



# *Trewyddel Moylgrove*

*Cylchlythyr | Newsletter*

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**January 2019**

## Etched - Legacy

Does the shattering of shells  
bring peace...?

In the far, far distance  
Thunder the echoes of war.

Your chair is empty Charlie.  
Your photo stands on the mantelpiece

Above the fire place;  
Between the black clock  
And the packet of playing cards,  
All browned  
With the stain of your fingers.

The mirror above the fireplace  
Is as empty as your chair.  
It does not catch your reflection,  
It does not show it to me.

But if I look hard Charlie  
I can see you  
Engraved in its memory  
Scratched in its glass;  
Familiar lines

Cut somewhere deep inside,  
As they are cut in me.  
Deep inside.

Let us be your mirror Charlie  
So that we will never forget your face;  
Familiar to every generation,  
Cut deep into the mirror-glass of our nation.

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## Remembrance Day 2018

Remembrance Sunday this year fell on 11<sup>th</sup> November and marked the 100<sup>th</sup> anniversary of the end of the Great War.

The Craft Group created 100 poppies – some knitted, some crocheted, some sewn – and they made a beautiful display at the Remembrance Service and at the Coffee Morning.

A total of £246.80 was collected for the Poppy Appeal.

Many thanks to Euros, Glandy, for looking after the Memorial Stone.





## Boat fishing 2018

June of last year saw our village boat trip. Nine of us set out from New Quay in the middle of the summer heat wave. It was a beautiful day, and we were on board a brand new powerful catamaran *Legend of New Quay*. Unusual luxury for a charter-fishing trip. We were hardly out of the harbour when we came across a pod of dolphins—a great start to our day.



*Black bream*



*Bull huss*

Heading north along the coast we were at our destination, Patches Reef, in about an hour. The fishing was good with some fair-sized bull huss, black bream and venomous greater weaver fish being caught. Sadly no tope showed on this trip.

We are hoping to run another trip this year. If you are interested in coming along, please let me know.

*Kevin Copeland*

## Record breaker

Kevin caught a record-breaking fish on a boat expedition on 17<sup>th</sup> October. Almaco jacks are more often found off Florida, but at 970 grams, this one was the biggest ever caught in Welsh waters. (On average, species are moving north at about a mile a year.) Kevin was on *Lady Gail* out of Dale on a trip with Cardigan Sea Anglers, of which he is secretary.





## Electric bike renews lease of life

Back in the mists of time in my late teens and early twenties I was a semi-professional racing cyclist for a North London bicycle maker. Nearly every weekend in the racing season, I would be racing and time-trialling. My bike was ultra light using Reynolds



531 steel tubing in a lugless frame, Weinmann wheel rims with stainless steel double butted spokes, Mafac centre pull brakes, and everything else Campagnolo except the Brooks B15 saddle custom made to fit my backside.

After giving up racing I still used to cycle all over Southern England, often doing in excess of 100 miles on a Sunday ride. Time rolled forward and eventually I retired to a beautiful part of Wales. But oh! — the hills.

But now I've got an Electric Bike. WOW what a joy! And the pleasure of cycling has returned.

I still have to pedal because electric bikes are only Power Assisted.

My bike has 5 levels of power and 6 derailleur gears. It's OK for Moylgrove hills, but it still leaves me puffing. With my weight and the hills I get a range of 15-20 miles; though with judicious use of the power I could probably get 20-25 miles. Moylgrove to Cardigan or Newport is no problem.

I have a new lease of life cycling the highways and byways of North Pembrokeshire and enjoying the peace and quiet and scenery.

One curious phenomenon though: I've cycled 10–12 miles and not seen a soul. But as soon as I stop for a kidney break—every man and his dog drives past.

If you see me and would like to try a ride, just stop me, you're welcome.

*Patrick Beaumont*

## Forest garden

The autumn season in the forest garden this year has brought an abundance of beautiful berries with amazing tastes and textures.

The Chokeberry (*Aronia melanocarpa*) produces black shiny berries slightly bigger than blueberries and these are packed with vitamins and minerals: four times more Vit C than blueberries.

The European varieties of Hawthorn (*Crataegus elwangeriana*) have large red and purple berries, so tempting to the blackbirds but delicious for us to eat. They have an apple-like flavour and nutrients beneficial for outstanding heart health.



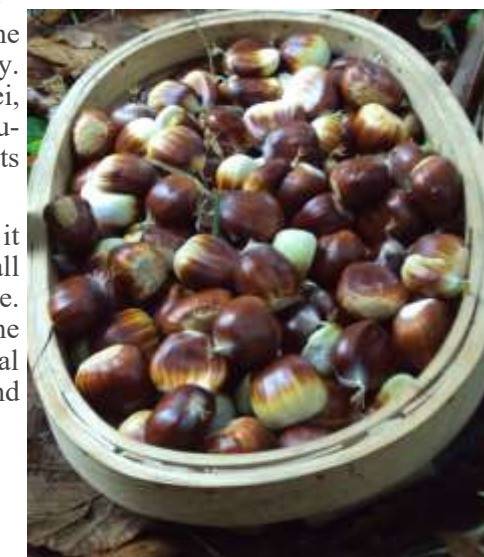
The two chestnut trees planted 15 years ago have excelled themselves. The harvest was two weeks early due to warmer weather, strong winds and heavy rain, but we have in total gathered 35 kilos despite the attentions of squirrels. Processing them requires blanching and then freezing.

With the shorter days, the leaves begin to fade and fall, leaving only the Pines (Maritime, Korean and Swiss stone) with beautiful shapes and colour.

There are still various seed heads which the birds are visiting throughout the day. Bumble Bees love the *Elaeagnus Ebbingei*, in full flower from November until February. The strawberry tree flowers and fruits from November too.

As we begin the Winter schedule of work, it is time to get busy with mulching around all the trees, using cardboard and then herbage. October is coppicing time, particularly the Alder, Hazel and Willow; and the removal of all the unwanted new saplings and suckers.

*Kathy Slark*



## Ceibwr—Geology and Landscape

Ceibwr is one of the most iconic geological locations in West Wales, with that extraordinary cliffline that stretches away to Pen-yr-Afr and Cemaes Head. But there is a great deal more that deserves our admiration.

First, the rock strata: Sediments laid down 458–449 million years ago, flushed from a land-mass to the south into a deep ocean basin. It was a dynamic environment. Underwater avalanches formed some thick fine-grained layers ('turbidite'); slope collapses and sediment fans resulted in shales and sandstones of different textures. Compressed under the weight of successive layers, the muds and sands became rock strata.

Fifty million years or so later, in the Caledonian Orogeny (mountain-building episode), colliding continents from the NNW and SSE closed up that ocean basin and crumpled the sedimentary strata, giving rise to parallel anticlines (upland ridges) and synclines (valleys and lowlands) of impressive proportions.

The Pembrokeshire coastal cliffs of today show us a slice or cross-section through those ancient mountains. Almost all surface traces of the upland landscape have since been eroded away, except for the ridge of Mynydd Preseli and its outliers on Carningli, Pen Caer and the northern part of the St David's Peninsula. The spectacular synclines and anticlines in the cliffs down towards Pen-yr-Afr are just small details that happen to be visible.

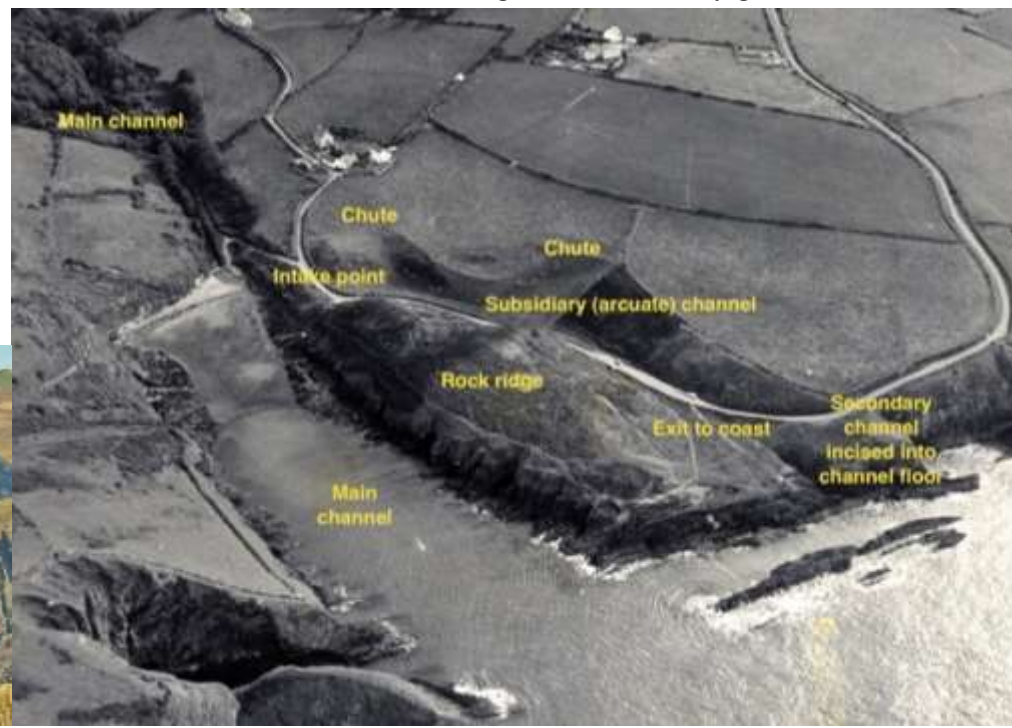
But we can still witness the force of that ancient collision. The folds, faults and brecciated (shattered) zones in the cliff faces are truly spectacular. In places the strata are standing on end, and elsewhere we see pitching anticlines, synclines and other structures that attest to the power of the mountain building processes that operated here.



The “internal organs” exposed in the cliffs around Ceibwr add a special quality to what is already a spectacular cliffline, with caves, stacks, gullies, rockfall scars and tunnels.

Look carefully and you'll see that in the cliffs on the east side of the bay, browns and greys predominate, while large portions of the western side are dark grey or black. This is because the Ceibwr Bay Fault outcrops in the eastern cliffs, exposing rocks that are much younger than those to the west. There is a 600 metre downthrow of the strata, revealing dark Carreg Bica Mudstones to the west and sandstones and mudstones of the Dinas Island Formation to the east and north. The black mudstones are softer and much more susceptible to coastal erosion. This explains why the stacks of Careg Wylan and Careg Yspar are inexorably being denuded by slope collapses and eaten away by the sea.

Ceibwr Bay is really a tidal creek positioned in the mouth of a partly flooded deep valley. The valley is a “misfit”—far too large to be explained by the work of the small river that is currently in occupation. (It is larger than it appears, because in its lower section—near the beach—the rock valley is plugged with glacial deposits more than 20m thick.) Its catchment area, just a few kilometres inland, is not high enough nor extensive enough to feed a large river, so the valley as we see it must be an Ice Age relic, formed by glacial meltwater.





Like many of the other deep valleys in north Pembrokeshire, it may be composite both in age and origin. The valley might well be millions of years old, modified by meltwater at the end of one, two or even three different glacial episodes. The last of these (referred to as the Devensian) was only about 20,000 years ago.



The most interesting feature in the mouth of the big valley is the existence of a small subsidiary valley which is separated from the main creek by a rock ridge. This little valley (in which the car parking area is located) has rock walls carrying traces of meltwater flow, and a humped long profile, which means that the meltwater that cut it must have flowed uphill before flowing downhill towards the north. Meltwater can only flow uphill when it is flowing inside a pipe, under hydrostatic pressure—and this can only happen when there is an extensive ice cover across the landscape. Comparison with other valleys (including Cwm Gwaun) suggests that this might have happened about 450,000 years ago and again at the end of the last glacial episode.

*Brian will lead an informative tour of Ceibwr on Saturday April 20th at 14:30. Meet at the parking space near Ceibwr (Patchinglas). Tea in the Hall afterwards. Bring cake to share.*

Then it gets even more interesting, since at the outer coast there is a gully with three flooded potholes cut into the floor of this western valley—suggesting another phase of erosion by fast-flowing and turbulent torrents of meltwater. So how do we sort out the ages of these features? There is still work to be done, but the answers probably lie in the sediments within the walls of the big valley (at the head of the creek), the smaller western valley, and the gully.



At the side of the road where it goes uphill, on a tight bend, there are two exposures of iron-stained and concreted gravels which appear to be the remnants of a much more extensive gravel deposit which either filled the valley or accumulated against the edge of a melting mass of ice occupying the valley floor. There are other stained and concreted gravels too, at the northern end of the rocky spur which separates the two larger glacial meltwater channels. They are underlain by what appears to be a concreted layer of ancient till (which used to be called “boulder clay”) and overlain by a fresh till deposit and a sandy colluvium containing pebbles and broken cobbles.

So there are traces of TWO glacial episodes. The upper till is similar to the Irish Sea Till which is seen at Newport and Gwbert, and it also plugs the valley at the head of the Ceibwr tidal creek. There are several discontinuous exposures, and the relationships between the various deposits are complex. It’s reasonable to assume that the concreted slope deposits, till and gravels are very old (maybe dating from the Anglian glaciation 450,000ya) and that most of them have been eroded away. The fresh deposits (slope breccia, till and colluvium) probably date from the Devensian glacial episode. But we cannot be sure of this until new dating techniques are used on Ceibwr samples, measuring their age by the effects of their exposure to cosmic rays.

One final dilemma: The concreted and fresh deposits also occur in the small gully with iron-stained walls near the outer coast. By implication, this makes the gully very old too, and the two larger meltwater channels even older. There is much still to be discovered here—but my bet is that Ceibwr will turn out to be one of the most important Quaternary sites in Britain.

*Dr Brian John*

## More adventures of Oscar & friends

There was no sign of Oscar after his release, so unfortunately I haven't been able to obtain an update from him. I'm sure he's tucked up somewhere warm and dry, waiting for the opportunity to make his first foraging expeditions and maybe even find a mate.

Which brings me on to the next instalment.

A couple of weeks after Oscar was released, we released a female called Hedgie, again from Hedgely Hogspital, with hopes that love might blossom. The same thing happened and even though we looked for signs of her and had the camera set up she just seemed to disappear.

Then, one very cold night in November, Mick noticed a hedgehog, just by the pond but very inactive and cold. After being warmed and taken in overnight by Janet, it was transferred to the Hogspital where they confirmed she was female (but not Hedgie), underweight and suffering the effects of lungworms. She was so poorly that if Mick hadn't found her, it's quite possible she wouldn't have survived. So we called her Lucky.

Lucky is now enjoying long winter snoozes outside at Hedgely, though not fully hibernating, and she still gets up for the occasional snack. It won't be long before she will be released back into our garden to forage and maybe cross paths with Oscar and Hedgie.

Who knows, we may even get some pictures this time!

Hedgely Hogspital are always very grateful for donations including newspapers for Lucky and her friends and they can be left in Janet's porch.

*Sue Sturges*

*Lucky*



### Shopping list

#### For the hedgehogs

*Essential supplies for our prickly little friends*

**Tins of dog food**  
**Bag of dry cat food**  
**Kitchen roll**  
**Multisurface cleaning spray**  
**Dishwasher tablets**  
**Sterilising fluid**  
**Bin bags**



## Anyone for ping pong?

Thursday means Table Tennis for ten or so folk in the village. Some of us had new bats for Christmas, and we've saved our subs and bought a shiny new table to go with the old one.

Table Tennis is great exercise, and great socially —particularly the exchange of gossip in the tea break.

On the whole we don't play matches, as sparring is best for learning. But we are starting to have competitive visits from other villages.

The visit from Llangoedmor was enjoyed by all, with everyone having a go at singles and doubles, with honours even. They were impressed with our facilities! We'll invite them back soon.

Do come and have a go: Turn up at the Hall on a Thursday at 7:30, or call Bruce on 881394 or Kingsley on 881391. We have spare bats. At 9pm we have tea, or bring your favourite refreshment.



## St Dwynwen's Day

The Welsh patron saint of lovers was celebrated on January 25th with delicious cawl (expertly prepared by the chef and staff from the Garden Centre) and Welsh folk music beautifully played on the harp by Sarahjane Absalom. "Magical!" was a typical comment. Over 60 people had a great time. The event was supported by *Noson Allan* of the Welsh Arts Council.



*Simon Moore*



# Tudalen y Dysgwyr

## Clwb Coffi a Chlone

Dewch i ymuno a'r clwb i fwynhau cwmni dysgwyr eraill a chael cyfle i siarad yn y Gymraeg. 'Rydym yn cyfarfod ddwywaith pob mis, ar yr ail ac ar y pedwerydd nos Fawrth am 5 o'r gloch.

Ffoniwch Dagmarr ar 881880, ebost: dagmarrcullen@yahoo.co.uk



## Croesair Y Dysgwyr

### Ar draws:

1. Rhoi'r llyfr \_\_\_\_ y ford
3. \_\_\_\_ a lledrith
5. Mae'r brenin yn gwisgo hon
7. Hyd a \_\_\_\_ (length and width)
9. Brenin yr anifeiliaid
10. Plentyn \_\_\_\_ (dim drwg)
11. Rhyfedd
12. Mae dwy \_\_\_\_ yn y gair 'afal'
13. Eisiau bwyd

### Ar lawr:

1. Culhwch \_\_\_\_ Olwen
2. Rhaid cael hon i fynd i'r lleuad
3. Popeth
4. Y Cenhedloedd \_\_\_\_
8. Mae'r golau disglair yn gwneud hi'n anodd i weld
9. Hapus
12. Lle i gadw anifeiliaid

1	2		3	4	
5					
			7		8
9				10	
11			12		
		13			

*Cofiwch mae un llythyren yw 'll'.*  
*Atebion ar dudalen arall.*

## Clwb Llyfrau Trewyddel

Mae'r Clwb yn cyfarfod ar ddydd Sadwrn cyntaf y mis am 10 o'r gloch y bore. Croeso i chi i ymuno a ni. Dyma lyfrau trafod y misoedd nesaf.

**2ail Chwefror Yr Eumenides** gan Daniel Davies.

Nofel ddoniol am dair dynes yn eu wythdegau sy'n hollol sgint – yn siwr o neud i chi chwerthin.

**2ail Mawrth Llyfr Glas Nebo** gan Manon Steffan Ros.

Ennillydd Y Fedal Ryddiaeth 2018. Dyma hanes Sion wrth iddo geisio goroesi ar ol Y Terfyn.

**6ed Ebrill Ysbryd Yr Oes** gan Mari Williams.

Ennillydd Gwobr Goffa Daniel Owen 2018. Nofel ddramatig am ddau John a'r stori yn symud rhwng y gorffennol a'r presennol.



## Y Llwy Garu

Yn ol y traddodiad sydd yn mynd yn ol tua pedair canrif, byddai dyn yn gwneud llwy garu allan o un darn o bren ac yn ei roi i'w gariad. Byddai symbolau ar y llwy, er enghraifft, dwy galon yn un, fel arwydd o gariad.



Fe fu'm yn brysur lawer awr

Yn cerfio llwy i Mari Fawr.

O fewn mis roedd hi'n difaru

Nol drwy'r post ddaeth y llwy garu.

Wedyn rhoes y llwy i Gwenno

Ond yn ôl y daeth yr eildro

Rhyfedd iawn bod darn o dderw

Yn troi merched pert mor chwerw.

Yna rhoes y llwy i Manon.

Roedd hi wedi dwyn fy nghalon

Nawr mae na fabi yn fy nghôl

Tro hyn ni ddaeth y llwy yn ôl.

*Casanova*

## Santes Dwynwen – Pwy Oedd Hi

'Roedd Dwynwen yn byw yn y 5ed ganrif, merch brydferthaf ei thad y Brenin Brychan.' Redd Dwynwen mewn cariad a Maelor ond nid oedd ei thad yn fodlon. Felly cymerodd Maelor fantais rywiol ohoni a wedyn ei gadael.

Rhedodd Dwynwen i'r goedwig a gofyn i Dduw i'w helpu. Mewn breuddwyd daeth angel at Dwynwen a rhoi iddi ddiod swynol i wneud iddi anghofio am Maelor. Hefyd trodd yr angel Maelor yn dalp o iâ. Cafodd Dwynwen dri dymuniad a dewisodd yn gyntaf i ryddau Maelor, yn ail i roi cymorth i wir gariadon ac yn drydydd, na fyddai hi byth yn priodi.

Yna symudodd Dwynwen i Ynys Llanddwyn yn Sir Fôn a sefydlu eglwys lle bu'n byw fel lleian am weddill ei bywyd. Ar yr ynys, mae ffynnon o'r enw Crochan Dwynwen ac ynddi mae pysgod hud sydd yn bendithio cariadon. Felly, daeth Dwynwen i'w adnabod fel Santes Dwynwen,



## Santes Cariadon Cymru

**Jôc** 'Roedd dyn wedi bod yn cwyno ei fod yn sâl ac aeth i weld y doctor.

Pan ddaeth yn ol 'roedd yn edrych yn ddiflas iawn a dyma'r wraig yn holi beth oedd yn bod.

"Mae'r doctor wedi dweud fod rhaid i fi gymryd un o'r tabledi yma bob dydd am weddill fy mywyd."

"Wel, mae'n ddigon hawdd i ti wneud hyna, felly does dim eisiau edrych mor drist."

"Ond dim on pump tabled roddodd e i fi." !!!!!



## Environmental report

It has been a peaceful time at the bay over the autumn up until now, with just a couple of minor incidents that were easily dealt with. Unfortunately, we had one seal pup fatality on the beach but the overall figures for Pembrokeshire look very promising with a 75–80% success rate.



The No Camping and No Overnight Parking signs have been put in place by the National Trust, and one weather-proof box has been left for leaflets to supplement the signage. James from the Trust continues to liaise with me and is keen to involve the community in looking after Ceibwr. The NT have used some of the information we have already supplied in conjunction with other interested parties to help monitor the activity in the bay in order to minimise the environmental impact while keeping the area accessible to all. With this in mind, Paul Renfro from the Pembrokeshire Coastal Forum and the NT are keen to set up a meeting with the activity providers. Anne Graves and myself have been invited to attend as representatives of this community. Hopefully, this will take place at the beginning of March.

Meanwhile, please continue to let me know of any concerns you have regarding any activities or incidents you witness in and around the bay. This is particularly important as we approach Easter.

## Craft group

The crafters have been busy lately, making poppies and painting stones for the Remembrance Day service. Then Christmas decorations to adorn the screen during the festive period. We have crafted hearts for the screen for the St Dwynwen concert, and the (Heart Foundation) February coffee morning.

Everyone is welcome to join us. We meet regularly on Wednesday afternoons 2–4 p.m. for a relaxed informal session. Ring Vanessa on 881740.



## Short mat bowls

In November we started a short mat bowling group, having been lent mats. We were then able to buy our own equipment with the help of a grant of £1500 from Pembrokeshire Sports Council's Community Fund.

Several of us really enjoy learning to bowl, and all the fun and camaraderie it creates, as we are all beginners. We meet Friday afternoons 2–4pm—Come along and give it a try! Or call Vanessa for more info.



# Green Woodworking

## Stool making at Coppicewood College

Coppicewood College is a small educational charity dedicated to the promotion of traditional woodland management through sustainable methods, which include coppicing and the use of hand tools. It is situated in an area of broadleaf woodland at Cilgerran close to the Welsh Wildlife Centre at Teifi Marshes.

Last September, after chatting with Bruce Slark, chairman of the charity, Simon Moore and I embarked on a 4-day *Introduction to Green Woodworking* course. Our aim was to make a stool.

Four days to make a stool, I hear you say! Well, let me explain a little further. The first thing we had to do, after introductions with our two excellent instructors and three fellow students (who were also brilliant), was to choose a tree from which to make the stool. Admittedly the trees had been felled a few months previously, but they were lying pretty much where they fell. So now we had to choose one that was straight enough and of sufficient diameter to make four legs (albeit we only used three).

So, as you can see, you really do start with green wood. Lots of sawing involved at this stage—especially since, after having cut our selected logs we both found they contained twists and couldn't be used for making legs. So we had to start again.

We both became very proficient with the use of a large two-person saw. I should explain that there are no power tools at Coppicewood—everything is done manually, using traditional hand tools.



From this point everything speeded up, at least from the learning point of view, as we grappled with cleaving (splitting the log in four); axe work; using a draw knife; the delights of a shave horse; and finally



getting to grips with a foot-operated pole lathe to turn the legs. Despite all these new skills, at the end of Day 2 we had both made only one leg each!

Somewhat surprisingly the next two legs took next to no time to make on the third day. Clearly we were developing our new skills more effectively than we thought. So now it was time to make the stool seat. This meant selecting a large tree trunk from the forest, with all five of us helping to split and cleave it into suitable pieces for our stools.

This was followed by more time sitting on the shave horse smoothing the wood into something that could be sat on without getting splinters in places where one really doesn't want splinters.

The final day was for assembly and careful finishing, when new skills using chisels, barrel augers and knives allowed us to assemble the stool without any glues or fastenings other than hardwood wedges, which we also made from scratch.

All in all, a fantastic four days spent outside in fresh air with great people, new skills learnt—and a nice piece of rustic furniture to keep.

*Mick Sturges*

For more about Coppicewood College contact Bruce Slark on 881394 or visit <http://coppicewoodcollege.co.uk>





## Christmas

Christmas and New Year seem so long ago now. Thank you to all those who attended and supported these fabulous community events.

Having beautifully lit trees in the village once again was a highlight. The lanterns and soup night was a great start to the festive season and encouraged everyone to celebrate a special time of the year.

The carol service in Bethel Chapel was conducted by Mair Lloyd with Eira Morris at the organ. It brought the magic of the season to the fore. And there were mulled wine and mince pies afterwards! £156 was collected for Wales Air Ambulance.

New Years Eve in the village began slowly and reached the midnight crescendo, helped by Pete's Mr and Mrs quiz as well as fireworks on the screen and outside on the distant hill.

*Dagmarr*

## Singing for Fun

Thank you everyone for letting the village community choir sing at the December coffee morning, and for joining in so enthusiastically and so well! We also gate-crashed the Carol Service. The talk outside Moylgrove is of how atmospheric the service was, how beautifully and tastefully the hall was decorated, and of the really strong sense of community spirit, evident to all. Moylgrove's excellent reputation is spreading far and wide!

Thanks also for supporting our Tea and Carols concert. Together with events in Dinas, Newport and Letterston, you raised £1220 for Wales Air Ambulance.—A fantastic result for this well-loved and important charity.

Do join us to sing on Thursdays at 4pm (or a little earlier if you fancy a cuppa).

*Anne Hughes*  
07742 576031



## Speckled Bush Crickets

These beautiful creatures are quite common, but not so often seen. However one comes across one or two most years. They seem to be very fond of my wife's hibiscus flowers. They can jump like a grass-hopper, but seldom do so. they usually proceed about slowly, investigating what is in front of them with these enormously long antennae. What has always interested me is this amazing tailpiece on the females. It is an ovipositor. It is a real Swiss Army knife type multitool. The outer edge is serrated. The eggs are laid in autumn under the bark of trees. Slits are cut into the bark and a flap is prised back. The eggs are then safe till the next spring, unless a tree-creeper discovers them.



We were expecting a visit from Melvin Grey, so I kept this beastie for him. I wanted some really high resolution shots and, by golly, I got them.

I see some aphids are also present. I bet they are glad she is a vegetarian.

*Peter Byles*

## Coffee Mornings

**Join us for coffee, tea, cakes & chat  
first Weds of each month 10am-12**

Thank you to our volunteers who donate cakes, beverages and time, and to all those who pop along for a chat.

Vote for this year's charities on Feb 6.  
**Volunteer to host a Coffee Morning:**  
speak to Judi Hartland.

*Monies raised*

June 2018	Air Ambulance	£ 84
July	Alzheimers	£ 83
September	Tenovus	£ 60
October	Macmillan	£128
November	Poppy Appeal	£105
December	Shelter	£105
<b>Total for six months</b>		<b>£565</b>



## Open Gardens 2nd June 2019



Please note that the date for this event has been changed from that originally proposed and is now **Sunday 2nd June**. Plans are now underway for Moylegrove's horticultural delight, just one week after the Chelsea Flower Show.

As well as a number of gardens opening, there will be teas and plant sales in the hall, and we

are aiming to have an art and crafts exhibition of all things garden related both inside and outside the hall. In order to do that we need your help.

We're asking all you lovely talented people in the village to dig deep and get creative to produce pictures, photographs, floral and produce displays, sculptures or any other form of art or craft that you feel is appropriate. Let's make the hall and car park area look stunning.

Some people have already offered to open their gardens or help with other things but more offers of both would be great. We also need some plants to sell, so while you are splitting plants in the spring, sowing seeds or have any plants surplus to requirements, labelled donations would be gratefully accepted.

All enquiries or offers of help: Contact Sue Sturges on 881825 or via email: [sue.sturges@btconnect.com](mailto:sue.sturges@btconnect.com)

To help get you inspired, here's a couple of lovely photos of Janet's garden which will be open on the day.



## A photo a day

Simon Moore set himself the task of taking a photo and posting it on Instagram every day of 2018. What fantastic photos they are! Visit [instagram.com/mor\\_ffoto](https://www.instagram.com/mor_ffoto) to see the whole year.





## Gadgets

Our underfloor heating pipes are buried in a huge slab of concrete, which takes hours to warm up or cool down. Any ordinary thermostat is no use at controlling it. By the time the heat comes through and the thermostat switches off, there's a huge store of heat that pours through over the next few hours to make everything sweltering. We eventually learned to control the heating by adjusting the length of time the heating runs each day. Which works fine, except that we have to vary the timings because more heat is needed in winter than in the summer.

So I got out the soldering iron and wrote some program code and cooked up our own control unit that runs the heating according to the weather forecast. (Yes, there are commercial thermostats that do that, but none designed to cope with the thermal capacity of our concrete floor.)

At the device's core is a small computer called an Arduino, which people use for all kinds of small jobs. You shape it to the role you're assigning to it by writing computer code in the C++ language.

Since the device needs to download the five-day weather forecast (from the Met Office web site) I felt it might as well display that—and show the tides, sunlight and moonlit hours as well, just for fun.

Next project is some apps that run on your phone. One is an extension of the History Map. Another is a game.

If you're curious about what's inside computer devices or apps, or would like to learn to make apps or gadgets yourself, get in touch. We could get together a group to have a couple of hours messing about; or maybe even start a regular club.

Alan 881752



```
if (y0 > 0) {  
  // Draw a sine wave through the low and high  
  // Start at the latest high or low, then wrap  
  const float tidalPeriod = 12.42; // hours  
  const float periodInPixels = dx * tidalPeriod  
  const float ddy = 2 * 3.14159 / periodInPixel  
  float mid = (bottom + top) / 2;  
  float yh = y0 - mid, yv = 0; // height, veloc  
  int width = dx * 24;  
  for (int t = 0; t < width; t++) {  
    tft.drawPixel((t + x0) * width + left, int(  
      yv -= yh * ddy; yh += yv * ddy;  
    ));  
  }  
}
```

## Make the most of your phone/computer

### Photoshop—Spreadsheets—Skype/Facetime—Music—Smartphones

Mystified about what some people do with their computers and phones? Twiddle those thumbs like a teenager. Wield your tablet like a prophet. Come to a workshop session by experienced instructors from PLANED.

Let's invite them to give a session in the Hall. If you're interested, give Alan a call on 881752 and discuss what skills you'd like to improve.

## First aid course

Save lives: Take this course with an accredited instructor.

**Saturday 23rd Feb 9:30-16:00 £35**

**Booking essential:** call Vanessa 881740

## Transport

### Poppit Rocket—bus 405 — Use it or lose it!

Winter service **Thursdays and Saturdays** only until 4th May

To Newport: 9:39, 13:39, 16:54 To Cardigan: 10:40, 14:40, 17:55

Richards Bros 01239 613756

### Moylgrove Lifts

Email [lifts@moylgrove.wales](mailto:lifts@moylgrove.wales). A club of your neighbours stands ready to whisk you wherever you want. Hospital? Station? Anytime it isn't convenient for you to drive yourself.

### Green Dragon accessible dial-a-ride to St Dogmaels/Cardigan

**Mondays and Thursdays—call 0845 696 0242 48h in advance**

This service is for anyone who cannot access normal public transport for whatever reason. Free for those with a bus pass.

Call us to book a ride—or to volunteer as a driver or helper.

### PACTO (Pembs Assn of Community Transport Orgs)

Google [pacto.org.uk](http://pacto.org.uk) for various services that help with transport when you're short of a lift.

Atebion i Croesair y Dysgwyr:

Ar draws: 1 AR 3 HUD 5 CORON 7 LLED 9 LLEW 10 DA 11 OD 12 SILL 13 LLWGU  
Ar lawr: 1 AC 2 ROCED 3 HOLL 4 UNEDIG 8 DALLU 9 LLON 12 SW

## Upcoming events

Wed 6th Feb 10am—noon	<b>Coffee morning</b> in aid of British Heart Foundation	
Sad 2il Chwef 10yb	<b>Clwb Llyfrau</b> (Eira 881274) <i>Y Eumenides</i> gan Daniel Davis	
Tue 12th Feb 7:30pm	<b>Book group: Notes from an Exhibition</b> Tale about an artist, by Patrick Gale. Read beforehand & come along for a friendly discussion. Kath 881752	
Tue 19th Feb 7:30pm	<b>History of Cardigan</b> <i>Glen Johnson</i>	
Thu 21 Feb 12:00-12:30	<b>Mobile Library Service</b> Car park	
Sat 23 Feb 9:30-16:00	<b>First Aid Course</b> Book in advance through Vanessa 881740	
Sad 2 Mawrth 10yb	<b>Clwb Llyfrau</b> <i>Llyfr Glas Nebo</i> gan Manon Steffan Ros	
Sat 2nd March 19:30	<b>Rugby Club Choir</b> Great singing, awful jokes, lots of fun!	
Wed 6th March 10am—noon	<b>Coffee morning</b>	
Tue 12th March 7:30pm	<b>Play reading: As You Like It (Shakespeare)</b> Mwldan will screen the RSC production on May 7th. We'll have fun reading through it. <i>Kath 881752</i>	
Fri 22nd March 7:30pm	<b>Wine tasting—Kingsley &amp; Mick</b> Sample a selection of wines and cheeses	
Wed 3rd April	<b>Coffee morning</b>	
Sad 6 Ebrill 10yb	<b>Clwb Llyfrau</b> <i>Ysbryd yr Oes</i> gan Mari Williams	

*All events in Moylgrove Old School Hall unless noted otherwise.*

## Check latest online at [moylgrove.wales](http://moylgrove.wales)

Tue 9th April 19:30	<b>American poetry.</b> Bring 4 or 5 poems to read with the group.
Sat 20th April 14:30-16:00	<b>Ceibwr geology—Dr Brian John</b> Meet at Patchinglas (Ceibwr). Tea in Hall afterwards. Bring cake to share.
Thu 25 April 12:00-12:30	<b>Mobile Library Service</b> Car park
Wed 1st May	<b>Coffee morning</b>
Sad 4 Mai	<b>Clwb Llyfrau</b>
Tue 14th May	<b>Book group: If on a Winter's Night a Traveller</b> by Italo Calvino
Thu 23 May 12:00-12:30	<b>Mobile Library Service</b> Car park
Sad 1 Mehefin	<b>Clwb Llyfrau</b>
Sun 2 June	<b>Open Gardens</b>
Tue 11 June	<b>Play reading: Measure for Measure</b> Mwldan screen RSC production on Aug 27th.
Sat 6 July	<b>Elvis Desley</b> American dining

### Weekly:

Mon 2pm	Health and fitness	Dorothy
2nd & 4th Tues 5pm	Clonc Cymraeg	Dagmarr
Weds 2pm	Craft club	Vanessa
Thurs 4pm	Singing for Fun	Anne
Thurs 7:30pm	Table tennis	Bruce
Fri 2pm	Bowls	Vanessa

### Got an idea for an event or meetings?

Speak to Anne (881835), or any of Cymdeithas Trewyddel.

You can also hire the Hall for private parties at very reasonable rates.





## Looking for somewhere?

Most van drivers can now be directed to the Housefinder Map outside the Old School Hall. Alongside the map on the wall, there are paper copies to take away. Tech-savvy van drivers with a mobile signal can also get a copy on their phones. (There's also a link on [moylgrove.wales](http://moylgrove.wales), on the Visit page.) Thanks to John Anson and Pat Taylor for putting it together!

### History Map app

In your phone, go to <http://bit.ly/moylgrovewalk>. Then go for a walk around the village. As you pass each house, notes about its history should pop up. It's a bit experimental, so let Alan (881752) know what you think.

## Cymdeithas Trewyddel

CT organizes events in Moylgrove. If you have an idea for an event or activity, CT is eager to advise and help. Contact any of its members: Anne Graves (chair), Mick Sturges (secretary), John Anson (treasurer & events coordinator), Kingsley Chesworth, Lynne Clark, Pete Fletcher, Dagmarr Moore, Simon Moore, Sue Sturges (environment), Alan Wills.



## Please contribute to your Newsletter

Family news, stories, writings and pictures are welcome in any language. Email material to [newsletter@moylgrove.wales](mailto:newsletter@moylgrove.wales) —or send it on paper!

Please feel free to ask any of the editorial team before sending something.

*Editorial team:* Lynne Clarke, Eira Evans, Kathy Slark, Judi Hartland, Dagmarr Moore, Sue Sturges, Alan Wills.

Deadline for the next edition: **Thursday 16th May.**

## Visit our website: [moylgrove.wales](http://moylgrove.wales)

More photos, up-to-date events, news and information for visitors and residents.

Suggestions for improvements and new content are most welcome:  
Email [admin@moylgrove.wales](mailto:admin@moylgrove.wales)

*Cover photo: Janet Copeland*