

# *Y Llychau*

A NEWSLETTER FOR TALLEY & THE SURROUNDING AREA

[www.talley.org.uk/y-llychau](http://www.talley.org.uk/y-llychau)

Issue 57  
Rhifyn 57

March 2016  
Mawrth 2016



**“Happy St David’s Day”**

These Newsletters hope to provide information about the Talley and Cwmdru area and to report on recent happenings. They also aim to provide articles of general interest as well as historical items relevant to our community.

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***Y Llychau* is produced on behalf of St Michael & All Angels, Talley,  
for distribution locally.**

## THE EDITOR WRITES

Welcome to this issue of the Talley Newsletter. This copy contains a wide range of articles on many different subjects, so I hope you will find something to interest you within its pages.

I am grateful to all those who have written a piece for this edition. No fewer than 13 people made a contribution to *Y Llychau* this time – I cannot recall an issue with more reader participation! Thank you all.

However, just because this edition has attracted so much support, it does not follow that all impending issues will be so well supported. The future of our little Newsletter depends on its readers continuing to write articles for inclusion. Even if you have contributed in the past, you are not excluded from doing so again. As I have so often said – “The more articles written by others, the less I have to write myself”. After all, readers’ articles are always more interesting than my offerings. The solution is in your hands. Get writing.

The more observant readers among you would have noticed that the last two publications of *Y Llychau* have not carried a photograph on the front cover. The reason for this is very simple. I have used all the photographs that were sent to me for this purpose and nobody has submitted one recently. If you have a picture of a local landmark or a view of the local area (and you would be prepared to allow it to be used on the cover) please let me know. I will scan the photograph and return it to you, so you will not relinquish ownership of it. If you could also write just a couple of sentences about the picture, so much the better.

In the past, some of the most popular items in our Newsletter have been the “mini-series” on particular subjects. These have included trees, birds, butterflies and popular sayings. I would welcome any suggestions for topics for future series. I am already considering “the castles of Wales” and “famous Welsh people” as possible subjects for such pieces. Better still – if anyone would like to volunteer to write a short series on a specific theme of their choice, I would be only too pleased. Just let me know. My contact details are on the back page.

Finally, I would like to wish you all a very Happy Easter and thank you for your interest in our Newsletter Project.

Roger Pike  
Editor

## ST DAVID'S DAY CELEBRATIONS AROUND THE WORLD

Welsh enclaves are not as famous, numerous or boisterous as those of the Irish around the world, however there are places where the locals do celebrate 1st March – St David's Day.

Pennsylvania is more associated with Quakers, but actually many of the early immigrants were Welsh Quakers who settled in the 'Welsh Tract' and this is why they still celebrate 1st March in that part of America. What initially attracted the Welsh to Pennsylvania was the coal there; after all, they had mining experience from the valleys back home.

Strangely, Pennsylvania was nearly called 'New South Wales', but they took so long deciding that the name was taken by others. The Australian 'New South Wales', despite its coal, does not retain strong Welsh links. In fact, many of these coal miners originally came from Newcastle-upon-Tyne; possibly why they named some of their settlements Newcastle, Gateshead and Hexham. Although New South Wales is not a particular Welsh stronghold, there are plenty of Welsh enclaves in other parts of Australia, for example in Victoria, where they do remember St David's Day with parties and singing.

The Los Angeles St. David's Day Festival is the largest annual event of its kind in the United States encompassing an eisteddfod, a Celtic marketplace, classes in the Welsh language and a parade through the centre of town. Disneyland Paris also organises yearly events to celebrate Saint David's Day. These include a Welsh-themed week, fireworks, parades and Disney characters dressed in traditional Welsh attire.

Although Los Angeles and Disneyland Paris provide spectacular celebrations for St David's Day, the organisers and participants are not generally Welsh. The more traditional observance of 1st March is left to those living in Wales or to the descendants of Welsh people who settled in various parts of the world.

Perhaps the most famous Welsh emigration was those brave souls who boarded the ship 'Mimosa' to Patagonia. One attribute that this community retains is Welsh hymn singing. They never miss a chance for a *Cymanfa Ganu*, particularly on St David's Day and at the various Eisteddfods that they hold.

Other hotspots for celebrations on 1st March include Hong Kong, Toronto and parts of New Zealand as well, of course, most of Wales.

Roger Pike

## **DID YOU KNOW?**

Lent, the period from Ash Wednesday to Easter Eve, (excluding Sundays) is traditionally a time of fasting for Christians. Fasting during Lent was more severe in ancient times than today. It applied to everyone aged 18 to 59. Often all animal products were strictly forbidden, but some were permitted to eat fish and bread on Fridays and Sundays.

In the early Middle Ages, all meat, eggs and dairy products were generally forbidden, but during the Crusades, from 1096 to 1487, the people of Spain were allowed the consumption of dairy products and eggs in Lent in exchange for a contribution to the cause of the Crusade.

These days, observers either give up an action of theirs considered to be a vice, do something that they consider brings them closer to God, or give their time or money to charitable organisations to help others less fortunate than themselves.

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## **TO THE END OF THE ROAD AND BACK AGAIN – TO TALLEY**

When I gave up dairy farming I decided I would like to visit New Zealand and on the way I flew to Bombay in India. I intended to spend a few months travelling across that great country to experience a very different culture and varied traditions. Bombay (now called Mumbai) has many extraordinary landmarks including the Gateway of India, built by the British to receive its Viceroys, the Taj Mahal Hotel – site of a future terrorist hostage crisis – and I must not omit the Victoria Terminus, a gothic masterpiece of civic architecture which is the railhead for the world's greatest rail network.

Under their shadows the lives of ordinary Indians are played out on the bustling streets and crowded pavements. Modern cars compete for space with rickshaws, bicycles and oxcarts, while the pavements are the domestic space of countless homeless families, who occupy them day and night. They cook their meals using waste paper as fuel and after, their bedding is put away, they set up kiosks to conduct small businesses while their children are sent out to scavenge or beg. Such is the contrast between the richest and the poorest living side by side in this extraordinary land.

I set off by train heading east into the heart of India travelling third class in order to experience the lives of ordinary people, making my way slowly, staying overnight in small towns. It was the monsoon season so it rained every day and everyone it seemed carried a black umbrella. People even held their umbrellas

aloft as they rode their cycles and motor scooters. I decided it was wise to buy one myself so I entered an umbrella shop. My request was met with unexpected hilarity by the many people present and it was not until the next day that I understood why. The annual monsoon had finished and I found myself the only person to be carrying an umbrella from then on.

When entering a station booking hall one morning I found it full of cows and I had to pick my way between them to reach the ticket office. Cows are considered sacred in India and are free to wander wherever they want. People were forever asking me in horrified tones whether it was true that cows were slaughtered in Britain.

In Jalalpur I visited a famous marble gorge. It is a pilgrimage place and I boarded a boat carrying pilgrims up the river between the towering marble cliffs. As we approached the surging rapids near a huge waterfall my fellow pilgrims sang sacred chants as the cascade roared above us. On our return, people bathed in the river and I joined them. Afterwards I went on foot upstream beyond the waterfall to where several chai shops were offering refreshments. There I saw several human corpses lying in the shallows near the river bank. I was told that poor people who cannot afford the firewood for cremation are placed by rivers in this way. It was the last time I bathed in an Indian river!

I continued by train to Varanasi, the ancient holy city on the north bank of the Ganges. It is believed that the site has been continuously occupied for about 5,000 years. The river bank is lined by a series of huge stone steps known as Ghats and is overlooked by numerous temples dedicated to the many Hindu gods. Troops of monkeys scamper over the roofs and green parrots fly overhead. I was able to rent a houseboat moored to the Ghats and at dawn each day thousands of pilgrims descended the steps of the Ghats to ritually bathe in the river as bells rang out from nearby temples. On the other side of my boat pods of river dolphins swam by within yards of me as river craft, some with sails, passed up and down the river, which is about a quarter of a mile wide.

Upstream were the Burning Ghats where cremations took place day and night. It is considered by Hindus to be the most auspicious place to end one's life, here on the River Ganges in Varanasi. The eldest son lights the large funeral pyre and the ashes are scattered on the waters of the river. When I arrived at Varanasi I saw a man dressed in sackcloth lying on the road near the station as traffic weaved past him. When I returned to the station to leave some weeks later this man was still lying in the same place as before, but without clothes. I guess he was performing a penance and it is remarkable that Indian society has such tolerance of such acts.

India can be quite overwhelming and I sought refuge by travelling north to Nepal and the Himalayas. Nepal is a country of small terraced farms clinging to precipitous mountainsides. There are very few roads and travel is normally on foot. Goods are often transported by mule train. I spent six weeks walking in the mountains without hearing the sound of motors, just the bells of passing mules and the songs of people harvesting in the fields using hand sickles to cut the rice paddy.



**A Mule Train**



**Prayer wheels & Prayer flags**

Above 12,000 feet the Hindu culture gives way to Buddhist Tibetan culture and at the entrance to each village are rows of prayer wheels. Prayer flags fly from the roof tops. In summer crops of barley are grown and the yaks are taken to graze the high pastures.

At Muktinath, a village at 13,500 feet, I visited a shrine where a natural gas flame comes out of the rock. Caves have been cut out of the cliff face where monks practice abstinence and meditation. The atmosphere at this altitude has an incredible quality which makes one very light headed, as if in the realm of the gods. I had travelled up the deepest gorge in the world. Below me was the raging torrent of the Kali Gandaki River formed of glacial meltwater from Mt Dhaulagiri 28,000 feet on one side and the Annapurna Massif on the other. Returning back down the mountain past hot springs I reached the town of Kusma and an amazing cave called *Gupta Sur*, which means *Hidden God*. Each day I visited the Sadhu (Hindu holy man) who lived in the mouth of the cave in the company of languor monkeys and the soaring vultures overhead.

I was feeling homesick for Wales and missed the cool, clean water flowing in damp, green, mossy hollows, the soft sky and gentle drizzle, the subtle colours of spring, the gentle manners and mild natures. Should I continue my journey and visit New Zealand or should I return to Wales? On my last day in Kusma I returned to the cave to say goodbye to the Sadhu and as a parting gift he gave me a packet of cigarette papers that some previous visitors had left there. The name of the papers was 'Tally Ho' made in Australia and on the reverse was the caption 'Make it a Rule, use Tally Ho'. My mind was made up to return home and leave New Zealand to a future time.

Peter Gardner.

## **'NEWBY'**

A townie all my life – born in Manchester, lived in various cities, latterly in Sheffield. Passionate about growing veggies, always hankered after rural life though never sure if it would suit me or not.

Lost my second life partner at the age of 56 so thought it was about time I did something about my yearning to be in the countryside. Having spent several years travelling around the UK, exploring different areas, headed into Carmarthenshire and was bowled over by the beautiful scenery and how friendly everyone seemed to be.

So, finally, three months ago, at the grand old age of 60, I took all my courage and decided to make the move. Renting in Talley whilst I checked out if living in the countryside suited me I have discovered a way of life I have only ever dreamt of.

Initially I was terrified, panicking that I had made a wrong choice. I could not have been more wrong. I have met so many wonderful, friendly, helpful people. The kindness of strangers, fast becoming good friends, has overwhelmed me. I have been the grateful beneficiary of both practical help and emotional support. I volunteer at Aberglasny and at a local community shop, and have joined some 'creative' groups and there is an energy; a love of fun which is enticing and inspiring. Perhaps it is a truth that people who live in rural areas look out for each other in a way that does not seem to happen in cities, or maybe it is unique to Carmarthenshire, but it is wonderful to see how much people here care about each other, and support each other.

Next week I begin Welsh language class – I know I shall never be fluent but I would like to be able to converse at least a little in Welsh.

Driving from Llandeilo to Talley last week, there was the most magnificent vivid rainbow in a full arc over the stunning hills; it took my breath away, made me laugh out loud in sheer joy at the magical beauty of it. It seemed to epitomise everything I now feel about this fantastic area. Even the incessant rain has not dampened my spirits.

I am now hunting for a house to buy somewhere in the Towy valley and I look forward to living out the rest of my days here. I shall grow vegetables, keep chickens and, hopefully, continue to enjoy being part of such a lovely community. I'd like to express my thanks to everyone I have met for making this challenging adventure such a joyful ride.

Carol Daniels

## THE W. I. IN TALLEY

Some of you may have heard that the Women's Institute celebrated its centenary last year. The first W.I. meeting took place in Llanfairpwll on Anglesey on 16 September 1915. Back then the lives of women had changed enormously. The First World War had affected all aspects of daily life and women were expected to contribute. For many women, it was a huge challenge and their first chance to show that they were capable of a much greater role in life than previously.

As men departed for the battlefields there was a great void left behind and women were eager to fill this void. They were welcomed into the Civil Service, the Post Office and also the Bank of England, as well as the world of Transport, the munitions factories and work places.

Women supported a huge variety of fundraising activities to provide comforts such as socks, vests, scarves, chocolate, books, cigarettes and money for the men fighting at the front. As the war ground on, some women doctors and nurses were even sent to the battlefields. It was at this time that the W.I. was formed specifically to encourage women to produce food during WW1 and also to encourage rural communities to become more active.

After the war there were many changes. Women aged 30 who occupied premises of a yearly value of not less than £5 were given the right to vote in 1918. The voting age of women was then lowered in 1928 to 21. Post-war Britain was no longer a man's world. The Women's Institute flourished and its aims broadened to provide women with opportunities for education, for building new skills and to take an active part in improving life in their communities and country. The organization currently has around 212,000 members of about 6,600 units around Great Britain.

Talley was no different to other communities and had a W.I. from at least 1959 until the 1990's. The late John Williams gave me a copy of the year schedule for 1990. The planned activities mostly ranged from competitions in photography, crafts, first aid boxes, lace making, flower arrangements and such but that year also saw a visit to a pottery, though the destination was not given. Jean Davies called to show me a tablecloth, in superb condition that had been made by 7 members in 1959. The seven could only be identified by their initials SL, ND, RW, MP, JD, MB and VB. Jean thought they were Sarah Lewis, a teacher at Talley School, Norah Davies mother of Idris?, Rachel Williams and Jenny Davies, Rhosygeili. She did not know who MP, MB or VB were; perhaps a reader of this publication could enlighten us.

Jean also suggested that I contact the W.I. in Carmarthen as she remembered handing over material, when the group folded in the early 1990's. I duly sent off a request for information and was delighted to receive a letter from a lady also called Pat. She wrote that the Talley group was formed in 1959 but did not know who the original members were, though she did list the names of the officers in charge in that time. The President was a Mrs. K.M.V. Black, MBE, Glyndwr, Talley, the Secretary was Mrs. Rowena Jones, Pretoria House, Talley and the Treasurer was Mrs. G. Williams, Bank Farm, Talley.

There were around 30 members in the 1980's but the numbers gradually dropped until closure in 1995 with 15 paid up members. The Institute was closed at a meeting held on 21 November 1995. Pat also wrote that the various Monthly Meeting Minute Books from 1983 until 1995 can be found in the archives as can the subscription Book for the period 1971 – 1994 and an Account Book from 1990 – 1995.



This photograph shows the tablecloth mentioned, which has now been donated to the W.I. in Carmarthen.

The second photograph was one that Janet James submitted to the People's Collection Wales and was taken on a Talley W.I. trip in September 1966.



Talley Parish History Group would be delighted if anyone could name the people in the photo or have any other W.I. photographs and or any information about the Talley W.I. that we could add to the archive. Please contact Pat Edwards on 01558 685779.

Pat Edwards

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## MY LIFE IN MUSICALS

A good friend has just blessed me with a large number of video tapes he can no longer access, the vast majority of which are musicals, for which I have always had a passion. This began for me the day I saw the very first production of 'Oliver!' on the West End stage featuring Georgia Brown, the only true Nancy for those privileged to see her in the role. I have never been able to fully appreciate the rather saccharine film version with its patently false, if heart-warming, ending. The original stage production was far darker and truer to Dicken's version of

events, having an older Dodger and a younger Bet which radically altered their respective places in the scheme of things. I imagine a child Bet would no longer be acceptable to a modern audience and I rather doubt that on that occasion the Kensington nannies and their charges took in the implications.

As a young enthusiast, I frequented local amateur performances of such stalwarts as 'The Student Prince' and 'The Merry Widow', noisy, colourful and often very funny, but the next milestone was the gift of a recording of the Broadway show 'Camelot', brought from America. I notice this musical never made it into a recent TV Top 100 and if most folk only know it from the woeful film I am not surprised. Why do producers insist on casting actors rather than singers when making the transition from stage to screen? My hopes were raised by the excellent 'Evata' but dashed again by the disappointing 'Les Miserables'. Having thrilled to Philip Quast's rendering of 'Stars' (quite possibly my favourite musical number) one cannot, alas, accept Russell Crowe.

If 'Camelot' coloured my youthful notion of Arthur and Guinevere, the Tim Rice musical 'Blondel' entirely shaped my feelings for Richard and John. I suppose this is my undeserving favourite. Yes, it is unquestionably full of wordy in-jokes requiring some historical knowledge and political grounding if one is to take them on board and I would even allow that it has really only one tune to its name but it plays a large part in my family's private language where a fragment from the lyrics can convey reams.

Another vehicle of musical shorthand is the much-loved 'Rocky Horror Picture Show'. I blush to disclose that I've never actually seen a stage production and suspect that the legendary audience participation is not at all my thing. However, I have often thought that time and place is all. Watching the screening of 'Cabaret' in an intimate little theatre in a Jewish enclave of north London, the emotional atmosphere was palpable if deathly silent.

If 'Blondel' did not survive the politics of the Eighties for which it was written, then the social catastrophe of Aids overtook 'La Cage aux Folles'. A pity, for this gentle, charming, feel-good musical is full of old-fashioned Hollywood type songs with pithy Cole Porter style lyrics. Alas, it is not possible to mention every musical that deserves to be lauded in the space available. My choices are very particular to the course of my existence. Perhaps you would care to offer an alternative selection that have a special place in your life. If musicals are not your thing, what about films in general?

S Shawe

## **A MESSAGE FROM EBENEZER APOSTOLIC CHURCH**

This is to be a little insight into diamonds. They are a fascination for any woman contemplating marriage! The most exquisite and valuable diamond is completely devoid of colour. However, there are those diamonds that do have a hint of colour but this is not always visible to the viewer. These colours can touch upon all the rainbow hues. No matter what their cut, shape or colour, diamonds are very precious and if one is lucky enough to own one, then I encourage you to have it insured!

There are jewels within the pages of the bible and I would like you to discover them for yourself. Once you start to read, you will be away and will want to read more. Jesus is that jewel in the crown as shown in the following passage and once you have Him in your life, you will find that not even the mostly costly diamond in the world is as precious as He is.

From Zechariah 9 – New International Version (NIV)

The Lord their God will save his people on that day  
as a shepherd saves his flock.  
They will sparkle in his land  
like jewels in a crown.

We all need the saving grace of our Lord Jesus Christ. If you are as intrigued as I am about the jewels within the pages of the bible, I would like to welcome you to one of our services at Ebenezer. Each Sunday we have Morning Praise at 10.30 a.m. and a Gospel Service at 5.00 p.m. Find us on the Talley Road between Llandeilo and Talley. Post code – SA19 7YA.

(The next edition will feature a little about gold!)

Angie Davies

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### **PLANT DEWI HOUSE BOXES**

**A message to those with a yellow Plant Dewi House Box at home.**

During the next two or three weeks I hope to collect any money you have saved in your House Box. All money collected will be forwarded to the Plant Dewi office. Thank you.

Roger Pike  
Local Plant Dewi Rep

## **TABERNACLE CHAPEL BRIDGEND'S PILGRIMAGE TO DINEFWR**

Bridgend's Tabernacle Chapel decided that their Pilgrimage this year should visit certain important areas in Bro Dinefwr, Llandeilo from September 11-13, staying at the Cawdor Hotel, Llandeilo. The group of 40 Welsh speakers was led by Iorwerth Davies.

The first stop was Ammanford where a visit was arranged to Gellimanwydd chapel on Friday. The poet Amanwy and his brother, the eminent politician, James Griffiths, and Watcyn Wyn, the hymn writer are buried here and we visited their graves.

The next stop was St Teilo's Church, Llandeilo where the actress, Rhian Morgan was our guide. As well as being an ancient church it has been redesigned recently to incorporate a refectory and lounge. The link with the Book of St Chad is extremely interesting as it contains examples of the earliest form of written Welsh. We then visited Llanfair ar y Bryn church, Llandovery, to see William Williams, Pantycelyn's grave and a stained glass window by John Piper. We were very fortunate to have Mr Milton Jones as our guide. From Llandovery we made our way to Pantycelyn farmhouse where Cecil Williams, a descendant of William Williams, known as 'Y Pêr Ganiedydd' gave an interesting talk about the famous

## **PERERINDOD EGLWYS Y TABERNAEL PEN-Y-BONT AR OGWR A BRO DINEFWR.**

Trefnwyd eleni fod y Pererindod yn ymweld a rhannau o ardaloedd Bro Dinefwr o 11eg Medi hyd dydd Sul Medi 13eg, yn lletya yng Ngwesty'r Cawdor Llandeilo.

Yr oedd y grwp yn cynnwys 40 o Gymru Cymraeg o dan arweiniad Iorwerth Davies.

Y lle cyn cyntaf oedd Rhydaman ar ddydd Gwener i ymweld a Capel enwog Gellimanwydd. Yn y fynwent ymwelwyd a beddau Amanwy a'i frawd James Griffiths, y gwleidydd enwog, hefyd Wactyn Wyn.

Y stop nesaf oedd Eglwys Teilo Sant yn Llandeilo ble r'oedd Rhian Morgan yr actores enwog yn barod i'w tywys. Yn ogystal a bod yn eglwys hynafol mae wedi ei haddasu yn y blynyddoedd olaf ac mae ynddi ffreutur a lolfa fodern. Mae'r cysylltiadau a Llyfr St Chad yn hynod diddorol oherwydd ynddo ceir engreiffiau cynharaf o Gymraeg ysgrifenedig. Y lle nesaf a ymwelwyd oedd eglwys Llanfair ar y Bryn Llanymddyfri lle mae bedd a chofeb i William Williams Pantycelyn a ffenestr liw o waith John Piper. R'oedd Mr Milton Jones yn ei tywys yno. Oddiyno ymweld a ffermdy Pantycelyn lle oedd Cecil Williams, y gwr sy'n ddisgynydd i'r Per

hymn writer and the farm. Before leaving we gathered in front of the farmhouse to sing one of William Williams' hymns. On our return journey we visited Myddfai and the new village hall.

The following morning the ladies visited the shops in Llandeilo including the dress shop, Rig Out, before leaving for the historical time capsule village of Cwmdu. Roger Thomas, Penrhiwlas, Cwmdu, a former member of Tabernacle Chapel, welcomed us warmly to the village. In Providence, Baptist Chapel we held a short service and sang the hymn 'Mawl fo i'r Arglwydd sy'n Frenin gogoniant a mawredd'. The Minister, the Rev Mary Davies, gave a detailed description of the chapel and its history. Hywel Jones, who lives in the village showed us the terrace of Rhydyronnen, owned by the National Trust and drew particular attention to a blocked up window, the result of the window tax. The shop/post office and tavern were of particular interest to us. The chapel and vestry are also owned by the National Trust and in the vestry we received a warm welcome of tea and Welsh cakes prepared for us by the ladies and friends of Providence chapel. During the tea, Hywel Jones gave a full description of the disappearance of Stanislaw Sykut from Cefn Hendre farm in 1953.

Our next stop was a visit to the smithy at Talley, the home of Thomas Lewis the blacksmith who

Ganiedydd yn cyflwyno peth o hanes y fferm a'r emynydd. Cyn gadael canwyd un o emynau William Williams ar y buarth o flaen y ffermdy. Ar y ffordd ynol ymwelwyd a phentref Myddfai, hefyd ymweld a'r neuadd newydd.

Fore tranoeth aeth y chwiroydd i ymweld a siopau tref Llandeilo yn cynnwys Rig Out, yna yn syth i ymweld a phentref hanesyddol 'bilsen amser' / 'time capsule' Cwmdu. R'oedd Roger Thomas Penrhiwlas Cwmdu ac a fu yn aelod yn Tabernacl yn barod i estyn gair o groeso iddynt. Ymweld a capel Bedyddwyr Providence, oedfa fer a chanu emyn 'Mawl fo i'r Arglwydd, sy'n Frenin gogoniant a mawredd'. Cafwyd disgrifiad manwl o hanes Providence gan y Gwenidog Parch Mary Davies. R'oedd Hywel Jones brodor o'r pentref ar gael i ddangos teras Rhydyronnen sydd o dan perchnogaith yr Ymddiredolaeth Cenedlaethol, gan dalu sylw arbenig i'r 'treth ffenestr' / 'window tax' sydd yn amlwg ac yn unigryw i'r teras, hefyd y siop / swyddfa bost a'r dafarn. Mae'r capel a'r festri o dan yr un perchnogaeth. Ymlaen i'r Festri ble r'oedd te a pice wedi eu baratoi gan aelodau 'r chwiorydd a ffrindiau Capel Providence. Yn ystod y te disgrifiodd Hywel Jones yn fanwl achos diflaniad Stanislaw Sykut o fferm Cefn Hendre yn y flwyddyn 1953.

Y stop nesaf oedd efail Thomas

wrote the famous hymn 'Wrth gofio' i riddfannau'n yr ardd' followed by a tour of the Abbey and St Michael's Church with Mr John Walford as our guide. We then went to Dinefwr Castle, Llandeilo, which dates back to the time of Rhodri Mawr in 877 and Newton House. We enjoyed an evening meal at the Cawdor Hotel and were pleased to welcome Roger Thomas and Hywel Jones to join us. The evening ended with a quiz arranged by Iorwerth Davies based on the Dinefwr area.

The following morning we joined the congregation at Capel Newydd in Llandeilo and before leaving for home at Bridgend we enjoyed a meal at the Plough Inn, Rhosmaen.

Roger Thomas and Hywel Jones  
(kindly translated by Janet James)

Lewis y gof Talylychau awdur yr emyn 'Wrth gofio' i riddfannau'n yr ardd', yna ymweld a'r Abaty a'r eglwys San Mihangel o dan arweiniad Mr John Walford. Ymweliad nesaf oedd Castell Dinefwr Llandeilo. Mae hanes Castell Dinefwr yn dyddio yniol i gyfnod Rhodri Fawr yn y flwyddyn 877, hefyd ymweld a Plasty Drenwydd. R'oedd cinio wedi ei baratoi yng nghwesty Cawdor am 730yh. Cafodd Roger Thomas a Hywel Jones wahodd i'r wledd y noson. Ar ol cinio trefnodd Iorwerth Davies cwis a oedd yn syliedig ac ardal Bro Dinefwr.

Bore trannoeth trefnwyd fynd i'r oedfa boreol yn Capel Newydd y dref. Ar ol yr oedfa cafwyd blasu cinio rhost yng nghwesty'r Arad yn Rhosmaen cyn cychwyn tua thref i Ben-y-bont ar Ogwr.

Roger Thomas a Hywel Jones

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## **THE CARMARTHENSHIRE BOGS PROJECT**

The Carmarthenshire Bogs project is a partnership led by Carmarthenshire County Council to examine and protect the peat bogs in the county. It has been successful in receiving a grant of £43,000 from the Heritage Lottery Fund. Working on five commons near Brechfa and Llanfynydd the project, which is also supported with funding from Natural Resources Wales and Carmarthenshire County Council, will seek to explore the history of the bogs, celebrate the special bog habitats and species and take action to conserve these important habitats for the future.

Formed over thousands of years, lowland bogs are increasingly rare examples of an important peatland habitat supporting specialised but

threatened wildlife. Bogs lock-up carbon in the peat and, when in good condition, capture more from the atmosphere, helping to address climate change. They filter water for slow release into streams and are valuable in terms of our heritage, providing a unique, living peat archive that records climate, vegetation and landscape change.

One of the main aims of the project is to provide opportunities for local people to find out more about the importance of these sites and work with the other project partners – Swansea University, the National Botanic Gardens of Wales and Dyfed Archaeological Trust – to investigate and promote the ecological, cultural and landscape importance of the bog habitats they contain. Together they hope to discover our local climatic and vegetation history and explore how our ancestors lived within those landscapes; in particular their links with climate change, both past and present.

The project will run until December 2016 and will:

- lead a session for the public with Swansea University to take a peat core from one of the bogs and help them with their investigations on site;
- have a peat day at the National Botanic Garden of Wales where people can look at samples of the peat under a microscope – look at ancient sphagnum and pollen thousands of years old, take part in a print screen workshop, make Bronze Age pottery and listen to storytellers;
- work with local schools and visit Mynydd Bach common to explore a remarkable group of Bronze Age round barrows and find out more about this prehistoric landscape and the people who lived there;
- provide opportunities for volunteers to help with the project and find out more about the historic landscape in which these habitats would have formed;
- cut firebreaks, block a ditch and remove fly tipping and Japanese knotweed – helping make the sites more suitable for grazing and protecting them from arson.

The Carmarthenshire County Council Bogs Project website contains the following facts.

Did you know?

- The word Bog is derived from the Irish word Bogach – meaning soft.
- In favourable conditions peat grows at a rate of approximately 1 mm per year, so it takes 1000 years to grow 1m. The peat on Figyn common

is over 9 m deep – so it started forming soon after the last ice age!

- Peat consists of 95% water, the remaining 5% is made up of rotted plants, pollen, ash/dust etc.
- The volume of peat for all six bogs in the project was 324,814 m<sup>3</sup> and it has been calculated that the CO<sub>2</sub> equivalent for the carbon stored in the six bogs is equivalent to the direct carbon dioxide emissions from driving cars by the population of Carmarthen for 8.6 years.
- Bogs are one of the few ancient landscapes that still look almost exactly the same as they did thousands of years ago. They are a bridge with our past.
- Bogs are also important carbon sinks, places where carbon is stored as peat, preventing it escaping into the atmosphere, where it would increase global warming.
- During the Second World War girl guides in the UK were sent out to the bogs to collect sphagnum moss for use as a wound dressing in hospitals. (The moss has antibiotic qualities).
- 90% of the bogs in the UK have been lost, taking with them rare plants and animals.
- Most of the peat currently used by gardeners is now imported from Baltic countries.
- Agriculture and forestry have damaged large areas of peatland worldwide, but today, commercial peat extraction to supply gardeners and nursery growers is the major threat. Gardeners have not always used peat – its use on a large scale started only in the late 1950s.
- Peatlands cover less than 3% of the land surface of the Earth, but are thought to contain twice as much carbon as the world's forests.
- Bogs can also provide valuable ecosystem services such as storing water and helping against floods, provision of clean drinking water and are important natural habitats for wildlife. Maintaining and conserving peatland in Wales is a Welsh Government priority.
- Some of Carmarthenshire's most special wildlife is found on our commons with bog habitats: brown hare, grasshopper warbler, curlew, hen harriers and cranberry.

Researched by Roger Pike

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## CHRISTMAS DINNER

## CINIO NADOLIG



The pupils of Talley CP School continued their 2015 Christmas celebrations on Wednesday 16th December by having their Christmas dinner.

Dathliodd disgyblion Ysgol Talylychau Nadolig ym mhellach, ar ddydd Mercher 16eg o Ragfyr, wrth gael ei chinio Nadolig.

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### ON THE LIGHTER SIDE

It was the final question on ‘Who Wants to be a Millionaire?’ and the contestant knew that if she answered it correctly she would win a million pounds, but if she got it wrong she would drop back to £32,000.

As she suspected she did not know the answer to the final question. She had already used her “50/50” selection and the “Ask the Audience” lifeline. All that

remained was the “Phone a Friend” option, which she had hoped that she would not have to use because the only friend that she was certain would be home happened to be a blonde.

The contestant was on the spot. As she did not know the answer, she reluctantly called her friend and posed the question to her.

“Which of the following species of birds does not build its own nest, but instead lays its eggs in the nests of other birds? Is it A) the condor; B) the buzzard; C) the cuckoo; or D) the vulture?”

The blonde responded unhesitatingly: “That’s easy. The answer is ‘C’ -- the cuckoo.”

The contestant had to make a decision and make it fast. She considered employing a reverse strategy and giving any answer except the one that her friend had given her and considering that her friend was a blonde, it would seem to be the logical thing to do.

On the other hand, the blonde had responded with such confidence, such certainty, that the contestant could not help but be persuaded.

“Time is up” said the presenter “I need an answer.”

Crossing her fingers, the contestant stammered, “C) the cuckoo.”

After the usual time-wasting delay the presenter said, “I regret to inform you that your answer is ... absolutely correct. You are now a millionaire!”

Three days later, the contestant hosted a party for her family and friends, including the blonde who had helped her win.

“Jenny, I just do not know how to thank you,” said the contestant. “Because of your knowing the answer to that final question, I am now a millionaire. And do you want to know something? It was the assuredness with which you answered the question that convinced me to go with your choice.”

“You’re welcome!” the blonde said.

“By the way,” the winner continued, not being able to contain the question any longer. “How did you happen to know the right answer?”

“Oh, come on,” said the blonde. “Everybody knows that cuckoos don’t build nests. They live in clocks.”

## **A BRIEF HISTORY OF WELSH DEVOLUTION**

The roots of political devolution in Wales can be traced to the end of the nineteenth century. In 1886, Cymru Fydd ('Young Wales') was established to promote the objectives of the Liberal Party in Wales and to campaign in favour of Welsh 'home rule'. Cymru Fydd's success was short lived, but it did lead to the beginning of administrative devolution in Wales through the creation of the Welsh Board for Education in 1907.

After the Second World War, a series of developments started the process of shifting powers from Westminster to Wales. Petitions to create a Secretary of Wales were turned down by the Labour Government of 1945-50, which, as a substitute, created a Council for Wales and Monmouthshire in 1948. This was an unelected body that advised the government on Welsh affairs. In 1951, a new junior government post of Minister of State for Welsh Affairs was created by the UK Conservative Government, initially as a junior minister in the Home Office and from 1957 as a post in the Ministry of Housing and Local Government.

The Labour Party committed itself to create a Secretary of State for Wales in its 1959 election manifesto, but it had to wait until its victory in the 1964 UK general election to create the role and to establish the Welsh Office. At first, the Secretary of State only had responsibility for housing, local government and roads. Other areas including education & training, health, trade & industry, the environment and agriculture were gradually added over the years.

The first vote on devolution in Wales took place on 1 March 1979. This followed a Royal Commission on the Constitution in 1973. It recommended the creation of elected bodies for both Scotland and Wales. The proposal for the creation of a Welsh Assembly in 1979 was resoundingly rejected by the Welsh public, who voted four to one against the UK Labour Government's proposals.

In the immediate aftermath of the referendum, devolution became a dormant political issue in Wales. However, the policies of the UK Conservative Government during the difficult economic conditions of the 1980s, coupled with the Conservative Party's relatively low levels of electoral support in Wales (in contrast with the UK as a whole), led to renewed calls for Wales to have its own democratic institution. In May 1997, when Labour came back to power, the Labour manifesto included a commitment to holding a referendum on the creation of a Welsh Assembly. A White Paper, 'A Voice for Wales', outlined the UK Government's proposals and on 18 September 1997 a second referendum was held. Of those who voted, 50.3 % supported devolution.

The Secretary of State for Wales at the time described Welsh devolution as “a process not an event”. The story of the National Assembly’s development since 1999 has proved this point.

Following the 1997 referendum, the UK Parliament passed the Government of Wales Act 1998. The Act established the National Assembly as a corporate body – with the executive (the government) and the legislature (the Assembly itself) operating as one. In contrast to the primary law-making powers given to the Scottish Parliament, the Act limited the National Assembly to the making of secondary legislation only when authorised by the UK Parliament. Such powers were broadly equivalent to those previously held by the Secretary of State for Wales.

The first elections to the new institution were held on 6 May, 1999 and while there were many positives about the newly formed Assembly in terms of public access and a more inclusive and consensual style of politics, the single corporate body structure proved to be problematic. The difficulties experienced by the minority Labour administration highlighted the need for constitutional change and stability. In response to increased calls for change, the Assembly agreed a resolution in 2002 to separate both roles as much as possible within the framework of the 1998 Act. This was achieved by introducing the term Welsh Assembly Government to describe the policies and actions of the Cabinet as distinct from the work of the National Assembly, which had greater independence to provide advice, research and support to individual Members and committees of the Assembly.

This separation was formally achieved following the 2007 Assembly elections and the coming into force of the Government of Wales Act 2006, which clarified the roles of each institution. The Welsh Government (which comprised the First Minister, Welsh Ministers, Deputy Ministers and the Counsel General) became responsible for making and implementing decisions, policies and subordinate legislation.

The Welsh Government’s decisions and actions are kept in check by the National Assembly (the body of 60 elected Members) which holds its ministers to account. The National Assembly also makes laws and represents the interests of the people of Wales. The 2006 Act also provided that the property, staff and services required by the National Assembly would be provided by the Assembly Commission.

The Government of Wales Act gave the National Assembly powers to make laws for Wales in defined areas. This allowed the National Assembly to gain further

powers in devolved areas gradually and on an individual basis. This was done in practice either through Legislative Competence Orders approved by the National Assembly and both houses of the UK Parliament, or through framework powers conferred directly on the National Assembly through sections included in Acts of the UK Parliament.

Following the 2007 Assembly election, Labour and Plaid Cymru entered into a formal coalition entitled 'One Wales'. A key element of that agreement was to proceed to a successful outcome of a referendum for full law-making powers, the preparations for which would include the setting up of an All Wales Convention. And on 3 March 2011, the Welsh electorate voted in favour of further powers for the National Assembly by a margin of two to one, with all but one of the 22 local authority areas voting 'Yes'. These powers came into effect following the Assembly election on 5 May 2011.

The most significant dates in Welsh devolution are:

- c. 940 Welsh laws are brought together as one code under Hywel Dda (Hywel the Good).
- 1282 The Edwardian conquest of Wales saw the end of government by native Welsh princes.
- 1400 Owain Glyndwr's revolt started and for a short time established an embryonic Welsh state. Parliaments were held at Harlech & Machynlleth.
- 1536 The Acts of Union, made Wales a part of England but provided for parliamentary seats for MPs from Wales.
- 1881 The passing of the Sunday Closing Act was the first specific law for Wales.
- 1907 The Welsh department of the Board of Education was created.
- 1951 The post of Minister of State for Wales created.
- 1964 Welsh Office established with a cabinet post of Secretary of State for Wales
- 1979 First proposals for a Welsh Assembly were turned down in a referendum.
- 1997 Wales voted in favour of creating a National Assembly for Wales.
- 1999 First elections held; the National Assembly started work; Government of Wales Act 1998 came into force.
- 2007 Government of Wales Act 2006 came into force; the National Assembly and Welsh Government were formally separated and the National Assembly gained powers to make laws for Wales in defined areas.
- 2011 Wales voted in favour of giving the National Assembly further law making powers.

Researched by Roger Pike

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## THE WELSH NATIONAL WOOL MUSEUM AT DRE-FACH FELINDRE, NEAR LLANDYSUL, CARMARTHENSHIRE



Dre-fach Felindre was once the centre of a thriving industry. Shirts and shawls, blankets and bedcovers, woollen stockings and socks, were made and sold in the surrounding markets, clothing the workers of Wales and exported around the world. The museum tells the story of an important industry across Wales and served the other industries of the country.

It is free entry to the Museum that has excellent visitor facilities and a café and shop as well as holding the National Textile Collection.

The Museum not only tells the fascinating story of the wool industry in Wales but also supports the production of fabrics in traditional Welsh patterns by a working mill, which can be seen in operation within the museum.

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Roedd Dre-fach Felindre unwaith yn ganolfan diwydiant ffyniannus. Cafodd crysau a siolau, carthenni a cwrlidau, sannau a theits eu gwneud a'u gwerthu yn y marchnadoedd - yn darparu gweithwyr Cymru ac yn cael eu hallforio ar draws y byd. Mae'r Amgueddfa yn adrodd hanes diwydiant a oedd yn bwysig ar draws Cymru ac a wasanaethau diwydiannau eraill y wlad.

Mae mynediad i'r Amgueddfa am ddim ble mae cyfleusterau ymwelwyr gwych ynghyd â chaffi a siop, a hefyd ble mae'r Casgliad Tecstilïau Cenedlaethol yn cael ei gadw.

Nid yn unig fod yr Amgueddfa yn adrodd hanes rhyfeddol y diwydiant gwlan yng Nghymru ond mae hefyd yn cefnogi cynhyrchu deunyddiau mewn patrymau traddodiadol Cymreig gan felin weithredol sydd ar waith yn yr Amgueddfa.

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## **TWO SPECIAL DATES FOR YOUR DIARY**

Please make a note of the dates of these two events.

### **THE Y LLYCHAU CONTRIBUTORS' PARTY**

Each year, as editor of this Newsletter, I organise an informal 'Wine and Nibbles' party as a small "thank you" to all those who have supported *Y Llychau* over the past year or so. Such support could have taken the form of writing an article for inclusion in the Newsletter, translating an article written by someone else, making a donation to receive copies by post or by helping in some other way.

This year the party will be on **Saturday 21<sup>st</sup> May** from **2.00pm** until **4.30pm** in St Michael's Church Hall in Talley. It will be open to everyone who has contributed recently to our Newsletter project.

More details will be in the next edition, but if you are a supporter and would like to come along (it's not as boring as you may think) please keep the date free. If you have any queries, please do not hesitate to contact me.

### **TALLEY OPEN GARDENS DAY**

The Talley Community Amenity Association will again be organising the annual Open Gardens Day for Talley and the surrounding area. This is a social affair in which local residents open their private gardens to visitors. It must be stressed that the event is in no way a competition to see who has the best kept garden, nor is it a contest to determine which garden can attract the most people – above all the day is a social event. All that is required is that garden owners are prepared to make their private gardens available to anyone wishing to pay a visit to them.

This year's Open Garden Day will be on **Saturday, 11<sup>th</sup> June** with the gardens being open for visiting from **10.00am** until **4.30pm**. Light refreshments will be available during the day and there will also be plants for sale.

If you have participated in this event by opening your garden in previous years, please consider doing so again this year. If you have not been involved before but who like to join in this time by adding your garden to the list of those to visit, please get in touch with me as soon as you can. I can be contacted by e-mail to **rogerbpik@outlook.com**, by telephone to **01558 685741** or by visiting me at home at **Bryn Heulog, Talley**.

Roger Pike

## CURL UP WITH A BOOK

March is the month of winds, so light the fire, turn up the heating or grab a blanket and spend the day with a good book.

As some of you already know, above the pub in Cwmdru is a cosy sitting-room lined with bookshelves where you can select a handful of books to take home and enjoy. After reading them, you can return them, swap them with a few of your own or hand them on to fellow readers. There's no 'check-out' system; just choose your books and off you go!

There's a broad range of fiction, but you will also find a selection of children's stories, reference books and teenage fiction – even some family board games and puzzles. So, something for everyone, from Aherne to Wolfe.

You are welcome to browse during opening times:

- **Shop & Post Office:** Tuesday to Friday 9.30am until 1.30pm  
Saturdays 9.30am until 12.30.
- **Pub:** Wednesday to Saturday 7pm until 11pm.

While you're there, there's free Wi-Fi and freshly-brewed coffee available in the shop.

Donna Worrall

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## ALADDIN

Many, many thanks to everyone who supported our pantomime, Aladdin, in St. Michael's church on 23<sup>rd</sup>. January. It was so lovely to see the church full, which was beyond all my expectations, and there was a lovely atmosphere, with plenty of audience participation and laughter.

I do hope you all enjoyed the evening – the cast certainly did! Some of us overacting more than others! My thanks also go to Nansi, ticket and programme seller extraordinaire, and to Pat and Wyn for serving the interval drinks. Also to all the cast for all their hard work – and putting up with me bullying them relentlessly! Special thanks to Sammy and Charlie Hastilow for being the best Fairy Helpers a Genie ever had!

The amount raised was £500, a marvellous sum. Once again, many thanks.

Jeanette Hughes (also known as Widow Twankey)

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## **APPEARANCES CAN BE DECEPTIVE**

I'm not an enthusiastic shopper. I try to restrict my participation in the weekly shop to greeting Jemima with a cup of tea on her return from town, carrying in the shopping bags and retiring to the shed until she's recovered and all the groceries are safely stowed. Occasionally, when I mumble that I'm "just popping into Llandeilo to get a part" I'll hear the dreaded words "Oh, if you're going into town we're out of.....". Otherwise, if I do find myself in a supermarket on holiday I quite enjoy being despatched to find odd items and to trot proudly back to the mother ship (I'm never allowed to take the trolley) like a dog with a bone. If I lose my bearings then I just wait by the beer until it arrives.

So, when we were discussing the management of the Cwmdy Shop I wasn't best placed to contribute. However, I did say that I supposed that it was much more expensive than the shops in Llandeilo and that people would only use it for the odd urgent item that wasn't worth the trip to obtain it more cheaply elsewhere. Obviously we all value the Cwmdy shop hugely for the warm welcome, the coffee, the gossip, all the interesting and special items which you couldn't find in a town shop like the duck eggs, the hand-made cards, Nicky's honey, lovely locally baked Welsh cakes etc but I felt that it might be rather dear for regular purchases.

We mused a little on this and someone said "Well, is it much more expensive?" We weren't sure so I took it upon myself to conduct a survey. A shopping list of regular staple products was drawn up and, breaking the habit of a lifetime, notepad and pen at the ready, I entered the supermarket voluntarily. I had a terrible time finding everything. Normally I'm only required to find one or two items for household use and my practice is to accost the first person I see with a name badge and ask him to lead me to them. (I can find my own way to the ice-cream compartment for a Magnum to eat on the way home.) Since I didn't plan to actually buy anything – just note the price – I didn't feel that I could ask for help. I had walked miles by the time I found all the items on the list. Well, not all the items. Did you know that they don't sell bars of soap? Don't Llandeilo people wash?

The results are below and they speak for themselves. I was very surprised to have my assumptions overturned. No longer will I fear "Oh, if you're going into town..". It won't mean scrapping over parking places with harassed Teilo Sant mums, wandering bewildered in search of odd items and queuing at checkouts. Now I can breeze into the Cwmdy shop, accept an offer of coffee, catch up on the news, practice a bit of Welsh with Irene and pick up the shopping with a clear conscience.

Y Llychau

<b>Item</b>	<b>Co-op Price</b>	<b>Cwmdu Shop Price</b>
Persil Washing Tablets (10)	4.29	3.19
PG Tea Bags (80)	2.89	2.45
Nescafé Gold Blend 100gms	3.79	3.50
4 Pts semi skim milk	1.39	1.40
Flora 500gms	1.89	1.89
Jam Bonne Maman Strawberry	2.39	3.15
Soup Heinz Tomato	0.99	0.95
Ambrosia Custard 500gm	0.99	1.05
Princes Fruit Cocktail	1.09	1.00
McVities Biscuits	0.95	1.33
Mature Cathedral Cheddar	2.25	3.30
Andrex Toilet Paper 4 pk	1.99	1.99
Washing up Liq Fairy 433ml	1.69	1.29
Washing Powder Surf 700gm	2.69	2.49
Plain Flour own brand 1500gm	0.89	1.04
Cornflakes Kelloggs 500gm	2.09	2.19
Baked Beans Heinz	0.79	0.79
Cane Sugar 1000gm	0.55	0.72
<b>Total</b>	<b>33.60</b>	<b>33.72</b>

Peter Mitchell

## HOT CROSS BUNS



Hot Cross buns have quite a history behind them; the idea of marking crosses on baked goods such as bread, cakes and buns goes right back to pre-Medieval times and was a visible sign that the bread was “blessed”. Early bakers believed that a cross cut on top had the power to ward off evil spirits, as well as helping with the longevity of the bread by stopping it going mouldy or becoming stale so quickly. A cross marked on the dough was also believed to help the bread to rise.

The first buns with crosses that were attributed to the festival of Easter came along a little later however. In honour of Eostre, the Anglo-Saxon goddess of spring and the dawn, bread dough was studded with dried fruits and baked into small loaves. As Christianity spread, these small loaves or buns began to be marked with a cross by monks: the earliest form of a Hot Cross Bun. From the late 1600’s onwards the custom grew that special spiced buns known, as “Good Friday Buns”, were marked with a cross and were to be eaten for breakfast on Good Friday.

Although the name for “Hot Cross Buns” was commonly known as “Good Friday Buns” for nearly a hundred years, during the 1730’s the buns were starting to be sold on the streets and the modern name (as well as the popular rhyme) emerged, as the sellers shouted “One-a-penny, two-a-penny, hot-cross buns”. They charged a penny for a larger bun or a penny for two smaller ones. This tradition was still in practice in the early twentieth century with Hot Cross Bun sellers coming around the streets to sell them on Good Friday. Nowadays, you can buy Hot Cross Buns in supermarkets nearly all year around, which is a great shame, as it cheapens and weakens the history and traditions behind this wonderful spiced bun.

Prior to Hot Cross Buns being an edible symbol of Christianity, there were similar small cakes made by the Anglo-Saxons for their goddess Eostre, and the Greeks and Romans also had small festive cakes to celebrate the start of Spring. However, in much of England and Wales, during the 1600s, under the influence of the Puritans, (a reforming movement within the Protestant Church of England) the common practice of marking a cross on all commercially baked goods was condemned as 'Popish' or 'Popery' and it was banned, except for only certain goods, at certain times of the year; the Hot Cross Bun being one of the survivors.

One of the most well-known traditions surrounding Hot Cross Buns still exists today. It takes place in a London Pub! At the Pub, *The Widow's Son* in Bromley by Bow, a Hot Cross Bun Ceremony takes place each Good Friday.

The story is that at the start of the 19th century, when it was just a house on the site, the widow who lived there had a son in the navy. He was due to return home for Easter, so she placed a hot cross bun ready for him on Good Friday. The son never returned, but undaunted the widow left the bun waiting for him and added a new bun each year. When she died the buns were all found hanging from the ceiling. When a pub replaced the widow's house, successive landlords kept the tradition going. There is a net of Hot Cross Buns that hangs above the bar at *The Widow's Son*, and each year a sailor comes to add another bun to the collection, the buns being baked specially for the occasion with the current year piped on them between the cross. The photograph shows the 1985 bun being added. Traditionally the buns for the pub are made by a baker's apprentice – perhaps that is why the '5' of '1985' is backwards! Some of the sailors' hats on a shelf behind the bar (they leave one each year).



Roger Pike

## PRESENTS FOR THE WIFE

*The following article (to which I can fully relate) appeared in “The Cottage Gardener” and is reproduced here with permission.*

Fifty-five years of married bliss does have its downside, at least for husbands. There’s only so much jewellery, cashmere, perfume and lingerie (or, latterly, Damart) that the good lady can wear. Despite depreciation of such stocks over the years, the scope for such girly gifts at Christmas and birthdays is by now very limited. Despite the new bright ideas constantly being introduced by catalogues such as Lakeland, the kitchen is already full of appliances and helpful (?) gadgets. There are always new books, of course, but they seem to get heavier to manage and their print gets smaller and greyer.

This is where having a gardener for a wife comes to the rescue. Although, to my untutored eye, the garden already looks full, there is, apparently, always room for new plants – particularly expensive ones. Miraculously, books (however large) become lighter and print (however small) becomes more legible if the subject matter is garden-related. Having a large area of land in which to plant things does not, I have learned, limit the need for decorative pots, planters and the like, in which to grow other things. And, as my own main hobby is woodwork, the occasional gift of a home-made climber-supporting arch or obelisk or two seemed to meet with approval.

A further bonus has been the decision to make some proper garden paths. Twenty or so years of converting the wilderness that we acquired when we moved here into beds – variously for fruit, veg and pretty flowery things – had left them separated by grass strips. “Er outdoors” then decided gravel would be better. My main contribution to the garden being mowing, I thoroughly approved. Overall, less to mow, but more significantly, fewer awkward bits to mow.

It was to be a true DIY project: I said to the missus “do it yourself”. It would take time, which meant it encompassed sufficient present-giving occasions for me to provide, by request (or at least with prior agreement), a few hundred bricks for one Christmas (to edge the paths), a few tons of gravel for a birthday (to fill between the edges), and a battery powered wheelbarrow for another Christmas (to get the bricks and gravel to where they were needed). And I didn’t have to gift wrap any of them!

Roger Greenhalgh  
(whose wife gardens in West Wales)

## **AN APPEAL**

If you are aged over 60, living in Talley or Cwmdru  
and would be interested in joining the  
**Talley & Llansawel Luncheon Club,**  
please contact **Jean Davies on 01558 685252**  
for more details.  
The Club luncheon is held every Thursday at  
the Black Lion Hotel.

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### **FOOTNOTE TO 2015**

The following messages arrived too late for inclusion in the January issue.

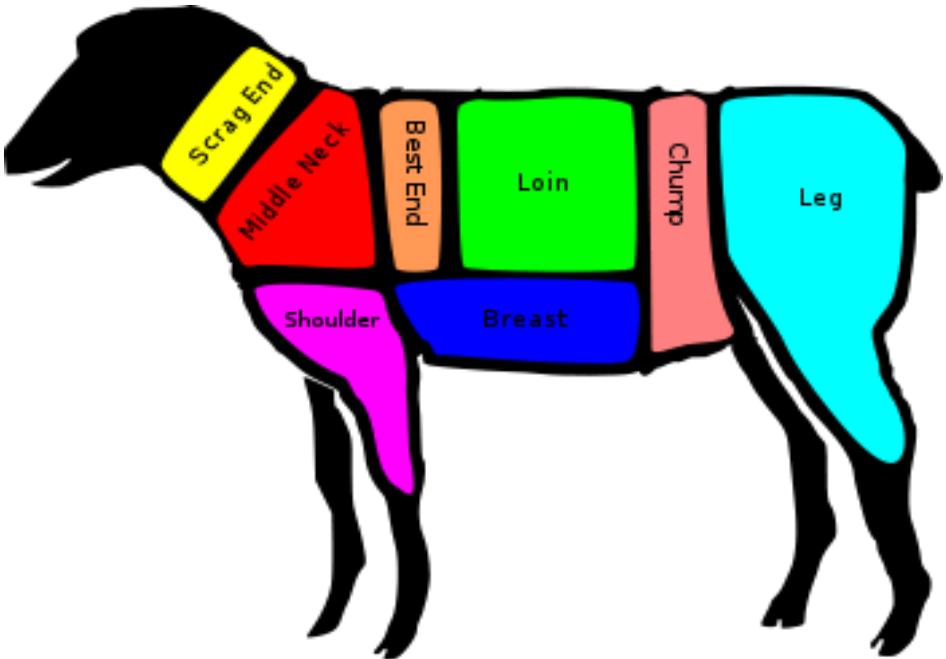
#### **Dennis Boyes Memorial Service**

Jacqueline Boyes and all of Dennis's family would like to thank everyone who came to the memorial service on 12th December. Your attendance was much appreciated and we feel sure that Dennis would be so very touched by the response.

#### **Christmas Cards**

Steve Upson would like to thank all those who were kind enough to send him a Christmas Card last year and apologies to anyone that did not get a response. He very much appreciates the kindness shown to him.

## CUTS OF LAMB



In Britain, meat from sheep is usually divided into three categories.

- Lamb — A young sheep under 12 months of age which does not have any permanent incisor teeth “in wear”.
- Hogget — A term for a sheep of either sex having no more than two permanent incisors in wear. Although still common in farming circles, it is now rare as a retail term for the meat. Much of the “lamb” sold in the UK is technically “hogget”.
- Mutton — A female (ewe) or a castrated male (wether) sheep having more than two permanent incisors in wear.

The meat from sheep is called “lamb” if it is marketed in the year of its birth (or in the year following its birth if the lamb is born after 30 September). After this it technically becomes known as “hogget” or “old-season lamb”. Only when the animal has its first permanent incisor tooth (at around 1-1½ years) will the meat from it become known as “mutton”. However, the majority of mutton sold today comes from breeding animals that have reached the end of their productive contribution to the flock.

Although early-season lamb is very tender, the meat from older animals will have developed more flavour because it contains a higher concentration of species-characteristic fatty acids and is preferred by some people. Mutton and hogget also tend to be tougher than lamb (because of connective tissue maturation) and are therefore better suited to casserole-style cooking, as in Lancashire hotpot, for example.

Salt marsh lamb is the meat of sheep which graze on salt marshes in coastal estuaries that are washed by the tides and support a range of salt-tolerant grasses and herbs, including sorrel and sea lavender. Depending on where the salt marsh is located, the nature of the plants give the meat a distinctive flavour. Salt marsh lamb has long been appreciated in France and is growing in popularity in the United Kingdom. Places where salt marsh lamb are reared in the UK include Harlech, Gower Peninsula, Somerset Levels and Morecambe Bay.

Lamb is often sorted into three kinds of meat: forequarter, loin, and hindquarter. The forequarter includes the neck, shoulder, front legs and the ribs up to the shoulder blade. The hindquarter includes the rear legs and hip. The loin includes the ribs between the two.

Forequarter meat of sheep, as of other mammals, includes more connective tissue than some other cuts, and, if not from a young lamb, is best cooked slowly using either a moist method, such as braising or stewing, or by slow roasting. It is sometimes sold already chopped or diced.

**Scrag end** is the name of a cut used for both lamb and mutton. It is a primal cut, thus is separated from the carcass during butchering. It is one of the cheaper cuts of meat and can be used in soups and stews. It is the fore-part of the neck.

**Middle neck** and **best-end** are the cuts from which you get thin strips of meat known as “cutlets”.

**Lamb chops** are cut from the rib, loin, and shoulder areas. While the rib chops include a rib bone, the loin chops include only a chine bone (part of the backbone attached to the ribs). Shoulder chops are usually considered inferior to loin chops; both kinds of chops are usually grilled. Breast of lamb (sometimes called “baby chops”) can be cooked in an oven.

A **rack of lamb** is a cut perpendicular to the spine and includes the ribs. It is usually sold ‘single’ (i.e. sawn longitudinally and including the 8 ribs on one side only) but may also be sold as a “double rack of lamb”, with the ribs on both sides. When two trimmed single racks are placed together with the 16 ribs interlinked it is often known as a “**Guard of Honour**”.

**Leg** of lamb is a whole rear leg; **saddle** of lamb is the two loins with the hip. Leg and saddle are usually roasted, though the leg can be boiled.

**Lamb shank** is cut from the arm of shoulder. It contains leg bone and part of the round shoulder bone. It is covered by a thin layer of fat and fell (a thin, paper-like covering) and is best cooked by slow roasting.

**Chump** is the cut taken from the lower back. Sold as chops, or with the bone removed as steaks, it is ideal for grilling and barbecues but also delicious if baked slowly in the oven.

Offal (the internal organs and entrails) from sheep, although considered a delicacy in some parts of the world, are not usually eaten as human food in the UK. The main exception to this is lamb's **liver**, which is traditionally fried with onions and served in a rich gravy sauce.

The traditional Scottish **haggis** consists of a sheep stomach stuffed with a boiled mix of liver, heart, lungs, rolled oats and other ingredients.

Roger Pike

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## **BLOOD BIKERS**

Every Friday afternoon the NHS internal transport system closes down until Monday morning. Over the weekend urgent supplies have been carried by taxis or the Police, for a charge.

Blood Bikes is the informal name for a Charity which provides an emergency medical service in the United Kingdom and Ireland. It provides voluntary motorcycle courier services to hospitals and other healthcare providers, to help with the transport of urgent blood, tissue, organs, baby milk and medical notes. All the funding activity is carried out by the Blood Bikers themselves. Blood Bikers Wales covers South and West Wales as far as Aberystwyth. We can also collect baby milk from Bristol or Birmingham.

Every Blood Biker is already an advanced rider with further training and assessment needed before being able to take on a shift. We usually volunteer for twelve hour shifts, day or night over a specific weekend or for a specific baby milk shift or fund-raising duties. Motorcycles are used because it can cut down journey times, especially when filtering through jams.

In the Carmarthen area we use an ex-Police motorcycle, with a spare bike available in Swansea. On my duty weekends you'll see it parked outside my house when I'm not on a 'shout'.



After twenty seven years without a bike, I decided that I needed to dance with the road through two wheels again. I duly created a wish list of touring bikes and bought the one that suited me best. Riding on the road came as a bit of a shock. Much more traffic than when I last rode. So many cars driven badly, and so many sports bikes ridden by idiots. And as for the bicycles...!

There are two organisations offering advanced riding courses, IAM and ROSPA. I passed the IAM course in 2015 and took the Blood Bikes training with my first shifts in October. I haven't been further than Haverfordwest and Swansea yet, but it's early days. Pain controlling medication to a house through to urgent transfer of medication from one Hospital to another's Intensive Care Unit. It's never dull and always appreciated. There are still people who find it hard to believe that we receive no pay, but the chocolates and tea on the Wards are very welcome!

Ride and drive safely. ☺

Paul Jones

## CARE OF HOUSE PLANTS

Last year I received many requests regarding the care of house plants. Here are a few essential tips.

Usually there are instructions on the label attached to the plants and they should be read carefully as they draw attention to the importance of position, temperature, humidity and the process of watering and feeding. Occasionally, the label can become lost, but if there are problems many people ask me for advice.

### Position

Draught is a plant's worst enemy, drying the leaves and having a devastating effect on the temperature.

### Temperature

It is important to consider that there is a great difference between night and day temperatures in a room. Problems can occur if the plant is placed on the windowsill or near a central heating radiator where the heat can vary. Avoid placing plants near windows and glass doors.

### Humidity

Warm air has a higher level of humidity than cold air and causes condensation in a warm room. Most plants require a good level of humidity, especially plants with thin leathery leaves e.g. orchids, lichens, calathea, some ferns, cacti and succulents. These plants should be watered daily by spraying, and if this

## GOFALU AM BLANHIGION TY

Yn ystod y flwyddyn cefais geisiadau gan ddarllenwyr y Gadwyn, yn gofyn am gyngor ar sut i gynnal a chadw planhigion ty. Dyma rai cyngorion pwysig i'w nodi.

Ran amlaf mae cyfarwyddiadau ar label sydd yn glwm a'r planhigyn a da o beth yw talu sylw i'r rhain yn ofalus, gan y bydd, mwy na thebyg, wybodaeth ar y lleoliad tymheredd, lleithder, ac ar y broses o ddyfrhau a bwydo. Y drafferth yw bod yna berygl i'r label fynd ar goll, ac os daw problemau, mae pobl y fro yn awyddus i ddod ataf am gyngor neu ddau.

### Lleoliad

Gelyn pob planhigyn ty yw drafft, sy'n gallu sychu'r dail, ac effeithio'n enbyd ar y dymheredd. Rhaid cadw hyn mewn cof.

### Tymheredd

Dylid ystyried fod yna wahaniaeth mawr mewn tymheredd y dydd a'r nos yn yr ystafell. Gall hyn ychwanegu'r broblem os fydd lleoliad ar sil y ffenestr, yn agos i rheiddiadur gwres canolog, a hwnnw'n cael ei droi i ffwrdd o bryd i'w gilydd. Gwell osgoi gosod ger ffenestri a drysau gwydr.

### Lleithder (Humidity)

Mae aer cynnes yn dal mwy o leithder nac un oer, dyna paham mae crynhoad lleithder (condensation) mewn ystafell gynnes.

is not possible, the pot should be placed in a tray containing gravel or damp sand.

### **How to water**

Most plants like being watered but tap water should not be used as it contains chlorine. Ideally the water should be boiled and allowed to cool. This should be done when the compost is almost dry or when the pot feels light by pouring water into a saucer, placing the pot in it for about 5 minutes to absorb the water and pouring the excess away before replacing the pot in the saucer.

Water containing chalk should not be used for orchids, azaleas, gardenias and lime hating plants. Rain water, water from a well or melted ice from the freezer should be used. Water from the above sources should be used to spray the leaves as tap water can cause chalk marks to appear on the leaves. The humidity caused by spraying the leaves leads to a humid micro climate and cleans the pores in the leaves. The spraying should be done twice a week.

### **Feeding the Plants**

Fresh potting compost contains enough manure for six weeks only, therefore, it is essential to add fertilizer regularly. There are many types of fertilizer, the best being Growmore concentrate fertilizer and a few drops in a litre of water are recommended. The main advantage of using this type of fertilizer is that it

Mae'r rhan fwyaf o'r planhigion yn gofyn am lefel dda o leithder, yn enwedig planhigion (thin leathery leaves) ee tegeirian (orchid), cen y cerrig (lichens) calathea, rhai rhedynnau (ferns), cactws, a phlanhigion suddlon (succulents). Dylid dyfrhau y rhain yn ddyddiol trwy eu chwistrelli, ac os na fydd hyn yn bosib, dylid gosod y pot mewn trei yn cynnwys gro neu swnd damp.

### **Sut i ddyfrhau**

Mae rhan fwyaf o blanhigion yn hoffi cael eu fwydo a dwr, ond ni ddylid defnyddio dwr tap, gan ei fod yn cynnwys nwy chlorine. Yn ddefnyddol dylid berwi'r dwr yn gyntaf a'i ollwng i oeri. Dylid gwneud hyn pan fydd y compost bron a bod yn sych, neu pan fydd y pot yn teimlo'n ysgafn drwy osod dwr i soser, gollwng y pot ynddo am tua 5 munud, i sugno'r dwr, arllwys beth fydd yn ormodol a'i osod yn ol yn y soser.

Ni ddylid defnyddio dwr yn cynnwys calch i'r canlynol tegeirian, aselia, jasmin Penrhyn (gardenas) a phlanhigion carnivorous.(lime hating plants). Dylid dyfrhau rhain trwy ddefnyddio dwr glaw, dwr ffynon, neu ia o'r rhewgell wedi toddi.

Dylid defnyddio y dwr hyn ar gyfer chwistrelli'r dail, gan fod dwr tap yn gallu achosi marc sialc ar y dail. Drwy chwistrelli'r dail mae'r lleithder yn achosi (humid micro climate), hefyd yn glanhau pores y dail, gan wneud hyn tua dwy waith bob wythnos.

distributes well and may be used every time the plants are watered. Phostrogen powder which is dissolved in water and Vitax Q4 fertilizer sticks do not mix efficiently and the feeding is not as effective. According to experts, this type of fertilizer can damage the roots and destroy the plant completely. Some plants require very little fertilizer.

### **Compost and re-potting**

It pays to use a good quality fertilizer and to re-pot the plant when the roots appear at the bottom of the pot i.e. 'pot bound'.

1. Wash the pot clean and use a pot one size larger than the original one. 2cm of coarse sand should be placed at the bottom of the pot with some moss paper. The sand will allow the water to dissipate and the moss paper will keep the compost from falling out of the bottom of the pot.
2. The plant must be handled carefully when it is transferred to another pot by turning it upside down and tapping the bottom until the plant is released. If the plant is large it would be a good idea to have some help in order to avoid damaging it.
3. The roots should be examined carefully for signs of disease, removing the affected parts with a sharp knife.

### **Bwydo planhigion**

Mae compost potio ffres yn cynnwys digon o wrtaith am chwe wythnos yn unig, felly rhaid fydd ychwanegu ychydig wrtaith ar ol hyn. Mae yna amrywiaeth o fathau o wrtaith i'w cael;- a'r gorau yw Growmore concentrate fertiliser, gan roi ychydig o ddiferion mewn 1 liter o ddwr. Y prif fantais wrth ddefnyddio'r math yma yw ei fod yn medru gwasgaru'n dda, hefyd gellir ei ddefnyddio bob tro mae eisiau dyfrhau. Mae'r Phostrogen powdwr sy'n cael eu doddi mewn dwr a Vitax Q4 fertiliser sticks heb fod yn gwasgaru'n effeithiol ac felly ddim yn bwydo'r planhigyn yn effeithiol. Yn ol arbenigwyr gall y math yma niweidio'r gwreiddiau a difrodi'r planhigyn yn gyfan gwbl. Dylid ystyried hefyd fod rhai planhigion yn gofyn ond ychydig bach iawn.

### **Compost ac ail botio**

Mae'n talu ffordd i ddefnyddio compost o safon uchel ac ail botio'r planhigyn pan fydd gwreiddiau yn dod allan o waelod y pot h.y "pot bound".

- 1 Yn gyntaf rhaid golchi'r pot yn lan, a defnyddio pot un maint yn fwy na'r cyntaf. Dylid gosod 2cm o swnd cwrs ar waelod y pot ac ychydig mwsogl papur. Bydd y swnd yn helpu'r dwr i ddisbyddu, a'r mwsogl papur yn cadw'r compost rhag dod allan o waelod y pot.

4. Remove as much as possible of the old compost and coarse sand from the roots.
5. After placing the plant in the new pot on the sand and moss paper you may have to add some compost if the level is low.
6. The pot should be shaken regularly in order to avoid pockets of air forming around the plant.
7. You should firm and water well as there is no need to water for six weeks. It would be wise to place a label in the pot with the potting date clearly noted.

If you are fortunate enough to have a plant as a present I hope these tips will be of some assistance to you.

Hywel Jones.  
(kindly translated by Janet James)



- 2 Mae angen trafod y planhigyn yn ofalus pan yn ei drosglwyddo i bot arall, drwy droi ei ben i wared a tapio'r gwaelod nes fod y planhigyn yn cael ei ryddhau. Os bydd y planhigyn yn un enfawr da o beth fyddai cael help llaw,er mwyn arbed difrod.
- 3 Dylid archwilio'r gwreiddiau yn ofalus, a gwneud yn sicr fod yna ddim arwydd o glefydau arnynt, gan dorri ymaith y rhai heintus gyda chyllell siarp.
- 4 Rhaid gwaredu gymaint a ellir o'r hen gompost a'r swnd cwrs sydd ynglwm a'r gwreiddiau.
- 5 Ar ol gosod y planhigyn yn y pot newydd ar ben y swnd a mwsogl papur, efallai y bydd angen ychwanegu ychydig o gompost i'w godi fyny os fydd ei lefel yn isel.
- 6 Dylid ysgwyd y pot yn gyson er mwyn osgoi pocedi o aer o amgylch y planhigyn.
- 7 Dylid ffyrmio a'i ddyfrhau yn dda, gan nad oes angen bwydo am chwe' wythnos. Mae'n fanteisiol i roi label yn y pot gyda'r dyddiad botio.

Os fyddwch mor ffodus a chael o blanhigyn fel anrheg, hyderaf y bydd yr ychydig gynghorion yma o gymorth i chi.

Hywel Jones.

## AN APPEAL FOR HELP

To make my life a little easier, I would like to make two appeals.

- It is becoming more and more difficult to find sufficient material to include in the Newsletter. It would be very much appreciated if those readers who have not yet submitted an article for publication could give serious consideration to doing so.
- We are also in need of more volunteers to translate articles into Welsh. If you would be prepared to undertake this task, please contact me as a matter of urgency. Unfortunately, contributions are not always received before the deadline, so it is often only possible to allow a week (or less) for translating – hence the need for more people to keep individual workloads down.

Roger Pike  
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## THE NEXT ISSUE

Intended Publication Date – **Monday 2nd May 2016**

Copy Dates – Please submit all items for inclusion in the next issue  
**as soon as possible & BEFORE the dates below**

For contributions written in Welsh that require translating  
**Wednesday 23rd March 2016** (to allow time for translation)

For contributions written in either languages (English **and/or** Welsh)  
not needing to be translated  
**Wednesday 30th March 2016.**

**HAPPY EASTER**

**PASG HAPUS**