

Y

Edition sixteen



Bont

January 2004

The community news paper for Carrog and LIdiart y Parc

A Happy New Year to everyone and we hope you have made your New Year resolutions. The editor's resolutions are listed below along with some, tongue in cheek, suggested ones for other members of the community.

Perhaps as a community we should also make a resolution to bring pressure to have traffic weight and size restricted on the Bridge and the restriction signs moved up to the A5 and to the Fedw junction so that wagons have a chance to turn round. Wagons which are obviously too large and heavy continue to try and cross and smaller wagons with less competent drivers end up bouncing off the sides. As a result David Blair is now missing a very large section of wall and the coping stones on the Parc side of the Bridge are again dislodged.

All problems seem to be eclipsed, however, by the ongoing disaster in Asia and several people have suggested we set up a Village appeal, details of which are below.

We also note that we have a second newspaper in the Village, the Carrogite News, and would like to congratulate those who produced it. We understand that several people mentioned in it are very keen to find the editors so that their lawyers can speak to them!

Rumours continue to abound with regard to St. Davids and there is considerable anxiety over the lack of information. A change to hospital status will potentially affect not only Carrog and Parc but communities further afield who also need to be aware of the potential situation. If you feel strongly enough, see the article below about a public meeting.

ST DAVIDS - NEW CONCERNS EXPRESSED

Considerable concern has recently been expressed within the community regarding the situation at St Davids and we have been asked to give an update. The position with regard to any proposed change of use remains unclear and Mental Health Care UK has not lodged an application with the County Council in this respect.

We reprint below an extract of the original article from the September issue:

"St. Davids, which is owned by Mental Health Care UK, has submitted an application for Hospital status under the Care Standards Act 2000. This means that, if successful, they would be able to house people detained under a relevant section of the Mental Health Act 1983, who may have been convicted of serious sexual and violent crimes. This is part of a Government Strategy to move people normally lodged in secure environments, into smaller units."

Given the level of concern, if anybody wishes the Community Council to call a public meeting, you must inform your local councillors (David Jones - 430255 or Ian Lebbon 430625 or Brynle Hughes 430215) by 21st January 2005. Your councillors would then request a public meeting be called immediately to involve all local communities affected by any change in the status of St Davids plus our local AM and County Councillor and a representative from Mental Health care UK.

WELLIES AND WHEELBARROWS

Before I start on this month's catalogue of disasters I have an apology to make. In an earlier article I thanked Matt for helping me get my wayward bullocks home, however, I neglected to thank two others. So to my two favourite groupies Nic and Kat I'm sorry I forgot to mention you both and thanks very much for your help.

With all the cattle inside for winter the endless cycle of feeding and mucking out has begun in earnest. It's not a very inspiring job and seems to play havoc my social life. All the buses to Llangollen are either too early, before feeding or too soon after feeding for me to catch them. Somebody should have a word with Arriva as it's costing me a fortune in taxis when I want a night out.

I sold some more lambs the week before Christmas and was pleasantly surprised by the money they made. I've only got twelve left now but they are such a rag tag looking bunch I think I will hide when they are sold in the auction and deny all knowledge of them if anyone asks if they are mine.

Gill Tustain came to scan the ewes last Tuesday and as we were working outside I built her a little shelter to work in to keep her dry. Unfortunately the wind changed direction and the home made tent proved ineffective (I don't think she was overly impressed). Despite the lack of shelter Gareth Blondie and myself managed to put the ewes through without too much bother and the results were better than last years.

In an effort to keep my fields around the farm buildings clean for lambing time I've started feeding the ewes on the higher ground. It seemed like a good idea at the time, however, I've only been doing it for a week and I'm already fed up of carrying bales up there on my back. I don't think it's going to be long before I open the gates and start feeding behind the school as usual

Gareth Llan

Y BONT TSUNAMI DISASTER APPEAL

It has been suggested that, as in many Welsh Communities, Carrog and Parc should have our own disaster appeal. This will be a purely monetary appeal. Anyone wishing to make a donation may make a payment by cash or cheque to any of the editors or to Janice Sheasby or Alan Dolben.

Cheques should be made payable to Y Bont and marked 'Asian Appeal'. All money collected by the Village will be targeted to a particular village and school in one of the worst hit areas and perhaps establishing a long term association between young people.

NEW YEAR RESOLUTIONS

The Editors

Paul Fisher - To check all buttons and zips before reading in Church and not to mention Christingle and Dance in the same sentence.

Ian Lebbon - Not to sing about his sister Belinda and her performance. When being a paper boy to deliver to ALL the houses in Carrog and Parc.

Colin Roberts - To continue his support of Bunny Refugee Agencies and to remember editorial meetings.

For others who know who they are:

To remember the difference between microwaveable hot water bottles and non-microwaveable mobile phones.

Not to blame pet ducks for personal body functions.

For bellringers to wear hard hats and learn new tunes but to still find time to maintain our churchyard so well.

To continue entertaining the Village with stories of everyday farming life and continue supplying excellent Welsh Black beef.

For those needing new clothes to stop persuading other peoples wives to shrink expensive sweaters on their behalf.

To explain how the cost of beans on toast is composed mainly of a tax on greenhouse gases

For ladies on clay pigeon shoots to remember that they are there to shoot clay pigeons and not moles and injuries received are not to be blamed on husbands.

TWINNING

In May 2004 representatives of Plouyé in Brittany arrived here to celebrate the official twinning of our two communities - an event that was thoroughly enjoyed by all. As a permanent tribute to the twinning the Mayor and residents of Plouyé are currently restoring and landscaping an amenity area within their village which they intend to name "Place de Carrog"!

There will be an official invitation to attend the ceremonies later in the year to all residents of our community.

A VILLAGE KNIGHT!!!

Arise Sir Roger Jones! Named in the New Year Honours List for services to business and training in Wales. Sir Roger is the son of Mrs Glawdys Jones of Bryn Teg and was formerly a pupil at Ysgol Carrog.

HELP NEEDED

Readers may or may not know but we do have a website which was created with the intention of keeping former residents and friends near and far, but with an interest in Carrog, informed. However, it does have to be updated with new articles from Y Bont and this all takes time. So anyone who has the time and ability or anyone looking for a community project please contact us.

EGLWYS CARROG

Although December 31st has come and gone, the Church's year does not end until Easter. However, two occasions are worthy of mention.

It was with great regret many attended the memorial for Keith Tinniswood, although the general mood was upbeat and not at all sad, just as he would have wished. The number at church was indicative of the extent of his circle of friends and well wishers.

Despite the continuing problems with the electrical installation, it was possible to 'light' the church this year, something not done for the past three years. On Christmas Eve, for the Carol Service, the trees were also floodlit and the inside lighted by candles. The format of the service and the general atmosphere has, apparently, received positive acclaim.

CONGRATULATIONS

To Nia Roberts and Ian Hewitt who at midnight on Christmas Eve became engaged to be married.

THANKS TO THE YOUTH CLUB

For decorating the Neuadd so beautifully. We hope you will be willing to do it again next year.

CARROG CLAY PIGEON SHOOT

The annual Boxing Day shoot was held in a cold, snowy, muddy field at Llan Farm.

The highest men's score was 74 by Tony 'the Flying Welshman' Jones and second highest score of 67 by Arwel 'AA' Hughes.

Chris 'Butch' Jones won the Novice Shield with a score of 57.

The highlight of the event was the first ever ladies competition. A splendid, if bruised, effort by all, with some beating husbands, farmers and startling the odd male! The highest women's score was 24 by 'Calamity' Jayne Davies.

Thanks to Alan Dolben and Gareth Llan for all their hard work in making the shoot a success.

Neuadd 100 Club

December draw

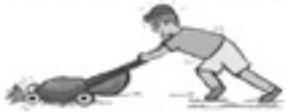
1st Prize Paul Fisher £50

2nd prize John Roberts - £25

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HEALTH MATTERS JANUARY 05

COLDS AND FLU: Recognizing which is which and some self help advice.

Colds start slowly. The symptoms confined to the nose, throat and chest. There is often a mild headache and tiredness. Temperature and appetite may be normal, you are not bed ridden.

Flu has a rapid onset. Symptoms involve the whole body with generalized muscular aches and pain. Headache and fatigue may be severe. There is a raised temperature and lack of appetite, you are often bed ridden.

These conditions are caused by viruses and are self-limiting, they get better on their own. They are not cured by antibiotics. Reduce spread by using disposable tissues, washing hands regularly and staying at home. Your local pharmacist can recommend a large range of medicines that are available without prescription - they help you feel better but have no effect on the condition itself. Keep a supply of simple remedies in a locked cabinet for yourself and your children for use when chemists are closed. Always replace medicines when they become out of date.

For headache and pain; use paracetamol, soluble type will work quicker, ask for the cheapest brand, they all contain the same drug; this applies to children's preparations also. Paracetamol over-dosage even in small amounts can cause liver and kidney damage and can be life threatening. Always read the label and never exceed the recommended dose. BEWARE giving combinations of paracetamol and other flu and cold remedies which also contain paracetamol. Aspirin and ibuprofen are useful but can cause gastric upset, codeine containing mixtures can cause constipation. Aspirin should never be given to children under 16, Paracetamol is not recommended, except on a doctors' advice to babies under 3 months.

For congestion and nasal stuffiness; many cold remedies contain a decongestant. Nasal sprays and drops also may help; they should only be used short term (7 days max) otherwise they will cause a rebound swelling of the nose lining and long term symptoms. Decongestants containing ephedrine or pseudoephedrine should be avoided if you have diabetes, heart disease, hypertension and hypothyroidism. Always read the label and ask the pharmacist if unsure.

For cough symptoms; Coughing is the bodies' way of getting rid of mucous or sputum. Expectorants help to loosen the mucous making it easier to cough up. Suppressants reduce the urge to cough if you have a dry tickly cough. They will not effect the duration of the illness. As before, check the labels for maximum doses and if ingredients are the same - buy the cheapest. Mixtures containing codeine should be avoided in children and never given under 1 year.

For raised temperature; Treatment here is debatable. As the bodies defence mechanisms get to work in illness, the metabolic rate (tick - over) is raised, the body is doing more work and the temperature rises. Medical authorities now

believe that lowering the temperature will slow down the healing process, hindering recovery. Keep the patient cool, use light clothing and bedding, keep the room at room temperature (do not over heat). Give cool drinks regularly, use ice-lollies for children if they are not keen to drink. Dehydration is serious and often accompanied by a severe headache, beware the quiet drowsy child. Cooling with a fan or hairdryer on cool setting will help. Wrapping up to 'sweat it out' is not recommended.

In children especially the temperature regulatory system is immature and wild fluctuation in the temperature may occur leading to febrile convulsions; the child may be drowsy and twitchy beforehand. Paracetamol (and ibuprofen if indicated) should be use. If very high temperature, seek medical advice.

When should you see a doctor?

For general advice ring; NHS Direct- 0845 46 47

Corwen health centre - practice nurses 01490 412362

Out of hours medical advice 6.30 pm - 8.00 am, Morfa Doc - 08702 418273

Web site - medicdirect.co.uk

DIARY

17th January at 7.30pm Gold Medallist Nicola Tustein will give a talk about her experiences in the Paralympics Entry £2

25th January Edeyrnion Historical Society - The tribulations of farming in 19C Wales

1st February Commander Bradshaw will give an illustrated talk on his experiences of being the navigator on the Royal Yacht Britannia.

YSGOL CARROG

We all had a busy time at the end of term entertaining in the Carols around the Christmas Tree, putting on our Christmas play "A Tale of Two Birthdays" and taking part in the Christingle service,

The P.T.A. provided a brilliant Christmas party with a visit from Santa who had a sack full of presents. The Christmas Disco was held in the Village hall where we had balloons and flashing Santa hats.

Once again this year we were invited to Carrog station where we sang for Santa and were given a present and a ride on the train to Glyndyfrdwy

A group went to sing carols in Cysgod y Gaer, Corwen and thanks to Jo for taking us there in the mini bus.

Welcome to Holly Edwards who is joining Rachel and Amber in year 5.

SNOOKER RESULTS

23/11/04 Glyndyfrdwy 'B' 2 - Carrog 4

14/12/04 Carrog 4 - Corwen 'C' 2

LETTERS: All letters must be accompanied by the name and address of the writers. Opinions expressed are purely those of the writers of letters. The editors reserve the right to edit or reject letters submitted.

Dear Editor

As most of you will remember, in the year 2000, four stout and hardy gentlemen of Carrog attempted to climb the three highest peaks in the British Isles, Snowdon, Scarfell Pike and Ben Nevis, within 24 hours.

This was achieved in the amazing time of 22 hours 13 minutes with some hair raising moments along the way. 3 of the original team members, Ian Lebbon, Peter Roberts and Steven Davies, together with one new member, have decided to attempt the challenge again in June 2005 and try to reduce the time even further.

There will be a back-up team of 3 vehicles and at least 4 drivers involved and their job will be to complete the journey between peaks in the shortest possible time, obviously with safety and the speed limits in mind, and to have food ready if the walkers should need it.

We notice that there are a group in the village who go by the name "The Carrogites" who have started producing a highly entertaining news sheet. It would add a lot of interest to the three peaks event if they could form a team and join us. Possibly, with a challenge in mind, between the present record holders and the Carrogites.

As an incentive to join us, you may like to know that the event is timed to finish at approximately 9am on the Saturday. This coincides with the opening times of the local ale houses in Fort William.

We would then return to Carrog on the Sunday for a final celebration at the Grouse Inn.

The record holders will be holding a meeting in the Grouse in January to arrange the details of accommodation route and times etc. Any one from the Carrogites wishing to join us will be very welcome.

Eric Lea

Our First Christmas In Carrog

Having spent most of our lives in the leafy suburbs of Liverpool, we moved to Carrog for a quieter pace of life - or so we thought!

We started our Christmas at the Carol Service on Christmas Eve. What a beautiful Church and what a lovely service in a magical atmosphere.

Then it was down to The Grouse for what seemed like the start of two weeks of non stop drinking! It was a lively evening, helped along by the guitarist and enthusiastic singing.

Right on cue, we woke up to snow on Christmas morning - then it was back down to The Grouse for midday drinks.

After a hearty Christmas dinner at home, our neighbours invited us in for a few more drinks that evening.

On Boxing Day we were up early for the Clay Pigeon Shoot at Llan Farm. We had a great time. Although the girls were nowhere near the men's standard, they shot well and we're sure they'll give the men a run for their money next year! In the evening, we had a fabulous time at a party in the village.

Monday brought a return to the Grouse for our daily alcohol fix, leaving Tuesday to put our feet up at home for the first time.

The hectic schedule continued in the New Year with another great party and further time spent with new friends and neighbours.

We have never had such an exhausting but thoroughly enjoyable Christmas and New Year, and would like take this opportunity to thank everyone in the village for making us feel so at home here.

Ian & Karen Ravenscroft

*KEITH,
SORRY YOU WEREN'T AT THE DO THE OTHER FRIDAY. ALL YOUR FAMILY AND FRIENDS WERE THERE.*

THEY ALL SAID HOW MUCH THEY MISS YOU AND WE ALL TALKED ABOUT THE LAUGHS WE HAD AND THE MISCHIEF YOU GOT UP TO.

WHAT A DO! EVEN THE UNITED AND EVERTON FANS SANG "YOU'LL NEVER WALK ALONE", AND WHAT A CRACKING VICAR WE'VE GOT!

THEN OF COURSE WE ALL WENT TO THE GROUSE, SARAH PUT ON A SPREAD AND WE ALL TALKED, LAUGHED AND EVEN CRIED ABOUT YOU.

SO SORRY YOU WEREN'T THERE, LOTS OF YOUR FRIENDS HAVE TOLD ME HOW DISAPPOINTED THEY WERE NOT TO BE ABLE TO BE AT THE DO, BUT ALL ASKED TO BE REMEMBERED TO YOU.

THANKS MATE, WE HAD A GOOD TIME REMEMBERING YOU, NOW IT'S YOUR TURN TO WATCH OVER US.

SEE YOU SOON. LOVE DOOLEY AND PIP. XXX

KEITH ROSS TINNISWOOD

14.9.1951- 12.12.2004

R.I.P.

Please submit letters or articles for publication by e-mailing to editor@ybont.deevalley.com or by telephoning the editors on 430625, 430558 or 430397