

The Rudry Recorder

News from Rudry, Draethen and Waterloo

Autumn 2010

Rudry Parish Hall – have you been there yet?



The Hall was officially re-opened after the refurbishment on July 11 by Iris Coles. This was followed by a wonderful re-opening party with music from the Crockadillos. In those halcyon days of summer, the sun shone, cider and lager were drunk dry and people danced long into the evening. We were thrilled by the universal positive feedback.

After a slow summer the Hall is now beginning to find its feet again. The September Country Fair was successful despite a very wet field. Night Out events re-started with Wolf Tails – a superb puppet show by Pickled Image Theatre watched by over 100 people. We will also have held Eco-Explore's Hallowe'en night and the annual Bonfire Night by the time the Recorder is circulated. A second Night Out event – Miracle on 34th Street is being held on 24 November. It is billed as a tale to warm your heart which would have been difficult to digest on a cold November evening a year ago in a cold hall, however the ground source heat pump is now coming into its own. The Hall is a warm welcoming place on a cold winter's evening. Looking forward Keep Fit classes and Yoga sessions have started on Monday and Wednesday evenings respectively. We are also looking for someone to run a weekly Youth Club. Rudry Country Kitchen is establishing itself, using the Hall as a base. A choir group and the resurrection of the local History group are also being discussed. Please support these groups.

We have had more grant success! A second large grant from the Communities and Facilities Activities Programme (European money administered by WAG) means we can complete the refurbishment project. This money allows us to build two rooms and further storage at the rear of the Hall, complete the works on the overflow car park and to put a properly finished and landscaped car park at the front of the Hall. This work is provisionally scheduled for early 2011. The good news is that the Hall will remain open throughout the work, although there may be minor disruption. When the building group started on the project we had little expectations beyond an improved (and hopefully heated) toilet block. We are astounded that we will have delivered the whole project – a Hall fit for the next generation to enjoy and cherish. When obtaining grants we have made commitments to the grant funders. The main commitment is to monitor usage and the profile of users. To do this we need to take details of people attending events. Please, if you are approached by a person with a clipboard, give them a few minutes of your time and complete the monitoring form. Please see the back page of this *Recorder* for a copy that we would like you to complete if you have already used the hall.

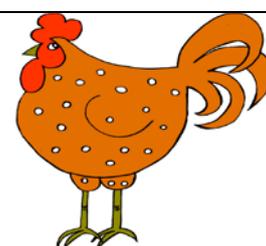
We have also started to use Em's kind legacy. Plans are well developed on improving the landscaping of the field. We have also used some money to match fund an IT grant which will develop a new website as well as installing WiFi and purchasing a TV. We have allocated money for a youth club and a cricket team but we need volunteers to run them. The Hall Committee can not do everything.

We held the Hall AGM on October 16. Phil Blight stood down as chair to concentrate on the Community Council. Phil has achieved a huge amount in his short tenure shaping the Hall for the future. I have taken over and will endeavour to continue to guide the Hall through more difficult times. Historically we have enjoyed Council support for several costs which we are not expecting to continue. This will add significantly to our monthly costs to run the Hall. However with the superb facility we now enjoy, which will get even better with the extension, the Hall has never been better positioned to prosper.

Robin Howard

INTRODUCING THE RUDRY KITCHEN.

Calling all producers, growers, farmers, artists and makers in the area. We are in the process of putting together a producers' co-operative in order to increase the opportunities for local sales and production food, craft, art and anything else produced locally. Anyone interested please contact Sharon Mayho, Gwyn-y-Garth Farm, 029 2086 1814 or 07790 961572 or gwyngarthfarm@aim.com



We are launching our quarterly Rural Market on Sunday 14th November 10am – 2pm at Rudry Parish Hall. If you'd like a stall please contact us, you must be producing or making your own products, stall costs £5 inside or outside space available on a first come first served basis. Follow our story at www.rudrykitchen.blogspot.com

SAINT JAMES' CHURCH, RUDRY



We meet every Sunday at 9.30am (*Family Service on First Sundays*).

14 November	Remembrance Sunday St James Church Rudry 9.30am	Act of remembrance at war memorial
8 December	Many moods of Christmas St James Church Rudry 8pm	Take time out to prepare for Christmas with an evening of poems, readings and carols by candlelight (be prepared to have a giggle and reflection time). Finish the evening with mulled wine and mince pies
12 December	Christingle activity service Rudry Parish Hall 2 – 5pm	All are welcome - come along make your own Christingle. Join the celebration with lights and carols. Refreshments served. Collection in aid of the Bishop of Wales Fund for children
24 December	Christmas Eve carol service St James Church Rudry 7.30pm	Carols and readings by candlelight. Fed up of present wrapping, cooking and shopping? Come and take a break! Enjoy some of the true meaning of Christmas with carols and readings by candlelight
25 December	Christmas day family service St James Church Rudry 9.30am	Come and celebrate the birth of Jesus
26 December	Boxing day service St James Church Rudry 10.30am	Combined group parishes service – all welcome
2 January	Epiphany family service St James Church Rudry 9.30am	All ages welcome. Bring a gift like the wise men! (to be donated to a named charity). Children will be able to take part in drama - no rehearsals needed!

LIVING CHURCHYARD

Our last Open Day on 18 September was a great success. Lots of children, their families and other people came and enjoyed the activities. The grass from the wildflower area was raked and a great deal of cake was consumed by the workers. Thank you to everybody who helped make the day very enjoyable including Rebecca from Gwent Wildlife Trust for making beautiful jewelled dragonflies with the children, Tony for the bird boxes, Lowri and Megan for mask making and Lawrence and Judith for their support and help. Look out for our next event in 2011.

ONE ACCORD NEEDS YOU!

If you like singing and would like to join our group for Tuesday nights – 7.30 – when we rehearse for Family services and special events at St James – we would love to hear from you. No musical knowledge needed – just enthusiasm. Contact: Ros Murray – ros@thetrustnetwork.com or 01633 441361.

NEWS FLASH.....SUNDAY KIDS' CLUB COMING SOON TO A PARISH HALL NEAR YOU

Look out for our new monthly children's club starting in February 2011

TODDLER GROUP @ RUDRY PARISH HALL



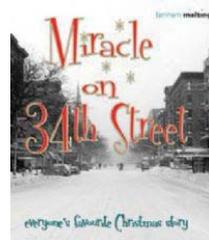
Toddler Group has been run by parents of babies and toddlers in the area at Rudry Parish Hall for decades when there has been sufficient demand. It has not run for the last couple of years, but now that we have a lovely warm refurbished Parish Hall, it would be great if anyone would be willing to set it up again. There is not much work to do, and it can be as informal as parents wish – when I was involved, it just meant opening up, setting out some toys and putting the kettle on before the others arrived. It was lovely to meet other parents and children for a cuppa and a chat, and for the little ones to get to know each other. We had some memorable trips to Folly Farm and Cefn Mably Farm Park, and lots of outdoor play in the summer. If anyone would like to set the group up again, then please contact me, Vitti Allender on (029) 2086 1596

DRAETHEN COMMUNITY ACTION GROUP

We are pleased to announce, that we had a very successful first meeting of the Draethen Community Action Group. Fifteen of us met up and had a very informal chat about issues concerning us all. These included speeding, parking and other traffic problems in the village, the restoration of the bridge, controlling litter, updating the playground and preserving the special character and atmosphere of Draethen. Conservation in and around the village, is very important to us all. We are also keen to improve on the community spirit in Draethen and this was a great start. We also took this opportunity to give special thanks to the 'River Rats' for all the fantastic hard work that they do, not just in keeping the river clean, but in making Christmas such a special time for all of us to enjoy! The next meeting is on **Tuesday 11th January at 7pm in the Parish Hall**; we would like to invite everyone in the community, and would love it if you took the time out to join us, as a great start to bringing the whole community together.

MIRACLE ON 34TH STREET

Wednesday 24th November at Rudry Parish Hall



Miracle on 34th Street is a new play for the whole community that promises to warm the coldest of places through long winter nights. Welcome to New York wintertime 1947 and the classic holiday tale of when the real Santa Claus is hired to play himself at Macy's department store. Described by many

as a twentieth century Christmas Carol, this is a warm, funny story of an old man's gentle joyous spirit and magical powers which transform those around him. The play is brought to us by Farnham Maltings through the Night Out scheme.

Tickets £6, Concessions £4

Contact Helen Lewis on (029) 2088 2091



Some gained, some lost...

The wildlife of today is not ours to dispose of as we please. We have it in trust. We must account for it to those who come after.
King George VI



This year has been designated International Biodiversity Awareness year. In Gothenburg in June 2001 a pledge was signed by the European Union leaders to halt biodiversity loss. To date, no country has made good this pledge. In July of this year the Welsh Assembly Government's *State of the Environment Report* told us that six species had become extinct in Wales since 2005 and twenty-eight others are in serious decline. Sad news indeed. This set me thinking about the environmental changes I had observed in Rudry over the years and the reasons for some of the changes. My evidence is of course empirical but I think that it's mostly correct. First on the list of extinctions the *great yellow bumblebee*. Formerly widespread across Britain, now found only in north-west Scotland. Why it has vanished I know not. The same goes for next on the list, *needle lichen*. The two birds that have gone - the *corn bunting* and the *turtle dove* - were present in the area, never in large numbers, but often seen and heard. The corn bunting nests on the ground. The last nest I found was on a stony bank in Draethen some time in the 1980s. It contained four eggs. I have not seen a corn bunting since that day. Their demise, I am sure, is caused by at least three factors: insecticides and herbicides sprayed on to grain fields and other crops and pastures; the change from multi-plant species in hay meadows to mono-culture of fields of rye grass and the ploughing up of stubbles on the same day that the grain is harvested. Up to the 1960s stubbles were left from harvest to spring ploughing. A number of annual plants denied light by the corn erupted, flowered and produced seed. Last winter a farmer in Michaelston did not plough an oil-seed rape stubble until spring and I passed it many times during the winter. Unlike the surrounding fields it was invariably covered in flocks of *LBJs* (little brown jobs) and birds as large as *wood pigeons* and *rooks*. I do not blame farmers for this state of affairs: they have to produce food to cope with our rapidly increasing population in a highly competitive world market. Think of the effect that the drop in the Russian grain harvest has had on animal feed prices throughout the world, raising them to an all time high. I feel the government should pay farmers who are willing to leave stubble until the spring. The other extinctions are two species of moths of which I know nothing.

When I was born the world's population was just over two billion. It is now seven billion. Never has the farming industry of the world been so important in food production. Over-fishing of the seas must be regulated globally. The destruction of rain forests for the production of soya beans and palm oil must be halted. I sometimes wonder at the concentration of talk on climate change. Is it to divert our attention from the host of potential disasters facing the world? Enough of doom and gloom. Rudry is still a good place to observe the natural scene without leaving your door. Simply putting bird feeders and *buddleia* is a way to success! *Buddleia* will attract many butterflies and insects. During this July, whilst sitting outside reading, I became aware of a strange hissing sound. Looking up I saw a large bird on a fence post ten yards away. It was a young *cuckoo*. It was being fed by a pair of *dunnocks* (hedge sparrows) working non-stop. The longest it waited for food was one minute. I began to feel sorry for the foster parents of this avian Billy Bunter with its apparently insatiable appetite. They started off feeding it by hovering in front of it but changed to perching on its back causing the youngster to turn its head towards me revealing its bright yellow maw. This remarkable spectacle lasted twenty-five minutes. The trio then departed.

At the end of August I was talking to Vitti on my house phone, the front door was open and I was able to see my nearest peanut feeders not far from the doorway. The only offspring of my resident *great spotted woodpeckers* landed on the ground and started to climb the post. Half-way up it was unceremoniously hauled to the ground by a young male *sparrowhawk*. A vigorous tussle ensued, of which I gave a ringside commentary. I was amazed to see the hawk fly off out of sight. Woody shook itself and set off up the post. It was once again pulled to the ground by the hawk and battle was joined. I said to Vitti that I don't normally intervene in nature's ways but I felt tempted. Fortunately I did not have to make a decision as the hawk flew away and the woodpecker also departed in the opposite direction. The young hawk, probably a couple of months old, had yet to perfect its footing technique. An experienced hawk would have seized the head with one foot stopping the woodpecker using its pick axe of a beak, with the other foot grabbing the body and immobilising the pecker with fatal results.

Two pairs of *jays* visited daily during the winter and spring. Normally shy of humans, they ultimately realised that I was not a threat and soon fed close to me. One day they arrived with their broods simultaneously - ten jays feeding on your lawn is a sight to remember! As I spend a fair amount of time sitting outside most species of birds are not disturbed by my presence. I have a *robin* which often hops onto my shoe and a *great tit* that several times has landed on my knee. I would appear to have some of the bird-charming skills of St Francis of Assisi. I do however lack his saintly persona and dedication to a frugal lifestyle. The area where I have recorded wildlife is between Wern Ddu and Draethen, from the Rhymney river to Cefn Onn bridge. Below is a list of birds that I used to see but appear to be mostly lost, not all I hope as they may be found in places I cannot visit, and a list of birds gained that now breed in this locality. Many species overfly us that alas cannot be called Rudry residents

Birds I no longer see

Corncrake	Willow Tit
Grey partridge	Yellowhammer
Lapwing	Tree Sparrow
Turtle Dove	Wood Lark
Marsh Tit	Corn Bunting

New birds that I see

Peregrine	Kingfisher
Goshawk	Siskin
Collared Dove	Crossbill
Raven	Goosander
Dipper	Hobby



NEWS FROM RHYDRI PRIMARY SCHOOL

We have had a hectic start to the new school year, but the children are all settled now and looking forward to the half term break. (Staff also!) We have renamed our classes - Class 1 (which consists of Nursery, Reception and Year1) is now Bronze Class, Class 2, (Year 2 and 3) is now Silver Class and Class 3 (Year 4, 5 and 6) is Gold Class. The mixed aged classes are working really well children are happy and eager to take an active and enthusiastic part in their learning.

All classes are undertaking topic work, Gold class –The Victorians, Silver Class-‘Fire’ and Bronze Class- ‘All about me’. Gold class has already taken part in two visits this half term. The first was to Tredegar House relating to the Victorians. The second visit to the Regimental Museum at Cardiff Castle was generously organised by Machen Royal British Legion. Our thanks go to them for allowing our children to take part in an extremely well organised and beneficial educational visit. Gold class also put on a very successful class assembly at the newly refurbished parish hall, for their parents and the rest of the school based on this term’s topic- A Victorian classroom. All the children agreed that they preferred the way we teach today!!

A number of children from year 3 to year 6 took part in a football festival at Bedwas High School. The team members played their hearts out against stronger teams from larger schools and were delighted to win a special trophy for Sportsmanship and Friendly Play

We have had visits to school from the Fire Service, Reverend Crocker and P.C. Janine Kerlake. Pentreffest also came to talk to the children and taught them a number of Breton songs. The Salvation Army has kindly offered to take an assembly once a term starting in the Spring. The Harvest Assembly was once again led by two of our governors Mrs Allender and Mrs Dolbear. Many thanks to you both for all your help and support. The Friends of Rhydri School have worked extremely hard to raise money for the school. The pamper evening held in the Summer term was very successful and we intend to organise another one next year.

A ‘Christmas Afternoon’ is planned in school on Saturday 20th November from 12.pm to 5.30 pm. There will be a number of festive stalls and refreshments, every child’s favourite, Father Christmas, a group of pupils will be singing carols. Also come and listen to Mrs Christmas telling her magical Christmas stories. Fun for everyone!

Christmas parties and concerts have been organised and we are all off to the pantomime on the last day. A lovely way to end the term! Year 5 and 6 are planning a visit to Ynys Hywel in the Spring term. We have Nursery places available for next year. If you would like to come along for a visit please ring the school on (029) 2085 2525.



ECO-EXPLORE



Eco-explore is a new science-led eco-tour company based in Machen, offering day and evening wildlife tours, events, and corporate environmental responsibility and educational workshops with conservation in mind. Our tours set off from outside the National Museum in Cardiff and then explore the beautiful countryside of South Wales. At each itinerary, we observe nature and collect information on a variety of species for long-term monitoring projects and national conservation surveys, in addition to active conservation work. All our findings are used to improve biodiversity and aid conservation. Eco-explore is proud to be a partner of the International Year for Biodiversity 2010.

Our expert and award winning ecologists and zoologists are affiliated to Cardiff University’s Organisms and Environment Department and all the company’s profits are donated to the South and West Wales Wildlife Trusts.

Eco-explore hosted “**Things that go bump in the night**” at Rudry Parish Hall on 31st October and will be running “**Festive Foragers**” on the 19th December to celebrate the wonderful wildlife around us and to investigate how different animals and plants cope during the cold winter months. It promises to be a fantastic evening for all the family. Entry is £5 with a glass of mulled wine (or soft drink alternative) and a mince pie. Booking is advised www.eco-explore.co.uk or call Alex on 07749548457.

BLAST FROM THE PAST...

In 1751 one James Tuberville was born on Ely Common. He became a famous poet writing verse known as tribannau. The following is one of his compositions:

*Y tri lle oera yng gymru
Yw mynydd bach y Rhydri
Trwyn y garth a Chefn On
Lle buai bron a sythu*

This translates as

*The three coldest places in Wales
Are the little mountain at Rudry,
The nose of the Garth and Cefn Onn:
Places where I was almost benumbed stiff!*

FITNESS FUSION CLASS AT RUDRY PARISH HALL

As gentle or tough as you like, the new fitness fusion class is suitable for all abilities. Angela Harney is a fully qualified Level III teacher. The class runs from 6.30 – 7.30 pm every Monday.

Come along and make friends, get fit and have lots of fun!



RIVER RATS - Our Beautiful Homeland: It Takes an Outsider to See...



Ok, yes we are in a recession, yes, there are government cutbacks at every turn, yes, we are all struggling through these hard times...but...we live in a wonderful country. We can step outside our doors safely and enjoy our wonderful countryside; we have the freedom to say what we choose and what we feel. Us Ratties like to live life to the full, doing our "bit" for the community, thoroughly enjoying ourselves whilst doing it, revelling in each other's company. But sometimes it takes an "outsider" to open your eyes to just what we have here, how fortunate we are.

We have the pleasure of Helena and Jurie Schoeman, South Africans by birth, to assist us in our Ratty undertakings, and as our local resident Outsiders, they open our eyes to just what it is that we have here. Jurie has recently achieved national fame for our endeavours – an article in "Welsh Country" magazine – a publication that promotes the best of our wonderful Welsh Countryside:

GETTING TO KNOW -An Unlikely Love Affair - South African Jurie Schoeman describes his 'Unlikely Love Affair... with Wales'

It was a bright typical sunny South African day in Pretoria when Helena, the woman I have been married to for thirty years and loved a bit longer, said: "Come with me to Wales." I was left speechless. She asked me to leave our four adult children and livelihood with its trappings and go off with her to another country and live there – but for how long?

It transpired that the international IT Company she is employed by had won a contract in south Wales and she was asked to project-manage it. It took lots of thinking, reflecting and consulting with the kids before I was persuaded to participate. A quick search on the Web provided information and we prepared to live in a grey cold landscape for a number of years. There was a fertile silence in the rental car as we drove from Cardiff Airport to the guesthouse in Rudry when we arrived in Wales. "But the green never stops..." Helena said. "Is this not beautiful?" The silence continued. I was already trying to find the words I would use to describe to all the relations back home what it looks like, but I could not.

And, in July, Jurie achieved the letter of the month award in the BBC Wildlife magazine (can we claim *International* acclaim for this?!): We are grateful to our South African cousins for taking responsibility for their adopted home's surroundings and we would love to welcome more new members to our friendly conservation group. We are extremely welcoming to both Insiders and Outsiders! We meet every second Sunday morning for just two hours – please keep an eye out for the signs on the bridge in Draethen or contact Steve on 07813 942529 for more information.

So perhaps we should focus on Jurie's kind words and open our eyes, see the wonders around us, and relish "the green that never stops"...

READER LETTER OF THE MONTH

Get dirty to get clean

I was shocked to read about the many species that have gone extinct in the past 200 years (News, May). Dr Tom Tew's conclusion that conservation is failing "because people don't value the natural environment" was devastating.

So I'd like to tell you about the River Rats of Draethen, South Wales, a movement launched five years ago. We get together every second Sunday to clean a stretch of the River Rhymney, and over the years have wrestled a great deal

of rubbish from the water, including trolleys, bicycles, tyres, heavy-duty plastic bags, toys and mattresses. We are careful to avoid any areas where otters and other river animals may hide.

While the world worries about the value of EU currencies and continuing economic crises, it is refreshing to get out, get dirty and clean up the environment around us. Maybe we will also be able to clean up our economy if we stay in touch with nature. Jurie Schoeman Caerphilly

WIN A PAIR OF HIKING BOOTS!

The Letter of the Month wins a pair of HI-TEC V-Lite Perflexion waterproof boots, worth £82 and perfect for hiking. They're available in sizes 7-13 (women) and 4-11 (men). For more information, visit www.hitec.co.uk.



MINDFULNESS AND WELL-BEING CENTRE

It was a cold, frosty day two years ago when the Mindfulness and Well-Being Centre came into existence in Caerphilly, remembers Lorraine Harris, the chief executive for Samye Foundation Wales, a registered charity and social enterprise. "We had been operating out of my house in Cardiff and we set about looking for a building in Caerphilly as we had already run mindfulness and meditation classes from the Twyn centre," she recalls. "We found this building conveniently situated in the heart of Caerphilly which overlooks the beautiful castle."

The centre offers a wide range of mindfulness classes and workshops alongside more energetic pursuits such as Qi Gong. It also has a 40 ft Tibetan room available for hire and a shop selling unusual jewellery, glass and Indian artefacts. Mindfulness is a secular form of meditation which you can incorporate into daily life whether working, shopping or doing the dishes. "People are struggling with increasing workloads and they are finding that mindfulness helps them deal with the stresses of working life" The centre isn't all about the mind but also promotes physical well-being as well, adds Lorraine. "We also offer a range of therapies such as Indian Head Massage, massage therapy, reflexology and physiotherapy at incredibly reasonable rates."

The centre also caters to working mums or harassed professionals in dire need of pampering. It holds pamper mornings on every two months on Saturday mornings, explains Lorraine. "These mornings are incredibly popular. You can come in for two therapy treatments and relax in nice environment with drinks and snacks."

The centre has also set up a mums and baby group who meet every month in the centre, she says. "It's an opportunity for mums to relax and chat as well as have access to reflexology for their babies and post-natal yoga." Lorraine is keen to point out there is something for everyone at the centre.

Check out the centre's programme of events at www.sfwales.org or ring (029) 2908 60054 for further details.



Rudry Common Trust

The activities of Rudry Common Trust have been severely curtailed over the last year or so, owing to the fact that we do not own any land or have not had any long term leases agreed with landowners. This has affected our ability to access any funding and hence to progress with any work on the Common. For example, we applied for a Million Ponds Grant in 2009 and were offered substantial funds for the creation of two wildlife ponds on the Common, however, the current landowner refused to give a commitment to authorizing long term management of the ponds on his land and we were unable to continue with the application. As a consequence of these difficulties we felt it was inappropriate to ask members to update their membership last year.

On a more positive note, 'behind the scenes', the Trust has continued to be proactive in challenging encroachment and inappropriate planning issues relating to Common land in the area. We have also been working alongside the DWR Parish Council and have been in talks with Caerphilly Council regarding the Common. Exciting news is that the Council have purchased 5 acres of Common land adjacent to the Parish Hall and we are in the process of negotiating a long term lease on the land for Rudry Common Trust. The Trust hope to work closely with the council in developing a suitable habitat restoration and management plan for the area. The aim will be to increase access to this area for recreation and education whilst improving the diversity of plants and animals. There will be plenty of scope for volunteers to get involved with hand on conservation work in a friendly and supportive environment.

Discussions have also been held with CCBC around the issue of improving off road access to the common and surrounding areas. As many of you will have noticed there has been a gradual decline in terms of access to footpaths and bridleways on the common and many footpaths between villages in the parish have fallen into disuse. We hope to address this issue with the help of CCBC and Groundwork Trust. CCBC has kindly offered to provide some training to support our aims. It has been agreed that an initial one day of training will be provided to volunteers on map reading techniques –providing skills for surveying the footpaths in the area, a map can then be created outlining where works are required. For those who are keen on getting involved in the physical side of path clearance it is hoped that the council will also offer risk assessment training to volunteers.

If anyone is interested in getting involved with the above project please contact us on burnham.fletcher@tiscali.co.uk or by post to the Parish Hall. We hope to have a date for the initial training day in the very near future and are excited by the prospect of making real improvements to the environment in the parish.

RUPERRA CASTLE PRESERVATION TRUST.

It looks as though the long awaited news, has really come at last and now the projected sale of Ruperra Castle has hit the headlines. In the Public Inquiry in 2009 nationally important expert witnesses were willing to give their support free of charge. In this way a great light was shone on the immense historical significance of the Castle. We now need to raise money urgently as a prerequisite to making a purchase offer for the Castle. A business plan is needed and valuations to accompany applications to the Heritage Lottery Fund and the National Heritage Memorial Fund and others. We have long wanted a plan for Ruperra which would be for public benefit and not private profit. Immediately and urgently the castle needs to be structurally secured with scaffolding and a temporary roof. This would be at a minimal cost for the time being, enabling emphasis to be put on using the outbuildings, grounds and gardens to provide apprenticeship courses in building and horticultural skills. Other schemes combining with all that tourism has to offer can be developed on the site. In ruins for 70 years, the castle's rescue can be gradual and prudent, without putting a strain on the current national finances. Historically, the Ruperra Estate always employed local people, training them and giving apprenticeships to the more promising. But there were always jobs for the unskilled too and no part of the estate was ever wasted. The glass house built nearly 100 years ago by Mackensie and Montcur of Kew Gardens fame, is still standing.



We would now be very grateful to receive any amount of money however small that you can spare so as to fill the coffers and save this magnificent scheduled castle. You can follow the progress of our request on the website listed below. Please send your cheque to me, Pat Jones-Jenkins at Areithin, Heol Ton, Ton Kenfig, CF33 4PS and made out to *Ruperra Castle Preservation Trust*.

www.ruperracastle.blogspot.com

Registered in Cardiff No. 6656134

Charity No 1135940

Looking for a New Year's resolution you might stick to???

Why not kick start your New Year with a 'vocal workout' as a way of beating the Winter Blues? Singing sessions - with the possibility of forming a local choir will be starting in January at Rudry Parish Hall. So if you fancy having a 'vocal workout', using popular songs and above all have some fun, contact Helen on popethpert@hotmail.co.uk to let her know if you are interested or keep an eye out for posters for more details!!!!

BLAST FROM THE PAST...

In 1820 a farmer called Sion Crynant with a holding in Rudry suspected that his cow had become bewitched. He rode to a house belonging to Diana, a witch active in the area of Llysaen. He forced her back to his holding to see the cow. She laid her hand on the beast uttering the following words: *Bedith duw amo ti creadur bach, wneitho I ddim iti. (God's blessing be on you dear creature, I did nothing to you)*. The cow became better at once with Diana stating that there was nothing sinister in her witchcraft

NEW YOGA CLASSES AT RUDRY PARISH HALL

Yoga attempts to balance mind and body by following a sequence of physical exercises, or "asanas", controlled breathing, and the calming of the mind through relaxation. Asanas help you to improve posture, balance, suppleness & strength. Regular practice of yoga improves the body's physical health and helps the person cope with internal and external stress by aiding relaxation.

Yoga is suitable for all. Young and old, male or female, for those who exercise regularly and those who do not. The pace of practice is controlled by the individual and there are many variations of each posture so that everyone will benefit from attending the class.

The class will introduce the student to some of the most beneficial asanas. They will be taught following the principles of Iyengar, which encourages correct alignment of the body and awareness of the mind. The asanas generate strength, stamina and suppleness of both body and mind; this in turn leads to an increase in health, a reduction of the tensions of the body and a significant decrease in levels of stress and anxiety. The Iyengar principles enables even the total yoga novice to benefit from the asanas in a safe and structured way.

Are you looking for fitness and flexibility, to feel good, for reduced stress and tension?

Do you have back pain, stress, depression, irritable bowel syndrome, migraine

Do you participate in cycling, running, field sports, racquet sports, rugby, football, swimming, scuba diving, surfing, skiing, mountain climbing.

THEN YOU SHOULD DO YOGA!

**A class for all at Rudry Parish Hall
Wednesday 6.30-7.30 and 7.30-8.30pm
Contact Cath :email ccariad@aol.com or
tel 07890403654 for details**

Whisperings...

Rumour has it that we need to brace ourselves for the return of the **Rudry Pantomime**. Plans are afoot for a renewal of this cultural masterpiece in Spring 2012. Look out for audition dates on the notice boards!!

BEDWAS NEIGHBOURHOOD POLICE REPORT

Highway Code Pushbike Scheme – Rhydri Primary School

St James Ward Team are pleased to announce that all 12 of the Year 6 pupils at Rudry Primary School passed their national standard Highway Code cycling proficiency course with flying colours.

Pupils were presented with Cycle Proficiency certificates by Road Safety Officer Lorry Davies and were each rewarded for their hard work during the course with Gwent Police High Visibility Rucksacks and several Gwent Police Road Safety Awareness items each.

Results from July St James Ward PACT Meeting

As a result of the recent PACT meeting for the St James Ward which took place on 13th July at St James School in Mornington Meadows it was highlighted by residents that attended from the Rudry and Draethen areas that vehicles speeding in Rudry and Draethen villages remained an issue for local residents.

St James Ward officers will continue to monitor the situation; creating an Action Plan for the issue of speeding in these areas. The Action Plan will focus on increased police presence in the area with an aim that high visibility patrols will reduce the likelihood of vehicles speeding in the area.

Police Surgeries in Rudry Parish Hall

St James Ward officers have been holding police surgeries at Rudry Parish Hall as of September 2010. These are drop-in sessions (you don't have to come for the whole hour) and local residents of Rudry, Draethen and Waterloo are encouraged to call in to the surgeries to raise any concerns they may have and to speak to police representatives about issues within their community. Future drop-in sessions will be held on Monday 22nd November 5.30 – 6.30pm and Wednesday 22nd December 5.30 – 6.30pm



Successful cyclists at Rhydri Primary School

St James Ward Officers

PC 720 Karen Hartshorne
PCSO 23 Jon Spokes
Bedwas Police station,
Tel (029) 2085 7454



DOESN'T RING ANY BELLS...

BLAST FROM THE PAST...

In 1751 one James Tuberville was born on Ely Common. He became a famous poet writing verse known as tribannau. The following is one of his compositions:

Y tri lle oera yng gymru
Yw mynydd bach y Rhydri
Trwyn y garth a Cefn Onn
Lle buai bron a sythu

This translates as

The three coldest places in Wales
Are the little mountain at Rudry,
The nose of the Garth and Cefn Onn
Places where I was almost benumbed stiff!

The Rudry Recorder is produced three times a year on behalf of Rudry Village Hall, and paid for from Hall funds with the generous support of GAVO. The next issue of The Rudry Recorder will be out in March. If you would like to submit an article for the issue, then please contact Vitti Allender on (029) 2086 1596 or e-mail vitti_allender@yahoo.co.uk Absolute deadline for submissions is **Friday 18th February 2011**



This has been a busy time for the Community Council as we prepare in readiness to meet the coming challenges we will face. Cuts across public service will affect all of us and will change the landscape of expectation dramatically. We will need to address these changes as a community and in partnership with other communities both locally and nationally. However, this is also an opportunity for us to act, to do things differently, better, to take on some of the responsibility and challenges that face us, and to take pride in our individuality and independence. Rudry Community Council believes that our area and the communities within it has a number of unique opportunities that, if we work together, we can fully exploit. We have taken the lead in this by rebranding ourselves as the Draethen, Waterloo and Rudry (D.W.R.) Community Council. We are working closely with Caerphilly Council and with other county, town and community councils across Wales to consider how we can develop service delivery, empower our communities and take greater control of how we support and encourage each other.

RED TELEPHONE BOXES IN WATERLOO AND DRAETHEN

We want to ensure you are kept informed of our progress and following suggestions from residents, it has been decided that the phone boxes in Waterloo and Draethen will become an information centre. Community Information, notices, etc can be left there for attention. It is hoped that an arrangement can be reached with the Caerphilly Campaign Office that a supply of the newspaper can be left there for residents to collect.



TRAFFIC CONSULTATION

One of the main issues that is raised with us regularly is traffic through the villages and we are holding a Traffic Consultation Day on 6 November from 1.00pm - 4pm to discuss the ongoing traffic problems in the area. Come along and have your say regarding the traffic situation. This is your chance to make a difference! If you cannot attend the meeting, please send your views to our Clerk, Sally Chick, or to any of your Community Councillors Please remember to complete and return the **DWR Community Council Appraisal confidential questionnaire** that we sent out – recently this is an important part of the consultation, and it is fine to return it after the consultation day. If you haven't received a questionnaire, please contact Sally and we will get one to you.

COMMUNITY MEETINGS – ALL WELCOME

If you wish to get more involved in our work and that of other community groups working in the area, please come along to one of our Community meetings. There will be a Community Meeting on 18 November at 7pm in Rudry Parish Hall - this meeting is to discuss Rudry Common and plans for its future and any other environmental issues affecting the area. This is a Community meeting and is open to all interested parties. The next Council Meeting is 25 November 7pm in Rudry Parish Hall and join in with the exciting plans that are rapidly taking shape - *Everyone is welcome!*

WHO WE ARE

If you have any ideas or wish to contact your Councillors, their details are as follows:

Councillor Chris Allender	(029) 2086 1596	allendercj@cf.ac.uk
Councillor Philip Blight (Chair)	(029) 2084 9162	phil.blight@talktalk.net
Councillor Guy Bowden	(01633) 441399	gybwd@aol.com
Councillor Lindsay Foyster	(01633) 440870	l.foyster@mind.org.uk
Councillor Margaret Jones	(01633) 440880	margaret.jones68@btinternet.com
Councillor Roger Hall	(029) 2086 3269	roger.hall7@btinternet.com
Councillor Kevin Stanworth	(029) 2086 9068	enquiries@threecountiesagriculture.co.uk



The plants used to set up the Planters around the Village signs were kindly donated by Jamie Goddard and by Caerphilly Garden Centre. We are hoping to get some Spring bulbs planted soon and possibly some Winter Pansies too. Volunteers to help with this please come forward!



The Clerk to the Community Council is Sally Chick - Sally will be at the office in Rudry Parish Hall between 9am and 12pm on Mondays if you wish to pop in and see her. Alternatively, contact her at tycyw@hotmail.co.uk or on (029) 2086 0067.

Please give five minutes of your time to help us!

As part of the conditions for one of the grants that we have received to renovate Rudry Parish Hall, we are required to complete and submit standard monitoring forms in order to give information on who is using the hall. We need to get as many of these as possible. *Failure to get a sufficient number of these returned could mean that up to £30,000 of the grant money that we have already used could be clawed back!*

Please – if you have used the Parish Hall since it has reopened, we ask that you fill in the form overleaf. You may have visited for the Grand Opening or another event organised by the hall committee, been to a party there, attended keep fit, been to a meeting – whatever the reason, if you have been to the hall, please complete the form. We only need one form per person, however many times you have been to the hall. You can photocopy additional forms or if you would like some more please contact the hall secretary, Vitti Allender on (029) 2086 1596 or e-mail vitti_allender@yahoo.co.uk

Completed forms can be left in collection boxes in your local phone box (Draethen & Waterloo), in the collection box in the Monte (Rudry) or to any of the Parish Hall Committee members. If you would like your form to be collected, please contact Vitti and this can be arranged

Please note that this is in addition to the DWR Community Council Appraisal confidential questionnaire which was delivered to you recently

THANK YOU!!

INDIVIDUAL MONITORING FORM

Ref: CAE CDKF/R6/0051

Personal Details							
Title:		Surname:		First Name(s):		Postcode:	
Age Category (Please Circle)							
Under 16	17 to 20	21 to 25	26 to 30	31 to 40	41 to 50	Over 50	
Gender (Please Circle)							
Male		Female					
Ethnic Background (Please Circle)							
a) White							
British	English	Scottish	Welsh	Irish	Any Other White Background, please specify		
b) Mixed							
White & Black Caribbean		White & Black African		White & Asian	Any Other Mixed Background, please specify		
c) Asian							
Asian British	Asian English	Asian Scottish	Asian Welsh	Indian	Pakistani	Bangladeshi	Any Other Asian Background, please specify
d) Black							
Black British	Black English	Black Scottish	Black Welsh	Caribbean	African	Any Other Black Background, please specify	
e) Chinese							
Chinese British	Chinese English	Chinese Scottish	Chinese Welsh	Chinese	Any Other Chinese Background, please specify		
Welsh Language (Please describe your Welsh Language abilities by circling the relevant box(es))							
Fluent in spoken Welsh				Learner		None	
Locality (Please circle)							
Born & raised locally		Continuous Local Resident		Relocated within last 5 years	Relocated 5-10 years ago	Relocated 10+ years ago	
Employment Status (Please circle)							
In School or student (further or higher education)		In full time training (other than further or higher education)		Full time employment	Part time employment		Not in education, training, employment or training
Registered as disabled		In receipt of incapacity benefits		Retired (before 65)	Retired at 65		

Caerphilly County Borough Council will endeavour to safeguard your information and any disclosure of that information will be in accordance with our registration under the Data Protection Act 1988. Third party service providers contracted to the Council are required to conform to the same standards. Caerphilly County Borough Council is committed to abiding by the Data Protection Act 1988, as well as respecting peoples' rights to confidentiality and privacy. We treat your private information with respect. It is kept secure and only those staff who are entitled to see it have access to it. We will do our best to keep information about you accurate and up to date. When we no longer need to keep information about you, we will dispose of it in a secure manner.

Signature:		Date:	
------------	--	-------	--