

The background image is a lush garden scene. In the foreground, a pond with large green lily pads and a small orange and white cat standing on a stone path. The garden is filled with various flowers, including tall pink lupines and white daisies. The background shows dense green foliage and trees under a blue sky with light clouds.

Trewyddel Moylegrove

Cylchlythyr | Newsletter

Gorffennaf | July 2019

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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), Kathy Slark (secretary), Mick Sturges (treasurer), Kingsley Chesworth, Lynne Clark, Pete Fletcher, Dagmarr Moore, Simon Moore, Sue Sturges (environment), Alan Wills.



Meetings of CT are open to all village residents. You can inspect the minutes on the village website: <https://moylgrove.wales>

Thanks to ...

Margaret Anthony, who has decided to step down after a number of years as a key member of Cymdeithas Trewyddel.

Margaret deserves huge credit for her contribution to the success of the Village Hall. She was often the first to volunteer her help with many of the hall events. Amongst her many achievements, she undertook responsibility for the hall decor and assisted with numerous successful grant applications. Until recently she also edited the village newsletter and ensured the production of high-quality, interesting magazines. She will be much missed by the present CT members and we would like to take this opportunity to thank her, on behalf of the village, for her exceptional contribution to the community over the years.

... and to ...

John Anson, who stepped down from Cymdeithas at the AGM after five years.

As Treasurer, John has done a stalwart job of keeping our finances in order, as well as managing the Hall bookings and entertaining us with dreadful puns. Less obviously, however, he has also had a sideline in maintenance, popping regularly into the Hall to repair, install or clean something, always with the minimum of fuss.

We wish him well and hope he won't absent himself entirely; we need a good groan now and again.

Visit our website: moylgrove.wales

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

90th Birthday!

John Fletcher of Penrallt Ceibwr, Moylegrove, celebrated his 90th birthday in March, with family and friends from all over the country.

John was born into a distinguished family in Birmingham; his father was in the secret service during the war and one of John's sisters was the head of the Wrens.

John broke with the family military tradition and followed his dream to be a farmer. When John married Dot in 1953, they moved to Pembrokeshire to make the dream a reality. They worked for other farmers until 1955 when, after winning £150 on the pools and being given a pig, they bought Ysgubor Wen Farm in St. Dogmaels. Dot and John started their famous guesthouse soon after this in spite of having no electricity or indoor plumbing.



In 1963 they moved to Penrallt where they expanded their dairy farming to include vegetables. John immersed himself in local volunteerism, being mayor of Moylegrove, president of the Rotary Club and an active officer of the Coastguard. He also enjoyed following a busy day farming by returning to the guesthouse to help with the washing up and stand at his favourite place behind the bar serving local ales.

John's party was in Penrallt Ceibwr's main house. Dot prepared a feast for friends and family including their four children, 20 grandchildren and 10 great grandchildren.



Xan



Elvis Desley

A fantastic evening in a packed house with the King of Rock'n'Roll in July. Elvis (Des Perenara) took over the Hall and strode into the hearts of everyone present.

Great food from the Garden Centre caterers, lovely ice cream from the Ice Green van, excellent organization and décor. Broad smiles all round!



Forest Garden

It was blooming marvellous in the Forest Garden this spring. The plum family such as Apricots, Damsons, Japanese plums and Cherry plums all finished flowering by early April and had already set their fruit.

Flowering in April, we had the delightful Amelanchier or Juneberry. Some of the genus are suckering shrubs and others more tree-like, but all give a wonderful show in a mass of dainty white flowers, which turn into small but tasty fruit in early July. Crab apples also joined the show with their pink and white petals.

Two unusual plants also in flower in the spring were the shrubby Honeysuckle (honey berry) which can produce ripe fruit as early as late May. The other is the Bladdernut, a tall shrub which produces cascading white flowers followed by bladders with one or two seeds in each, which are rather small and fiddly to crack but taste rather like pistachio. Next in line are the Cherries and Apples, which with what's gone before give the pollinators a continual source of nectar.

This summer, the Apricot tree has set fruit for the first time in its five years with me. Thanks to the early spring weather and the bees.

As the summer has progressed, the Japanese persimmon has set fruit. It's rather like a smaller version of the better known Sharon fruit. It is most unusual for this tree to fruit in our area, and is an indication of global warming. The Tibetan hazel has also produced its first nuts and the Siberian pea shrub its first peas. July has been brilliant for the tasty Tayberry, and the Blackcurrants and Raspberry crops have been outstanding.

Bruce Slark gives a talk on forest gardening in the Hall on 15th October.



Gone fishing

Kevin Copeland leads an expedition

Moylgrove's annual fishing trip aboard Legend of New Quay with skipper Tim Harrison was on July 3rd. It was a lovely day for it, after plan A was blown off a couple of days before. First stop was to try for some mackerel. They were soon coming in, with everyone on board landing a few.

A bit of excitement as Nev from sunny Saundersfoot caught one of his targets for the day: a good-sized greater weever — and this was even before we got to our destination, Patches Reef.

Arriving at the reef, we were straight away into fish. Lots of greater weevers coming aboard with a few doubles coming in, together with some huss and dogfish.

Unfortunately after about an hour and a half the fishing slowed right down as the tide picked up. Where were the bream? After a very quiet hour or so, Tim decided to try another spot. The smaller fish failed to show again but here we were into some tope: a nice one of 25 or 30lb for Craig on his first ever sea fishing trip; another smaller one for Ray; and a few nice-sized huss up to about 12lb.

Quite a few hours passed without any bream. But one more move by the skipper, and we were into them! I had four, and quite a few others came aboard in the last hour and a half.

So we had a nice trip home, pleased that all our targets were achieved.

Thanks to Tim for another great day out.

Kevin now holds the official record for the biggest almaco jack caught in the UK.



The Open Gardens

The Open Gardens attracted about 260 people, some of whom came from as far away as Saundersfoot for the day. Talented villagers exhibited (and sold!) their artwork and beautiful craft. Lovely cakes and food were made and much enjoyed. Our heartfelt thanks to all who contributed and organized the day. It was enormously enjoyable, and raised more than £1600 for the village funds.

Here are some visitors' comments sent through Facebook and email:

We travelled from Saundersfoot to come and visit your gardens today and were not disappointed. We had a lovely greeting from everyone we met. Enjoyed each of the gardens that we saw, some are real gems and the refreshments were very welcome (and very tasty!). Well done Moylegrove you did a super job and I would certainly recommend others to visit. Even the weather came good :)

To Everyone at Moylegrove

Thank you so much for a truly fabulous day at the open garden event. We visited today as we are considering moving to the village and the welcome we had today from you all was incredible. We have never been made to feel so welcome and at home. You made my husband and my parents have such a wonderful day and I wish to send you our extreme thanks and any doubts we had about moving to the village were removed. We really hope we are lucky to be able to move to the village and be part of such a beautiful community. Many thanks to you all and hopefully see you soon.

Beautiful, well done to everyone involved

Really enjoyed ourselves. Many thanks to everyone who allowed us to visit there fantastic gardens. All that work, really was lovely. and the food was scrummy. thank you

Had a love day today plenty of exercise with the walking to see the wonderfully kept garden's well done Lady's & Gentlemen be proud of your garden's you have done your Village proud too !! We had sunshine after lunch and some wonderfull refreshments brilliant well done !! hope you do this again one day I,ll certainly recommend a visit take care everyone !!

Wonderful. enjoyed the gardens very much. Tea and cakes also great. 😊

More of Simon Moore's beautiful photos at moylgrove.wales/gallery



In Praise of the Ordnance Survey

Mick Sturges goes rambling

I've always loved maps, especially Ordnance Survey (OS) maps. When I was at school the only aspects of geography I liked (or was any good at) were the weather and map work. Being dropped off from a school coach somewhere on the Long Mynd in Shropshire and having to navigate to various checkpoints and complete other map reading exercises was my idea of a great day out from school. Not having maps or not being able to read them would be tragic to me – in a way they're a bit like having a crystal ball. They enable you to see what a place will look like before you get there. They also enable you to do a great deal of planning ahead, especially if going on holiday, in the UK anyway. One of the things I always miss when holidaying abroad is foreign equivalents of the British OS maps. The other good thing about them is that you can have a quick look and fairly easily find an interesting looking route for a short afternoon or early evening drive, preferably on roads you haven't driven on before.

Sue and I did one such trip earlier in the year when I still had my leg in plaster and couldn't walk, let alone drive. But I could still read a map. I was feeling a bit fed up and frustrated, as was Sue, so we decided to just go out for drive and visit somewhere new along the coast. The point though is not the destination, but the journey, in this case the drive. I decided we'd head north, along the coast, keeping as close to the sea as I could. Obviously some of it we'd driven before (frequently in some cases), like the start of the trip out to Poppit, around through Cardigan, along the estuary to Gwbert and heading to Mwnt via Ferwig. As it was

February everything was fairly dormant, with no leaves on the hedges or trees but really good visibility across the countryside. If you drive the same route now the verges and hedge rows are packed full of wild flowers and grasses. One of the local landmarks we hadn't been past



since living here was the old Butterfly Centre at Felinwynt, now a popular café and children's play barn.

Keeping on the coastal road our trip then took us past the DERA Aberporth, the first time we'd been that close. The base is now operated by QINETIQ on behalf of the MOD, as an air systems (weapons, drones etc) testing facility. It looks suitably 'secret squirrel-ish' – even more so if you get to see it from the seaward side. The road continues into the village of Aberporth with its two beaches, North and South, particularly quiet and sleepy in February, although not so quiet in July! The road from there to Tresaith is a pretty sort of road, despite lots of caravan and holiday sites along the way. Tresaith of course is a very popular spot with two pubs and two beaches, the second being accessed via the waterfall where the river Saith cascades down to the sea. From Tresaith there is a narrow winding route of tiny roads that take you around to the hamlet of Penbryn, well known for the beach of the same name. There is a large National Trust car park some distance, about 400 metres, from the beach—which I think was about 399 more than I could walk at the time.

Sue had a nice walk to the beach with Angus though; at that time of the year the beach is open to dogs, but not in the summer. She was lucky that it was very low tide and she was able explore the two caves that are only accessible (in or out) at low tide. Unsurprisingly in February, we were the only people there, although we thought we were going to be lucky





and get some refreshment in the café, The Plwmp Tart, as there were people milling around the place. Turned out they were gearing up for opening the following day. Typical! We still haven't managed to get there when it's open, but I'm told it's good.

As well as the walk to the beach along the road there is a nice woodland walk, and a path up to the old church. Leaving there we continued to travel the small winding roads, shown on the map as thin yellow lines, with me carefully counting the turns and saying left, right, straight on or even 'ah, best turn round' on the odd occasion. There was no stopping as we passed through Llangranog, which we had been to before, as we looked at a house there before coming here. Leaving the village on the B road we soon passed the track to the ski centre – this does strike me as an odd place for a ski slope, but I guess coming down a dry ski slope with fantastic views along the coast is probably quite good fun. What do I know!

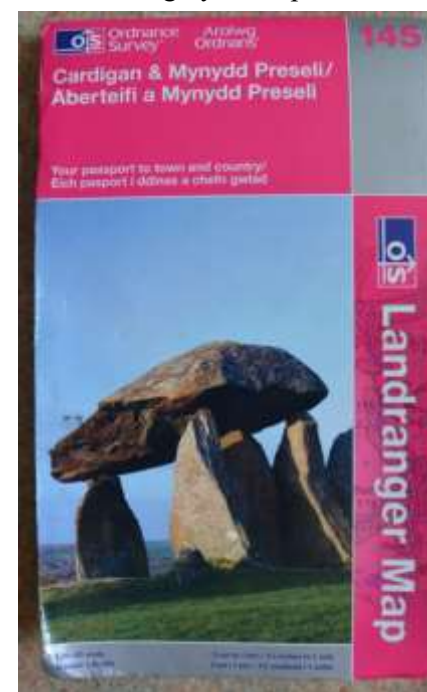
Soon we were back on the yellow roads, that got progressively narrower,

or so it seemed as we headed towards Cwmtedu. Nothing but us and the occasional tractor along here. Cwmtedu is accessed fairly easily along a straight road off the A487, but the drive in from the tiny coast road is much more impressive. The road takes you along the edge of a steep sided wooded valley (along which runs an interesting looking footpath, which is an alternative inland route for when the conditions are too bad to use the clifftop coastal trail). Cwmtedu is a very sheltered bay, a bit like Ceibwr in some ways, with a small parking area right on the front along with the ubiquitous Pembrokeshire lime kiln! Again we were the only people there. The narrow lane up out of the village is very steep and winding so gives spectacular views along the coast as you climb up to the top. We drove back there recently on a sunny Friday evening and this time the car park was packed and the beach was full of families enjoying BBQs. Like Ceibwr, the evening views towards a setting sun are fantastic.

Heading inland a short way our route turned towards New Quay, but first of all there is the very pretty village of Nanternis, which like Moylegrove sits in a valley setting with a small river at the bottom and steep roads either side. There are more trees and it feels like a village in shady glade. Anyway, the road from there takes you to the A486 and on into the mighty metropolis of New Quay which we decided would be the end of

this particular little exploration. By now we were hungry and so was Angus, so we parked within hobbling distance of a pub (try doing that in the summer), fed the dog, and retired to the pub for a well-earned pint and some fish and chips. No pint for Sue of course: she had to drive home; but this time along the main roads, no map required.

OS maps are available from a variety of high street shops, as well as on-line direct from ordnancesurvey.co.uk, from where you can also buy digital versions of the maps for installation on PCs, tablets, phones or other mobile devices. Bing.com/maps also has an Ordnance Survey option. Me, I like the paper ones best!



Tudalen y Dysgwyr

Clwb Coffi a Chlonec

Dewch i ymuno a'r clwb i fwynhau cwmni dysgwyr eraill a chael cyfle i siarad yn y Gymraeg.

Pwysig Rydym yn newid y drefn i un cyfarfod pob mis, ar y pedwerydd dydd Mawrth pob mis am 6 o'r gloch. Cyfarfod nesaf ar 24 Medi.

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

Anagramau - Taith o gwmpas Trewyddel

(mae'r un cyntaf wedi ei wneud i chi)

fano nawe	<u>afon Awen</u>
wllp y rchwa	--- - ----
palce ethleb	-----
naof lawm	-----
rellntap	-----
echll y dderby	--- - ----
ry nhe slogy	-- --- ----
abe bwicre	--- -----

(cofiwch y wyddor Cymraeg)

'Roeddech chi'n gwybod ... bod Ceibwr wedi bod yn ardal smyglwyr ers canrifoedd. Yn 1807 'roedd y ficer – yn ol hanes lleol – wedi cwyno am fod aelodau'r eglwys yn feddw oherwydd y brandi ffein oedd yn dod i mewn i Ceibwr o Ffrainc!

Yn 1980au 'roedd smyglwyr cyffuriau wedi adeiladu ogof ar Draeth Cell Howel (Seal Bay). Cawsant eu dal oherwydd 'roedd pysgotwyr lleol wedi gweld cychod drud yn yr ardal ac, hefyd, 'roedd dynion estron yn gwario llawer o arian yn y tafarn yn prynu diod i'r cwsmeriaid lleol – anhygoel!



Cwlwm Tafod

Dywedwch yn gyflym:

*Wel, wedodd Wil wrth y wal, ond
wedodd y wal ddim byd wrth Wil.*

neu

*Chwech hwch goch a chwech o
berchyll cochion bach.*



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.

Ym mis Awst, bydd y Clwb yn mynd ar Daith Ddirgel o amgylch Sir Benfro yng nghwmni Mererid Hopwood a Tudur Dylan. Am trîtl!

Llongyfarchiadau i ddau fardd o Trewyddel am ennill ar y limrig yn 'Steddfod Llandudoch, un yn ennill y gystadleuaeth i ddysgwyr a'r llall y gystadleuaeth agored.

Fe es un diwrnod i'r ffair
Gorweddais i lawr ar y gwair
Daeth draw geneth bert
A chododd ei sgert
A nawr disgwyl babi mae Mair!
—gan Imogen, Rhyd Y Gof



Meddyliais am fêdd Pentre Ifan
Pan welais pwy oedd ar y llwyfan.
Mae rhain fel y rheini
Yn llonydd fel meini
Heb arwydd o fywyd yn unman.
—gan Roy, Pwllcorn



Hanes Neuadd Bethel

Ar 17 Chwefror 1932 agorwyd Neuadd Bethel. Prynwyd y safle flynyddoedd cyn hyn ar dir lle bu gynt tafarn y White Lion.

Adeiladwyd y Neuadd gyda cymorth aelodau'r capel yn cludo cerrig, brics, tywod, graean a coed i'r safle o'i gwirfodd i gynorthwyo'r adeiladwyr tra bod y chwiorydd yn paratoi lluniaeth. 'Roedd yna gronfa adeiladu i godi arian ac hefyd roedd rhai yn benthyg arian yn ddi-log. Y cyfanswm a dalwyd am y Neuadd oedd £1335.14s.5d.

'Roedd y neuadd yn gaffaeliad mawr i Bethel ac i'r holl ardal, lle cynhaliwyd eisteddfodau, cyngherddau, pwyllgorau, drama, nosweithiau llawen, canolfan etholiadau ac yn hwyrach, ysgol feithrin i'r plant bach a boreau coffi y Gymdeithas.

Yn awr, a'r ysgol ar ei newydd wedd, cynhaliwyd gweithgareddau'r pentref yno ac mae neuadd Bethel yn segur. Trist iawn yw gweld ei bod ar werth ond gobeithio bydd y percholigion newydd yn rhoi bywyd yn ol iddi.

Eira, Pwllcorn



Coffee morning

Coffee mornings are held on the first Wednesday of each month from 10am to noon. They're a great way to get together with your neighbours. Donations collected raised go to a variety of charities.

Fund-raising for charities in the first half of 2019 was very successful:

February	Sally & Judi	British Heart Foundation	£ 61.40
March	Margaret & Vanessa	RNLI	£105.00
April	Kath & Alan	Air Ambulance	£ 80.00
May	Lynne & Judi	Vitiligo Society	£117.45
June	Ann & Mac	Parkinson UK	£150.00
Total to date			£ 621.38

Planned for the second half of the year:

September	Di & ???can you help???	Cancer Care Cardigan
October	Kath & Alan	Macmillan
November	Di & ???can you help ???	The Poppy Appeal
December	??? can you help ???	Samaritans

If you could help with any of these dates it would be much appreciated.

The Samaritans need a host please in December; probably a very busy time for this particular charity.

A big thank you to everyone who donates the cakes and beverages.

For 2020 Coffee Mornings, if there is a particular charity you would like to promote, why not come forward and host that coffee morning – new faces and new ideas are always very welcome.

Judi 881200

Delicious cakes at the Open Gardens



Nevern Community Council

Road repairs

The fresh patches on many of the roads in the district are the result of Nevern and Moylegrove Community Council drawing the attention of Pembrokeshire County Council to the plentiful potholes.

Thanks are due to Mike James, our County Councillor, for his assistance in liaising with PCC on this and other matters.

Bus shelter

NCC is in the process of negotiating for a shelter at the bus stop in Felindre Farchog, particularly in view of its daily use by schoolchildren.

Toilet Tax overturned

A collection box has been installed at the public toilets behind Nevern village hall. With the castle, these toilets are the principal real estate managed by the Community Council.

The box allows costs to be offset while allowing the lavatories to be open to all, regardless of any lack of change in their pockets.

Meanwhile, the business rate on stand-alone public toilets has at last been removed. Announcing the change in Parliament in 2018, the Chancellor of the Exchequer took the opportunity to make a wide range of toilet puns, involving relief, leaks, streams, feeling it in his water, etc.

Not to be outdone, NCC Vice Chair Cllr. Kath Whitehead commented "Westminster has been sitting on this one for a while: there seems to have been some blockage in doing their business on it. I don't think we'll get to the bottom of that. But eventually a motion was passed, and it came out all right in the end," adding "There was some talk of a white paper. Which is fine, just so long as it isn't that shiny stuff."

Meetings

Meetings are open to the public, and held on the first Wednesday of each month at 7:30, alternating between Nevern Village Hall and Moylegrove Old School Hall. Phone the clerk, Liz Balchin, 881223, for details. Minutes of meetings can be found on the web.

Moylegrove councillors are Hedydd Lloyd, Gaynor Sollis, and Kath Whitehead.

Where are the other ninety-nine?

“**R**endezvous at Severn View Services, 7 pm. Be there.”
We arrive before 7. The place is in darkness. The car park is deserted save for a couple of cars. Is there someone in that one?

Are they waiting too? They don't acknowledge us, and soon drive off. Nothing stirs. We wait. Then the message: “There's a hold-up – expect us at midnight now.”

It's almost midnight. A car cruises round the car park and drives out again. Then at last the van appears. We signal, and it stops beside us.

Suddenly other people emerge from the shadows and stand with us. The driver gets out and hands out some papers. Then he opens the back door and they are out. We bundle them into the car and we're away, while the van vanishes into the night to make its next delivery....

Many of you have by now met Hugo and Biba, our two new rescue Dalmatians. Their arrival, whilst looking distinctly dodgy, was legitimately organised by Save a Spanish Spot, who rescue and rehome Dalmatians from Spain. They are helped in the UK by British Dalmatian Welfare, a small charity which we have supported since taking on our first two rescues. BDW has no kennels, but relies on volunteers to foster dogs, carry out assessments of dogs and potential homes, and to move dogs between homes.

One enterprising volunteer raises fantastic amounts of money for BDW by selling stamps and other postage things, which we now save and send on.

Do you have unwanted items that I can include in my parcels? **I will leave a box out at coffee mornings; you can drop them in our post box at Ty Newydd; or you can ring us on 881835 and we will collect them.**

WANTED

Used postage stamps: GB and Foreign, Post Office Package Labels (Gold/White), empty postage stamp books and old postcards

British Dalmatian Welfare is a UK Charity dedicated to the welfare and rehoming of the Dalmatian breed. Run by volunteers, it offers advice and support to owners, and finds new families for dogs that can no longer stay in their homes.

 British Dalmatian Welfare
www.dalmatianwelfare.co.uk
Registered Charity No 108651

The Moylgrove Spring

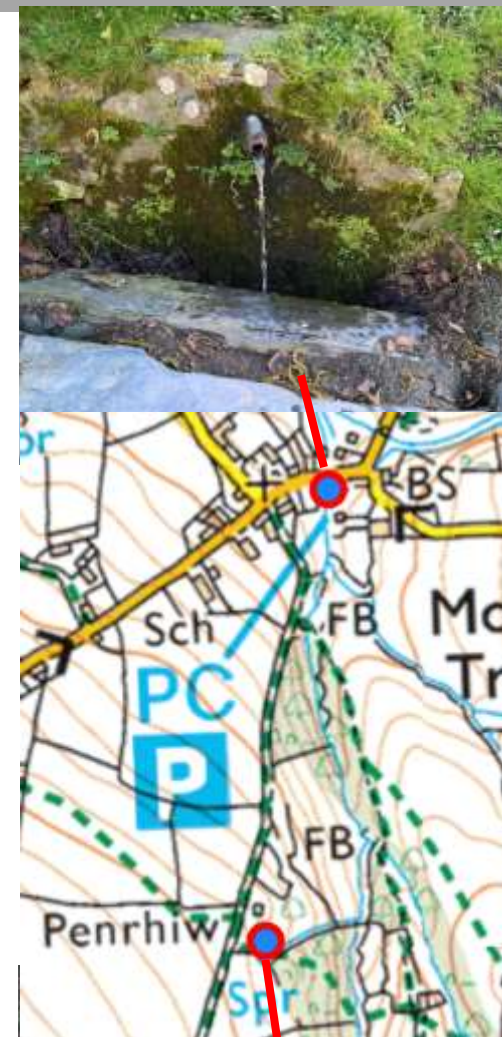
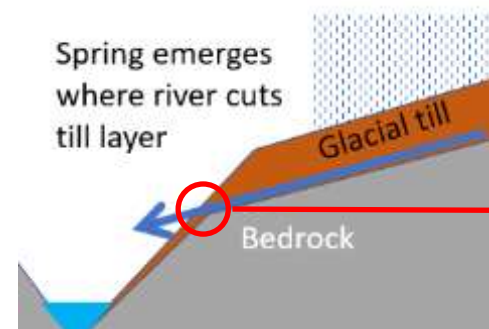
The pipe of running water at the car park comes from a spring up the valley.

The spring appears where the river has cut down through the boulder clay or till left behind by the glaciers ten thousand years ago. The till layer is a few metres thick.

Rainwater landing on the fields above the spring seeps through the till until it gets to the underlying shale—the rock we can see at the coast forming those wonderful twisted strata. The rock is far less permeable than the till, so the water runs along the top of it. At the river cutting, the till layer is suddenly less thick, so the water appears on the surface.

A well has been dug to collect the spring water, and the pipe we see at the car park comes from there. There is also a pump sending water to a nearby farmhouse.

The spring was tested a few months ago by Pembrokeshire County Council. They found it free of bacteria (with the caveat “at the time of testing”). They didn't test for nitrates or other substances that might come from anything put on the fields.



Environmental report

Ceibwr: Some concerns had been raised around the use of the bay by activity providers. Anne Graves and I met with them and Paul Renfro from the Pembrokeshire Coastal Forum. We agreed:

1. Better communications between interested parties - when issues arise I will now speak directly with the providers.
2. Providers will inform me whenever large groups are going to use the bay (which they have been doing).
3. The toilets in the village have been added to the map on the National Trust agreement, along with my telephone number and encouragement has been given to use both.
4. Where appropriate, participants from Adventure Beyond will use the village car park.
5. Adventure Beyond occasionally use the bay on a Monday — normally a rest day for the bay. They will now inform me when they are going to do this.

Things are getting busy down at the bay now, so we'll continue to monitor the use of the bay. The situation is due to be reviewed by Paul at the end of the season.

Stream pollution: On 1st of April, there was noticeable pollution in the stream running into the bay. A number of villagers reported this to Natural Resources Wales. Simon Shorten investigated, and found it to be sand from one of the quarries. Brian Smith met with Simon and gave him the history of similar pollution events over the years. Brian also kept everyone involved informed. We have coordinated some witnesses from the village to give statements. NRW identified the polluter who admitted responsibility. More documentation including witness statements will be gathered in support of a case that could lead to court action.



*Sand in
the river
at Ceibwr*



Up and coming events for you to get involved in **Control of Himalayan Balsam**

Thursday 8th August 10:00-11:30am at the Hall. Please come to discuss how we can tackle the Himalayan Balsam problem at Ceibwr. With Matthew Tebbutt, the Invasive Non-Native Species Coordinator from Pembrokeshire Coast National Park.

Matthew runs a project called "Stitch In Time", funded for three years from the Sustainable Development Fund. The project helps communities and local organisations to control Himalayan Balsam. It provides survey, planning, and volunteer training.

At the meeting, Matthew will discuss with the interested volunteers how we can move the project forward in our community.

He will spend the rest of the day surveying the Balsam. Volunteers can also help with this.

If you are interested in getting involved and would like to come to the meeting, please let me know.

National Trust Beach Clean

Wednesday 21st August between 2pm and 4pm at Ceibwr.

All the necessary equipment will be provided. Everyone is welcome to join in. As it's a small beach and there shouldn't be a huge quantity of rubbish to pick up, we will concentrate efforts on picking up the micro bits of plastic and litter, which is time consuming, but surprising how much can be found if you delve between all the pebbles.

Come along, meet up with the NT and its volunteers and lose yourself in the pebbles.

Sue Sturges
881825 sue.sturges@btconnect.com

Commemorative Bench

I'm sure that you are aware of the new commemorative bench that the National Trust has installed at Ceibwr and I thought it would be fitting for you to know the background regarding the dedication:

Henry William Knighton Stephens

Mary Non Elizabeth Stephens

1937 - 2015

Our family has had a connection with Pembrokeshire since my uncle bought a cottage on Upper West Street, in Newport, during the early 1960s; perhaps longer.

My grandmother Dulcie Mayne Stephens was a founding member of the Royal Watercolour Society of Wales and a working Artist all her life, and spent a great deal of time painting along the North Pembrokeshire coast. I can remember being there in 1966, when I was taken by my grandmother to allow my parents some relative peace, when my sister Emma was born.

Over the years, all family members made many visits to the area. When my parents retired in 1993, and returned to live in Wales, two weeks in Newport became an annual Autumn break to coincide with my Mother's birthday on September 10th. Other family members would join them, and a picnic at the flat area by the rocks at Ceibwr was a regular stopping point along the cliff walks. As the years passed, it was left to the younger members to do the walking, and my parents to do the sitting.

On one of those autumn visits, in 2015, my mother became unwell and passed away at Withybush General Hospital. Some time afterwards, my father suggested that when the time came, we should spread her ashes into the sea, from the rocks at her favourite place, at Ceibwr.

Some four months later, my father also passed away.

In September of 2016, to coincide with the anniversary of my mother's death, the family spent a week in Pembrokeshire and gathered at Ceibwr to spread both my parents' ashes into the sea.

I can think of no better memorial than a solid bench to replace the one near that place, that I understand now needs replacing, so that others can continue to sit and enjoy the view of the place that they so loved.

On behalf of myself, my sister and the rest of the family, I would like to thank the Community, and, of course, the National Trust for the advice on this matter, and for maintaining the unspoiled beauty of the area.

I look forward to continuing to visit in the years to come, along with my children and grandchildren.

John Stephens

Hall front yard improvements



Simon, Mick, Pete, Kingsley, and his grandson Jacob working on the front yard. The work, supported by the Enhancing Pembrokeshire fund, is due to be complete in time for the Summer Party on Friday August 23rd.



Photos: Simon Moore

The new National Trust bench at Ceibwr



Breakfast pancakes in Cardigan

Several cafés in Town now provide pancakes before 11:30, and the conscientious breakfaster should be familiar with the pros and cons of each offering. The Newsletter has done the hard slog for you.

Food for Thought

American Pancakes with bacon and maple syrup

Soft and yummy pancakes, lean bacon, delicious. Ask for a banana on top to complete the dream. (You might have to take your own.)



Crwst

Pancakes with fruit, nuts & yoghurt
Veggie.

Nice design, variable execution. The yoghurt cools parts of the pancakes, which weren't very warm in the first place. They felt a bit dry and stodgy.



Stwdio #3

Waffle with bacon & maple syrup

Veggie options such as fruit compote.

Made to order on the premises in a waffle iron. Wee bit crisp, but very nice. And you can watch the crochet.



Coffee #1

Pancakes & maple syrup

Cheaper and more convenient to buy a plastic packet of pancakes from the supermarket, pour in some syrup, and warm them a bit in the car glove compartment. But if you do take this alternative, make sure there's no-one you know passing while you sit in the car park munching them.

Transport

Poppit Rocket—bus 405

Summer service: daily to 8th September. Richards Bros 01239 613756.
To Fishguard: 9:24, 12:54, 16:54. To Cardigan: 10:55, 14:55, 18:55.

Moylgrove Lifts

Email 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

Mon, Weds & Fri 9:00-16:00—call 0845 696 0242 48h in advance.

For those who can't access normal public transport for whatever reason.

Helpful Hints

Eat your porridge straight from the pan. Every day worldwide, tons of porridge are wasted in the transfer from the pan to the bowl. Get at that delicious bottom layer and save on washing-up too.

Decorate your local trees. Brightly-coloured plastic bags containing dog poo provide a welcome festive air for walkers when hung randomly from wayside bushes. And the bags have the added benefit of preserving the poo from nature's digestive processes.

Hawthorn clippings on the drive? Here's an easy way to clear them up: Drive over them a few times; get your tyres changed; and presto! The thorns are recycled along with the tyres. Sometimes takes a couple of goes to get them fully cleared. Can be done in a team with your partner: one of you does the clipping and the other the driving-over. Excellent relationship-building activity.

Busybodies removing your tree decorations? That thing on a stick that you throw your dog's balls with is ideal for flinging decorative objects well out of reach. For best assurance, decorate spiky bushes such as hawthorns: guaranteed to stay decorated until hedge-clipping time.

Did you know? Astronauts took porridge to the moon.

Bags full of poo on your drive after hedge-trimming? Here's a quick

But the best breakfast crêpe anywhere, anytime: Molland House B&B, Ash, Kent.

Alan, Pant y Wylan

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Upcoming events

Tue 6th Aug 19:30	Cymdeithas Trewyddel meeting. Organizing events in the village.
Thu 8th Aug 10am—noon	Himalayan Balsam Help Pembs Coast National Park control it. See p21.
Thu 8 Aug 12:00-12:30	Mobile Library Service Village car park
Wed 21 Aug 2-4pm	Beach clean at Ceibwr See p21.
Fri 23 Aug 18:00	Summer Party Free entry. Bring food to share. Bar open. Disco.
Mon 26 Aug	Bank holiday
Tue 3rd Sept 19:30	Cymdeithas Trewyddel
Wed 4 Sept 10:00-12:00	Coffee morning—Cancer Care for Cardigan Donations gratefully accepted
Thu 5th Sept 12:00-12:30	Mobile Library Service Village car park
Sad 7 Medi 10:00-12:00	Clwb Llyfrau <i>Arwyr</i> gan Daniel Davies
Mon 9 Sept 19:30	Welsh wool £4, under-16s free A talk on the history of the woollen industry.
Tue 10 Sept 19:30	Book group—<i>The Waves</i> by Virginia Woolf Kath
Wed 11 Sept 14:00	Art & craft group first session
Wed 11 Sept 18:30	Mindfulness class first session Kimberly Funnell
Thu 12 Sept 16:00-17:30	Singing for Fun first session Anne Hughes
Maw 24 Medi 18:00	Coffi a chlonc —siarad Cymraeg — Dagmarr
Tue 1 Oct 19:30	Cymdeithas Trewyddel
Wed 2 Oct 10:00	Coffee morning —Macmillan

Check latest online at moylgrove.wales

Wed 2 Oct 19:30	Nevern Community Council
Thu 3 Oct 12:00	Mobile Library service—Village car park
Sad 5 Hydref 10:00-12:00	Clwb Llyfrau <i>Wythos yng Nghymru Fydd</i> gan Islwyn Ffowc Elis
Tue 8 Oct 19:30 Kath	Play reading: <i>Blood Wedding</i> FG Lorca Come and read with us. No acting required!
Tue 15 Oct 19:30	Talk: Forest Gardening Bruce Slark
Sad 2 Tachwedd 10:00-12:00	Clwb Llyfrau <i>Cysgodion Cam</i> gan Ioan Kidd
Tue 5 Nov 19:30	Cymdeithas Trewyddel
Wed 6 Nov 10:00	Coffee morning—Poppy Appeal
Sun 10 Nov 10:30	Remembrance Service —Village car park
Tue 12 Nov 19:30 Kath	Poetry reading: Women poets Bring your favorite poems by women.
Tue 19 Nov 19:30	Talk: Neck & back pain £4, under-16s free Local osteopath John Roberts will discuss

Regular meetings

Mon 2pm	Health and fitness	Dorothy
Mon 7pm	Table tennis	Bruce
4th Tues 5pm	Clonc Cymraeg	Dagmarr
1st Weds 10am	Coffee morning	Judi
Weds 2pm	Craft club	Vanessa
Thurs 4pm	Singing for Fun	Anne Hughes
Fri 2pm	Short Mat Bowls	Vanessa
1st Sat 10am	Clwb Llyfrau	Eira

Got an idea for an event or meetings?

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

You can also hire the Hall at very reasonable rates.



Please contribute to your Newsletter

Family news, stories, writings and pictures are welcome in any language. Please email material to newsletter@moylgrove.wales —or just hand us a bit of paper! Feel free to speak to any of us before you send something.

Or, even better, come and help us put the magazine together!

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

Deadline for the next edition: **Thursday 14th November.**

