

Llais Llandyrnog Voice

✉ llandyrnognews@gmail.com 🐦 [@LlaisLlandyrnog](https://twitter.com/LlaisLlandyrnog)

February 2023 – Volume 8 – Issue 5

Good news for the community shop project

After months of work by the directors, two weeks before Christmas came the news we had been patiently waiting for. Despite a delay of two months in the decision date, the news came that our grant application to assist in the purchase of the Post Office and reinstate the shop had been successful.

We were granted the full amount of £200,000 by the Community Ownership Fund part of the UK Government Levelling up Fund. This means that we are now over half-way to our target. This was one of only five successful such applications in Wales. There are other grant applications in the pipeline on which we are awaiting decisions.

We are also still planning to launch our Community Shares in the near future. If you would like to register your interest please send your details by e-mail to emyrmorris@btinternet.com.

On Thursday morning 12th January we had a visit to Llandyrnog by the Secretary of State David T C Davies MP to see the project for himself. A meeting was arranged in the Cocoa Rooms where members of the community, Community and County Councils, project support groups and some pupils from Ysgol Bryn Clwyd came to join the Secretary of State and Dr James Davies MP. He heard about the project work from the Directors before visiting the Post Office and the Shop premises.

The event was recorded by BBC for news and press items.

Year 6 represented Ysgol Bryn Clwyd at a meeting about the village community shop. They met the Secretary of State for Wales, David T C Davies to talk about their involvement in designing a logo for the shop.



Llandyrnog Shop
Village Shop & Post Office

The shop's website: www.llandyrnogshop.com,
Facebook page: Llandyrnog Shop;
and Twitter account: @ShopLlandyrnog.

When you pick up your copy from the post office, please contribute via the collection box, or give a contribution to your distributor.

Thank you!

Around the village

Congratulations...

... to Elwyn and Olga Ger y Llan on celebrating their 68th Wedding Anniversary on January 1st;

... to Daniel Lloyd for being appointed Interim Associate Director of Theatre Clwyd;

... to Morgan on the birth of Poppy Isabelle, a little sister to Ruby, granddaughter to Russ and Selina and a great-granddaughter to Jackie and Jill;

to Adam and Amy on the birth of Lenni June, a little sister to Savannah and granddaughter to Jackie.

Best wishes to Gladys Evans on her 90th birthday and Rhian, Rhiwbwbyll Bella on a special birthday, and to Paul Grange and Menna Davies for a speedy recovery.

Condolences to Frances (formerly of Hen Gapel) and family, Denbigh on the loss of husband John.

Christmas Lights It was a pleasure to walk around the village after dark during Christmas,

and seeing how so many people had gone to great lengths to decorate their homes with very colourful lights. We must sincerely thank the following again: Glyn and Carol Davies and family for the gift of the Christmas Tree for the Church again this year; David Weyman for transporting the tree from Llanfair TH and together with Bryn, Emyr and Merfyn setting up and decorating the tree. Thanks also to Wil and Shay Parry for the colourful Village Hall lights and to Bryn for setting up the lights at the bus stops and the Celynog seat.

Accomplished darts player: Nick Hales, Maes Clwyd recently played darts for Clwyd County against Bedfordshire in a Counties Darts match.

As he said, 'Great weekend away with Clwyd County darts team. Privileged to have worn the shirt – unfortunately lost 3–1. Had chances in all the games but the doubles just wouldn't go in, but a nice cheeky 116 out in the leg I won! Also made some great friends'.

Well done Nick, best wishes for the future!





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CROHN'S & COLITIS UK

Coffee Morning

The Village Hall
Saturday, 25 February,
10.00–11.15

Contributions gratefully received
 to home produce stall and raffle

All very welcome!

Crohn's Disease and Ulcerative Colitis are Inflammatory Bowel Diseases and can cause painful sores and inflammation in the gut. They can cause cramping pains, frequent and urgent diarrhoea, swollen joints, mouth ulcers, extreme tiredness, anaemia, weight loss, lack of appetite, and inflamed eyes.

Irritable Bowel Syndrome is also very common, and can cause tummy pain, bloating, diarrhoea and constipation.

In Wales in 2021, around 1 in 117 people had Crohn's Disease or Ulcerative Colitis. That's 23,000 people. My mother suffered, in the true sense of the word, from Crohn's. To see the effects of this disease on the life of Amy Dowden, one of the dancers in *Strictly Come Dancing*, watch *Strictly Amy: Crohn's and me* on BBC iPlayer.

Crohn's & Colitis UK is the UK's leading charity for Crohn's and Colitis and works to improve diagnosis and treatment, fund research into a cure, and raise awareness.

Please come to the coffee morning, enjoy a good natter, and support this worthy cause.

Diolch,

Anwen Davies

Useful telephone numbers

Denbighshire CC Customer Service Centre
 01824 706101

Out of hours: 03001 233068

North Wales Police: 101 (Non-emergency)

Report dog fouling free 0800 2300 2345

Cocoa Rooms Events

Wednesday	1 st	Llais Llandyrnog Voice committee meeting 7pm
Monday	6 th	Trefoil Guild 2pm
Tuesday	7 th	Book Club 10am
Wednesday	15 th	Tuesday Club 2pm
Tuesday	21 st	Book Club 10am
Monday	27 th	Quilting group 7pm

To book the Cocoa Rooms, e-mail Mrs Emily Williams: emilylloyd1@tiscali.co.uk

Village Hall Events

Saturday	4 th	Craft Group 9.30 – 4 pm
Monday	6 th	Brownies 5.30 – 7pm
		Choir 7.30 – 9.30pm
Tuesday	7 th	WI 6.30 – 9.0pm
Sunday	12 th	Messy Church 3.00 - 5pm
Monday	13 th	Brownies 5.30 – 7pm
		Choir 7.30 – 9.30pm
Monday	20 th	Choir 7.30 – 9.30pm
Saturday	25 th	Coffi Morning – Crohn's & Colitis UK 10-12pm
Sunday	26 th	Birthday Party
Monday	27 th	Brownies 5.30 – 7pm
		Choir 7.30 – 9.30pm

To book the Village Hall, phone Mrs Wyn Wilson on 01824 790447

February services at St Tyrnog's

5 th	11.15am	Holy Comunion
12 th	11.15am	Holy Communion
	15.30	Messy Church at the Village Hall
19 th	11.15am	Morning Prayer
26 th	11.15am	Holy Comunion

Post Office Opening Hours

Monday, Tuesday, Thursday, Friday

9am–12pm, 2pm–5pm

Wednesday & Saturday 9am–12.30pm

01824 790310

Spotlight on Sylvia Evans, Maes Clwyd

Tell us a little about your early years, Sylvia.

I'm a Llandyrnog girl through and through and first saw daylight in my Taid and Nain's house in Church Square. But my parents, Alice and Charles Pierce, soon moved to their own home in one of the first four council houses to be built in Llandyrnog, at Maes Llan, Llangwyfan Road – about 1937/38. I was one of four children – three girls and one boy, Eric.

When I was 5, I went to the village school (The Old School) and settled there straight away. I made friends for life there, and we had so many happy and different experiences. I remember the snow of '47 and the Glanrafon Road chock-a-block with snow from hedge to hedge – my friends and I used to walk every day along the hedges! There were only six of us in school for three weeks, and I was so jealous of the children who lived further away and in outlying farms! I also remember the carnivals, dancing around the maypole in the village hall, and our dancing team going to the Carnival at Rhewl in the early 50's to compete and having a photo taken with me holding the shield. We used to go to the Church choir practice every Thursday evening and Sunday School on Sunday of course. I was baptized in Llandyrnog Church, and I've been a member ever since!

I passed the dreaded 11+ exam and off I went to Denbigh Grammar School – this was nothing like our friendly village school – I never settled there! On the bus home, I would always hate the thought that I would have to stay in the house to do my homework, whilst most of my friends could go out to play in Cae Nant or down by the river!



In the summer holidays, that's where you would find most of the village children – down by the river, swimming and splashing around. I was in my element. But one summer I had the fright of my life, simply because my brother Eric and Den Langford played a joke on me – they held my head in the water just for a few seconds

probably. But that was enough – never again!

Dad was a stoker in the Sanatorium, and he was very popular with the village children – he was good at making and repairing any type of kites. There would be a knock at the door and someone wanting his help to repair his/her kite. He could turn his hands to most things – he'd make model wooden aeroplanes and cricket bats in his spare time, and he would take us to Cae Nant to teach us how to fly the kites.

Where did you go after leaving school?

I left Denbigh Grammar School as soon as I could and started working in the telephone exchange with Cledwyn Hughes in the Post Office and shop in Monfa (*the old, old, Post Office!*). Cledwyn certainly put me on the right track. After twelve months and passing a Civil Service Exam, I went to work in Ruthin Post Office, which was much larger and more of a challenge. For nearly nine years, I biked to Ruthin every day in all weathers!

So, what was there to do in the village after work?

There were plenty of activities going on, and I used to love going to the 'Young Ladies Club' (14–30) in the Village Hall which Olga's mum, Mrs Gwladys Ffoulkes, had started in the late forties. We did so many different things – went to see different plays by the Welsh Arts Council, dancing classes, helping to collect money for various causes, and sang carols for a fortnight before Christmas, and we had lovely end of term parties!

Those were the days when dances in the

Spotlight on Sylvia Evans, Maes Clwyd: ctd

Village Hall became popular – people flocked here from the surrounding towns and villages. It was Easter 1955, and in the dance that night, a very handsome young man who was a regular in the Marines, and was home on leave – Glyn Evans, Tan yr Onnen! Nerys Wynne had a wager with me, saying I wouldn't be able to get Glyn to take me home that night. But I won the bet, and, as they say, the rest is history!

So, you married and settled down in the village?

Yes, we were with my parents till the beginning of the sixties, when we became a family with the birth of our daughter, Kim. For six weeks, Kim was very ill in hospital with pneumonia after her birth, and I decided to give up my job there and then. That Christmas, we moved into our first home – 1, Maes Clwyd. In time, I became a home help.

Mrs Hughes, of the Post Office, became ill in the late sixties, and I did a stint there for a while. By 1969, they'd decided to sell the Post Office to Clwyd Wynne, next door to the Goldie. I only went back to the Post Office to show the ropes to Dorice, Clwyd's wife, about all the different aspects of the work, but eventually stayed there for 30 years as the Post Office assistant! I became a school governor when Kim was at Ysgol Bryn Clwyd and was there for twelve years. I also became one of only six members of the Llandyrnog and District Handicapped Committee, and helped to arrange activities and parties for the handicapped for over forty years.

Was there any spare time for leisure?

Yes indeed, time usually spent helping Glyn to prepare veg, fruit and flowers – dahlias, chrysanthemums and sweet peas mainly for various Horticultural and Agricultural Shows – in Llandyrnog and further afield. The house was always strewn with straw and string and potatoes and onions and so many other exhibits!

I remember accompanying Glyn to various 'Clay Pigeon Shoots', and usually landed up making the tea for everyone! Before Glyn retired in the mid-nineties, I would also give him a helping hand with his Forestry Work and doing some fencing, usually carrying the stakes in between the posts for Glyn! I recall one incident, when my foot slipped down a rabbit hole – but my high boots saved the day, and I was none the worse!

After losing Glyn 15 years ago, what became your main interests?

I really enjoy completing jigsaws or crosswords! I can tell you also that I am an ardent reader, with detective novels being amongst my favourites. One of my favourite author is Peter May, a crime writer e.g. *The Enzo Files* is set in France and is centred on the work of *Enzo Macleod*, a former forensic scientist, solving cold cases by using the latest scientific discoveries – great reading!! I also enjoy gardening, but not so much now.

Yes, you had a very serious fall a few years ago, but you've shown great courage and patience whilst recovering.

Yes, I fell in the churchyard and hit my head on a headstone, and Elis Morris, bless him, from the butcher's was first on the scene and came to my rescue first of all. Everyone was so good with me – thanks to everyone.

Thank you Sylvia for sharing your experiences with us, and best wishes for the future.



Sylvia with her two grandsons, Ben and Mathew

Driving in snow and ice

Memories of winters past – I have ridden my motorbike in every weather possible but most memorable was in the late 1970s. I set off home from Wrexham early as I'd heard there was snow on the way – only to discover Llandegla Moors was already in white-out conditions with snow drifts taller than me. To carry on or go back? Carry on carefully I decided, I was fully kitted out in thermals, leathers, waterproofs, take it slowly, not a problem. Keeping to the tyre tracks of vehicles that had gone before, I was doing ok until the car behind decided to overtake me, going through the pile of snow in the middle of the road, spraying me from head to lap in slush. I wiped the slush off my visor just in time to avoid the snowdrift.

Now we are in the depth of winter again I thought it might be helpful to offer some tips on driving in winter conditions. The above is *not* the way to treat more vulnerable road users, but now I drive a car myself, I can understand the potential problems.

Try and avoid driving in snow or ice if you can, but if you must go out there are a number of things you can do: take a kit with you in case of breakdown or emergency – torch, ice scraper, shovel (I've got one with a collapsible handle, never used it but it's there if needed), blanket, de-icer, hi-viz jacket, warning triangle, and take a fully charged mobile phone and charger, some food (useful stuff like crisps, biscuits, nuts or sweets that will not spoil) and a drink (bottled water or a hot flask). Make sure your windscreen and lights are clear (don't drive off with a porthole to peep through, clear the windows properly). Salt spray will soon obscure headlights, so if travelling long-distance, remember to stop and clean front and rear lights.

Your tyres are all that is between you and the road, so regularly check the tyre pressures and make sure they have sufficient tread – the legal minimum is 1.6mm but consider changing them when they get below

3 mm for best performance in the wet. Consider winter tyres which are a softer compound for better grip in the cold.

Allow more distance to stop – it can take 10 times longer to come to a halt in icy conditions especially downhill. When I come down our narrow lane in the snow, I find myself saying “don't brake, don't brake, don't brake”, having learnt the hard way skidding sideways by locking up the back wheels momentarily. If you find yourself sliding, release the brakes and steer into the skid – this will allow the wheels to line up again and gain control.

Going uphill in ice can be just as hairy as downhill – setting off in second gear gives more powerful pull and once you are going use a higher gear – and keep going without doing anything dramatic like turning or stopping if at all possible.

But the safest option is not to drive in the snow and ice at all if you can help it.

Gwen Butler

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The Cathrine Wheel at St. Tyrnog's Church?

Yes, you can see a real Catherine Wheel in Llandyrnog Parish Church.

One of the glories of the church is that of the crucified Christ, at the centre of the 15th C East Window. It's called the Sacrament Window and is the only one of its kind in Wales – some believe that the monks at Denbigh were responsible for the work. Although not complete, experts have identified at least three Sacraments flowing from the wounds of Christ – Extreme Unction, Ordination, Matrimony, and possibly Penance. Captain Humberston of Glanywern took a deep interest in the restoration of the fragmented window, and in 1876, it was restored by a famous stained glass window restorer from London called Charles Eamer Kempe. He was responsible for restoring over four thousand windows in churches and other notable buildings throughout the UK and USA. It was recently restored again in 2001 at Barley Studio, York.

The smaller windows above the Sacrament windows are also very interesting. They depict saints from the 3rd-7th Centuries. From left to right we have St. Marcella (Tyrnog's sister, Eglwyswen), then St. Winifred (Holywell), Saint Asa(ph) (Llanasa and second bishop of St. Asaph after St. Kentigern). We then have two upper middle windows depicting the Virgin Mary being crowned by Jesus, the King. Directly below these two middle windows we have the Annunciation, where Gabriel explains to the impending miraculous birth to Mary.

To the right of these four middle windows we have St. Deiniol (first Bishop of Bangor), then, St. Frideswide (patron saint of Oxford and its university). At the far right, we travel all the way back to 3rd century Egypt and a very popular saint in the Middle Ages – Catherine of Alexandria. As a Christian, she was condemned to death on a spiked breaking wheel, but, at her touch, the wheel shattered. She was venerated for her beliefs and her dignity in martyrdom and her principal symbol was the spiked wheel. This later became



known as the Catherine Wheel – something to contemplate next time we buy our fireworks! You can clearly see St. Catherine/Katerina holding the actual wheel in her window. Poor St. Tyrnog had to be remembered in a later window in the north nave.

PS – In *The Lives of British Saints* by Baring-Gould, the author has copied images from many stained glass windows of various churches in the UK, France, and Brittany. Four out of 23 of these images are copies made at the church of St. Tyrnog – St. Deiniol, St. Marcella, St. Winifred and St. Asaph.

Ann Jones Evans

Pancake day 2023

Its February once more and time to think about pancakes again! Pancake Day will be on February 21st this year. Did you know that there was an old Irish custom that any holly left over from Christmas should be saved and used on the fire used to make pancakes on Pancake Day?!

Now, our pancake day, Shrove Tuesday, is the day before Ash Wednesday – an important day in the Christian calendar because it is the first day of Lent. Shrove Tuesday always falls 47 days before Easter Sunday, so the date varies from year to year and falls between February 3 and March 9. The name ‘shrove’ derives from the English word ‘*shrive*’ which means to repent for your sins through confession. This idea is crucial to Shrove Tuesday as Lent is a time for Christians to reflect on their life and confess to any sins.

But, you might be wondering, what does that have to do with pancakes? Traditionally, Shrove Tuesday was the last opportunity to use up eggs and fats before embarking on the fast for Lent. Making pancakes is a simple and tasty way to use up all of these ingredients!

Nowadays, it is more common to hear the day referred to as Pancake Day rather than Shrove Tuesday. But for Christians, the day still holds a special meaning and signals the beginning of Lent.

Did you know that, in 1961, Shrove Tuesday was on the 14th of February – the same day as Valentine's Day! This phenomenon is not set to occur again until 2040!

How to make simple pancakes? All you need are 100g flour, 2 eggs, 300ml of milk and a splash of vegetable oil. Simply whisk the ingredients together into a smooth batter before cooking your pancakes for 1 minute on each side until golden. Serve with a tasty topping such as chocolate spread or lemon and sugar. Enjoy!!

Messy Church



In the December Messy Church, we heard again the wonderful story of the birth of Jesus. We did all sorts of activities, each one telling part of the story. We ended up at the stable where the children acted out the story, then we all enjoyed a lovely buffet tea.

We had a rest in January, but will be back, re-energized and raring to go, on Sunday, 12 February! Come to the Village Hall at 3.30pm – children, please bring an adult with you.

Mothers' Union

In December the Mothers' Union held an Advent Service and the new year started with a delicious lunch at the Nantyfelin, Llanrhaeadr.

A huge thank you to all who have contributed articles to this edition – it's greatly appreciated.

Denbighshire County Council

Merfyn Parry



Contact details

Mobile: 07836 208446

E-mail: merfyn.parry@denbighshire.gov.uk

Or leave a message on **Facebook**

A message from the Priest

We continue with life here in the North Wales countryside, having almost made it through the first winter since the global pandemic without the need for a national lockdown or some kind of prescribed restrictions on how many human beings should be in one place at any one time. As we do so and enter into the month of February, two things stand out in my mind. In chronological order by date, they are, the Christian celebration of Candlemas which is 2nd February and 24th February, the date that Russian tanks rolled over the Ukrainian border, making it a calendar year since the invasion accelerated this ongoing war. Of course, in context where more than 70% of Russians and 70% of Ukrainians identify as orthodox Christian, it is important to mention 15th February too, which is the date for the celebration of Candlemas in the Eastern Orthodox Church.

Candlemas is a precious time, when in churches we remember the time that Mary and Joseph took Jesus to the temple as was the tradition of the time for their people.

Whilst at the temple, this mother and foster father of Jesus, had a significant encounter with two people who were there. The first was Simeon who was convinced from his time in prayer with God that he would see the absolute goodness that all of Israel had been waiting for and this was the very thing he was at the temple devoting his time to. Jesus arriving was clearly that time, every fibre of Simeon's being was illuminated with this truth and he takes the baby in to his arms before delivering a bitter, sweet message to Mary, mother of the God Child.

"Sovereign Lord, as you have promised, you may now dismiss your servant in peace. For my eyes have seen your salvation, which you have prepared in the sight of all nations: a light for revelation to the Gentiles, and the glory of your people Israel."

This is the good part of the message which continues to be a blessing to us all as the

words are prayed most nights by many Christians, in a bedtime service called Christians All Around the World. The tough pill to swallow comes after Simeon traditionally blessed the couple and then turns directly to Mary

"This child is destined to cause the falling and rising of many in Israel, and to be a sign that will be spoken against, so that the thoughts of many hearts will be revealed. And a sword will pierce your own soul too."

And a sword, as we now know, did pierce Mary's own soul, not least when she watched her own son carry his cross along the Via Dolorosa and still remained at his side, as unbeknown to her at this point, he conquered death on the cross.

The second encounter was with Anna, another person who prayed a lot, day and night in the temple, it tells us in Luke's Gospel. She too saw the infant Jesus for who he truly is and both affirmed it to these devoted parents and went on to share the incredible news of what he brings to us through his life on Earth, which is significant and earth-shattering for every one of us.

The strength of the Christian faith of so many at war between Russia and Ukraine is not wavered by their devastation but strengthened as they pray for peace and come together where possible to carry out these rituals that help Christians to journey through each year, growing together in love of God and love of all other human beings.

As we continue with life here in the North Wales countryside, may God bless you with open hearts to the wonders of the world in which we live.

You are welcome to join us anytime in our churches across Denbigh Mission Area and we would love to see you anytime. May God richly bless you this February in all that lies ahead.

The Reverend Martin Pritchard
Priest for Mission and Community
Engagement, Denbigh Mission Area.



The Wright life

At last, the days are lengthening. The good news is that we gain nearly two hours of daylight between the beginning and end of February. The North Atlantic is at its coldest now, so our warm Gulf Stream blanket has worn rather thin, but there is birdsong in the air and many spring flowers are emerging. Snowdrops are among the first blooms that decorate our gardens and countryside. Many can be seen in the hedgerows; they are an indication of human habitation from times past. In abandoned homesteads on the Clwydians, blankets of snowdrops appear in the ruins of cottages which once buzzed with rural folk.



Snowdrops are a delicate nodding bloom and appear at the end of January, but are at their very best in February. Did you know that snowdrop seeds are dispersed by ants – according to Kew Gardens. The ants carry the seeds to their nests, eat and discard some of the seeds. However, the best way to create those iconic ‘drifts’ without involving a willing ant is to dig up clumps and divide after flowering. I am eagerly awaiting to see how my snowdrops have spread as I embarked on a major dividing programme last year. Despite its familiarity in the UK, our humble ‘British’ snowdrop is actually a native of Europe and the Middle East, brought here by the Romans.

If you fancy a ‘spring walk’ the historical Llangynhafal circular trail is one to try. There

are three abandoned farmhouses close to Lodge Farm; Pen-y-Bryn and Pentre Uchaf were lived in until 1901 and are located at the top of ‘Pentre Lane’ together with Ty’n-y-Pistyll abandoned in 1891. Pentre Uchaf has a carpet of snowdrops at this time of year which have spread right down to the stream.

A good place to start is at the Golden Lion, Llangynhafal and head towards Llangwyfan, but turn up towards Pentre Farm and continue up the track through the two gates and then bear right to join the path which runs behind Plas Dolben to Llangynhafal church. Like our Llandyrnog circular path, this walk surrounds the Llangynhafal area (approx. 4.3 miles) and has informative signs scattered along its route for walkers to stop, rest and digest. If you are interested the leaflets can be downloaded at <https://www.denbighshirecountryside.org.uk/community-miles/>.

Don’t forget those forced bulbs that have been enjoyed in our homes which have also finished. I plant them at this time of year outdoors to enjoy in future years. They like a sunny border with good drainage and can flower for many years. Planting them gets me in the ‘garden mode’ and to start to think about what needs to be done. I sow my tomatoes this month, always Alicante, as they mature to a medium sized fleshy fruit with lots of flavour. I tried a ‘black’ variety last year which were delicious in salads – Black Cherry. Not very original in name but an unusual colour and had a sweet, rich, distinguished flavour, very tempting to pick straight from the plant. They grew and grew and were still producing fruit into December, although the cold snap we had finally finished any that were left. You can’t beat home grown tomatoes even if you just have a couple of plants outside in a pot. I put my seeds in an electric propagator to germinate, then pot on into small pots. They remain on a windowsill until it’s warm enough to go out into the greenhouse – let’s hope that we can all enjoy the warmer weather very soon.

Hazel

Recipe

Welsh Lamb with leeks, pears and ginger

Serves 4/5

Ingredients

- 1 kilo diced lean Welsh lamb
- 1 medium onion chopped
- 2 leeks, finely chopped
- 4 medium pears, quartered and cored
- 2 teaspoons ground ginger
- 1 inch piece of root ginger, grated
- 10 fl ozs lamb stock
- Glass white wine
- Flour for coating meat
- Oil for frying
- Salt and pepper to taste

Method

Preheat oven to 190 °C/gas 4.
Coat the lamb in a little flour mixed with the ground ginger and brown in a little oil.
Set aside in an oven-proof casserole. Fry the meat in batches and avoid over-crowding the pan.
Add the onion and leeks to the pan and fry till softened. Add grated ginger, pears, white wine and stock; bring to the boil and season.
Add the onion mixture to the lamb and mix well. Add a little more stock if it seems too dry.
Cook in oven for about 2 – 2½ hours till lamb is very tender.
Serve with creamed potatoes and vegetables.

Mary Steel

Llandyrnog Astronomical Society

The Society recently had its social meeting at the White Horse, Hendrerwydd and has been meeting at the Golden Lion, Llangynhafal. We have been busy observing the planets over the last few months, when the weather has allowed. We have also been sharing latest astrophotography images, space and astronomy news on our WhatsApp and Facebook pages.

We had a meeting on 27th January at Wireless in Wales Museum, Denbigh, when David gave us a tour and talk at the museum. We had a demonstration of a telescope set up and use and discussed latest news and developments in astronomy and space exploration. The meeting also celebrated our local pioneer of astrophotography, Isaac Roberts, on his birthday.

Later in the year we will be hosting a further meeting at the radio museum on the subject of radio-astronomy.

Chris Jones



Members of the Society at the Wireless in Wales Museum

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The joys of an air fryer

Is it another of those things you buy and it's an ornament on the worktop or are we genuinely going to use it? I tend to be rather impulsive and famous for not doing much research – life is too short to Google how much it costs to cook a fish finger in the oven.

Or that's how life was, until I was reminded by my energy supplier that I had to virtually double my monthly payment. That got me thinking about the cost of cooking half a dozen fish fingers, and how to save on electric.

Apparently, a typical cooker will cost you about 60p per hour – so I guess by the time it's warmed up, cooked your fish fingers or sausages or whatever then that's your 60p gone. Whereas I read that a 1700w air fryer used on average for 30 minutes a day will cost roughly £2.10 per week. Well, that got me thinking.

But these things cost from anything between £50 from the middle of Lidl – which I am told are excellent by the way – to the best part of £300 by a company that sounds like a cartoon character, Ninja. But having made enquiries locally the young lady in the shop told me there was more chance of Nadhim Zahawi filling in a tax return accurately than being able to source one of those. Well, that's it – no chance.



Browsing, as one does, a social media page, there was one advertised very locally. A lady had been given two as a present and one was a knockdown price. So, I thought, 'Why not?'

Well, I kid you not – Ifan, my son, and myself are over the moon! I'm no expert, but basically it's just a small oven with a strong element and a fan. It has the added bonus of a very simple timer so absolutely no chance of cremating anything. Unless of course you forgot to read the instructions...

OK, so what have we done with it? I tell you – it's been on every day since I bought it. Serious – a must have! I was so excited by its abilities, I bought one for my younger daughter for Christmas and her fiancé is absolutely over the moon – forever experimenting. He works in a very male-dominated industry – motorbike sales and servicing. There are big hairy motorcyclists – grown men (mostly!) – comparing air fryers during their lunch hour. It's that bad.

My last experiment was a chicken breast split in half, filled with home-made stuffing, wrapped in streaky bacon and fifteen minutes later – ready.

Bit hungry first thing in the morning? Just drop a couple of rashers of bacon in it – go for a shower and a change – bacon buttie ready in ten minutes. No frying or grilling nor smoke everywhere, just the waft of bacon cooking. Same with sausages – just be careful, as they cook in no time at all!

Soup is not the same without croutons, so save all stale bread, cube it, drizzle with olive oil. In four minutes – perfect croutons.

This is an odd one, but it works. Use your apple divider on a large potato to cut it into wedges. Par boil, season with whatever takes your fancy, drizzle with olive oil – tasty potato wedges in no time at all.

If, like many other people, the only chips in the house are now oven chips, well this is the one for you. Nothing wrong with a treat every now and then is there?!

Top tip – you can buy tray liners made of material similar to greaseproof paper, to reduce the amount of cleaning – which is minimal anyway. Do not leave one of these in

The joys of an air frier: ctd

the oven and switch it on – the fan will suck it up and it will attach itself to the element with possible disastrous consequences.

Generally, when compared to deep frying, the air fryer is a healthier option as well because it produces food with fewer calories, therefore potentially decreasing the risk for chronic disease down the line. But let's not forget that it's the food we eat that will have a role in deciding our fate. Nutrient-dense foods like fruit, vegetables, whole grains and fish are just as happy in the air fryer as being boiled or in the oven. The choice is yours.

The only regret I have is that I did not buy a bigger one in the first place. But one day – who knows, maybe I'll treat myself to a Ninja!

Bryn Davies

Dyffryn Chapel

5 February 9.45 Family Service

12 February 9.45 Rev. John Owen

19 February 10.00 Circuit Service – Dyffryn

26 February 5.00 Rev. Huw Dylan

£232.50 was collected to the Vale of Clwyd Food Bank during the Children's Christmas Service. Thanks to all

Y Gymdeithas A Prayer Meeting was held Monday 9th January.

On 23 January, the youngsters participated in a 'Talent Evening', where they showed their different talents and interests – a memorable evening!

Llais Llandyrnog Voice Committee

Ruth Griffith (Chair), Ivan Butler (treasurer & compositor), Anwen Davies (compositor & translator), Gwen Butler, Bryn Davies, Ann and Iestyn Jones-Evans, Ed & Catherine Howarth, Rhian Jones, Rod and Margaret Williams.

Send all news contributions and articles to
llandyrnognews@gmail.com.

Memories of the Big Freeze

Free Press headlines March 1963:

March Blizzard Brought chaos everywhere

Roads blocked by 13ft drifts

Sheep farmers lose many lambs

Snow clearing bill will be £50,000 (£1 Million today!)

60 years ago the Big Freeze continued from Boxing day 1962 to March 6th 1963, with 45cm of snow at times and snowdrifts up to 3.9m in Llandyrnog! It seems that this was the coldest winter for over 200 years and the third on record – only winters of 1683/4 and 1739/40 were worse.

What about the village of Llandyrnog? Here are a few memories from the time from Elwyn and Olga, Ger y Llan:

We had a milk round at the time. There were huge drifts of snow, especially around the Llangynhafal area, as the east wind whipped the snow from the hills and closed the small country lanes very quickly. One time, Margaret and myself were delivering milk in our old Bedford lorry, and by following a snow plough from Hirwaen towards Llangwyfan, hoping that we could have a through road! But it got stuck itself in the drifts near Lodge Farm! I had to walk back to the Golden Lion, Llangynhafal to try and get hold of Elwyn (no mobile phones then!). Poor old Elwyn was half-way through milking the cows, had to down tools, and bring the tractor and tow us back to the Golden Lion, Llangynhafal!

On another occasion, Elwyn had to carry the milk crates and bread on a sledge over hedges and fields to Llanbedr Farm – only to be told when he arrived there, that milk was not needed that day!!

On another occasion, Tecwyn and Mona, Plas Fforddwr Cottage had been stranded for days with the snowdrifts, and Elwyn took the tractor, with me sitting in a bucket at the front carrying the milk and bread – they were so thankful for the effort!

Ysgol Bryn Clwyd

Infants: The children have started learning about money and how to identify different coins.



Their new topic is traditional tales and first story they enjoyed was *Jack and the Beanstalk*. They planted their own beans and are excited to see whose will grow first.



Several visits were made to the school: Rev. Martin Pritchard came to the school to talk about listening to our conscious.

The Year 3 class of Ysgol Bryn Clwyd enjoyed their activities and singing sessions by the First Experiences Practitioner Catherine Henderson, of Denbighshire Music Co-operative, as a part of the new National Music Service Plan.

Llion Williams, best known as George from S4C's series *C'mon Midffild* gave the presentation from the Theatre in Education company, Mewn Cymeriad (*In Character*) that

taught them about the history of the Welsh language and the importance of siarad Cymraeg bob dydd (speaking Welsh every day).



The author, Georgia Byng, best known for her books about Molly Moon, came by to talk about her newly-published book, *Albi The Glowing Cow Boy*.



The juniors worked together to count and graph left-over Christmas chocolates and made bar charts of the colours in a Smarties tube.

Year 6 pupils took part in a History transition workshop at Ysgol Brynhyfryd.

All in all, a busy month for the school!

(More photos in Welsh version)

Meet your Community Councillor

Emyr Morris

I was born and brought up in the village of Prion and attended the village school and then Ysgol Glan Clwyd. I am a fluent Welsh speaker.

My connection with Llandyrnog started 40 years ago when I met my wife Anwen at the Llandyrnog Young Farmers' Club, and the rest is history. Having recently become first-time grandparents we are fortunate to have our son and family living on the farm.

After attending college, I went to work for a retail bank where I spent my 36-year career progressing through a range of roles before becoming Bank Manager and then working in a Local Directors Office role covering North, Mid Wales and Chester. These were both rewarding and challenging roles but I enjoyed the interaction with customers and in later years with a great team of staff.

Since retiring 8 years ago I retained connection with my old company by being a committee member on the bank's Staff Benevolent Fund and am also a vice-chair.

After attending a number of Community Council meetings, I decided to stand for the role of Councillor in May 2022 and was delighted to be successful in that position. I am privileged to represent the community and, with the other councillors, make decisions on a range of topics and areas that affect peoples' everyday lives. I would encourage anyone and everyone to come along to meetings to see and hear what we do. I am also a member of the council's finance sub-committee.

We are very fortunate to live in a wonderful part of the world, however I also believe that there are many aspects of village and rural life that have changed and not necessarily for the better. This is why I decided to start the project to see if the village post office and shop could be purchased to set up as a community benefit society. Good progress is being made and I



am grateful for the work of fellow directors and the community at large for their support.

When time permits I enjoy driving my classic car, playing the piano and organ and working on our family tree.

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Matters discussed in the January meeting of Llandyrnog Community Council

- ⇒ Amended application for five holiday pods at Cae'r Fedwen.
- ⇒ An appeal from Denbighshire County Council for a councillor to represent Llandyrnog on the AONB committee and Cllr Butler has agreed to take on the role.
- ⇒ Cllr Thomas has resigned to concentrate on his business. His firm guidance and wisdom will be missed and it was decided to start on the recruitment process.
- ⇒ Following Cllr Thomas' resignation, the Council will need to appoint another representative on the School Governors. This will be discussed at a later date.
- ⇒ Mr Burrows, Denbighshire's Digital Officer, is going to attend a future meeting to give an update of any Openreach Fibre Community Partnership in the area.
- ⇒ Replacement dwelling at Penpalmant – decision date extended due to the need to carry out a bat emergence survey.
- ⇒ The community policeman PCSO David Jones had offered his apologies for not being able to attend. However, he will try and deal with any relevant queries – e-mail david.jones4@nhtwales.pnn.police.co.uk or dial 101 and leave a message.
- ⇒ Planning application – two-storey extension to rear of Gwynfryn.
- ⇒ The defibrillator at Cae Nant had been removed in readiness for use but was not required. It has been re-commissioned and re-set on the network.
- ⇒ The dog-fouling posters are at the printer's and will be distributed shortly.
- ⇒ Concerns were expressed that there was a lot of mud on the road in the Llangwyfan to Llangynhafal area – the situation has been reported.

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- ⇒ Arla site – Procter and Johnson has confirmed that they are hoping to start production in 2023 and acknowledges that there has been a delay due to supply-chain issues.
- ⇒ Cllr Borthwick has distributed leaflets to houses around the village and is willing to organise basic IT training in the Cocoa Rooms. To date there has been a very limited response.
- ⇒ A request has been made for an additional litter bin in the Fforddlas area and an additional grit bin in the Llangwyfan area – awaiting responses.