



This month has seen further damage to Pont Carrog and an update on St. David's but the new bus shelters at Parc have also generated quite a few adverse comments, including a letter in Y Bont. It is in fact the County Council and not the Community Council which is responsible for erecting them and so we do not as yet have an answer as to why there were, briefly, two in the same place.

### MORE DAMAGE TO BRIDGE

On Monday 20th February more damage was caused to Pont Carrog when a Danish registered articulated lorry attempted to traverse it. Firstly it became jammed when approaching the Bridge from the Village side, knocking chunks off the capping stones and dislodging one. After several attempts it proceeded across the Bridge only to repeat the same damage on the Parc side. It is of little comfort to residents to know that the strength of the Bridge caused considerable damage to the trailer section of the wagon. Registration and other identifying marks have been passed to the County Council.

In Y Bont we have continually campaigned for a reduction in weight on the Bridge because this is related to length and width, but the real issue is length. Apparently there is no regulation which can be imposed restricting length. We therefore return to the problem of weight.

Although copies of the December issue were sent to Ian Miller, the County Council appear to have taken no notice of concerns in our community. Damage to the Bridge eventually results in closure and considerable inconvenience to residents of Parc and Carrog who have to endure a long detour. If a closure should happen during flooding, which always affects both the A5 and Corwen Bridge, the only access to the Village could well be only from Glyndyfrdwy or the Rhagat Road via the Rhuthun or Chester Roads.

In Glyndyfrdwy a campaign regarding the bridge resulted in the demolition of a cast iron Victorian Bridge being replaced by the modern one. In Corwen the bridge (pictured below) was also demolished and replaced. Public opinion would suggest this is not the solution for Carrog.

Calls for better signs, warning large vehicles of the restricted width and access to the Bridge have often been called for, but these pleas have also been ignored.

If anyone does see a large vehicle stuck on the bridge please record the details and if possible take a photograph!



An undated picture of Pont Carrog before the days of heavy wagons

### GRANT FOR Y BONT

Awards for All Wales have given a grant to Y Bont for the purchase of a laptop computer, printer, digital camera, bilingual software and advertising. But perhaps most importantly, money for the training of people in the community in basic computer skills, translation skills and the use of the camera. This is an important step forward for us to survive into the future and we will be announcing the dates of courses shortly.

The laptop and camera are for the use of members of the community to write and illustrate articles, or to take photographs for publication for purely artistic purposes.

Thanks are due to Jayne Knight who originated and co-ordinated the bid.

### St DAVID'S UPDATE

Karen Sinclair, AM, has shown considerable concern over the application to change the use of St David's to a registered hospital, allowing for the possibility of persons convicted of serious sexual or violent crimes to be lodged there. There is also concern over the refusal of Mental Health Care UK Ltd. to consult with local communities.

In keeping a watching brief on our behalf Karen Sinclair has received a letter from Health Care Inspectorate Wales stating that the application is delayed at the request of the applicant but there is an intention to progress the application at a later date.

As pointed out in a previous article, the refusal to consult with local communities increases the sense of suspicion over the companies motives and the only response remains continued opposition.

### PARKING CHARGES FOR CORWEN?

At the time of going to press we have heard rumours that Denbighshire County Council intend to set charges for parking in Green Lane Car Park. The Community Council is and always has been opposed to such charges. There is very little alternative on-street parking and only limited public transport from outlying villages. Also visitors to the Health Centre would be faced with paying for the privilege. At a time when Corwen are trying to encourage visitors to 'stay a while' in the area, surely we do not want to discourage people from parking in the town.

### OBITUARY

Sadly we have to report the death of Thomas Henry "Harry" Francis of Y Giat, Llidiart y Parc who died at home on 15th February aged 82 years. He was interred at Corwen Cemetery on 22nd February.



Last week everything on the Llan was going to plan. The hedge I was laying had been completed and a stretch of fencing had been repaired. I'd even got around to fixing the granary door (it had only been off it's hinges for two years). The day to day routine was ticking over nicely, the cows were contented and I was certain I'd done everything possible to coax a successful lambing out of the ewes.

One week later and things didn't look quite so rosy. The last set of twins arrived unaided and the subsequent suicide of one of the pair also required no help from me. (Lying under the feed trough was not the best decision that lamb made in it's short life). The second set of twins didn't fair much better either. One of them spent 24 hours keeping warm in the Rayburn and a further two days being nursed in the kitchen only to drop dead just when I thought he was getting better.

So far the few ewes that have lambed outside have managed to do so without any trouble. The only minor set back occurred when I was trying to catch a lame ewe. I have to admit I was surprised at the speed she could move, but then I suppose Moss hanging on her tail gave her all the incentive she needed to step on the gas. I made a grab for her with the crook, totally missed and only succeeded in breaking the crook against the gate post. It was then that I decided if she could move at that speed there wasn't much wrong with her in the first place and gave up trying to catch her.

No matter how well you prepare for lambing one of the biggest factors in its success is the weather. Cold, wet weather can double the workload which invariably leads to a sense of humour breakdown and a generally miserable time for all concerned (especially the dogs). With this in mind I've been getting increasingly irritated by the BBC news readers harping on about drought in the South East and the need for plenty of rain. Somebody should tell Natasha Kaplinski and friends its lambing time and dry weather is what is required.

At the moment the lambs are not coming very fast and I'm quite enjoying the sedate pace. However, in the next few days they will pick up speed and with bad weather forecast, I just know all hell is about to break loose.

Gareth Llan (Copyright Gareth Bryan 2006)

## LLANGOLLEN EISTEDDFOD APPEAL

Although the Eisteddfod is still over four months away, Carrog will be hosting both Breton and Manx groups this year so accommodation will be a priority with up to 45 dancers and musicians staying in the village. If you are able to help please contact Paul or Christine on 430397. The Eisteddfod pay £10 per person per night and accommodation will be required for three to four nights.

## CHURCH FRIENDS' LOTTERY

Winner of January draw was Mrs. Mourtzinos

The winner of the February draw was Dr. M. L. Gibbs.

## THANKS

A Coffee Morning held by Mrs R.D. at her home on 14th February raised £96.45 for Neuadd funds. Mrs Jayne Knight and Mrs Sian Dolben won the raffle. Many thanks to all who assisted and supported it.

## REMINISCENCES FROM THE RIVERBANK

Burning a pile of last years cuttings in the garden reminded me of my first job when, in the school holidays, I went to work in the local park. The park keeper was a man, who seemed quite old to me but was in reality, I suppose, in his late twenties. He was called Ray and was unusual in appearance as he had a black patch over his right eye, his left hand was always encased in a black leather glove and no matter how hot the weather he always wore a woolly hat. He told me had suffered an accident when he was younger but other than that seemed unwilling to discuss the matter and I never pushed him to do so.

A large pile of cuttings from around the park had accumulated in an area behind the potting shed and had reached a height of about four feet and covered an area of about 20 feet in diameter, when one hot summer day he decided it had become dry enough to burn. Whilst I watched, from the doorway of the shed, he poured a five gallon can of petrol all over the pile before returning to stand with me in the shed doorway.

Ray had quite a leisurely approach to life and had gently reprimanded me on several occasions for working too hard, so he was in no hurry to light the fire and stood chatting for many minutes. Eventually he walked towards the pile with a box of matches in his hand and when some paces away, struck the match with the obvious intention of throwing it onto the heap. However, as his hand came forward holding the burning match, a tongue of flame leapt from it and simultaneously there was a very large WHUMP and the pile of cuttings took off towards the sky in a sheet of flame. As I leapt backwards into the shed I could see Ray still standing in the same attitude with his hand outstretched, frozen in shock, as the piles of cuttings rained down around him, but for the first time ever he was missing his woolly cap.

He was completely unharmed but from that moment I never needed to ask what sort of accident he had when he was younger.

## YSGOL CARROG

Ten pupils recently participated in a performance of 'Rats', a musical by Claire Williams, in the Llangollen Pavillion.

The School is again collecting Tesco and Sainsbury vouchers if you have any to spare.



Ysgol Carrog pupils tree planting on Pen y Pigyn

## Health Matters

### Acupuncture

Acupuncture originated in China more than 2,000 years ago, making it one of the oldest and most commonly used medical procedures in the world. The term acupuncture describes stimulation of anatomical points on the body. The skin is penetrated with thin needles which are manipulated by the hands or electrical stimulation. It is thought that acupuncture produces its effects through regulating the nervous system, thus aiding the activity of pain-killing biochemicals such as endorphins and immune system cells at specific sites in the body. In addition, studies have shown that acupuncture may alter brain chemistry by changing the release of neurotransmitters and neurohormones and so, affect the parts of the central nervous system related to sensation and involuntary body functions, such as immune reactions and processes that regulate a person's blood pressure, blood flow and body temperature.

### Is acupuncture suitable for everyone?

It is important to inform all your health care providers about any treatment that you are using or considering, including acupuncture. If you have received a diagnosis from a doctor, you may wish to ask your doctor whether acupuncture might help. Inform the acupuncture practitioner if you think you may be pregnant as stimulating acupuncture points on or near the abdomen can trigger uterine contractions. People on anticoagulant drugs may bleed easily even when very thin needles are used. Electrical stimulation of acupuncture needles could cause problems for people with pacemakers, as could magnets which are sometimes used to stimulate acupoints. Anyone with a compromised immune system will be vulnerable to infection, as will diabetics.

### What does acupuncture feel like?

Acupuncture needles are metallic, solid, and hair thin. People experience acupuncture differently, but most feel no, or minimal pain as the needles are inserted. Some people feel energized by the treatment, others feel relaxed. Improper needle placement, movement of the patient, or a defect in the needle can cause soreness and pain during treatment. This is why it is important to seek treatment from a qualified acupuncture practitioner.

### Is acupuncture safe?

Sterile, non toxic, single use needles are used. Millions of people are treated every year and very few complications arise. Potential problems if acupuncture is not practiced properly are infection and the potential to puncture organs.

### Does acupuncture work?

There have been many studies on acupuncture's potential usefulness, but results have been mixed because of the complexities of study design and size, also it is difficult to use placebo acupuncture. However, promising results have emerged showing the efficacy of acupuncture, for example, in adult postoperative and chemotherapy nausea and vomiting, and in postoperative dental pain. There are other situations such as addiction, stroke rehabilitation, headache, menstrual cramps, tennis elbow, fibromyalgia, osteoarthritis, low back pain and carpal tunnel syndrome in which acupuncture may be useful as an adjunct treatment or an acceptable alternative to traditional medication.

## DIARY AND OTHER BITS

Shop/Post Office open at the Neuadd every Tuesday and Thursday 9.00am to 12noon (orders can be placed by phoning Tina on 01490 430221)

PTFA - Table top sale Tuesday 7th March at 3.15pm in the School.

Body Shop Party Monday 13th March at 7.00pm in the Neuadd.

Cake Stall - Saturday 25th March at 10.00am Corwen Square.

CARROG CARNIVAL Saturday 27th May.

TWINNING - Meeting on Tuesday 28th March at 7.00pm in the Neuadd. Everybody welcome.

CLAY PIGEON SHOOT - Advance notice - Saturday 1st July at Llan Farm. All welcome.



Work has commenced on preparing the area, provisionally called Plouye Corner, in order for it to be ready for the Twinning weekend 26th to 28th May. We have already received generous offers of plants, materials and labour but we still need help and contributions. If you are able to assist in any way please contact the Neuadd secretary.

## SNOOKER

7th Feb - Carrog 1 Cerrig 'A' 5

14th Feb - Carrog 1 Corwen 'A' 5

21st Feb - Glyndyfrdwy 5 Carrog 1

## NEUADD LOTTERY

1st No. 29 Karen Ravenscroft £20

2nd No. 18 Renate Tinniswood £10

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LETTERS

Dear Editors

It is with great regret that I must write to Y Bont to voice my disappointment over a new bus shelter at Llidiart y Parc, which I was shocked to see this morning as I went to work. I know that the old stone one was full of graffiti and was not providing the image we wish to portray to visitors of our village and that the community council wished to do something about it. However the addition of a standard council issue plastic bus shelter is a poor and urban addition to our pretty rural village. This not only looks bad but will also be vandalised - no matter how hard it is, the plastic will be scratched.

It is a shame that in an effort to get something that the other towns and villages have within the valley that the community council have neglected to see how the new addition will look in our beautiful countryside.

Yours sincerely  
Samantha Williams



Dear Editor

In the next thrilling installment in the Ysgol Carrog PTFA Pick 'n' Mix 'Crime & Punishment' Season, Done Hale OBE will speak on Crime reporting — the search for justice.

Why not join us on Thursday 30th March at Ysgol Carrog, 7.30—9.00 pm for coffee, choccie biccies and a remarkable story!

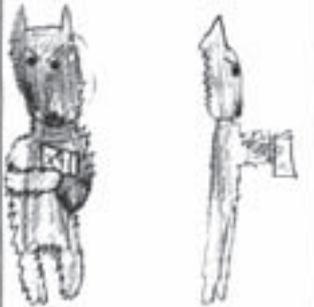
Sarah Smith



**BUDDING Y BONT EDITORS?**

Pupils at Ysgol Carrog were asked to produce a news sheet with stories they made up themselves. Reproduced here are those by Lucy and Hollie.

**Detecative Ryden Nabs Wolf**

<p><b>Local Police capture Wolf In Carrog.</b></p>	
<p>PC Ryden Edwards finally captured Eric Sharptooth yesterday. "It was a struggle" exclaimed PC Ryden "but I got him in the end!"</p>	<p>PC Ryden gave chase and finally cornered Eric Sharptooth by the dustbins in Carrog School playground. Mr Sharptooth is wanted for several alleged crimes around the Carrog area. He is alleged to have been: <i>Sheepworrying, Pussy Panicking, Pigpestering and, Mousemithering</i> He is currently being held at Corwen police station and being questioned about the crimes. He is due to appear at Ruthin Court on Monday.</p>
	<p>Reported by: Hollie Edwards</p> 
<p>PC Ryden spotted the criminal in the Grouse Inn on Thursday evening, but he escaped through the back door, closely followed by our Carrog brave hero.</p>	

*Example*  
**Newsletter**

Publisher Lucy Morris      Volume Number 1      Issue Number 1  
Date 27.12.06

**Life or death**

On the 27<sup>th</sup> of February Alice Parker took part in a very brave event. Alice's best friend Suzie was very ill in hospital with cancer and Alice did not want her to die. She was watching the news when they said that there was a sponsored mountain climb up mount Everest and anyone could donate money to what ever you want. Alice thought about Suzie, she did not want her to die. She was thrilled when her parents said she could take part. The climb itself was very exciting but very scary. Alice said that she nearly had frost bite on her fingers and she was so scared that she might be frozen but luckily she is fit.



Suzie is recovering from cancer as Alice donated the money to the hospital which helped Suzie. Alice is very proud. This will be an event to remember. Alice said "I hope to do it again but I don't know if I could do it again but I am so glad that I helped to save Suzie".

**Carrog School**



Carrog school has successfully raised enough money for new sports equipment. Which will keep Ysgol Carrog children healthy and fit.



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Contributions to Y Bont may be made by telephoning the editors on 430625, 430558 or 430397 or by email to [editor@ybont.deevalley.com](mailto:editor@ybont.deevalley.com)