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JANUARY/
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It's always good to try new things and aspire to improve our lives, whether it's losing the extra pounds we put on over the festive season, attempting to become fitter, volunteering or helping a local charity, starting a new hobby or even starting a business. Trying something new and having different experiences often makes us feel focused and happier in life.

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We wish you a Happy New Year

Susan
x

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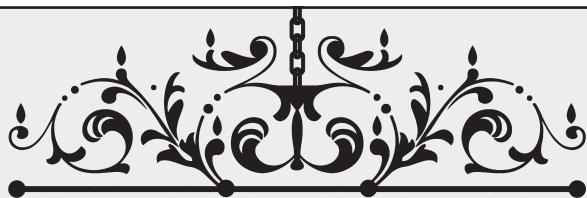
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Twmbarlwm – iconic and as popular as ever

Photo showing some of the hundreds of visitors who climb to the top of Twmbarlwm every Good Friday – but how many recognise the work of CTS who watch over the landscape for the benefit of all
 Photo: Terry C. Evans

I'm writing this just after the Society's AGM and I must admit, when I started to compile my annual report on the past year I was definitely a "glass half empty" person as I began to wonder "...what have we done this year". Then as I look at all my photos and go through the records of projects we have been involved with – I gradually became a "glass half full" type of guy.

Cymdeithas Twmbarlwm Society is going into its tenth year since we formed and so far we have achieved quite a lot on the mountain and I am pleased to say that we are recognised by the local authorities and other official bodies as a major influencer in environmental, community and historical issues of the area.

My "glass half-empty" persona says that to continue being effective we need to encourage more people to become members and get involved with the Society's work to make Twmbarlwm and surrounding area a place to be proud of and secure for future generations.

My "glass half-full" persona looks at how popular the mountain is, not just on Good Friday, as the above photo shows, but also on our litter pick days when visitors stop to chat to us and thank us for looking after the area. I would like to convince a few more to come and help us out, just look at the following stuff we get involved with, wouldn't you like to be part of it?

Our mantra, **"... dedicated to research, restore and protect Twmbarlwm"**, remains as pertinent now as when we were founded. Each of these criteria is inextricably linked and Society members work on various projects to help fulfil our aims for Twmbarlwm.

The "research" part of that statement is well underway (as described in this column last month). It has already started with drone, geophysics and paleoenvironmental surveys. Following on from these surveys, 2020 will see an archaeological dig take place on the mountain.

This will be the first time that such research has been officially endorsed and it has come about by the persistence of the society and the co-operation of some sympathetic Cadw officers.

I'm very optimistic that some interesting results will come out of the research and I hope that some light will be shed upon the mysteries of "the Twmp".

The "restore" element of our slogan is also tied in to the archaeological research because part of the programme will be looking at how the wildfires of 2018 have affected the underlying archaeology. It will look at how best to re-seed or treat the burnt areas to give mother-nature a helping hand in restoring the heath land to its former glory.

CTS did a great deal of restoration work in our early years when we erected fences, planted trees and installed and repaired paths and steps to the Twmp. Such projects were in conjunction with the Commoners Association and Caerphilly County Borough Council – together we continue to pursue similar landscape management projects.

For instance we are looking forward to more of that sort of work in 2020 working with CCBC on their implementation of the "Adventure Triangle" funding. This funding was announced a year ago and CTS was asked to submit a list of works to be done such as path repairs, way marking, signage, wall and fence repairs. Planning for this work is almost complete and we hope work will be underway in 2020.

Another major project that CTS has been involved with comes under the heading of "protection". Along with our sister organisation, Friends of Cwmcaern Forest Drive, we have helped campaign for the re-opening of the Drive. I'm sure that everyone is pleased to know that the Drive will re-open to vehicles in the Spring of 2020. Our involvement includes some members being part of the focus groups who advise and comment on the various requirements to re-open the drive.

Twmbarlwm is at the centre of the Forest Drive and the nature of the facilities will greatly influence the Drive's success and the Society's work on the mountain will undoubtedly help improve and protect the natural landscape for future generations.

Terry C. Evans, Chairman CTS

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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Winter Driving

Do we still have to prepare our vehicles for Winter Motoring these days?



Extract from a Blog Post by Mike Joenn, Founding Director of AJ Garage Services, Ponthir

I know what you're thinking... NO! These days, modern vehicles come pre-prepared for winter. The days of making sure you have anti-freeze in the radiator are long gone. In fact, I'd take a guess that Mr or Mrs Average Motorist probably hasn't even lifted the bonnet since they bought the car three years ago. It's all taken care of during the service... *Isn't it?*

OK The short answer is Yes. Any motor servicing company worth their salt will do the checks and frankly, I'd be surprised to come across a vehicle that doesn't have anti-freeze fitted as standard these days. HOWEVER, there's more to winter motoring than checking the anti-freeze. It certainly wouldn't do any harm to double check the service book and make sure that your service company have 'ticked the Anti-freeze box'. But perhaps more important, do make sure that there is winter screen wash in the windscreen bottle before you actually need it. Also bear in mind that your windscreen washers need to be 'Working' to pass an MOT Test. Technically, your vehicle **can** fail its MOT if the washers are not working. If the tester pressed the button and no water comes out, it's not working and there's no obligation on the tester to thaw out your screen wash to get you through the test. A



good relationship with your tester could mean the difference between a Pass or Fail when the temperature drops below freezing.

But the real title of this article should be asking if you have prepared *yourself* for winter driving. I strongly recommend you give some thought to preparing yourself as well as your car for the winter. The worse the weather forecast, the more preparation you need to do. It's pretty obvious, but few of us take the precaution of making sure that you have a coat or warm clothing in the vehicle at all times. On longer journeys, take a flask of your favourite hot drink. If you DO breakdown, God forbid, you may well lose your engine and with it, the heater and believe me, the inside of a car gets cold

very quickly when it's snowing outside. If you have to wait for 45 minutes for the AA to turn up, you're going to be pretty chilly if you left home wearing just a T-shirt and shorts or worse still your pyjamas!

If heavy snow is forecast and you're planning a long journey, I'd seriously recommend that you find space in the boot for a shovel and a blanket (I'm not kidding!).

Global warming or not... it will snow this winter and vehicles WILL break down.

Be Prepared !

Mike Joenn, founding Director of AJ Garage Services, AJ Garage Services, Star Trading Estate Ponthir.

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It's been in use since 1927 and holds a whopping 3,400 million gallons of water, which is used across houses, factories and other industry buildings across South Wales.

It's so large that it engulfs two different reservoirs (Pontsticill and Taf Fechan).

Although most of the reservoir looks like a lake, there is a bell-mouth spillway at the south-eastern side of it, which is only one of three in the whole of the UK. It is designed like an inverted bell and really makes the water look like it's swirling down into some kind of vortex! It's pretty cool to see.

The reservoir is popular with sailors, anglers and picnickers. The Taff Trail runs through the woods on the western side of the reservoir. Merthyr Tydfil sailing club is based on the eastern bank and the



Brecon Mountain Railway which runs up its eastern side from Pant Station to Dolygaer and on to Torpantau.



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Gwerinwyr Gwent Diary

On Monday 7th October GG was in St Mellons village hall at the invitation of the ladies of St Mellons WI. They had booked our evening of Welsh culture, which can be tailored to suit our audience but usually comprises a short talk on costume and Lady Llanover, demonstration dances and some easy audience participation dances. This time Barbara Griffiths had also promised them her boxes quiz, so we squeezed that in as well. The ladies really enjoyed the evening, joining in with gusto, and we later received a very nice 'thank you' letter.



The following Saturday (the 12th), we were running a twmpath as a 70th birthday celebration at Lysaght's Institute in Newport. For many of the people attending it was their first twmpath, and I have to say that most people joined in enthusiastically, especially the birthday girl! I think I can safely say a good time was had by all, and for the final dance of the evening (Circassian Circle) only one person in the whole room (a young man) refused to take to the dance floor.

This year the Welsh Folk Dance Society celebrated its 70th anniversary over the weekend of the 25/26th October, and GG joined the massed dancing in the atrium of St Fagan's National Museum of History. The weather was awful on the Saturday but fortunately the dancing had



always been planned to be in the atrium and not outside. Welsh folk dance teams from all over Wales had travelled to Cardiff for the weekend, and their costumes made a colourful display. The atrium is a very nice performance space, and many museum visitors chose to watch us dance and even joined in when invited. The music was played by a brilliant band made up of musicians from Tawerin and other teams, we danced solidly for an hour, then went for a cuppa!

November 21st was our final booking of the year and saw us return to Risca and the U3A's monthly social meeting. Our dance displays were interspersed with Barbara's Welsh places survey (this gives us a breather and the audience something to think about), plus a couple of audience participation dances. The

audience then gets to pick their favourite place from those named in the survey, and this time the winner was Tenby. We always have a good afternoon at the U3A, and as we keep being invited back, I'm pretty sure they really enjoy it too.

2019 has been one of our busiest years with 18 bookings, and we start all over again in January with 8 bookings already confirmed for 2020.

Gwerinwyr Gwent is always seeking new members, and beginners or experienced dancers/musicians are very welcome. Practice night is Thursday 8-10pm at the Graig Community Hall (opposite the Ruperra PH).

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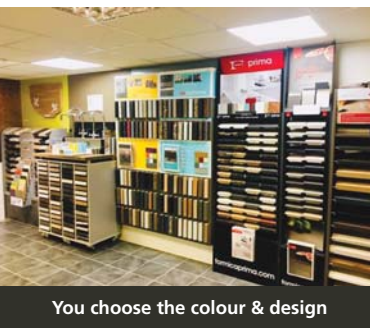
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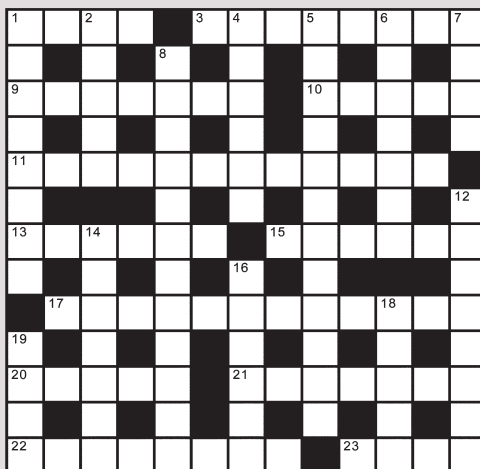
Quick Crossword

Across

- 1 Cattle (4)
- 3 Came about (8)
- 9 Organise (7)
- 10 Passenger coaches (5)
- 11 Garden pests (12)
- 13 Once a year (6)
- 15 Expose (6)
- 17 Formation of society (12)
- 20 Fastening together (5)
- 21 Equalise (7)
- 22 Troubling (8)
- 23 Upper limbs (4)

Down

- 1 Very dark grey colour (8)
- 2 Not the best (5)
- 4 Deferred payment (6)
- 5 Incredible (12)



- 6 Set aside (7)
- 14 Louder (7)
- 7 Hurry (4)
- 16 Type of ape (6)
- 8 More and more (12)
- 18 Internal (5)
- 12 Wool covers (8)
- 19 Casserole (4)

Sudoku

		6				1	8	
	2	4						
3			7		5			2
8			2	4			3	
	1			3	8			4
9			4		3			8
						5	9	
	6	5				4		

The object of sudoku is to insert the missing numbers in the boxes to satisfy just one condition: each row, column and 3x3 box must contain the digits 1 through to 9 exactly once. This can be done by applying logic – you do not have to guess.

Solution on page 42



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fundraising@stdavidshospicecare.org
www.stdavidshospicecare.org

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Email:

malpas.library@newport.gov.uk

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Wednesday	2.00pm - 6.00pm
Thursday	Closed
Friday	9.30am - 1.00pm
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Cwmbran group contact - Mrs Val Carnegle
T: 01633 872553 E: slasher45@btinternet.com

Further info on Diabetes contact - Diabetes UK Cymru
T: 029 2066 8276 E: wales@diabetes.org.uk

Blaen-y-Pant Centre

Kimberley Park, Malpas, NP20 5QB

Bingo & Lunch club

Tuesday 1.00pm Contact: 01633 263031

Whist club

Tuesday 6.30pm & **Saturday** 6.30pm
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Art Classes

Monday Art Group 11.00am - 1.00pm
Life Drawing 4.45pm - 6.45pm
Adult Art Class 7.00pm - 9.00pm

Wednesday Adult Art Class

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Saturday Children's Art class

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General Class (Iyengar) Every Monday

7.00pm - 8.30pm - Malpas Community Centre

General Class (Iyengar) Every Tuesday

Swansea University, Digital Technium, Singleton Park
SA2 8PP

General Class (Iyengar) Every Wednesday

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Cafe Culture at Newport U3A

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'Learn, Laugh and Live' is the U3A's motto and we certainly do all three by the bucket load!

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Puzzle Solutions

7	9	6	3	2	4	1	8	5
5	2	4	1	8	9	3	7	6
3	8	1	7	6	5	9	4	2
8	5	9	2	4	6	7	3	1
2	4	3	5	7	1	8	6	9
6	1	7	9	3	8	2	5	4
9	7	2	4	5	3	6	1	8
4	3	8	6	1	2	5	9	7
1	6	5	8	9	7	4	2	3

1	C	O	W	S	3	O	C	U	R	E	7	D
H	O	8	I	R	N	E	A					
9	A	R	R	A	N	G	E	10	B	U	S	E
R	S	C	D	E	E	H						
11	C	A	T	E	R	P	I	L	L	A	R	S
O	E	T	I	V	12	B						
13	A	N	14	U	A	L	15	R	E	V	E	A
L	O	S	16	G	V							
17	C	I	V	I	L	I	S	A	18	T	I	O
19	S	S	N	B	B	N	K					
20	T	Y	I	N	G	21	B	A	L	A	N	C
E	E	L	O	E	E	E	T					
22	W	O	R	R	Y	I	N	G	23	A	R	M

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Newcomer introduces himself to the residents of the Knapp

Cygnets struggle to make their way in the world

It's too early to be certain, but right now it feels as if the autumn and early winter 2019 have been amongst the busiest and most concentrated periods of activity we have ever experienced, or maybe it's just another sign we are getting a little bit longer in the tooth. It's not for the first time we find ourselves writing about cygnets and the territorial problems they encounter as they start trying to make their independent way in the world.

We like to think adult swans, as it were, give their offspring flying lessons, so that by the time they leave the parent's territory they are reasonably competent fliers. However, what is equally clear is that it is not possible for any guidance to be given as to where it is safe for them to go, or, in a way, where it is definitely unsafe to go. Once again we are in the realm of territorial disputes. This time, the action takes place on a pair of lakes near Upton Bishop a little to the north of Ross-on-Wye, nestling just below the southern end of the M50

motorway. Here there is a breeding pair of swans which we were told produced nine cygnets in 2019 but there were just six left when we were called in late November. The trouble began when two other cygnets (origin unknown) landed, one of which was promptly set upon by the resident adult male (cob). The victim was being pinned down at the bottom of the outfall connecting the two lakes. Grisly it is, but the aim is to drown the intruder. By the nature of things, it took us a little over an hour to reach our destination, and we firmly believed we were in time to save the badly distressed young bird. We brought him home and placed him with another reasonably fit cygnet rescued from somewhere else more local. They bonded immediately. What an awful shock it was to discover him dead two mornings later. We really don't know what more we could have done, but the cause of death could have been shock or the intake of too much water in an uncontrolled fashion or both. The next thing we know is we're

back up there again two days later when it seems the cob had 'decided' it was time his own family ought to be on their way and certainly the male juveniles in particular, because they are seen as potential threats. This time however was different; night had fallen and there were remnants of the earlier heavy rain. Of three cygnets which had been driven down the outfall from the lower of the two lakes, one which was slightly injured had managed to make his way up onto the far bank. Despite the uncompromising conditions we were fortunate enough to be able to find a route (on foot) resulting in a rescue being possible. He (definitely 'he' judging by his size and weight, approximately 10 kg.), is making a good recovery and we expect to be able to release him soon, probably at The Knap at Barry. We do not expect the phone to stop ringing any time soon!
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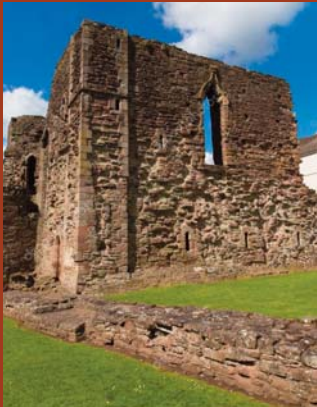


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King Henry V



Monmouth Castle



*left: Broad arrowhead
Right: Bodkin arrowhead*

THE FACIAL WOUND OF KING HENRY V

(Part 1)

One of the medieval English kings is unique for having been born in Monmouthshire, this was Henry V, who was born in 1386, in a room in the tower above the gatehouse of Monmouth castle. His father was Henry Bolingbroke, Earl of Derby who eventually became King Henry IV in 1399.

As a young prince Henry assisted his father by fighting against the Welsh uprising raised by the self-proclaimed Prince of Wales Owain Glyndwr. Glyndwr was initially quite successful in his revolt and succeeded in over running much of Wales. He even opened his own Parliament in the Welsh town of Machynlleth, where the building he used to house it stands to this day. He also managed to form an alliance with the French, who sent a body of knights to assist him and provided him with arms. Despite his early successes Glyndwr was finally overcome by the English, with the young Prince 'Hal' taking a major part in commanding part of his father's forces. This was particularly true in battles at Grosmont (where Glyndwr lost about 800 men) and at a location known as Pwll Melyn (Yellow Pool) near Usk. At the latter battle Glyndwr's son, Gruffudd, was captured and his brother, Tudur, was killed. Finally, after these and other defeats Owain Glyndwr faded into obscurity and his final fate has always been something of a mystery with the site of his burial place much debated.

Prince 'Hal', when he became King Henry V, is probably best remembered for his victory over the French at Agincourt. This victory was greatly aided by the prowess of the British archers. The French army had not developed the use of the long bow but relied on the cross bow, which took much longer to load and shoot. There were generally two types of arrow used by longbows in wars. The barbed broad head particularly effective against horses and the bodkin type which was designed to pierce armour. King Henry had an earlier and very personal acquaintance with the power of the long bow. On the 21st July 1403, he then commonly known as 'Prince Hal' or young 'Henry of Monmouth', at the age of 16 fought in his father's army in the Battle of Shrewsbury. This battle was led by the Lancastrian King Henry IV against a rebel army led by Henry 'Harry Hotspur' Percy and his uncle Thomas Percy. This battle was the very first on English soil in which opposing English archers fought against each other, demonstrating the power and effectiveness of the long bow. The Shrewsbury Battle was won by the

army of Henry IV and Henry 'Harry Hotspur' was killed by an arrow in his face and Thomas Percy captured and punished by being hung, drawn and quartered. The Percy family had originally supported Henry IV (then known as



Death of Hotspur

Bolingbroke) when he returned from banishment and claimed the throne from King Richard II in 1399. They later turned against Henry because they felt that he had broken various promises made when he had first

gained the throne. Henry IV's eligibility for claiming the throne was vague to say the least and he was probably responsible for the death of the captive King Richard II when he was imprisoned.

In the early stage of the Shrewsbury battle the Percy archers fired a huge opening volley of arrows and one of these hit young Prince Hal, who for some reason had left his armour visor open, possibly to give orders to his archers. I visualise this happening as follows – Prince Henry raises his visor, tilts his head back and shouts the following commands to his archers. 'Draw your bows, Take Aim, Loose.' But as the archers fired their arrows there was a dull thud as an enemy arrow impacted the young Prince's face as he commanded 'Loose'. He fell on his back, uttering a cry of pain.

Retainers rushed to his aid and he ordered them to pull the arrow out, the shaft came clear but left the arrow head still deeply embedded. The arrow had penetrated his face, below the eye and to the side of his nose, the

arrow head (a bodkin type) becoming embedded internally in the back of his skull. Despite this horrible wound, young Prince Hal refused to leave the battlefield for medical attention until it was certain that his father's army had won the day. The removal of the



King Henry IV

shaft enabled him to continue fighting despite the terrible pain that he must have endured.

(To be continued)

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