

# Rhosgoch Gossip

Volume 28 Issue 3

Jan / Feb 2023

£1

Wishing all our Readers a  
Happy and Peaceful New Year



The castle seems much more peaceful than in medieval times

## PAINSCASTLE CHRISTMAS PARTY



One of Santa's many visits to the area in December, he certainly travelled in style!



From snow to rain



## NEW YEAR'S CHALLENGE

A couple of years ago I had never heard of 'MSA' or Multiple System Atrophy. It is a progressive neurological disorder which has similarities to Parkinson's. This is a rare condition which affects about 3,300 people in Britain, so perhaps it is no surprise that I hadn't heard of it. However one of my friends living in Painscastle has been diagnosed with the condition. Den and Wendy Ozols moved to Cruck Barn, Painscastle, in August 2010 and quickly got involved in the local community. Den was keen on photography as well as enjoying fishing and local wildlife interests. He has been responsible for the Painscastle-Rhosgoch website from the beginning. Prior to 'Covid' Den seemed fit and well, he took part in our local walks, events and meetings. However he now has serious problems, with walking, balance, speech, etc. His story has motivated me to try to raise both awareness of the condition and funds for the MSA Trust which is the charity that aims to support any sufferers, and to fund research into the disorder.

I have never been a great New Year's Resolution keeper, I am always going to lose a few pounds, but it doesn't seem to work very well. So I thought I would have a 'Jan Plan' to do a series of walks totalling 100 miles during January. Surely that will help shed those Christmas pounds? So my New Year's Resolution is:-

- \* I will donate £10 if anyone invites me to share a walk, however short.
- \* I will donate £10 for every pound of weight loss by 31st January.
- \* I will complete 100 miles by the end of January.

I am looking for as much sponsorship as possible so that we can make a difference. I have set up a Justgiving page - that was a challenge in itself!

[www.justgiving.com/page/maureen-lloyd-painscastle-do](http://www.justgiving.com/page/maureen-lloyd-painscastle-do)

If you would like to learn more about MSA please go to the trust's website at <https://www.msatrust.org.uk/>

I hope that between us we can raise awareness of this disorder and also raise some much needed funds to help the Multiple System Atrophy Trust support current sufferers, as well as help their research work, looking towards a slow down of the deteriorating symptoms of this disease, and ultimately a cure.

Please get in touch if you can help me achieve my goal.  
Mlloydlyndy  
@outlook.com or  
01497-851609  
Mo Lloyd



The grandchildren helping me on my way



## GRAMA'S CHARITY WALK

By Erin and Abbie

Gramma's walk for MSA trust

On Monday 2<sup>nd</sup> January me & Abbie went on one of Gramma's charity walks to raise awareness and money for the MSA trust.

We started from my home at Llambster Road.

We walked up very steep hills and we climbed over a stile.

We got all of the way to the bottom when Abbie says "ummm, coops, I've left my

water bottle at the tree back at the top of the hill." We both giggled and told Gramma.

Gramma said well we can't go back up there we will have to send Darren on the quad tomorrow.

We then rescued a sheep out of a feeder and got chased by a dog which made us go faster up the next hill.

We climbed over a fence

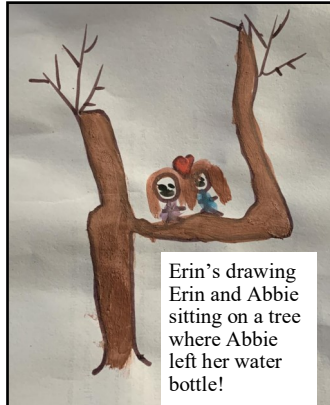
to show Gramma the Buddha.

We meditated by the Buddha and then walked through the wood and my dad slipped over on the leaves.

We eventually arrived at the car.

We tracked our walk and it was 3 miles.

By Erin + Abbie



Erin's drawing Erin and Abbie sitting on a tree where Abbie left her water bottle!



## SEASONAL ACTIVITIES AT RHOSGOCH GOLF CLUB



Karaoke time at the club

### CHILDREN'S CHRISTMAS PARTY

The Children's party on 29th December was well attended, with children all the way up from 1-12 years of age. Prizes were donated by Bryngwyn Church, with cupcake decorating, games and a candy cane hunt enjoyed by all.



### NEW YEAR'S EVE

The New Year's Eve masquerade ball was a big success. The band was called 'Call of the Kracken' and was a massive hit with everyone. There were fireworks at midnight, many thanks to Darryl Davies for putting on a terrific show.



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## IN YOUR GARDEN

It's been a confusing time in the garden. A balmy autumn kept things growing, with many plants having a second bout of flowering, and early spring subjects such as primulas, even wild primroses, showing colour. Lawns didn't seem to stop demanding another mow, and leaves remained stubbornly attached to many trees and shrubs. Then winter closed in with fog, frost, and snow. It's a little early, at the time of writing, to see what, if any, damage has been done by the sustained sub-zero temperatures to all this soft growth.



Birds obviously made the most of the abundance of food. A bumper crop of apples, producing a bumper crop of windfalls, allowed the autumn influx of redwings and fieldfares to feast after their long journey. A good year for ivy flowers promises plenty of berries to keep them going later on. The varied structures of tree branches seen against an overcast winter sky are one of the many delights of this time of the year. Ash, oak, beech, rowan: all make their own individual tracery. But perhaps the best is the fine, intricate networking of birch. Which leads on to the placing of trees in the garden.

Trees are so important in all but the smallest of plots. They provide a third dimension lifting the eye above ground level, giving shade to plants and humans, imparting a sense of solidity and maturity to the garden, blending it in to the wider landscape. But they have to be chosen with care. Birch makes a wonderful show quite early in its life; there are many varieties with showy bark (Hergest Croft usually does a good selection), although none have the picturesque delicacy and grace of our native *Betula pendula*. They all have one drawback, however, in that they are relatively fast growing and, like many forest trees, can soon outgrow their position, unless you are lucky enough to have a large garden. It's not at all easy to cut them back and achieve a pleasing result, so it's worthwhile considering smaller, slower growing subjects.

Flowering cherries, crab apples (although many varieties of more useful culinary apples are just as decorative), liquidamber, *cercidiphyllum*: the list is long. Particularly recommended are the amelanchiers, often called Snowy Mespilus. One of the best is *Amelanchier lamarckii*: steady growing, fine twigged, upright, with a wonderful show of white blossom in spring, and vivid autumn colours. The birds love the berries.

Check on stored fruit and taters. Keep an eye open for pigeon damage on brassicas – drape nets over them if necessary.

And take delight in the lengthening daylight, the emerging snowdrops, crocus, hellebores, the first birdsong. Those heralds of renewed growth, a new season. May the lapwings be with you (we can but hope).

John the Gardener

## LIFE AT LUNDY



The author - Sweep

Apparently the 'bright light season' is nearly over. This is the time of year humans decide to light up their homes with lots of different colours and shapes, flickering or flashing, each house trying to outdo the next. I really don't understand it but then I am only a dog! I actually quite like the dark, it is nice and peaceful. It is so much easier to sleep than when there are lights going on and off, and you wonder whether you are supposed to shout to warn your humans that intruders are about! Or are they just having a party?

Well Christmas has come and gone. Of course, like all the other dogs I like Christmas because humans are the most wasteful creatures and so there are always a lot of leftovers for us dogs. We also sometimes get our own treats, we were all given bones this year, which was quite nice. We are lucky I suppose because we are farm dogs and so we don't get some of the Christmas fantasies that some house dogs have to endure. Of course we are told to look out for the elves, and then Santa coming by with his sleigh. I quite like carrots, although apparently they are meant for the reindeer, but if they don't get there quick enough - well all is fair when it comes to food!

This is the time of year when Mo goes on the look out for mole tumps, and she doesn't have to go far to find them! Then it is a competition between her, her traps, and the moles. Mostly I think the moles are quite successful although she does catch some. It gives us dogs a nice time as we go with her for a walk, which is better than sitting around in the farmyard waiting for something to happen.

As dogs we pay quite a bit of attention to our appearance. I am probably the most handsome of us, Joe doesn't really count as he is now so old that he can't be expected to spruce himself up. My brother Rex is ok, if you like that sort of thing, he has a lot of white hairs which sometimes get dirty around the farm. However I have been worried about my mum Gyp, she had really let herself go, her brown coat was all matted and she had 'daggs' all over her. Even Mo was ashamed of her, and so decided to give her a bath. It did mean that Mo also had a bath, but Gyp sat in the bath to be shampooed all over. Then she was rinsed with tepid water. She told me she didn't enjoy it, but she realised that managing her long hair was difficult, so a little human help was sometimes needed. After quite a lot of brushing she was much prettier, but Mo was not satisfied so decided it was scissors time! I am not really sure that it is much of an improvement, she now looks as if a trainee shearer has had a go at her! Perhaps Mo should take her to a proper dog grooming parlour!

Sweep

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## COFFEE MORNING AT RHOSGOCH MILL

Message From the Food Bank:-



Thanks for thinking of us. Please pass on our grateful thanks to all involved with the Coffee Morning

We are only in a position to support anyone who needs us from the generosity of our community and donations from organisations like yourselves. I have attached two Thank you certificates, a regular and a Christmas one, to print and publish if you would like to.

Brecon Foodbank began in July 2014 and since we have been open we have received 99208kg and given out 97595kg of food. Last year we packed a total of 597 parcels feeding 1475 people. 81 of the parcels were part of our Christmas parcel project where each person also got a small gift that was donated as part of our gift angel tags.

This year we have already packed 581 parcels feeding 1591 people (22/11/22).

We help people in our community with emergency non-perishable food at crisis points, and work on a referral basis. This means we know that the underlying causes are being addressed and if they are not we arrange for them to see an appropriate referral agency who can help.

With each parcel we pack we also offer a local butcher's voucher (one per month), a local grocery voucher and a Fresh fruit and vegetables voucher (every time). It's our hope that these extra vouchers free up some funds to pay increasing living costs. Please see our webpage for further information.

Thanks again, we really appreciate your support.



Chillin' at the mill coffee morning

## LOCAL INTEREST GROUP

The last meeting of 2022 was held on Thursday November 24th at Painscastle Village Hall. As usual it was a hybrid meeting with an audience in the hall along our Zoom friends. Rev Janet Russell spoke about Rhosgoch Mill which she has purchased and renovated. She spent a lot of her summer holidays there as a child so had many happy memories.

Rhosgoch Mill has a very long and interesting history; it was a crown mill. In fact it appears there were two mills on the same site. It is first mentioned by name in early records in 1506, when James ap Meurig leased a fulling mill and the grist mill of Hothnant for 25 years. In the 1540s the owner of the mill was executed for murder. Later there was a dispute over the water supply to the mills and then the wheels were destroyed. The mills were rebuilt during the reign of Queen Elizabeth 1 and remained a crown mill until the late 18th century, when the famous milling family by the name of Biddle took over the mill and Janet's Great, great, great grandfather is recorded as being miller.

Janet's family, the Powells, have been associated with Rhosgoch for a very long time, at least two hundred years and maybe, as local legend suggests, they have worked the mill for 400 years.



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## RHOSGOCH & DISTRICT CRAFT CLUB

Autumn Competitions will be held on Saturday 21st October at Painscastle Hall.

Winter Schedule  
Theme: In your Garden

### Open

- A Jar of Chutney
- A Jar of Jam
- Thank You Card (Any Medium)
- A Cross Stitch
- A Handmade Insect you would find in your garden (Any Medium)
- A handmade Bird Box (Any Medium)
- Any craft not otherwise specified
- A Photograph of a bird or birds with a caption
- A Poem titled "In Your Garden"
- A Scarecrow - Needs to be free standing (Can be entered as an organisation e.g. WI, YFC, Playgroup or an individual)

### Under 18s

- A Photograph "Having Fun"
- A Sketch of "A Flower"
- A Craft Item (Any Medium)

There will not be a class for Grandparents or Men this year.

The main schedule will be printed in the summer.  
For further information please contact Gaynor on 01497 851 243.

## Pilates Emma

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



### Pilates Emma

Pilates every Wednesday in Painscastle village hall at 9.30am. Also classes at Booth's Studio, Hay & Clifford Community Centre.

I will continue to offer pre-recorded classes via email or private Facebook group as well as a weekly timetabled Zoom class.

Pilates Emma :

- Monday 9am Booths Studio Hay on Wye
- Monday 11am Booths Studio Hay on Wye
- Tuesday 9.30am Booths Studio Hay on Wye plus Zoom connection
- Tuesday 6pm Booths Studio Hay on Wye
- Wednesday 9.30am Painscastle Hall

**\*New Wednesday 11.30am Booths Studio - GENTLE PILATES**

- Wednesday 6pm Clifford Community Centre
- Friday 9am Booths Studio Hay on Wye
- Online Pilates Emma continues
- December Super Saturday was so much fun, so look out for future Saturday dates over the coming months.
- For further details including booking

## JANE'S MOBILE HAIRDRESSING

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07974 779 363 / jane.smith.shine@gmail.com



## POWYS GARDENS NEWS AND OPENINGS FOR CHARITY

The National Garden Scheme Impact Report for 2022 reveals the National Botanical Garden of Wales has received £20,000 in 2022; this funds an apprentice gardener each year. Elinor is currently in her second year and has recently passed her RHS level 2 exams. The NGS recognises that it is often hard for people to get started in a career in gardening which is why it funds a variety of training and apprenticeship schemes. 'Y Bwythyn' NGS Macmillan Specialist Palliative Care Unit, in Llantrisant, has supported 1,900 inpatients since opening in 2019. This was made possible by a donation of £2.5 million from the National Garden Scheme. This year, Horatio's Garden Wales has been pledged another £90,000 to be used towards further capital build costs.

### Applications for 2023 Community Garden Grants now open!

National Garden Scheme Chief Executive, George Plumptre, says, "These hugely popular grants provide funding to amateur gardeners from community groups in England, Wales, Northern Ireland and the Channel Islands to create or complete a garden or similar project (such as an allotment) that has a horticultural focus for the benefit of the local community or charitable group. The aim should be to bring a community together by creating or developing a space that people can share, by the acquisition and sharing of gardening knowledge and skills, and by inspiring a love of gardening."

In Herefordshire a grant is helping improve access to the garden at St Michael's Hospice. "These gardens provide a place that everyone can visit in order to reflect, find solace, relax, spend time with family and friends and simply enjoy the peace and quiet, scents and views, enhancing both physical and mental health and wellbeing. Those attending include patients, families and friends, carers, staff and other visitors to St Michael's Hospice. The pathways have all been widened from 1m wide to 2m, the bends have been 'softened' and new gravel and resin laid, all to allow for easier and safer movement for wheelchair users and their families," says Tony Larkin, Grants and Trusts Executive at the hospice.

Submissions close at noon on 31st January and applicants notified of the results by mid-March 2023. For more details and an application form visit:

[www.ngs.org.uk/who-we-are/community-garden-grants/](http://www.ngs.org.uk/who-we-are/community-garden-grants/)  
If you were able to visit a garden this year, your admission and refreshment costs have been used to support these and many other worthwhile charities. In the current climate, these charities are now, more than ever, dependent on sizable donations from organisations like the National Garden Scheme. Thank you for your support.

### What are your New Year's resolutions?

**Get out?** Open all year by arrangement are Llysdinam, Newbridge-on-Wye, LD1 6NB and Plas Dinam, Llandinam, Newtown SY17 5DQ. The 2023 openings are now live search [findagarden.ngs.org.uk](http://findagarden.ngs.org.uk)

**Get involved?** Our volunteer teams are the lifeblood of the National Garden Scheme. We promise a friendly organisation, beautiful gardens to visit and the knowledge that you are helping a unique organisation support amazing charities. You could be just what we're looking for to help us publicise the mainly private gardens opening in Powys to raise funds for the nursing and health care charities we support. Please contact [Susan.paynton@ngs.org.uk](mailto:Susan.paynton@ngs.org.uk) or chat on 01686 650531.



## COFFEE BREAK TIME KINGTON SCRIBBLERS

### Turtle soup by Nancy Wheatland

Lizzie had been dreading this day ever since Mistress Susan gave her Mrs Beaton's house management and cookery book last Christmas. She had come a long way from just being a maid of all works as she was when they first employed her from the Mops fair in the Square next to the Swan Hotel, Kington; she was 14yrs old. Master Joseph and Mistress Susan were just married and life was quite simple then but now they entertained a lot more. As Bank Manager of the Midland Bank in Kington they had several dinner parties, but this was to be a full sit down 5 course dinner. The menu consisted of dishes that her mistress knew Lizzie was more than capable of but one thing stood out, the "Turtle" soup. Mistress Susan said she had ordered a turtle from a specialist shop in London and it would arrive on the train next morning. Lizzie had never seen a turtle and the more she read Mrs Beaton's recipe for the soup the more she was filled with dread. The children thought it was wonderful and begged to go along to the station with Lizzie to collect it. Ursula, the nurse maid, said it depended on how they behaved for the rest of the day; she knew how anxious Lizzie was about the whole "turtle" thing.

Young Master Joseph showed Lizzie a picture of a giant turtle in the sea in one of his books and she immediately thought it will not fit on the range! The recipe said first cut the turtle's head off. This she was not squeamish about as she had helped her father on the farm with slaughtering animals, it was the fear of what this animal was like and will it come alive or dead? How big was it really? Did it bite? She tried to put it out of her mind as she busied herself with all the preparation of the ingredients for the rest of the menu. Quails eggs, pheasant breasts and venison all ordered from Cresswell's, the butcher in the High St. His delivery boy was to deliver them later today. She peeled all the vegetables and decided to roast them all, that would give her space on the top of her range for the "soup" and steaming the puddings. She had carefully picked all the ingredients at the market that morning and was delighted to have found some late raspberries for the gelatine ring. That was Mistress Susan's favourite and Lizzie had perfected the making of it over the past few years that she had been in service with the Sunderlands. It was now a show piece and always on the menu.

Lizzie did not sleep well. She had a nightmare about this "turtle" and it was chasing her down the High St and everyone was laughing. She woke earlier than usual and tried to busy herself before going to the train station to collect the "thing". While she waited at the station, with Ursula in charge of the children, she tried to compose herself and look as if she knew what was arriving. The station master blew his whistle as the train steamed in from London. It came out of the mist, a huge dragon-like creature and Lizzie almost fainted with fear as to what was on the train.

The children were excited and Ursula had a job controlling them. Joseph was the worst, Susan was quiet and held Ursula's hand tightly as if she was as frightened as Lizzie. The papers and mail were unloaded first, delivery boys loaded their bicycle baskets up and rode off. Trunks and luggage next, passengers claiming them, porters swiftly taking them away to awaiting carriages. Lizzie waited patiently for her package to be unloaded.

Then it happened, a huge crate came off the train marked "handle with care", "Live animals". The name on the crate was Master Joseph Sunderland, 27 Church St, Kington, Herefordshire. Lizzie approached the crate and asked to see inside before it was loaded onto a cart for delivery. The porter was only too happy to oblige as curiosity got the better of him; he prised open the top. Lizzie peered inside and then laughed out loud. The porter held Joseph up to see inside too, he was squealing with delight as inside was a huge tank of water with 12 small turtles swimming around, their shells were bright green and shimmered in the water. Lizzie read the note attached to the tank, "Sorry but these are the only ones I have left in stock. Have had quite a demand lately. Yours sincerely Hargreaves and Sons Delicate Foods of London".

They were amazing, her thoughts went to how she was going to chop the heads of these delightful creatures.

### RHOSGOCH & PAINSCASTLE BOOK CLUB

The first meeting of the Rhosgoch and Painscastle Book Group was on Tuesday 22nd March 2022. We are a group of around a dozen local residents, men and women, who meet once a month, ostensibly to talk about books.

I started the group to let new residents ('incomers', 'people from off') have a chance to meet other people. The result has been pretty successful, with more established villagers settling down nicely with the newbies.

Once a month, in the evening, we meet in a member's house. We have a cup of tea or coffee (or a glass of something) with a few nibbles, and talk about the book for a bit - usually about half to three quarters of an hour - before we fall to chatting away about whatever takes our fancy. About the only thing that is off limits is politics, but nobody has shown much interest in that anyway. The talk is always amiable and usually goes on for a couple of hours before people start to drift off and take their leave. Before we go we usually score the book out of 10.

The book group is relaxed and friendly and not terribly literary or intellectual. The idea is to enjoy the books and the company. Members take it in turn to choose a book. The range of books could be described as wide-ranging and definitely not highbrow. Here are the books that we have read and discussed plus the January and February books.

*Me before You* Jo Jo Moyes  
*Golden Hill* Francis Spufford  
*River God* Wilbur Smith  
*All the Light We Cannot See* Anthony Doerr.  
*Lily* Rose Tremaine,  
*Tandia* Bryce Courtenay .  
*True History of the Kelly Gang* Peter Carey.  
*The Sewing Machine* Natalie Fergie

January and February

*Small Things Like These* Claire Keegan.

*The Lincoln Highway* Amor Towles

If you are interested in joining please drop me an email:

[jamesofhay@gmail.com](mailto:jamesofhay@gmail.com)

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**Booking essential**



**The Little Deli, 37 Church Street, Hereford.**

There are some pairings that go together so perfectly that you couldn't imagine life without them: salt and vinegar, Ant and Dec, bangers and mash- all perfect partners. However, some pairings are doomed to fail however much you want them to work, like Brad Pitt and Angelina Jolie (-they were so good in Mr and Mrs Smith) or spaghetti bolognese flavoured crisps (-double carbs are just wrong). Maybe some things are perfect on their own but imagine if crisp manufacturers had just stopped with their plain potatoes and little bags of added salt, and not pushed on past cheese and onion into salt and vinegar heaven?

One of my favourite new pairings this festive season has been with the humble croissant. Aldi gave us the Croll for Christmas breakfast, topped with smoked salmon and poached egg, but the match made in heaven has been the Cruffin from The Little Deli in Hereford. This buttery tasty match between 'Chic Madame Croissant' and 'Lovable Stud Muffin' is set to be a long-standing affair, with light flaky sugar-encrusted pastry filled with chocolate and vanilla cream. The Little Deli is a delightful delicatessen found on Church Street which is the heart of Hereford's independent quarter, and is a welcome relief from the chain shops and cafes. My Gentleman Friend and I did our usual annual shopping trip to blitz Christmas and as usual were totally overwhelmed with the task, quickly retreating to the peace and quiet of a nice coffee. This cosy family-run deli serves delicious lunches, fresh cakes and coffees alongside their selection of larder essentials and locally sourced treats.

After reserving the last Cruffin in the shop (they are extremely popular so get there in good time to avoid disappointment) I chose minestrone soup and my Gentleman Friend went for the tomato and garlic soup. We shared a 'Reuben' toastie with pastrami, sauerkraut, gherkin, Emmental cheese and mustard mayo. The toastie was probably the best combination of ingredients I have ever had in a toasted sandwich. The sauerkraut was home-made and with the gherkin added a fabulous crunch, and the pastrami had so much more depth of flavour than classic sliced ham would have. Both soups were piping hot and really flavoursome, just what we wanted on a cold day.

This deli is lovely for perching in the window people watching and drinking coffee, or sitting in the back munching pastrami pretending to be in some New York joint. The other amazing thing about this little find is how tiny the kitchen is where they rustle up such fabulous food- it is well worth a trip to the toilet to see behind the scenes! Top food, lovely friendly service: my favourite choice for coffee and a pastry in Hereford.

Food \*\*\*\* Service \*\*\*\*\* Value \*\*\*\*  
The Little Deli, 37 Church Street, Hereford, HR1 2LR

**How to make Cruffins at home**

These puff pastry versions of Cruffins are a time saving hack over the more labour intensive version using improved dough. They are fun to make with children and you could play around with the fillings.

**Ingredients:**

- 2 packs of puff pastry
- Butter
- Granulated sugar
- Ground Cinnamon

**Method:**

- Preheat the oven to 375 degrees.
- Lightly grease 8 wells of a muffin tin. Set aside.
- Using a small rolling pin, roll out each sheet of puff pastry until you have 2 larger rectangles that are approx 11x15 inches.
- Spread the softened butter onto the sheets.
- Combine the sugar and cinnamon in a small bowl and whisk with a fork to combine.
- Sprinkle a small amount of the cinnamon/sugar mixture on top of the buttered sheets.
- Starting on the long end of the rectangle, roll up the dough tightly into a log.
- Cut the dough in half, giving you shorter logs.
- Then cut each of those logs in half, lengthwise – exposing the inner layers of the logs.
- Repeat with the second sheet. When you are finished – you should have 4 pieces out of each sheet.
- Take each piece and wrap it around your fingers to form the shape of a muffin, with the layered side out. This will give the best chance of all those layers being visible when they are baked.
- Place each rolled piece in the greased muffin tin.
- Bake for 30-35 minutes – rotating halfway through.
- To Coat with Cinnamon/Sugar Mixture: remove from the oven and immediately remove from the pan, one by one, by gently releasing any parts that are stuck using a butter knife or thin object.
- Roll each cruffin in the remaining cinnamon/sugar mixture and place them on a plate or cooling rack to come to room temperature.
- Store at room temperature in an open container. Closing them into an airtight container will make them sweat and the sugar will become moist and they will lose the texture that makes them great.

<https://www.kleinworthco.com/easy-cruffin-recipe/>



**Cuppa Tea?**

Join us at the HayDay Café for a light lunch and friendly conversation. We enjoy fun entertainment and creative activities. All for FREE.  
**Last Wednesday of every month at Clyro Village Hall. 12.30-3pm**  
Transport available.  
**Phone Sue on 01497 822523**  
We are Dementia friendly and welcome anyone who is lonely or living with dementia.

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Donations for Bracken Trust, Llandrindod, welcomed:- used postage stamps, old currency, coins and notes, both British and Foreign, as well as old bras.

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Please telephone 07891 49726 or email sillingworth@gmail.com for more details or if you require transport.

**PAINSCASTLE RECYCLING & RUBBISH COLLECTION**

Recycling is collected every Monday, rubbish collection is every three weeks and the next dates for rubbish are:

- Jan 16th
- Feb 6th
- Feb 27th
- March 20th

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**SOME DATES FOR YOUR DIARY**

Thr Jan 19th Flicks in the Sticks, Huntington Hall - Where the Crawdads Sing 7.30pm  
 Thr Feb 2nd Flicks in the Sticks Brilley Hall 'Mrs Harris goes to Paris' 7.30pm  
 Thr Feb 16th Flicks in the Sticks, Huntington Hall - Fisherman's Friends - One & All 7.30pm  
 Wed Feb 22nd Bingo in Erwood Hall 7.00pm  
 Thr-Fri Feb 23rd-24th Kington panto Apache Story 7.30pm  
 Sat Feb 25th Kington panto Apache Story 2.30pm & 7.30pm  
 Thr Mar 2nd Flicks in the sticks Brilley Hall 'The Ban shees of Inisherin' 7.30pm  
 Sat Mar 11th Live Show Cabaret with Claws Brilley Hall  
 Thr Apr 6th Flicks in the sticks Brilley Hall 'Living' 7.30  
 Mon May 8th Erwood Coronation Tea Party

**HERMON CHAPEL RHOSGOCH**

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Sun Jan 15th Ifor Williams  
 Sun Feb 19th Rev Misha Pedersen  
 Sun Mar 12th Rev Andrew Wyton  
 Sun Apr 5th At Church [Llandeilo Graban]  
 Services at 2.30pm

**EBENEZER CHAPEL, NEWCHURCH**

A warm welcome extended to all, at any of these services.  
 Sun Jan 8th 3pm  
 Sun Feb 12th 3pm  
 Sun Mar 12th 3pm

**ERWOOD & PAINSCASTLE CHURCH SERVICES**

**Sun 15th Jan 2nd Sunday of Epiphany**  
 10.30am Bryngwyn Eucharist Fr Phil  
 10.30am Crickadarn Eucharist  
**Sun 22nd Jan 3rd Sunday of Epiphany**  
 10.30am Gwenddwr Eucharist  
 10.30am Llanbedr Morning Prayer AH  
**Sun 29th Jan Presentation of Our Lord 'Candlemas'**  
 10.30am Newchurch Holy Communion  
 2.30pm Llanbadarn Eucharist  
**Sun 5th Feb 3rd Sunday before Lent**  
 10.30am Aberedw Eucharist  
**Sun 12th Feb 2nd Sunday before Lent**  
 10.30am Llandeilo Graban Eucharist  
**Sun 19th Feb Next before Lent**  
 10.30am Bryngwyn Eucharist  
 10.30am Crickadarn Morning Prayer AH  
**Wed 22nd Feb Ash Wednesday**  
 7.00pm Gwenddwr Eucharist & imposition of ashes  
**Sun 26th Feb Lent 1**  
 10.30am Gwenddwr Morning Prayer  
 10.30am Llanbedr Eucharist  
**Sun 5th Mar Lent 2**  
 10.30am Aberedw Eucharist  
 2.30pm Llandewi Fach Eucharist  
**Sun 12th March Lent 3**  
 10.30am Llandeilo Graban Lambing Service Fr Phil  
 10.30am Newchurch Holy Communion

*A HEALTHY AND JOYOUS NEW YEAR!  
 God bless you and those you love.  
 Paul and Carolyn XX*

Father Paul Keown. 01982 560823  
 frpaulkeown@mac.com



Open Wednesdays Clyro village hall 11.00am - 3pm

except for the last Wednesday of each month when the Hay Day Creative Café is open.

Join us for hot drinks & a slice of cake or a biscuit or two.

Stay and enjoy reading the newspaper/magazine,

playing dominoes or draughts etc or just stay for a chat.

Volunteers always welcome to help on the day or bake us a cake, a plate of biscuits

Post Office is also open from 12-2.30pm.

Meet old friends and make new ones

Hope to see you soon



**Clyro Village Hall**

HayDay Creative Café meets at Clyro Village Hall on the last Wednesday of the month at 12.30 until 3pm. This is open to anyone, with or without carers, who would like to come and have a light lunch, a good chat over a cuppa, some entertainment/activity and a sing-song. This is FREE although donations are always welcome. Transport can be arranged with Dial-A-Ride.

See our website <https://haydaycusop.wixsite.com/hayday> or call Sue Hodgetts on 01497 822523 if you or someone you know would benefit.

We work closely with Dementia Matters in Powys who have re-opened their weekly Meeting Centre at the Kensington Centre in Brecon on Thursdays at 11.30-3pm. For more information email [info@dmip.org.uk](mailto:info@dmip.org.uk).

Clyro Pop-Up Pub at Clyro Village Hall on the last Friday of the month starting at 6pm until late.

**WHAT'S ON @ WYESIDE?**

Have you ever been to Wyeside Arts Centre? Have you been since the pandemic?

2023 will be 'BOS 23' - Bums On Seats year - where we hope to break all box office Records!

There are live shows - like comedians James Phelan, Hal Cruttenden and Justin Moorhouse.

Satellite live! - The very best from the National Theatre and the Royal Opera House.

Latest Films - such as 'Matilda' the musical or 'Avatar: The Way of Water' or Tom Hanks in 'A Man Called Otto'

Are you in Builth on a Wednesday 12-4pm? Drop in to Wyeside for a free Coffee or Tea and a chat in the warm!

On Tuesday there may be a Talk from a member of Swansea or Cardiff University - next one 2.30pm on 24<sup>th</sup> January by Dr Diana Contreras from Cardiff on 'Social Media and recovery after Earthquakes' - £5

Come along and for free on Wednesday and see for yourself how you can help us break the box office record! There really is something for everyone.

**ERWOOD MARKET HALL**

First Tues of the month Coffee Morning 10.30 - 1pm £2 a speaker and a chance to chat. Details Elizabeth Cox 01982-560415

Last Thurs of the month Walking Group, friendly local strolls Details Marjorie Davies 01982-560605

Fridays 10am - 1pm Fitstep £5 Fun dance-based exercise class for all abilities. Carolyn Keown 01982-560823

Tuesdays 6.30-7.30pm Gentle Yoga (07939 070141)

Saturdays 10.1m - 1pm Vinyasa Yoga (07939 070141)

Alternate Tues 2.15 - 4pm Community Chorus £6.60.

Singing for fun Sarah Harman 07981 420197

2nd Tues of month 2.00pm WI Jenny Smith 01982 560289

First Wed of month 2.30pm Mothers' Union meets at the Old Manse. Ann Humphries 01982 560446

Wed evening Erwood YFC Emma Jones 07545 123497

Erwood Players Light hearted play readings. New members actively sought! Frank Banks 01982 560675

### MOBILE POST OFFICE

Monday	Aberedw 9.30 to 11.30am Erwood 9.15 to 10am Boughrood 10.15 to 11.45am
Tuesday	Boughrood 10.30 to 11.45 Erwood 12 to 12.45 Painscastle 1 to 2pm
Wednesday	Boughrood 10.15 to 11.45 Erwood 12 to 12.45 Clyro 12.00 to 2.30 pm Gladestry 3.00 to 3.45pm
Friday	Boughrood 10.15 to 11.30

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### GLADESTRY NEWS

#### GLADESTRY SHOP & PUB

The shop and pub are open:-  
Tuesday to Friday 6.00 pm to close  
Saturday 12 noon to close  
Sunday 12 noon to 5pm Tel: 01544-370586 for bookings

**POP IN CAFÉ** at Gladestry Village Hall every Monday  
10.30am to 11.30am. Coffee £2. After costs have been  
accounted for, takings are donated to charity.

**MOBILE POST OFFICE** Every Tuesday 2pm - 3.00 pm  
And Fridays 12.50pm to 1.50pm  
At the Village Hall car park

**GLADESTRY PARENT AND TODDLER GROUP**  
runs at Gladestry Village Hall on a Friday morning be-  
tween 9.30 - 11.30. Parents and Grandparents with pre-  
school aged children are welcome to join us to play, craft  
and socialise with others from the local community.

The group typically runs between 09.30 and 11.30 on a  
Friday morning. Follow us on Facebook to keep up to date  
with events or cancelled sessions [https://  
www.facebook.com/Gladestryparentandtoddlergroup](https://www.facebook.com/Gladestryparentandtoddlergroup)  
Your 1st session is free and £1 per child for subsequent  
visits.

Tea and coffee are provided for grown ups, we break for  
snack at around 10.30 so bring a snack for your child.

**W.I.** meetings every third Tuesday at Gladestry Village  
Hall 7pm. Further details Marlene Evans - 01544 370646  
or Viv Taylor - 01544 370464

### Tablet Foil Recycling

There are now several options for the recycling of Tablet  
foils. You can drop off your bags of foils at:

- Hay on Wye Library: Mon- 10.30am-12.30pm 1.30pm-6pm  
Thurs- 10.30am-12.30pm and 1.30pm-6pm  
Fri- 1.30pm-6pm Sat- 10am-12.30pm
- Clyro Church porch
- Llangorse Church porch
- Squirrels Nest Rhosgoch - Feb 3rd - 6th  
Mar 3rd - 6th  
Apr 7th - 10th



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### EDITOR'S NOTES

I hope you enjoy this edition of the 'Gossip'. Thanks  
to the many people who have sent contributions in. Special  
thanks for all the photos.

We continue with the Kington Writing Group cof-  
fee break item. We are always looking for pieces large or  
small to make this a good local read.

I would like to thank our delivery team for their  
outstanding efforts. Deadline for next issue [Mar/Apr 2023]  
is 28th February 2023. [[mloydldundy@outlook.com](mailto:mloydldundy@outlook.com) or  
01497-851609].

Subscriptions are £6 from September each year for  
local delivery, £12 if posted, or pick up a copy from Clyro  
Filling Station, Boughrood Shop or Gladestry pub. Pay-  
ment can be by cash to your local delivery agent or direct to  
me, or cheque or BACS. For more details please email me  
[mloydldundy@outlook.com](mailto:mloydldundy@outlook.com).

Articles are the opinion of the respective writers.  
All errors and omissions excepted (E&OE) .



## NEWS FROM WESTMINSTER

I hope that you have all had a relaxing Christmas with family and friends. For some it was our first without a loved one and my thoughts are with those of you who found the traditional celebrations tinged with a little sadness.

The energy crisis dominated headlines last year and understandably was a cause of great concern for us all. I campaigned tirelessly to ensure rural areas, like Brecon and Radnorshire, were not forgotten and I was pleased to host a debate in Parliament on the importance of upping energy payments for off grid homes.

The Alternative Fuel Payment scheme will provide a one-off £200 payment to UK households that use alternative fuels for heating, such as heating oil or LPG, coal and biomass instead of mains gas. There is no single register of these homes, and the process is quite complex. While it is vital that this money is delivered as soon as possible, we must ensure that everyone receives the support they need and no one is missed out. Payment will be made automatically in February by your energy supplier.

Farm households who don't have a domestic electricity supply separate to the business supply to the farm were previously excluded from the government's £400 Energy Bills Support Scheme. Those households will now be able to apply for alternative funding. Applicants will need to fill out a form on the gov.uk website which will be verified by Local Authorities. Once verified, the Local Authority will distribute the payment.

My office is open and my team and I here to help, please get in touch.

We would like to wish you all a Happy New Year, with very best wishes for 2023.

Fay.Jones.MP@parliament.uk or 02922 338545

## RENEWABLE ENERGY

The Welsh government wants to know more about how rural communities in Wales feel about renewable energy, with a focus on how these communities might gain full benefit from hosting renewables in their area.

The Centre for Alternative Technology (CAT) and the Centre for Sustainable Energy (CSE) have been asked by the National Infrastructure Commission (NICW), an advisory body to the Welsh Government, to work with four communities in Powys & Ceredigion to find out what people think about renewable energy, and what the barriers are to developing it in their area. One of these areas is Rhosgoch and Painscastle; the others are Tregynon, Pont-rhyd-y-groes, and Llangybi. These are all areas that do not have any live planning applications for renewables, but are part of the pre-assessed areas identified as having potential to develop renewables. This will be a good opportunity to discuss the potential for energy production in your local area; what might be possible (or not), and what communities would expect in return for having renewable energy infrastructure locally. We will run a 2.5 hr workshop on the 7th February 2023, between 6.30 and 9pm, in the village hall with information about potential renewables for your area. There is £40 per person available to those who need it towards childcare costs, travel, or anything else that would help them attend the workshop. Once participants have had a chance to think about what they discussed at the workshop we will send out a survey for people to follow up with further thoughts and ideas.

You are all warmly invited to attend the workshop at the Painscastle village hall at 6.30pm - 9pm on Tuesday 7th February. Refreshments will be provided and £40 per person is available for those who need it for childcare costs, travel, or anything else that would help them attend the workshop.

## NEWS FROM WELSH ASSEMBLY

I hope you had a great Christmas and New Year. It's always a time of year that I enjoy, and it allows me to spend some quality uninterrupted time in the constituency!

January means a return to the Welsh Parliament in Cardiff Bay, with my regular journeys from Brecon to Cardiff and back again recommencing.

The year may have changed, but many challenges remain constant. We are still feeling the shockwaves from Putin's invasion of Ukraine, and the Welsh Government is implementing a number of policies which, in my view, will make life more difficult for people in Mid Wales.

For example, the imposition of a Tourism Tax by Labour and their Plaid Cymru allies. This comes at a time when the tourism sector needs a helping hand after pandemic restrictions, not having taxes slapped on people who visit our wonderful part of the world. This measure will cost jobs and livelihoods.

In Powys, I was seriously concerned by the Liberal Democrat-run Council's decision to shut leisure centres until April. I, along with my colleague Fay Jones, strongly opposed this measure at the time and I raised the issue with Welsh Government Ministers. Thankfully, this decision was reversed but caused unnecessary worry. Let's hope the idea doesn't rear its ugly head again.

As always, my major focus is on the people in our area. You elected me, and I answer to you. So, if you have any issues or problems, then please drop me an email at [james.evans@senedd.wales](mailto:james.evans@senedd.wales)

James Evans MS

## COMMUNITY COUNCIL NEWS

Chairman, Sian Davies, Lletycoed: 07747 402200

Vice-chairman, Bruce Evans, Lower Pentre: 01497 851259

David Nicholls, Castlefield Close: 01497 851331

Jenny Smith, Penrhiw: 01982 560289

Becky Miles, The Cwm: 01497 851263

Iris Lloyd, Caemawr: 01497 851639

Ollie Price, Pen-y-felin, Rhosgoch: 01497 851608

Russell Bowkett, The Fferm: 01497 851233

Clerk: Marion Hughes, Waun y Pentre 01497 851628

Minutes are on the Painscastle-Rhosgoch website:

[www.painscastle-rhosgoch.co.uk](http://www.painscastle-rhosgoch.co.uk)

Meetings are held on third Monday of every month.

catherine hughes

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## NEWS FROM COUNTY COUNCIL

I hope everyone has had a great Christmas and that you are now looking forward to a great 2023.

Over the last two months I have continued to deal with individual issues raised by members of the four Community Council areas that I represent.

Highway Issues continue to be high on the list of issues raised, specifically in respect to gullies and drains not being cleared out before the winter storms and the lack of salt being put out in the bins and tumps before the recent period of very cold weather. The planned meeting in the Boughrood depot has not yet taken place for the local councillors at which I expect to gain an understanding of the planned maintenance works the service has for the area in the next financial year. Any specific issues you have with Highways can either be sent to me or directly to the depot using their general e-mail address of [sele@powys.gov.uk](mailto:sele@powys.gov.uk)

The County Council received details of its 2023-24 funding allocation from Welsh Government just before Christmas and although better than expected the Council still faces some significant pressures over the next couple of months when deciding the budget plans for 2023-24 and beyond. Despite the better settlement, I expect that there will still be impacts on service delivery and Council Tax increases.

The decision to reverse the temporary closures of leisure facilities in Builth and 5 other communities was made because of the better settlement and pressures on the Cabinet from members of the affected communities. The council is now planning a full review of all leisure centres over the next 6 months.

Due to severe pressures on the demand for the service and staff shortages, the Council has placed its Adult Social Care Service into a Critical Action Level which has resulted in the service standing down its non-critical work so that it can redeploy staff to focus on business-critical activities. If you are aware of any members of the community who are not receiving the required support, please let me know and I will follow it up.

I am disappointed that Gwernyfed High School has been placed in Special Measures following the inspection undertaken by ESTYN in the Autumn term. The authority will now be supporting the school's management team and governors to develop and implement the required action plan to ensure that the school is removed from this category as quickly as possible.

The County Council continues to update the information on its cost-of-living support hub [www.powys.gov.uk/costofliving](http://www.powys.gov.uk/costofliving). The hub provides contact details for services such as Foodbanks, Money, benefits and debt advice, support for businesses etc., together with details of what financial support is available to qualifying households.

You can access details of the current consultations that Powys County Council and Welsh Government are currently undertaking through the Powys web site:-

<https://www.haveyoursaypowys.wales/hub-page/powys-county-council>

The current consultations that may interest you are:- Welsh Government are seeking views on establishing a statutory licensing scheme for all visitor accommodation providers. Closing date for responses 17<sup>th</sup> March 2023.

**If you wish to raise or discuss an issue with me, you can contact me on my mobile (07464) 166262 or via either of my two e-mails [Teddylanyfelin@me.com](mailto:Teddylanyfelin@me.com) and [Cllr.Gareth.Jones1@powys.gov.uk](mailto:Cllr.Gareth.Jones1@powys.gov.uk)**

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### Time Spent at Brynrhydd House, Llowes

You may remember that in the July/Aug 2022 Issue I wrote a little article on behalf of Mary (my husband's cousin) and her husband Ken Watkins entitled "A Big Thankyou from Hereford."

A month or two later, in the course of conversation, Ken came out with the fact that he had attended Clyro School when he was living at Brynrhydd House, Llowes. My mother often spoke about the little Watkins boys who had lived at Luck House when she was living at Blaenhow, Llandeilo Griban. So, I always knew something of Ken's young life but this was something new. When he told me his story I was so intrigued but something else was ringing bells. Some more research was needed.

Brynrhydd House was the home of **Rosa Annie** (Price) born 1888 and husband **Peter Idwal** Thomas. Rosa had been born at Pencaenewydd, Erwood/Painscastle, her mother being Hannah (Sheen) sister for Margaret Hannah (Sheen) Lloyd, Glanyrafan, Painscastle (my Great Grandmother). Rosa and Idwal had married in 1920 and farmed at Pencaenewydd before moving to Brynrhydd. There is evidence that they were at Pencaenewydd in 1923, Idwal listed as Farmer. I don't know when they moved but on the 1939 England and Wales Register they were living at Brynrhydd. Rosa and Idwal did not have any children of their own but the 1939 Register showed the name of a boy Donald Watkins, born 1927 and listed as being at school.

What follows are Ken's recollections of that time and his personal memories of his life between 12 and 15 years of age. Ken was born in 1935 and at the age of 12 was taken to Brynrhydd House. He was not the first of his large family to go there, actually he was the fourth. Brothers Reg, Don and Bill had spent time there before him. Ken spent 3 years with the Thomas family with no other company. Having come from a large family, it was a very lonely and isolated existence. For a young lad of just 12 his childhood was over. His days were long, starting at 6am to help with the milking, getting the milk to the house and then returning to clean out the cows. It was then breakfast and off to school, meeting the bus to Clyro at the end of the lane. The evening chores were much the same and then it was bedtime. Every day started and ended that way.

Ken recalled attending Llowes School for just two weeks before transferring to Clyro Court. He didn't enjoy school at all and says he learned very little. He wasn't allowed time for homework, that was not important. He was at Brynrhydd to work. Friendships didn't come easily either and so all in all it was not a happy time in his life.

His school days followed the same pattern week in week out. Weekends were no different but had the extra jobs of cleaning out the chickens and the pigs. Mr & Mrs Thomas were fiercely religious and so on Sundays it was always Chapel and for Ken it was also Sunday school in Llowes.

In the three years he was there he did not see one member of his own family. His father had died when he was 4 years old and, being the youngest, his older brothers and sisters would have moved on with their lives. Who knows? It was complete separation. However, Ken said that Mr & Mrs Thomas were good enough to him and he had good food. The house was "posh" but he did not have the run of it, only seeing the kitchen, living room and his bedroom. As for possessions, he had nothing. The only money he had was a shilling if he caught a mole and half a crown once a year for The Fair. He never had clothes of his own and what his brothers had grown out of had been left behind for him. He doesn't remember ever receiving anything for his birthday or at Christmas. It was just another lonely day. When he reached age 15 it was time to leave and he never saw Mr & Mrs Thomas again. Ken returned to his mother and brother Len who were by then living at Cefneig Mill. Very soon he found farm work with Mr Joe Lloyd, Fernhall, Brilley (yes another Lloyd family connection) before signing up for the Army when he was 17.

Listening to Ken's story was very touching and really quite sad. How and why did this all happen? It seems that as a childless couple Mr & Mrs Thomas took in boys from large families struggling and suffering financial hardship. Whether this was an official or private arrangement is hard to tell and I don't have the answer for that. After Ken's time, two of the Harley boys from Clyro individually followed suit.

In the early 1960s I actually knew Rosa and Idwal who by then were retired and living at Rosedale, Cusop. My Granny and Grandpa Lloyd lived at Blenheim House which was immediately opposite. They had much in common and of course Grandpa Lloyd was Rosa's first cousin.

Cherry Williams



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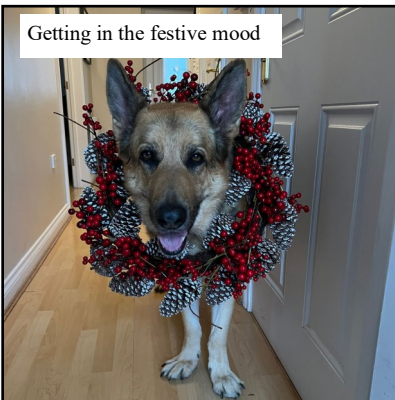
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## CHRISTMAS FOR DOGS



It's mine!!!!



Getting in the festive mood

## GLADESTRY CHURCH



## KINGTON AND DISTRICT OPERATIC SOCIETY



KADOS members singing carols at Kington Food Festival

APACHE STORY - A  
Wild West pantomime at  
Lady Hawkins School

Four performances...  
February 23rd, 24th and  
25th @ 7:30 plus 2:30 on  
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&

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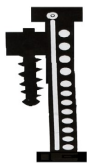
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In Apache Story, our latest original pantomime, we take you to the thrilling world of the Wild West. Saloon owner Miss Kitty and showgirls Dolores and Maevie reveal their many talents and introduce us to the quiet frontier settlement of Bodge City. Things start to liven up with the news that the orphan circus is coming to town. Ringmaster Billy finds a friend in Rex the dog whom he recruits for his new circus act.

But trouble is brewing. Inspector Twanky and the pantomime police make the first of many unwanted appearances to check that proper panto guidelines are being followed. Meanwhile, greedy magnate Baron de Railment is planning to extend his railroad to Bodge City through the ancient, sacred forest. Apache princess and self-proclaimed mistress of the forest, Poca Haha, is outraged and she defies the Baron.

Billy meets Poca Haha and they almost immediately fall in love. She persuades Billy to help her stop the Baron destroying the forest. Billy agrees and heads back to Bodge City to lead his spectacular circus show.

At the Apache village, we meet the Big Chief and the medicine woman Hocus Pocus. She warns that Poca Haha cannot be the girlfriend of someone who isn't an Apache so Poca Haha and the Big Chief quickly organise a made-up ceremony to make Billy a warrior.

Back in the forest Tex, Billy's horse and Rex argue over who is Billy's best friend. Poca Haha arrives to see Billy and their cosy chat is interrupted by the Baron. He claims ownership of the forest and orders his men to tie the lovers to a tree but Rex saves the day.

Our heroes decide to confront the Baron at his newly built railroad station and there is a dramatic shoot-out. The Baron escapes so Hocus Pocus is called upon to use her supernatural powers to seduce him and tame his selfish ways. Does she succeed? Is the sacred forest saved? Do the pantomime police stop the show? Join us at Lady Hawkins' in February to find out!

**PEST CONTROL** - need to get rid of:

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**ERWOOD WEEKLY QUIZ**

is back, if you are interested in this fun weekly email brain teaser, contact Pam Banks:-

pamela.banks1@btinternet.com



**GARDENING CLUB NEWS**

We had a good end to our Gardening Club year, first with a very interesting and informative talk by Stewart Roberts in November. Stewart lives in Clyro and started photographing flora, fauna and fungi during the first lockdown and has kept it going. He has a wealth of photos of the area, and is very familiar with our neck of the woods. He is also passionate about gardening, so he tailored his presentation to things we might find in our gardens, including snakes - which raised a few shudders!

Stewart judged our room competition, a photo of countrylife, and he awarded first prize to Regina Goodge. To see more of his photos do look him up on Facebook where he frequently posts on the Hay Community Facebook page.

Our final meeting of the year was our AGM followed by a social. We are delighted to announce that Edwina Griffiths was elected Chair, a fitting position for someone who has been so closely involved with the Club since its beginnings. Pat Harley was re-elected as Treasurer and Allison Joyce was elected as Secretary.

Betty provided some festive nibbles and drinks which we enjoyed while



First Prize – Gaynor

tackling a Christmassy quiz. We proposed a vote of thanks



Second Prize - Lesley



Third Prize-Sylvia

to Betty for all the work that she does throughout the year to make our meetings a success. The room competition, a Deco-



Fourth Prize-Jacquie

rated Yule Log, was judged by Sheila MacGough and was won by Gaynor Price.

Edwina, Pat and Allison are putting together a programme of events for 2023 which will include some garden visits, gardening related talks, and of course our regular Easter Bingo and Annual Show.

Our first get together of 2023 will be a lunch at the Golf Club on Sunday 29 January (members' partners welcome). Our first meeting will be on Thursday 9 February at Rhosgoch Golf Club, speaker TBA.



We are always keen to welcome new members; for more information please contact Edwina, Pat or Allison.

**BRYNGWYN WI**

Bryngwyn and District WI had a sociable autumn with monthly meetings. These included two activity evenings, one to make trinket trays and one to make delicious cup cakes decorated with a Christmas theme.



We also had an evening when we each spent a few minutes telling our fellow members a little about our lives and how we ended up in the Painscastle/Rhosgoch area. One member had just moved a few miles up the road when she married but the rest of us had come from all over. It was very interesting to learn a little about each other, the common theme in our presence here was that we had all chosen to live in this lovely area.

Our activities for the year ended with our annual Christmas Dinner at the Roast Ox, where we were joined by a number of husbands and partners. As usual the food was delicious and it was a very convivial evening for us all.

We do not have a meeting in January but from February will be back to the routine of meetings in Painscastle District Hall on the first Monday of the month at 7pm. New members are always welcome. Further details from Helen on 01982 560492.

**WHO IS THE RHOSGOCH SANTA?**



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### PAINSCASTLE BAPTIST CHAPEL CAROL SERVICE

A very enjoyable Carol Service was held recently at the Adullam Chapel which had been decorated for the occasion with holly, candles, festive lights & the traditional Nativity scene. Mrs Edwina Griffiths welcomed everyone & introduced Rev. Sue Lawler who led the service & also gave a warm welcome to Mrs Margaret Evans the accompanist.

Scripture readings were given by Mr James Martin, Mrs Carol Sheen, Mrs Christine Lewis & Mrs Jenny Smith. A lovely solo was sung by Abbie Lloyd & a very accomplished performance on the violin by Annie Lewis. The children particularly enjoyed taking part in the Nativity story along with Rev Sue Lawler. The Nativity characters had been hand knitted by Edwina and they were used to illustrate the events of the first Christmas. The Donkey poem by Rev Sue Lawler, with help from the congregation, was particularly popular with children and adults alike. To close the service Abbie, Annie, Griff, Alys, and Florence, using the hand bells, sung Jingle Bells & We wish you a merry Christmas.



Mrs Iris Lloyd thanked all who had taken part & presented some sweets to the children & invited everyone to stay for refreshments. A happy & blessed time was had by all.

### CAROLS IN THE KITCHEN



This impromptu carol service was held just prior to Christmas at the Mill, Rhosgoch. Rev Janet Russell was the kind hostess. It was a very enjoyable evening, around 14 came, and of course Santa turned up. Carols were sung enthusiastically, with Alan Thomas providing the accompaniment on the electric organ. There was also a Carol solo from Holly Richards, a local lady from the village. Mince pies and mulled wine were served too. A lovely little Christmas gathering.

### HERMON CHAPEL, RHOSGOCH

#### Carol gets recognised

Pictured at a recent get together at the Old Mill in Rhosgoch are Hermon Chapel Secretary Carol Sheen (seated) with the Rev. Janet Russell. The occasion included the presentation of a floral display created by Sylvia Illingsworth to Carol to recognise her work and dedication to the Chapel over the years. The Rev. Russell presented the tribute on behalf of the Chapel's congregation. Mike Head, Deacon of the Chapel, said, "Carol is the backbone of Hermon, always there to keep it fresh and relevant."



#### Rev. Geoff Cable

My Dad, the Rev. Geoff Cable, died a year ago this month. When clearing his home after he had passed, I found a mountain of notes from each of the sermons he gave at the Chapel and the column, "A word from Geoff", which he wrote for the Chapel News. I think and hope he would be chuffed that I am adding my own pen to comment on them and I find it very fitting and a privilege for me to do so.

The notes show how much Dad loved God and how the Hermon Chapel became the centre of his final years after Mum passed. It was not the building, the grounds, or the atmosphere he loved but the congregation and over the last year I've had the pleasure to see what Dad saw and that which he cared so deeply about.

While Hermon Chapel was important to him, the congregation was vital, giving him an energy boost in his life, without which he would have succumbed to his cancer earlier. You, brothers and sisters, gave Dad purpose! You edified him and he edified you. This is very fitting as the Bible tells us in 1 Thessalonians vs 5 to 11, "Therefore encourage one another and build up one another, just as you also are doing." If there is a verse that sums up Hermon Chapel, it is this one.

Dad loved being the Minister of such a bonded congregation and felt a joy in the community and its people beyond and left this closeness as his legacy. It is timely for me to remember this on the anniversary of Dad's death and the time of the year when all families get together and remember the good things of life and living together.

To those who knew him, I thank you sincerely for what you meant to his life and beliefs.

Gary Cable

#### Is your internet connection fast and reliable?

From this spring, superfast fibre broadband cables will be installed across the Painscastle area, via an "alternative internet" called Broadway, even to remote properties.

To check eligibility or register your interest in being connected in 2023 please visit: [broadwaybroadband.co.uk](http://broadwaybroadband.co.uk) ~ Interested but not eligible or interested but have an existing broadband contract - email [reece.simmons@broadwaypartners.co.uk](mailto:reece.simmons@broadwaypartners.co.uk)

Questions? Ask the Connected Painscastle and Rhosgoch project group (Jess Bailey, Treana Davies, Hannah Price, Huw Jones or Howard Cooper)



## PAINSCASTLE AND RHOSGOCH TODDLER GROUP

Happy New Year! Christmas suddenly seems so long ago, however we would like to share with you some of the exciting things that the boys and girls got up to in second half of the Autumn term and the lead up to the Christmas festivities.

Each week at tots there is a craft activity for busy, creative fingers. In the run up to Christmas the children enjoyed making handprint reindeers, masking tape snowflakes and snowmen 'peep po' heads.

The final session of the year was party time at (thanks to Painscastle Hall Committee) a beautifully decorated Christmas Hall. The children thoroughly enjoyed bouncing around on a jungle themed bouncy castle and playing with soft play from Megabounce. At 10 o'clock bells could be heard in the village and Father Christmas appeared bearing gifts for all of the children. We are so grateful to him for sparing time to visit us at his busiest time of year! It really was a magical morning, especially after not having any Christmas celebrations together for the past two years.

A big thank you needs to go to our Chair Pam Lloyd who spent time in October completing a Parent and Toddler Grant application from Powys County Council. The funding became available to support the continuation, development and start-up of parent and toddler groups in Powys in the hope of reducing social isolation, improving development opportunities for children and providing opportunities for parenting support. A decision was made on the 7<sup>th</sup> November to award our group £372! We are going to spend the funding on premises costs and resources and there is no charge to anyone who attends right up until 31<sup>st</sup> March 2023.

Please come along and join us on Tuesdays in term time from 9.30 – 11.30am in Painscastle Village Hall. For currently no charge, your child can have lots of fun playing, crafting and singing. The kettle is always on, along with a warm welcome. Please continue to bring along a healthy snack for your child.

Caz Phillips

