

# Rhosgoch Gossip

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£1

## GARDENING CLUB VISIT TO LLYSDINAM



## Y F C NEWS

As the YFC year comes to a close, there was one big day left on the calendar, Radnor YFC Rally. This year it was held at Ackhill Farm, Presteigne by kind permission of the Price family. We had a great day with all competitions entered and as prepared as we would ever be. We had some success from new member, Mark Gwynne coming 3<sup>rd</sup> in the Senior Shearing, another 3<sup>rd</sup> in the generation game from Dan Herdman and Thomas Davies and a surprising 1<sup>st</sup> in the cookery for myself and Will James which will now go on to compete at the Royal Welsh Show. A lot of time and



hard work went in to preparing for the rally competitions and a huge thank you to the parents and helpers for enabling us to keep competing at such a high standard. After a long day, a well deserve drink was had at the annual rally dance where over 1100 people came to socialize with the rest of Radnor YFC.

After the rally, our county chairman, James Poulton decided to jump out of a plane in aid of the Welsh Air Ambulance with a few other YFC officials from all over Wales. If anyone would like to sponsor James for this worthy cause, please get in contact with James or myself.



The YFC year is now drawing to an end and what a year I have had as chairman of Rhosgoch YFC. We have had great fun throughout the busy year with everyone in the club, from the ages of 10 – 26, throwing themselves into competitions and other YFC activities. For me, this year has truly shown how much YFC has to offer, our little club has got a great team of



members which will keep it going from strength to strength in years to come. To finish the year off, we will be holding our annual YFC dinner on 9<sup>th</sup> August at Rhosgoch Golf Club, so if you would like a ticket please contact me or Mollie Gibbons.

Lastly I would like to wish Sophie Protheroe all the best as Chairman of this great club next year and I have no doubt she will do a fantastic job.

Thomas Lloyd



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## ORKNEY

In June we enjoyed a Coach trip with Yeomans Travel to Scotland. We met the bus at Leominster and travelled north to explore the islands of Orkney and Shetland.

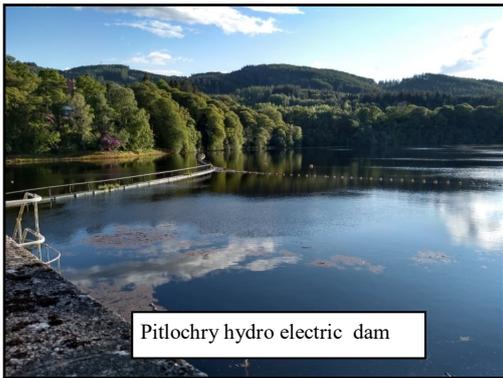


Inverness

After two 'comfort' stops on the way we arrived at Pitlochry for our overnight stop. In the evening we went for a lovely walk along the river Tummel to see the dam which is used

for hydro electric power. A beautiful area with the river running through

a wooded valley with rhododendron bushes in full bloom. The following day we travelled up the A9 to Thurso with our first stop at Inverness where we climbed the



Pitlochry hydro electric dam

castle tower to the viewing point, enjoying a 360° view of the



The contrasting landscape of coastal lowlands and gorse covered hills with mountains in the background

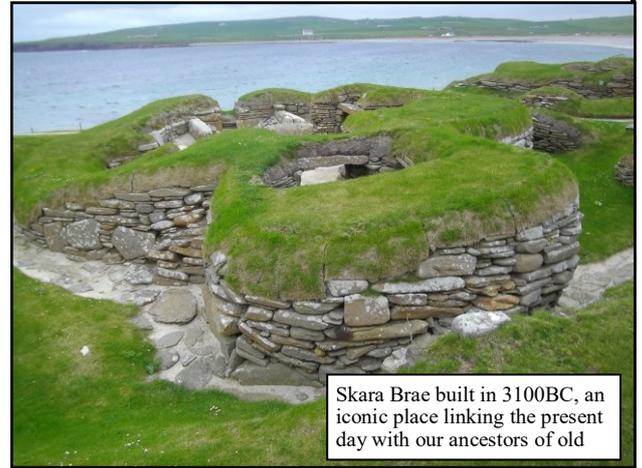
city and the river Ness. Inverness, its Gaelic name Inbhir Nis means mouth of the river Ness, is the capital of the Highlands and the most northerly city of Scotland. The scenery was fantastic with the huge mountains providing sharp

contrasts to the coastal plains. The hills were covered in yellow gorse as we headed north. Thurso is the most northerly town in Scotland and is part of Caithness. Many of the names are of Norse (Scandinavian) origin, Thurso, relates to Thor's river, while Caithness is named after the Cat tribe of Picts. Ness means headland and it is the northernmost tip of Scotland, jutting out between the Atlantic ocean and the North Sea with the Pentland Firth dividing it from the islands of Orkney. Caithness is an area of old red sandstone which has been used

for building since Neolithic times. It is easily split into flagstones, and is used for miles of boundary fencing along fields, with two or three strands of wire; as well as its use in the town parks and gardens of Thurso.



After a morning spent looking around Thurso we boarded the ferry from nearby Scrabster to Stromness in Orkney passing the Old Man of Hoy on the way, a photo opportunity not to be missed. It was a smooth crossing taking an hour and a half. We met Catherine, our guide for the day, boarded our bus, and off we went to explore the island. Our first stop was Skara Brae and Skail House. Skara Brae



Skara Brae built in 3100BC, an iconic place linking the present day with our ancestors of old

was uncovered by a storm in 1850 as a combination of winds and waves stripped the grass from a large mound to reveal the outline of stone buildings. The local laird, William Watt,

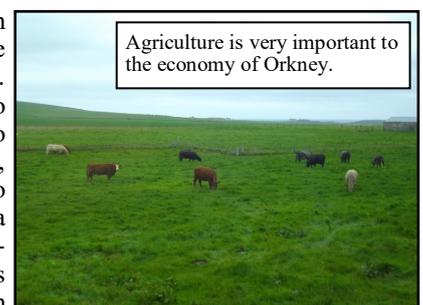


The furniture at Skara Brae is over 5000 years old!

who lived at the neighbouring Skail House began excavations when four ancient dwellings were discovered. More excavations were carried out in the twentieth century and a sea wall was built to try to protect Skara Brae from further erosion. I felt there was something magical about seeing where Neolithic families had lived 5000 years ago. There are eight houses each with a central fireplace, a bed on either side, a dresser opposite the door, and all built of stone. This village survived for about 600 years, and then became engulfed in sand for 4,000 years before its accidental discovery. Skail house is an interesting house. The earliest part was

built by Bishop Graham in 1620 with some additions in the following centuries. The Bishop, who apparently was too lenient to witches, although generous to the poor, built up a large estate in Sandwick and Stromness for his youngest son

John, who became the first Laird of Skail House (Breckness Estate). The present owner is the 12<sup>th</sup> Laird, Major Malcom Macrae.



Agriculture is very important to the economy of Orkney.

Our next stop was the Ring of Brodgar a stone circle or 'henge' probably built 4500 years ago. It is 340 feet in diameter and the stones range between 7 and 15 feet tall, there are now 27, although it is thought initially there would have been 60. There are two entrance causeways

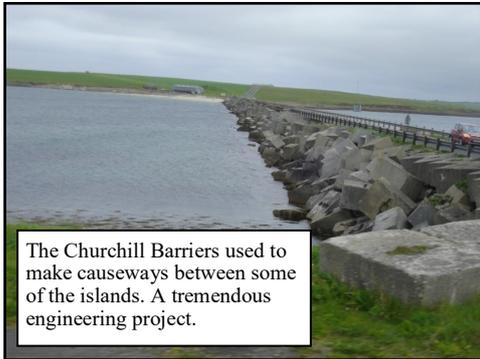


The Ring of Brodgar, another site which has survived from Prehistoric times.

over the huge encircling ditch, which was originally 3 metres deep and seven metres wide. This probably was part of a ceremonial landscape which included many mounds and cairns of prehistoric origin. The stones were from many different parts of Orkney and that, with the amount of work involved in the construction of the Ring, suggests there were many people living on these islands in prehistoric times. We passed the Stones of Stenness which are just a short distance away, this possibly is the oldest 'henge' in the British Isles with some stones up to 17 feet high.

We then drove on over the Churchill Barriers,

which are four causeways built in the 1940s in response to the German submarine



The Churchill Barriers used to make causeways between some of the islands. A tremendous engineering project.

attack on HMS Royal Oak in October 1939 resulting in the loss of 833 lives. The

Barriers now provide easy road access for locals and visitors alike. They were started in 1940 and took four years to complete. The barriers link the islands Lamb Holm, Glimps Holm, Burray, and South Ronaldsay to the mainland of Orkney. Much of the labour force was provided by over 1300 Italian prisoners of war. The barriers which total one and a half miles in length were built on a base of 250,000 tons of rock with 66,000 5 and 10 ton concrete blocks, the larger ones visible on the side of the barriers to act as wave-breaks. Even from the windows of the bus they were impressively huge. We visited the Fossil and Heritage Centre at Burray which had many fossils on display illustrating geological time. There were also many displays on life on the island and a history of the Orkneys during World War II.

After a welcome cup of tea we moved on to the Italian Chapel. The Italian prisoners of war had been captured in North Africa and were brought to Orkney where they lived in camps. The prisoners were given two huts which were welded together to form their chapel. Among the prisoners



The Chapel built by Italian Prisoners of War, another iconic relic from the '40s

was an artist Domenico Chiochetti who, along with a blacksmith and a cement worker, transformed the interior of



The magnificent interior, a fitting memorial to some dedicated men.

the huts into a magnificent spiritual space. It has become a major tourist attraction for the island with 100,000 visitors each year.

After an evening meal in Kirkwall, the capital of Orkney we caught the overnight ferry to Shetland.

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## FARM FOCUS

Here at the Argoed we are currently busy harvesting the crops to restock the winter fodder. At last we have had some decent weather to make both silage and hay. Every year is certainly different and this time the crops have been stronger due to the greater rainfall. A dry summer does not suit the shallow soils of Llan-deilo Graban.

We try to lamb in two batches, the first being a bunch of Suffolk cross ewes put to Texel rams to lamb in early February. These lambs are then sold as soon as possible to catch the early trade before larger numbers start appearing, the main bunch of ewes which are Welsh mountain lamb from the middle of March. These ewes are sired with both Welsh and Suffolk lambs. Most of this crop of lambs are sold for breeding with many going directly off farm to returning customers. We usually keep 30-40 Welsh rams annually, which are sold as yearlings in the NSA ram sale at Builth Wells and Talybont on Usk market every autumn.



Our cattle enterprise consists of a herd of Limousin cross and Belgium Blue cross suckler cows put mostly to a Limousin bull and some selected AI sires. These calves are normally sold as young stores through Brecon market, with the occasional show-potential type of beast maybe shown and marketed at the Royal Welsh winter fair or similar outlet.

Our son Rhodri, who is still at school, is busy preparing his Jacob sheep for the forthcoming Royal Welsh show, a hobby which I also enjoyed as a child. We feel that being involved in exhibiting livestock educates children to become good stock people and sportspeople.



Bethan our daughter is also heavily involved with the show, as she is employed there as an assistant livestock officer.

We look forward to the rest of the year, which is set to be a very uncertain one as far as farming is concerned.

Rob, Llinos, Bethan and Rhodri (Jones).

## LIG Visit to Maesyronnen Chapel

At the end of June, the Local Interest Group enjoyed a wonderful evening visiting Maesyronnen Chapel. Our guide for the evening was Bill Johnson. The building (which has a small cottage used as a holiday let by The Landmark Trust attached) probably dates from the late 16<sup>th</sup> or early 17<sup>th</sup> century. The cruck frame at one end of the chapel, where it joins the neighbouring cottage, is evidence of this.



For many years it was a byre (y beudy in Welsh) and was probably used for secret religious services during a period in the 17<sup>th</sup> century, when Nonconformists were not permitted to practise their religion. Following the Act of Toleration 1689, Nonconformists were granted the right to worship as they pleased and Maesyronnen Chapel was first registered at the Easter Quarter Sessions of the Assizes at Presteigne in 1697; this makes it the earliest purpose-built Nonconformist Chapel surviving unaltered in Wales, predating other buildings by nearly 80 years. The names of all the ministers who have served the chapel are inscribed on the front of the pulpit.

The chapel is rectangular in shape and about 50ft by 22ft 6 inches, on an east-west axis. It is unlike more modern Welsh chapels in its layout. Rather than the pulpit being in the centre of one of the shorter sides, it is in the wider side and the benches and tables are set out at right angles to the pulpit, some facing east and some facing west. There are some very old box pews, as well as wooden benches and two tables (one still used for Communion – the congregation sits around this table, with the Minister at its head). The whole building has a very light and airy feel about it and the views of the Black Mountains through the many windows are spectacular.



At the end of the visit, John Price read some extracts about Painscastle people linked with the chapel. John Griffiths, Portway, was one of the ministers listed on the pulpit, while a memorial to Richard Lloyd (and his family) from Glanyrafon, Painscastle, who was instrumental in establishing the chapels of Rhosgoch and Painscastle, is another illustration of the elaborate network that existed in non-conformity in the nineteenth century. There was also a memorial to Thomas Powell Tuck, died 1880 (Noyadd, Llanstephan), who was probably related to the Tuck family, who used to live at the Castle, Painscastle.

This is a truly peaceful and special place and it is obviously well-loved. Bill told us that there are about 35 members of the chapel at present and that regular services are held here. We were very lucky that it was such a lovely evening so that we were able to properly appreciate this wonderful place.



## **PAINSCASTLE VILLAGE HALL**

### ***Time for Change.***

The village hall committee has a new member and there's a change of contact details for enquiries about use of the hall.

For all bookings and enquiries now your contact is **Meg Lloyd** at Pendre farm, Painscastle, who has taken over as Bookings Secretary from Christine after more than ten years looking after the hall's diary. Meg can be contacted on **01497 851247** or email: **meg\_171@yahoo.co.uk**.

The hall also has a new Treasurer, Wayne Mathews of Upper Barn, Painscastle, who is replacing Jeremy Rose after 6 years of service to the committee. Wayne has many years experience in the financial industry, so the hall's finances will continue in good hands.

The committee would like to thank Christine and Jeremy for their work for the hall over the years and wish every success to Meg and Wayne in their new roles.

*Your Committee Chairman.*

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## Cruising

Mo has asked me to write a piece for the Gossip following my return from a cruise. Every year I explain that when Mel and I go cruising we don't do sightseeing trips. We tend to get off the ship and wander around under our own steam, visiting local bars and coffee shops. So, I can't write about the interesting countries we have visited of late because I never learn anything about them. You might wonder then why we would cruise at all, so I thought I would share with you our reasons. I have been cruising on and off since 1974 (yes, I started at a very early age) and I have visited many countries and seen interesting sights and so I have a lot of experience to draw on. And by now my reasons for choosing cruising have been condensed as follows:

- You can sail from Southampton avoiding airports and long flights.
- Your luggage is taken from your car and placed in your 'stateroom', which used to be called your cabin.
- Cruises are very good value and you have many options about what you do and what and where you eat.
- You meet interesting people from all walks of life.

We avoid organised trips because the cost is extortionate, for example, if you ever visit Flåm in Norway - a beautiful small port in the fjords - then don't be tempted by an organised railway trip up a glacier and a jaunty little return trip back down the mountain to the ship costing something like £40. All you need to do for the exact same trip is walk from the quay side to the railway station, which is right next door, and buy a £4 return railway ticket!

On our latest cruise we sailed from Southampton and were at sea for 2 days, during which I attended pilates class, went swimming, saw 3 recent films and enjoyed lovely dinners and lunches.

First call was at Skagen, in the south of Denmark, and we potted about this little port in bright sunshine. Plenty of Skagen watch shops supposedly at good prices. Next stop was Copenhagen. We decided to look around the commercial centre, to visit the famous amber shop and then take a short canal trip to see the city sights from the river. Our map was not helpful and we realised that the walk to the canals was too long for me (cranky ankle). So, we did a little window shopping and only on the way back did we notice the amber shop.

Another 2 days at sea when you can go to the gym, the spa and sauna, attend fitness classes, use the pool (which was covered but still fffffreezing), watch really good films, go to the variety shows, dancing classes, listen to guest speakers - these have included Michael Parkinson, Roy Walker from Catch Phrase, Valerie Singleton, Martin Bell, Chinese composer and concert pianist, Lang Lang and lots more. The comedians are usually very funny and more often than not I cry with laughter and our particular favourite is the classical concerts. You can play deck sports, including archery, cricket and golf, visit the on-board library, have a few drinks and generally doss around.

We arrived at St Petersburg in glorious sunshine. What a beautiful city! Like many European cities, it has a river banked by elegant buildings and impressive bridges and all the points of interest are in close proximity. Here, we did take organised trips since you need a visa to roam free in Russia. The Hermitage is a very special place and it is enormous, so you can only visit parts of it at a time. We saw many grand masters - Da Vinci and Rembrandt to name but two - and many historic works of art. These included the statue of the boy saved by the dolphin (never heard of it either but obviously well known to others).

The boy looked cherubic and the dolphin like Daffy Duck. The Hermitage was crowded with too few loos - the Chinese ladies decided to take matters into their own hands and invaded the gents. Well done girls! We were warned about pick-pockets and also, for our safety, given a little note which we were to present to locals should we get lost. They would then contact a special service to take us back to the ship. Thank goodness no-one needed this help.

The next day we arrived at Helsinki, an attractive portside city with a famous artisan market. Lots of excellent Finnish arts and crafts but, alas, too expensive. But then we are trying to rid our home of the collected items of two lifetimes so just as well.

Stockholm was an interesting call. We took the shuttle bus to the city centre and walked to the Old Town. Very picturesque - medieval style buildings and winding streets. We watched the changing of the guard at the palace and next door to the palace was the Swedish Parliament. Although a very old town, we found a modern loo which was built into the old wall of the city. We entered using a credit card, not having any Swedish Krone, and the cost was 42p. It didn't seem out of place which was interesting! And we met a Pug puppy who was sooo cute and I stopped to talk to him. His English was excellent.

Our next port of call was Warnemünde - where you ask, and so did we! It is the port entrance to Rostock and where cruise ships dock. The town of Rostock is 10 minutes by train. But for us the attraction was a beach just alongside the quay. The sun was shining but it was a little windy. The short stroll to the beach was so invigorating but we were not tempted to place our toes in the sea nor sunbathe on the lovely sandy beach. We were in Germany after all and not the Caribbean!

We were at sea for 2 days before reaching Southampton and the last day was pretty rough weather. Very entertaining for all those trying to balance at pilates or yoga, swim in the on-deck pool, dance in the evening, etc, so best to hold yourself steady at the bar.

And so the scores on the doors :

- Ports visited - 6
- Films watched - 7
- Photographs taken NIL
- Hangovers NIL
- Fellow passengers to be avoided - 2
- Classical concerts - 4
- Books read - 3
- Bottles of wine consumed at dinner - 14
- Gin and tonics - dunno we weren't counting!

So, a good time was had by all.

Carole Gibbs



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## CULINARY COLUMN

### Rhydspence Inn, Whitney on Wye

The beautiful black and white Rhydspence Inn has greeted travellers for 600 years. Plenty of town-weary souls have quenched their thirst there after a day in Hereford market, and the real ales, cider, lager and friendly chat make it a perfect stop off before wending your way back into the Painscastle hills. The quirky wonky porch welcomes one into the characterful bar area, and there are several eating areas where you can find a cosy nook for a more romantic dining experience. An undisturbed meal gazing into each other's eyes was out of the question though as my Gentleman Friend and I were accompanied by the Little Darlings, but the stack of board games and door opening out onto a large beer garden meant that everyone was happy. The lawn has stunning views over the Wye Valley, and being right on the border between Wales and England meant that the Little Darlings were occupied for several pints worth of time jumping the stream between the two countries.

The menu at the Rhydspence has classic British fare using locally sourced produce. There is plenty to choose from, and they also do a popular Sunday Roast. I chose chicken breast stuffed with black pudding with leek and stilton sauce. This came with generous vegetables and new potatoes which mopped up the delicious sauce perfectly. My Gentleman Friend chose beer battered cod and chips which were very tasty and came with a tip top tartare sauce which I have to admit went rather well with chicken too- I think it would have gone well with anything actually! The Little Darlings chose their usual chicken nuggets or fish fingers at a ratio of 2 for chicken nuggets and 1 for fish fingers this time, with a ratio of 2:1 on peas or baked beans. One day family meals out will become too expensive when they want to choose from the adult menu but until they are 18 or doing the pot washing themselves, they are banned from anything beyond the children's menu. The Boy may well have to eat 2 children's meals soon but we will still be quids in! Everyone had clean plates and the cheerful service made for a very enjoyable family meal.

The only complaint about the Rhydspence Inn is that it is not in Painscastle so that one can walk home after a few of it's delicious Robinson's ciders. The lovely garden, great food and friendly service make it a top summer spot.  
**Food \*\*\*\* Service \*\*\*\* Value \*\*\*\* Atmosphere \*\*\*\*\***  
 Brynafal Bridge Ct, Whitney-on-Wye, HR3 6EU, England.

### Summer Pudding

Everyone loves an easy fruity summery pudding after a tasty lunch, and this one is great fun to make, delicious, and also much easier than it looks. Aldi sell really convenient bags of frozen forest fruit or summer fruit (summer fruit is slightly tarter) which make whipping up a quick pudding a doddle. Get the children to make it for you!

#### Ingredients

- 1½kg/2lb 12oz mixed berries and currants of your choice
- 175g golden caster sugar
- 7 slices day-old white bread, from a square, medium-cut loaf

#### Method

Put sugar and 3 tbsp water into a large pan. Gently heat until sugar dissolves – stir a few times. Bring to a boil for 1 min, then tip in the fruit. Cook for 3 mins over a low heat, stirring 2-3 times. The fruit will be softened, mostly intact and surrounded by dark red juice. Put a sieve over a bowl and tip in the fruit and juice.

Line the 1.25-litre basin with cling film as this will help you to turn out the pudding. Overlap two pieces of cling film in the middle of the bowl as it's easier than trying to get one sheet to stick to all of the curves. Let the edges overhang by about 15cm. Cut the crusts off the bread. Cut 4 pieces of bread in half, a little on an angle, to give 2 lopsided rectangles per piece. Cut 2 slices into 4 triangles each and leave the final piece whole.

Dip the whole piece of bread into the juice for a few secs just to coat. Push this into the bottom of the basin. Now dip the wonky rectangular pieces one at a time and press around the basin's sides so that they fit together neatly, alternately placing wide and narrow ends up. If you can't quite fit the last piece of bread in it doesn't matter, just trim into a triangle, dip in juice and slot in. Now spoon in the softened fruit.

Dip the bread triangles in juice and place on top – trim off overhang with scissors. Keep leftover juice for later. Bring cling film up and loosely seal. Put a side plate on top and weight down with cans. Chill for 6 hrs or overnight. To serve, open out cling film then put a serving plate upside-down on top and flip over. serve with leftover juice, any extra berries and cream.

Taken from [www.bbcgoodfood.com](http://www.bbcgoodfood.com)



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There are boxes of DVDs located in the Bus Shelter in Painscastle, all in good order, free to a good home.

### PAINSCASTLE RECYCLING & RUBBISH COLLECTION

Recycling every Monday, and the next rubbish collection dates are:

5th August      26th August      16th September      7th October

**DATES FOR YOUR DIARY**

Mon-Thr Jul 22-25 Royal Welsh Show  
 Sat Jul 27th Gwenddwr Show  
 Sun Jul 28th Kilvert pilgrimage  
 Thr Aug 1st By-election Brecon & Radnor  
 Sun Aug 25th Painscastle Fete 2.30pm

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Sun July 28th UNITED SERVICE 2.30pm preacher Mr Graham Morris  
 Sun Aug 11th ANNIVERSARY SERVICE 6.30 pm

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 Sept 8th Bailey Heulog  
 Sept 15th Communion Rev Andrew Wyton  
 Sept 22nd Ramah Harvest  
 Services Sundays at 2.30pm

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**ERWOOD & PAINSCASTLE CHURCHES**

Dear All,

As we settle further into the Summer, let this be the time for us 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. As God's treasured creation, we are part of this life and as we respond to the world around us, do so with a breath of release that places you into His gracious care. Summer is a time for the heart; a time for feeling the abundance of Nature. This reaffirms us in preparation for those times when Nature shows us the demanding side of her nature. Feeling the life of God's creation at her fullest time helps to provide strength for us to live and work through the hard times. This time of the Christian year is the time for letting Christ naturally lift your heart towards the place where all fullness is found through Him, a fullness that absorbs both the good and unpleasant things in our lives: Jesus understood the harshness of agricultural life and John shows us that it is when Jesus is talking about Himself as the Good Shepherd and also the gate to the sheepfold, he says:

"I came that they may have life, and have it more abundantly. The Good shepherd lays down his life for the sheep."

We need to love ourselves as Christ loves us. August may bring us a natural pause in the flow of the year. This allows our holiday period to be a time to relax and be ourselves. We are often glad to be defined by our roles in life - farmer, boss, employee, husband, wife, Mum, Dad, carer - but they are not the whole story of who we are - are they? The Feast of the **Transfiguration of Our Lord** on the sixth of August emphasises the clarity of connecting with the place within us that belongs to God. The transfiguration of Jesus is presenting a simple truth that this is revelation of Jesus as He truly is, the Son of God. At this awesome moment for Peter, James and John, nothing of the nature of Jesus is hidden from them and His kinship with God is made apparent. The disciples find it difficult to see Jesus as suddenly both human and divine, yet if Jesus is fully human and a model of the perfected humanity toward which we aspire - then may we infer *that if we stand before God as we truly are - as His beloved children, then may we also may be transfigured by His love.* Because of this we are able to find strength in all the roles we have to carry in our lives - especially when they become heavy loads to bear.

May we all find refreshment and renewal in Christ. Love Him as He loves you and, through this, be drawn into His love for all people - so we all may be part of the Harvest of the World. Thus - may the coming Harvest be a season of abundance for you all in every way.

**God Bless. Father Paul. XX**

**LOCAL LIBRARY TIMES**

**Hay on Wye Library** Monday 10am – 12.30pm & 1.30pm – 3pm. Tuesday & Wednesday closed.  
 Thursday 10am – 12.30pm & 1.30pm – 3pm.  
 Friday 1.30pm – 6pm. Saturday 10am – 12.30pm.  
**Brecon Library** Monday 9.30am – 5pm.  
 Tuesday 9.30am – 6.30pm. Wednesday closed  
 Thursday / Friday 9.30am – 5pm. Saturday 10am – 1pm.  
**Builth Library** Monday / Tuesday 10am - 1pm & 2pm – 5pm  
 Wednesday Closed. Thursday 9.45am – 1pm & 2pm – 5.45pm  
 Friday 10am – 1pm. Saturday 10am – 12.30pm  
**Llandrindod Wells**  
 Monday, Tuesday & Wednesday 9am – 5pm.  
 Thursday 9am – 6.30pm. Friday 9am – 5pm.  
 Saturday 9.30am – 1pm  
**Talgarth** Monday closed. Tuesday 3.30 – 6pm  
 Wednesday 9am – 11am. Thursday closed  
 Friday 2pm – 5pm. Saturday 11am – 1pm  
**Mobile Library bus comes on third Tuesday of the month**

**ERWOOD AND PAINSCASTLE SERVICES FOR  
AUGUST /SEPT 2019**

|   |                        |                               |
|---|------------------------|-------------------------------|
| <b>Sunday 21st July 5th after Trinity</b> |                        |                               |
| 9.30am                                    | Llandeilo Graban       | Eucharist                     |
| 11.00am                                   | Gwenddwr               | Eucharist                     |
| 3.00pm                                    | Llandewi Fach          | Eucharist                     |
| <b>Sunday 28th July 6th after Trinity</b> |                        |                               |
| 9.30am                                    | Bryngwyn               | Eucharist                     |
| 9.30am                                    | Crickadarn             | Eucharist                     |
| 11.00am                                   | Aberedw                | Eucharist                     |
| <b>4th August 7th after Trinity</b>       |                        |                               |
| 9:30am                                    | Llanbadarn - Y- Garreg | Eucharist                     |
| 9:30am                                    | Gwenddwr               | Eucharist                     |
| 11.00am                                   | Llandeilo Graban       | Morning Prayer                |
| 11:00am                                   | Newchurch              | Holy Communion                |
| <b>11th August 8th after Trinity</b>      |                        |                               |
| 9:30am                                    | Crickadarn             | Eucharist                     |
| 9:30am                                    | Aberedw                | Eucharist                     |
| 11.00am                                   | Llanbedr               | Eucharist                     |
| <b>18th August 9th after Trinity</b>      |                        |                               |
| 9:30am                                    | Llandeilo Graban       | Eucharist                     |
| 11.00am                                   | Gwenddwr               | Eucharist                     |
| 3.00pm                                    | Llandewi Fach          | Eucharist                     |
| <b>25th August 10th after Trinity</b>     |                        |                               |
| 9:30am                                    | Bryngwyn               | Eucharist                     |
| 9:30am                                    | Crickadarn             | Eucharist                     |
| 11.00am                                   | Aberedw                | Eucharist                     |
| <b>1st September 11th after Trinity</b>   |                        |                               |
| 9:30am                                    | Llanbadarn- Y- Garreg  | Eucharist                     |
| 9:30am                                    | Gwenddwr               | Eucharist                     |
| 11:00am                                   | Llandeilo Graban       | Morning Prayer                |
| 11:00am                                   | Newchurch              | Holy Communion                |
| <b>8th September 12th after Trinity</b>   |                        |                               |
| 9:30am                                    | Crickadarn             | Eucharist                     |
| 9:30am                                    | Aberedw                | Eucharist                     |
| 11.00am                                   | Llanbedr               | Eucharist                     |
| <b>15th September 13th after Trinity</b>  |                        |                               |
| 9:30am                                    | Llandeilo Graban       | Eucharist                     |
| 11.00am                                   | Gwenddwr               | Eucharist                     |
| 3.00pm                                    | Llandewi Fach          | Eucharist                     |
| <b>22nd September 14th after Trinity</b>  |                        |                               |
| 9:30am                                    | Bryngwyn               | Eucharist                     |
| 9:30am                                    | Crickadarn             | Eucharist                     |
| 11.00am                                   | Aberedw                | Eucharist                     |
| <b>26th September</b>                     |                        |                               |
| 7:00pm                                    | Llandeilo Graban       | Harvest Eucharist             |
| <b>29th September 15th after Trinity</b>  |                        |                               |
| 9:30am                                    | Gwenddwr               | Grouped Parish Eucharist      |
| 11:00am                                   | Newchurch              | Grouped Parish Holy Communion |

**KILVERT PILGRIMAGE Sunday 28th July 2019**

Assemble Newchurch 10.30  
Lunch (BYO) and Readings at Bryngwyn 12.30 -1.30  
Break at Ireland 3pm  
Tea at St Peter's Llanbedr (provided) 4pm  
Short Readings and Final Blessing at Llandewi Fach 5.30  
Disperse 6pm Transport available.  
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**MOTHERS' UNION NEWS**

Painscastle Mothers' Union finished their winter programme with a lovely, peaceful visit to the Bracken Trust in Llandrindod Wells. We had a tour of the house and treatment rooms, then walked round the gardens, part wild and part formal, with bird song an added bonus.

During the winter we've attended the Wave of Prayer service at Llanbedr Church, where we pray and remember all our members in this country and throughout the world. Our meeting in March was very interesting; we shared family memories and artefacts of the First and Second World Wars - all different, but so poignant to our members. Also in March we joined Llyswen Mothers' Union for their Lady Day service, when we remember Mary, mother of Jesus.

In April we had a garden quiz, unscrambling the names of flowers. We've joined Mothers' Union members from Radnor and Builth for a Holy Week Eucharist at Trinity, Llandrindod Wells. Tea and Hot Cross Buns afterwards are always very welcome.

We don't have planned meetings through the summer, but join other members for Diocesan and Deanery Festivals, Ruby Bagley carrying our banner with dignity and pride. We also attend guest afternoons at other branches, with talks on the Welsh Air Ambulance and flower arranging demonstrations. A talk on vintage wedding dresses was both informative and interesting. For this meeting we were all encouraged to wear a wedding hat. No two hats were alike, which was surprising amongst the forty-five ladies present.

You are always very welcome to join us on the second Tuesday of the month in Painscastle Village Hall.

Future Summer Meetings:

22<sup>nd</sup> - 25<sup>th</sup> July: RWS Meet & Greet, Church Tent, RWAS Showground

2<sup>nd</sup> September: Quiet Hour, St Mary's Church, Builth Wells

8<sup>th</sup> October: Painscastle Mothers' Union AGM & Planning Meeting

Fran Shaw: 01982 560480

**OUTREACH POST OFFICES**

Tuesday morning 10 am to 12 noon **Clyro Village Hall**

Wednesday afternoon 3 pm to 5 pm **Clyro Village Hall**

Wednesday afternoon **Aberedw Church Hall** 2.30 - 3.30 pm.

Wednesday afternoon 3pm to 4 pm **Gladestry Village Hall**

Thursday morning 9 am to 10 am **Gladestry Village Hall**

**OTHER POST OFFICES:-**

**HAY ON WYE** Open Weekdays 9am to 5pm Closed Tuesday afternoon. Saturday 9am—12 noon.

**TALGARTH** (In Co-op) Mon—Fri 9am to 5.30pm

Saturday 9—12.30pm

**CARROT & WINE STORES**, Whitney, incl post office

Mon - Sat 9am to 5.30pm Sun 10am to 4pm

**LOCAL BANKING**

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On Fridays NatWest Bank Van also visits Builth Wells from 10.30—11.30am and Hay-on-Wye from 12.15—1pm.



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### AFTERNOON TEA

On the 1st and 3rd Friday every month, from 3.30pm until 4.30pm, Cartref Care Home, Brecon Road, Hay on Wye, has tea and chat afternoons. There are home-made cakes and lots of activities, crafts, games, puzzles etc, or people can just relax with a cup of tea. There are singers and guest speakers with the idea to reach out to the older people of our community with support, friendship and company.

On the 3rd Friday of every month there is a short very informal service 3pm to 3.30pm which is led by the Pastor and friends from Bethesda Evangelical Church in Hay.

Everyone (all ages) is very welcome.

For further details Tel: 01497-820621

### THANK YOU

A huge thank you to everyone who helped to make my recent birthday so worthwhile. We ran a 'trotting' race-night at Rhosgoch Golf Club and raised £1150, divided between Parkinson's and Air Ambulance. My last birthday party was when I was 21, so I thought that on my 70th I was justified in having another one. It was a brilliant night, and I was overcome by all the cards, donations and messages that I received, as well as the wonderful turnout in support. Many thanks to all my family who 'did their bit'. I feel it was a wonderful achievement so thank you one and all. Mo

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### ASSEMBLY NEWS

The by-election is getting closer and closer, and there is a good chance that as you read this the first votes will already have been cast through postal ballots.

With the by-election bringing national media attention, many eyes will be turned to Brecon and Radnorshire to see who we elect as our new Member of Parliament. I hope you feel able to join me in supporting Jane Dodds, the Welsh Liberal Democrat candidate.

Jane is a strong candidate with a proven campaigning record in Powys, and clear ideas about how to support our communities. I hope to be able to work alongside her for Brecon and Radnorshire, as I have worked alongside Richard Livsey and Roger Williams in the past. It is crucial that we have high-quality representation in Westminster, particularly during such an unpredictable political climate, and Jane Dodds is the right choice for Brecon and Radnorshire.

Away from the by-election, you may be aware that many people in this part of the world have faced difficulties in accessing contraception services, particularly intrauterine contraception. The reduction in service from the Hereford clinic, combined with the lack of an equivalent service here in Powys, means people are unable to access the services they need.

If you have been affected and are happy to share information with me then please do feel free to do so. I have contacted both Powys Teaching Health Board and Herefordshire Council in an effort to help find a solution; I know it's really important to resolve this situation.

Recently we have seen some good news in the ongoing fight to keep public toilets open. Standalone public toilets will be exempt from non-domestic rates, in effect from 1<sup>st</sup> April 2020. They are currently assessed in the same way as other non-domestic properties. I know just how important this is. This change is something I have been campaigning for – alongside many Town and Community Councils – so it's great to see progress. It's clear that a lack of public toilets can leave people feeling trapped in their homes, increasing social isolation in our communities. It's equally clear that accessible public toilets can go some way to address those issues.

Finally, I always welcome the opportunity to support local businesses, and I recently visited Black Mountain Roast – who describe themselves as being in the foothills of the mountains of Hay-on-Wye. They supply coffee to a number of local businesses, and I can vouch for the quality of the coffee myself!

As ever, please do get in touch with me if there's anything you'd like to raise or anything I can do to help. I can be reached through [kirsty.williams@assembly.wales](mailto:kirsty.williams@assembly.wales) or 01874 625739.

### COMMUNITY COUNCIL NEWS

Chairman, David Nicholls, Castlefield Close  
Vice-chairman, Sian Davies, Lletycoed  
Becky Miles, The Cwm  
Iris Lloyd, Caemawr  
Andrew Ritchie, Castle Brook  
Bruce Evans, Lower Pentre  
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: Marion Hughes, Waun y Pentre 01497 851628 Minutes are also on the Painscastle-Rhosgoch website: [www.painscastle-rhosgoch.co.uk](http://www.painscastle-rhosgoch.co.uk)

### News from The Old Shop

It has been a long time, eleven years to be exact, since I have had a 'proper' job. I left my role managing a mental health care home in Hertfordshire to become a stay at home step mum and partner. It is possibly the steepest learning curve I have ever had to face and now, 11 years on, looking back it seems to have flown as we enter the next phase of our lives. Advice I would impart to any new step mum is not to accidentally set the microwave to 20 minutes instead of 2 when heating your new step daughter's wheat cushion, within a month of moving in. After a small explosion, followed by some reasonably impressive flames, control was restored in the microwave. The wheat cushion had been a present from Gill, the girl's birth mum, so you can imagine hysterics reigned for some time (for both of us) outside the



microwave with both step daughter and me, wondering how on earth we were EVER going to navigate US. We have navigated and are sailing on smoother waters now in many ways and it was clear

earlier this year it was time to get back to work.

I applied whole heartedly for four roles, my main criteria being that I had to get a job that was meaningful and worthwhile to me... I eventually got the right one with a charity based in Llandrindod Wells, called Dementia Matters in Powys, as a Community Development Officer. It is a subject close to my heart as all three of our dads / grandads, either had it or have it. I spend my time going out into the community, mainly in Builth, Brecon and Llandrindod, heightening awareness of these conditions and to discuss how communities can become dementia friendly. What is great is that we work alongside many other organisations and everybody is just very passionate. We have an interest in social isolation and people living with this condition in very rural areas where transport links are not great. We run member led meeting centres in Brecon every Thursday, and in Llandrindod and Ystradgynlais every two weeks, with a new meeting centre opening in Newtown in October. Funded by The Big Lottery, our remit is to open centres in every town in Powys although our funding supports four presently.

So, if you know of somebody with early to mid stage dementia **OR** of an older person who would benefit from spending some social time with others (we don't need a diagnosis) in a stimulating and fun environment, please do contact me. It is important to understand that we recognize what a rich resource older people are and that living positively with this is what needs to happen. We do not de-skill, the opposite in fact, and are passionate about what we offer and also about raising money for this charity. Please contact me if you would like one of our new collecting boxes. We are looking forward to being present at the Royal Welsh in the Powys County Council space ( they have generously donated us some space) and also at other local events. Numbers are 01597 821166 and 07947 703074. Our website is [www.dementiamatterspowys.org.uk](http://www.dementiamatterspowys.org.uk)



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Other news is that Millie the Pig, AKA Marvellous Millicent, and I took a day trip to Langford Veterinary Practice in Somerset where the students of Bristol University were pleased to welcome her. Yes, it is a long way to transport a pig but they are well practised in sedating rather than knocking out completely to trim feet and do a general health check



and just sounded confident. Millie is just under 400kg and if she doesn't know you can be quite scary, (until introduced!) especially if she 'hears' you even think the word V E T. Also being captive in a trailer works well with sedation. So, she was subject to all sorts of things as she was a practice pig for students, skin scrapes, blood tests as well as just having her feet trimmed, teeth checked etc. etc. She turned out to be an angel and I got to drive a 3.1 litre Range Rover which was brilliant. On returning she put her little trotters onto the top of the ramp, sat down, slid down the ramp, threw up and then tottered into her house to sleep. I was tempted to film but didn't want to subject her to the indignity. Her friend, Kune Kune pig Ginge, missed her for the day and was very pleased to see her friend back. THANK YOU to everybody who helped this happen. HEART HEALING

I am still running a healing practice and work one Saturday a month and a Friday. I am currently offering three sessions for the cost of two for new clients. I am also looking forward to running my next workshop at Larchwood Studio in Hay-On-Wye at the end of January. AND, I am considering a monthly meditation and tea session IF there is interest. It would be a half hour group healing / meditation, sat in a circle on dining room type chairs followed by tea, chat and cake. Do contact me if this would be of interest. 01497 851764 07749391714



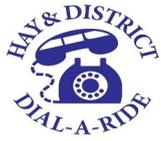
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### CHARITY COLLECTIONS

Thanks so much for all your donations in the bus shelter and please continue to support the Bracken Trust by donating any stamps or bras. Also required for charity are good handbags and shoes as well as old batteries, AAA, AA, C & D. YFC are collecting old mobile phones. All these items can be put in the box in the bus shelter in Painscastle.



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### EDITOR'S NOTES

I hope you enjoy this edition of the 'Gossip'. Most of our regular features are included. The Farm Focus is on page 4, Culinary Column (P7), reports from lots of the local groups and clubs. Mikey does not want to be left out, (P14)! Thanks to everyone who has contributed in any way to this issue. Special thanks to the suppliers of photos. Please continue to send articles, news and events, all comments are gratefully received. [mlloydlyndy@outlook.com or 01497-851609]. (E&OE). ML (Editor).

The Rhosgoch Gossip is available at Clyro Filling Station & Painscastle Farmers Buying Group. It is available by annual subscription (due in Sept), £6 for delivery in Rhosgoch and Painscastle and adjoining areas, £12 posted.

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### WI Report

The WI has enjoyed two very interesting meetings lately. In June, we were treated to a short walk up "on the hill" (Ireland Moor), guided by Nick Myhill. He talked to us about the management of the moorland and the benefits that this has had for the birdlife in particular. We were lucky enough to hear curlew calling; these ground-nesting birds have been in decline in the UK and so it is good to have a population on the hill. Their nests are particularly vulnerable, being on the ground, and are often raided by foxes and other predators, and this is why the management of the hill includes predator control. Nick explained that lapwing have been known to breed on the rougher fields as well, but that none have been recorded recently, which is a shame. Other birds which we saw or heard on our short walk included stonechat and wheatear.

Our walk was followed by a presentation in the village hall, given by Catherine Hughes and Mo Lloyd. Catherine told us that the Powys Moorland Partnership aims to: promote biodiversity; manage heather habitats; balance moorland recreational use with natural resources and wildlife; and, to engage with local communities. The project is funded from the Sustainable Management Scheme under the Welsh Government's Rural Communities Development Programme. This was a fascinating and informative introduction to the management of the moorland and the complex issues involved in satisfying the needs of the landowner, as well as other moorland users, including farmers and those using the land for recreation.

In July, we welcomed Katherine and Fran Shaw from Blaenhow. They talked to us about deer farming, explaining the various activities involved at different times of the year. Katherine explained that the deer pretty much look after themselves for much of the year and that the hinds seldom need help when giving birth to their young. The talk was illustrated with some excellent photos of their deer and they introduced to us some of the main characters in their herd, like Pickle (a hand-reared and very tame hind who has offspring called Onion and Branston, amongst others) and Charlie, the stag who gained notoriety locally when he escaped and was "on the loose" for some weeks. This was a really interesting and educational talk which we all thoroughly enjoyed.

### BRYNGWYN WI PROGRAMME

- Mon Aug 5th Visit to Hereford Resource Centre & Cathedral: Althea Mackenzie
- Mon Sept 2nd Stained glass by Nicola Hopwood
- Mon Oct 7th Volunteering as an Anaesthetist in Ethiopia Dr Corinne Morris

Meetings are held in Painscastle Village Hall, at 7.00pm, unless otherwise stated. Visitors and new members are welcome. Please contact Mollie Moore (851296) or Edwina Griffiths (851824) for more details.

### PAINSCASTLE LOCAL INTEREST GROUP

Programme:-

- Thurs July 25th Bottle Dock, Llandeilo Graban
- Thurs Aug 29th Local visit

Winter meetings are held at the Adullam Hall, Painscastle at 7.30pm on the last Thursday of the month. During the summer we have evening visits, meeting in Painscastle at 7pm. Everyone is welcome.

**RHOSGOCH MILL**

The re-construction of the Mill has moved on in the last couple of months. The most obvious change was when the scaffolding came down. Because the building had been obscured for so many years – originally by overgrown ivy, trees and tall hedges, and then the scaffolding – it was quite a surprise to suddenly see it revealed. For about a week, we noticed that the cars on the road slowed down or stopped for a moment to take it in. The ground around the building has been cleared so that the Mill appears to be standing in a yard; it will be good to see the garden wall restored at the front and the building regain its sense of enclosure.



View from the pond



View from the road

On the inside of the building, the partitions are all in place and ready for plastering and there has been significant work done to restore the timber structure of the mill frame. Dicken and Tom, the carpenters, used green oak to replace about 50% of the structure, including the parts that support the two pairs of millstones. As they worked they were able to see which of the timbers were part of the nineteenth century re-fit and which dated from much earlier times. The earlier timbers had carpenters' marks incised into them, whereas the later ones had pencil marks. Now that the structure is safe again, it is possible to see that the nineteenth century metal cogs had been superimposed on the original wood.



New green oak housing for millstones



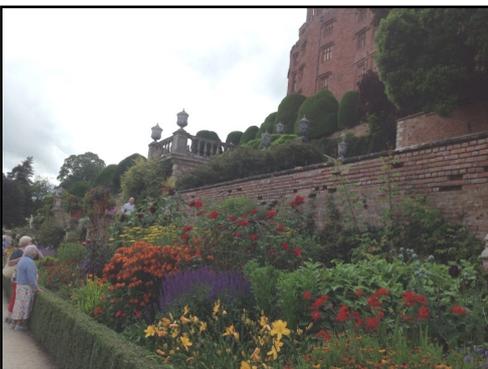
Replacing a pair of millstones

**RHOSGOCH & DISTRICT CRAFT CLUB**

Rhosgoch and District Craft Club took a trip up to Powis castle near Welshpool. With the sun shining and having our trusted driver Michelle, we took in the views of Radnorshire and Montgomeryshire on the way.

As usual first job is coffee time. Then we ventured into the Castle to see the amazing paintings and highly polished furniture. In the 2nd World War it was used for a girls' school. These girls were evacuated from Ashford, Middlesex. In 1952 the Castle and Garden were bequeathed to the National Trust. The present Earl of Powis is John George Herbert, who is a descendant of Edward Herbert who bought the castle in 1597.

We all explored the beautiful terraced gardens, taking photos and ideas with us. Before heading home we all needed to buy a plant so we can have memories of Powis Castle in our own gardens.



Schedules are now available for Autumn Competitions on Saturday 19th October. Please contact a craft club member.

## MIKEY'S DIARY



It's time to get you up to date with all my news, so I thought I had better sit down and write something otherwise Mo would stop feeding me and I wouldn't like that. I usually have two meals a day as well as anything that passes by so to speak, such as leftovers from the humans or drop-downs from the children. When they wander around with food clutched in their little hands, it often succumbs to gravity, and lands up on the floor. I then do my cleaning up routine, which Mo appreciates. Sometimes the little people are on my level, and I find it takes a lot of willpower to resist the temptation of passing food - we all know how much publicity there has been about children who are over-weight, so I am only trying to do my bit to help!

I often go and visit the people who come to stay in the Lodge at the top of the road. There are different people all the time. One day I wandered up there, and the family was a little white Westie terrier and his two humans. They were extremely friendly and I could see there was food in the dog bowl and thought that was very generous of them, so having been brought up to be polite, and not to refuse food, I polished it off. They brought me back home and told Matthew & Pam, who told me off, but it was a bit late by then. Now I try to keep an eye on our visitors at the Lodge, just in case there are any treats coming my way.

A few weeks ago, Mo had disappeared and I was a bit bored so I went up to the Lodge to check things over. But they had left, therefore I could see there was nothing for me there, so I wandered on down to the 'city' (that is the nickname for Painscastle) Well it was quite exciting down there because Griff from Pendre was having his party, so I joined in, with Cass, Bron, Chip & Pippin. After a while I thought I had better move on, so I thought perhaps I would go through the fields back up to the Lundy. It is very confusing at this time of year as the grass grows so fast and Roy hadn't cut his fields and I got a bit baffled and instead of going through the fields I walked on along the road. Of course the road is a lot flatter, much easier for me to walk, and the way back to the Lundy through the fields is uphill. I got very tired and I was hoping someone would rescue me. Iris did slow down, but she was going in the wrong direction, I didn't really know what to do. Then a car came along and stopped and gave me a lift; it was Connie and her mum. Was I glad to have a ride! We went over the first grid (I was in the boot so then you have to count the grids to know where you are) and we stopped. I knew we weren't at the Lundy, but then I heard Mo. Iris, after seeing me on the road, rang Mo and so she came to look for me, but I was on my way with my faithful friends. We swapped cars and I went back to the Lundy with Mo, I was so glad to get home. She said she was very worried about me as she had come down to the village to look for me earlier, but she couldn't find me. She asked me why I walked to Lundy bungalow, she said, delivery men often confuse them with us, but she didn't think I should. I don't know why I did it either but I am so glad I have so many friends, as I get older I seem to need to be rescued more often.

Since then I usually go for little walks up to the Lodge or just on to the hill but the other day I did follow Mo when she was taking Gyp and Sweep up for a walk. I decided to go on up the hill road a little way. I was minding my own business, reading messages mainly, when a car stopped, they were friends from over the hill and worried about running me over. I had to be rescued again, this time Mo came and picked me up so that the car could go past. I really don't know why so many cars go along that road especially when I am on it.

I sometimes worry that I am not even safe when I am in my house. Once I was cleaning up an almost empty dog food bag, Mo had left it after tipping the last bit out for my supper, however I thought there were one or two little biscuits still left in it so I investigated and then I got stuck. I couldn't get out of this 20kg plastic dog food bag. I shouted and shouted and eventually Ken came and rescued me, he thought I was silly and laughed at me! I didn't think it was funny at all. Mikey



Social gathering for anyone who wants to be involved with, working on, or studying environmental issues.

Informal and Inspiring.

### Wildlife / Nature / Eco / Sustainability

Third Wednesday of the Month

Next meeting 21st Aug 2019

The Greyhound Hotel 7pm—9pm Free

'great for mingling and conversing'

[www.greendrinks.org/built\\_h\\_wells](http://www.greendrinks.org/built_h_wells)

Short talks from our members to be arranged

Check website for details

### Green Drinks International

We have a lively mixture of people from NGOs academia, government and business. Come along and you'll be made welcome. It's a great way of catching up with people you know and also for making new contacts. Everyone invites someone else along, so there's always a different crowd, making Green Drinks an organic self-organising network. Simple and unstructured, but many people have found employment, made friends, developed new ideas, done deals and had moments of serendipity.

Contact 07791 687573 Email [BWGreenDrinks@gmail.com](mailto:BWGreenDrinks@gmail.com)



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## GARDENING CLUB

On the 11<sup>th</sup> July, the Gardening Club speaker was Jenny Stevens, who spoke about wildlife. Her talk took the form of a wildlife role play and many members took part. Some wore hats which were made to look like insects, whilst others had puppet insects on their hands. It was a fun event and proved that you are never too old to enjoy yourself. Jenny had made all of the insects herself. Altogether, this was an excellent evening.



## GARDENING CLUB PROGRAMME

Thr Aug 15th Annual Flower & Vegetable Show  
 Thr Sept 12th USA Coast to Coast by Penny Platt

All meetings at Rhosgoch Golf Club at 7.30pm. Further details from Edwina Griffiths 01497-851284 or Pat Harley 01497-851632

## PAINSCASTLE FETE & SPORTS

Sunday 25th August

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

4.30pm Evening BBQ

6.30pm Evening entertainment

Cream Teas & Refreshments  
 Children's Play Area -

**Gwenddwr Carnival, Show & Sports**

27 July 2019 from 2pm

Tir Canvas and Pantyrwyn fields, Gwenddwr LD2 3PZ, near Erwood

Small Agricultural Show with fun, food, drinks and ice cream!  
 Entrance: £3, free for 16s and under  
 GwenddwrShow@gmail.com 01982 560 356

Social evening with extended bar to celebrate 65 years of the Gwenddwr Show  
 Everyone is welcome!

: pony show : dog show : sheep section : pet show : crafts : flowers :  
 : children's crafts & cookery : races : fancy dress : cookery : vegetables :  
 : obstacle course : games : competitions : side stalls : bouncy castle :

**THE YOUTH NATURE NETWORK**  
**A FOCUS ON NATURE**  
 Thursday 7pm 18th July 2019

**MONTHLY NATURE NETWORK DRINKS**  
 EVERY THIRD THURSDAY OF THE MONTH

**@ THE BRECON TAP**  
 Informal Social Event  
 For ages 16 - 30 (ish) with a passion for nature

- QUIZZES
- COMPETITIONS
- ACTIVITIES

**COME ALONG** AND HELP CREATE THIS NATURE NETWORK FOR WALES

**IF YOU ARE :**  
 -WORKING IN THE ENVIRONMENTAL SECTOR  
 -AN ASPIRING CONSERVATION PROFESSIONAL  
 -A WILDLIFE ENTHUSIAST

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## Pilates Emma



Pilates lengthens and strengthens the body whilst improving your flexibility, balance, posture and core.

No pilates in Painscastle from Wednesday 7th August to Wednesday 4th September inclusive. There will be a revised timetable in Hay in the first two weeks of August, please email for further details. emma@pilatesemma.co.uk or 07702 241725

## RHOSGOCH AND PAINSCASTLE TOTS GROUP

The children of our happy and friendly group have certainly been enjoying the warm, sunny weather recently and have loved playing outside.

There was much excitement one Tuesday when a very special visitor joined us for some fun. Spotty made the long trek from Pendre to The Village Hall to puts lots of smiles on lots of little faces. She often watches from over the hedge but decided that it was time to come and join in the fun. She let the boys and girls have rides on her and enjoyed lots of pats and even a sugar cube or two. Thank you to Meg and Alys for sharing her with us. We can't wait for her to join us again!

On Tuesday 2<sup>nd</sup> July we welcomed Rowen from Little Cwtch to join us and lead a fun, sensory session. The children thoroughly enjoyed investigating different items in her many boxes of tricks and loved exploring exciting textures. The glow in the dark and parachute parts of the session were a huge hit. The children enjoyed music, movement and song throughout the session and had a massive amount of fun.

We are a weekly playgroup meeting on Tuesday mornings between 9.30-11.30 at Painscastle Village Hall. However during the summer holidays we do things a little differently. Please see the summer list of activities below and join us if you can. Normal sessions will resume in September. Follow the Painscastle and Rhosgoch Toddler Group Facebook page for updates for this timetable.

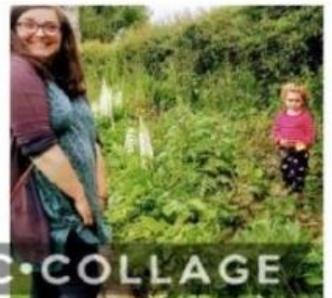
A big thank you goes to all of the Committee Members for volunteering their time again this year to ensure that the little children of the community have fun socialising together doing a range of fun and exciting activities.

### Summer Timetable (Weather Permitting)

- 30<sup>th</sup> July – Glasbury playground and river picnic
- 6<sup>th</sup> August – Walk up the Roundabout on the Begwyns
- 13<sup>th</sup> August – Trip to Cwm Byddog Woods, Clyro
- 20<sup>th</sup> August – Trip up Llanbedr Hill
- 27<sup>th</sup> August – Cusop playground

Contact Sarah Emmerson 07931701840

Facebook - Rhosgoch and Painscastle Toddler Group



PIC COLLAGE