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Lets hope the weather will carry on being kind to us over the next couple of months and we'll all be able to continue walking in our beautiful countryside, on lovely beaches and benefit from some summer sunshine.

Susan x

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Newport U3A is back

Newport u3a is back on track with its full programme of 40 leisure, cultural and active groups for the retired. In addition, members made up for lost time and arranged a bumper year of excursions and holidays, organised by Out & About Newport.

We have been on Day trips to Swindon Railway Museum & Outlets Shopping Centre, Glastonbury & Haynes Motor Museum and the BBC's most advanced Radio and TV studios, packed with cutting-edge technology and robotic cameras. There we spoke to



Wynne Evans (singer, comedian, broadcaster and star of the 'Go Compare' adverts).

We explored the gardens at RHS Wisely with a tour of the Cotswolds after an overnight stay, a four day weekend based in Plymouth and a week in Northern Ireland

Newport u3a meets at the Dolman Theatre Wednesdays to Fridays during term time until 14th July and will resume activities on 6th September.

members to learn more about the trips, holidays and events on offer.

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If you would like to broaden your horizons during retirement, visit u3asites.org.uk/newportsewales, pop in for a brochure, or phone Angela Robins on 07983 130541.

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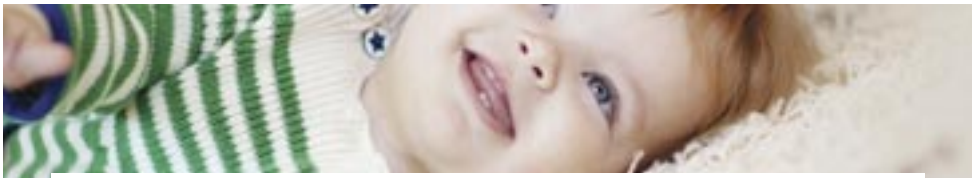


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Conservation Grazing on Twmbarlwm's SAM

Cymdeithas Twmbarlwm Society have been involved with helping maintain the landscape and environment of the iconic iron-age hillfort and medieval motte of Twmbarlwm for over 12 years.

Now an innovative project sees the society working with local farmers, the Llanarth Estate, Cadw and Caerphilly County Council to implement a programme of 'Conservation Grazing'. The aim is to improve the condition of the grassland, to increase biodiversity, reduce the risk of wildfires and protect the Scheduled Ancient Monument for future generations.

Since a catastrophic series of wildfires in 2018, the grassland on Twmbarlwm has been the subject of study by Gwent Wildlife Trust (GWT) and Cadw, to understand the impact that the blazes had on the grassland and the effect that the vegetation could have had in prolonging the fires. The research has shown that the density of bracken and woody species such as heather and whimberry may have caused the fires to burn hotter and for longer, causing damage to the soil and underlying archaeology. In areas where the fires burnt for longest the vegetation has struggled to recover, which, in turn is causing erosion on the scheduled monument.

The course of action outlined in GWT's report advised that grazing a small herd of Welsh Black cattle will hopefully, reduce the woody vegetation and dense patches of grass whilst manuring and seeding the areas of bare earth, improving the condition of the grassland across the monument. The herd will be regularly monitored to assess the impact of the grazing on the grassland and numbers decreased if over-grazing or damage to the scheduled monument occurs.

Cattle are being used rather than sheep because they are likely to have a more significant impact on the vegetation – they are less selective feeders than sheep and their larger feet are more effective at crushing invasive plants like bracken.

'Conservation Grazing' is being increasingly used to manage land for wildlife across Britain, with organisations like the Wildlife Trusts and National Trust employing grazing animals on their estates. Native breed cattle are also being used with great success to control invasive vegetation and improve grasslands and biodiversity on other scheduled monuments in Wales.

Commoners were always allowed to graze their sheep and cattle on the ridgeway of Mynydd Henllys and Mynydd Maen but the livestock was excluded from the scheduled monument as it was not part of the common. However, fences have now been erected at Twmbarlwm to ensure a controlled number of cattle are confined to the area around the hillfort.

Visitors are asked to keep to the Countryside Code when visiting Twmbarlwm (details can be found on the .gov.uk website) but in particular to ensure they close all gates behind them. Welsh Blacks are naturally docile and do not pose a risk to walkers, however, visitors are advised not to approach them or startle them, and to keep dogs on leads when around them.

There are other aspects to the landscape management plan that visitors may see in action – such as re-seeding with native grasses, erosion control and bracken bashing – but it's safe to say that all the groups involved in this project see this as an exciting new chapter in the history of Twmbarlwm, one that will see an ancient breed of cattle returned to the hill. Welsh Blacks have been grazing the landscapes of South Wales for at least 1000 years and may well have been the cattle of choice of the people who built the hillfort over 2000 years ago!

Terry Evans, Chairman
Cymdeithas Twmbarlwm Society



Cattle are regularly seen on the Common of Mynydd Maen and now they will also enjoy the pasture of the SAM itself

Cymdeithas Twmbarlwm Society 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 throughout the year so watch our website and Facebook page for details.

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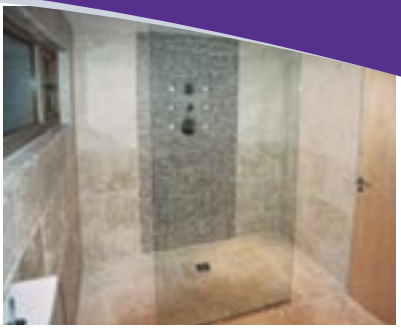




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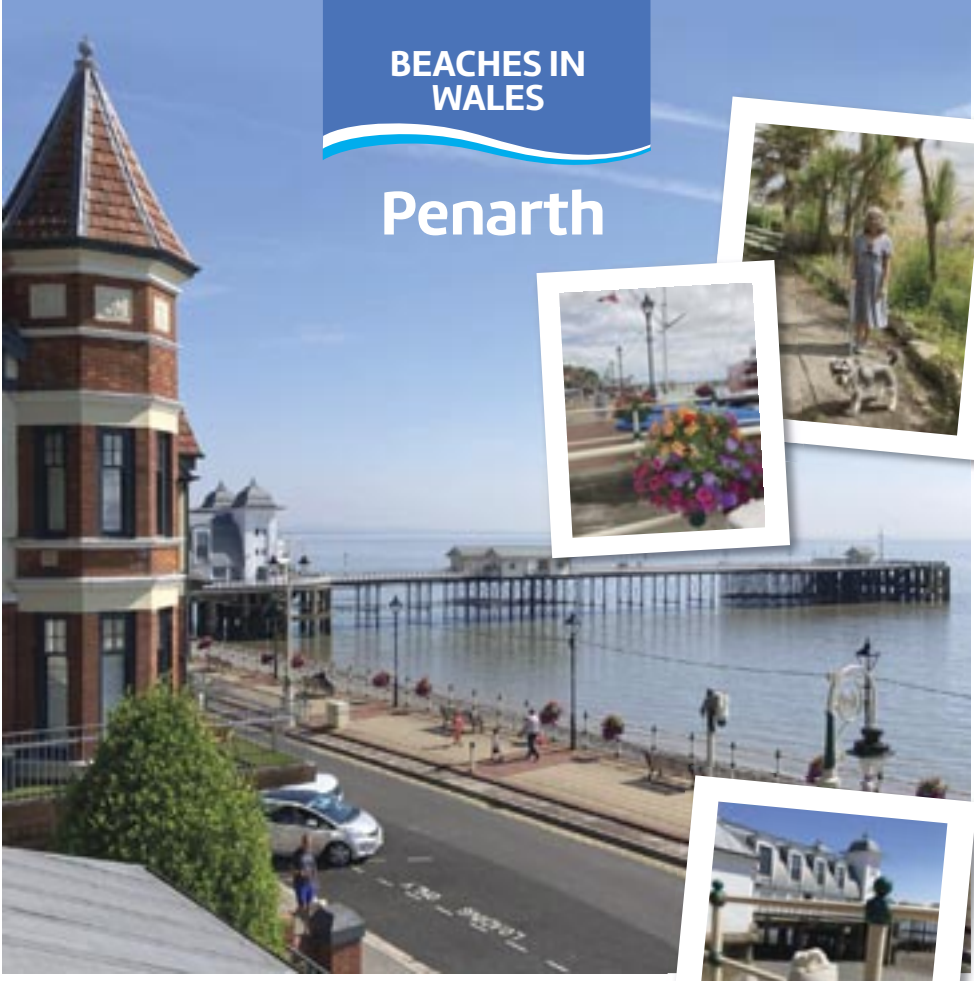
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The Penarth Pier Company was formed to make a second attempt at building a permanent pier. The foundations were laid in 1894 and the pier successfully opened in 1895, at 750 feet (230 m) long.

In March 2011, planning permission was granted for a £3.9 million revamp of the pier to re-open the pavilion as a major tourist attraction. The new plans included a cinema and observatory. The work was completed and the pavilion reopened in Autumn 2013.

The pavilion hosts a variety of exciting and interesting events throughout the year.

On the seafront itself is the Victorian Italian Garden that displays many unusual palm trees and exotic plants.

During the Victorian era Penarth was a highly popular holiday destination, promoted nationally as "The Garden by the Sea" and was packed by visitors from the Midlands and the West Country as well as day trippers from the South Wales valleys, mostly arriving by train.

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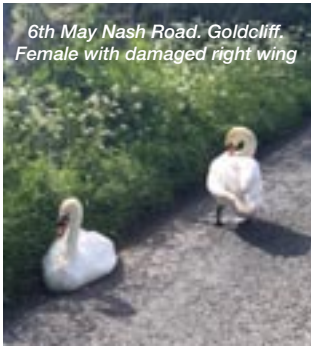
Jottings from a Crazy Month of May

This article is being prepared with just a few days left before June begins; it really has been some month with a very wide range of incidents to cope with; limited space allows a brief reference to be made to only a few of them.

Avian influenza (AF) is still around, although at the time of the actual rescue, we did not make a connection between the fact the adult swan in question was almost totally blind, having what appeared to be cataracts in both eyes. It is now a known fact this is one of the several possible consequences of being an AF survivor. This bird had strayed from the slipway area at Channel View in Cardiff, but mercifully had not got as far as any of the busy roads in the area. Of logistical necessity we had to hold him here in South Wales for 48 hours, during which time he fed extremely well, before transporting him to Shepperton. Interestingly, the swan did respond to changes in light and shade.

The second story for this time would be better described as a saga; it began on the afternoon of Wednesday 19th April, with a call from a member of the public concerned about a swan with a possible wing injury on the road in the vicinity of The Farmers' Arms at Goldcliff. With the best will in the world, travel time to this location is unlikely to be much less than 45 minutes, so it was hardly a surprise to find no trace of the bird when we arrived in the area. As it happens, the police had also been called (Incident No 233) and they too had not encountered the swan.

Forward now a week to the 26th, and a local farmer reported what must have been the same swan on his land. Again, it was no surprise to discover, by the time we arrived, there was no sign of the swan; the area is criss-crossed with drainage ditches – reens – which are used by swans as 'highways' and so can cover relatively long distances undetected unless one happens to have the advantage of a drone or a helicopter!



6th May Nash Road. Goldcliff. Female with damaged right wing



Nash Road. Pair exploring their new home in Kent

Forward again to May 6th. Two motorists on the same stretch of road had encountered a pair of swans – the female with an injured wing, or was it an unusually 'light' case of angel wing? These two wonderful ladies had done a superb job; protecting the swans 'cwtched' down against the grassy verge with a car pulled in close either side. Immediate removal of the birds was obviously essential. So, we picked up the uninjured male first in the belief, rightly, that if he had been left 'til later he might well have been much more difficult to catch. As it was, the female did cross the verge and dropped into the ditch on the far side, but, with the judicious use of the extended swan hook was not too difficult to catch. Having loaded them securely into the car, the decision as to the next move had been made already; Shepperton tout de suite.

Later a relatively simple tidying-up on the damaged wing, and the luck continued to hold with a beautiful lake in rural Kent providing a new home for this very lucky pair of swans.

For the record, having described May as 'crazy', what was been related here are just two of the 22 missions completed as the month end approaches, totalling almost 2000 miles.

Story by Peter & Ellen, photographs by Emma & Mel. For swan and all other wildlife problems please contact us on 07802 472788. Please note, because there are so few of us, there is a limit to the volume of rescue work we can carry out; for Swan Rescue South Wales, swans are our priority.



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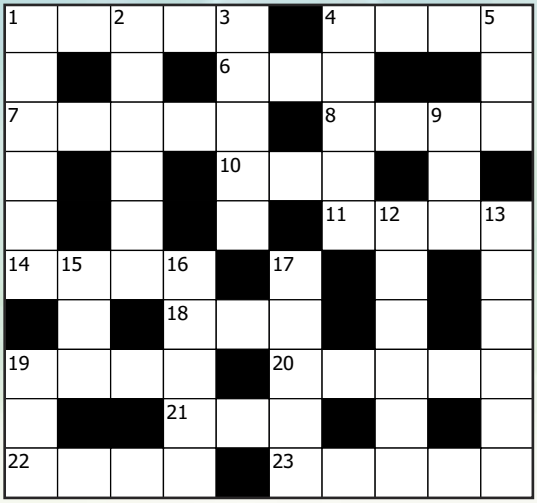
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Puzzles

CROSSWORD



Across

1. Seat (5)
4. In addition to (4)
6. As well as (3)
7. Romantic partner (5)
8. Bird of peace (4)
10. First woman (3)
11. Telephoned (4)
14. Appointment (4)
18. Large seed (3)
19. Worry (4)
20. Desired, wished for (5)
21. Devon river (3)
22. For always (4)
23. Having ascended (5)

Down

1. Named (6)
2. Business promotion (6)
3. Scarcer (5)
4. Poisonous snake (5)
5. Single number (3)
9. Commercial vehicle (3)
12. Takes as ones own (6)
13. Place for fruit & veg (6)
15. Atmosphere (3)
16. Go into (5)
17. Surgical spirit (5)
19. Enemy (3)

SUDOKU

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

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.

Solutions on page 22

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8	1	3	9	2	6	4	5	7

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Ynysyfro Reservoir

The Ynys-y-fro Reservoirs are approximately half a mile from the Fourteen Locks, Canal Visitor Centre, High Cross, Rogerstone and about one mile from junction 27 of the M4.

The reservoirs consist of two lakes of 16 and 10 acres. It was drained in January 2019 for essential maintenance but is now back to its full capacity. There is a 4km loop trail, starting from the visitor's centre and takes an average of one hour to complete. This is a popular trail for hiking, running, and walking, but you can still enjoy some solitude during quieter times of day. The trail is open year-round and is beautiful to visit anytime of the year.



Overflow outlet



Bottom reservoir

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Stress, is it holding you back?

Researching the best training, nutrition and lifestyle pathway for my clients is so important. Each an individual requiring varying degrees of support. This lends itself to a path of discovery which identifies common causes to issues that arise and how simple sometimes the answers are to solving the problem.

However, what happens when you've followed the plan, been consistent in your approach, more motivated to look after yourself and still the outcome doesn't follow suit. You suddenly find yourself slower when out on a run, weaker when you lift your weights and putting on weight, when logic says you should be losing it.

Have you ever considered your stress levels? Stress has become the leading cause for both physical and psychological illness, inflammation within the body, impacting on chronic health conditions, like Arthritis, Asthma and Diabetes, to name a few. Stress has such a detrimental effect on the body, with so much research to support this, but do we ever consider what we could do about it, or do we just simply push ourselves more?

Stress impacts on our Cortisol levels, our stress hormone for 'fight or flight' raising blood pressure, heart rate and breathing rate to help us fight our stressor or run away. A little in the body is needed every now and again to help us manage daily life, but too much will inevitably wreak havoc with the equilibrium our bodies try and find every day. Stress will negatively impact your sleep, making us crave sugary foods and caffeine-based products, cognitive function declines, digestive and gut health declines, leading to conditions like IBS.

You can now start to recognise why your run, lifting weights, finding the energy to go out for a walk or shift those pounds are now so challenging. Your body is working so hard to balance out our stress hormones, it can't efficiently help you with the tasks you would like to do during your recreational time.

What can we do? Simple 5-minute time outs throughout your day are great. We all find the time to check our phones, make a cup of tea, procrastinate on a job. But what if we prioritised some time out? Did you know 5 minutes of breathing exercises, mindfulness or meditation is as good as an hour's sleep? Imagine how relaxed, focused and calm you would feel? 5-minute time outs of your day, is proven to improve mood, boost brain function, reduce stress, slow down the aging process and support gut health, amazing.

Now ask yourself could you afford to spare 5 minutes a day? Breathing exercises can be as simple as counting your breath in and out, making sure you lengthen the breath out. Breath in through the nose for 3 seconds and out the mouth for 6 seconds, in a quiet space where you can't get interrupted. Set a timer and notice the difference before and after. Before bed is a great place to start. Don't delay, have a go today.

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If you're stuck or need a little advice, I'm always here to help, just simply get in touch. Thanks Karla 07791 217306



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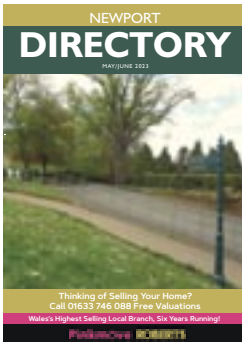
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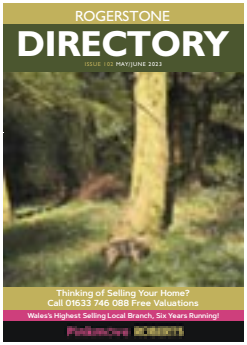
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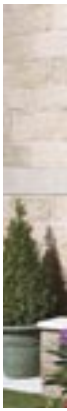


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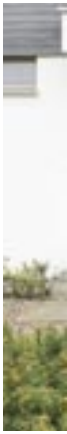






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