

Rhosgoch Gossip

Volume 28 Issue 4

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£1

RHOSGOCH YFC

Another year, another entertainment competition. This year's production was written and produced by Nigel Protheroe, and was titled 'Our Only Hope'. I think we can say it is an entertainment we will not be forgetting anytime in the near future!

With a cast of 19 members, we began practising back in December. Over half of the cast consisted of our new, younger members who were embarking on their first YFC stage appearances, each of whom did not shy away from the opportunity and all worked exceptionally hard to put on a good show!



We performed our entertainment on Thursday 23rd February. It included characters like the show's heroes, Luke Warmwater and his cousin Tepid, played by Thomas Lloyd and Aaron Bagley. There was also a range of space-related characters including Stormtroopers, an alien, and a wisecracking robot, set before the backdrop of a starry sky above a sandy, rocky location.

This year's performance took inspiration from many musical numbers ranging from Annie's 'A Hard Knock's Life' to The Rocky Horror Picture Show's 'Time Warp'. There were also many individual performances, such as an exceptional rendition of Les Misérables' 'Little People' by our sand people:- Megan Nicholls, Lowri Davies, Phoebe and Katie Coombes.

The earth was under threat from the evil emperor Darth Space Invader, played by Daniel Price. His Stormtroopers, played by Ellis Lewis, Drew Abberley, Chris Farmer, Ted Bird, and Ellis Davies, decided to bust out some moves with their LED light show to a mashup of 'Kung Fu Fighting' and 'Eye of the Tiger'. It was so impressive that it landed them a nomination for Best Sketch!



There were many other memorable characters, including Kate Davies and Harri Bird as the Princess and Robot who crash landed directly into the Albert Hall to warn us of the impending threat! There was also our alien/sand person, played by Edwin Powell, who used his magical abilities to scare away the evil Stormtroopers.

Other characters included our narrator Rebecca Lloyd, Auntie Em played by Bethany Price, the hermit played by Sophie Protheroe, and our very own Einstein played by Jack Keylock with his vibrant German accent to teach us all how to 'warp time'!

The show went so well that our adjudicator was seemingly lost for words. In fact, it went so well that we made it through to finals night with Radnor Valley and Llanbadarn Fynydd/Teme Valley! We also received many nominations including Best Sketch, Technical Merit, Best Choreography, Best Costume, Best Vocalist, and Best Set!



A very shocked Rhosgoch YFC made the journey back to Llandrindod's Albert Hall to perform at the finals night! We won our nominations for best costume and best set! A massive thank you to all the parents and friends who worked tirelessly to achieve this, and a very well done!

Then, it was time for the results. Upon hearing Llanbadarn Fynydd/Teme Valley came third, I think all of our hearts began to beat faster. It was between us and Radnor Valley and, for the first time in almost 20 years, Rhosgoch YFC were victorious, winning 1st place for our Entertainment competition and best producer for Nigel Protheroe! Well,

what could we say - a very shocked but elated club! All the hard work had paid off and what a result!

We are now off to Bangor to perform our show for the Wales Finals!

OTHER Y.F.C. NEWS

The winners of the Best Duo in the Radnorshire YFC competition have a strong Painscastle connection. Evan Goodwin and Shaun Bridgewater, as part of the Aberedw club, were winners of the Best Duo, while Evan won best individual in the One Plus competition.

Evan Goodwin is Edwina Griffiths's grandson while Shaun is Billy and Janet



Shaun Bridgewater & Evan Goodwin winners of Duo competition

Bridgewater's grandson. Both Edwina and Billy had connections with Rhosgoch School in the past. Aberedw will be staging a concert featuring the successful teams, on Sunday March 12th at the Strand Hall in Builth Wells. Congratulations to all the competitors in the YFC. Photos supplied by Lauren Kinsey-Owen whose mum, Sharon, worked at Rhosgoch School for several years.



Aberedw One Plus Along with Evan are sister Nia, and Ellie, Seren and Teleri

ALSO OFF TO BANGOR

Huge congratulations to Erwood YFC on winning the 2023 Brecknock YFC entertainment competition, the NFU Mutual Trophy for the best production at the festival and the Builth Wells YFC trophy for the best written production.



Erwood Y.F.C.

Erwood YFC returned from Bangor as winners of the English All Wales competition. Sam Powell won the best actor award, Sam is a grandson for Margaret Evans ex teacher of Rhosgoch School. Erwood now go on to Leamington Spa on 22nd and 23rd April

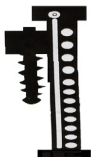
for the Grand Final. Congratulations and best wishes to them.

Rhosgoch were fifth in the All Wales Competition with nominations for:-
 Best female performance - Sophie Protheroe
 Best male performance - Thomas Lloyd and also for Technical merit.
 Congratulations to all concerned

WINTER SCENES from Aimee Lloyd



The first primrose is a welcome sign of Spring



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U3A Hay

The recently discovered Herefordshire Hoard led to much excitement about other treasures which could be hidden from view in our local area, some lying just beneath the soil surface perhaps. But how to find and retrieve them? And who discovered treasure actually belong to? At the next U3A Hay meeting on Tuesday 21st March at 10.30am, local explorer Dr Jeremy Davis will talk on "Metal Detecting in the Golden Valley" and share his adventures and his finds from Monmouthshire and the Golden Valley with us.

We meet in the elegant Music Room at Baskerville Hall Hotel, Clyro. Coffee is from 10am and lunch from 12.15pm - please book it as you arrive in the morning!

Entrance is £5 for members and £7 for visitors, and new members are always welcome. Our Interest Groups held during the month are thriving and varied; come and join us!!!

For more information, see <https://u3asites.org.uk/hay/events>. We very much look forward to seeing you there!



U3A HAY

There are 1,057 u3as with nearly 400,000 members and it is open to everyone who's not working full-time. There are no qualifications to pass – it is just for pleasure.

Why join u3a Hay? Make a difference, stay active, keep learning and have fun. Get out to meet face to face – learning together and making the most of life.

PROGRAMME:

21st March Jerry Davis: Metal Detecting in Monmouthshire and the Golden Valley - with a fascinating display of finds.

18th April Richard King 'Brittle with Relics: A History of Wales, 1962-97' A landmark history of the people of Wales during a period of great national change.

16th May Lily Dyu, Author and Adventurer. Researching true stories about people from all over the world to inspire her readers.

20th June Jasper Fforde 'The filming of On the Black Mountains'. Memories and photographs taken during the filming of this classic local book

18th July Garden Party
12-2.30 Join us for a bring and share lunch in Brook Street Community Garden, Hay.

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The Mole Cake

Reading Sweep's article "Life at Lundy" in the last issue, I was transported back to March of last year. It was Sweep's mention of Mo on the lookout for mole tumps that did it.

It was March last year that our little grandson was so very ill in The Children's Hospital, Birmingham, during which time, for the first time in my husband's life, he became obsessed by moles. I think it was his stress buster mechanism, keeping a low profile and of course staying out in the great outdoors. His obsession was just that, with the moles always having the last laugh.

The moles were forever the topic of funny conversation, so much so that when Victor's birthday arrived in May (Victory week – hence the name!) our lovely daughter Caz made him this funny, amazing cake. The children screamed with laughter and we all laughed so much until I, for one, could hardly breathe. As all this was going on Grace walked in with a present for Victor. Can you guess what it was? It was a garden ornament of a mole! As you can imagine it was the funniest birthday ever with the added bonus that our little grandson was by then recovering well.

Is there a moral to this story? Yes, I think so, that being in the face of adversity, there is always hope and light at the end of the tunnel and laughter really is the tonic of life.

Cherry Williams



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u3a Hay

TUESDAY 21st MARCH 2023
at 10.30am

Dr Jeremy Davis
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in Monmouthshire
and the Golden Valley

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ADMISSION: Members £5.00, Non-Members £7.00

For more information, email u3ahay@outlook.com or phone 01497 822523
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IN YOUR GARDEN

I'm sure we, as humans, respond just as fundamentally as other animals to the gradual lifting of winter's grip. And perhaps equally to the lengthening of daylight. As we get past the equinox, birdsong and plant growth can combine to lift our spirits if we allow ourselves to tune into their response. Try sitting in the garden before breakfast, if necessary wrap up well, and just listen. How many different bird songs can you hear? What sort of sound is the breeze in the hedgerow making? You can almost convince yourself you can hear the plants pushing through the soil, the buds unfurling. Beats mindfulness sessions or aromatherapy any day!



Bulbs provide much of the early colour in the garden, with a succession from snowdrops, through crocus and narcissi, to tulips. Carefully chosen shrubs can also give a continuity. Osmanthus are reliable and easy going plants, flowering in April and May. Osmanthus delavayi is steadily growing, evergreen, and can be easily pruned without detriment to its small white blossom. Osmanthus burkwoodii is more vigorous, and will make a large evergreen shrub or even a small tree if left to its own devices. It wins over delavayi by bearing deliciously fragrant white blooms, the scent of which will carry on the breeze. If you have room, that's the one.

When the soil permits, carefully fork over flower beds, incorporating humus when possible. Likewise, dig over the veg patch having spread a layer of humus of some description. A fork is often the best implement for this, being less aggressive on the soil structure. If you prefer not to dig, simply spread your manure or compost on the surface (and hope that the blackbirds don't scatter it far and wide).

Make a start with seed sowing, both indoors, and, keeping an eye on the weather, outdoors. Put seed taters in trays on a window ledge to chit (sprout), and perhaps plant some earlies in late March, providing you can protect them from frost when necessary. Otherwise delay until later on in April.

It's been a trying winter for many plants, with some succumbing to the subzero temperatures. Don't despair. How often have you stood in the garden centre, looking at a particularly nice flower but knowing that you just don't have the space for it? Now's your chance to fill those gaps!

May the stoats and weasels be with you.

John the Gardener.



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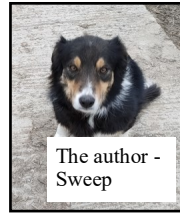
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LIFE AT LUNDY



The author -
Sweep

It seems fairly quiet at Lundy at the moment. Of course we don't start lambing until a lot later, usually the end of March beginning of April. So it was a surprise to see lambs appearing in February, I thought the ewes must have lost their calendars! I am not usually allowed to help with ewes and lambs. I think I could do,

but everyone thinks I would upset the mums, as I am too wild! My speciality is moving sheep through the pens so that Ken or Matthew can play with them.

Mo did a lot of walks in January, she didn't invite me with her, mostly I think that it was because I go too fast for her and she can't keep up. Gyp went with her a few times, but she told me she was a bit worried, as she was not sure that it was normal human behaviour. One morning Mo went up on the hill before it was really light, Gyp said she went with her, just in case! However she seems to have returned to normal now, has returned to looking for moles and even been in the garden a few times. I don't think humans realise just how hard it is for us dogs, checking on them and trying to make sure they don't get into trouble.



Gyp sitting amongst the snow-
drops on one of Mo's walks

Sometimes it is us dogs that get into trouble although it is not always our fault. Rex is the youngest member of our team, my little brother, so of course he likes to play a lot. One of his favourite games is playing with shoes, taking them off and leaving them when something else takes his fancy. Well if humans will leave their shoes lying around what do they expect? There is a fair collection of abandoned shoes of all sizes available if anyone would like to try them for size, but there is no guarantee that we can supply a pair!



Rex the shoe stealer

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BROADBAND

How fast is your broadband? Too fast? I doubt it! Whether you think it's fast or not, as devices become more data hungry, and with more devices (such as your washing machine!) becoming "connected", will it be fast enough in 3 years, 5 years, 15 years?

Many of us in Painscastle, Rhosgoch, Bryngwyn, Llanbedr, and Llandewi Fach have speeds of less than 10 megabits per second (mbps), some less than 2 mbps. Hardly enough to browse the Internet, nevermind streaming films. And then there's the reliability issue - even if you do have the speed.

The problem is, we are relying on copper wires, many not upgraded for decades, which were designed for carrying telephone data, not megabits per second.

This is where fibre broadband comes in - brand-new fibre-optic cables to replace the copper. It is designed to handle much more data and it is far more reliable. A lucky few may already have fibre as far as a green cabinet somewhere locally (fibre to the cabinet or FTTC), but still have the copper line the remainder of the distance. Fibre to the premises (FTTP) does away with that last stretch of copper, and this is when the benefits of the speed and reliability become more obvious.

Now there is the all-important cost. There is the TV subscription package, the mobile phone bill, the telephone bill, and the broadband. If your internet were fast enough to stream live TV, and for WiFi calling via your mobile, you could perhaps replace your TV box and subscription, and you would not need your landline phone (more on this later). Nevermind the fact that if you plan on selling your property, prospective buyers are likely to be enticed by the prospect of speedy broadband.

In addition, BT are planning on switching off the Public Switched Telephone Network (PTSN) and its copper system by the end of 2025 as part of the UK government's goal of providing gigabit connectivity across the UK. That means we won't be using those copper cables at all for making phone calls in the future anyway.

Rewind back to Autumn 2020, several members of our community were asking questions about our broadband and phone signal. So we got together in a Facebook chat group to talk some more, and tried to get some funding via Openreach - the result being they might be able to help us if we laid the cables ourselves. Then it turned out Aberedw was looking into this too and had chosen to work with a company called Broadway.

Broadway is an "alt net" (Alternative Internet), one of many that have appeared since Openreach were told they must share their networks with other providers in a bid to make the market more competitive.

We've been working with Broadway since autumn 2021, and have seen them grow a lot as a business during that time. They are making big gains across Wales, making full use of government funding while it is available. As long as enough people show an interest, they'll build a network - and we are talking fibre to the premises (FTTP), ultra-fast 150 megabits per second. In return, they charge a very reasonable monthly fee to cover their ongoing costs.

Since our government funding application was made in March 2022, many of you will have already registered your interest with Broadway via their website (see later if you haven't). We are already at double the interest needed, and the survey work has already begun. They will use BT poles and ducts where possible, but will build their own over-ground and underground infrastructure if needed, and, they say they will stop at nothing until everyone who wants a connection is connected, no matter how remote.

The network build is due to start in April this year, and they will be connecting properties as they move through the area. They hope to be finished with the majority of connections by August (although this date could move forward

or backwards a little). So, if you haven't already registered, please do so as soon as possible so they can plan the infrastructure.

Visit broadwaybroadband.co.uk, click "check availability" and follow the steps on the Web page.

150 megabits per second... what's the catch?

There is no connection fee if you are onboard from the start (there may be if you want to connect later).

The basic package is £19.99 per month, and that is their usual rate, not an introductory package.

Unlimited phone, mobile calls and voicemail are an extra £9.99 per month - using crystal clear Voice over IP (VoIP). It will go off in a power cut so worth bearing in mind if you are used to relying on your landline or do not have a phone signal. Or you can keep your copper line for now (as they bring in a brand new connection), or invest in VoIP battery backup systems which are becoming more affordable.

The included router can be upgraded to a "mesh" system (an additional £4.99 per month) to provide additional routers and WiFi to areas of the property where the signal may be weak.

Anything else I should know or do?

If you are tied into a contract with another provider now and it is ending soon, do not renew (opt for monthly rolling). If it has a bit longer to run, contact Broadway and they can advise you - still make sure you have registered your interest.

If you see Broadway vans out and about, give them a wave! Or you might see their survey and design partner called STL. If you see unmarked vans that look like they might be interested in telephone poles, tell Broadway - they are all under strict instructions to have marked vans!

Find out more about their communities project on their commercial website: broadwaypartners.co.uk/communities

Join the "Connected Painscastle and Rhosgoch" group on Facebook.

Look out for our next public meeting with Broadway, advertised on Facebook. Almost 50 attended the meeting in November, which was a new record apparently! So please come along to the next one to find out more or to get an update.

Questions? Ask Jess Bailey, Treena Davies, Hannah Price, Huw Jones or Howard Cooper who make up the Connected Painscastle and Rhosgoch project group, or email Reece at Broadway - provide your postcode and he'll get back to you pretty quickly: reece.simmons@broadwaypartners.co.uk

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It Didn't Fit

'I've put your money in the usual place, Olive. See you next week. Thank you.'

'See you next week, Mrs. M. Enjoy your lunch.'

As soon as Mrs. M. is out the door I sits meself down with a cup of coffee - none of that instant stuff she gives me, mind. No! Proper ground coffee, just like Mrs. M. and all them other toffs have. Somewhere, I saw some chocolate digestives. I'll have one of them as well, she won't notice, too busy watching her figure; her and her fancy clothes; can't understand it meself. Me, I've never had two brass farthings to rub together. That's the reason I does me cleanin' job; money in hand, no questions asked.

Right, best be off now, get home to Dad, make sure he don't put the Meals on Wheels meal in the bin again. Still, what can you expect, him being ninety and all that.

Gertie, me step-mother, twenty years younger than Dad; never been too keen on her if I'm honest, just sits around knittin', lazy whats-it. I ends up doin' everythin' around here. She has two daughters - twins - faces like the backs of buses. Didn't live with us for long, moved away, thank gawd. They both upped sticks and married, one married a bin man and the other married a delivery driver, both doin' nicely. Not like me - I've been left on the shelf; spinster; single; unmarried - don't sound too glamorous do it?

Mind you, I goes out dancin' with Wilf, if you can call it dancin', him with 'is two left feet an' all. We go to the odd film at the Odeon, he hasn't taken me to the back row, mores the pity. Sometimes he stretches to a carton of popcorn between us; he wouldn't call himself tight - careful, is how he calls it.

On Saturday Wilf's taking to me his works "do". There's a band, well, a man on a piano and someone on a banjo. Being Christmas an' all, the community hall should look pretty, hope they turn them fluorescent lights out, bit brutal they lights, shows up all me acne scars. Can't think what to wear. So I better go and have a look through me wardrobe...

Well, I'm blowed, just the thing. A red dress, I forgot I had that. Must have bought that twenty five years ago when I was in my thirties, for the British Legion Christmas dance. Better try it on, must need a wash after all this time... Oh! Heck! It doesn't fit. Better not wash it after all it will probably shrink even more. Can't understand why. Maybe, if I looks out an old corset and wears that. Can't believe this, if the dress has shrunk, the corset has stretched, the elastic has perished and gone all saggy. Better pop round to my friend Cecily, her's dead handy with a needle...

Come on Cecily, answer the door...

'Oh! Hello, Olive love,'

'Cecily can you do me a big favour, and let me red dress out? It's shrunk.'

'You mean, you've put on weight, more like.'

'Whatever. Can you do it, *please* say you can do it.'

'I'll do it if, and only if, I've got time. See, I've got me own dress to sort out. I'm going to the works "do" at the community hall on Saturday. Wilf has asked me.'

'In that case, give us back me dress, and I hope they keeps all them florescent lights on.'

L.P-J

POWYS ARCHIVES

Located in Llandrindod Wells, Powys Archives serves as the official repository for the records of the county of Powys (Montgomeryshire, Radnorshire, and Breconshire). Our collections date from the fourteenth century and can be used for all types of research, including tracing your family history, discovering the history of your house, and finding out more about the history of your village or community.

Not only are we open to the public on Thursdays and Fridays between 9.30 and 17.00 (no appointment necessary) but we are now offering tours of the archives for groups on Mondays, Tuesdays, and Wednesdays. Tours must be booked in advance and are free, though we do ask for a donation (for refreshments).

Tours run between 10am - 1pm and 1.30pm to 16.30pm and consist of a welcome to the archive, a behind the scenes tour of our stores, refreshments, and the opportunity to consult archive materials in our search room (archives must be booked in advance). If you wish to view archive materials, we suggest the size of the tour is around 10 people but if you just solely wish to have a tour of the building, we could host c15-20 people.

Further information about the archive can be found online at: www.storipowys.org.uk/archives.

If you are interested in booking a tour, or have a general enquiry, please email us at: archive@powys.gov.uk or give us a ring on: 01597 826088.

WALES BROADCAST ARCHIVE

The Wales Broadcast Archive is the first of its kind in the UK. Bringing together extensive broadcast material from the entire collections of BBC Cymru Wales, ITV Cymru Wales and S4C, it records close to a century of Welsh life in unparalleled diversity.

The BBC celebrates its centenary and S4C makes 40 years since its establishment during the life of the five-year project to lay the foundation for the Wales Broadcast Archive. What better way to mark these occasions than to open up this remarkable resource to the public?

On 16 March, the Wales Broadcast Archive Centre at the National Library of Wales will be officially opened.

With over half a million clips, ranging from sound recordings of BBC radio in Wales from the 1930s to programmes by S4C since it was established in 1982, the centre will offer the public digital access to material that has been preserved in various formats throughout the decades.

<https://www.library.wales/catalogues-searching/about-our-collections/wales-broadcast-archive>



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CONGRATULATIONS

Congratulations to Nicky and Chirelle on the birth of Reggie Morgan Dyer, a little brother to Ollie also second great grandson for Iris and Mike Morris born Feb 18th.

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The Bridge Eatery, Whitney-on-Wye

My Gentleman Friend and I took our restaurant review very seriously this month, returning to the same place twice in order to thoroughly sample the menu. We might even have to do a third visit before lambing just to make sure. The Bridge Eatery at Whitney-on-Wye is an eye-catching glass building right on the banks of the river Wye. It is situated in the toll bridge cottage which has been extended and modernised. Being winter, both visits were in the dark but I can imagine it is lovely to eat looking over the river and across the Wye valley. The décor is modern with a riverfront twist; downstairs there is a lot of memorabilia on the walls about the building's past history and upstairs the skeleton of a boat is suspended above the bar.

The evening menu is not that extensive but everything on it is very tempting. We started with beetroot borani carpaccio and a camembert sharer which were both delicious. There are some stand out little touches like the toasted hazelnuts with the goats cheese, and winter spiced fruit chutney that make these dishes really special. Between our two meals here we tried the beef, pork and cod and no one felt that they had chosen badly. The Herefordshire beef chuck was slow braised with potato rosti deep fried in dripping, celeriac puree, onion sauce, horseradish cream and rich beef and red wine jus. The traditional breed Hereford beef fell apart on its puree bed and was just as beef should taste: slow reared then slow cooked to perfection. My Gentleman Friend had confit pork belly, mustard vermouth jus, pickled kohlrabi, honey roast parsnip, parsnip and pear puree, pork shoulder and black pudding croquette and crackling. The croquette was a crunchy morsel of shredded pork with a rich underlayer of black pudding, and you could have eaten them as finger food one after the other all night. The sweet and sour combination worked really well, the fruit cutting the fatty pork beautifully. There was a less traditional feel to the pan seared cod, curried butter beans, winter greens, carrot puree, puffed rice and green oil. The hearty piece of flaky cod contrasted well with the deep flavour of the curried butter beans and was real comfort food.

It is always a gamble to have pudding and with the rise in the cost of everything, I felt that at £7.50 for a pudding it was hard to justify an extra £15 at the end of a good meal, so much to my Gentleman Friend's grumbling we shared a frangipane tart with ice cream. The pastry was sweet and buttery and the filling light with a lemon hint, and sods law it was of course absolutely amazing and we could have eaten two each and not quibbled at the price.

With its friendly atmosphere and attention to detail dishes, The Bridge is set to be a very popular eatery. It has the charm of making you feel like you are going somewhere special but it also feels very local and welcoming. I look forward to the summer and eating by the firepit looking over the river with the swallows darting over the water and a cold cider in my hand. We just have to get over lambing first!

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

The Bridge Eatery, Whitney-on-Wye, Toll Bridge, Hereford HR36EW

Raspberry frangipane tart

After such a delicious pudding I had to try and recreate it at home, and this recipe worked well either as an indulgent elevenses or as a lovely weekend dessert with clotted cream or ice cream.

Ingredients

- 400g shortcrust pastry cut from a 500g block
- 100g just-thawed frozen raspberries
- 25g flaked almonds
- For the frangipane sponge
- 75g self-raising flour, plus a little extra for dusting
- 75g ground almonds
- 150g caster sugar
- 150g softened butter
- 1 tsp baking powder
- ½ tsp almond extract
- 3 large eggs

Method

Thinly roll out the pastry on a lightly floured surface, then use it to line the base and sides of a 25cm non-stick, loose-based tart tin. You can leave a little overhang of pastry, but trim away any noticeable excess. Prick the base with a fork and chill for 20 mins. Heat oven to 200C/180C fan/gas 6 and put a baking sheet inside to heat up.

Line the pastry case with baking parchment, fill with baking beans and cook on the hot sheet for 10 mins – the burst of heat from the baking sheet will help to prevent a soggy bottom. Carefully lift off the paper with the beans and bake for 3 mins more to cook the pastry base. Turn down the oven to 180C/160C fan/gas 4.

For the frangipane, put all the ingredients in a large bowl and beat with an electric whisk until well mixed (alternatively, blitz in a food processor). Scatter the raspberries into the pastry case, spoon over the almond mixture and smooth the top with a knife. Scatter over the flaked almonds and bake for 30-40 mins until golden and firm. Carefully trim any excess pastry from the edge of the tart with a sharp knife before serving.

Recipe from www.bbcgoodfood.com



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.

PAINSCASTLE BUS SHELTER

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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EMAIL: richarddrew_28@hotmail.com

SOME DATES FOR YOUR DIARY

Sat Mar 11th Live Show Cabaret with Claws Brilley Hall
 Sun Mar 12th Aberedw YFC Entertainment Concert Strand Hall, Builth Wells. 3pm
 Thr Mar 16th Flicks in the Sticks 'Ticket to Paradise' Huntington Hall 7.30pm
 Fri Mar 17th Growing up in Clyro - photos by Brian Morgan Clyro Village Hall 7pm
 Thr Mar 23rd Bronllys Well Being Park - Health and Well Being Forum at Talgarth Town Hall 7.30pm
 Sat April 1st Gardening Club Easter Bingo at Rhosgoch Golf Club 7.30pm All are welcome for this annual event for all ages.
 Thr Apr 6th Flicks in the sticks Brilley Hall 'Living' 7.30
 Thr Apr 20th Flicks in the Sticks 'Good Luck to You Leo Grande' Huntington Hall 7.30pm
 Sun May 7th Painscastle Coronation Celebration 2pm
 Mon May 8th Erwood Coronation Tea Party

HERMON CHAPEL RHOSGOCH

SERVICES EVERY SUNDAY AT 2.30pm

Sunday 7th May at 11am

An 'All Age' service for the whole community, to celebrate the coronation of King Charles. All are welcome. led by Rev. Janet Russell

Painscastle Baptist Chapel

Special Service

To be held on **Sunday April 30th 2023**
 At 2.30 pm
 Followed by Afternoon Tea.

MORIAH BAPTIST CHAPEL,

Sun Mar 12th Rev Andrew Wyton
 Sun Apr 5th At Church [Llandeilo Graban]
 Fri Apr 7th Sankey evening 6pm tribute to Brian Reardon by Philip Morris
 Sun Apr 9th Rev Gordon Bingham
 Sun Apr 30th Painscastle Special Service
 Sun May 14th Special Service Rev Rob Jones
 Services at 2.30pm

EBENEZER CHAPEL, NEWCHURCH

A warm welcome extended to all, at any of these services.
 Sun Mar 12th Rev Janet Russell 3pm
 Sun April 9th Easter Day Rev Roy Bevan 3pm
 Sun May 14th 3pm

ERWOOD & PAINSCASTLE CHURCH SERVICES

Sun 12th March Lent 3

10.30am Llandeilo Graban Lambing Service
 10.30am Newchurch Holy Communion

Sun 19th March Mothering Sunday

10.30am Bryngwyn Morning Prayer
 10.30am Gwenddwr Eucharist

Sun 26th March Lent 5

10.30am Llanbedr Eucharist
 10.30am Crickadarn Morning Prayer

Sun 2nd April Palm Sunday

10.30am Aberedw Eucharist/Palms
 2.30pm Llandeilo Graban Eucharist/Palms

Thurs 6th April Holy Thursday

7.00pm Aberedw Lord's Supper, Washing of feet, Transfer of the Sacrament

Fri 7th April Good Friday

2.00pm Llanbadarn Stations of the Cross

Sat 8th April Holy Saturday

Aberedw Easter Vigil

Sun 9th April Easter Day

10.30am Crickadarn Eucharist of the Resurrection
 10.30am Newchurch Holy Communion

Sun 16th April Easter 2

10.30am Bryngwyn Eucharist
 10.30am Crickadarn Morning Prayer

Sun 23rd April Easter 3

10.30am Llanbedr Eucharist
 10.30am Gwerddwr Morning Prayer

Sun 30th April Easter 4

10.30am Llanbadarn Eucharist
 2.30pm Llandewi Fach Eucharist

Sun 7th May Easter 5

10.30am Aberedw Eucharist for the Sovereign

Sun 14th May Easter 6

10.30am Llandeilo Graban Morning Prayer

God bless you and those you love.

Paul and Carolyn XX

Father Paul Keown. 01982 560823
 fpaulkeown@mac.com

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.

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

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 - Apr 7th - 10th



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



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 Gladestry 2 to 3pm
Wednesday	Boughrood 10.15 to 11.45 Erwood 12 to 12.45 Clyro 12.00 to 2.30 pm
Friday	Boughrood 10.15 to 11.30am Gladestry 12.50 to 1.50pm

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 between 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>
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

Gladestry Village Hall has secured £84,000 to rejuvenate the children's playground.

Over the past 12 months the Village Hall playground committee has been busy submitting bids for funding, and approaching potential suppliers for quotes and designs to replace the children's playground at the village hall with a community space for all ages to use and enjoy.

We have been successful in securing funding from the following funds and our huge thanks go out to those who have agreed to support us in this project

- The National Lottery
- Tarmac
- The All Wales Play fund
- The Oakdale Trust
- Arnold Clark Community fund
- Magic Little grants

Final designs have been received and the playgroup, primary school and Village will be asked for feedback on the designs before the Village Hall committee go forward with any changes. Please keep your eyes open for the date of an open meeting at the village hall where you can see the designs and provide feedback to the committee.

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 10am - 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

Erwood Market Hall's 125 Anniversary Year

Mon May 8th 'Bring a plate to share' Village Tea to celebrate the coronation.

Sat Sept 16th Murder Mystery Dinner

Wed Nov 1st Bingo

Sat Nov 18th @ 7.30 & Sun Nov 19th @2.30 Village Concert

WHAT'S ON @ WYESIDE?

2023 will be 'BOS 23' – Bums On Seats year

On Tuesday there may be a Talk from a member of Swansea or Cardiff University

There are live shows—like comedian Hal Cruttenden - 1st April (14+)

Satellite live! - National Theatre: 'Life of Pi' 30th March 7pm

'Good' with David Tennant 20th April 7pm

Latest Films - such as 'Dungeons & Dragons' 'The Super Mario Bros. Movie', 'Alleluia', John Wick: Chapter 4 with Keanu Reeves

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!

So much on! Come along and see for yourself and help us break the box office record! There really is something for everyone.

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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 coffee 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 [May/June 2023] is 30th April 2023. [mlloydlyndy@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. Payment can be by cash to your local delivery agent or direct to me, or cheque or BACS. For more details please email me mlloydlyndy@outlook.com.

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

NEWS FROM WESTMINSTER

I hope that you are all enjoying the longer days and the early signs of Spring. This year has begun in typically busy fashion. I have celebrated St David's Day in Parliament recently, travelled around the constituency to improve your local services and ensured that the UK Government fulfils on its promises to assist park home residents with their energy bills.

Our Prime Minister achieved a great success in February by securing a Brexit deal. In what is a hugely positive step forward for Northern Ireland, we are now better placed to fulfil our Brexit commitment.

Locally, I was delighted to hear that Rhosgoch Young Farmers Club won the Radnorshire entertainment competition at the weekend. When this goes to print it may all be over, but I wish them all the best in the finals. I am sure they will make us all very proud.

I have had a lot of constituents contact me recently concerning the energy park proposals at Radnor Forest and the neighbouring Radnorshire Hills. I am aware there has been a meeting already in Painscastle with stakeholders, and I am meeting the Countryside Land Association on Thursday to discuss these plans further. I am very keen to hear all sides of the argument and so if you have any concerns or thoughts please do get in touch.

Later this Summer, I am hosting constituents in Parliament for a tour of the Estate followed by a Q and A session with me. If you or anyone would be interested in coming along, please do get in touch with my team who would be happy to provide you with further details.

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

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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

Meetings are held on third Monday of every month.

NEWS FROM WELSH ASSEMBLY

Plenty has happened since I last wrote for the Gossip. One of the best things is definitely the announcement that Wales Air Ambulance will be retaining their Mid Wales base until at least 2026. This is brilliant news for our area, and it is a relief that we can rely on the Air Ambulance for the next few years. The Save Wales Air Ambulance team have worked incredibly hard to secure this outcome, and I was proud to stand with them alongside my Welsh Conservative colleagues. However, it is important that we continue working on keeping the base in Welshpool after 2026, and I encourage everyone to take part in the upcoming consultation.

On the other hand, there has been disappointing news. It was announced by the Labour-run Welsh Government that all major road building projects have been halted as part of the Welsh Government's National Transport Plan. Halted projects include the Pontybat safety scheme.

To be frank, we desperately need new roads to be built, especially when the state of public transport is so bad. This roadbuilding freeze will only restrict the Welsh economy and leave us trailing further behind the rest of the UK. I am disappointed that Labour, supported by the Liberal Democrats and Plaid Cymru, are taking this stance which will damage prosperity and growth in Mid Wales, not to mention being a huge safety risk.

I have also been a little bemused by Powys County Council's suggestion that schools can 'cease photocopying' in order to save money. I am not exactly sure how much of £1.7 million will be saved from stopping photocopying in schools, but this seems an inadequate way of treating our teachers and our children.

If we are being honest, stopping photocopying is just a ridiculous suggestion from Powys Council. We need a long-term plan for cost-efficiency, without reducing the quality of education. That is why I want to see energy efficiency in schools, which has the potential to bring meaningful savings – not just throwing around pie in the sky ideas from the Council!

As always, my major focus is on the people in our area – you are my priority. So, if you have any issues or problems, then be sure to drop me an email at james.evans@senedd.wales

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catherine hughes

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NEWS FROM COUNTY COUNCIL

Powys County Council – 2023-24 Budget

The main focus in the work of the County Council over the last two – three months has been the planning and setting of the provisional annual budget for the 2023-24 financial year which was set by the County Council at its meeting held on the 23rd February which included an additional £500,000 budget allocation to the Schools Delegated Budget following work undertaken by me and other members of the Independents for Powys group on the Council.

Despite inflation running at over 10%, and with support of a better than expected draft budget settlement from Welsh Government the Cabinet is proposing a Council Tax increase of 5% which will be agreed at the full council meeting to be held on the 2nd March following the receipt of the final budget settlement from Welsh Government.

The authority has made, and is planning to make, some changes to its service delivery through a large number of budget efficiencies although, apart from the schools, I do not think there will be a significant impact on front line services. Schools will be asked to find £3.8m of efficiencies in the 2023-24 year, the impact of which will not be known until the individual school governing bodies set and agree their individual budgets.

Powys County Council – New Vision

The County Council approved a new vision for the council, “Stronger, Fairer, Greener” at its meeting on the 23rd February. The main strategic aims of the council are :-

Stronger – To become a county that succeeds together, with communities and people that are well connected socially, and are personally and economically resilient.

Fairer – We will be an open, well run, Council where people’s voices are heard and help to shape our work and priorities, with fairer, more equal access to services and opportunities. We will work to tackle poverty and inequality to support the well-being of the people of Powys.

Greener – We want to ensure a greener future for Powys, where our well-being is linked to that of the natural world, and our response to the climate and nature emergencies is at the heart of everything we do.

The full document can be found at <https://en.powys.gov.uk/article/12927/Our-Vision>

Bute Energy – Energy Parks and new Electric Pylon line.

As many of you will be aware, Bute Energy and other renewable energy companies are planning to develop Wind and Solar Energy parks on areas such as Radnor Forest, Aberedw Hill and others, which will include a planned new 60 mile electric pylon line running from Radnor Forest to just south east of Carmarthen.

I have attended, with other Councillors, both meetings directly with the developers and also public meetings arranged in the area and will continue to do so, especially once the exact plans are known.

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

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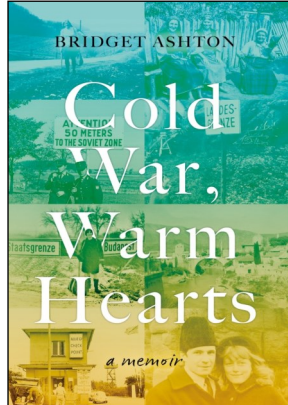
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NEW BOOK

Where were you in 1966? Most of Bridget's friends, in their early twenties, were settling down with jobs and/or husbands...

She, on the other hand, was wandering the highways and byways of Poland, Hungary and Czechoslovakia: behind the Iron Curtain. Travelling in these countries with virtually no money was not only a problem but also an opportunity: it enabled a rare and deep insight into the lives and experience of 'ordinary' people.

Here is your opportunity to walk with her. In the context of the current crisis in Eastern Europe, *Cold War, Warm Hearts* offers a powerful insight into the lived experience which lies behind it. Recounting her tales with the freshness of a young person's vision, she has created an appealing tale of these beautiful and troubled countries, where, most of the time, she was welcomed with open arms.



Bridget Gubbins grew up in the Welsh border town of Hay-on-Wye, her family migrating to Northumberland in 1955. In 1966, she travelled alone, on foot, behind the Iron Curtain. Back home, she and her American husband raised four children and campaigned against nuclear power stations. *Cold War, Warm Hearts* is the second of her memoirs, following *Hay Before the Bookshops* or *The Beeman's Family*. Bridget lives in Morpeth.

Publication date: 28th March 2023

ISBN 9781915603326

Price £10.99

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PAINCASTLE RECYCLING & RUBBISH COLLECTION

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

March 20th April 10th May 1st May 22nd

Bulky Waste Collections are available on a **Tuesday**. To pay, see Powys County Council website.

Garden waste is collected every fortnight on Tuesdays from March to November for an annual fee:

March 14th March 28th April 11th April 25th May 9th

art alive FLICKS ON THE STICKS

Ticket To Paradise
Curt. 12 - 100 mins

Thu 16th Mar - 7.30 pm
Huntington Village Hall
Admission: £5 Enquiries: 01544 370692

George Clooney and Julia Roberts reunite on the big screen as exes who find themselves on a shared mission to stop their lovestruck daughter from making the same mistake they once made.

Starring: George Clooney, Julia Roberts, Sean Lynch

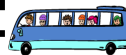
art alive FLICKS ON THE STICKS

Good Luck to You, Leo Grande
Curt. 15 - 90 mins

Thu 20th Apr - 7.30 pm
Huntington Village Hall
Admission: £5 Enquiries: 01544 370692

Nancy Stokes doesn't know good sex. Whatever it may be, Nancy, a retired schoolteacher, is pretty sure she has never had it, but she is determined to finally do something about that. She even has a plan: It involves an anonymous hotel room, and a young sex worker who calls himself Leo Grande...

Starring: Deryl McCormack, Emma Thompson, Isabella Laughland



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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 Hay on Wye- 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

07702 241725 or emma@pilatesemma.co.uk

www.pilatesemma.co.uk www.facebook.com/pilatesemma

AUSTRALIA HERE I COME

Wynn's Australian adventure began on Jan 29th when his sister and brother-in-law took him to Heathrow. He checked in, only to find that he did not have the necessary Visa to travel via America so, despite the digital age allowing an immediate application, the necessary ESTA did not arrive in time for his booked flight. So new plans were needed. Emma helped book a new flight for the following day. Another early start with the flight leaving at 6.30am, this time the flight was via Munich and Singapore, then on to Brisbane.. He was met by a cousin Robin's son who took him to his cousin's place.

Wynn's father's two brothers were Ten Pound Poms, where they could travel to Australia to start a new life for the price of ten pounds. In 1965 they emigrated to Australia and eventually settled in Brisbane.



After a couple of quiet days to chill out and test the beer, the next day he joined Luke in his lorry hauling goods out of the port at Brisbane and delivering to warehouses. It was a good way to see the area around Brisbane and get used to the size of everything. There were massive turbine blades at the docks ready to be fitted at wind farms to produce electricity.

On Saturday they started the road trip to Bunderberg to meet Robin's sisters. This was a five hour drive through some ever changing landscape, going from hills you would not send your dog down, to countryside that was so flat they could see for miles. The steep ground was all trees, wild bush or uncultivated. The plains are where sugarcane is grown, as well as macadamian nuts, peanuts and other fruits. They saw very few livestock. The next day they went for a walk, miles and miles of flat ground. This was where Rob's parents had settled



when they came to Australia and Rob's sister Beryl lives there now. They saw many animals, the possums came around in the evenings, so did the biting insects! Most of the houses were bungalows which stood in an acre or so of ground, well off the side of the road.

Next day there was a visit to Bigara beach where they swam in the sea and then had a traditional Aussie Barby with salty sausages. The sunburn and mossie bites needed some remedies - Piriton, Aloe Vera and suncream! They had a tour of the coast and, after a lovely meal cooked by cousin Deena, they watched the evening sun dropping over Bunderberg. Next day they returned to Brisbane, and Wynn chilled out alongside the pool in the garden.



On the move again, this time a seven hour drive travelling south down to Forster! Another barby to finish the day. The next day was spent sightseeing. They went to a nature

reserve at Wingham to see the Flying Foxes. Again there were some amazing views, and they were joined for lunch by a Goana. They went to Wauchope and Port Macquarie to see some Koalas, then to a caravan park by the sea where they saw Kangaroos.



They had an early start the next morning as they headed to Gloucester where Gary's son was playing in a cricket match, and more sightseeing, before heading back to fire up the barby. Next day was spent on the water at Forster trying to catch fish. When the fish didn't want to play, they went for a tour of the lake.

The next trip was to Sydney, a three and a half hour drive. They stayed a few days in Sydney taking in the sights - the Opera House, Botanic Gardens, the Harbour Bridge, the Olympic Park. It was raining the first day and the afternoon was spent on the ferries on the Paramount river, a good way to see Sydney. The next day they went up the river to Manley taking in more places of interest. It was then time to return to Forster. They stopped at Newcastle on the way. The following day they had a short trip around Tuncurry. The Aussie adventure was coming to an end - three weeks at the other end of the world, something that Wynn had dreamed of for many years. He met up with some family for the first time, who helped achieve his 'bucket list', he saw a small bit of a very big country, and made so many memories of a wonderful trip. Written from the diary kept by Wynn Brown on his recent visit to Australia. ML

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GARDENING CLUB NEWS

Our first get-together of 2023 was at the beginning of February for a Carvery Lunch at the Golf Club. We welcomed just over 40 members and friends and had a very enjoyable meal, for which our sincere thanks go to Betty and her team.

The following Thursday saw our first full meeting of the year. We discussed our programme for 2023 which includes talks from a garden designer, a bee-keeper, and a landscape gardener, as well as the usual Easter Bingo and the Annual Show in August.

Each year the member who is awarded the most points in the Room Competitions receives a trophy. Our overall winner was Jacqui Simcock, and the Trophy was presented to her by the previous winner, Gaynor Price.



Diary Dates

Our next meeting will be on Thursday 9 March at Rhosgoch Golf Club, when our speaker will be the Garden Designer Jane Middleton.

The Easter Bingo is on Saturday 1 April. All are welcome for this annual event for all ages.

We are always keen to welcome new members; for more information please contact Edwina (01497-851284), Pat (01497-851632) or Allison (allisonjoyce@gmail.com).

WALKING FOR M.S.A. TRUST

At the beginning of the year I pledged that I would walk 100 miles during January in order to raise funds for the MSA Trust and also raise awareness of Multiple System Atrophy, which is a debilitating neurological disorder. I had previously not heard of MSA until a friend of mine in Painscastle was diagnosed with it. It has completely devastated their lives, so I wanted to try to do something to help towards recognition and the funds will go to help sufferers as well as towards much needed research to ultimately find a cure. When something like this strikes, it is so easy for the family to become isolated, as they can no longer partake in activities as they had previously.

The first two weeks were very wet and windy, however I managed to get almost half the mileage in by the 15th Jan. Then we had snow but luckily it was not too deep so I was still able to go walking, often with Gyp the sheepdog who did seem to think

I was mad, but was still keen to accompany me. I had set up a Just Giving page hoping that people would sponsor me and gradually I was reaching the target of £1000 which I had initially set up. As time went on I had more and more support from so many people.



I find walking very therapeutic and so I invited anyone to share one of their favourite walks with me, for which I would pay £10 to the charity. These walks were very special, sharing with someone who enjoys that particular walk, chatting about local things and local places. Most were not far away but still places which I had seen previously only from the car so therefore it was a roadside view. When you start to walk along footpaths and byways, the countryside has a different perspective. Some places are approached by different roads so you think they are a long way apart, while in reality they may just be a stone's throw away. On one walk my guide took advantage of doing a litter-pick en route so this was a double bonus as there is nothing I hate more than seeing litter scattered in the countryside.

The generosity of people has been overwhelming, I cannot express how moved I have been by the support. It was inspirational in the first few weeks when I wondered if I could meet the challenge. So far sponsorship has brought in £2,155 and I have shared 21 walks which will add another £210 making the current total of £2,365. I am still hoping to catch up on a few promised walks and I thought it would be good to try to continue to share walks. So if you do have a favourite walk you would like to share with me, please get in touch. mlloydlundy@outlook.com or 01497 851609 ML



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LOCAL INTEREST GROUP

Our January meeting was - 'Meet the newcomers' when Rev Sue Lawler and Malc Gonnella from the Dyffryn, Painscastle told us a little about their journeys before settling in Painscastle. The evening finished with Yiolanda Christou and Jonathan Knowles, who are not newcomers having lived at Top of the Lane for some time. For the first seven years they commuted each week back to London but they now run their high quality wallpaper and fabric printing business from here in Wales.

In February, Lucy Trench came to talk to the Local Interest Group about the Sidney Nolan Trust; she is the Chair of the Trustees. The Trust is based at The Rodd, near Presteigne, which was the last home of Sir Sidney Nolan, the renowned Australian artist.

The Rodd itself is an extremely interesting house. It was built between the 1590s and 1633 by a family called Rodd, who were merchants and landowners. Somewhat unusually for a building of this period in a rural area, it is built of brick and, for many reasons, it has remained almost unchanged since it was built. It was never converted or updated and it is Grade 2* listed. Sir Sidney and Lady Nolan bought it in 1983.

Sir Sidney set up the Trust in 1985 and he gave it all of the land and the outbuildings, as well as 50 of his paintings. The house did not come into the Trust's ownership until Lady Mary Nolan died in 2016.

Sidney Nolan is probably best known for his paintings of the Australian outlaw, Ned Kelly, works which he completed in the 1940s. He also painted wonderful canvasses of the Australian landscape, mainly from the air. However, his technique and style continued to develop throughout his career and he started to use spray paint, often working his canvasses whilst suspended from the ceiling. He was also interested in digital art long before this became fashionable or indeed mainstream. Nolan was also a very interesting photographer and the Trust owns hundreds of his photos, including a collection of his Polaroids.

The Sidney Nolan Trust is open from the end of March until the end of September. As well as a gallery of Nolan's work, the Trust has a café and beautiful, quite natural gardens, grounds and woodland for people to visit. In addition, they mount regular exhibitions and run workshops and community days. There is also a very informative website <https://www.sidneynolantrust.org/> which is well worth looking at.

HERMON CHAPEL, RHOSGOCH

On the 18th of December last year we had freak weather here in Powys - the temperature plunged and the rain fell down in sheets. Hermon Chapel did not escape and in the course of the evening the water froze, swelling and stretching the joints and the pipes. And when the thaw kicked in the result was inevitable.

Unable to stand the pressure, the joints had broken and as the ice melted it delivered torrents of water into the Chapel. It is a tribute to the neighbours that when they saw this, they flagged the danger and it is lucky for the Chapel that two craftsmen were on hand; Mansel and Griff. Realising the stop-



cocks were jammed, they set to work stripping out the old ones

and replacing them for new to control the new water coming in as a result. The main Chapel got off pretty lightly though it was still saturated.

Subsequently, a team of clean up specialists working for the insurance company proved to be skilled in the reaction to floods. So the next day willing hands set to make it ready for the drying out.

It took more than a week but now the Chapel is usable

and we are back to worship. Forward plans include a total re-decoration of the entire building.

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Lost Sheep



Palm Sunday



Good Samaritan

31st of March until 16th of April.

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The church will be open during daylight hours (via vestry). All welcome.

Questions?

Please phone Misha on 07432 530983 or Elsa 01597 860894 / 07979 961276

PAINSCASTLE AND RHOSGOCH TODDLER GROUP

The first half of the Spring term has flown by. There is not much news to report this time; we have all just been happy and busy playing, crafting and singing together. We have printed using stencils, painted snowdrops, collaged Valentine wreaths and enjoyed mark making with big crayons on long rolls of paper on the floor. The children have especially enjoyed the play kitchen and construction toys with many a cup of tea and tower made. We are looking forward to more fine weather so we can enjoy the lovely space outside the hall and hope to weed and plant the flower bed too.

Please come along and join us on Tuesdays in term time from 9.30 – 11.30am in Painscastle Village Hall. For currently no charge (ends 31st March), 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.

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