

# **Trefonen & Llanyblodwel Community Newsletter**



***For the communities of Llanyblodwel, Nantmawr,  
Porth-y-Waen, Treflach & Trefonen  
(and places in between and beyond).***

*July & August 2020, Vol 30, No.6*



*Alfie (8), Louie (9) and Betsi (3) demonstrating how we showed our appreciation for all key workers.*



*Cover photo: What a gorgeous part of the world we live in. This picture was taken somewhere locally, but where is it? See the inside pages for more.*

## **From the editor:**

Welcome to another edition of our local magazine. As always at this time of year, this is a double issue covering the months of July and August. With so many restrictions on our movements and gatherings still in place, the pattern of the past two issues is repeated. We hope to return to something resembling normal service in September with advertisements from the local businesses which support us once again appearing and when enough copies can be printed for you all to have one.

As in May and June, only a limited number of hard copies of this issue will be printed and so we encourage as many of you that can to confine yourselves to reading this online via the village website. I know that many of you do, as the webmaster tells me that the church pages have been the most visited of all those on the website during lockdown.

We first began publishing online in November of last year. We recognised then that one potential benefit would be that people who had a connection with the area, e.g. former residents, would be able to keep in touch with some of what's going on. But we didn't realise just how widespread this might become. An American friend and former colleague of mine has visited this part of the country in connection with her work on a number of occasions. She's now a regular reader from her home in Connecticut. More than that - she wanted family members to get a flavour of what life is like in this country and so we also have followers in the states of Washington, Nevada, Montana and Texas! To all of them, a very special welcome. I'd be interested to learn just how far the magazine does spread and so, if you're aware of other distant readers, please let me know.

This issue contains a number of articles which appear under a 'nom de plume'. Whilst I might prefer always to give full credit to authors, I understand why some ask that their names are not published. They don't regard themselves as experts in the subjects on which they write and so, rather than pretending to be something they're not, they prefer to remain anonymous. I do know the identity of every contributor and they all have my abundant thanks - without them there simply would be no magazine. I'm sure that there are lots of people who read this who are perfectly capable of putting pen to paper. You might never have done anything like it in the past, but why not have a go? Please get in touch if you're even only vaguely interested in the idea - I'll consider any subject that has a local slant.

The Covid crisis is not over but, thankfully, the horrifying statistics are now much reduced and still falling. Although we've now stopped our Thursday evening 'Clap for Carers' activities, I'm sure that I speak for all of us in saying that we still have enormous admiration and respect for all key workers. The photos on the previous/ opposite page offer a small reminder of this.

*Peter.*

T: 01691 655753

M: 07710 801595

e: peter@woollam.net

# **CHURCH REOPENING**

For

**Individual Private Prayer**

From

**Sunday 21 June 2020 – 10am to 12 noon**



and then

**WEDNESDAYS – 2pm to 4pm in  
Llanyblodwel and Llanymynech**

**THURSDAYS – 2pm to 4pm in  
Morton and Trefonen**

**SUNDAYS – 10am to 12 noon  
In Llanyblodwel, Llanymynech,  
Morton & Trefonen**

**Outside of these times by private appointment  
Contact Revd Kathy on 07944 504330**



**These days and times may be subject to change according to  
new Guidelines being introduced**

## Vacancy for Clerk to the Governors at Trefonen Primary School:



Our current Clerk stood down prior to the Covid-19 period, so we now need to recruit a new Clerk for the School year starting in September 2020 and are looking for interested persons. Formal interviews will take place at the beginning of September with the Chair of Governors and School Head, but applicants are welcome to talk to the Chair prior to that date who can provide further details and answer any questions. This is an hourly paid role.

The role will also be advertised externally through the school.

The main role of the Clerk is to provide advice and guidance to the Governing Board on governance, constitutional and procedural matters. A Clerk contributes towards the efficient functioning of a Governing Board and its Sub-Committees by providing:

- administrative and organisational support;
- guidance to ensure that the Board works in compliance with the appropriate regulations;
- advice on procedural matters.

In practice, this means drafting an agenda in consultation with the Chair of Governors and School Head and compiling and circulating the associated papers prior to any meetings. Attending and taking minutes of Governing Boards and Sub-Committee meetings and maintaining an archive of Governors' documents. Also following up actions assigned at meetings. All work is treated as Confidential.

Generally, there are eight Governors' meetings each school year which are held in school, usually on a Thursday starting at 3.45pm and finishing by 6pm. There can also be a limited number of sub-committee meetings during the year which require a Clerk's attendance. Each meeting, together with the Agenda setting, can involve up to 8 hours of work. There may be other meetings required during school time with the Chair and/or Head.

Full training can be provided through the DfE to a "Level 3 Certificate in the Clerking of School and Academy Governing Boards" which is recognised by the Chartered Governance Institute (ICSA).

Any potential applicant will be required to have an Enhanced DBS Check through the School before being accepted for the role.

If Interested, please contact the Chair of Governors - Malcolm Kirk:  
[malcolm.ref1170@gmail.com](mailto:malcolm.ref1170@gmail.com)

## Village shop and Post Office Quiz:

*A certain local village shop proprietor and Post Office sub-postmistress (I won't mention any names) intimated recently that it was about time we had a quiz on her specialist subject. So here it is:*

1. We still have a bit of a mixture of old Imperial units and modern metric ones, e.g. milk is sometimes sold by the pint, sometimes by the litre. A jar of jam (not the 'speciality' types) used to weigh 1 pound, but that same weight is now stated in grams, and it's not a 'round number'. What is it?
2. In the above, is this the total weight of the jar, lid and contents or just the contents?
3. We drink quite a lot of wine in this country (though we're a long way behind leaders Portugal and runners-up France and Italy). Which countries of origin are particularly associated with these types/brands of wine?  
a) Rioja                      b) Jacob's Creek                      c) Chianti                      d) Port
4. A computer-based accounting system, first introduced by the Post Office in 1995, contained errors that, at first, went undetected and were later denied. It resulted in the loss of livelihoods, unwarranted prison sentences and bankruptcies for many sub-postmasters. What was the system called?
5. What is the minimum weight of a large white loaf of bread?
6. How much of what you pay for a bottle of Scotch Whisky goes in tax?
7. Preserved vegetables and fruit come in tin cans. What are tin cans actually made of?
8. Postage stamp prices went up in March. A 1st class stamp rose by 6p, from how much to how much?
9. A typical bottle or can of beer might be labelled 4.5% ABV. What does 'ABV' stand for?
10. The Post Office issues special stamps at Christmas. What image appeared on a 1<sup>st</sup> class stamp in 2019?
11. What does the Red Tractor logo on food packaging indicate?
12. Food advertising is something we're all familiar with. Complete these slogans:  
Go to work on an ...                      Every little ...                      A Mars a day ...  
For mash get ...                      Beanz means ...
13. Toast for breakfast today, I think, and I'll have some of that stuff that people either love or hate. What's it called again?
14. Cocaine is one of the ingredients of Coca Cola. True or False?

*I confidently expect to be met with a triumphant smile the next time I visit the shop.*

*Answers on page 27*

## Recipe: Peanut cookies:

*Thanks to 'Cara Mel' for this month's recipe (and the photo), Doesn't look too difficult ... maybe I'll have a go.*

Ingredients: 240g peanut butter, 100g sugar and 1 egg. Makes about 20.

### Preparation:

In a large bowl mix the three ingredients together. Take out a spoonful of the dough and roll into a ball. Place onto a greased baking tray and flatten with the back of a fork.

Cook for approximately ten minutes at 180C (350F, gas mark 4) or until the cookies start to turn golden. Remove from tray, cool and enjoy!



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## Where is this (No.1)?

*Can you name the location (also on the front cover), somewhere within our two parishes?  
Answer on page 27*



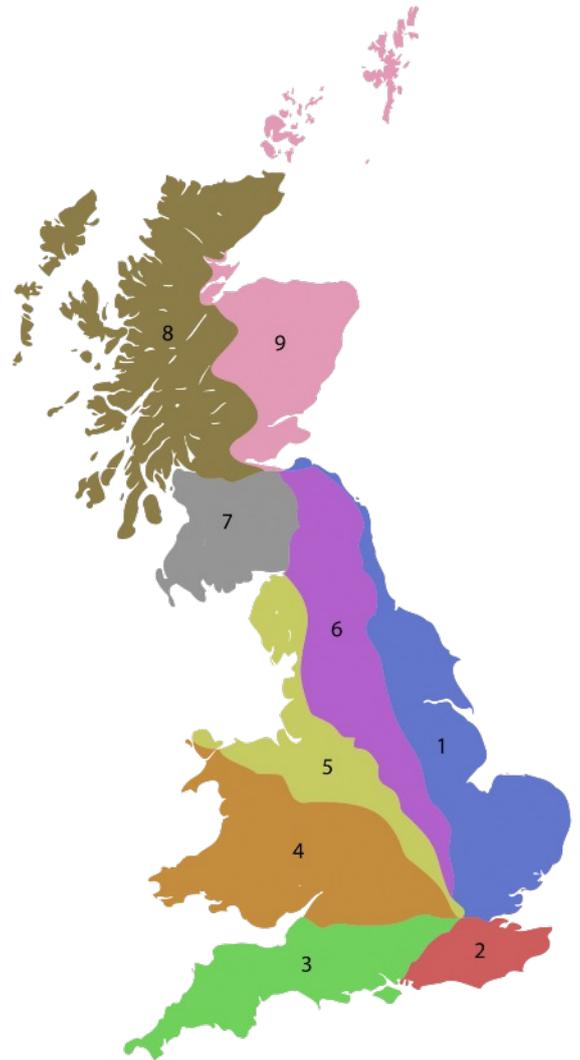
## Did you know?

Ever wondered about the system of road numbers in this country? Imagine a UK map where the old Roman roads that we now call the A1, A2, A3 etc were shown radiating from London. It would divide the country rather as shown.

Now, if I were to drive from my house to, say, Aberystwyth, I would use the A483, A489, A470 and A44.

Next, I'm off to Macclesfield, but I'm going to take a scenic route via Overton. I leave Oswestry on the B5069, then take the A539, A525, a bit of the A49 (which originates in Ross-on-Wye), the A534, A51, A530 and A536.

My son lives in Pudsey (Leeds) and sometimes drives to Ripon. His route follows the A647, A6120, A65, A658 and A61.



The word 'Amen' is the same in more languages around the globe than any other.

It's a Hebrew word and is used in Jewish, Christian and Muslim worship as a concluding word, or as a response to a prayer. Common English translations include "verily", "truly" and "so be it". It is also used colloquially to express strong agreement, as in 'amen to that'.

*What is significant about the following sentence (this one is specially for all the English graduates out there)?*

"He believed Caesar could see people seizing the seas."

*Answer on page 27*

*With thanks to 'Factoids' on 'Steve Wright in the afternoon' on BBC Radio 2 for these two.*

## Onward to Hill Walk 2021!

It's good that we are all surviving Lockdown, and in most cases with good humour! Our previous magazine showed what a diverse set of people we are in Trefonen and what good ideas we can come up with to keep ourselves sane and amused during a very difficult time. The photographs on 'What We Did During Lockdown' are proving that point! Keep the photos coming!

It has been uplifting to stand outside our houses and clap every week for our NHS & Key workers and I am not ashamed to admit it brought tears to my eyes every week as the entire village united in a Huge tribute to those workers. We could all be heard (but not necessarily seen!) and there were some novel ideas to make a noise (Cowbells, Saucepans, Drums, Wooden Spoons, to name but a few) and then there was of course Phil, with his Pop up disco on the War Memorial Green! This was done, as far as I can tell from the photographs, with the recommended Social Distancing!

Pam has been inspirational, recruiting members of the community to help in the manufacture and supply of PPE. The shop has been kept open (Thank You) and run tirelessly by Hazel and Ruth, keeping the village supplied with essentials (and probably a few treats!).

New ideas. New ways of thinking and how to do things differently. Looking out for each other and, most of all, Good Old-fashioned Friendship that IS TREFONEN

*Ann Hindley*

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## Where is this (No.2)?

*Can you name the location? All the places pictured in these puzzles are located somewhere within the two parishes.*



## Trefonen WI:

You might remember that the May magazine featured emails sent by WI members to one another reflecting on life during lockdown. They've sent me another:

I've enjoyed all sorts of funny things which friends forward. Here is a nice graph of 2020 so far which made me smile, though I much prefer the English term 'comfy trousers' to the rather gross American term 'sweat pants'!

My version of the graph would have a massive drop in car use and grandchildren hugging, with sudden rise in walking, attending on-line meetings and noticing creation. I've loved having time to watch blue tits nest and raise gorgeous chicks, to see bullfinches and woodpeckers, wrens, a pair of curlews and a red kite. A kind neighbour has lent us a night camera which showed that a hedgehog likes to visit our garden each night. Apparently all this fab stuff has been going on every year but so far I've been too preoccupied to spot it!



## Scam watch:

I've written on this subject in the past, but make no apologies for the repetition. The crooks get cleverer and more sophisticated all the time. Some of the tips which follow are clearly for computer users, but several apply to non-users as well. Regrettably, we all have to be on our guard and ask ourselves the following:

1. Have I been contacted out of the blue?
2. Does an email address me by name or does it begin "Dear customer"?
3. Am I being asked to share personal details?
4. Am I being pressured to respond quickly?
5. Does an email use poor English - errors in spelling, punctuation and grammar?
6. Do the logos in an email look genuine? Are there inconsistencies in fonts?
7. Am I given clear contact details, with a choice of contact methods?
8. Am I being asked not to tell anyone else about a 'great offer'?
9. Am I being asked to make a payment via bank transfer or to set up a new payment method to an existing provider?

All of the above are the hallmarks of common attempts to defraud.

*Ed.*

**Where are these (Nos.3 & 4)?**



*Not many of these left locally (the phone kiosk, not the letter box!), but where is this one?*



*And even fewer of these. This one has had its 'innards' removed, so is unusable, but where is it?*

**Where are these (Nos.5 & 6)?**



*I'm not giving much away when I tell you that this is part of Offa's Dyke, but which part exactly?*

## Help and inspiration needed!

If Peter chooses to head this contribution 'Care in the community', as he often does, if you can respond it will be me you're helping! Like so many people we have been busy in the house as well as the garden. As I went through a shelf of a bookcase I found a card, the sort you attach to a present, nestling between two books. Something was obviously sufficiently important to make me keep and date this card. It read:

To Bob

Lots of love, K xxx

Christmas 93

Clean with ordinary spray leather polish. Sheep skin, matt finish. Open by pressing lightly with outstretched hand. Do not bend.

Neither of us can remember what I offered him. Any (polite) suggestions?

K Kimber

[bobnkkimber@btinternet.com](mailto:bobnkkimber@btinternet.com)

*K is correct - I usually put her articles under the heading 'Care in the Community', but her own suggested title seemed much better for this piece. And sorry, but I don't have any suggestions in answer to the query. Ed.*

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## Funny Five Minutes:

What time of day was Adam created?

Just a little before Eve.

Who was the fastest runner in the race?

Adam. He was the first in the human race.

Why didn't they play cards on the Ark?

Because Noah was always standing on the deck.

Why didn't Noah ever go fishing?

Because he had only two worms.

Did Eve ever have a date with Adam?

No - just an apple.

Why did the unemployed man get excited when reading his Bible?

He thought he saw a job.

What kind of man was Boaz before he married Ruth?

Absolutely ruthless.

The good Lord didn't create anything without a purpose.

Mosquitoes come close, though.

## Where is this (No.7):

*This might be the hardest one of all to locate, but I'm not giving you any clues. You really would have to be observant to have noticed it. And yet, many will have passed very close by, some on numerous occasions.*

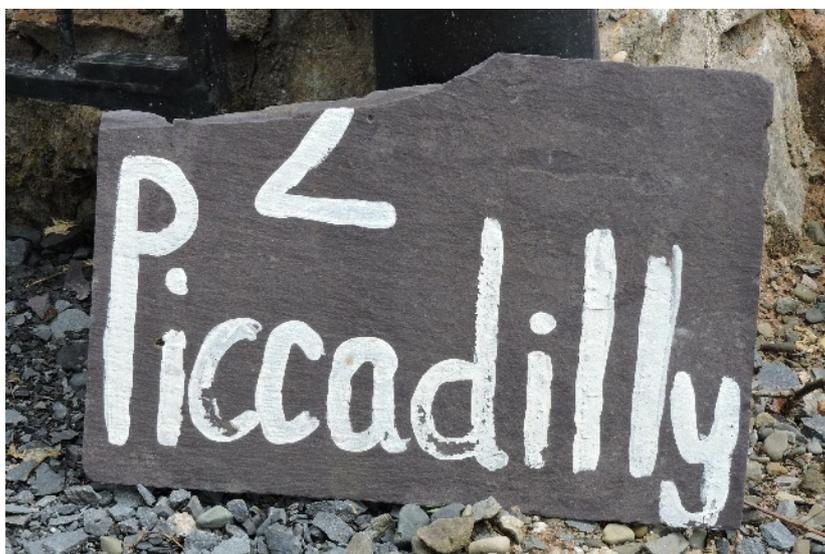
*So where is it?*



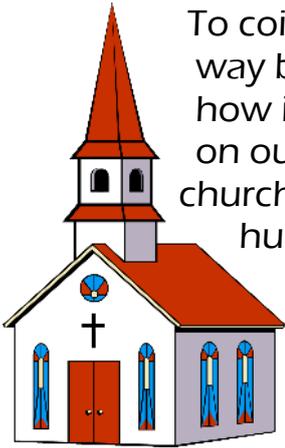
## Where is this (No.8):

*Possibly one of the easier ones here. Of course, you might not agree!*

## Where is this (No.9)?

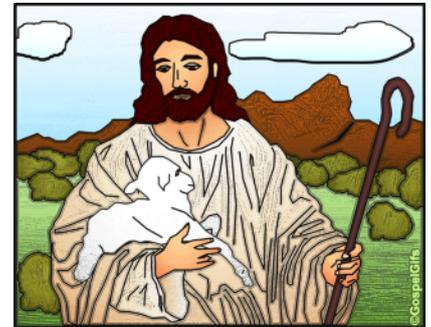


## Revd Kathy's Message:



To coin a phrase from an opening song of a well-known musical: 'Way, way back, many centuries ago, not long after the Bible began...' or that's how it feels, I spoke to you with a heavy heart, to inform you of a stage on our journey. I, like you, never imagined we'd see the closing of our church buildings to people. The church buildings that for many hundreds of years had been a symbol of hope in our communities, places of meeting and gathering, places of peace and serenity, places of solace as well as joy, places of sorrow as well as places of celebration, places of worship and praise, awe and wonder and so much more, were now shutting their doors.

This was a stage on our journey we would share with neighbours, communities, the country and the world. There was a solidarity in that, but mingled with fear, as it was a stage on the journey not navigated before. And so the church - that is the people of God - were scattered to their own places like sheep on the hillside. But sheep, hopefully, that were never abandoned by either The Good Shepherd, Jesus, or his local sheepdog Kathy, and were fed and sustained by them and by others during the weeks of scattered-ness during 'lockdown'. We now come to the next stage of the journey, when our church buildings, our family homes, our sheepfolds if you like, are opening once more. The sheep will slowly, slowly be gathered, make tentative steps to gently return home at their own pace and in their own time. Some will be slow and fearful, whereas others will be quick and eager, and everything in between, and all are fine and understandable.



For now, it is only a baby step, but a step forwards and along our journey towards meeting together again. I am delighted to say that from 21<sup>st</sup> June, Father's Day, we will be opening our churches for two days a week, for a couple of hours only at the moment, but it is a beginning. A step which, hopefully, will lead to another, then another and another.



All the churches will be open on Sundays from 10am - 12 noon for **Private Prayer Only** at the moment. St Michael's, Llanfyllid, will be open on Wednesdays and All Saints, Trefonen, on Thursdays, all from 2.00 - 4.00pm. They can be opened at other times by private appointment by contacting me (Revd Kathy). Because of Social Distancing, only six people can be in the church at any one time and there are other safety procedures and notifications in place. But they are still the same places, our spiritual family homes, our sheepfolds, and fulfil the same purpose and need in us. That will never alter.

So I would encourage you to come, make and take the step if you would like to and feel able to. You are always welcome and you will find a welcome there. God and the generations of our brothers and sisters in Christ through the ages are waiting and have been these many, many weeks.

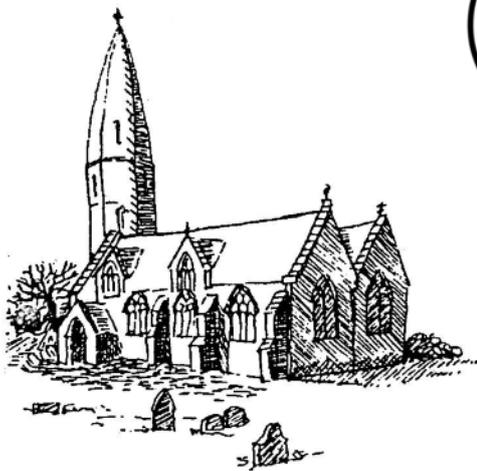
So in the words of my own family favourite hymn:

“One more step along the world I go, from the old things to the new,  
keep (*God, your brothers & sisters in Christ*) and me travelling along  
with you.”



See you soon, stay safe and every blessing.

Kathy



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## Prayer:

*We've been a bit bombarded with statistics, government announcements and, of course, the seemingly endless media analysis in recent weeks, sometimes enough to make your head spin. Why not pause and take a moment to read this prayer slowly to yourself - it might help you to step back from the frenzy a little:*

Loving God, We pray for everyone in these challenging times.

Encourage all who seek to explain and interpret the fast-changing world around us.

Embolden the truth-tellers, truth-seekers and fact-checkers.

Promote media coverage that builds our shared humanity and gives everyone a voice.

Bring clarity where there is confusion;

Bring knowledge where there is speculation;

Bring wisdom and insight when the way ahead seems unclear.

And bring us all to a knowledge of truth that sets us free and helps keep us safe.

In the name of the Father, Son and Holy Spirit;

Amen

*Some of you will know that Revd Kathy was at one time the vicar at St Mary the Virgin, Halkyn (Flintshire). She remains in touch with Bishop Gregory of St Asaph and thought that you might like to see the following letter from him ('Teulu' is Welsh for family):*



## Neither Jew nor Greek

A Pastoral Letter to the Teulu Asaph from Bishop Gregory

Thursday 18 June 2020

I was supposed to be writing to you about the Trinity today but another subject has become so pressing in our national life that it cannot be avoided. It may seem peculiar that the death in custody of a detainee in the United States should spark huge demonstration and even violent disorder on the streets of Great Britain but this is what we have witnessed in the last two weeks. A death in custody should always be treated with the utmost seriousness. In 2015, the latest statistic I found, there were fourteen deaths in police custody in the United Kingdom, while, more recently, in the year to March 2019, there were 286 deaths in prisons in the UK, many of which were suicides. These are disturbing statistics because every death is someone's child, husband, parent, daughter or relative. We hardly hear about them. Yet, in the case of George Floyd, protests in the UK have been widespread and we have seen violence on our streets.

Someone might be tempted to ask, “why all this fuss about an American situation, appalling though it is?” “Why do we have to say Black Lives Matter when surely all lives matter?” It would take more than a pastoral letter to address this subject properly but I suppose this one death, swiftly followed by a second actually, the death of Rayshard Brooks, causes worldwide reaction. It is partly because their ends were caught on video and live footage seems to indicate that these deaths arose out of trivial offences, and were completely avoidable, were it not for police brutality and colour!

One of the truths about life is that oppression can be almost invisible to the more privileged party. Men can be completely oblivious to sexism and straight people to homophobia. Sadly, it is also true that the white middle-classes can wonder why racism is an issue. I can tell you now that if it wasn't an issue, it would not have brought thousands out on the streets. Law abiding citizens from the better backgrounds might see our police as the upholders of law and order but those who are black or coloured are much more likely to be subject to stop and search. I write as an extremely privileged white university-educated male, favoured to be admitted to the bastions of ancient and privileged halls of learning. For me, the police are pillars of society and I will always voice my support for them and deplore any violence against them. I am not so sure that those who are disaffected in our society can see things in the same way. This is not to accuse the police of anything, I am their supporter, but it is to acknowledge that such trust is not readily forthcoming across all sections of society.

The ancient world was one which was highly stratified. Roman patricians were at the top of the pile, the plebs were the poor, but even poor Roman citizens counted for more than foreigners – the Barbarians, who couldn't speak Latin or Greek properly and were mocked for saying “ba, ba, bar...”. Even they counted for more than the slaves. Jesus and Christianity literally overturned all that with the radical claim that everyone was God's child and that “there is neither Jew nor Greek, there is neither slave nor free, there is no male and female, for you are all one in Christ Jesus” (Galatians 3.28). Now, in context, this is a claim about our new identity in Christ, once we are baptised and reborn but Christianity shook classical civilization to its roots because it said that anyone could be the equal of Caesar.

In just this last week I have been accused of meddling and of grandstanding because I voiced again my personal dislike of statues to one particular local lad made good. Let me not start discussing that here! However, as a bishop, as a Christian, I believe that the followers of Jesus are bound to do what Jesus and the prophets themselves did, and that is to speak up always on the side of the least privileged. All lives matter, yes, and for each one Christ died, but we have to say Black Lives Matter because black and coloured communities have come to believe that their lives don't matter as much.

Today our faith compels Christians to stand with the outsider. “If you do it for the least of these my sisters and brothers”, said Jesus, “you do it as for me” (Matthew 25.40). Rowan Williams once said that Christians should be very careful about drawing boundaries because they will generally find Jesus waving at them from the other side of the boundary.

+gregory/menwy



The Cathedral Church of All Saints, St Asaph (Eglwys Gadeiriol Llanelwy)

## Wildflower Wanderings in Trefonen:

*I was really pleased when 'Flora' offered to write on this subject. It's something about which I know virtually nothing but, like her, I'm often intrigued by the wild flowers that I see when walking my own dog.*

As a dog owner I am always out and about walking the lanes and footpaths of Trefonen. Over the years I have attempted to find out about some of the wildflowers that exist in our village. The recent wonderful weather and restricted travel has meant that I have had more time to wander and really notice the abundance and variety of wildflowers that are literally 'on our doorstep'. Here are a few of my favourites and their locations. (Apologies to the flower experts in the village, I know there are many, if my identifications are not as accurate as they should be, I'm still learning!).

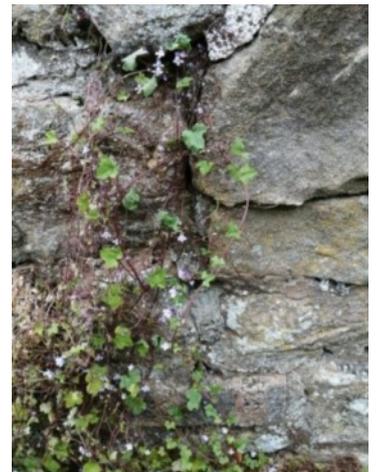


Literally just a few metres from my house I find Lady's Mantle (*Alchemilla vulgaris*) growing from the bottom of the wall. It's not the most glamorous looking of plants but I like it for the stories associated with it. The name *Alchemilla* comes from the word 'alchemy'; the water drops found on the leaves after rain were gathered by alchemists and used in potions to turn base metal into gold! It also has a long history of medicinal use, particularly for ladies.

As I walk down Dallas Lane I spot Ivy- Leaved Toadflax (*Cymbalaria muralis*) with its dainty flowers and characteristic leaf shape growing from the wall. It's not native, but has been around for several hundred years, purportedly having arrived in Oxford in seed form with some marble sculptures from Italy. It is so abundant in Oxford that it is known as 'Oxford Weed'.



A little further along, the vibrant blue flower of the Green Alkanet (*Pentaglottis sempervirens*) catches my eye. The five petals look like tongues, hence the *Pentaglottis* of its latin name. The bees love this flower and, apart from its medicinal uses in the past, it was also used to create a red dye.



As I turn onto Bellan Lane I notice another wall loving plant. I've nicknamed it my 'soap plant' as it's called *Corydalis* - Cory and Dallas - sorry! (*Corydalis lutea*). It's not a native species, originally coming from the Alps, and is an escapee from gardens. It gets its name from the Greek *Korydalis*, meaning crested lark, because of the bird-like poise of each individual flower.





At the end of the lane I turn left into the field. As I make my way to the brook I spot the intense red/pink of the Red Campion (*Silene dioica*) in the hedgerow. According to my research, traditional medicines used Red Campion seeds to treat snakebites and, in the Anglican Church, Red Campion is associated with Saint James as it flowers around his feast day.

Across the brook I spot a tiny flower with a BIG personality by the Offa's Dyke post. This is Herb Robert (*Geranium robertianum*). It was named for the C11th French saint Abbot Robert of Molerne. In folklore the plant was said to be protected by Puck in Shakespeare's 'A Midsummer Night's Dream'. If you harmed it, your house might be struck by lightning and, if you kept a cow, there would be no milk. It is untroubled by pests and diseases, so plants nearby grow well. It was used in animal bedding and its leaves made into tea and rubbed onto the skin to repel insects.



A plant I like more for its leaves than its flower is found right at the top of the hill by the gate. This is Butterbur or Coltsfoot (*Petasites hybridus*). In this picture, the flowers have finished, as it is an early bloomer and fabulous as a provider of nectar for the bees at the beginning of the season. The large leaves were once used to wrap butter in, hence the common name, and the latin name refers to petasos (a broad-brimmed felt hat).

My walk takes me up to Hafod's Lane - a great place to find wildflowers on the verges and hedgerows. There I come across a member of the Speedwell family - Germander Speedwell (*Veronica chamaedrys*). I love this plant for the romance connected with it; the vernacular names of Angels' Eyes, Bird's Eye, Farewell and Goodbye; its association with travelling safely (speed-well), and as a cure (get well soon) for ailments ranging from gout to skin disorders and nervous digestion.



Continuing up the lane I come across, amongst the large dock leaves, the scourge of many gardeners - Ground Elder (*Aegopodium podagraria*). It was introduced to this country by the Romans as a food staple (apparently the young leaves taste of sweet parsley). It has the common names of 'Devil's Guts' because the roots go so deep, and 'Bishop's Weed' as it was found in graveyards and used by monks as food and for herbal treatments.

*contd. overleaf*



Whilst in Hafod's Lane, I take a breather to enjoy the view, look for hares and then spot a flower that I've got to know better this year - the Crosswort (*Galium cruciata*). It can be easily overlooked as the entire plant is yellow-green and the flowers are very small. However, if you look closer you will notice that the leaves are arranged in fours like a cross and it smells of honey. A plant that ends in wort is associated with the Old English word 'wyr't' and signified a plant that was used for medicinal purposes. In addition, before the modern use of mattresses, this plant, along with others in the Bedstraw family was used for bedding because of its springy nature and pleasing smell.

Having seen more plants than I know the names for on my walk, I make a plan to return armed with my little pocket guide and camera. I also notice that the gathering clouds are looking a bit ominous, so Meg, I think it's time we went home.

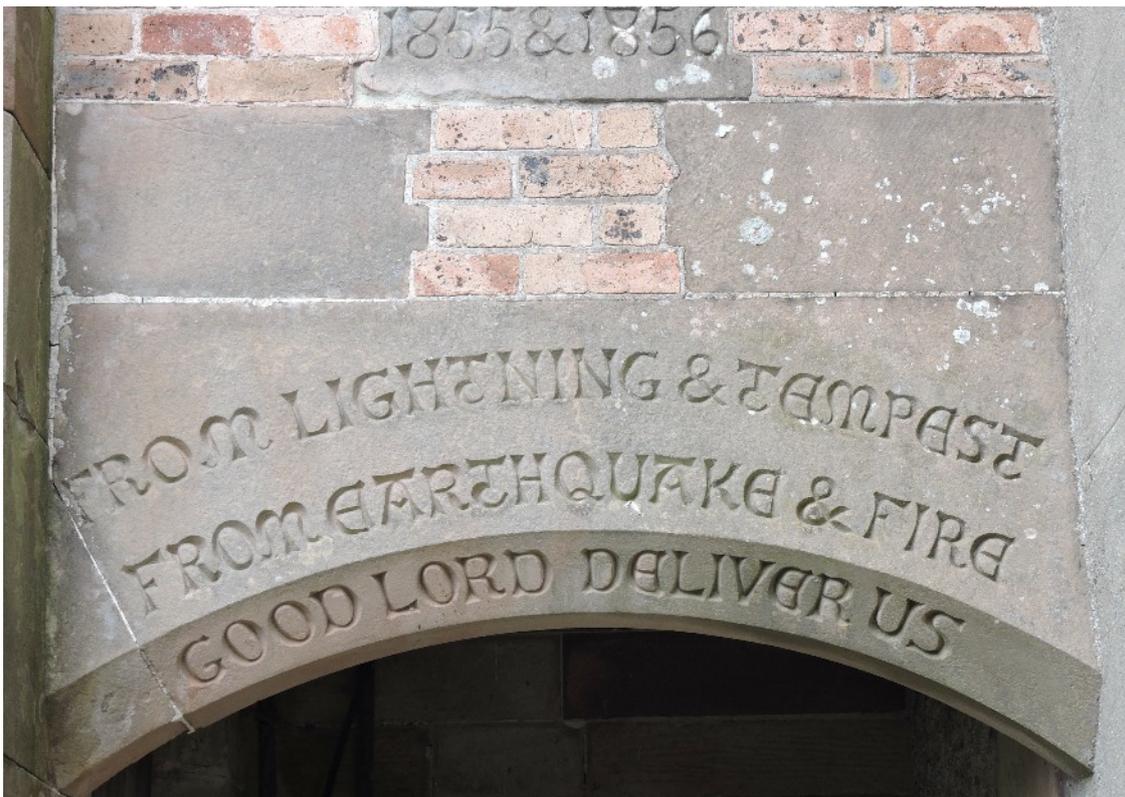
By Flora Bundance



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## Where is this (No.10)?

*This should be easy for some readers, but will be another difficult one for many.  
(And I'm looking for a more precise location than just the building of which it forms a part.)*



## Paths and Pandemic:

We all rejoice in our good fortune, living where we do. Whilst our farming neighbours prayed for rain, many others took the opportunity of exploring local paths for their permitted exercise. The dry weather ensured that well trodden routes stayed open for the enjoyment of many.

Rights of way are, of course, just that: we all have a right to walk a footpath, and to ride a bicycle or horse on a bridleway. We have a duty to use them respectfully, whilst landowners have a duty to maintain paths and the access to them. Our local landowners have been very cooperative in this respect; there is no doubt that walkers are less likely to wander astray on a well marked and maintained route.

In these strange times it is understandable if those with paths close to their homes become worried that the virus could be transmitted on gates and stiles, even if this is unlikely and if steps could be taken personally to prevent that happening. In these circumstances, Shropshire Council is following DEFRA guidance permitting landowners to arrange short temporary alternative routes to avoid a property. The council can supply special advisory notices. They will also supply notices advising safe use of paths if, for example, no alternative is possible. However, the original right of way must still be available for those who wish to use the path. It is illegal to close a right of way.



Footpath issues are often easily fixable and can be reported at:

<https://www.shropshire.gov.uk/outdoor-partnerships/report-a-rights-of-way-issue/>  
or via the Trefonen & Treflach P3 group: [ttp3web@gmail.com](mailto:ttp3web@gmail.com)



By the way, I recently came across a short video entitled "Thank you, signpost" which has been produced by Y Cerddwyr (Ramblers Cymru) and which those of you with internet access might enjoy watching. Just click on the link below (and when the opening scene appears, click on the white arrowhead in the bottom left-hand corner of the image to start).

<https://vimeo.com/427450400/comments>

Stay safe!

*Waymarker*

## Some whimsical thoughts from Trefonen Garden Club:

Like farmers, gardeners are never satisfied and can usually be found to have a moan at just about anything. Take for instance the weather: not a cold enough winter to kill off the bugs, cold snap in spring holds back young plants or kills them, too warm a spring gets the aphids off to a good start, too hot a weather means extra watering and the grass turning brown, winds at the wrong time cause fine displays of plants to get battered and extra staking, too wet a weather in autumn and winter delays those seasons' jobs and all those wildflowers in the wrong place.

Then, of course, there is the battle with creatures great and small that think you have done all this hard work and planting just for their benefit: slugs and snails on anything that takes their fancy, butterflies laying their next generation on your brassicas, birds eyeing up your ripening soft fruit, voles and mice attacking peas, wasps enjoying the pears and plums, moles popping up in the lawn plus those that lurk in the soil mostly unseen.

If this isn't enough, a watchful eye needs to be kept on the various diseases that mysteriously appear: fungi and moulds, black spot, blight, club foot and rust, the list is endless.

Why then do we bother? Because we want to create something beautiful, to taste freshly picked fruit warmed by the sun to bring out their full flavour, fresh vegetables full of goodness, and to smell the flowers and see the garden come alive with bees and insects, to express our individuality. A place to sooth the mind and, above all, a place of hope.

*Chris Kirk*



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## Where is this (No.11)?



## Trefonen FC:

The summer months naturally bring a pause to “on field” activities in amateur football, however the work doesn’t always stop. The off season normally provides good opportunities for the esteemed Groundsmen to work their magic on the pitch, the Secretary to get the admin in order for the forthcoming season and, while the players normally do nothing, the Manager is also hard at work finding new recruits and conjuring up the dreaded preseason training sessions. There is a small glimmer of hope that times are changing to a more “normal” state, with increasing chances of a return to competitive football for *Trefonen FC*, although this may be prolonged past the usual start date of the middle of August.

Continuing on from last month’s edition, and in particular the question posed by the editor:

“Does anyone mentioned here still live in the village?”

In simple terms, Yes, almost too many to mention. Howard Martin and Tim White are serving members of the current committee as chairman and secretary respectively, while Tim and Tudor still live in the village. Howard also has strong family connections to Trefonen. Graham Ellis still lives locally in Nantmawr. Pete Jones also with family still living in the village, not forgetting the family connections with The Efel Inn. Many members of the squad can claim to be Multi-Generational Pitmen. Steve Jones, Paul Hughes and Ian Carter (all pictured), have had sons who have also worn the club’s Yellow and Green colours, playing for *Trefonen FC* in recent seasons, with other members (not pictured) Neil Jones, Tim Morris and Chris Kilvert also able to be classed in this category. Meanwhile the brother of Geoff and Alan Richards is currently involved in the club as an Assistant Manager.

The readers may also be able to tell many other tales of the members pictured on the photo in last month’s edition.

For this month’s contribution, we take another look into the history of the football club. The photo on the following page, taken Sunday 25<sup>th</sup> May 2008, can be directly linked to the reformation of the modern-day club.

For this article, it must be remembered that the village did not operate a football team since the mothballing of the old Sunday League side in 1996. For the years prior to 2008, various 5-a-side tournaments were successfully organised as part of the Trefonen Hillwalk Weekend, attracting many youth and adult sides from the local area, with much hard work being put in by Ian Clarke. However, with a feeling that the 5-a-side tournaments had run their course, a new idea for an event was planned for 2008. The old boys from the successful Trefonen Sunday league side would put together a side to take on the younger generation of the village.

*contd.*



*Back Row (L-R) Dave Haynes, Tim Jones, David Davies, Paul Hughes, Ian Pritchard, Tim White, Brian Davies, Scott Newson  
Front Row (L-R) Geoff Richards, Ian Carter, Andy Pumford, Howard Martin, Paul McArdle*

With the pitch in the old East to West orientation, the Playing Field in general was a far cry from the current facility. For the period after 1996, the goalposts had been replaced with  $\frac{3}{4}$  size goals and the pitch had been made much smaller, also falling into a rough condition as a result of underuse.

However, these factors did not deter either side, with the Old Boys eager to prove they still "had it" and the younger generation looking for bragging rights, the game was played, as I remember from watching on a very wet Sunday afternoon of 25<sup>th</sup> May 2008. The scoreline would suggest a close encounter, with the younger generation running out 2-1 winners. It was on the back of this successful day that enough interest was generated to reform the club. In the short few months later, a committee was set up, players registered and an application to join the Montgomeryshire Football League was successful. This also sparked new Goalposts on the Playing Field, still in the East-West orientation, and ultimately a few years later would be the catalyst for breathing a new life into what was a dated Public field.

The start of the Montgomeryshire League season is very much in the hands of the footballing authorities, to the extent the Football Association of Wales (FAW) are still not able to commit to a start date for the 2020/21 Season, as they are still waiting for a decision from FIFA.

The Coronavirus pandemic has struck just as Welsh football is also undergoing a major restructure right through the leagues, with the Mid Wales League being particularly affected. During previous seasons the Mid Wales League has been placed at Tier 3 of the footballing pyramid. However the restructuring will, for next season, see it placed at Tier 4, with a new league governed by the FAW taking its place in the football pyramid. The new regional league will consist of teams from North and Mid Wales areas. This will in turn open up spaces for lower league sides like ourselves to join the Mid Wales League which will, for the first time, be split into two geographical areas - East and West. The FAW are also undertaking a modernisation of Welsh Football, bringing in a new online system for Player Registration and League Management. The new system, known as COMET, will see the use of a Smart Phone App being used for such activities as submitting team sheets, match results and player statistics.

On a more local note, under the latest guidelines (released on June 1<sup>st</sup>) clubs in England can now hold training sessions in small groups of 6 people. The guidance allows for more than one group of 6, providing the groups do not mix with each other. With that news, the club is delighted to announce Pre-Season training will begin from Wednesday 1<sup>st</sup> July at 7pm, with new members actively encouraged to come along. Follow the club's social media accounts for the latest information.

*Greg Stokes*

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**Where is this (No.12)?**



Where is this (No.13)?



Where is this (No.14)?



Where is this (No.15)?

*A tough one to finish - unless, of course, you happen to live just up the hill from here.*

*Answers on page 27*

## Village shop and Post Office Quiz answers:

1. 454g
2. The contents only
3. Spain, Australia, Italy, Portugal
4. Horizon
5. Until 2008 legislation required all bread sold in the UK to weigh 400g or multiples thereof. We now have different sizes of loaf offering consumers greater choice and convenience. However, many loaves are still sold in 800g (large) or 400g (small) weights. (*Federation of Bakers*)
6. 72%
7. Steel (raw material cost ~£320/ton) with a thin (up to 0.002mm thick) internal coating of Tin (a corrosion resistant metal, ~£12,000/ton)
8. 70p to 76p
9. Alcohol By Volume
10. Mary cradling baby Jesus
11. The food is traceable, safe to eat and has been produced responsibly. The Union Flag is incorporated when it has been farmed, processed and packed in the UK. It is not without its critics, and the RSPCA and Soil Association schemes set higher animal welfare standards.
12. Go to work on an egg.                      Every little helps                      A Mars a day helps you work, rest and play  
For mash get Smash                      Beans means Heinz
13. Marmite
14. Cocaine was an ingredient in Coca Cola from 1886 to 1929. The drug was then legal and used for medicinal purposes.

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**Did you know?** The sentence contains seven different spellings of the long "e" sound.

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**Where is this?**

1. Bridge over the River Tanat in Llanyblodwel.
2. The porch at the Barley Mow pub in Trefonen.
3. Nantmawr - half-way through the village.
4. Lay-by on the B4396 (the road to Llanrhaeadr) at the point where you turn off for Llanyblodwel village.
5. Bellan Lane, Trefonen; just below the shop and Post Office.
6. Treflach, in the field almost opposite the Royal Oak pub.
7. Offa's Dyke brewery (next door to the Barley Mow), Trefonen.
8. Mirrors opposite the bottom of Blodwel Bank, Porth-y-Waen, there to help drivers see traffic approaching from the left on the A495.
9. Residential property on Little London Lane, Trefonen (with neighbours Hyde Park, Richmond & Kew).
10. Lintel over the entry to the base of the tower at St Michael's, Llanyblodwel.
11. Lych Gate, St Michael's, Llanyblodwel.
12. Former chapel at Nantmawr.
13. Memorial at All Saints, Trefonen. These plaques are at the foot of the cross to the right of the path as you enter via the main gate.
14. Garden at New Barns Farm, Trefonen, where, sadly, we weren't able to stop and have a cuppa this year after completing the Buzzard or Curlew walks during Hill Walk Weekend.
15. Bridge parapet at the bottom of Nantmawr. This is a Grade II Listed structure, built in 1844 at a cost of £184. I haven't been able to find a name for the stream that it crosses.

## Local Contacts:

Defibrillator Coordinator	Val Smout	657011
Jubilee Club	Alwena Martin	652791
Jubilee Field	K Kimber	679646
Llanyblodwel Parish Clerk	Amy Jones	01691 829571
		llanyblodwelpc@gmail.com
Llanyblodwel & Porth-y-Waen Village Hall Sec.	Myfi Jones	828786
Oswestry Rural Parish Clerk	Sharon Clayton	01952 884372
		clerk@oswestryrural-pc.gov.uk
Pre-School: ring 07817 641528	or	Shropshire Council 01743 254452
Trefonen Garden Club	Barbara Court	655387
Trefonen Indoor Bowling Club	Kath Barkley	653172
Trefonen School	Cathy Dunleavy (Head Teacher)	652960
Trefonen Village Design Statement	K Kimber	679646
Trefonen Village Hall bookings	Val Smout	657011
Trefonen Village Hall Caretaker	Clive & Kath Roberts	671360
Trefonen Village Shop & Post Office	Hazel	671208
Trefonen Village website		www.trefonen.org
WI - Llanyblodwel	Tina Griffith	830823
WI - Trefonen	Gill Buckeridge	653172

## Some useful services:

ELECTRICITY (Scottish Power)	0800 111999	CITIZENS ADVICE BUREAU	0344 499 1100
SEVERN TRENT WATER	0800 783 4444	CHILDLINE	0800 1111
DWR CYMRU (Welsh Water)	0800 052 0130	SAMARITANS	0845 790 9090
NATIONAL RAIL ENQUIRIES	03457 484950	DRUGS & ALCOHOL HELPLINE	0800 776600
<b>HOSPITALS:</b>		NATIONAL DOMESTIC VIOLENCE HELPLINE	
RJ & AH ORTHOPAEDIC	01691 404000		0808 2000 247
ROYAL SHREWSBURY	01743 261000	WALES DOMESTIC ABUSE HELPLINE	
WREXHAM MAELOR	01978 291100		0808 801 0800
PRINCES ROYAL TELFORD	01952 641222	VICTIM SUPPORT NATIONAL	0845 303 0900
WELSH BLOOD SERVICE	0800 252266	NATIONAL MISSING PERSONS HELPLINE	
			0500 700700

*The contact details above have, for a long time, appeared on the back page of each issue. I stopped including them when Lockdown began, thinking that nobody would need the majority of them. With a gradual, if slow, easing of restrictions, it seems appropriate to insert them again.*

*There's no news on the renewal of visits by the Mobile Library at the moment (and I have asked).*

*The next magazine will be the September issue when I will be returning to the usual closing date for articles, the 10<sup>th</sup> of the previous month (in this case, of August). Ed.*