

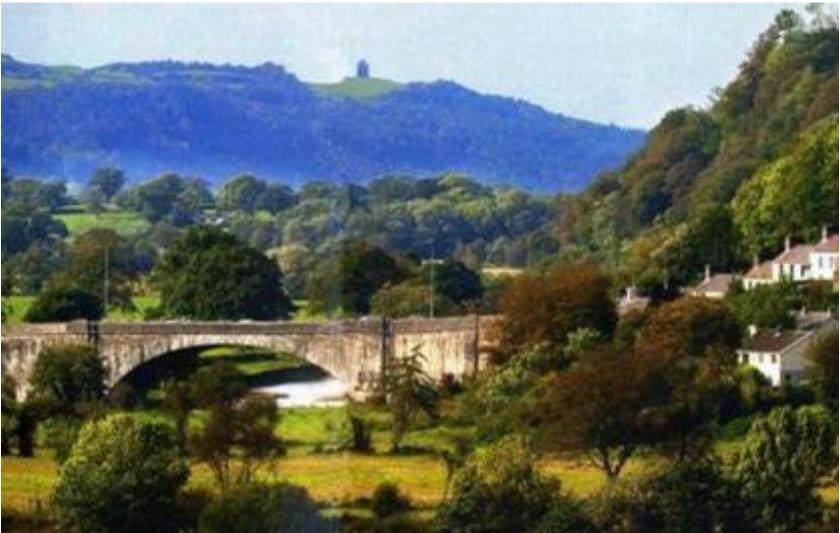
Y Llychau

A NEWSLETTER FOR TALLEY & THE SURROUNDING AREA

www.talley.org.uk/y-llychau

**Issue 54
Rhifyn 54**

**September 2015
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THE BRIDGE AT LLANDEILO

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.

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

THE FRONT PAGE

The present bridge across the Towy at Llandeilo is a single span stone structure and was opened in 1848 following five years of construction. The original estimate to build the bridge was £6,000, but the final cost exceeded £22,000. When opened, it was the third longest single arch in Britain and was described as “probably the finest one-arch bridge in Wales”.

Today’s bridge replaced a previous three-arched bridge over the river than had, in turn, replaced the medieval seven-arch bridge that collapsed in 1795. The modern bridge was needed because the earlier three-arched construction was so narrow that a horse drawn carriage crossing it had only a few inches clearance on each side. The new bridge allowed carriages to travel in both directions at the same time.

THE EDITOR WRITES

Welcome to issue 54 of the Talley Newsletter. With this edition we come to the end of our ninth year of publishing *Y Llychau*. When the first copy was produced, back in November 2006 after months of discussion as to whether such a small newsletter was needed (or even wanted), we were warned that “It will never catch on” and “You won’t get past the first issue – there’s no interest in that sort of thing”.

Well, the prophets of doom have been proved wrong. It is thanks to the support of local people that our little Newsletter Project has survived for so long. As the “editor”, I am extremely grateful for the backing that has been given to me in my attempts to produce *Y Llychau*. I would particularly like to thank one of our supporters who prints the copies as well as those readers who have contributed articles for inclusion in its pages over the past nine years and to those who have translated some of the pieces so that at least some Welsh can be included as well from time to time.

For an assortment of reasons, we now only have one translator left so if you can speak Welsh and would be prepared to translate pieces (often, I’m afraid, at very short notice) I would be delighted to hear from you. I would also be thrilled if a few more people would be willing to write the occasional article. After all, if there are no contributions to print there will be no future for our Newsletter.

Roger Pike
“Editor”

FORTHCOMING EVENTS

Below are the dates of a few forthcoming events for your diary. Your support at as many of them as you are able to attend will be much appreciated.

Cwmdu Charity Motorcycle Show

The annual Bike Show at Cwmdu will be on **Saturday 19th September** from 11.00am until 4.00pm. As well as the usual display of motorcycles there will be stalls and other attractions to raise money for charities that support Crohn's Disease. If you would like to help in any way with St Michael's stall, please contact Susan Shawe for more details.

Talley School Harvest Service

The children and staff of Talley School will hold their Harvest Thanksgiving service in St Michael's Church, Talley, at 2.00pm on **Friday 25th September**. They would greatly appreciate it if you were able to support them by attending the service, in which the children take an active part.

Harvest Supper

The traditional Harvest Supper will be at 7.00pm on **Saturday 26th September** in St Michael's Church Hall. Tickets are £5 each and can be purchased from either John Walford or Roger Pike. All welcome. Why not come along and enjoy a glass or two of wine with the meal and a chat with friendly people.

Harvest Thanksgiving

The annual Harvest Thanksgiving Service will be in St Michael's Church at 10.30am on **Sunday 27th September**.

ADVANCE NOTICE

Christmas Fayre

The Christmas Fayre, with all the usual stalls and games for the children, will be on **Friday 27th November** at 7.00pm in Talley School.

TALLEY WAR COMFORTS COMMITTEE

In the last issue of 'Y Llychau', we wrote about the above Committee. Unfortunately, as we explained in the article, we could not access further information about this committee, due to the current closure of the Carmarthen Archive Office. However, one reader requested that we list all of the names of the Men and Women from Talley Parish, who served during WW2. We are happy to print the names of these brave people.

Talley and Cwmdu Men who served during WW2

(taken from a list prepared by the Talley War Comforts Committee)

Arthur Davies joined in March 1944
D.M. Davies joined in Oct. 1942
Elfed Davies joined in Sep. 1944, discharged in Dec. 1944
Ronald Davies joined in Nov. 1940
Samuel Davies joined in July 1941
Stanley Davies joined in April 1944
Wm.John Davies joined in Jan. 1941
Allan Griffiths joined in June 1940
D. Li. Griffiths joined in July 1940
Capt. D.K. Griffiths joined in Sep. 1939
Tommy Griffiths joined in Aug 1940
David Hesford joined in Feb. 1941
Aldred Jones joined in Sep. 1939
Bernard Jones started active service in Dec.1941
Bertie Jones joined in Sep. 1939
D.D. James, killed in action
Dewi Jones started active service in Sep. 1939
Devonald Jones joined in July 1941
Douglas Jones joined in Sep. 1945
Harold M. Jones joined in Sep. 1939
Albert Lewis joined in Dec.1941
David Lewis joined in June 1940
Melvyn Lewis joined in Feb. 1945

Y Llychau

David Llewellyn joined in Jan. 1940, discharged in May 1942
D.R. Llewellyn joined in July 1943
M. Llewellyn joined in Sep. 1945
John Lloyd joined in Sep. 1939
D. Glyn Morgan joined in March. 1941
Wm. John Morgan joined in Jan.1941
Wm. T. Morgan joined in Dec. 1942
D.G. Peregrine joined in Aug. 1942
Graham Pocock joined in Nov.1940
Percy Pocock joined in Dec. 1942
Jenkin Roberts joined in Sep. 1939, Killed in Action
D. John Thomas joined in Dec. 1939, discharged in May 1942
Ernie Williams joined in Nov. 1939
Emrys Williams joined in Nov. 1943
Geoffrey Williams joined in Feb. 1940
Gwynnaf L. Williams joined in April 1940
James. R. Williams joined in Feb. 1942
Thomas I. Williams joined in Oct. 1941

Talley and Cwmdu Women who served during WW2

Betty Davies joined in June 1941
Mrs Howells joined in May 1942, discharged in Oct. 1944
Mrs J Kinsey joined in March 1944
Miss A.G. Morgan joined in August 1940
Edith Morgan joined in Jan. 1943
Gwyneth Morgan, joined in Aug. 1941, discharged in Sept. 1943
Daisy Pocock joined in May 1940, discharged in Sept. 1943
Miss M.E. Thomas joined in Sept. 1941

Pat Edwards
Talley History Group

FISH & CHIPS

Fish and chips is a traditional meal which originated in England. In its simplest form it consists of battered fish and deep-fried chips. It became a stock meal among the working classes in the UK following the rapid development of trawl fishing in the North Sea and the development of railways, to carry fish from the ports to the major centres of population during the late 19th century.

However, deep-fried fish was first introduced into Britain during the 16th century by Jewish refugees from Portugal and Spain (although it was not until the 1860s that the first fish and chip shop was opened). Deep-fried chips (slices or pieces of potato) as a dish may have first appeared in Britain in about the same period, but the earliest usage of the word “chips” in this sense appears in Dickens’ *A Tale of Two Cities* (published in 1859): “Husky chips of potatoes, fried with some reluctant drops of oil”. Early fish-and-chip shops had only very basic facilities. Usually these consisted principally of a large cauldron of cooking fat, heated by a coal fire. During World War II fish and chips remained one of the few foods in Britain not subject to rationing.

Fish became a popular dish in London and South East England during the 19th century, (Charles Dickens mentions a “fried fish warehouse” in *Oliver Twist*, first published in 1838), while in the north of England a trade in deep-fried chipped potatoes developed. In Oldham, the first UK chip shop was opened in about 1860. Exactly how the two trades became combined is not clear, but a Jewish immigrant, Joseph Malin, opened the first recorded combined fish-and-chip shop in London in 1862 and a Mr Lees from Manchester pioneered the concept in the North of England, in Mossley, in 1863. A blue plaque at Oldham’s Tommyfield Market marks the first chips fried in Britain around 1860, and the origin of the fish and chip shop and fast food industries in Britain.



The first fish restaurant in London was opened in Whitechapel in 1896 by Samuel Isaacs, who ran a thriving wholesale and retail fish business throughout the capital and the South of England in the latter part of the 19th century. Isaacs’ first restaurant served fish and chips, bread and butter, and a pot of tea for nine pence, and its popularity ensured a rapid expansion of his business. He soon owned a chain of restaurants in London and several south coast towns. Unlike other eating places of the period, his restaurants were carpeted, had waitress service, tablecloths, flowers, china and cutlery, making dining out attractive and affordable to the working classes for the first time.

Originally cod and haddock were the most commonly selected fish to go with chips, although other white fish is now sometimes used. Pollock, plaice, skate or rock salmon (a term covering several species of dogfish and similar fish) are popular in the West Country and the north of England. Early British fish and chip shops used beef dripping or lard to fry the food, but this was soon replaced by vegetable oil, because of its relatively high smoke point. This change also allowed vegetarians to appreciate the delights of the dish. Initially, a simple water and flour batter was used to coat the fish, but it was soon discovered that the addition of a small amount of sodium bicarbonate (baking soda) and a little vinegar created bubbles, which made the batter lighter. Some restaurants use beer in their batter. The carbon dioxide in the beer lends a lighter texture to the batter and results in a more pleasing orange-brown colour.

Even in the United States the dish is sold as “fish and chips,” except in Wisconsin, where they call it “a fish fry”. The name “fish and chips” remains despite the fact that the word “chips” in the US generally refers to what we call “crisps” in the UK. (Americans typically refer to fried, sliced potatoes as “fries”.)

British chips are usually thicker than American-style fries, resulting in a lower fat content per portion. The amount of fat that soaks into the potato depends on the surface area and the length of time for which it is cooked. British chips have a smaller surface area per unit weight than American fries, which means absorbing less oil in a given time. On the other hand, chips, being thicker, take longer to cook than fries. “You pays your money and you takes your choice”.

The long-standing Roman Catholic tradition of not eating meat on Fridays – especially during Lent – has always allowed fish to be substituted for meat on that day. This custom continues to influence habits even in non-Catholic countries, where Friday night remains the time when most fish-and-chips meals are eaten. In fact many cafeterias and similar establishments, while varying their menus on other days of the week, habitually offer fish and chips every Friday.

In the United Kingdom the Fish Labelling Regulations of 2003, introduced to enact an EC Directive, meant that “fish” must be sold with the particular commercial name or species specified; so “cod and chips” now appears on restaurant menus rather than the more vague “fish and chips”. Surprisingly, the Regulations do not apply to mobile fish-and-chip vans nor to “caterers”. It would appear to be legal to sell “fish and chips” in a supermarket café or at a private function, but not in a proper restaurant, where the fish must be identified. I wonder why the variety of potato used for the chips does not need to be specified.

Roger Pike

TWO QUOTES TO THINK ABOUT

“I am thankful for all of those who said NO to me. It’s because of them I’m doing it myself.” – Albert Einstein

“Yesterday is history, tomorrow is a mystery, today is a gift from God, which is why we call it the present.” — Bill Keane

A MESSAGE FROM EBENEZER APOSTOLIC CHURCH,

Lately, I have been reading Proverbs and chapter 4 verse 23 in particular intrigued me. “Above all, guard your heart, for it is the wellspring of life.” This really inspired me to think about where my heart is and how healthy it should be. We all know the importance of exercise – walking or gardening, or whatever you enjoy doing – being careful with our diet and remembering to include lots of vegetables and fruit; limiting salt intake and maintaining a healthy weight. Surely this is all good advice!

Secondly, I want to meditate on the phrase that really inspired me “the wellspring of life” I like to think that a wellspring is a little water that springs up and provides the drink of life exactly when we need it. We could apply this thought to our spiritual hearts and perhaps think about how God provides just what we require when we really need it. He also encourages us to guard what we allow into our hearts. So I would like to inspire you to think also about where you are at present and perhaps to meditate on the following passage from Numbers 21:16-17 ‘From there they continued on to Beer, the well where the Lord said to Moses, “Gather the people together and I will give them water.” Then Israel sang this song: “Spring up, O well! Sing about it.” ‘

To sing is thrilling for the heart and there are many passages in the bible that encourage us to do just this. However, we all need spiritual life which includes music, water and above all the saving grace of the Lord Jesus Christ.

If you are as intrigued as I am, I would like to welcome you to one of our services at Ebenezer Apostolic Church, Halfway. Each Sunday we have Morning Praise at 10.30 a.m. and a Gospel Service at 5.00 p.m. You will be very welcome. Find us on the Talley Road between Llandeilo and Talley. Post code – SA19 7YA.

Angie Davies

THE HAVEN



Are you feeling lonely and in need of companionship?

**Are you a carer looking after a senior citizen
or someone with dementia?**

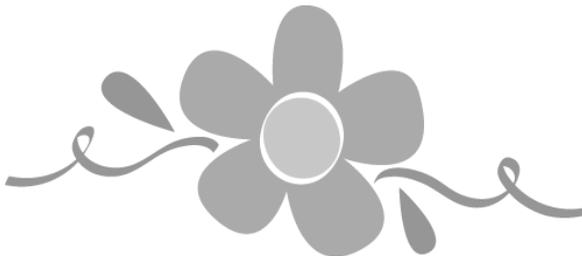
**Why not bring them to 'The Haven', our fortnightly coffee morning
(10.30 to 12 noon), held in the hall of Ebenezer Church, Halfway,
(near Talley) SA9 7YA.**

There are no charges and refreshments will be provided.

A warm welcome awaits you.

Coffee mornings are held fortnightly on Tuesdays.

Further information from Eric and Diana on 01269 593214.



TALLEY CHANGES

One of our readers who lives locally, but wishes to remain anonymous, has been kind enough to submit the following article.

As a resident of Talley for the past twenty plus years, I have seen some changes that have made Talley a place of beauty to live in.

When I first arrived here, the main Lampeter to Llandeilo road through Talley was like a patchwork quilt, as it had been dug up so often from the Edwinsford Arms pub to the road branching off to Llansadwrn. Then it was resurfaced and became a nice smooth road.

Back then, Maescelyn was just in its infancy with only four residencies built. I bought my house there and saw it being built. On completion of the now current estate, we were promised that the road to the estate would be completed within eighteen months. Twenty-two years later the road is now completed thanks to the residents putting in their own money after already having paid for the road on completion of the purchase of their properties.

Initially the Council were supposed to take the road over. This has never taken place because the road was deemed not to be up to the standards of the present County Council. During the recent resurfacing of the road, the residents were represented by Wyn and Pat Edwards and Wayne Howells who worked wonders in getting the work done. Our grateful thanks go to all three of them for their time, energy, sweat and tears put in to organising to have the road completed. They succeeded where others have failed.

Some trees in the woodlands above the Abbey, Church and Lakes unfortunately have larch disease and will have to be cut down. Hopefully they will be replaced by new trees. These trees make a lovely background to Talley as you drive from Llandeilo as the colours are always changing depending on the weather and time of year. There are lovely walks through the forest and when you arrive at the top the views are tremendous.

Unfortunately, we have lost our Post Office, Shop and Pub, but we still have a School, a Church and a Chapel. The school and church hold different events throughout the year to raise money and these are supported by the villagers and our friends from neighbouring Cwmdu.

Talley is a peaceful and tranquil place to live with a great history and beauty.

TALLEY SCHOOL

Fun Run

Congratulations to Jiva, a year 4 pupil at Talley School. For the second year in a row Jiva ran to victory to win the Talley School Challenge Cup.

YSGOL TALYLLYCHAU

Ras Hwyl

Llongyfarchiadau mawr i Jiva disgybl blwyddyn 4 yn Ysgol Talylychau. Am yr ail flwyddyn yn olynol rhedodd Jiva i fuddugoliaeth i ennill Cwpan Her Ysgol Talylychau.



Six children who left Talley School this year have each written a short piece about the school.



Arianne

I have enjoyed my time at Talley school very much. I like writing, art and I love spending time with my teachers and my friends. I was 7 years old when I started in Miss Walker's class. I remember drawing a house on Miss Walker's classroom carpet! How naughty was I?

o 0 o

Solwen

I too have enjoyed being in Talley school so much. The teachers are all really nice and they have cared for me during my time at the school. I love art and I will miss this school very much. I remember my first day. My sister, Rosa, held my hand and walked me up the school yard. Happy memories.

o 0 o

Rory

The best thing about Talley school for me was learning to read. I worked really hard learning my letters and sounds. By now I'm able to read the dead famous reading books. I am now reading Joan of Arc and her marching orders. I like reading books that tell me about history.

o 0 o

Joahua

I only stated last September in Talley school but it has been amazing. It has been fun and I have made lots of friends. I have had the best teachers in the world.

o 0 o

Malati

I have really enjoyed my time at Talley school. I started when I was four years old. My favourite subjects are mathematics, sience and art. I have loved spending time in Talley school, with all the teachers caring and supporting me. I remember my first day at Talley with Rory and my sister. What a long time ago.

o 0 o

Ellie

Rydw i wedi mwynhau fy amser yn ysgol Talylychau. Mae'r athrawon di bod yn gefnogol trwy'r amser. Rydw i'n mynd i weld eisiau'r ysgol yn enwedig yr athrawon. Rydw i wedi bod yn yr ysgol ers bod yn dwtsen fach. Ac heddiw yw'r dydd fi'n gorfod dweud ffarwel wrth bawb yn yr ysgol. Felly diolch i chi gyd, tata ysgol Talylychau.



CRADLE SONGS

When I was very small, my mother regaled me not with nursery rhymes or lullabies or ever popular melodies but with old music hall songs full of colourful characters and intriguing situations, at least to a Surrey-bred child. My mother, a frustrated artiste with a passable voice, gave bravura performances complete with the cockney accent she never used in everyday speech.

My own particular song was 'Pretty Little Polly Perkins of Paddington Green' and I quite believed myself to be as 'beautiful as a butterfly and proud as a queen' – even my hair hanging in 'ringerlets' back then – and I fully concurred with Polly's dismissal of the 'broken hearted milkman' as a prospective spouse. My mother very kindly spared me the concluding fragment of this ditty so I never knew until much later that my Polly ultimately succumbed to the doubtful charms of the 'bow-legged conductor of a two-penny bus'!

My other personal favourite was 'I live in Trafalgar Square (with four lions to guard me)' which always reduced me to tears although I couldn't have said why. Folk memory, perhaps, bearing in mind that, according to Peter Ackroyd, 'in the 1880's approximately 400 people used to sleep in the Square among the fountains and the pigeons.'

Gradually, with the passing years, these melodramatic renditions began to merge with other lurid lyrics, fragments of popular poetry and not a few of the jollier out-pourings of Noel Coward and Cole Porter. I am strongly inclined to lay the blame for my inability to spell firmly at the door of such verses as

'A mother was washing her baby one night,
'Twas the youngest of ten and a delicate mite,
The mother was poor and the baby was thin,
'Twas naught but a skelington covered wiv skin.'

This harrowing tale continues with the refrain, 'Your baby has gorn dahn the plug 'ole'.



Grammar doesn't come easy either, thanks to such well-known lines as, 'If it wasn't fer the 'ouses in between' and 'It's the same the 'hole world over; it's the poor wot gets the blame. It's the rich wot gets the pleasure. Ain't it all a (shall we say) blooming shame.' My mother didn't say that at all.

Ah, the heart-rending refrain, 'Heed the prayer of my broken-hearted mother, and pity the poor drunkard's child', the oft sung chorus of 'The Boy I Love is up in the Gallery' and of 'The Man on the Flying Trapeze'. Coward crept in with 'Children of the Ritz' (mentally congealed, Lilies of the Field), 'Regency Rakes' (though obtuse and slow-witted, we're not to be pitied) and 'Oh, What a Century it's Been'.

I had a penchant for the sentimental and patriotic, the 'smokily enchanted' 'London Pride' and 'Stay on the Side of the Angels' where 'dear Lady Windermere, secure and remote and apart' was counselled to 'keep a compassionate heart'.

One of the pleasures of adulthood has been to track down, or merely become unaware of, the complete poems, bits of which, often adulterated, littered my formative years. Many turn on London's apocryphal history and a goodly few emanate from Kipling – 'Puck's Song', 'the River's Tale' and 'When Julius Fabricius, Sun-Prefect of the Weald', for example.

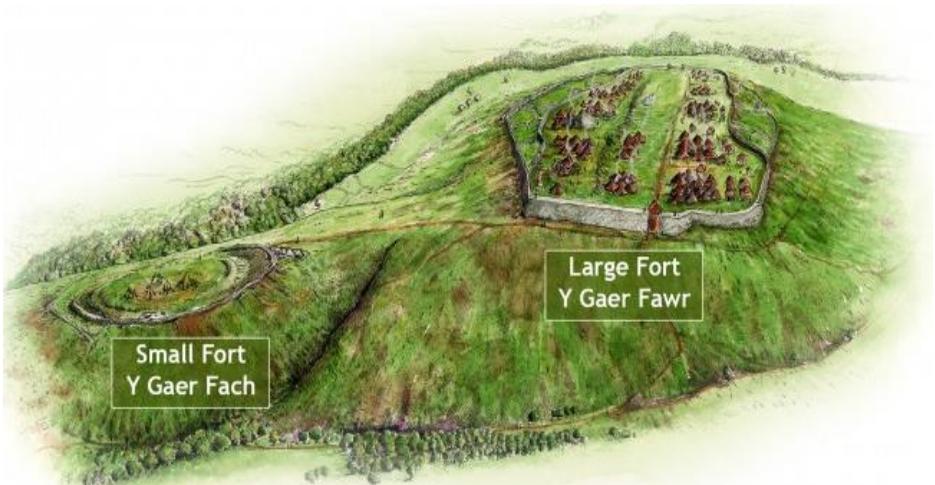
My small self enjoyed declaiming such gems as 'Mortality, behold and fear', courtesy of Francis Beaumont and 'London! the needy Villain's general Home' which is down to Samuel Johnson.

The last word is with Kipling. My absolute favourite – anyone's guess as to why – was always what I have since learned is actually the dedication from 'Barrack-Room Ballads' although I called it 'Gentleman Unafraid' and knew only a little of the whole.

And oft-times cometh our wise Lord God,
master of every trade,
And tells them tales of his daily toil,
of Edens newly made,
And they rise to their feet as He passes by,
gentlemen unafraid.

S Shawe

GARN GOCH HILLFORT



Layout of the Site (from the CADW leaflet)

Garn Goch is situated 700 ft above sea level on top of a hill just off the back road between Llandeilo and Llangadog, near Bethlehem. It is one of the largest Iron Age Hillforts in Wales. About 2500 years ago this hilltop would have been a thriving community where several hundred people would have lived and worked, growing food and producing goods to be traded.

The large stone defences, although only a rubble bank today, once stood as stone-faced ramparts 10m high and 5m thick and would have offered security from natural dangers such as wild wolves and would have offered protection from other humans during periods of warfare.

The site was probably occupied as a defensive position and settlement in the early Bronze Age (2000-1400 BC). In the Iron Age, (500 BC to the Roman period), the fortifications became more extensive and sophisticated with increased tribal unrest and warfare among the westward-moving Celts and the descendants of the Bronze Age 'Beaker' people. The Celts with their warrior culture and their iron weapons, chariots and mounted horsemen, were a vigorous and rapidly expanding group of peoples who brought their own distinctive culture to the British Isles.

There were two hillforts on the site. A smaller one sat in the shadow of its much larger and impressive neighbour. The smaller fort, y gaer fach, encloses an area of about 3½ acres. It is in a ruinous state and appears to be incomplete, perhaps abandoned part way through a programme of rebuilding that was never completed.

This fort is dwarfed in comparison with the nearby larger fort, y gaer fawr, with its enormous stone ramparts and at least six separate entrances to its 27½ acres. The two camps were erected in the Early Bronze Age and further fortified during the early years of the Roman occupation into a pair of forts sharing the ridge.

Garn Goch is situated on the boundary of the lands of the rival Silures and Demetae tribes. The Silures resisted the Roman advance, while the Demetae cooperated with the invaders to strike at the Silures. Legend has it that Caradog (known as Caractacus to the Romans) was one of the Silures leaders of the native British resistance and used Garn Goch in his battles with the Romans.

Although the fort was strengthened to meet the Roman threat, the new defences did not hold off the Romans for long. In 70AD they reached the Towy Valley, one of their critical marching routes through Wales, and, despite the inhabitants of Garn Goch fighting hard to defend their land, the Roman conquest was completed and the communities of Wales gradually became part of the new imperial province of Britannia for the next 300 years.

Archaeology has revealed that the hilltop was used as early as the Neolithic period and there are also several Bronze Age burial mounds on the hill. Near the northern rampart is a large mound of stones which may be a burial cairn and probably predates the fort. There is little archaeological evidence that Garn Goch was occupied after the Roman period.

Garn Goch is on common land, so is open to visitors without charge. A public footpath runs directly through the site, and the long distance Beacons Way (which begins at Bethlehem) runs close to the forts. There is a small car park at the foot of the hill, signposted from the village, and the path leads past a standing stone (not an ancient one) that is a memorial to the first Plaid MP, Gwynfor Evans.

To appreciate its name (Garn Goch means 'Red Cairn') it is best visited in the autumn when the red colour of the hill is more visible.

Researched by Roger Pike.

THE ENGLISH

The average Englishman, in his home he calls his castle, puts on his national costume – a shabby Raincoat patented by Charles MacIntosh of Glasgow, Scotland. He gets in his car which has an overhead valve engine, developed by David Dunbar Buick of Arbroath, Scotland, and fitted with tyres invented by John Boyd Dunlop of Dreghorn, Scotland, to drive to work.

At the office he receives his mail with adhesive stamps which, although they bear the Queen's head, were invented by John Chambers of Dundee, Scotland. During the day he uses the telephone, Invented by Alexander Graham Bell of Edinburgh, Scotland.

At home in the evening after helping his son with his mathematics homework using logarithms, discovered by John Napier of Edinburgh, Scotland, he watches his daughter ride her bicycle, invented by Kilpatrick MacMillan, a Blacksmith from Dumfries, Scotland, and then settles down to watch the news on television which was invented by John Logie Baird of Helensborough Scotland. He hears an item about the U.S. Navy founded by John Paul Jones of Kirkbean, Scotland, followed by news of a vote in the House of Commons dominated by members of the Scottish National Party.

He has now been reminded too much of Scotland and in desperation decides to read a book. He picks up the Bible, only to find that the first man mentioned in the good book is a Scot – King James VI – who authorised its translation. Nowhere it would appear can an Englishman turn to escape the ingenuity of the Scots.

He could take to drink, but the Scots make the finest whiskey in the world. He could take a rifle and end it all, but the breech-loading rifle was invented by Captain Patrick Ferguson of Pitfours, Scotland.

If he failed to kill himself he could find himself on an operating table being injected with Penicillin, discovered by Alexander Fleming of Darvel, Scotland, and given an anaesthetic, discovered by Sir James Young Simpson of Bathgate, Scotland.

Out of the anaesthetic he would find no comfort in learning that he was as safe as the Bank of England which was founded by William Patterson of Dumfries, Scotland.

HEATHER

Why not grow yourself some lucky heather?-Who knows whether it has special attributes or not?-Maybe growing heather does help some people. But is white heather supposed to be luckier than pink or pink luckier than white? Again, who knows? Heather has always been linked to luck and good times – perhaps due to the gipsy women selling their wares at the door step: “Buy some heather for luck!” they cried. Or maybe because heather has been linked to beneficial therapeutic results – especially in Northern Europe. Either way, heather conjures up pleasant thoughts; the heather-coloured pinks and mauves of finely woven wool tweed, heather honey for tea, or the fragrance of the flower.

Bouncy under your feet and beautiful to look at on hillside walks, wild heather evokes memories of misty moors and a bracing climate. Many heather species stand up well to harsh climates and wind. Photographs of guests in Welsh kilts, wearing a sprig of heather in their buttonholes at weddings, will have a place in the hearts and albums of many people in the years to come, of course happy days they usually turn out to be too. Luck perhaps. But please don't all rush at once for the heather stand at your local nursery. I remember well taking a bunch of heather from the Gar Mountain near Cwmdu to present it to Anna Resz the daughter of the late Stanislaw Sykut, Cefn Hendre, with the late Roy Davies when we went out to film a documentary for S4C in year 2000.

Whatever heather reminds you of, growing it in the garden helps capture happy memories. But it is also a way of keeping colourful ground cover in winter. The genus *Erica* and the genus *Calluna* are frequently found in the British Isles and parts of Europe. Heathers and heaths are also highly valued and grown in other parts of the world.

It is interesting to know that the species *Calluna Vulgaris* is reputed to be of some use in homeopathy for arthritis, insomnia and rheumatism. Heather honey has been long time recommended for good health – a product that is generally easy to digest and one that been well tested by time.

Let's try and sort out the difference between the two types.

Erica and *Calluna* both belong to *Ericaceae*, but can be quite a puzzle for the new gardener to decide which genus is which at a garden centre or on the show bench. To differentiate between them, *Erica* species are better known as heaths, a hardy shrub, while the word heather is reserved for *Calluna*. There is only one species of the latter genus, but numerous varieties. Species of both *Erica* and *Calluna* are called heather.

There are lots of species of hardy evergreen Erica. Some flower early in the year; others flower late. It is possible to have plants of this genus in bloom during all or most of the year, providing species are chosen that flower in natural succession. The possibility of being able to have colour in the garden, more or less continuously, is one of the features that add to the advantages of growing this genus.

Erica species and cultivars are often chosen in a variety of colours for the garden. Flowering plants in several shades and tints of nearly black, red-brown, pink and white are available from garden centres or specialist nurserymen. And foliage colours in golds, bronzes, greens and yellow can be selected to complement each other.

Plants of hardy evergreen Erica Carnea, perhaps the most often seen species are about 15 to 22.5cm in height flowering from about January to April.

Lime tolerant and winter flowering Erica carnea varieties include “Foxhollow”, bright yellow, bronze tipped foliage and pink flowers – a good choice for ground cover; Ann Sparkes, gold foliage, red flowers; Springwood, white, a compact variety that can be used to create a chequered broad effect when grown with pink variety Myretoun Ruby in show displays.

Erica Darleyensis is a lime tolerant species that reaches 60cm and flower from November to April. Variety E.x Darleysis Jenny Porter is appealing. Arthur Johnson an evergreen shrub with pink flowers, makes a splendid container plant for winter display. Erica Cinerea are intolerant of lime – flowering from July until September. Eden Valley has a spectacular pink-white bi-colour flower. E. Vagrans, also lime intolerant, is another summer flowering species, blooming from July until October.

Cape Heath is a species from South Africa, E. Gracilis is widely grown in Germany and sold in the UK in autumn for display in window boxes. For some areas these plants might not be as suitable as British heaths. They are not so hardy and for successful cultivation they require ericaceous compost with extra horticultural sand.

Calluna Vulgaris is found in North America, Europe and Siberia. The word comes from the Greek meaning to beautify, because the stems were used for sweeping. In this species, the calyx covering the petal part of the flower (the corolla) distinguishes it from Erica. That is, in the Calluna calyx is the pretty part of the flower, rather than the petals. Many varieties are grown primarily for their foliage, which can be bronze, gold, grey or red as well as shades of green. Calluna

species do not flower in mid-winter or spring and they all require acid soil. Flowering is usually from August to October.

There is only one species of the evergreen shrub *Calluna Vulgaris*. The choice varieties amongst the hundreds that exist include County Wicklow, 15-20cm high with pink flowers and grey foliage, Beoley Gold, 30-60cm high with white flowers and gold foliage.



Erica Carnea "Foxhollow"



Calluna Vulgaris "Amethyst"

How to Grow

Generally speaking, choose a site with an acid soil. There are some species and varieties that tolerate a limy soil but most require a peaty, sandy soil. Container-grown heathers and heaths may be planted in winter; otherwise early spring is a good time. Some humus matter for nutrition is usually added to the heather garden, although the soil in their natural habitats is often poor.

A humorous verse from the late Eirwyn Pontsian:-

Nant y Mynydd 'chromium plated',
Yn chwernylli trwy y tap,
Rhwing y grug yn sisial ganu
Byddaf draw yn Lloegr whap!

Hywel Jones

PAST HAPPENINGS ON DAYS IN OCTOBER

This is the penultimate list of historical events that happened on specific days; this time in October. The final list will appear in the next issue of *Y Llychau*.

- October 1st The Post Office introduced the post card and the half-penny stamp in the UK in 1870.
- October 2nd The Welsh Air Service, the world's first helicopter service, began between Cardiff, Wrexham and Liverpool in 1950.
- October 3rd A stone, claimed to be King Arthur's memorial stone, was discovered in a small ruined church in Glamorgan in 1983.
- October 4th The Inter-City 125 high speed train ran for the first time between Swansea and Paddington in 1976.
- October 5th The first war-time civilian evacuees arrived in Wales in 1939.
- October 6th During riots at the Broadwater Farm estate in Tottenham, North London in 1985 one policeman was killed and 55 injured.
- October 7th Three hundred people were rescued after being cut off by a fire on the world's longest pleasure pier at Southend in 1959.
- October 8th The Hoover washing machine factory was opened at Merthyr Tydfil in 1948.
- October 9th The musical *The Phantom of the Opera* enjoyed its first performance at Her Majesty's Theatre in London in 1986.
- October 10th The Savoy Theatre in London, Britain's first public building to be lit by electricity, opened in 1881 with a performance of Gilbert & Sullivan's *Patience*.
- October 11th Anglican Benedictine monks founded a community on Caldey Island in 1906.
- October 12th A bomb exploded at the Conservative Party conference in Brighton in an IRA attack on the British Government in 1984.
- October 13th The three main loyalist paramilitary groups in Northern Ireland announced a ceasefire in 1994.
- October 14th In the worst mine disaster in the UK, 439 are killed in an explosion at the Senghenydd Colliery near Caerphilly in 1913.
- October 15th The flamboyant Soviet leader Nikita Khrushchev retired as head of the USSR in 1964.
- October 16th Britain's most popular children's television programme, "Blue Peter" was first broadcast by the BBC in 1958.

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- October 17th The Welsh Office was established, with a Secretary of State for Wales, in 1964.
- October 18th Texas Instruments marketed the world's first Transistor Radio in 1954.
- October 19th Mother Teresa was beatified by Pope John Paul II in 2003.
- October 20th The Welsh Language Act placed Welsh on an equal footing with English within the public sector in Wales in 1993.
- October 21st After heavy rain, a colliery waste tip slipped onto the school at Aberfan, killing 116 children and 28 adults, in 1966.
- October 22nd One of Britain's most notorious double-agents, George Blake, escaped from prison in a daring break-out believed to have been masterminded by the Soviet Union in 1966.
- October 23rd Lake Bala burst its banks and flooded many parts of the Vale of Edeirnion in 1952.
- October 24th The United Nations Organisation was born after allies of World War II ratified the UN Charter at a ceremony in Washington DC in 1945.
- October 25th Midland Bank and others launched the *Access Credit card* in 1972. In 1996 it was taken over by Mastercard.
- October 26th A new steelworks at Llanwern, near Newport, opened in 1962.
- October 27th King Edward VII granted city status to Cardiff .
- October 28th The last horse-drawn tram service in Britain 1905in, the Pwllheli and Llanbedrog Tramway on the Llŷn Peninsula, closed in 1927 after high seas washed away much of the track.
- October 29th The M25 London orbital motorway was completed in 1986 when Prime Minister Margaret Thatcher formally opened the last stretch.
- October 30th In 1961 Russia exploded a test hydrogen bomb – at 50 megatons, it is still the largest explosive device ever detonated, nuclear or otherwise.
- October 31st Indira Gandhi, the Prime Minister of India, was shot dead by two assassins believed to be her own bodyguards in 1984.

Researched by Roger Pike

TALLEY OPEN GARDENS DAY

The annual Open Gardens Day was held on 13th June and although the weather was not perfect the event attracted a large number of visitors from far and wide. Among them were several members of the West Wales Cottage Garden Society. The Society's secretary, Pat Hemsley, wrote a report of the visit which can be viewed on www.westwalescgs.co.uk but part of it is reproduced below.

It is always a pleasure to visit other people's gardens and to chat with their owners, and our visit to the open gardens in Talley was no exception. The warmth of the welcome easily compensated for the damp grey day.

Each garden had its own personality (as it should have!) but there were some common themes among the five we visited. (The rest we are saving for a future Open Day!) Each is set in the most stunning scenery with lovely rural and valley views. Planting is lush and exuberant and there were *Digitalis*, *Meconopsis cambrensis* and *Aquilegia* (including a stunning *Aquilegia formosa*) almost everywhere we looked. Containers of all manner of plants seemed a key feature. And most important, each garden owner welcomed us wholeheartedly, happy to show us around – we even had an impromptu demonstration of a scale model steam locomotive!

It was lovely to meet up with fellow members at Roger and Shelley's house for refreshments and the opportunity to buy a living souvenir in aid of the two charities being supported.

So a big thank you to Jeanette and Richard, Pat and Peter, John (and Dawn), Nansi and John and especially Shelley and Roger.

Here are just a few pictures taken in the gardens we visited.

Abbey View.



Y Llychau

Rhoslyn



Tinc y Bedol



Plas Medi



Bryn Heulog



Another West Wales CGS member, Nigel Bailey, added the following.

We had limited time at Talley Open Gardens Day so, after looking at several gardens in the centre of the village, someone advised us to drive a couple of miles north to see Lan Farm, and I'm pleased that we did. Karen Thomas has created a magnificent garden high above the valley of the Afon Cothi and 800 ft above sea level.

Conditions could not be more challenging with exposure to the wind and shale and bog for soil. One compensating factor is that the exposed situation means the Gulf Stream plays a part and frosts are rare.

The most striking part of the garden has been created inside a roofless longhouse. The ground floor has been divided into planted sections with low brick walls. One room of the building has been planted with hazels which will eventually be trained to form an arch. Other planting makes use of several other redundant outbuildings.

Below this, an ornamental pond has had to be protected (with a low electric fence) from otters which travel up from the river. A bog garden leads up past topiary chickens to a circular timber summer-house with a central barbeque. The building is so well insulated that barbeques have been enjoyed at Christmas. On the day of our visit it was the location for a free glass of wine!

If you get the chance, it is well worth the drive up the quarter mile of dirt track to see this gem of a garden.

RECIPES FROM THE FRUIT & VEGETABLE GARDEN

As the veg and fruit plots are beginning to yield their rewards to the gardeners for all their hard work, I thought a few recipes to use “grow your own” produce might be useful.

I've used imperial and metric units, as some people – myself included – are not too familiar with metric. These recipes are easy and tasty. I hope you enjoy them.

Apple & Potato Cake – just right for the autumn

Ingredients: 1 lb (454 g) potatoes, after peeling
 1 oz (28 g) butter
 2 oz (56 g) flour
 Pinch of salt
 2 tsp sugar
 8–10 oz (220–270 g) dessert apples, peeled, cored, thinly sliced
 a little milk
 1 oz (28 g) butter, for sprinkling in flakes
 Pinch of ground ginger
 1 oz (28 g) brown sugar, for sprinkling

Method: 1. Boil the potatoes until tender, then drain, mash with butter and set aside to cool.
 2. Add flour, salt and sugar to the mash and knead to form a pliable dough.
 3. Divide the dough in half and roll out each half on a lightly floured surface to form two circles about ½ in (1¼ cm) thick.
 4. Arrange apple slices over one circle and top with the other, sealing the edges.
 5. Place on a greased baking sheet, brush with milk and bake in a pre-heated oven (200C, gas mark 6) for 25–30 mins until golden brown.
 6. Remove from oven, lift off top (tricky, but do-able) and sprinkle to apple with butter flakes, ground ginger and brown sugar.
 7. Replace top (carefully) and return to the oven for 2–3 mins.

Serve and enjoy!

Gooseberry Crumble

I grow red dessert gooseberries, which are sweeter than the green ones. If you use green gooseberries, you might want to increase the sugar to 6 oz (160 g).

Ingredients: 2 lb (900 g) gooseberries, topped and tailed
 4 oz (110 g) golden caster sugar
 4 oz (110 g) whole-wheat flour
 4 oz (110 g) porridge oats
 3 oz (75 g) butter
 3–4 oz (75–110 g), soft brown sugar
 Good pinch of cinnamon

Method: 1. Preheat oven to 180C, gas mark 4.
 2. Place the gooseberries in an ovenproof dish and sprinkle the
 caster sugar over them.
 3. Put the flour and oats in a mixing bowl and rub in the butter
 until it looks quite crumbly and the fat has dispersed fairly
 evenly.
 4. Add the soft brown sugar and cinnamon. Mix well.
 5. Sprinkle the mixture over the gooseberries and place the dish
 in the oven for 30 – 40 mins or until the top is tinged brown.

Lush with cream!

Summer Fruits Pie

This recipe uses a lot of garden fruits. You can make it either as a single crust or double crust pie – I prefer double crust. First of all make sufficient shortcrust pastry in the usual way, or cheat and buy some ready-made! Home-made is best, though.

Ingredients: 12 oz (350 g) raspberries
 4 oz (110 g) redcurrants
 4 oz (110 g) blackcurrants
 5 oz (150 g) caster sugar

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- Method:
1. Place the fruits and sugar in a saucepan and cook gently for 4 mins.
 2. Drain the cooked fruit through a sieve set over a bowl – otherwise you will get a soggy bottom!
 3. Line a pie dish with the pastry and add the drained fruit. If you make a double crust pie, cover with pastry, brush with milk and sprinkle with caster sugar.
 4. Cook the pie for 30 mins in a preheated oven, 200C, gas mark 6.

Fresh Tomato Soup with Basil – serves four.

- Ingredients:
- 1½ tbs olive oil
 - 1 medium onion, chopped
 - 1 medium potato, peeled and quartered
 - 1½ lb (700 g) ripe tomatoes, in skins, quartered
 - 10 fl oz (275 ml) vegetable stock
 - 1 clove garlic, crushed
 - Salt & Pepper
 - 2 tsp fresh basil, chopped

- Method:
1. Gently heat olive oil in a thick saucepan, add the onion and potato and cook until softened – not browned.
 2. Add tomatoes, stir well and cook for just a minute.
 3. Pour stock into pan, season, add garlic, cover and simmer for 25 mins.
 4. When soup is ready, sieve it all to extract the skins and pips.
 5. Return soup to pan, check it is seasoned to taste, add basil then reheat.

Delicious with very crusty bread.

These recipes are from Delia Smith's Complete Cookery Course, except the Apple & Potato Cake, which is from a little book of Apple Recipes.

Jeanette Hughes

POETRY PAGE

Dear reader, you may have noticed that your esteemed Editor, Roger, occasionally requests contributions for this publication. He asks, not unreasonably, that they have some connection with Talley in particular or Wales in general. So I sent him the following poem which has absolutely nothing to do with either! That noise you can hear is Roger banging his head against the wall.

Perhaps, in the faint hope of restoring his sanity, I should explain the thinking behind sending this particular ode. Whenever I come to Talley, I am always struck by the lack of noise. Obviously there is not the continuous background sounds of traffic etc., that a city has, but there is a definite tranquillity and air of peace in the valley. I now live very close to the sea and a pebble beach and have become used to falling asleep to the sound of waves. So that is it really. I just thought the inhabitants of undisturbed Talley might like a glimpse of my sometimes turbulent world. Sorry Roger.

STORM

A south westerly gale, force eight, maybe more,
Hurls the green water to smash on the shore.
Twenty foot waves rear, arching and curled,
Caught by the wind, the sprays whipped and whirled.
The crests over tumbling, fling foam up the beach,
Whiteness comes surging, how far will it reach?
Bubbling and frothing in a mad meringue dance,
Neptune's creamy maned horses all leap, plunge and prance.
Then sucked and pulled back to the dark depths they roar,
To rise up triumphant and crash down once more.

A finger of sunlight points down from storm skies,
Swooping and crying, a lone seagull flies.
Urged by the gale, huge waves buffet the land,
Hurling pebbles and seaweed far up on the strand.
Wind screams and thunderous breakers roar,
Nature's concerto, a Wagnerian score.
The glowering horizon is empty of ships,
Transfixed you stare, and taste salt on your lips.
A drama, a spectacle, sky, sea and sound,
With power, raw elements your senses surround.

Clawed by the gale, at last safety you gain,
Leaving behind that malevolent main.
Slam goes the door, the shrieking subsides,
But outside on the ocean, the storm King still rides.

Rita Butler

THE DRINKS & NIBBLES PARTY

Invitations were received to the annual 'Thank You' party to be held on 28 July for everyone who had had an input into *Y Llychau* over the last year.

Feeling rather guilty for not writing anything to publish in the Newsletter In the last year, all four of us arrived at the cool Church Hall on a very warm Saturday afternoon.



Before the hoards arrived

Roger Pike, the Editor of *Y Llychau*, had laid on a very impressive spread of nibbles and drinks as a "thank you" for everyone who has written or been involved in the newsletter. Over twenty people gathered for a couple of hours of chatting, catching up and "Thank Yous".

A wide range of contributors were involved this year, covering articles relating to the history of the area, gardening, local fundraising events and sending in photos for publishing. Our resident translator was also there.



If you would like to write an article for the parish magazine, which has a wide circulation, just pop an email over to Roger. All areas of life are covered, history, nature, general interest, even quizzes! All contact details are in the magazine along with dates for contributions.

I feel better now, at least I've written a piece so I can sit and eat without feeling guilty next year!

Not everyone can take their wine

Angie Hastilow

THE ORIGIN AND MEANING OF SOME COMMON SAYINGS

(part 4)

SCAPEGOAT

A scapegoat is a person singled out for unmerited negative treatment or blame. In the Old Testament (Leviticus 16: 7-10) two goats were selected. One was sacrificed. The other was spared but the High Priest laid his hands on it and confessed the sins of his people. The goat was then driven into the wilderness. It was a symbolic 'scapegoat' for the people's sins.

WHIPPING BOY

Prince Edward, later Edward VI, had a boy who was whipped in his place every time he was naughty. A 'whipping boy' is a scapegoat, a person blamed for the sins, crimes, or sufferings of others.

SENT TO COVENTRY

The most likely explanation for this old saying is that during the English Civil War Royalists captured in the Midlands were sent to Coventry. They were held prisoner in St Johns Church and the local people shunned them and refused to speak to them. Today if someone is 'sent to Coventry' they are ignored.

SHAMBLES

Originally a shamble was a bench. Butchers used to set up benches to sell meat. In time the street where meat was sold often became known as the Shambles. However because butchers used to throw offal into the street, shambles came to mean a mess or something very untidy or disorganised.

WHEAT FROM THE CHAFF

In the ancient world grain was hurled into the air using a tool called a winnowing fork. Wind separated the edible part of the grain (wheat) from the lighter, inedible part (chaff) which blew away. In Matthew 3:12 John the Baptist warned that on the judgement day Jesus would separate the wheat from the chaff (good people from evil). The phrase has come to mean separating valuable items from worthless ones.

WHITE ELEPHANT

In Siam (modern day Thailand) white or pale elephants were very valuable. The king sometimes gave white elephant to a person he disliked and although it might seem a wonderful gift it was actually a punishment because it cost so much to keep. A 'white elephant' is a possession which its owner cannot easily dispose of because the cost is out of proportion to its usefulness.

TAKE SOMEBODY UNDER YOUR WING

In Luke 12:34 Jesus laments that he wished to gather the people of Jerusalem as a hen gathers her chicks under her wings but Jerusalem was not willing. To 'take someone under your wing' is to help and protect them, especially someone who is younger than you or has less experience than you.

SHORT SHRIFT

A shrift was a confession made to a priest. Criminals were allowed to make a short shrift before they were executed. If you gave somebody short shrift you gave them a few minutes to confess their sins before carrying out the execution.

SPICK AND SPAN

Today this means neat and tidy but originally the saying was spick and span *new*. A span was a wood shaving. If something was newly built it would have tell-tale wood chips so it was 'span new'. Spick is an old word for a nail. New spicks or nails would be shiny. However words and phrases often change their meanings over centuries and spick and span came to mean neat and tidy.

SPINSTER

A Spinster is an unmarried woman. Originally a spinster was simply a woman who made her living by spinning wool on a spinning wheel. However it was so common for single women to support themselves in that way that by the 18th century 'spinster' was a synonym for any unmarried woman.

START FROM SCRATCH

This phrase comes from the days when a line was scratched in the ground for a race. The racers would start from the scratch.

STRAIGHT LACED

This phrase was originally STRAIT laced. The old English word strait meant tight or narrow. In Tudor times buttons were mostly for decoration. Laces were used to hold clothes together. If a woman was STRAIT laced she was prim and proper.

THE STRAIGHT AND NARROW

This comes from Matthew 7:14. 'Strait is the gate and narrow is the way which leadeth to life'. The old English word strait meant tight or narrow but when it went out of use the phrase changed to 'STRAIGHT and narrow'.

UP THE POLE

Sailors called the mast of a ship 'the pole'. Climbing it was dangerous and, not surprisingly, men were considered to be a bit crazy if they when up there willingly. Hence people deemed to be a bit mad were 'up the pole'.

STRIKE WHILE THE IRON IS HOT

This phrase comes from the days when blacksmiths lifted iron objects from the furnace and hammered them. They could only hammer the objects into shape while the iron was hot, before it cooled down. 'Strike while the iron is hot' just means act now, before it is too late.

SWAN SONG

This comes from an old belief that swans, who are usually silent, burst into beautiful song when they are dying. It is a metaphorical phrase for a final gesture, effort, or performance.

THORN IN MY SIDE

This comes from the Bible. In 2 Corinthians 12:7 Paul states that he was given a 'thorn in my flesh' to prevent him becoming proud. We are not told what the 'thorn' was, perhaps it was some form of illness. The phrase indicates something that is particularly troublesome or causes problems and is difficult to discard.

THROUGH THICK AND THIN

This old saying was once 'through thicket and thin wood'. It meant making your way through a dense wood and through one where trees grew more thinly. Now generally used to mean both good and bad times.

TONGUE IN CHEEK

In the 18th century sticking your tongue in your cheek was a sign of contempt. It is not clear how speaking with your tongue in your cheek took on its modern meaning that a statement or other production is not seriously intended.

TOUCH AND GO

This old saying probably comes from ships sailing in shallow waters where they might touch the seabed then go. If so, they were obviously in a dangerous and uncertain situation.

WASH MY HANDS OF

The Roman governor, Pontius Pilate, refused to be involved in the death of an innocent person (Jesus), so he washed his hands in front of the crowd to distance himself from the execution. When someone 'washes their hands of something' they disassociate themselves and accept no responsibility for what will happen.

WARTS AND ALL

When Oliver Cromwell (1599-1658) had his portrait painted he ordered the artist not to flatter him. He insisted on being painted 'warts and all'. The phrase is used when a description includes all blemishes, faults and shortcomings.

TOUCH WOOD

Early Celtic people believed that benevolent spirits lived in trees. When in trouble they would knock on the tree and ask the spirits for help. Touching wood was thought to be a method of avoiding things going wrong.

HAVE NO TRUCK WITH

Truck originally meant barter and is derived from a French word 'troquer'. Originally if a person had no truck with another, they refused to trade with each other. It later came to mean they refused to have anything to do with each other.

TURN THE OTHER CHEEK

Turning the other cheek is a phrase that refers to responding to insult without revenge. Jesus told his followers not to retaliate against violence. In Luke 6:29 he told them that if somebody strikes you on one cheek turn the other cheek to him as well.

TURN OVER A NEW LEAF

This means to make a fresh start or change one's conduct for the better. It comes from when a leaf (or page) of a notebook was turned to reveal a blank page.

THROW DOWN THE GAUNTLET

In the Middle Ages a gauntlet was the glove in a suit of armour. Throwing down your gauntlet was a way of challenging somebody to a duel.

WEAR YOUR HEART ON YOUR SLEEVE

In the Middle Ages knights who fought at tournaments wore a token of their lady on their sleeves, usually a ribbon or small scarf. Today if you make your feelings obvious to everybody you are said to 'wear your heart on your sleeve'.

WENT WEST

At one time criminals were hanged at Tyburn – west of London. So if a person 'went west' he went to be hanged. Modern use indicates something is destroyed, lost or permanently damaged.

WIN HANDS DOWN

This old saying comes from horse racing. If a jockey was a long way ahead of his competitors and sure to win the race he could relax and put his hands down at his sides. Thus 'winning hands down' means winning easily, with little effort.

Research by Roger Pike

THE NEWSLETTER

Y Llychau is produced on behalf of St Michael & All Angels, Talley. If you would like to assist with the Newsletter in any way, please contact me. I would welcome offers of help and/or suggestions for items to include in future issues.

An easy way to improve the Newsletter is for more readers to submit articles to be included. This would mean that future issues would contain more items of local interest and less pieces written by me.

I would like to offer my sincere thanks to all those readers who were kind enough to make such complimentary comments about the last issue of *Y Llychau*. Without the support of the local community, the Newsletter certainly would not have survived for over fifty issues.

Roger Pike
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THE NEXT ISSUE

Intended Publication Date – **Monday 2nd November 2015**

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**

Tuesday 22nd September 2015 (to allow for translating)

For contributions written in **English**

Tuesday 29th September 2015.