

# The Rudry Recorder

News from Draethen, Waterloo and Rudry

Spring 2011

## Refurbished Rudry Parish Hall - the first few months



The Hall has had a very successful few months. Firstly a massive thank you to everyone who came to a very wet bonfire night back in November. We considered cancelling the event but the wise words of Rick Lewis were that people would come whatever the weather – and you did – thanks! We have also held two Night Out events, *Miracle on 34<sup>th</sup> Street* and *The Singing Bones*. Both were superb events bringing professional theatre productions into the community with the assistance of the Arts Council. The next Night Out evening is *Nursing Lives* on March 16<sup>th</sup>. Please come, you will enjoy it.

Hall usage since the refurbishment has been excellent. Regular evening yoga and fitness fusion classes continue and a choir has also started on Monday evenings. The church's Kids Club has also re-started. There are several regular Hall users and we have had a high level of bookings – conferences and seminars, awards events, family events and lots and lots of children's parties!. In the coming months we have a number of wedding parties at the Hall. It is a testament to the refurbished Hall and its beautiful location that we can share it with people who want to celebrate the biggest day of their lives.

We have secured a small IT grant. This has funded a website for the Hall [www.rudryparishhall.org](http://www.rudryparishhall.org). We will keep this regularly updated with events, news, photos etc. Please add it to your favourites. The grant will also fund a WiFi router, TV and new projector.

The final stage of the refurbishment will start in early March with the car park being tarmaced and landscaped. Work will then switch to the rear of the building and the new extension comprising a meeting room, multi-purpose room, external store and a shower room. These works are expected to take 12 weeks. Final planning for these works was received in early January. Now that we have the final plans approved we are re-applying for our premises license which had lapsed once we started the refurbishment – notice of this license is given elsewhere in the Recorder.

The success of the Hall is fundamentally due to two factors. Firstly, the special place it holds in so many people in the community's hearts. Secondly, the amount of support and help given by many people that means so much happens in the Hall. If you want to help in any way, please let any of the Committee know.

Robin Howard

Chair of Rudry Parish Hall Management Committee

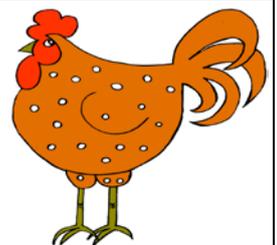
## THE RUDRY KITCHEN.

Well we are all still reeling from the success of our first market last November. We all had a great time and hope those who joined us enjoyed their day. We really appreciate all your support and words of encouragement.

We have all been crafting, sewing, pickling and preserving like mad over the past few weeks in preparation for our next market on *13th March 2011 at Rudry Parish Hall between 10am and 2pm*.

We are also taking *The Rudry Kitchen on tour to Llancaich Fawr on 20th March 2011* so please come and show your support.

We will be collecting email contacts at our next event to enable us to keep you all informed of our activities. We are building some exciting partnerships within the local community and having your email contact will enable us share this information with you all.



Visit our NEW website – [www.rudryparishhall.org](http://www.rudryparishhall.org)

## SAINT JAMES' CHURCH, RUDRY

We meet every Sunday at 9.30am (family service on First Sundays).

Good News for children and their families – **Sunday Kids' Club** will have had its first monthly session on 20 February in Rudry Parish Hall. The next meeting is on Sunday 27 March at 10:30 am. Bring the children for games, Bible stories, music, art, craft and parents stay for coffee and chat.



6 March	Family service	All ages welcome. Refreshments after service.
9 March	Ash Wednesday	Service at 7:30 pm.
27 March	Service Sunday Kids' Club	St James 9:30 am Rudry Parish Hall 10:30 am
3 April	Mothering Sunday	Come and celebrate MUMS – flowers, cake and coffee
17 April	Palm Sunday	Meet outside at 9:30 am for Palm Procession into church.
22 April	Good Friday	Rudry Parish Hall 10 am – activity session for children – including Easter Bonnet craft followed at 11:30 am by short service at St James and Hot Cross Buns Quiet service at St James 7 pm
24 April	Easter Sunday Family Service	Come and celebrate with us – Easter Bonnet competition, Easter Eggs, coffee.
1 May	Family Service	Continue to celebrate Easter. All ages welcome. Refreshments after service.
11 May	Blessing of the Bells by Bishop Dominic	St James 7:30 pm The bells will be back after a major refurbishment. Service will include music by One Accord and Machen Hand Bell Ringers
15 May	Service Sunday Kids' Club	St James 9:30 am Rudry Parish Hall 10:30 am
22 May	Bell Sunday	St James 9:30 am. Come and hear the Bells ring for the first time after being rehung. Refreshments.
5 June	Family Service	All ages welcome. Refreshments after service

### LIVING CHURCHYARD

The Living Churchyard scheme is continuing though Gwent Wildlife Trust has ended its sponsorship. We will now have continued support from the God's Acre scheme based in Hereford. However, I would like to take this opportunity to thank Rebecca Price of the Gwent Wild Life Trust for all her help and support over the past few years. She has been a great inspiration and has left us with a management plan and a very informative survey of the churchyard.

The bench donated by DWR Community Council has now been installed; a peaceful place to sit and reflect. An interpretation board and a long awaited water butt are due to be fitted by Ground Works. Thanks to them for their support.

A Volunteer Party of ladies!!!, Roger from Machen and Philip helped with the clearing of the footpath from the church towards the common. Hard work but worthwhile.

We are continuing with planned care of our ancient Yew trees and bulb planting though I am afraid only one little snowdrop has appeared out of the 100 we planted. Hopefully they will appear next year. A Rake and Bake day is planned for June - watch out for the banner!

**One Accord** (resident singing group for St James) meets on a regular basis at Ros and Brendan's home in Machen. At the moment we are a soprano and alto group and welcome any enthusiastic singers (being able to read music is not a requirement). Currently we are working on a short piece for the Blessing of the Bells when newly installed at St James. For more information please contact Ros on 01633 441361 or e-mail her [ros@thetrustnetwork.com](mailto:ros@thetrustnetwork.com)

<b>CONTACTS:</b>	Curate	Revd David Collingbourne	01633 440321
	Churchwardens	Margaret Jones	01633 440880
		Rose Llewellyn	029 2086 9506

## DRAETHEN COMMUNITY ACTION GROUP

We would like to give special thanks to Phil Blight for taking the time out to come and talk to us about the work of the DWR Community Council, discussing how we can engage with this as a group and giving us an update on our recent traffic consultation report, which was discussed again at the DWR meeting on 17th February. It was great to see so many people from the community, giving of their time, to make it another successful meeting. We would like to keep this momentum up now and our next meeting is on **March 22nd at 7pm**, in Rudry Parish Hall. It would be great to see everyone from the community there.

## EM'S BENCH

Following the generous legacy left to the Parish Hall by Edmund Morgan, we have had a lovely granite bench made and installed in his memory at the rear of the Hall. We think it will seat ten (if a little cosily!), and we look forward to seeing it being used on sunny days at hall events. Following consultation with people in Rudry Village, there is money in Em's fund to set up a youth club at the hall for the youngsters of the Parish. We just need some volunteers to come forward and get this up and running. Please contact any of the Hall Committee if you can help!





## An Anthology of Wildlife Encounters

*For oft, when on my couch I lie  
In vacant or in pensive mood,  
They flash upon that inward eye  
Which is the bliss of solitude;  
And then my heart with pleasure fills,  
And dances with the daffodils.* **William Wordsworth**



In spite of being ancient, I have not yet taken to lying on the couch. However, whilst sitting on the sofa recently with a mood more vacant than pensive, for some unknown reason I thought of the words of the old song "*the best things in life are free.*" With my favourite single malts costing around twenty quid a bottle, I thought this can't be true. I changed at that point to pensive mood. After a period of cogitation I concluded that those of us with an affinity with the natural world tend to spend more time out of doors whatever the weather than most people. We see sights beautiful, thrilling, spectacular and sometimes disturbing when we see nature *red in tooth and claw* as Kipling put it. These latter events have sometime taxed my vow not to be anthropomorphic. I have managed not to intervene so far. To the amateur naturalist these things can be classed as some of the best things in life and cost nothing.

Wordsworth was profoundly moved by his encounter with the wild daffodils of the Lake District. Their dancing in the breeze inspired him to pen the well-known poem that most people were familiar with during school days and many are able to declaim the first few lines as adults. Last Spring I experienced my own wild daffodil sightings which gave me great joy but so far no poem have I produced. I was visiting friends living in a wonderful old cottage in a remote area of tranquillity in Gloucestershire. Husband and wife, they have been my friends since our teens. Apart from breeding labradors, cocker spaniels and jack russells, tending their large garden (flowers and kitchen) and managing a flock of marans that lay beautiful reddish-brown eggs, they organise and manage the pheasant shooting for the owner of the local estate of two thousand acres. I was to be shown this estate. We set off in a Land Rover bearing the signs of much use in rough terrain. Almost immediately the typography changed dramatically. We entered a valley of small fields and farmsteads bordered by steep-sided ridges: the cottage we had just left was surrounded by huge fields and huge farmsteads. We left the road, proceeded across a field bouncing along a rough track towards the largest covert on the estate and at its centre. As we drew near, I saw that it was an ancient woodland of British trees. Not a Sitka Spruce or a Corsican Pine to be seen. We entered the wood and stopped just inside. What I saw literally took my breath away. I had 180° of vision going out to hundreds of metres. There was very little undergrowth or middle storey. The whole of the woodland floor was carpeted with wild daffodils in bloom. Wordsworth wrote *ten thousand saw I at a glance*. From where I was sitting I have not the slightest doubt that I was looking at a similar number. What was sight-seeing for me was work for my friends. In the back of the Rover were sacks of wheat. Spaced along the track were feeding hoppers for the pheasants which they topped up where necessary. March and early April can be a time of little food for birds. Most of the food has been eaten during the winter and if cold insects are scarce. This estate has a wonderful number of farmland birds because of the hoppers and strips of game cover planted along the fields bordering the woodland which are fenced to keep out stock and deer. The track had been ascending and the woodland changed due to the thin rocky soil at the top of the ridge: thick scrub of brambles and briars, hawthorn, elder and blackthorn. Of the six species of wild deer found in Britain, three were to be found in this habitat, namely fallow, roe and muntjac. We looked for racks – tunnels in the undergrowth made by deer going to lay up out of sight. We looked for slots (footprints) made by their cleaves (cloven hooves). The thin soil of the track showed there was plenty of cervine traffic.

For many years I have studied deer in many parts of Britain. In Wales, Gwent, Carmarthen and Gwynedd. In England, Dorset and the three main counties of East Anglia. In Scotland Dumfriesshire and Caithness. I have developed the ability to interpret most of the slots I find but not all. We found many racks with slots of the three species. Fallow bucks have ten-centimetre long slots, the depth of depression indicating the body weight which can sometimes reach eighty-five kilos. The does have shorter slots and weigh about fifty kilos. Roe buck slots are half the length of fallow bucks and they weigh around twenty-seven kilos, does slightly less. The fairy footprints of muntjac cannot be confused with any other deer except the Chinese water deer found only in the East Midlands of England. With muntjac slots I have difficulty in identifying bucks from does, also separating fallow fawns from roe deer kids. There have been three reliable sightings of a roe doe and one muntjac in our forests last year between Draethen and Cefn Onn.

Whilst I am fascinated with everything in the natural world, birds of prey and wild fowl top my list. A few years ago I was fishing for trout on Cefn Mably's largest lake. A pair of great-crested grebes were close by and I marvelled at their beauty. The chestnut frill around the head and the stiletto bill. The male dived, surfacing with a large frond of water weed which he presented to the female. They began head-bobbing followed by rearing up, breasts touching. A high-speed water ballet followed. Later the hen laid four eggs in a floating nest in the rushes. Three hatched. Later I watched them being fed small fish, their parents had a better success rate than myself. One day when slowly creeping to look for trout in the pool below Cwm yr engine bridge I peeped over the parapet to see a kingfisher on a twig just below my face. With a squeak of alarm it took flight. What I had not seen was a heron at the tail of the pool. It was flapping its huge wings for vertical take-off as the banks were lined by saplings. Finding its way impeded, as kingfishers like to fly close to water, it returned to the twig it had just left. It turned on its perch, saw the way was clear and departed downstream. This encounter took just seconds, but a wonderful sight for all that.

Every Autumn a small number of jack snipe would arrive on Rudry Common having left their boreal Palearctic breeding ground which is vast. It stretches from Lapland to Siberia. For some of the snipe, it was a staging post on passage between the Arctic and the sub-Saharan regions. A few stayed with us but harsh weather such as a heavy snow fall would move them on. There was an area of bare peat on which they probed their long bills for worms. I would frequently check it for the holes and the white spots of their

droppings. They digest a worm in ten minutes, beak to vent. One mid day I went to check if the snipe had arrived: they had. I stood at its edge and to my surprise at my feet was a jack snipe lying flat: a well-recorded strategy of this little bird. It was relying on its camouflaged plumage. I marvelled at its feathers, brown and chestnut, shot with green and purple iridescence. Either side of its back were two rows of interrupted biscuit-coloured feathers, simulating the dead moor grass, leaves of its habitat. My spaniel had been investigating scents in the area and decided to join me. The snipe took off. They fly weakly – butterfly-like. It dropped into the moor grass thirty metres away – another well-recorded trait. Whilst walking the footpath from Cwm yr engine to Waterloo, as I got to the fields I was mobbed by a pair of lapwings. Knowing their young were close, I walked carefully, scanning the path. I soon discovered three recently hatched chicks lying still on the dusty path. They lay four eggs in a scrape in the ground which is their nest. When the chicks hatch they leave the nest as soon as their down is dry. Their rufous and black marbled down made them difficult to locate. Tiny, beautiful new lives, vulnerable to a large number of predators, avian and mammalian, despite the valiant defence shown by their parents. I wished them good luck, going away quickly the way I'd come.

The brown hare was once common in Rudry. Their young are called leverets they are born fully functional, eyes open and covered in fur. The doe places them in cover well apart from each other to minimise predation, visiting them when dark to allow them to suckle. I have only seen two in my life, both on Rudry Common. They are without any doubt the most beautiful mammals I have ever looked at. Some wildlife encounters can only be described as grizzly. One day when looking for mushrooms in a field bordering the common I entered a patch of soft rushes causing a female sparrowhawk to fly up and away. The area was covered in feathers. At its centre was the body of a wood pigeon, totally denuded. I picked up the bird which the hawk had started to eat. It was completely immobile when to my horror it blinked. I put it out of its misery, placing it back on the ground as I knew the hawk would return. I resumed my search pondering on the ways of Mother Nature.

The starlings that were hatched in Rudry seem to leave their nests at the same time, using the trees near the village to get to the oak wood on Garth Farm. The parents would forage for invertebrates in the surrounding pastures. These would be ferried to the hundreds of fledglings in the oak wood. The young birds called incessantly producing a chorus I found pleasant and calming. Sitting on a rock at the woods edge I forgot mortgage repayments, rates and the cost of living. Having recharged my batteries I set off down the track from Twyn Sych. Nearing the road the shrill squawk of a starling in distress caused me to look up. A kestrel had caught a young starling in flight. Kestrels have a notch on either side of the upper mandible and a raised part either side of the lower. When the beak is closed they fit together and are used for killing. As I watched, the kestrel bent its head down and with surgical precision snapped the starling's neck, from capture to death but a few seconds. A better end than that of the wood pigeon.

Walking up the track past Ael-y-bryn, I saw a pair of willow warblers on the path in front of me performing the broken wing strategy – something I had never seen before. The cause of their distress was revealed when a grass snake almost a metre in length emerged from the grass on my left, its mouth full of nest lining material. As it crossed the track, the birds became frantic. I soon found their domed nest which is built on the ground – it was empty. I suspect that it had contained chicks and as they were being swallowed head first, had instinctively grabbed hold of the nest material, the last of which the snake was swallowing when it passed me. Many years ago when Sally and Jeff John were children, the three of us set off to gather hazel nuts. We found a bush close to the village and started picking. We heard a plaintive bleating sound coming from the far side of a bramble patch. I had not heard this sound before and decided to investigate as it was obviously a creature in distress. Skirting the bush took some time before locating its source. On the floor of the clearing was a grass snake. It had swallowed a frog as far as its front legs. I like snakes and I like frogs and having read Beatrix Potter's books as a child I must confess I felt very sorry for Mr Jeremy Fisher. Grass snakes do not have teeth, but a flexible mouth. They grab a frog's back leg, holding it with one side of the mouth. The frog tries to free itself by kicking back, and as the other side of the snake's mouth is open, that leg is also soon clamped. There is no escape. One thing is certain, these events I have been privileged to witness and many others will flash upon my inward eye until the man on the pale horse comes for me

Lawrence Workman 2011

## FORTHCOMING EVENTS @ RUDRY PARISH HALL



Vamos Theatre presents **Nursing Lives**, a full-mask theatre production alive with visual inventiveness, evocative music and song, physical theatre and 1940s dance sequences. Originating from the true stories of nurses at the former Worcester Royal Infirmary it celebrates nurses at work and play during the years of World War II. Nursing Lives is funny, touching, at times harrowing, but always uplifting and unforgettable. It is designed to appeal to audiences of all ages (8-80 years).

Wednesday 16<sup>th</sup> March, 7.30pm

Tickets £7, concessions £5

Call Helen Lewis on (029) 2088 2091

## Fool's Quiz and Curry

Friday 1<sup>st</sup> April, 7pm

A fun and entertaining quiz: not University Challenge standard but there again not The Ladybird Book of the Quiz either! The bar will be open for refreshments throughout the evening and delicious curry will be served from the kitchen. The evening is being presented jointly by Friends of Rhydyri School and Rudry Parish Hall.

Come along as a team or form one on the night!

Tickets £5, children aged 12 and under free

Contact Vitti Allender on (029) 2086 1596 for tickets

## NEWS FROM RHYDRI PRIMARY SCHOOL

A belated Happy New Year to everyone from us all at Rhydri Primary school. I can't quite believe that we are half way through the Spring term, time does fly! Our Christmas activities were a great success, the class concerts were well received by all parents and extended families. Gold Class put on a mammoth and very successful Victorian production- 'A Pudding for a Chimney Sweep'. Silver Class thoroughly enjoyed telling us about a 'Black Cat' who visited the manger at Bethlehem, and Bronze Class delivered an extremely entertaining show about a 'Whoops a' Daisy Angel'. Well done to all and a big thank you to staff for all their hard work. Our Winter Fayre was also a brilliant success due to all the hard work of the 'Friends of Rhydri.' We were lucky enough to have only lost one school day last term because of the snow; unfortunately it was the final day before our Christmas break, when we had planned to take the whole school to the pantomime in Blackwood. However we were able to take the children to another pantomime in the New Year in Penarth, which more than made up for their earlier disappointment.



The Spring term has been very busy so far, pupils have participated in a number of tournaments in the County. Years 3/4 took part in 'Funky Netball.' A team from Gold class did very well and got through to the final of a Swimming Gala at Newbridge Leisure Centre. We also had a visit from the Clean, Green and Healthy Road Show and Reverend Crocker took a whole school assembly. Years 1/2 and 3 visited St James Church as part of the R.E curriculum - visiting places of worship. They have written interesting accounts and drawn detailed pictures of our local Church. Years 5 and 6 visited Ynys Hwyl again this year for an extended stay of two nights. They all took an enthusiastic part in numerous planned activities; they were all exhausted when they arrived back on the Friday but had a wonderful and exciting time. Watch this space for a detailed report from one of our Year 6 pupils in the Summer edition.



We have just received our second Green Flag for ECO schools: the 'Eco-Warriors' and Miss Davies have worked extremely hard. The assessor was very impressed with the School Council when he visited our school to talk to them last week. Mrs Goddard who has worked at the school as a teaching support assistant for 10 years has just taken up a new post with the 'Flying Start' group based in Newport. We are very sorry to lose such a valuable member of staff, but we wish her all the best in her new venture.

**A date for your dairy** - The Friends of Rhydri in conjunction with Rudry Parish hall are holding a Curry and Quiz night on Friday 1<sup>st</sup> April. Please come along and support it promises to be a 'fun' night for all.

We still have Nursery places available for next year. If you would like to come for a visit please ring the school on (029) 2085 2525.

### WATERLOO NEWS

**Former Cray Valley Paintworks: no change.** We understand there has been no significant change with respect to the status of the former Cray Valley Paintworks site. It appears the only outstanding issue is for the Environmental Health (Public Protection) to agree the site remediation details, which are believed to be quite extensive! The plan is still in place for 545 houses and a school

**Other Major Developments in Waterloo.** In addition to the above, in the CCBC 10 year Local Development Plan (to 2021), the area locally known as "The Tin Works", appears as a Site of Importance for Nature Conservation. The LDP can be found on the CCBC web site - [www.caerphilly.gov.uk](http://www.caerphilly.gov.uk) - and within this you will be able to see the defined residential boundaries of the village.

**White Lines.** There has been a campaign to improve road safety at the bottom end of the village, where vehicles are known to cut the corner, by having the faded white lines reinstated. This has been partially successful as, at the time of writing, we have been informed "... road markings from Waterloo Row to Rhydri Primary School will be refurbished as soon as there is a fine day". We are now chasing to get the rest of the road markings reinstated throughout the village!

**"Welcome to Waterloo" Flower Bed.** As you will have noticed, there is a flower bed around the base of the "Welcome to Waterloo" sign. Thanks to Groundwork and CCBC for initially providing and installing this. This flower bed now belongs to the community and so it is up to us to maintain it. If you have any spare border plants this coming Spring, please do think of donating them to the "Welcome to Waterloo" flower bed. You can plant them yourself if you wish or leave them outside 1 Waterloo Place. Arrangements will then be made to plant them. All contributions welcomed.

**Neighbourhood Watch.** A number of residents are considering setting up a Neighbourhood Watch scheme within Waterloo. If you are interested in helping to establish this please email [WaterlooNW@hotmail.co.uk](mailto:WaterlooNW@hotmail.co.uk) - as soon as we have more information, we will email details. Please email your name, street name and postcode.

**Community Phone Box & Campaign Newspaper.** The red phone box in the village has now become the Community Notice Board and one of the ideas is to have a limited number of Campaign newspapers placed there weekly - please help yourself!

**Salt Bins.** December saw the main road through Waterloo blocked and residents commented that we needed salt bins. The Community Council have arranged for 2 salt bins to be provided in the village (locations to be advised). The grit will be provided by CCBC.



Compiled and written by Joe Farace

### FITNESS FUSION CLASS AT RUDRY PARISH HALL

Angela Harney's class is as gentle or tough as you like. Suitable for all abilities. The class runs from 6.30 - 7.30 pm every Monday. **Come along and make friends, get fit and have lots of fun!**



"This getting fit is killing me."

## RIVER RATS - BEFORE AND AFTER



**Before:** It's Sunday morning, I wake up, look out my window to a beautiful sharp frosty scene and think how lovely it would be to roll over, snuggle under the covers and enjoy a snooze. But no, it's a River Rats day (every second Sunday 10-12) and my social conscience overcomes my lethargy. I get up, don my warm layers of clothes and drive to the bridge in Draethen where I receive the usual warm welcome from my fellow Rats. Everyone has probably had the very same thoughts as me but we have a good turn out for our fortnightly attack on the litter and river debris.

**Before:** We look down from the bridge; it's been a heavy week of rain and gale force winds and some trees have fallen, been washed down the river and are now blocking the path of the river under the bridge. Any rubbish caught up in the flow of the river will catch on these trees so the task ahead of us today is to remove all of the blockage.



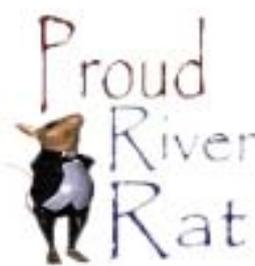
A few of our members have undergone training for the use of a chainsaw and winching equipment and they set to task to utilize their newly acquired skills. The team work together as if they've been doing this for years, the huge heavy tree trunks are winched in to the river bank, hoisted up, and the chainsaw is used to chop them up into manageable sections. (I refrain at this point from mentioning that well known phrase "boys and their toys" - but the lads are obviously enjoying themselves!) Local residents keep an eye out for this activity - a welcome supply of firewood - so our work serves another purpose. All Health and Safety issues are considered in these operations, and we have verified that our insurance policy covers us for such undertakings.



Whilst all this activity is taking place, we other Rats do our usual litter pick along the banks of the river and surrounding area. We had a representative from Keep Wales Tidy visiting us recently and we are now blessed with our own new "toys" - litter pickers and hoops to hold our rubbish bags open - all go to assist us in our task. It is amazing what strange objects we find sometimes on our foray - makes it all the more interesting! Keep Wales Tidy is running an online campaign at the moment for anyone to pledge how they will help to keep our beautiful green country clean - take a look at: [www.keepwalestidy.org/campaigns/i-will-for-wales-campaign](http://www.keepwalestidy.org/campaigns/i-will-for-wales-campaign) - every little action helps, no matter how big or how small.

**After:** We return to the bridge to see how the team have progressed with the tree removal, and the pictures here say it all; a mere two hours and the barrage of trees has been safely dislodged. The river flows freely again, the Rats have justified all their chainsaw training commitment, both financial and time-wise, and the sun is shining. The gathered rubbish is piled up, ready to be collected by the council. It's been a good morning's work.

**After:** Well.....how glad am I that I didn't snuggle back down under the covers? I've had a fabulous couple of hours in the fresh air, bright blue skies (yes, I do admit the weather isn't always quite so favourable!) I've had a great chat and a laugh with some of the nicest people I've ever met, and what's more, I've done my little bit for the community. Why don't YOU come and join us - new members always welcome - contact Steve on 07813 942529 for more information. Hope to see some new faces soon!



## ECO-EXPLORE

Eco-explore held its second family event at Rudry Parish Hall on the 12<sup>th</sup> February (Keeping Cosy), to show how our local wildlife manages to survive the winter and get ready for spring. We made plenty of fat-balls to keep the local birds well-fed, found food on the playing field (along with some not-so-edible deer poo) and had fun finding the chocolate treats in our foraging game. We noticed some interesting differences in the plants that were colonising the "heating lines" on the field and found some delicate hazel flowers too. We saw quite a few species of birds, including buzzards and a sparrowhawk, which really stood out against the lovely blue sky. Caerphilly Cupcake Company's offerings went down very well too! .



**Coming up soon** - we are running a series of local lichen monitoring walks called "Love the Lichen" to find out more about our local lichen, our air quality and environmental practices. These will be run over the next couple of months, on a Friday, Saturday or Sunday, at Roath Park, St Michaels and All Angels (Lower Machen), St Johns (Machen), Mynyddislwyn Churchyard, Ruperra Woodlands, Caerphilly Castle. Tickets are £5 per person and for dates please check online [www.eco-explore.co.uk/tours](http://www.eco-explore.co.uk/tours) or call Alex on 07749548457



I can't tell you what a relief it is to sit down to write this article after all this time. Some of you may remember two years ago now reading a breezy article all about how our ice cream parlour was going to open at the end of May ....and then a rather apologetic article all about how it wasn't quite open yet .... It wasn't open by the next Rudry Recorder or the next or the next .....I figured that I would keep my big

trap shut until I actually had something (other than we're not open yet...) to report so as I said it's a real pleasure to be able to say ...we are, at long last, open!! Yeh! Put the flags out, what a relief! We opened on December 3<sup>rd</sup> with snow on the ground... great time for ice cream eh? There we were two reasons for this firstly, we were so keen to get open that we didn't care what time of year it was, also we had been awarded a grant by the council and had promised faithfully to be open by the end of 2010..we made it... just!

Why did it take so long? Well, when we first started talking about opening an ice cream parlour we said it was going to be very low key 'with our big trailer masquerading as a parlour in the short term,' but somehow we just couldn't do that we got carried away ...we first thought we'd 'just have a little clean up' of the rather dilapidated old stables we had initially intended to board off, this involved the ever unflappable Richard removing goodness knows how many tonnes of rubble, and pulling up a fair few tree roots ...once they were clear ..Well we may as well clean the walls and paint them, then as they look so nice wouldn't doors be good....you get the idea... THEN we managed to secure a grant from the council which enabled us to get a snazzy new coffee machine, and commission Craft Wales to build a lovely play area, and an artist to create a three part sculpture to mark the opening of our sculpture trail (I know, I know, it really just a public foot path ... but we hope in a few years time it will be a fantastic sculpture trail). We have sourced some fantastic coffee, great homemade cakes, we have my mum's eggs and produce from the Rudry Kitchen as well as a little bit of ice cream. It looks a fair bit different to how it did when we first intended to open, we are really proud of it and so chuffed that our visitors have liked it too! It seemed such a bonkers time of year to open the doors but it turned out to be just great... it is so lovely after all the months of working and planning and imagining to eventually see people in the space drinking coffee, eating ice cream, kids running round ...really quite emotional ...but that could just be because I'm very sloppy!



As you read this March is nearly here and spring! Isn't this a great time of year; nights are drawing out and the whole summer to look forward to? Love it. We have tonnes of events planned for the summer, the first of which will be a fund raising day for Red Nose Day on March 18<sup>th</sup> we will be open all day (we have been only opening on the weekend till it gets warmer) with lots of fund raising activities obviously all the money we make will go to Comic Relief and we will be holding a children's party from 5 till 8pm with games, entertainment and party food. If anyone will be around to help out at this ...please get in touch ...otherwise full details of the day, our opening hours, and all our other events are available on our website [www.hapusicecream.co.uk](http://www.hapusicecream.co.uk)

Hope you have a great spring ...maybe see you at the parlour sometime!

*The Powell Family*

## YOGA CLASSES AT RUDRY PARISH HALL

Yoga classes at the Rudry Parish Hall are proving popular with a dedicated band of followers.... there are currently still some places at both classes if you fancy trying something new and getting in shape in 2011. There are currently 2 classes on a Wednesday evening. The 6.30-7.30pm class provides a more gentle, slow paced session which is ideal for those returning to exercise, recovering from injury, or those who are looking for a gentle paced exercise and is suitable for young, the more mature and pregnant ladies. The 7.30-8.30pm class really ups the tempo – as Carlton James – a dedicated attendee since classes started agrees: "it's not until you experience it would you think that yoga can be so energetic". The 7.30 class provides an excellent cardio-vascular work out but with all the added benefits of improving flexibility, body realignment, healthy joints, core conditioning, breathing techniques and relaxation!!! And if you are already a runner, swimmer, tennis player or skier then yoga compliments and improves your ability. If you participate in any of these read on.....



The pain most runners feel is not from the running in and of itself, but from imbalances that running causes and exacerbates. If you bring your body into balance through the practice of yoga, you can run long and hard for years to come. Although yoga and running lie on opposite ends of the exercise spectrum, the two need not be mutually exclusive. In fact, running and yoga make a good marriage of strength and flexibility.

Gentle on the joints, forgiving of injuries and other physical limitations, and deeply relaxing, swimming and yoga, when practiced together, unite their strengths, making for a more balanced athlete.

Many tennis players, from the amateurs to the pros, are discovering—the combination of yoga and tennis makes for a win-win situation: tennis is a mental game as well. That's why yoga is perfect for cross-training.

Perhaps the biggest benefit yoga can bring to your skiing is injury prevention. Skiing asks a lot from the body—cold muscles are called upon to perform a variety of functions, while dexterity, balance, and high levels of concentration are also a must. By observing your body's imbalances, brought on by the particular movements of skiing, and employing a yoga program to bring your body into a state of equilibrium, you can avert injury and participate in the sport for years to come.

**WHY MEN SHOULD DO YOGA** - It's no secret that a lot of men think of yoga as something that flexible, healthy *women* do--often while wearing pink and discussing girly things. How wrong they are !

**1. It's Way More "Manly" Than You Probably Think.** Yoga was originally designed by men, for men. In a lot of ways, women are just crashing the party. So if you're worried that you won't "fit in" or that it won't be physically demanding enough for you, give it a try before you pass judgment. You might be surprised by the experience.

**2. It Will Make You Better at Whatever You Do.** Whether you're a competitive athlete or just really passionate about being the best Guitar Hero player, yoga will help you get better at it. Physically it helps you find balance - if you're strong, it will help your flexibility. If you're flexible, it will help you build strength. Mentally, it will give you a way to handle all the pressure and stress that comes from a high-stakes competition so you can be your best at whatever you do. It can be your secret weapon! (Don't worry, we won't tell!)

**3. You Don't Have to Wear Spandex (or Pink).** Really! Wear whatever you feel comfortable moving in. There's no dress code. Also, you probably won't be the only man. No one will be watching to see how flexible (or not flexible) you are. And we rarely discuss romantic comedies in class.

**4. Get to Know Your Partner Better** - if your partner is a yoga practitioner do you have *any idea* how many brownie points you'll get for going to a class with her and showing some interest in something she really cares about? Take it from someone who has been there... my man decided to try yoga and now actively enjoys the sessions he attends regularly with me...it also gets him out of doing the washing up! So... if you want to earn brownie points and get fit do yoga .....and if you're in the dog house, *this may get you out!* (Oh, and if you're a single guy, you'll have way better odds of meeting a nice girl in a yoga class than at a singles bar.)

**5. Get to Know Yourself Better.** I know guys feel a lot of pressure to be all tough and strong. (And, trust me, there are lots of opportunities to use that brute strength in a yoga class.) But I imagine it would be nice to occasionally check that tough-guy exterior at the door. Yoga class is the perfect place to explore letting your guard down, and just being yourself!

But don't just take my word for it - take the plunge and give it a go: call Cathrine on 07890403654 or visit [www.yoga-hafan.co.uk](http://www.yoga-hafan.co.uk) to find out more.

Jessica Penny is looking for a good home for a beautiful sandy-coloured buck rabbit. He is six months old and is a dwarf lop cross with a lion head. Jess needs to re-home him as she has two doe rabbits who are not keen on him (although he is *very* keen on them!) call Jess on 07875 623915 if you would like further information

## LICENSING ACT 2003

### NOTICE OF APPLICATION FOR A PREMISES LICENCE

Notice is given that the **Management Committee of Rudry Parish Hall and Social Centre** has on the 25<sup>th</sup> February 2011 applied to Caerphilly County Borough Council, as the Licensing Authority for a premises licence in respect of **Rudry Parish Hall and Social Centre**, Rudry, Caerphilly, CF83 3DF.

The application is to restore the Premises Licence to the Parish Hall which ceased when the hall was refurbished. It is proposed to continue the provision of regulated entertainment and alcohol in a manner similar to that which has been provided in connection with a variety of activities laid on for the benefit of the community. In applying for this licence, the Committee does not envisage substantially expanding the number and type of events that are held in the hall. The provision of regulated entertainment and alcohol will usually be inside the hall, but occasionally may be on the hall field, for example, during the annual Rudry Country Fayre. It is proposed that licensable activities will be carried out between 09.00 and 23.00.

Anyone wishing to make representations concerning this application should do so in writing to:

The Registration/ Licensing Section,  
Caerphilly County Borough Council,  
Council Offices,  
Pontllanfraith,  
Blackwood  
NP12 2YW

Representations in respect of this application must reach the Licensing Authority by Monday 28th March 2011

Persons wishing to inspect the register or the record of this application may do so by attending the office of the Registration/ Licensing Section during office hours, Monday to Friday inclusive.

It is an offence knowingly or recklessly to make a false statement in connection with an application and the maximum fine for which a person is liable on summary conviction for the offence is not exceeding £5000

## BEDWAS NEIGHBOURHOOD POLICE REPORT

**Be Aware! Help us Beat the Burglars** - Open and unlocked windows and doors are an open invitation for burglars. At least a third of all burglaries in Gwent happen when doors or windows are left open. Even if you're only popping out for a few minutes secure your property to beat the burglars. If you do not lock up, your home insurance could be invalid.

**Don't let it happen to you! Be Aware!**

**Suspicious Vehicles in Draethen, Waterloo, Rudry and surrounding areas.** In recent months there has been increased activity in DWR and surrounding rural areas regarding suspicious vehicles including scrap vans driving around the lanes and looking for any items of value to steal. Please can all residents remain vigilant and note the registration numbers of any suspicious vehicles that they see and report to the police by calling 101 or by contacting Police Headquarters on 01633 838111 or Bedwas Police Station on 02920 857454.

**Garage and Shed Breaks** Burglary of garden sheds and theft of garden equipment is one of the fastest growing crimes in the country. Useful tips to prevent you becoming a victim of crime are:

### Small Buildings/Sheds/Garages

- Ensure your shed is sound and in good condition
- Fit a good lock on a shed door – the padlock itself should be a 'CLOSE SHACKLE' type.
- Fit an alarm
- Fit all windows with a grill fixed to steel plates inside the shed.
- Lock and secure the building whenever not in use

### Outdoors

- Install security lights to illuminate the garden
- Keep shrubs, hedges and large plants cut back
- Check your boundary fences, walls and gates – Keep them in good repair
- Get your neighbours to watch your garden at all times – You can do the same for them

**PACT Meeting** The current PACT priority for RDW area is off road bike usage in the forestry areas. Local Bedwas Neighbourhood Team officers continue to patrol the forestry areas at key times. As a result of our patrols there has been a significant reduction in calls received regarding off road bikes. Please contact Bedwas Police Station on 029 2085 7454 if you see any illegal off road bikes in the area. The next PACT Meeting will be held on **Monday 16<sup>th</sup> May 2011** at 7pm at St James Primary School in Mornington Meadows.

**Mobile Police Station** As of late March 2011 onwards a mobile police station will be deployed on various dates in DWR. Local officers will be available for residents to speak to about any issues they may have within their community. Dates and times for deployment of the mobile police station are yet to be arranged, so keep an eye out on notice boards.

**Rudry Community Hall Police Surgery.** The next Rudry Surgery is on Tuesday 8<sup>th</sup> March, 6 – 7pm. This is a drop-in session (you don't have to come for the whole hour) and you are encouraged to call in to the surgery to raise any concerns you may have and to speak to police representatives about issues within the community.



### St James Ward Officers

PC 720 Karen Hartshorne

PCSO 23 Jon Spokes

Bedwas Police station, Tel (029) 2085 7454

## RUPERRA CASTLE

Why doesn't the whole world know how important Ruperra Castle is? Not only for itself as a significant heritage monument - The World Monument Fund is urging the Trust to apply for the World Monument Watch Listing, and the director of the Rough Guide to the Planet, has put Ruperra on its list too – but also as a huge asset to the economy of the local area and Wales as a whole.

The truth is that the Castle has come on the market at the worst possible time to acquire funding. The owner is marketing it at £1.5m. Where can Ruperra Castle Preservation Trust find such a huge sum or indeed any sum currently?

The pleasure of the housing development being finally turned down in the Public Inquiry is gradually abating. A friend said on hearing that the Castle was at last for sale, 'Now your troubles will begin!'. Caerphilly Council has no money to spare, Cadw has even less and we will have to jump through a few hoops before the Heritage Lottery Fund considers RCPT a safe pair of hands. We have to find a solution and not fall into the so called 'Cinderella complex' trap of waiting for rescue by a knight on a white charger, although a lottery winner would be very acceptable!!

All news will be posted on the weblog [www.ruperracastle.blogspot.com](http://www.ruperracastle.blogspot.com). The other website [www.ruperratrust.co.uk](http://www.ruperratrust.co.uk) needs some work done on it but will be functioning soon and its contact email address is working now.

Pat Jones- Jenkins

Tel . 01656 741622

Email [patjonesjenkins@googlemail.com](mailto:patjonesjenkins@googlemail.com)

The Parish Hall Committee is looking for a home for a large CRT television in good condition. Please contact the Hall Secretary, Vitti Allender on (029) 2086 1596 if you (or someone you know) would like this – it's free to a good home!

The Rudry Recorder is produced three times a year on behalf of Rudry Parish Hall, and paid for from Hall funds with the generous support of GAVO. The next issue of The Rudry Recorder will be out in June. If you would like to submit an article for the issue, then please contact Vitti Allender on (029) 2086 1596 or e-mail [bookings@rudryparishhall.org](mailto:bookings@rudryparishhall.org) Absolute deadline for submissions is **Friday 17<sup>th</sup> June 2011**



Whilst the winter months are traditionally quieter times for us all, this winter has been particularly challenging for public services. As local authorities wrestle with reduced budgets, communities have been waiting to hear what this will mean for them and for the services we have come to expect and in some ways take for granted. With Welsh Assembly elections happening in May there will be a lot of statements and promises made about community empowerment, greater focus on local delivery and new ways of working. The Rudry Community Council officially relaunched itself in November as DWR Community Council, to reflect more clearly the three main villages in our ward, Draethen, Waterloo and Rudry. We hope that by instigating this change we will be more representative of our community and we are working with Caerphilly County Borough Council to ensure that DWR is leading on the discussions around the future of service and that we help to shape that future.

Many community councils in the area are facing the worry of the future of leisure and community centres in their areas and a number are under threat. We are very fortunate that we have our Parish Hall which is recognised across Caerphilly as a flagship community venue. However, cuts in services and grants affect us as well as others so DWR has taken the decision to raise the precept to help support the running costs of your hall. We have not increased the precept for several years now but feel we need to ensure the hard work of the small number of volunteers who manage and run the Hall are supported by everyone in the community and this is an effective way to do this. In reality this will only mean an increase of 54p per month for Band D households, however this small amount will greatly ease the financial pressure for the Hall.

I am sad to announce that Margaret Jones has retired from the Council after seven years of committed, hard work. Margaret has contributed so much to the community and will continue to support St James' church and I would like to pass on my thanks for her support for myself, the Council and the community – Margaret, your commitment, dedication, good humour and common sense will be greatly missed. I am, however very pleased to welcome a new Councillor, Sam Crane, who joined us in January. Sam has a wealth of experience working in the public sector, specifically in the health and social service sectors and her knowledge and skills will be a real asset to DWR as we move into a new future of community empowerment. DWR will be considering how best to fill the vacancies we have for Waterloo and Draethen. If you wish to express your interest in being part of DWR and would like to discuss this with me informally, please let Sally, Clerk to the Community Council know.

**COMMUNITY MEETINGS.** The Community Meeting on 17 February was well attended with the topic for the evening being the Traffic Report commissioned by DWR Community Council. Traffic issues are the most common problem brought to the attention of Councillors and public concern was so strong that the Council had a Report carried out by Trilien to highlight some areas of possible improvement. (A copy of this report is available from Sally ([tycyw@hotmail.co.uk](mailto:tycyw@hotmail.co.uk)) and is also available for viewing in both Bedwas and Machen Libraries). The meeting was held to find out what can be done next – the outcome was that we should meet with Officers from Highways, CCBC and discuss the possibility of a blanket 20mph speed zone throughout the community area. Better signage within the area and also warning that you are approaching a village from further back were also suggestions put forward which will be taken to CCBC for discussion. It was also decided that Trilien should be approached for a quotation on taking the report a stage further and getting recommendations on priorities and costings for work from them. If you were unable to make the meeting and have any comments on the Report please email Sally on the above address.

**REPORT IT.** CCBC needs you to report problems in the area. This can easily be done by logging onto [www.caerphilly.gov.uk](http://www.caerphilly.gov.uk) on the right of the page there is a purple tag saying REPORT IT. Click on this and you will be taken to an alphabetical list of areas, eg potholes, flooding, etc. If you go to the section of concern and email details to CCBC then they log the job and investigate the problem. I have used this method on several occasions now to report the potholes which keep on appearing – so far they have been filled very quickly! Please do your bit and report the problems which concern you.

**GRIT BINS.** Following concerns raised by resident about problems caused by icy roads your Council approached CCBC asking for the supply of grit bins in Draethen beside the bridge and in Waterloo on the hill by the telephone box and also at the bottom of the hill by the Welcome to the Village sign. We were informed that there was a long waiting list but we could purchase these bins and CCBC would keep them refilled. Three bins (for the areas mentioned) have been ordered and delivery is expected soon.

**COMMUNITY EMAIL LIST** There is a growing list of names on this email group and Sally sends out information about anything going on in the area. If you wish to be added to this email group then please send your details to Sally on [tycyw@hotmail.co.uk](mailto:tycyw@hotmail.co.uk) and you will start to receive email updates on a regular basis. If you have any information you would like to share with the community – adverts for events, etc then please forward details to Sally. She will be at the office in Rudry Parish Hall between 9am and 12pm on Mondays if you wish to see her. Alternatively, contact her at [tycyw@hotmail.co.uk](mailto:tycyw@hotmail.co.uk) or on (029) 2086 0067

Cllr Chris Allender	(029) 2086 1596	<a href="mailto:allendercj@cf.ac.uk">allendercj@cf.ac.uk</a>	Cllr Sam Crane	07811 215724	<a href="mailto:sammyjo1@talktalk.net">sammyjo1@talktalk.net</a>
Cllr Philip Blight	(029) 2084 9162	<a href="mailto:phil.blight@talktalk.net">phil.blight@talktalk.net</a>	Cllr Guy Bowden	(01633) 441399	<a href="mailto:gybwd@aol.com">gybwd@aol.com</a>
Cllr Roger Hall	(029) 2086 3269	<a href="mailto:roger.hall7@btinternet.com">roger.hall7@btinternet.com</a>	Cllr Kevin Stanworth	(029) 2086 9068	<a href="mailto:enquiries@threecountiesagriculture.co.uk">enquiries@threecountiesagriculture.co.uk</a>
Cllr Lindsay Foyster	(01633) 440870	<a href="mailto:l.foyster@mind.org.uk">l.foyster@mind.org.uk</a>			