and we will return in the sunshine.

Food **** Service **** Value **** Atmosphere ****

The Swan at Hay, Church Street, Hay-on-Wye HR3 5DQ.
Telephone number 01497 821188.

Meadowsweet Pannacotta

When I saw this dessert I liked it because the plant meadowsweet is seasonal, and playing in the fields at this time of year the air is heavy with their delicate sweetness. Then when I made this dessert and found that it was so thrillingly simple I liked it even more! Wobbling slightly on a plate, you can't beat it with plenty of seasonal fruit and sweet fruity syrup drizzled over.

Ingredients

500 ml double cream
3 small leaves of gelatine (pre-soaked in cold water)
5 heads of meadowsweet
30 g golden caster sugar
Seasonal fruit and syrup to garnish

Method

Pre-soak the gelatine leaves in cold water until they go rubbery.
Place the cream, sugar and meadowsweet heads in a pan and place on the heat until the mixture starts to boil.
Remove from the heat and stir in the gelatine leaves until they dissolve.
Pass the whole mixture through a fine sieve.
Pour the mixture into serving glasses of your choice and place on a flat surface in the fridge to set.
Once set, remove from the fridge and serve chilled with fruit and fruit syrup.

Taken from <https://wildcook.wordpress.com/>

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MIKEY'S DIARY



Have you noticed that people seem to be more active in summer? They start doing silly things like running or cycling, they say they are trying to get fit. Kate and Jade have those notions sometimes, although it doesn't usually last long. I like a good walk but my maturity restricts the wasteful use of energy when one is expected to just run and not even have time to read the roadside messages! (I have been looking at Mo's new dictionary, I quite like using new words—even if you won't know what they mean!)

I usually go with Mo for walks, I think if she can do it then so can I. After all she looks a lot older than me! But one day in a fit of enthusiasm I followed Kate and Jade on one of their 'runs'. Oh dear, it was hard as I only have very short legs, even compared with Kate. They decided to turn around and come back home, they said it was because I couldn't keep up but I think the real reason was they were finding it hard as well!

As you probably know I do like a ride on the quad bike, not that I have much chance as it is always on the move with either Ken, Matthew or just about anyone. The other day Pam was on and she gave me a ride. I have my own tray on the front so that I can be comfortable, however I must warn everyone Pam is a terrible driver, I am not sure I will ever go with her again. Talk about 'kangaroo' petrol, and there are no seat belts on the quad, so when it came to the emergency stop over the front I went, down between the wheels. I was very lucky that the wheels didn't go over me, so I decided to walk after that, it is an awful lot safer, although not a hundred per cent as my next accident shows.

Ken was coming down from the hill on the quad and offered Mo a lift, but not me! I followed them over the cattle grid. However my feet slipped off the bars and I fell in. Luckily they saw me as there was no way I could have got out without help. I would have been there for ever and ever! Mo pulled me out between the bars and she said it was lucky I wasn't any fatter or I wouldn't have fitted. I hope she isn't suggesting I need to go on a diet, as I don't like that idea very much. Since then I have had another accident with that grid. I was following Mo and Blue (one of the sheepdogs) when they went for a walk up on the hill. Of course I let them go on in front as I was reading messages and didn't feel like hurrying, after all it was up hill! They went on ahead and I went over the grid as usual but I think someone must have been polishing the rails as in I slipped again. This time no-one saw me as Mo was too far in front, but just then I heard the truck coming, I peeped up and then ducked down as it thundered over the grid, it was very frightening. Ken stopped at the top when he saw Mo and asked where I was, as he thought he had seen a black & tan head peeping up out of the grid. Mo came back and rescued me again, she has told me that I must go through the gate and not go over the grid. I will try and remember as I don't want to fall in there again.

Mo & Ken went on holiday last week, they left Kate in charge. She remembered to feed me but she couldn't find my pills. If she had asked me I would have told her, but thank goodness Mo has a mobile phone, even if she doesn't often answer it. So all's well that ends well. It isn't so good when Mo isn't at home as I don't have much company in the daytime, as they all go off to work - or at least that's what they say! But on Thursday night it was crowded with Lindsey and her lot staying and then early Friday morning the boys were off. They said they were going on a stag weekend, another one, I don't know where they find all these stags from. This time they were going in a mini-bus to Liverpool and flying to Dublin, they don't seem to do much on these weekends but they all come home more tired than they went, so I really don't know why they bother!

DATES FOR YOUR DIARY

Thr Aug 10th Rewilding Debate at The Globe, Hay 8pm
Sun Aug 13th Welsh songs & other items at the Adullam Hall Painscastle 6.30 pm
Wed Aug 16th Wednesday Lunch Club
Sun Aug 27th Painscastle Village Fete 2.30pm
Wed Sep 20th Wednesday Lunch Club at Rhosgoch GC
Sat Sep 30th MacMillan Coffee Morning 10am -12.30pm
Sat/Sun Sep 30th /Oct 1st Red Dragon Endurance Equine Event

ADULLAM BAPTIST CHAPEL, PAINSCASTLE

Sun Aug 13th Anniversary service 6.30 pm

HERMON CHAPEL RHOSGOCH

ALL SERVICES EVERY SUNDAY AT 2.30pm
Sunday School every Sunday morning 10 – 11 am
Thr Oct 5th Harvest Thanksgiving 7pm Revd Chris Gillham

MORIAH BAPTIST CHAPEL, LLANDEILO GRABAN

Services Sundays at 2.30pm
Aug 13th Communion Penny Robinson
Aug 27th Ruth Hargest
Sep 10th Bailey Heulog
Sep 17th Communion Rev G Bingham
Oct 1st Harvest Rev Andrew Wyton

Bryngwyn WI 2017 Programme

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.

COUNTRYSIDE DEBATES

Powys Upland Partnership will be hosting a series of debates on various countryside issues particularly re. post-Brexit when the money for farmers may be paid in a different way. Rob Yorke, a journalist who chairs many of the farming and environment topics at Hay Festival will be chair. He writes regularly in daily papers on countryside issues. This is an open meeting when everyone is invited to come along and have their say.

The first in the series:- **Re-wilding**

**At The Globe, Hay on Wye
On Thursday August 10th
At 8pm**

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PAINSCASTLE CHURCHES

Dear All,

Summer is passing quickly and as we settle further into the *Trinity Season* we may continue to experience a profound sense of spirituality that does not depend totally upon the emotionally charged response that the first half of the year has brought. Now is the time to continue enjoying the fresh and gentle rhythms of *Ordinary Time* and simply allow yourself to be absorbed into the love of Jesus until all your life becomes focused upon him and all that he wishes for you and those you love.

Let the Summer be the time to experience a sacramental view of all things. As we absorb nature's greenery, from the shrubbery and trees in the gardens to the stretching, working fields and distant beacons, we may recognise that all created things move with a sparkling residue of life within all the sunlit particles of the air. Respond to this ongoing creation around you with a breath of release that places you into God's care.

It is worth remembering that green is the colour of the heart in many mystical traditions. Summer is a time for the heart; for learning the lesson of abundance, if you cannot feel the life of God's creation at her fullest then you cannot live it. This time of the Christian year is the time for letting Christ naturally lift your heart towards the place where all meaning is found through him. Simply worship him, love him and rest in him.

Love, as a unifying factor, may provide us with insights into the lives of the major Saints that have their feast days in July; Thomas on the 3rd, Benedict on the 11th, Mary Magdalene on the 22nd and James (The Greater) on the 25th.

Thomas was so filled with love for Jesus that he was frightened to believe the wonderful news of his resurrection until he saw Jesus for himself. When he did encounter Jesus, Thomas did *not* waste time putting his hands into the wounds of Jesus but simply said the ultimate profession of faith, "My Lord and my God." This speaks of so much love. Benedict, the founder of western monasticism, at the beginning of his Rule says quite simply, "This is advice from a father who loves you." The Rule speaks much of obedience but all the teaching to the monks is given within this invocation of love. Mary Magdalene loved Jesus so much that her grief outside the empty tomb called him to her so she could be the first person to know the risen Christ and it is her love for Jesus that carries and conveys the news of his presence to the disciples. James is the first Apostle to be martyred (Acts 12:1-2); the first of them to follow the way to death for love of his Lord.

My wish is always for your rest, refreshment and renewal in Christ. May you love him as he loves you. May you be drawn into his love for all people so that you will be prepared to be counted among the Saints in glory.

God Bless.

Father Paul. XX

Sun Aug 6th The Transfiguration

| | | |
|---------|----------------|---------------------|
| 9.30am | Eucharist | Llanbadarn y garreg |
| 10.30am | Mattins | Newchurch |
| 11.00am | Eucharist | Gwenddwr |
| 11.00am | Morning Prayer | Llandeilo Graban |
| 3.00pm | Eucharist | Llanddewi Fach |

Sun Aug 13th Ninth Sunday after Trinity

| | | |
|--------|-----------|------------|
| 9.30am | Eucharist | Aberedw |
| 9.30am | Eucharist | Crickadarn |

11.00am Eucharist Llanbedr
Sun Aug 20th Tenth Sunday after Trinity
 9.30am Eucharist Llandeilo Graban
 11.00am Eucharist Newchurch
 11.00am Eucharist Gwenddwr
Sun Aug 27th Eleventh Sunday after Trinity
 9.30am Eucharist Bryngwyn
 9.30am Morning Prayer Crickadarn
 11.00am Eucharist Aberedw
No midweek services during August



THE HAYDAY CAFÉ AT CLYRO

The Café is open on the last Wednesday of the month from 12.30 to 3.00pm in Clyro Village Hall. We always serve a light lunch and tea and cake and provide a variety of entertainment for our visitors.

The café was set up following the success of something similar which began at Cusop Village Hall three years ago. Its aims are to provide an opportunity for older people, and particularly those living with dementia, to enjoy each other's company and have some fun.

Anyone who wants to meet others and would like to get out more will find a warm welcome waiting for them. People living with dementia and associated conditions such as Parkinsons will be helped by our volunteers to take a full part in the activities at the Café.

In the last few months we have linked with Artists from the Hereford Courtyard and have been producing some lovely poems and art work which we hope to display for everyone to see later in the year.

If you are interested in visiting the cafe, or if you know someone who might be, please contact Trish Richardson on 01497 821381. If you would like to come along but don't have transport to the hall this can be arranged with one of our volunteers or Hay Dial a Ride.



Coffee Morning

Jumble Sale

Saturday 9th September

Cusop Village Hall

10am to 12 noon

Admission £1 adult, 50p child to include a drink
 Raffle
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Macmillan Coffee Morning

This year's coffee morning will be on Saturday 30th September. We will have the usual stalls and games along with bacon rolls. I would be grateful for any donations of cakes, raffle prizes, plants, produce or items suitable for the Chinese auction.

If anyone is able to lend a hand on the day, I would really appreciate any help; it doesn't have to be for the full morning, just an hour would be great, to enable other helpers to have a break to see what other stalls have to offer! Please give me a call on 01497 851336 if you can help in any way.

I will be at the hall again on Sunday 1st October serving Tea/coffee, cakes and bacon rolls for the Red Dragon Endurance Horse Event. If you are passing or fancy a Sunday treat, call in and see us, it can be a slow morning, so its always good to see a friendly face and it all helps towards this very worthy cause.

Thank you in anticipation

Jane Nicholls

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 annual subscription (due in September), £6 for delivery in Rhosgoch and Painscastle and adjoining areas, £12 posted. E&OE.

POWYS PRATTLES

by COUNTY COUNCILLOR JAMES GIBSON-WATT

The actor Michael Caine once said, "I've been rich and I've been poor, and rich is better". Paraphrasing that, I can say "I've won elections and lost elections, and winning is better" – a feeling amplified by the fact that I did both within the space of just two months in May and June! Thankfully, the good people of Glasbury Ward returned me to represent them as their county councillor by a healthy margin and alas (for me) the good people of Brecon & Radnorshire decided they did not want me to be their MP by an equally healthy margin. Many congratulations to Chris Davies on achieving a majority (8000+) not seen in this constituency since 1983. He used to be my county councillor and now I am his! Life produces these paradoxical situations.

No doubt Chris's casework in-tray is full of planning issues, much as mine is. Quite how the Powys planning department, or any local authority planning department, copes with both the volume of applications and fiendish complexity of the current system is a bit of a mystery to me. Cope? - 'Not very well' I hear you say. But before we rush to judgement (and to inject a bit of balance), it is worth pointing out that in Glasbury Ward alone there are three major, somewhat controversial applications on the go at the moment, plus several minor, less controversial ones. Given that there are 72 other council seats in Powys, one can imagine the scale of the challenge to the planners. Glad I am not one of them and equally glad I do not sit on the Planning Committee having to take the difficult decisions, although I am of course always happy and able to provide impartial advice to applicants and local residents at any time.

Very occasionally, something happens in County Hall that is a welcome surprise. At the County Council meeting of the 13th July, as Leader of the Welsh Lib Dem Group, I proposed a Motion calling on the Council's Independent/Conservative Cabinet to reverse the 50% increase in charges levied on the users of the county's social care day centres very sneakily, in my view, imposed by the previous Cabinet right at the end of the last Council in March and after the council had agreed its budget for 2017/18. My Motion was seconded by the Leader of the Welsh Labour Group, Cllr Matthew Dorrance. We won the vote by 30 to 28, with 2 abstentions! It doesn't get closer than that.

Although the vote does not bind the Cabinet it will now have to re-consider the issue. Yay!

Please contact me at any time about any issue.
Tel. 01497 820434 or 07971048737 or at cllrjgw@powys.gov.uk

COMMUNITY COUNCIL NEWS

Chairman, Deri Jones, Portway
Vice-chairman, Jenny Smith, Penrhiw
David Nicholls, Castlefield Close
Becky Miles, The Cwm
Iris Lloyd, Caemawr
Sian Powell, Lletycoed
Andrew Ritchie, Castle Brook

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, Trewylrod 01497-851244

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

ASSEMBLY NEWS

I'd like to start my column by thanking Rhosgoch's very own Lewis Ball for helping out in my office recently as part of his work experience; Lewis was a great asset to the office and a credit to his school.

Over the past few weeks I have announced measures to support rural schools in the Welsh Government. I am consulting on changes to the School Organisation Code, which guides how decisions about schools are made.

The proposals will strengthen the code to make sure that Councils and other proposers do everything they can to keep a rural school open. The case for closure must be strong, and the decision must not be taken unless all viable alternatives have been conscientiously considered. This might include federation or increasing the community use of school buildings to make the school more viable.

Rural schools face unique issues and children in rural schools deserve the same opportunity as those in other areas. The schools are at the heart of community life and they need a fair hearing when their future is being considered.

We are also, for the first time ever, establishing a definition of rural schools and publishing a list of rural schools. When a school is on this list the further requirements set out in the code apply.

These changes build on previous measures I have already announced, such as the £2.5m per year rural schools grant. This has been available from April 2017. Its key purposes are: to encourage innovation (such as new digital technologies); to support greater school to school working, including collaboration and federation; and to increase the community use of school buildings.

Of course, all of this is underpinned by the need to raise standards and offer opportunities to all of our young people.

Supporting rural schools was part of the agreement that led to my entering the Welsh Government and the proposals outlined above will help to do this.

If you would like to discuss these, or any other, issues with me, please contact me at Kirsty.williams@assembly.wales, or call my office on 01874 625 739.

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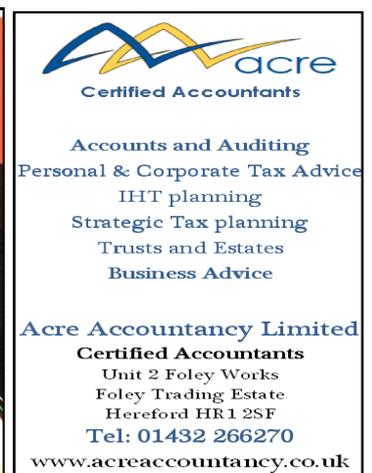
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NEWS FROM WESTMINSTER

The influence of social media is ever-growing, primarily amongst the younger generation of our society. It is well known that adolescents are amongst the heaviest users of social media and so it can be said that the influence of the social networking world is a significant contributing element which can affect the mental health and wellbeing of our community.

Despite the generic view of social media having negative effects on society, it is important to address the positive impacts that it also provides. Social media is particularly useful in delivering education; videos, blogs, and articles are all examples of how social media can be used as an educational tool. To give an example of the extent to which social media provides education, the Office for National Statistics states that 40% of 16 – 24 year olds access online learning material in comparison to a lower 23% amongst 35 – 44 year olds. Not only this, but as many may disbelieve, social media can help to boost a person's self-esteem and, despite the controversy of this, it cannot be denied that the positive response on social media, received by friends and others, can all help to boost self-esteem and confidence.

Much like the majority of the population, young people are using social media as the basis to communicate with friends and family; however, what is notably ignored is the new perception of perfection which the teenage cohort are falling victim to. Young people are becoming increasingly inferior to the depths of social media as a result of networks such as Instagram and Facebook, which openly broadcast these unrealistic expectations of beauty and popularity. It has now become a necessity to gain more likes and followers than all of your friends, leaving adolescents with the belief that should they not achieve this they are unpopular and disliked amongst their peers.

Looking at the effects of social media on teenagers in particular, it can be said that the world of social networking has distorted the ideal body image and fantasised the general appreciation of beauty, as a result of applications such as Photoshop; the ideal body image and interpretation of beauty has become impossible to achieve. This popularised body perception is not gender specific and is something that has been seen to cause significant mental health issues amongst both sexes of the younger generation such as anorexia and bulimia. In addition to this, another highly recognised implication of social media is cyber bullying. This form of bullying is not uncommon, however young people in particular feel too scared to admit when it is happening to them and so the issue is never resolved. Networks such as Facebook and Twitter create the environment for this to happen; it is therefore highly important for teenagers to understand the necessary privacy settings required and for them to feel comfortable in divulging such issues with parents, friends, teachers and likewise before graver situations such as physical and emotional abuse arise. As stated by the Office for National Statistics, only 47% of total social media users limit access to their profile and content on their social media accounts; this number needs to increase.

As of July 2016, the world's population is at 7.45 billion, and in accordance with current statistics, there are 2.34 billion social media users worldwide, with this number expected to rise to 2.51 billion in 2017. As stated by the Office for National Statistics, 91% of 16 –

24 year olds use social media in comparison to 66% of 45 - 54 year olds. These statistics can be used to further emphasise the danger that young people face as a result of social media, and the importance of monitoring the influence that it can have.

As a means to ensure safety regarding the mental health of young people, it would be beneficial for schools to actively get involved in awareness activities from a young age, helping children to understand the implications of social media as they become increasingly involved in the world of social networking as they grow. We need to aim to expand mental health funding in Powys, in order to safeguard the younger members of our society in the ever-changing realm of social media. Additionally, we need to ensure that the younger generations are aware of the implications that social media can have and that, despite the unrealistic images broadcast, we only see what people want us to see; a picture only shows one side of the story.

If you would like to discuss a local issue or campaign. Then please contact my office at: Office Number: 01982 559 180 Website: <https://www.chrisdavies.org.uk>

CHANGES TO HOUSEHOLD WASTE RECYCLING CENTRES FROM SEPTEMBER

Opening days of the county's household waste and recycling centres will increase to five days a week and will include Saturdays and Sundays, Powys County Council has announced.

The council's Cabinet approved a recommendation to increase the opening days at the centres to five days a week, including weekends. They also agreed to introduce a permit scheme for residents to use commercial-type vehicles and trailers for their own household waste.

The new opening days will come into effect from Friday, September 1. From this date, residents wishing to use commercial-type vehicles and trailers for their own household waste will be able to apply for permits to use at the centres.

The Cabinet had considered the findings of an urgent review on the impact of reduced opening days and vehicle restrictions that were introduced as part of budget-saving measures in April.

Cllr Phyl Davies, Cabinet Member for Waste and Recycling, said: "We are committed to reducing waste and increasing recycling rates, but the changes that were introduced in April sent out mixed messages and attracted considerable comments from residents and the county's elected representatives,

"I'm pleased that the Cabinet has given the go-ahead to increase the opening days to five days a week, including weekends, and the introduction of a permit scheme for residents to use commercial-type vehicles and trailers for their own household waste.

"Our household waste and recycling centres are an important tool to help the county meet recycling targets and avoid any future financial penalties from the Welsh Government.

"We will consider how to fund these changes but today's decision shows that the Cabinet is committed to delivering changes for our residents and tackling the issues that cause the most concern."

Details of the new opening days and how residents who wish to use commercial-type vehicles can apply for permits will be announced in due course.

FFYNNON GYNYDD COMMON IN WARTIME

I am old enough to recall the War Ag as they were called, taking over the common adjacent to where I lived. I would have been about 4 or 5 years old at the time; despite my age, I do have a pretty good memory of the happenings at that time.

Sixty acres of land were set aside to be farmed in order to produce food, mostly potatoes and corn. Machinery, the like of which we had never seen before, appeared and was used in reclaiming this land. As the ploughing progressed, very large stones came to light and these had to be removed. Two or maybe three Caterpillar tractors arrived and I can recall them being started up in the mornings. This was achieved by a donkey engine - (nowadays this would be an electric starter motor). The small donkey engine would be started and through a gradual clutch engagement it would turn the main power engine. I can clearly remember the roar as these engines burst into life.

It was a big task to remove these very large stones and they can still be seen at the top of the common, but most of them were pulled to the bottom just below the road to Coed-y-Glas, possibly to remain there forever. A short distance away from these stones a store shed was erected; some of the concrete base still remains.

When the land was prepared, the first crop to be planted was potatoes. For some reason I cannot remember the potatoes being set but I do have a fairly clear picture of the potatoes being harvested. This was done by a very labour intensive machine pulled by a tractor. At the front of the machine was a blade resembling a mooter. This pushed most of the potatoes and lots of rubbish, stones, etc, to the surface. This was all picked up by a conveyor roughly eight feet long, which was made of a mesh that vibrated and acted like a riddle, getting rid of lots of stones and rubbish as it travelled to the rear of the machine. Of course lots of the larger stones would not pass through the mesh so these had to be removed by hand. This was achieved by having three land girls sitting each side of the conveyor; you could say this was a sorting process. The much needed potatoes then went over the back end into a trailer and were taken down to the new shed, from where they were despatched by lorries.

The next crop to be produced on this 60 acre piece of common land was corn. The first combine I had ever seen arrived; it was, as I recall, self-propelled with the driver sitting high up with a good view of the corn being cut. It was a very similar machine to today's combine but much smaller and more labour intensive. At the end of the war the common was allowed to revert to its original state. Now sheep graze it and many walkers, some with dogs, use it daily, a very different scene from when it was used to produce food to help the survival of our country in the years of World War Two.

Fred Lloyd



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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 :- Aug 16th, Sept 20th. August is our 'Away Day' for further information contact Wendy King 01497-851229

BELL BANK CLUB

for the blind and partially sighted, Hay-on-Wye

Bell Bank Club is still continuing with our weekly meetings as we still have a useful community role to fulfil for the visually impaired members of Hay area; additional helpers are welcome.

Members have enjoyed an excellent meal at the Three Horseshoes, Velindre; many thanks to Diane and her staff for their hospitality and attention to detail. Our long-standing member, Dorothy, entertained us with some very interesting stories and experiences. We also enjoyed more musical exercises from Judith and some interesting audio reminiscences from CDs supplied by John and Aileen. John is currently digitising Aileen's Bell Bank Monthly Roundup tapes. She recorded some amazing interviews, going around Hay on her bicycle from 1998 to 2013. Some of these historical recordings may be played at our future meetings.

We had a presentation by PCSO Lee Garret from Brecon Neighbourhood Policing Team. Lee highlighted how skilled scammers are, ringing us all with their frequent cold calls. His advice is to put the phone down when called by an unwanted enquiring cold caller. Remember your bank nor any of the utilities will ever ask for your banking details over the phone. Displaying a 'Cold Callers Not Welcome' sticker on your door or window will help to deter doorstep Rogue Traders. PC Garret gave members many freebies, including stickers, useful information to help protect us and Police contact details for any future concerns. Never be too embarrassed to report an incident as this may help the safety of the wider community.

Richard. M. Drew

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Bell Bank Club contd



Talk by PCSO Lee Garret

Aileen has recently returned from her Australian visit, giving a small piece of rock candy to all members. John played some of Aileen's digitally archived recordings from her Bell Bank Monthly Round up tapes; the nostalgic memories were enjoyed by everyone and initiated some happy memories of the club in its heyday.

Aileen talked to us about her Australian travels for our first meeting of July. However things didn't start too well due to a 10 hour delayed flight before leaving the UK, which meant she missed her Dubai connection. She eventually arrived and met up with her family in Scarborough, Perth, then settled down for her visit. She went to wine tasting events and shopping in a wardrobe shop, within a factory! Aileen was told how much her weight was worth in gold when she visited the Perth Mint; there were a lot of noughts on her certificate. Her great niece's wedding was held on the Beach and, as expected in Australia, it was hot. We thanked Aileen for her very interesting talk. John then encouraged members with some percussive musical exercise, involving Anne's tambourine played by Jean, Dorothy on maracas, a small drum was played expertly by Val and a Guiro Rasp percussive pig played by Ruth; no one was asleep after our orchestra was in full swing.

Our most recent meeting was a presentation by Tim Williams from the Mid Wales Fire Brigade Community Safety department. He talked about the main causes of accidental fire in the home. The causes included: over loading plugs with multiple 13 amp appliances; accidents when smoking; using lighters and candles; and chip pan/cooking. Members were all given some Fire Safety forms to apply for a free home safety check. This is well worth doing as any smoke alarms needed are fitted free of charge. Tim informed us that, if we had any electric blankets over 10 years old they should be disposed of as they could be unsafe. Tim also suggested that any electric blankets over three years old should be tested by the manufacturer. Unfortunately, the fire brigade no longer undertake these tests, nor replace defective electric blankets due to tighter budget constraints. The club appreciated Tim giving our group some excellent preventative advice and gave him a round of applause.

Our meeting in mid July was a social outing to Foyles at Glasbury.

If anyone knows of any visually impaired people in the local area who would like to contribute to our club, please ask them to consider attending our meetings at the Conservative Club, Hay, on Thursday afternoons. Hay and District Dial A Ride can help with transport.

John Price

GARDENING CLUB

The trip to the National Botanical Gardens at Llanarthne was a wonderful day out. We were divided into two groups and given a guided tour. There was so much to see! The largest free-standing glass house in the world houses 'Mediterranean' plants from six regions of the world: California, Australia, the Canary Islands, Chile, South Africa and the Mediterranean basin. All have a Mediterranean climate of hot dry summers and cool moist winters. There is the Wallace garden, which is based on plant breeding and genetics, where you can see the development from the very first plants through to modern cultivated hybrids. The story of the evolution of flowering plants is told within the double walled garden, a recently restored regency feature from the time of the Middleton estate. There are bees to watch from behind a glass panel as they collect nectar from the flowers. A maze made from big straw bales was popular with the children.

The gardens opened in 2000 and are a popular attraction. There are plans to restore some of the original 18th century lakes, using some paintings of the Middleton estate by Thomas Hornor in 1815 as the guide. Perhaps it is appropriate that the Middleton family, who built the first mansion on the site, were founder members of the East India Company and made their fortunes from trading in exotic plants. In the 18th century, the estate was owned by William Paxton; he built Paxton's Tower, a 'folly' on a neighbouring hill, as a tribute to Lord Nelson. One of the walks takes you to the tower, now owned by the National Trust. Various walks take

you to different areas of woodland, hay meadows, etc, exploring the 500 acre site. We were just in time to see the orchids in full bloom which, along with the



other meadow flowers, were a wonderful sight.

The day we went, there was an Antiques fair on, which added to the interest. The cafe did a good trade and the ice-cream cubbyhole ran out of ice cream.

PROGRAMME

- 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
- Thr Nov 9th Paul Hanson - Alpines
- Thr Dec 7th AGM

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LOCAL INTEREST GROUP visit
The Ciliau, Llandeilo Graban

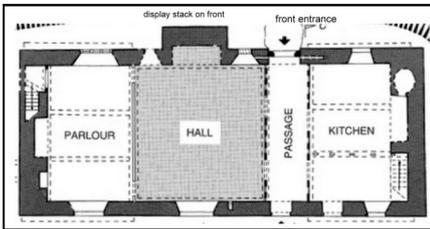
The Ciliau is a house perched on a rock outcrop above the Wye in Llandeilo Graban parish and overlooking the Wye valley near Erwood.

It is a Grade 1 listed house because it is “an exceptionally important and well-preserved high-status vernacular house of the 16th century” (CADW). It is a remarkable house for two reasons: firstly, its original 16th century layout still survives; secondly, the detail within the house (such as the carpentry and wall painting) is of a very high quality.

The house was built in the early 16th century, probably by Robert ap Gwilym, chief constable of Painscastle Hundred (1552-53) and a man with social aspirations. He bequeathed the house to his son, John ap Robert, in 1574 and he sold the property in 1579 to Daunce, from Hereford. At this time, the farm was called Tire y Kyle (cyll = hazel; saplings). At some time afterwards (the exact date is not known), it became part of the Skreen Estate, which was owned by the Williams family from 1576.

One interesting fact about the Ciliau is that it is one of a very small number of domestic houses that have been designated a Site of Special Scientific Interest (SSSI). This is because it houses an important colony of Lesser Horseshoe bats. These are located in an upstairs room to which there is no access because they are protected by law.

The Ciliau was built as a hall house, intended to mimic the high-status houses of the time. It had a three-bay hall and cross-passage, between storeyed inner (parlour) and outer (service) bays. This layout is still visible today. As you go through the main door, you



go into the cross-passage (which no longer goes all the way through to the other side). To the left is the kitchen, to the right is the hall and beyond this is the parlour, which is now divided into two rooms. The original 16th century house was stone built, with the hall open to the roof, whilst the two flanking bays had timber-framed upper storeys. There were two “fireplace stairs” in each of the flanking bays giving access to the upper levels. Right from the start, there was a lateral fireplace (unusual at the time when open fires were more common) and the large chimney on the north side is a major feature of the exterior of the house (could this be a highly visual statement about the owner’s importance?).

In the late 16th or early 17th century, a second storey was added above the hall and a

new timber staircase, rising from the hall, was built, probably later in the 17th century. The hall (to the west of the passage) contains some of the most interesting features of the house in the form of wall paintings. These date from the 16th century. On the western end of the hall is a wooden partition (separating the hall from the parlour) which is painted, in ochre pigments on a black background, to look like the tapestries that were typical of the late 16th century. The painting is in a remarkable condition (given its



age) and was uncovered by Roger Capps, the owner, when he removed the wallpaper and plaster that had covered the partition. Roger Capps also discovered more wall paintings beneath the plaster on the walls of the room, including a lion rampant on the side of a previous window and two goats on the wall going up the staircase. It is very probable that there are further paintings, beneath the plasterwork, that are yet to be uncovered.

Back in the 16th century, in front of the wooden screen, there would have had been a dais on which there would have been a long table and bench (high table). This room was the heart of the house and it is here that the owner would have entertained. Everything was designed to impress his guests; his aim was to display his importance.



Beyond the hall, to the west, is the parlour, now divided into two smaller rooms. The remains of the old staircase are still visible alongside the fireplace in one of them. Upstairs, in the room above the hall, one of the main features you can see is the decoration on the arch-braced collar trusses. Before the addition of the second storey, these would have been visible from the hall below. The room above the kitchen was changed in 1709 and this date is carved into the panel above a doorway, together with some flowers that look like tulips. It is thought that there was a wedding in the house at this time and that this room was prepared for the new bride. It is also believed that the farm buildings outside date from a similar time and could therefore be part of the same improvements.



The house still looks impressive from the outside. It is built on an outcrop of solid rock (providing an excellent foundation) set higher than the farm yard. Before the trees grew, it would have had an impressive view down over the Wye Valley and The Garth can be easily seen on the north side. The house is lime-washed stone with a slate roof.

CHAPEL DONATION TO THE BRACKEN TRUST

Every year Rhosgoch Chapel members select a charity to be the recipient of money saved by giving up treats for Lent. This year it came to £120 and we were delighted to donate it to the Bracken Trust. The Trust is a registered charity, based in Llandrindod Wells, which provides qualified nursing support and advice, counselling and complementary body therapies to anyone affected by cancer, in the Mid Wales and Border areas; patients, their families and bereaved relatives.



Pictured in the doorway of the Chapel are (from left): Trust volunteer/nurse Linda Hawkes, Chapel Minister Geoff Cable and Chapel Secretary Carol Sheen. Coincidentally, Geoff served with one of the founders of the Trust, Dr Hans Lichtenstein, in the army.

ANNIVERSARY AT RHOSGOCH CHAPEL

Anniversary time is for the children of the Chapel's Sunday School to celebrate. In a varied programme of song, music and recitations the children royally entertained the congregation. Pictured are most of the children with Chapel Secretary and Sunday School mentor Carol Sheen.



Sankey at Rhosgoch Chapel August 13th at 2.30pm

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CHAPEL ANNIVERSARY EVENING
 including Welsh and other folk music
 various artistes
ADULLAM HALL PAINSCASTLE
 Sunday August 13th
 6.30pm

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:
 3rd August 24th August 14th September 5th October

MOBILE LIBRARY
 The Library bus comes on the third Tuesday of the month.

RHOSGOCH AND PAINSCASTLE TOTS GROUP

The summer so far has been lovely and at playgroup we've been doing all sorts of nature inspired things. We got very muddy one day making beautifully decorated flower-mud-cakes. We made a bug hotel. Any lost insects looking for a home, please direct them to Painscastle Bug Hilton, 1 The Raised Bed, Village Hall, Painscastle, where they will find a very comfortable bed for the night and a full cooked breakfast (of aphids) the next morning. One very hot Thursday we had an extra trip out to Glasbury 'beach' and many swims and picnics were had – good times!
 Rhosgoch and Painscastle Tots group is every Tuesday from 9.30 – 11.30 and welcomes all babies and toddlers. New parents and tots are always welcome. A session costs £2 per child which includes a healthy snack for the children along with a wide range of activities and a well-deserved cup of tea for the parent.



CONGRATULATIONS

Best wishes to Karen & Joe Francis on the birth of a baby girl on 5th April 2017, Clio Bianey Francis, a little sister for Lila. Apologies for not including this news in the last issue.

CONGRATULATIONS

Congratulations and best wishes to Sarah & Chris Charnley, Wern Newydd, on the birth of a daughter Una on July 14th 2017, a little sister for Rab & Huw.



EVERY TUESDAY IN SUMMER HOLIDAYS RHOSGOCH AND PAINSCASTLE 'KIDS CLUB'

Throughout the school summer holidays we are meeting as 'Kids Club' in Painscastle Village Hall from 9:30am until 11:30am. All junior school age children are very welcome! It is £2 per child per session.

Each week we will do a craft, share a healthy snack, sing songs, play and have lots of fun!



25th July- not on because of Royal Welsh Show
 1st August- Hatty Duke is coming to do outdoor nature crafts and games
 8th August- Flower craft extravaganza: come and make flowers with all sorts of materials
 15th August- Bugs and minibeast craft extravaganza: beetles, bugs, butterflies- we have it all!
 22nd August- Suzie Fraser from the Radnor Wildlife Trust is doing 'worm charming'
 29th August- The famous messy play morning- jelly, gloop, slime and more.....

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