

CAERLEON

DIRECTORY



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JULY/
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SW DIRECTORIES

Welcome!

A big thank you to all the community groups who kindly responded to our recent email regarding the *What's On* pages. A full list of local events, activities and groups are now available on our website - swdirectories.com.

We are a small independent business and make a huge effort to produce and deliver the magazines to as many people as possible, it takes a great deal of commitment and dedication to keep the production going and we always value and appreciate the positive feedback we receive.

Our aim is to provide an informative and interesting magazine that positively contributes to both community life and local businesses.

We rely totally on the revenue from the advertising to keep the magazine in production and need local businesses to support us as much as they possibly can. Please get in touch if you would like to advertise with us.

Advertising in the Directories has proved successful for so many of our advertisers, some have been with us since the very first magazine in May 2006.

A huge thank you to all our advertisers - we are grateful for all your support.

Best wishes

Susan
x



Advertising enquiries:

**Telephone Leslie on 07725 888070 or 01633 892771
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Ticks

Ticks are very small eight-legged creatures related to spiders and scorpions that live in woodland and scrub areas (typically bracken) and feed on the blood of mammals. Apart from the irritation that occurs when animals and humans are bitten, some ticks carry infectious diseases that are transferred from one animal to another, and these can be serious.

The host animal doesn't notice when the tick lands and burrows its head under the skin. The blood meal distends the abdomen such that it increases its size tenfold (to the size of a pea) before falling off, when the female will lay eggs and the life cycle is continued. Even when the tick is engorged, its presence may not be noticed: it was only when I got into a bath after being out for the day that I noticed one on my thigh, with its little legs wiggling as I prodded it. In order not to leave the head behind as you try to detach it, the tick has to be removed very carefully either with fine pointed tweezers grasping around the skin where the head is buried, or better, ask your vet for a tick removing device and instructions on how to remove them.

Some people choose to use petroleum jelly or try to encourage them to leave by stubbing a cigarette on them, which is not recommended because any stress will stimulate the tick to disgorge the contents of its salivary glands into the host before it abandons its position.

The deer tick spreads Lyme disease to deer and other animals including dogs and humans. This bacterial infection typically causes recurrent lameness in dogs due to inflamed and swollen joints, also lethargy, fever and loss of appetite. In humans the disease is characterised by flu-like symptoms, weakness and general stiffness days or weeks after becoming infected, and can last for a long time. Diagnosis can be difficult especially if the tick bite was not initially noticed but one clue is a raised 'bullseye' swelling on the skin where the bacteria gained entry. Walking through bracken with bare legs where deer are known to reside during Spring, Summer and Autumn is asking for it. If appropriate antibiotic treatment is offered sufficiently early the prognosis is usually favourable. Tick-borne disease in this country is increasing with the introduction of continental ticks and

their diseases through more frequent pet travel and rehoming of foreign dogs from rescue shelters. One example is canine babesiosis, which is now established in parts of England and Wales; this parasite causes rupture of red blood cells with concomitant jaundice, fever, lethargy and weight loss, which may occur many months after infection. Redwater fever in cattle, caused by another species of babesia endemic to this country and transmitted by ticks is a life-threatening disease which I encountered during my days working in the New Forest, so named because the damaged blood components would be voided in the urine. Blood transfusions in cattle were sometimes necessary and always challenging to the new graduate. Other recently introduced tick-borne diseases with exotic names include *Ehrlichia*, *Anaplasma* and *Rickettsia*, all of which can cause serious ill effects in dogs and some of which are zoonotic (can be passed to humans).

Tens of thousands of dogs are imported into the UK every year, often by well-meaning people who wish to provide a better life for foreign strays. Apart from tick-borne disease, there are numerous other parasites and infections that travel with the pet and which are novel to this

country (e.g. eye worm, skin worm, tongue worm and leishmaniasis) and to which there is no natural immunity, which will have widespread ramifications to the indigenous population. In addition, many rescues from Eastern Europe and the Mediterranean will have been free-roaming street dogs, and it may be difficult for them to settle in a domestic situation over here. Far better to consider rehoming a pet from a local charity or, if this is unacceptable, appropriate disease testing should be undertaken before adopting from abroad. The Companion Vector-Borne Disease website www.cvbd.org will guide the potential importer to identify which diseases are of concern.

Prevention, as ever, is better than treatment and, happily, there are a number of products that fulfill this function. Your vet will give appropriate advice regarding parasite protection, and some products are both long-lasting and will protect against fleas, worms and mites as well as ticks.

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CAERLEON THEN & NOW



St.Cadoc's, this alternative view of the church that was taken during the early 1920s with the minarets providing some 'food for thought'.
Below is the same view taken in 2010.



Extract taken from Norman Stevens's books of Caerleon. They can be purchased from Caerleon Post Office



Warm Weather, Longer Days & Attractive Houses

Summer is here and it's a great time of the year to think about selling your home. Even here in Caerleon the weather is warmer; you can enjoy the longer evenings and generally we all tend to be in much better moods.

Houses look at their best with blue skies, green lawns and colourful flowerbeds. Both when photographed and in person and although they say you shouldn't judge a book by its cover, it is the first impressions that will attract potential buyers, so the joys of the summer do help.

Our Top Tips for Selling Your House in the Summer

Keep the Colours Neutral

Everyone has their own tastes and don't try to please all. When you are preparing your house to go on the market use neutral paints as this will not only make the property look light, bright and fresh it will help any potential buyers to picture themselves and their belongings living in your home.

De-Clutter

Clutter makes rooms look smaller, might well distract your viewers and means you must pack even more items when you move!

Fresh Air and Sunlight

Open all your curtains and blinds and if safe to do so, leave your windows open. Fresh air and sunlight will help bring your house to life and help to show off the size of your rooms.

Deodorise Your House

You will love your family pets and be accustomed to their smells, but your potential buyers might not be so keen. If you can, ask friends/family to look after them before the viewing so you can air your house and don't empty your house bins regularly in the summer months and try to avoid cooking strong smelling foods shortly before a visit.

Added Extra Tip

According to NAEA Propertymark freshening up your bathroom is a small but inexpensive job which could have a huge impact on viewers.

Add a green, leafy plant or a new white shower curtain to revitalise the room. Then clear away toiletries from view and store them in a cupboard whilst ensuring the toilet, bath, shower, sink and mirrors are spotlessly clean. Put a new toilet roll in the holder and hang out a clean hand towel as a finishing touch.



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Beaches in Wales

Caldey Island is a small island just off the coast near Tenby in Pembrokeshire. It is one of the holy islands of Britain, a number of traditions inherited from Celtic times are observed by the Cistercian monks of Caldey Abbey, the owners of the island. It is separated from the mainland by Caldey Sound. A ferry service from Tenby goes to Caldey Island in the spring and summer months when the weather allows, although it is

closed on a Sunday. Boats depart every half hour from the harbour at high tide, while at low tide they depart from Castle Beach.

Tourist attractions on Caldey Island include the 13th-century church of St Illtyd, a Norman chapel, Caldey Abbey and Caldey Lighthouse, which was built in 1828 and automated in 1929. The light stands 210 ft above high-water mark.



Waterfalls in Wales

Devils Bridge Falls is a world famous tourist attraction in the heart of the Cambrian Mountains. It is 12 miles from Aberystwyth and 85 miles from Newport along the A470.

Today, the Falls Nature Trail provides a unique opportunity to see this great natural feature in the Rheidol Gorge. The set of stone steps, still open to tourists, leads down to the lowest bridge at the waterfall, they are known as Jacob's Ladder.

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Big Bertha and Other Ghost Stories

There is a fabulous ghost story recounted by the comedian, Dave Allen, which I came across recently. He told of a haunted house in Ireland that contained a so-called bad room: a chamber with a heavy atmosphere of foreboding and evil.

A visitor to the property dismissed its reputation and insisted that he be allowed to spend the night inside. As morning arrived, however, there was a terrible scream and the room was found to be empty save for the smell of brimstone and a solitary shoe. A local priest was called and endeavoured to solve the mystery by staying overnight himself. He told the owners he would disclose all that he saw but promised that, were he to disappear in the same manner as the previous occupant, he would leave a message on the sole of his remaining boot. At sunrise, an inhuman shriek was heard once more. The owners raced to the bedroom that was now filled with the same sulphurous stench and discovered the priest had vanished, leaving only the single item of footwear. Nervously, they picked it up and searched for his message. And there, on the sole, they saw two words had been scorched onto the surface...Size 9!

It's a cracking yarn, especially when performed by the late Mr

by Paul Minton

Allen and I was reminded of it as a friend and I sat in The Rising Sun in Rogerstone, swapping tales of the supernatural. I had begun by telling him the pub was meant to be haunted. There had been several occasions when wine glasses at the end of the bar had tumbled to the floor without being touched. More disturbingly, a member of staff staying alone in one of the bedrooms was suddenly awoken as if a bucket of water had been thrown over her. Her night attire, including the dressing gown she slept in, was drenched and yet the rest of the room was entirely dry. No plumbing defect or other cause was ever identified.

My friend countered with a story of his own, which concerned an acquaintance of his who had been a trainee nurse. She was covering the night shift in a hospital ward when she became aware of another nurse dressed in an old fashioned uniform walking through the corridor. The trainee thought it peculiar but took no

action. When she described her experience to colleagues the following morning, she was assured the uniform had long since been abandoned but that a phantom dressed in such a style was said to roam the building.

While on the subject of female apparitions, I took the opportunity to tell my friend about Big Bertha Ramsey. She was a six foot tall matron, who worked at what later became the Caerleon Campus of the University of South Wales. She died there in January 1962 after toppling over the banister of a high staircase. There have long been rumours that she may have been pushed but no matter, her ghost, wearing brown overalls and with hair arranged in a bun, has reputedly been seen ever since. Security staff also reported odd sounds during the night and observed the lift coming down of its own accord with no one inside. On another occasion, two men watched in horror as a newly hung portrait swung violently from side to side as if moved by an invisible force. Even the Principal was certain Bertha had returned from the grave when she appeared in his office shortly after her funeral. Fortunately, on this occasion, it was just Bertha's twin sister paying him a visit. If only all ghost stories could be explained so easily.

SUMMER FUN



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The Twmbarlwm Glass Collection

Positive proof that the iconic mountain-top has been a popular destination for picnickers since Victorian times

Our litterpick at the end of April was very well attended, which allowed us the opportunity to split the group of volunteers and get a gang to the top of the mountain to do a job we have been planning on doing for the past few months.

That task was to pick up the vast amount of broken glass that was uncovered by the wildfires of last summer. Clearing away the glass was needed for both public safety and the fact that it presents the potential of starting more fires with its magnifying effect in the summer sun.

Half a dozen of us spent a couple of hours up there and each of us collected half a bucket of glass shards. I must stress here that we all used pick-up sticks and thick gloves – picking up broken glass can be an extremely hazardous task if not tackled with care and it's not an exercise for small children.

When we got the glass back down the hill I just couldn't bring myself to simply dump it all in the recycling for collection, so we sifted through it and found that each shard must reveal a part of our social history. To our inexperienced eyes much of the glass was quite thick and with a green hue to it, suggesting it is of considerable age and giving us further proof that people have been climbing Twmbarlwm with their picnics for many generations.

The bottles were all shapes and sizes – there were some flacons with vulcanite screw-in tops and there was also some examples of Codd-Neck bottles – a type of bottle that used a glass-marble as a stopper.

On many pieces you can make out parts of words such as: “...aber...”, “...rtons...”, “...ercar...”, “... BRO...”, “...miner...” – and we spent a while guessing what some of these could be.

The most common wording we could decipher on the shards were “Newport and Merthyr Bottle Co.” and



A few examples from the “Twmbarlwm hoard”



a quick Google search reveal that many of those could date from the early part of the 20th century.

One of our group later identified the piece with “...ERCAR...” on it. It was probably a bottle from the Gwyddon Vale Mineral Water Company that operated in Abercarn from 1880-1920. The bottle itself would have been a Codd bottle made by Cannington & Shaw in St. Helens, Lancashire.

None of us is an expert on the history of glass, so Cadw put us in touch with an expert in this field. We have since met with him and he has already identified much of the glass, and confirmed that some could date back to Victorian times.

We have also had a second foray onto the hill with him and found a great deal more. Together we will be compiling a more thorough report on our findings and will publish it on our website in due course.

I can promise you we won't be pursuing the person who dumped any of these bottles, or their descendants, for littering – and I wonder, if we find a complete bottle, will we still be able to claim back the deposit?

Terry C. Evans, Chairman CTS

Gang of CTS volunteers clearing away decades of broken glass from the top of Twmbarlwm



CTS meet at the car park below Twmbarlwm's summit for a litter pick and volunteer workday on the last Sunday of every month to which everyone is invited, it's not all hard work and it's a great opportunity to find your way around up there. We organise walks and other events up the mountain and at Crosskeys RFC throughout the year so watch our website and Facebook page for details.

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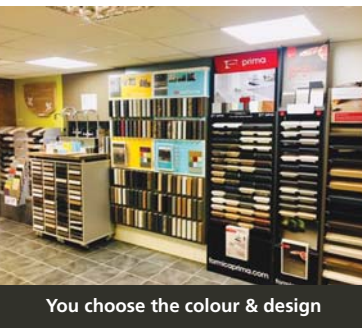
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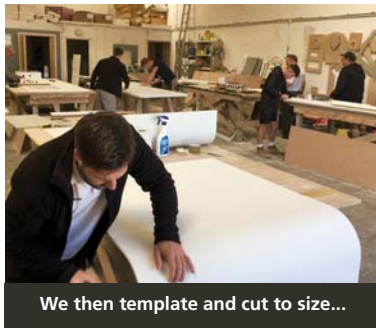
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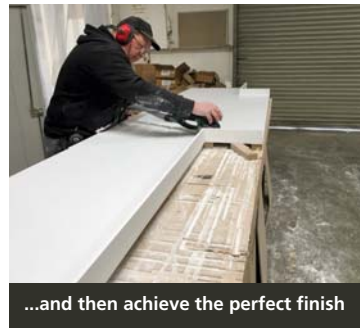
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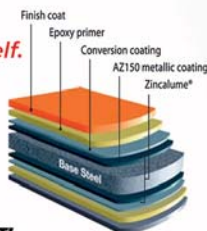
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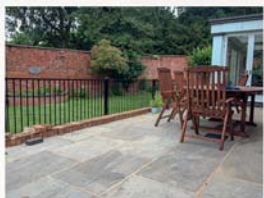
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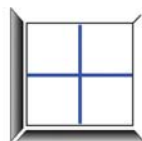
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And Now for Something Completely Different....

As I'm sure you appreciate 'it' almost always starts with a telephone call; 'Is that Swan Rescue?', to which the answer is, of course, 'Yes'. Usually, what follows is perfectly straightforward; help is needed for a swan, a goose, a duck, or at this time of year, a multitude of ducklings. Occasionally the question asked is surprising; 'will you help - my dog (or cat) needs rescuing. This one is followed by a pause for breath and then the statement 'we're very sorry, but the clue is in the name SWAN RESCUE, which tends to bring the conversation to an abrupt end! On this occasion, second half of April, it really was completely different, a first; an Osprey. The caller is an employee of Welsh Water based at the string of reservoirs to the west of the A470 between Merthyr Tydfil and Brecon. It was reported to be unable to fly, but instead was fluttering helplessly behind the dam wall of the middle reservoir.

Because of other commitments it was left to the locals to catch the casualty, which they were able to do quite easily. We then met their driver at Pwll-y-Pant to the north of Caerphilly, and from there to



Examination of Osprey at ICBP

the only organisation capable of carrying out the necessary assessment and follow-up treatment, the International Centre for Birds of Prey (ICBP) at Newent in Gloucestershire (very well worth a visit).

The initial assessment was mildly encouraging, a few primary feathers damaged and some strain to the wing, but no broken bones. This was confirmed the following day on a visit to a world renowned bird of prey vet at Swindon. Once back at Newent, work was started on repairing all but one of the damaged flight

feathers. This involved cutting them and inserting into the shaft and gluing in place bamboo slivers, obviously very carefully aligned and waiting for the repair to set.

The next development was a phone call just five days after the rescue to announce the bird really was raring to go, simply astonishing. As with the rescue itself, it was disappointing not to have been part of it, so with the release, but for obvious good reasons it was right and proper that ICBP staff should take control of this. The release went very well, actually on the sixth day. Those who work on the reservoirs report the bird stayed around for most of the rest of the day, but there was no sign of him the following day.

This bird was ringed, so we know a bit more about him. He was ringed as a nestling on 2nd July 2014 on The Black Isle, Inverness. This species migrates for the winter to The Gambia, West Africa, and so must have been returning to the breeding grounds when some accident befell him. It is so gratifying to have been involved, and to have the hope we may have contributed to securing a long and healthy life.

Text: Peter. Photos: ICBP & Welsh Water.



Release of Osprey at Cartref Reservoir



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