

# Y

Edition Six



# Bont

March 2004

## The Community Newspaper for Carrog and Lidiart y Parc

We have now secured sponsorship for this edition and the following two which will take us to the June edition. We have also applied for a Welsh language grant to secure our long term funding, so fingers crossed. We are also now on the web at [www.ybont.deevalley.com](http://www.ybont.deevalley.com) thanks to Aled Brown who has designed the site free of charge. This month we have had no letters which is rather disappointing. Perhaps our main article this month on the possible sale of Glebe land for housing development by the Church of Wales will raise some letters. Affordable housing, especially for young people in Carrog and Parc, remains a major problem. Homes built as starter homes are affordable only on the first sale, market forces increase their value and take them out of the reach of those most needing them by the time of resale. Housing association properties whilst ensuring low cost housing do not necessarily target local people and can attract people with no understanding of local culture and no desire to participate. If land is sold to a developer they will not unnaturally ensure properties are built which have the greatest profit but which are unlikely to be affordable in the present housing market. The report of the public meeting held about the possible sale is published below.

### POSSIBLE SALE OF GLEBE LAND

On 22nd February a Public Meeting was held to discuss the sale of Glebe land, next to the Smithy, by the Church in Wales. Carrog Church was invited to comment but has no direct say or benefit in or from the sale of the land. The public meeting recommended to the PCC the following:

Firstly the preference was for no sale of the land and for it to be retained for agricultural use. Secondly if a sale must take place the land should be used for recreational purposes. Thirdly - if the land is sold for housing development there should be conditions and covenants attached to ensure the development was in the interests of the village. Namely:

1. A housing association should build the houses
2. No development should take place immediately alongside the Smithy - this is a historic building and there is vulnerability to flooding.
3. The PCC should point out the likelihood of flooding to this area and anecdotal evidence that the Environment Agency has suggested the area is unsuitable for development as it is a shingle bank.
4. Any housing should be affordable and only available to people who have lived in Carrog or Parc full time for at least ten years.
5. The Church in Wales should be made aware that other more suitable areas for development exist within the Village.
6. Design of the houses should be sympathetic to the village.

The PCC has passed these observations to the Church in Wales.

### OLD CARROG

Continuing our series taken from a 1950s essay the subject this month is Local Characters:

The 'Man of the Moment' in the early part of the century was Mr. Edward Jones, Park Shop. He worked hard for the betterment of the villagers, encouraging them to save. He encouraged the Quarrymen to keep two pigs - he would provide free flour to fatten the pigs and in the autumn he would buy one pig at six pence a lb. They would keep the other pig for themselves. He also encouraged them to plant potatoes in the local farmer's field - at 6 old pence for twenty yards.

Amos Williams was another good character - he kept the pub and sold coal and he was a noted fisherman. He would make his own flies and was in great demand by the visiting fishermen from the Midlands who came to stay with the families in the village. Amos' wife, Mary Williams, was also well known for her skill in medicines. She was famous for her plants and herbs. The village lads were also keen on fishing. Amos would sell them three hooks for a penny for eels and one hook a penny for trout. The eels the lads brought back to Mary who would give them a penny or two according to size. Mary then made oil to heal earaches. It is also said that the eels were skinned and split into shoe laces.

The Rhagatt family, the "Lloyds" as they were called, played a prominent part in the life of Carrog in the past. They were specially generous to the people who 'lived on the parish'. It was said that at one time they had to leave Rhagatt for three years because they had overspent (renting their house out), and congratulations to all those who noticed last month that the author of

this essay had omitted the Swan from the list of pubs.

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### YSGOL CARROG

On February 13th the School held 'The Big Hush' and raised £87 for MacMillan nurses. Year 6 organised competitions and pupils dressed up in someone else's clothes. The junior children took part in the inter-school Cross Country race in Dinas Bran on Wednesday 25th February. Well done to all pupils for competing the race. The children enjoyed a performance by The Ramshackle Theatre who performed 'Spinning a Yarn'. Clwb yr Urdd has been busy completing art and craft work for the Urdd Eisteddfod on March 6th in Dinas Bran.

It was great to see Ysgol Carrog past pupils in the 'Young Uns' production of 'Alice in Wonderland'. Charlotte Davies was excellent in the leading role as Alice, Katherine, Heather, Gemma, Lydia and Lily were superb in the cast.

## WELLIES AND WHEELBARROWS

Due to lambing, and the loss of his all weather head gear, our rural affairs correspondent's column is held over until next month.

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## EDYRNION HISTORICAL SOCIETY

Mrs. Valmai Webb gave an extremely interesting talk on Penarth Mine at the last meeting. Penarth has played an important role in recent village history and was in production from 1850 until 1930, with several changes of ownership through families which are still represented in the area. Many of the workers lodged in the village and at the peak of its production there were some 200 men working. The society attracted an audience of some 70+ people to the meeting, which demonstrates the interest in local history within our own community.

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## NEUADD

The Neuadd is used by a wide range of local groups, who each have their own keyholder. Usage for community activities is free although assistance with fund raising is always welcomed! Individuals or organisations who wish to hire the Neuadd for private or commercial purposes can do so by contacting the Hiring Secretary, Mrs. Janice Sheasby at The Cottage (Tel. 01490 430644), e-mail - neuaddcarrog@hotmail.com for a scale of charges. Unfortunately we must now ask for payment in advance as we have had a situation where a hirer failed to pay for a wedding hire. The Neuadd does have regular expenses which must be paid for, e.g., central heating oil around £600 per year and approved electrical inspection and repairs to keep our entertainment licence £500. To help us with this we are now restarting the 100 Club. Contact Dave Jones for subscriber details - the first draw will be held on Sat. 15th. May. The Gift Aid scheme is now also ready and anybody prepared to contribute a set amount per month should contact Paul Fisher on 430397.

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## TWINNING

The Twinning Committee held a well attended open meeting on Feb 9th to discuss the first official visit from Plouyé, Brittany, which will now take place between May 13th - May 17th. It is believed that there will be at least 12 representatives in the party and accommodation is sought from hosts in the village. The committee is arranging a full programme of events for the weekend which should give a true flavour of Carrog/Parc and the surrounding area.

As advance notice, there will be entertainment for the whole village on Sat. 15th. May with entertainment provided by 'TONIC' and a Hog Roast. Tickets at £5.

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## SATURDAY CLUB

Thanks to a grant from the National Lottery You and Your Community Fund the Village will now benefit from a Saturday Club for young people up to the age of 14 years. This will commence on 6th March in the Neuadd and there will be a variety of activities including dance, sport, crafts, games, etc. Details from posters which are being distributed or by telephoning 430571.

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## DIARY

Lent Lunches are being held in the Village Hall every Tuesday on 9th, 16th, 23rd and 30th March 12.30 p.m. to 1.30 p.m., in aid of the Grail Trust. Everyone welcome.

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## CONGRATULATIONS.

Welcome back to Carrog to Sarah Nash (née Edwards) and family, and congratulations to them on the birth of their daughter Mia Isabella who was born on February 24th (8lbs. 1oz)

Congratulations to Tina Lloyd on gaining her N.V.Q. Level 3.

To Ike Dolben on becoming an octogenarian last month and celebrating the fact in the company of a large group of family and friends.

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## CORWEN HEALTH CENTRE LOOK AFTER YOUR HEART

Confused about good fat and bad fat, is your cholesterol too high? 20% of the cholesterol in our blood comes from what we eat, it is made up of low density lipids (LDL) which clog up your arteries, known as BAD FATS, and high density lipid (HDL), GOOD FATS, which carry the LDL back to the liver to be disposed of and so help to clean up your arteries.

Animal fats found in meat and dairy produce contain high levels of LDL, so do prawns! HDL fats are found in oily fish such as sardines, herrings, salmon and trout. If you hate fish then try fish oil supplements. Buying cooking oil and spreads can be confusing, hard white cooking fat, e.g., Lard, contain high saturated fats, high in bad LDL and should be avoided.

Polyunsaturated oils and spreads contain polyunsaturated fats which should be used in moderation, e.g., Flora and vegetable oils. The least harmful fats to use are called monounsaturated fats, e.g., Olive oil and the much cheaper rape seed oil, and the olive oil containing spreads. The Flora pro active and Benecol products if used regularly can reduce your cholesterol by about 10 - 15%; you lose the benefit if you stop using the product.

These are useful for people with slightly raised cholesterol levels, helping to bring the level back to normal, but will have limited impact on very high cholesterol levels. Exercise for 20 minutes three times a week (brisk walking) will strengthen your heart and raise the levels of HDL in your blood, red wine in moderation is also protective.

If you have a relative who had angina or a heart attack before they were 60 years old you would benefit from a cholesterol check and further advice on preventing heart disease. Remember, the very best way to prevent heart disease is never to start smoking and if you are a smoker - give up.

**A.W. Dolben**  
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 Llidiart Y Parc  
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 **GROUSE INN**   
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### SNOOKER

Mixed fortunes for the Snooker Club this month losing away to Llandrillo A 6 - 0 but beating Llandrillo B 4 - 2

Fixtures:

Singles Qtr Finals Alun Jones to play Rob Pierce Ysbyty Ifan

Doubles Qtr final Alan Davies and John Reardon to play Dewi Jones and Rob Pierce Ysbyty Ifan before 27th Feb.

### MARCH RECIPE

Our Occasional Cornish Correspondent (John Burn) refuses to divulge the recipe for The Perfect Cornish Pasty on the grounds of state security, but has instead offered this recipe for Cauliflower, just coming into it's prime and which is excellent with a roast :-

Cut a Cauliflower into 1" florets and blanch in boiling salted water for 3 minutes. Drain and arrange in a single layer in a baking tray. Season with salt and freshly ground black pepper and sprinkle with grated cheese and drizzle with olive oil.

Bake in a hot oven, 185 deg. C for 10/15 minutes.

Do we have any LOCAL recipes out there which could be shared with our readers?

All contributions welcomed!!

### CYMDEITHAS CARROG

Monday evening before Christmas some members of the society went about Llidiart-y-Parc and Carrog singing Christmas carols. A total of £120 was collected towards the Air Ambulance in North Wales. Thank you to everybody who contributed.

On Saturday February 28th we celebrated St Davids Day in the Neuadd. The delicious meal was prepared by Edwin and Eirian, Ty Mawr and ladies of the society. To follow we had entertainment by the bass soloist from Llangynhafal Meirion. W. Jones and his daughters, one playing the piano and the other playing the flute.

Eirlys Dwyryd from Ruthin came to accompany on the piano and she also gave a recital on her harp. In spite of the cold weather an enjoyable evening was had by all and it was nice to see so many had turned out.

If you would like to know more about events held by the society please ring Brynle on 01490430215.

### CLASSIFIEDS

For Sale. Tebo, Built In (green), Single electric Fan operated Oven/grill C/w Large viewing window and oven light. £50 01490 430558

Wanted. A person to run the draw on Carnival day and anyone else prepared to help with the Carnival. Contact Nia on 430325.

### STOP PRESS

#### VILLAGE SHOP TO CLOSE

The Post Office will be closing on 31st March. Hopefully arrangements are being made for it to open for a few hours per week. The shop will be closing on 3rd April. This will be the first time in living memory that Carrog has not had a Village Store.