



You may (or may not) have missed us! Commitments made it impossible to produce an early July edition so we decided to get back on track with a combined July/August edition. Sadly our attempt at a community based editorial resulted in only one person coming to see us, so we will not repeat the experiment.

The increase in and speed of traffic through Carrog has been mentioned by a number of residents so we include an article on the subject in this edition.

We also want to have the new Y Bont camera and computer in use by members of the community, so when Autumn begins and things hopefully slow down, we shall be running courses for both pieces of equipment.

Our experiment in distributing colour photographs of the Carnival/Twinning/Garden opening weekend was successful in terms of its reception but a bit of a disaster for the printer toner, which was all used up! We shall use it more selectively in future.

This edition also sees a welcome return of 'Wellies and Wheelbarrows' following the lambing.

OUR USUAL TRANSLATORS WERE NOT AVAILABLE THIS MONTH DUE TO HOLIDAYS AND PERSONAL COMMITMENTS SO WE ARE PUBLISHING FOR THE FIRST TIME IN ENGLISH ONLY. WE SHOULD BE BACK ON TRACK NEXT MONTH BUT IF YOU WOULD LIKE TO JOIN OUR VOLUNTEERS TO ASSIST WITH TRANSLATION WE SHOULD BE VERY GRATEFUL

NEUADD

An extraordinary general meeting was called by the Trustees following the resignation of several officers for personal reasons.

As a result of the meeting Ian Lebbon was elected as Chair with one of the Trustees always being available to act as Vice Chair. Janice Sheasby was re-elected Secretary with Valmai Webb as assistant secretary agreeing to assist with bookings.

Treasurer and Vice Treasurer remain Colin Roberts and Jayne Davies respectively.

CAMERA COURSES

A series of course have been booked with an experienced photographer for anyone who wishes to learn about the use of our new Canon Digital SLR. These will be held on the following Saturdays, September 9th and 16th, October 14th and 21st and will run from 10.00am to 1.00pm. Over the four Saturdays the courses will take participants from basic handling and operation of the camera to composition and digital enhancement of photographs. If you are interested (and one or two have already submitted their names) please book sooner than later as places are limited.

It is hoped those who attend will be prepared to assist others in the use of the camera.

We hope all this will culminate in a junior and senior photographic competition sponsored by Y Bont.

OBITUARY

It is with sadness we report the death of Harry Lewis formerly of Allt y Celyn, Carrog who has died since our last issue. He leaves wife Millicent and sons Alan, Peter and John to whom we extend our sympathy.

Harry was interred in Carrog Cemetry.

DOES CARROG NEED A 20MPH SPEED LIMIT?

Anyone who regularly uses the road through Carrog as a pedestrian will certainly be aware that the speed of vehicles using the roadway is quite unsuitable for a Village where the carriageway is barely wider than a single track road, gateways emerge directly onto the roadway and more importantly where children play and regularly walk.

The Department of the Environment, Transport and the Regions guidelines on the implementation of 20mph speed limits states:

'Their use has been concentrated mainly in residential areas as a method of improving the UK child pedestrian safety record. Most child pedestrian accidents occur near home. 20 mph zones are best suited to street-lit residential roads where vulnerable road users are likely to be found in greater numbers.

On some of these roads a 30 mph limit may be considered too fast because of the greater risk to pedestrians and cyclists, especially children. 20 mph zones may also be particularly appropriate around schools and other sites where children are to be found in large numbers. Zones can protect children walking or cycling to school and encourage others to do so. As well as children, adults walking and cycling in residential areas can benefit from the introduction of 20 mph zones where traffic speed is a danger. Research has shown that pedestrians struck by a vehicle travelling at 20 mph have a far greater chance of surviving than if struck by a vehicle travelling at 30 or 40 mph. Surveys of vehicle speeds show quite clearly that most drivers regularly exceed the 30 mph speed limit.'

The Westminster Government has since restated its support for such speed limits around schools and where children play and children and others are regularly pedestrians.

Many communities are seeking 20mph speed limits as their roads have become 'rat runs' for motorists seeking to avoid congestion or to simply find a shorter route such as from the Rhuthun and Chester Roads to the A5.

It is true that in recent years we are aware of only one accident which occurred in 2001 outside Bryn Afon but the steady increase in volume and speed of traffic means serious thought should be given before another accident occurs.

Let us have your views.



With the sun shining and summer supposedly just around the corner I decided last week that I had better start shearing. Although the weather influenced my decision the real reason I decided to start was that my neighbours were getting on with the job and I was in great danger of being last to finish again.

However, after two days of struggling the job has come to a standstill - the sheep just aren't ready to shear. I should have realised the sheep were trying to tell me this, when after half an hour of changing fuses on extension cables and shearing machine I discovered the reason I had no power was due to the fact one wily old ewe had bitten through the cable! When I did finally start shearing I spent the being knocked about by bad tempered ewes. The decision to postpone shearing was taken half way through the second day when one particularly awkward old sod bit me in the armpit. Looking on the bright side the pain in my armpit made me forget my back ache for a while.

With the shearing job on stop I decided to try and grab a little field of hay whilst the weather was fine. Before I cut I checked the forecast on BBC and HTV, I checked the Teletext, listened to the World Service and tapped the glass in the living room. They were all in agreement - the weather was fine and was going to remain so for a few days.

By Saturday night the hay was almost ready and only required a few more hours of sun to get it perfect. There was no problem, a chance of rain had been forecast for Sunday evening but by then the field would be baled and safely in the shed - easy.

Sunday morning dawned dark and miserable, but dry, so I pressed on. Had it rained on me before I'd wasted diesel turning the field and rowing up I wouldn't have minded so much but as it waited until I was ready to start bailing I was somewhat annoyed (somebody up there has got it in for me). Fortunately the next day I managed to clear the field and get some nice hay.

If anyone is planning a bar-b-que this summer and wants to know the forecast, just take a walk to the Llan and if the mowers on the tractor cancel all outside activities. If I'm going to cut it's bound to rain.

Henson the wonder dog has been improving steadily since lambing time. He has firmly established himself as leader of the Llan Farm Posse by consistently battering the other dogs in the back of the Landrover. Fortunately for him (and me) he's turning into a handy member of staff, so I'll overlook his antisocial behaviour for the time being.

All the cows have been turned out and are happily grazing in the fields. The calving went well with the exception of one cow. She actually calve okay, however, unfortunately she developed mastitis and her udder dried up. I've spent the last few weeks fetching milk from Vivian to bottle feed her calf, and did she appreciate my endeavours? No, is the short answer. She spent most of her time head butting me whilst I tried to keep her baby alive. To add insult to injury the calf only drank when it suited him and then hardly anything at all - still the pet lambs enjoyed the left over milk. Having come

to the end of my tether with cow and calf, last week I turned them to the field. I hurled abuse at the pair as they went through the gate and held out very little hope for the calf's future.

Amazingly the calf has now started drinking a decent amount at regular intervals now and is thriving. His mothers temper has improved and she has stopped butting me. Why couldn't they behave this way from day one?

I don't know why but everything in the Llan is awkward and bloody minded (with the obvious exception of me, of course!) Gareth Llan (copyright Gareth Bryan 2006)

YSGOL CARROG

We all enjoyed our annual visit to Llangollen eisteddfod. We travelled by train there and back with hundreds of other children from North Wales schools. There was plenty to see on the field and some of us joined the dancers on the S4C stage. We ate our packed lunch in the blazing sunshine and then went into the pavilion for the third matinee. By then the performers were rather hot and tired and we had to wait patiently for the Polish dancers to appear. After the concert we explored the shops where we spent all our money and some of us went into the Bedouin tent to meet the Saudi Arabian Ambassador - a real prince! The highlight of the trip back on the train was having the lights out in the tunnel.

Bryn and Julian had the honour of presenting flowers on the stage at the Eisteddfod this year.

We enjoyed dancing in the school with our friends from Bri-tanny and the Isle of Man and in return we performed some of our favourite songs which they really enjoyed especially the songs with actions.

Our other trip was to Greenfield Heritage Park and Dangerpoint in Prestatyn. In the park we saw different animals and old farm machinery. Dangerpoint has been set up by the Police and Fire Service to make children aware of different dangers in various situations such as the beach, a train track and in the home.

Our end of term concert this year was an evening of stories when all the audience were presented with a story stone which they had to rub, recite a poem and then the story was told. The narrators were Amber, Hollie, Rachel and Laura and the finale was a story from our resident storyteller Fiona. At the end of the evening the 4 year 6 girls, Amber, Hollie, Rachel and Laura read their memories of Ysgol Carrog and read a very moving poem. The staff were presented with flowers from the P.T.F.A as a thank you for all their hard work during the year and the excellent inspection report. Mrs Lebbon wished the year 6 girls all the best in their new schools in September and they were presented with dictionaries by Dr. Sarah Smith, the chairperson of the governors who was also presented with a retiring gift. Year 6 girls organised an end of term disco in the Neuadd which was thoroughly enjoyed by all - music was provided by David Penarth, one of our ex pupils.

All the staff, pupils, parents and friends of Ysgol Carrog wish Aunty Tina a speedy recovery during the summer holidays.

Derek Thorp - Born in Chester, Derek Thorp has lived in Bala for the past 30 years, during most of which time he taught English at Ysgol y Berwyn. He has strong connections with Carrog and many will remember his mother who lived in Henllys and Maes y Llan. He has written two very interesting books, both of which have many references to this area.

“Betsy” is about Betsy Cadwaladr, the Welsh nurse who famously served in the Crimean war and met Florence Nightingale.

“The Boy who drove the Beasts” is about a young boy who lived in the workhouse in Corwen and tried his hand at being a drover.

Derek Thorp visited Ysgol Carrog recently and gave a very interesting talk about his books, and how many of his ideas came from talking to his relatives who lived in Carrog.

Buy the books or borrow them from the local library and you will have two very good reads.

GRADUATES

Congratulations to Ian Dillon and Anna Jones who have both graduated this summer. Good luck in the future to both of them.

HAPPY RETIREMENT

Mrs. Susan Jones, The Bungalow, Llidiart y Parc has retired from her post after 17 years as an Early Years teacher at Ysgol Caer Drewyn, Corwen. We wish her along and happy retirement.

WEDDING

Congratulations to Ian Vaughan Jones, son of Arthur and the late Bet Jones of Tawelfa, Carrog who recently married Dawn Barraclough of Glan Elwy, Llanfair Talhaiarn in Cuba.

Ian was a former pupil of Ysgol Carrog and still has many ex schoolmates in the community.

WELCOME TO CARROG

To Pat and Gemma Sweetman and their 3 month old daughter who have come to live in Maes y Llan.

FRIENDS' LOTTERY.

The June draw was won by Paul Fisher.
The July draw was won by Sandra Jones.

SUDOKU

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Kindly provided by one of our regular readers.

LETTERS

We are learning Welsh and are looking for opportunities to practise.

Is there anyone Welsh in the village who is willing to have a chat with us about once a fortnight?

Day time or evening, in your house or ours, whichever is better for you.

Phone 430 551 if you want to help us.

Thank you very much

Fiona and Ed

I have finally completed my education this month by completing my degree in Early Childhood Studies (Hooray!). I'm now beginning to look for a full time job whilst still continuing to work full time at the Grouse over the summer. I'm aiming to work with young children and families, so fingers crossed I'll find a suitable job and will soon be putting my three years of studying into practice in the near future.

Anna

THANK YOU

Paul and Christine should like to thank everybody who assisted with accommodation during the Eisteddfod for the Breton and Manx Groups. It was a considerable achievement that Carrog were able to find beds for 50 visitors and both groups expressed their considerable gratitude and obviously very much enjoyed their time with us.

Blue Metro

We have returned to Carrog knowing that it was not us but our Blue Metro who travelled the twenty thousand miles from the fjords of Norway to the cliffs of Croatia. It was not us who crooned Sinatra over the Spanish highways and promptly got sick when tuned to a guitar, who guided us to places, stopped when we didn't want to stop, left when we didn't want to leave. But it is we who relish the attempt to make live our experiences, to enliven by detail and thus to pass on some hint of the events. Yet words trying to be bigger than themselves are first to discard the truth and in some way that is precisely what we want. We would like to drop a jaw in wonder and if from that oval a flower of a "wow!" or an "oh!" would bloom then we believe we would be content. But no! Words must be small must be simple they should not be over dressed, nor manipulate nor dictate. If I were to draw a circle to represent the world - that would be accurate, but if I were to draw on a sheet of paper all its rivers, streets and animals to a scale of 1:10 that would be a distortion. When we talk to our friends we are human we try to draw the most accurate maps. But what kind of line do you use to represent an emotion a feeling a passing glimpse a love for this world that has often bubbled from sordid springs? We are in a house in Wales whose green grass is visited by lambs and having drawn a circle around Europe our Metro is home.

Karl Young

SPECIAL THANKS

May I take this opportunity to thank everyone for the get well cards, gifts, flowers, 'phone calls and visits received during my recent stay in hospital. They were all very much appreciated.

Diolch o galon,

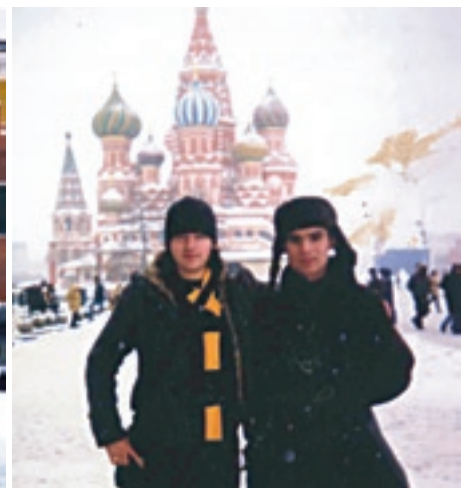
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John Arthur Hughes of Gwyddelwern (and sometimes Carrog) who now lives in Moscow has befriended a Russian by the name of Dimitri Hrapov who has learned Welsh. The pair are now preparing a Russian/Welsh dictionary. Our picture shows the pair in Red Square on St. David's Day, more details of his exploits around Russia will be published in the next edition.



Y BONT IN DISTANT PLACES

We will publish any readers pictures sent in showing a copy of Y Bont with the reader in a distant location - £15 prize for the most distant or unusual location during the next twelve issues. The Editors decision will be final.



During Eisteddfod week both Breton and Manx Dancers visited Ysgol Carrog and danced with the children who later entertained them in their classroom.

LLANGOLLEN INTERNATIONAL EISTEDDFOD

Both our Breton and Manx visitors were in competition at the Eisteddfod but it was the Bretons who were extremely successful. They gained a two firsts, one second and a fourth all in the major folk dance and music competitions.

The Manx came fifth, after the Bretons, in the Choreographed Folk Dance.

NEUADD LOTTERY

JULY - 1st No.16 Dave Tinniswood
2nd - No. 1 Mrs Beryl Hindley

AUGUST - 1st No. 24 Jayne Knight
2nd No. 23 Lynne Silcox

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HEALTH MATTERS

Heatstroke

Introduction

Heatstroke is a serious condition that occurs when the body is unable to control its temperature due to excessive heat. Body temperature rises sharply, causing hyperthermia (body temperature greatly above normal) and dehydration (loss of water from the body).

In normal circumstances, the body controls temperature by disposing of heat through the skin, mainly by sweating. The normal temperature is 36-36.8°C (96.8-98.24°F). However, very high temperatures of over 40 °C (104 °F) can cause the body's internal thermometer to fail so that heat is not disposed of adequately and the body cannot cool down in the usual way.

Symptoms

Heat exhaustion is usually one of the first signs that you are at higher risk of developing heatstroke. Symptoms to be aware of are:

- headaches
- dizziness
- nausea and vomiting
- muscle weakness or cramps,
- stomach cramps
- pale skin
- weak pulse, and
- high temperature.

If you experience these symptoms after exposure to hot conditions, physical exertion or burns, move to a cool area and rehydrate by drinking plenty of fluids. Rehydration solution (available from your local pharmacy) and some sports drinks are useful for rapid rehydration, although in most cases, plain water is fine.

You should remove any excess clothing and may consider cooling yourself down with lukewarm water (sponging or showering your body).

Left untreated, these symptoms can develop into heatstroke. Heatstroke can also occur suddenly and with little warning.

The symptoms of heatstroke include:

- symptoms as for heat exhaustion,
- confusion and disorientation,
- convulsions (uncontrollable muscle twitching),
- unconsciousness,
- racing, thumping pulse,
- flushed, hot and dry skin, and
- very sudden rise in temperature.

Causes

Heatstroke occurs when the temperature of the body rises sharply. This may happen because of excessively high outside temperatures, physical exertion, extensive burns, and severe sunburn or because of an undiagnosed medical condition such as an overactive thyroid gland.

The heat can affect anyone, but some people are at greater risk of serious harm. These include:

Older people;

Babies and young children;

People with a serious chronic condition, particularly breathing or heart problems;

People with mobility problems;

People who are physically active, like manual workers and sportsmen and women.

Certain medications can also make you more susceptible to heat exhaustion. These include:

- Diuretics - these drugs increase the production of urine, so they can add to dehydration;
- Lithium, anti-epileptics, statins - these may not work properly if you get dehydrated;
- Beta-blockers - these drugs help reduce blood pressure but they also interfere with the body's processes of thermoregulation (how it copes with getting too hot), such as sweating.

Contact your doctor, a pharmacist or NHS Direct if you are worried about your health during a heatwave, especially if you are taking medication or have any unusual symptoms.

Diagnosis

A body temperature of 39.5 °C or higher in conjunction with the described symptoms is heatstroke. If the patient's temperature is above 41°C, they are in a critical condition and require emergency medical attention.

On arrival at hospital, the doctor should be told about:

- the exposure to high temperatures,
- whether the person has taken part in physical exercise,
- if there is a pre-existing medical condition, and
- previous attempts to cool the person down.

Temperature and pulse will be closely monitored, and the doctor will also look for signs of neurological illness such as confusion, irrational behaviour, seeing things that aren't really there (hallucinations) and fits (seizures).

Some tests (including blood tests, x-rays, or imaging scans) may be performed to check the extent of damage from heatstroke, and to determine if other disorders are present.

Treatment

Treatment for heatstroke, or suspected heatstroke:

- Get professional medical help as quickly as possible.
- Move to a cool area as quickly as possible.
- Increase ventilation by opening windows or using a fan.
- Give them water to drink if possible, but do not give medication such as aspirin or paracetamol.
- Shower the skin with cool, but not cold, water (15 to 18 degrees C).
- Alternatively, cover the body with cool, damp towels or sheets, or immerse in cool water.
- Gently massage the skin to encourage circulation.
- If convulsions start, move nearby objects out of the way to prevent injury. Do not use force or put anything in the mouth.
- If the patient is unconscious and vomiting, move them into the recovery position by turning them on their side and making sure their airways are clear.

Once in hospital, the patient may be given oxygen through a mask, intravenous fluids through a drip and medication to regulate their temperature and stop convulsions.

Complications

Complications include:

- Hypoglycaemia (drop in sugar levels),
- Dehydration (drop in fluid and salt levels),
- Organ failure (kidney, liver or heart), and
- Brain damage.

Heatstroke can be fatal if left untreated. It is therefore important to get medical attention as soon as possible.

Prevention

Most people living in the UK are unused to high temperatures and our bodies do not cope well with intense heat. When travelling to hotter climates it is important to let your body adjust and reducing the risk of dehydration by gradual acclimatising to the temperature. You can do this by avoiding long periods of time in the sun, drinking plenty of salty fluids, and avoiding alcohol and drinks containing caffeine such as tea, coffee and cola.

You should also avoid strenuous physical activity if possible and take care to cool yourself down if you feel you may be overheating. This is best done by wearing loose fitting, light clothing and a wide-brimmed hat, spending time in the shade or in an air-conditioned environment, and showering or taking regular dips in the sea or swimming pool. Always use a wide-spectrum high sun protection factor (SPF) 15+ sunscreen.

It is important to note that you can also get sunstroke in the UK, particularly if there is a heatwave. Listen to weather forecasts so that you can plan to stay out of the heat, especially in the hottest part of the day (11 am-3pm). In very hot weather, close the curtains in rooms that get a lot of sun, and stay inside in the middle of the day, in the coolest rooms in your house.



Before –24th June 2006

WAR MEMORIAL

“The Friends” are pleased to be able to report the completion of the re-gilding of the Memorial by Philip Roberts of Cynwyd.

For those who have access to the internet the colour photographs printed in greyscale are available on the “Y Bont” website.

Among the many remarks and compliments paid to Philip was the recollection of the father of David Jones (Lawr y Lon) cutting the lower lettering (for the 1939-1945 War) watched by local school children.

It is hoped we all appreciate the improvement and our thanks to the Community Council for their financial contribution..




After - 1st July 2006

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