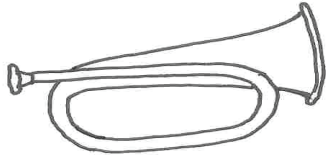


June 2011

# Helgorn Taf Bugle



The newsletter for the communities of Llanfallteg, Henllan Amgoed, Cwmfelin Boeth, Hiraeth, Llangan and Rhydywrach.  
Web site <http://www.llanfallteg.org/> Produced by Henllanfallteg Community Association.

## WANTED FOR THE VILLAGE FETE

Do you have any unwanted items suitable for our "White Elephant Stall"? We are looking for clean, good condition goods to sell, such as, toys, small household/kitchen goods, non – electrical items, ornaments, DVD's (not videos), etc.

We are also asking for donations of any unwanted plants – flowers or vegetables (but not Cannabis!!) for the Plant Stall.

**If you can help in any way please contact Janet Cooper on 01437 563938 or call in at "PARAMAL" at the top of the village. Thanking you in anticipation of a good response!!**  
**Janet Cooper**

**Next edition will be published at the end of September 2011. Last date for submission for inclusion is Saturday 16th.**



*IT'S WALES'S ANSWER TO THE ANGEL OF THE NORTH*

This edition of the Helgorn Taf has been generously sponsored by The Plash Inn.



## Future Community Events

**SUMMER EVENTS**—The Community Association will be organising in late August a Green Energy Trail coupled with another Scarecrow Festival. There won't be an Open Gardens day this year.

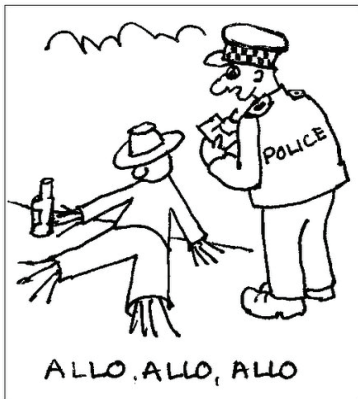
**GREEN ENERGY TRAIL AND SCARECROW JUDGING**— August 21st . Start at The Millennium Hall at the exhibition and then tour a local selection of energy saving solutions, and energy producing options. Supported by CCC. Come along and show your support.

**VILLAGE TRIP**—The Village Trip this year is going to be on Saturday 24th September. You will be able to spend all day at St Fagans Museum of Welsh Life, or in Cardiff Bay or half and half. Children travel free but we are asking adults for a token £5. Please get your names down early, either to a Community Association Trustee or to Jackie Taylor.

## HAVE YOU SEEN DARCY?

**Tabby cat with four white feet went missing at Easter. If you see him please ring 01994240997 or 07768373146. Reward.**

## SCARECROWS



Our Festival of Scarecrows this year will be the week beginning 15th August with judges coming round on Saturday 21st August to everyone who has entered the competition. If you want to enter please give your name and address and £1 entry fee to Dave King by 14th August.

## SUNFLOWERS

The free sunflower competition is again being run by Josie Thomas and Beth Hermitage. There will be cash prizes for the tallest flower and the biggest flower and judging will take place around 17th September. BUT you must let Beth or Josie know before then that you want to enter

## CLUB PAGE

If you have a local club or group or team with news of interest, please pass this to the editors in good time for the next edition.

**BOWLS**—Numbers rose to 16 in the season that has just ended including two teenagers. But there's room for more. We resume on Monday September 5th.

**DARTS**—The Plash Darts team had a very enjoyable season in the Preseli Darts League but with the extra matches being played it was often very late before the team got back to home territory. They are thinking about going back to the Narberth League next season but they will need extra members. If any of you are interested please contact Peter Scolfield on 01994 240260

**CRAFT**—The Group continues to enjoy talking and sewing on Wednesday afternoons. Why not join the group at 1.30 in the Millennium Hall?

## MORRIS DANCERS

Our local dancers have been performing at Folk Festivals at Upton on Severn and Fishguard. At Easter they showed up when their accordion player, Brian Wood, got married to Lynn. On June 19th the lady dancers ran in the Race for Life and the men provided music. Forthcoming bookings include Narberth and Chepstow and of course our own Fete. Come September they will be very pleased to see new dancers, of any age, and musicians

## JIVE GROUP

A new group has started up in the Millennium Hall where dancers can practise the jive steps they have been taught at sessions in the Whitland Dairy & Social Club.

**FRIDAY CLUB** Friday Club have just embarked on three weeks of street dancing which apparently is a lot of fun and very tiring. The club now has a large boxed in area to store some of their equipment in the hall. Extra helpers are always welcome.

### Himalayan Balsam

This unwelcome weed has made a very significant invasion into our Community in recent years. It may be seen on almost any bank on the Taf in Llanfallteg right down to Whitland. It has crept into some gardens as far as 100 metres from the river. The Community Council are seeking assistance from the Rivers Trust to look at eradication from the Taf catchment which will be a massive task. However in the meantime we should all take steps to keep it at bay. It is an annual so prevention of flowering or seeding is the way forward. It is very easy to pull up or smash down with a stout stick.

**Himalayan Balsam** (*Impatiens glandulifera*) also known as Policemen's helmet and others, is a relative of the busy Lizzie, but reaches well over head height, and is a major weed problem, especially on riverbanks and waste land, but can also invade gardens. It grows rapidly and spreads quickly, smothering other vegetation as it goes. Introduced to the UK in 1839 it escaped from Kew Gardens and now Himalayan balsam is now a naturalised plant, found especially



on riverbanks and in waste places where it has become a problem weed

Himalayan balsam tolerates low light levels and also shades out other vegetation, so gradually impoverishing habitats by killing off other plants. It is sometimes seen in gardens, either uninvited or grown deliberately, but care must be taken to ensure that it does not escape into the wild.

Himalayan balsam is a tall growing annual, stems have a purple tinge and maybe bright scarlet near the roots. 2-3m (6-10ft) in height. Between June and October it produces clusters of purplish pink (or rarely white) helmet-shaped flowers. The flowers are followed by seed pods that open explosively when ripe. Each plant can produce up to 800 seeds. These are dispersed widely as the ripe seedpods shoot their seeds up to 7m (22ft) away. The plant is spread by two principal means; The most widespread distribution tends to be by human means where individuals pass on seed to friends. Once established in the catchment of a river the seeds, which can remain viable for two years, are transported further afield by water

The main method of control, and usually the most appropriate, is pulling or cutting the plants before they flower and set seed. Conservation authorities regularly organise 'balsam bashing' work parties to clear the weed from marshland and riverbanks. Cattle and sheep will keep it at bay by trampling on it before flowering time.

#### Editors

Dave King  
davemking@clara.co.uk  
Tel 01437 563087  
Peter Icke.  
ickewatersreach@btinternet.com  
01437 563917  
Webmaster James King  
info@jamieming.co.uk



### Barn Owls

The Carmarthenshire Biodiversity Partnership is trying to find out about barn owls in the county. Barn owls are included in their Action Plan and boxes are being made with funding from the Countryside Council for Wales and distributed to sites with suitable habitat.



Barn owl numbers have suffered a 70% decline over recent years. This is due to loss of nesting sites such as barns and old farm buildings (many being restored) and felling of hedgerow trees close to rough grass land. Barn owls hunt small mammals such as voles, woodmice and rats and have such acute hearing that they can find their prey by sound alone. They are mostly nocturnal but will often hunt at dawn or dusk when feeding young, as well as in daylight in winter. They can often be seen sitting on fence posts or in low flight over hedge rows and the edges of fields and woods or scouring roadside verges, reed beds and embankments. The under parts are snowy white, the upper parts pale speckled brown. The head is large and the face round and white. You may have seen a silent flash of white in the car headlights or heard a shrill shriek or high pitched squeal of alarm in the dusk or at night.

If you can remember seeing a barn owl or if you know o

f a nest site, please can you help us to contribute to the Carmarthenshire Biodiversity Partnership's map of distribution by filling in the form below. You can drop it through the letter box at Derwenlas, Rhydywrach (Chris & Wendy Heron will collect the information and send it on), email it to [wendyheron@gmail.com](mailto:wendyheron@gmail.com) or send it directly to [IMacho@carmarthenshire.gov.uk](mailto:IMacho@carmarthenshire.gov.uk) at County Hall.

We may be able to help restore these beautiful birds to their former numbers in our countryside and see them more often.

Many thanks for your help.

I saw a barn owl on (date and time) .....

This was at (a clear description of the place, grid ref. if possible) .....

I believe there is a nest site in use/not in use (please delete as appropriate) at .....

Any further information:

**Would you be prepared to sponsor a future edition of the Helgorn Taf Bugle? Please contact the editors.**



Liz O'Neill - from Llwyngarreg writes "I'm sure you know, several residents of Llanfallteg are involved in Transition Narberth and have been helping their project to plant fruit and nut trees around Narberth. For next year we would like to reach a little further and encourage surrounding villages to get involved to plant more trees in their own villages. I would like to find out if some fruit trees at the edge, say, of the playing field would be acceptable/welcome/unacceptable. Perhaps I could get opinions at the

Llanfallteg Fete and Show, and maybe sign people up to sponsor trees." The Community Association are supporting this project as well.

BCTV in an entirely separate initiative are offering free community fruit tree packs from Woodland Trust. Tree packs will be available in 2012 supporting planting to celebrate the Queen's Diamond Jubilee. See Community Association members for details or <http://www.woodlandtrust.org.uk/en/plant-trees/help-advice/Pages/apply-now-free-community-trees.aspx?on-line>

**FETE AND SHOW**

Have you tried Sumo Wrestling? You have your chance at Llanfallteg Fete on Saturday 16th July. This is one of the many attractions that over the years have made the Fete on The Memorial Field the highlight of the year and popular throughout the district. Heb Enw the Morris Dance team will be putting on a display. Old favourites include the water slide, the dunking stool and tombola. The BBQ and the cream teas stall will make sure you don't go hungry. Dozens of prizes have been promised for the Grand Draw, tickets for which are already on sale, and even more for the auctions. This year during the afternoon you will be able to register bids for items in the evening auction at 9.30 in The Plash. In the Millennium Hall we are hoping for a record number of entries in the craft, cookery and horticultural classes.. A copy of the schedule is enclosed with this newsletter.



**The Plash news!**

Our 2011 events kicked off on the May Bank Holiday weekend with our Spring Beer Festival. Due to a less than sunny weather forecast we had all the beers and ciders indoors. It turned out to be the right move as the sun only shone for Saturday Afternoon. We had some excellent entertainment from Tom and Ray and their newly formed band, created just for the Beer Fest, and catchily named "Never Tell The Landlord You Can Play A Guitar"! As always, we would like to thank everyone who came and made the weekend a success with not a drop of Beer leftover. The Ciders were also a favourite with the "Black Dragon" certainly proving very popular, even at 7.2%! We are now looking forward to some sunshine and events such as the Village Fete in the coming weeks. Hope you all have a great summer, Steve and Christie

**Forthcoming Events:**

**Quiz Night:** Tuesdays 8pm, Every Fortnight 2 years on and still remains as popular, with prizes for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup>, £1 per person and free food at half time. Dates: June 28<sup>th</sup>, July 12<sup>th</sup> & 26<sup>th</sup>, August 9<sup>th</sup> & 23<sup>rd</sup>, September 6<sup>th</sup> & 20<sup>th</sup>

**Summer Beer Festival:** August 20<sup>th</sup> & 21<sup>st</sup>  
Guest Ales, Cider, BBQ, Bouncy Castle etc.  
More Details to follow.

**Opening Hours:**

Monday & Tuesday 5pm to 11pm

Wednesday to Sunday 12noon to 11pm



Tel: 01437 563 472

Food is available during all opening hours.

**Llanfallteg Weather Station — The recent dry weather**

Month	2011 rainfall mm	Typical rainfall mm	variance
January	177	150	+18%
February	70.6	105	-32%
March	31.6	113	-72%
April	39.4	85	-54%
May	62.9	87	-36%
June	15.2 (Up to 10 <sup>th</sup> )	83 (23 up to 10 <sup>th</sup> )	-34%
Total	396.7	563	-30%

Over 40 mm has fallen since the table was made up in the past few days so June is somewhere near normal now. However it has been particularly dry but nature is sure to balance this up again, so watch out for a wet time ahead!

**Llanfallteg Meat Draw**

Lamb or Beef or Gammon all from local producers. Home made cake for the second ticket drawn.

Proceeds to Llanfallteg Memorial Playing Field Funds

Held alternate weeks. Tickets on sale during the week before see Mike or Silvia, Swallow Cottage.

**GUIDES AND SCOUTS**

If any girls in the area would like to join the Brownies or Guides they should get in touch with Melanie Corp at Llandissilio on 01437 563779 who will be delighted to hear from them. Similarly any boys interested in joining the Narberth Cubs and Scouts should phone Steve Goymer on 01437 563472

LLANFALLTEG VILLAGE BOULE EVENING SATURDAY 4th JUNE 2011 (by Nikki Browne)

An idea was born that our village have it's own 'Boule Piste' for everyone to use and enjoy.

The site was selected on a slither of unused grass down at the village playing fields, expertly measured out (by Haydn's stride) it was big enough to provide two 'Piste's'

The proposal was put forward to Sylv' to take to the next Playing Field Association meeting. Consent was given.

Sponsor's were found, initially to buy the dust, more offered their support, time, vehicles and diggers.

The proposal was accepted we were off. Construction date agreed by all concerned (Dave's official Birthday), dust to the Hall car-park, digger, truck, shovels, manpower and catering lady all in place, the birth of the 'Piste' was imminent.

3 days later the first contestants (Boule Builders) tossed their Boule's.

Many a secret practise evening was enjoyed since.

**'First Village Boule Evening'**

Peter made the sign for outside the hall, I put up a simple home-made poster in the pub advertising the date, time and to bring your own chairs and food along at 6pm on Sat. 4th June

We had no idea how many villagers, friends or guests would turn up but we were hopeful we might get 10-20 players.

**'Piste's' raked, tables arranged the players began to arrive and register for our first 'Boule Knockout Evening'**

**Teams of two had to give a team name on registering these ranged from - 'Appy Campers'**

**(B&B Guests at Derrick & Sarah's); 'Trailer Trash' (Our Rhondda friends); 'Les Coq' (Our French Guests); 'Sleve' (My bruv and Eve); And many, many more,**

**We invited Jean-Charles (JC) our French guest to open the evening in traditional style in his mother tongue, which he did with his usual eccentric flair. We all clapped and cheered when he'd finished. Nikki and Sylv' pulled the names from the hat; Haydn and Derrick organised teams onto the Piste's, And somehow! JC ended up being the unofficial adjudicator; (Completely changing our 'Simple Rules of Boules')**



**As the evening progressed more and more players arrived with Chairs, Food, Wine and Boules in hand. The teenagers, the younger and the older of the participants all played against each-other, that's the wonderful thing about 'Boule' it's anti-ageist.**

**An amazing gathering of villagers, families, friends and guests all sharing their fabulous food (including lobster and crab from Doug and Louise, beautiful marinated salmon from Sarah and lots more) wine, beer, pop and most importantly sets of Boules. 52 of us in total came down the park that evening to enjoy the first of what I hope will be a regular village event. The Winners by the way (not that anyone was bothered) was Peter Icke & Haydn.**

**A genuine community effort with special thanks to;**

**(Use of a Digger)  
Loan of his truck + man hours)  
(Digger driver + man hours)  
(Dust + man/lady hours)  
(Dust + man hours + diesel)  
(Ideas + catering for all)**

**All Plant Hire  
James Derrick  
Derek Owen (Haydn's bruv)  
Derrick & Sarah James  
Haydn Owen  
Nikki Browne**

**UP THE AMAZON**

One of the Monday Night bowlers was away in February on a marvellous trip up the Amazon. John Thomas and his wife travelled on the cruise ship Braemar from Barbados across the Equator and then 800 miles up the Amazon to Manaus in the heart of the Brazilian rain forest. The Amazon is 4000 miles long and there isn't a single bridge anywhere across the river. Mrs Thomas has written a fascinating account of this holiday of a lifetime which needs to be published and widely read.

**THE BLIND ASSASSIN**

Thanks to the efforts of Linda Cooke 48 of us got a free book on 5th March on World Book Night. It was a lovely idea and I really looked forward to reading "The Blind Assassin" by Margaret Atwood. One shouldn't look a gift horse in the mouth but I think this is a terrible book. The main story concerns a rich elderly widow writing about her past and present life. This strand of the book is fine but within the first few pages one finds oneself reading a completely different story about some young posh lady who is having an illicit affair with a rough young man who is making up for her a most unpleasant fantasy tale where young people are blinded. And so the book lurches on between the two stories. Occasionally there are hints that the two stories are linked.

Eventually I decided that if I was going to get any enjoyment from the book I would just read the bits about the rich widow and skip the unpleasant bits. I have now reached page 263. But a lady on the internet called Felicity has a completely different opinion. "I've already been an Atwood admirer for a few years, but [The Blind Assassin](#) is too gorgeous to merely admire. I love it. Where it isn't exquisite, it's precise. It moves expertly between the dry, the brutally truthful, and the passionate, and brings the keenness of the author's eye to them all. Atwood describes both the elusive and the everyday with a transforming grace."

Margaret Atwood is by all accounts a distinguished author who has won all sorts of literary prizes. I'll try to finish this book and maybe try some of her other books. What did the other 47 of you think of "The Blind Assassin"? *Comments to the editors please for inclusion in the September edition.*