February 2019

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Issue 380





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PONTYBODKYN LADIES GUILD

LADIES GUILD

Our last meeting before Christmas was held on the 22nd November at the centre. Vice President, Mrs Anne Davies welcomed everyone and then Cynthia read a lovely poem. The speaker for the evening was guild member Mrs Gwen Gray and we knew we were in for a treat as Gwen was to show us how to decorate cakes and make them look beautiful. She certainly did that and what was more we all had the chance to eat one of her delicious cakes. Refreshments were served and the raffle drawn. Mrs Anne Davies was the winner and Gwen won the special raffle donated by Mrs Jenny Webb. Gwen also donated two of her cakes for the raffle and Mrs Gwyneth Davies and Mrs Mary Morris had the lucky numbers.

On the 3rd December the Guild went to the Pen-y-Bont for our Christmas lunch. It was a lovely meal and each one of us left with a gift from secret Santa. A nice way to begin the Christmas celebrations.

January 10th was our first meeting of the New Year and this took place as a social evening. Each member who attended brought a small plate each of sweet and savoury and what a delicious spread. Before feasting we managed to answer questions in a couple of quizzes and Vice President ,Mrs Margaret Roberts ran through a list of what we can look forward to in the coming meetings. After refreshments the raffle, donated By Mrs Gwyneth Davies and Mrs Anne Davies, were won by Mrs Gwen Gray and Mrs Janet Burden. As the evening came to a close we all decided it had been a great success and look forward to the next one.

If you would like to join the Guild you would be made very welcome. We meet the second and fourth Thursdays of the month.

Gill Burton

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DAVID HANSON MP FOR DELYN

SEVEN WAYS TO CONTACT DAVID

Write to me:	4 Trelawny Square Flint Flintshire CH6 5NN
	OR
	House of Commons London, SW1 A0A
Phone me:	01352 763 159
See me:	At one of my regular advice surgeries (contact my office for details)
Fax me:	01352 730 140
Email me:	david.hanson.mp@parliament.uk
Website:	www.davidhanson.org.uk
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The Poppy Appeal collection for November 2018 raised £2350.20 within the Leeswood, Pontblyddyn and Pontybodkin area.

A very big thank you to everyone who helped with the collection – the house to house collectors, staff and pupils at Ysgol Derwenfa, Community Council, the Co-op and Pontblyddyn Garage customers and local public houses. £306.97 was collected during the service of Remembrance held at Christ Church and £320.50 from wreaths purchased by various organisations etc. Also a very big thank you to all residents of Leeswood, Pontybodkin and Pontblyddyn who gave so generously for the Poppy appeal.

A very big thank you also to Mr Carlton Jones for supporting me each year as I organise the appeal and to those who helped in the Tea Party which raised £93.20. Special thanks to Councillors Ray and Tim Hughes, Mr Carlton Jones and Master Iwan Hughes for putting the poppies up around the village and Councillor Jayne Atkinson and her husband John for taking them down.

Cheryl Francis Poppy Appeal Organiser



County Road, Leeswood, Flintshire CH7 4RF 07955 847917 www.bethanialeeswood.org Supposing we really found

him...

It's February, and Christmas is now a distant memory, but allow me to talk about some characters from the Christmas story who just about make it into January. The Wise men.

Growing up in the 70s, one Christmas present I received annually was a blank diary. Each year I set out to keep it, but with the woods and other places around Leeswood to explore, snowmen to build, etc. I had usually failed by about February. Sometimes I got a bit further if it was one of those, week-to-a-page, pocket diaries with room for about 4 words for each day. Being un-churched I always wondered what the word '*Epiphany*' meant, written in italics on January 6th.

It sounded strange to me back then, but I've since discovered that '*Epiphany*' is a Christian feast day, also known as '*Three Kings Day*', where those '*wise men that sought Jesus*' are remembered during the closing part of the Christmas celebrations. To be accurate, the bible doesn't tell us that there were **three** kings. It just records 'wise men' (magi) from the east bringing **three** <u>gifts</u> - Gold, Frankincense and Myrrh.

However many magi there were, I wonder what if we, like those ancient seekers, set out on a journey of 1000s of miles looking for a King of promise and supposing, like them, we really did find him! What if we took the journey further and found him to be not just an earthly king, but God himself, come down to *"pitch his tent amongst us"* as John's gospel describes.

C S Lewis in his book 'Miracles' talks about our search for God, or more accurately, God's search for us, like this. He describes how shocked we can get when we find something alive where we were least expecting it. We walk into a room and discover a bird has flown in through the window and recoil in horror, even though the bird itself would cause no harm. Lewis describes how we like God to remain distant and impersonal, and how surprised we are when we find that yes, prayers are answered, God does break into our situation to show himself, but often we recoil or shirk away. We can even attend church for decades and go through the motions of 'religion' without actually encountering God in a real and personal way. C S Lewis puts it like this ... There comes a moment when the children who have been playing at burglars hush suddenly: was that a real footstep in the hall? There comes a moment when people who have been dabbling in religion ('Man's search for God!') suddenly draw back. Supposing found Him? we <u>really</u> ...Worse still (in our thinking), supposing <u>He had found us?</u> Wherever we are in life - as we seek him - may God find each one of us in 2019.

John Mainwaring

BLWYDDYN NEWYDD DDA! HAPPY NEW YEAR!

Morning Service

Our morning service begins at 10:15am and finishes about 11:30am. The service is structured but fairly informal in style. We sing modern Christian songs and some classic hymns too. We have Bible teaching that is relevant to our lives and journey of faith, and should be appropriate for those who are seeking faith as well as those growing in faith.

Kidzone is available for younger children. After the service we have tea and coffee, and sometimes a meal together as a church family.

Sunday Evenings

On Sunday evening we are meeting at 5:00pm to read the through the whole Bible in a year. Come along and listen. At 6.00pm we have a time of prayer.

Children and Youth

Bright Sparks under 4s - Fri. 9:30am to 11:00am

High Fives - Reception to Year 6 - Weds. 5:45pm to 6:45pm

Lasers - Year 6 and over - Weds. 7:15pm to 9:00pm

Safe Haven If you know someone who has a disability please let them know about Safe Haven Crafts. Check out **www.safehaven.wales**

Croeso

Er mai Saesneg ydi prif iaith ein cyfarfodydd, mae sawl un ohonom ni'n siarad Cymraeg ac yn falch iawn o gael byw yng Nghoedllai a'r cyffiniau ac o gael gwasanaethu ein cymuned drwy gyfrwng y Gymraeg. Mae croeso mawr iawn i chi ymuno â ni ar y Sul.

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CHRIST CHURCH, PONTBLYDDYN Services in February & March 2019

> Sunday 3rd February: 4.00 p.m. Christingle Service with the Choir of Ysgol Derwenfa

SUNDAY 10TH FEBRUARY: 4TH BEFORE LENT 11.15 A.M. HOLY COMMUNION

SUNDAY 17[™] FEBRUARY: 3RD BEFORE LENT 11.15 A.M. MORNING PRAYER

SUNDAY 24[™] FEBRUARY: 2[№] BEFORE LENT 11.15 A.M. HOLY COMMUNION

SUNDAY 3RD MARCH: NEXT BEFORE LENT 11.15 HOLY COMMUNION

> ASH WEDNESDAY 6TH MARCH 7.00P.M. HOLY COMMUNION WITH IMPOSITION OF ASHES

Sunday 10th March: Lent I 11.15 a.m. Holy Communion with Baptism

> SUNDAY 17TH MARCH: LENT II 5.00 P.M. EVENSONG

SUNDAY 24TH MARCH: LENT III 11.15 A.M. HOLY COMMUNION

EVERYONE IS WELCOME AT ALL OF OUR SERVICES

CHRIST CHURCH, PONTBLYDDYN

is open every day between

the hours of 10.30 a.m. and 3.30 p.m. $% \left(10.30\right) \left($

if you would like to light a candle and/or spend a little time quietly with God.

Donations for the Food Bank and/or SHARE can be left in the Church Porch

SOUP 'N PUD

in Leeswood Community Centre

Saturday 9th February

Lunch will be served from 12 noon last orders at 1.15 p.m.

> Adults £5.00 Children £2.50

Menu to include Vegetarian options

All Welcome

Proceeds in aid of Christ Church, Pontblyddyn

IN CHRIST CHURCH, PONTBLYDDYN.

23RD FEB. & 30TH MARCH 2019

"COME 4 COFFEE"

AND "VICAR'S SURGERY"

10.30 A.M. - 12 NOON

The Vicar will be available if you wish to speak to her on Church Business.

Lent 2019

Throughout the weeks of Lent there will be an opportunity to share in a Lent Course on the theme of **'GENEROSITY AND THE INHERITANCE OF LENT**'. This will take place every Wednesday Evening in Christ Church, Pontblyddyn and will be led by The Rev'd Kathy Stewart.

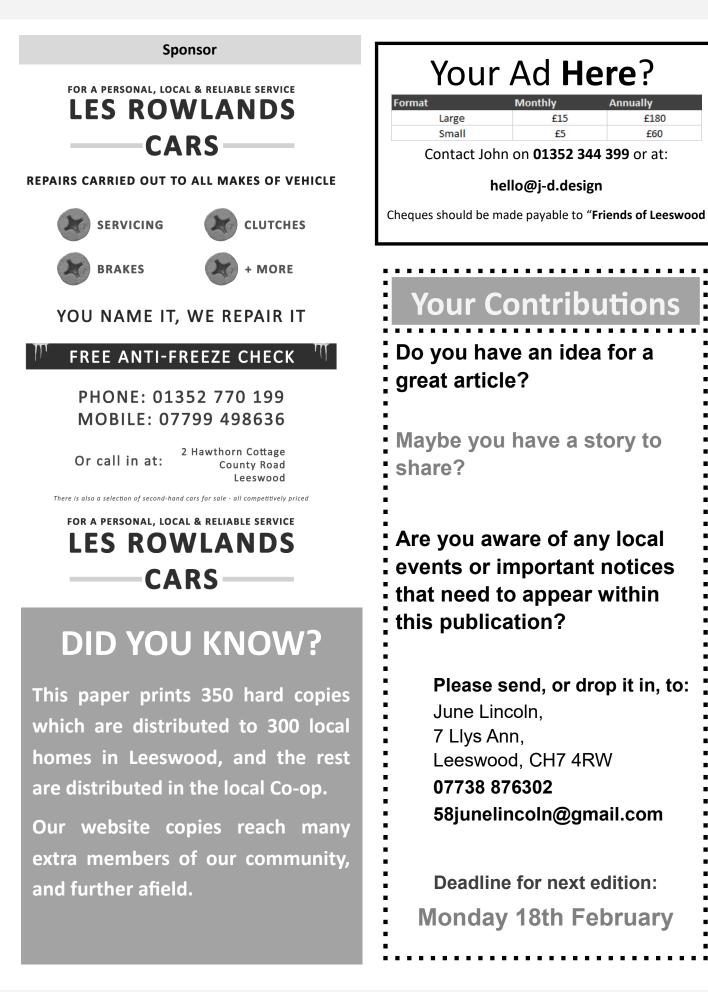
CHRIST CHURCH CONTACT DETAILS

Rev'd Carole Poolman, Vicar.

The Rectory, Llanfynydd, Wrexham. LL11 5HH.

Phone: 01978 762304

Email: cc.sm@btinternet.com



New Series

FOOTPATHS IN LEESWOOD & DISTRICT No 10

IN SEARCH OF OFFA'S DYKE

This walk uses a footpath which is in parts very difficult to negotiate. I include an alternative, if the County has been unable to deal with the obstructions.

Leave the Community Centre Car park at the rear and go into Phoenix Park. Keep close to the fencing on your left and make for the path leading to the yellow gate. Go through and out at the other end via a similar yellow gate and turn right.

Continue along the broad path with playing fields on the right, through a gateway onto a narrower track to reach the brow of the hill. You need to look out for an unmarked path off to the left which will take you down first through a field and then in woodland, descending to the old pipe works. The path enters habitation through a wide gate, so go through and use the entrance way to reach Pontybodkin.

Turn right into Ffordd- y-Bont and follow the road for a short distance, before using a little shortcut on the left to reach the main road, the A 5104. Turn right and use the pavement to walk to the Railway Inn. Here cross the road and take the minor road facing you on the other side for a short distance before branching off, right, onto the old railway line, now a delightful footpath. This will take you for quite a distance to reach the main road, B5101, between Treuddyn and Llanfynydd via a gate and stile.

Here you have a choice to make: - The longer trail to Offa's Dyke passes through some inhospitable territory, and I would not recommend it at the moment, unless significant improvements are made by the local authority. You might want to take your chance, and if so follow the guide below at No 4. If you take the shorter route, turn right at the main road and follow it all the way, through one-way traffic lights. You will be walking on Offa's Dyke now, deep down below the tarmac! Join the longer route by the access point to the Dyke at No 9 below †

If you do decide to take the long route, once you have reached the main road turn left and follow it all the way to the village of Llanfynydd. Traffic can be quite plentiful here and there is no footpath, so keep a sharp lookout. Once you reach the village, turn right and take the road out and up a very steep hill.

5. At the top of the hill look out for a footpath signpost pointing in the direction of the field over to your right. On our last visit [October 7th 2018] **this signpost had been uprooted** and was leaning ominously in the hedge. Go through the gate here and enter the field. The map suggests there is a footpath to be followed, keeping close to the right-hand edge of the * lefthand of two fields. However, when we came to the end of this field, there was **no stile visible** to take us on our way. To get round this obstacle it would be preferable to use the *right-hand field at the outset, and by keeping to the lefthand edge reach the objective. Here there is a gateway on the left taking you into the field beyond

6. Keep the field edge on your right. On the other side of the hedge, to your right, you will see a house, and in the hedge itself a stile which ought to be in use to allow you to get across into their garden, but is unfit for purpose. However if you continue down to the field corner you face a fence to climb to reach a track beyond.

7. Once on this track turn right and continue for a short distance. You have now regained the public right of way. Turn left and go downhill. Here you are faced with **a sign marked PRIVATE**, but this is a right of way. Descend as if along the driveway to the house, "Lake View", but take a gate, left, which will allow you to follow a gully alongside a brook down to the River Cedigog.

8. More problems loom. You need to find **an obscure and secluded footbridge** over the river to your left. Once over the river your next task is to pursue a "path" steeply upwards, keeping a hedge boundary on your left. **This path is overgrown, obstructed and unmarked.** At the top, when you get there, you will find an open gateway where you can enter a managed field. By keeping the field edge to your left you can complete this tortuous journey, and ahead see the splendid rampart and ditch of Offa's Dyke.

There is a road on top of the Dyke, but your best view and opportunity for exploration is definitely here on your approach from the field.

9. To reach the road which straddles Offa's Dyke, find a stile in the left-hand field corner and use the steps to reach the road. Turn left and walk along this one-way road – which is worth bearing in mind, as traffic can come first in one direction, then another, at quite a pace, trying to beat the lights which are stationed at each end.

If you have taken the shorter route, paths are joined here.

10. Continue along the road, through the traffic lights, looking for a way off to the right. Ignoring an access road, continue to reach a gate, a stile and a walkers' sign, taking you off right. Keep the field edge on your right as you cross the field, and after a stile enter a second field, with a waymark and open gateway on our last visit.

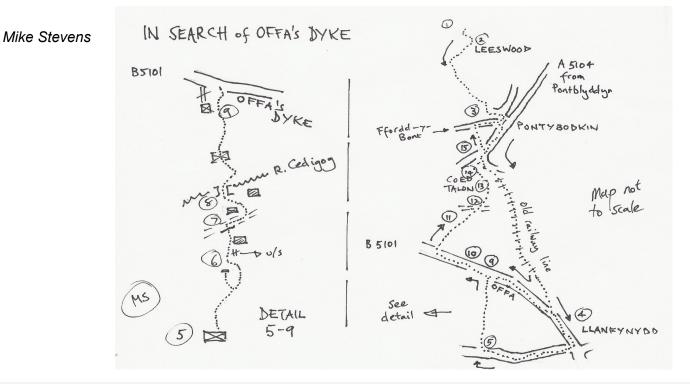
11. Follow the fence to your right all the way round, making as if for farm buildings ahead. At the next field corner a galvanised stile takes you out onto a driveway which you cross to a stile opposite into another field. You are making for the corner of a hedge which projects from the farm, and here there is a stile.

12. Cross into the next field. Keep the fence to your right as you cross this field *[replete with donkeys on our last visit*] to another stile in the hedge. You are more or less at the top of the hill now. A way-mark shows you how to descend in the next field, keeping the hedge on your left. You reach another fence system, stile, waymark, fence. This area is well fenced. You are going steeply downhill. In the corner there is another stile taking you out of the field system into scrubland.

13. By comparison this section is less well maintained – definitely bramble territory, with vegetation taking over including mountain ash trees. Eventually you will come to a building of somewhat indeterminate nature, which you keep to your right. You reach a track, which you follow down to a gate and a stile – there is a football pitch over to the right - and you are now in Coed Talon.

14. Hit the tarmac and discover the old school on the right. Turn off right here and follow the track back to the old railway line which you used earlier in the day. Turn left and rejoin the main road, crossing it, and look out for the garage, Hardings, on the left. Just past here there is a cunning little path off to the left, taking you away from the main road.

15. This narrow walkway between a fence and a wall ends in a stile. From here walk uphill towards the house. You need to negotiate a way between the house and the garages, then pass old buildings to come out onto the road, where you turn right. This will take you down into Pontybodkin, where you rejoin the route you used at the start, and from here you can easily make your way back to Leeswood.



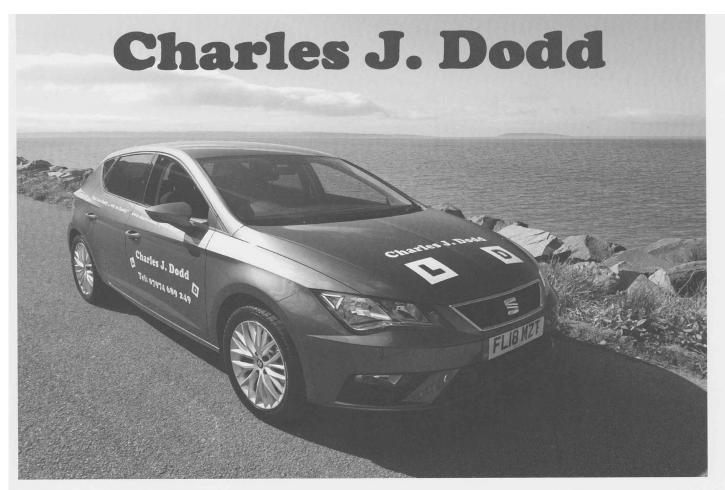


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Contacts List

.3				
	Committee	When	Where	Contact
	Allotment Association	4th Monday of the Month	Community Centre	Joseph Caruana: 01352 770187
	Carnival Group	2nd Tuesdav of the Month	Community Centre	Leah Thomas Coleman: 07798 665392
		List Triseday of the Month	Community Centre	Cavle Brand: 01352 770068
		Last Lucsuay of the Month		
	Community Council	1st Tuesday of the Month	Community Centre	Marie Reynolds: 07912 146517
	Activity / Group when	Wnen	wnere	Contact
	Book Swap	Every Thursday 09:00 - 12:00	Sunshine Café	Shereen Devine: 07469 851886
	Bowling	Various	Bowling Club	Mike Jackson: 01352 771607
	Bright Sparks	Friday: 09:30 -11:00 (Term Time Only)	Bethania Church	Ann Jackson: 01352 771607
	Brownies	Tuesday: 17:15- 18:45	Community Centre	Cheryl Francis: 01352 218704
14	Community Theatre	Various	Community Centre	Mike Stevens: mike38stevens@gmail.com
Pesv	Craft	Alternate Mondays:13:30 - 16:00	Community Centre	Cynthia Flintcroft: 01352 771 245
	Cricket	Various	Pontblyddyn Cricket Club	01352 771629: chairman@pontblyddyncc.org.uk
4 & I	Guides	Tuesday: 17:15 - 18:45	Community Centre	Cheryl Francis:01352 218704
Dist	High Fives	Wednesday: 17:45- 18:45 (Term Time Only)	Bethania Church	Joyce M'Caw: 07713 439716
rict I	Ladies Guild	Every 2nd & 4th Thursday 19-00-21:00	Community Centre	
New	Lasers	Wednesday: 19:15- 21:00 (Term Time only)	Bethania Church	Joyce M'Caw: 07713 439716
IS IS	Mother's Union		Christ Church Pontblyddn	
	Over 60s	Alternate Wednesdays: 14:00 - 16:00	Community Centre	Mair Hughes:
	Patch Work & Quilting	Tuesday: 10:00 - 15:00	Community Centre	Not currently accepting new members
	Pigeon Racing	Friday Night	The Prince	Ray Hughes: 07794 208550
	Play Group	Monday - Thursday : 09:15 11:45 (Term Time Only) Ysgol Derwenfa	Ysgol Derwenfa	Claire Coleman: 07851 975198
\ M /\	Rainbows	Thursday: 17:45: 18:45	Community Centre	Cheryl Francis: 01352 218704
A/\A/	Safe Haven	Tuesday: 14:00 16:00 (Term Time only)	Bethania Church	Dorothy: 07549 606145
lees	Sunshine Café	Thursday 09:00 - 12:00	Community Centre	Shereen Devine: 07469 851886
woo	Suit Case Theatre	Various	Community Centre	Mike Stevens: mike38stevens@gmail.com
od-di	Youth Club	Tuesday & Thursday 06:30 -	Ysgol Derwenfa	Blue Richard: 07960 989580
istri	Zumba	Monday: 18:30- 19:15	Community Centre	Holly Dugan: 07947 575028
ct.n	Walks Around Leeswood &	Various	Leeswood & Surrounding	Mike Stevens: mike38stevens@gmail.com
ews	Surrounding District		area	

Leeswood & District News

Technical Corner

Joseph Caruana

The New Year is here and everybody will be settling into the normal routine, possibly looking forward to Easter followed by the mild weather of spring. Inventors, engineers, industrialists, and investors we be looking at the New Year with great interest to see how they can contribute their talents to improve the world around them. I used the word 'improve' because unless we create a positive collective effort to create products or systems, that are conceived with the ingredient to improve the environment, and not only serve their purpose. This is a challenge that we all have to face, this is a challenge that we all have to commit our best efforts to preserve the environment for future generations.

Every product on the market has a carbon footprint. The carbon footprint is normally the amount of prolusion discharged into the atmosphere when the product is being produced, and therefore should be taken seriously. It should also be analysed, studied, and questioned with the intention to further develop the process used to produce the finished product

Every industrial process can be analysed and its details divided into sub sections for further study. These case studies can inspire individuals within an organisation to participate in a collective positive input to harmonise the production process. With this in mind, and in order to keep up with the continuous improvements implemented by competitors, one must keep abreast of what improvement the industry concerned requires. Some industrial cultures applies a system of wait-and-see, and they wait to see what the others are doing before they even contemplate commence on a study to understand their own process, never mind improving it. On the other hand, there are those who ventures into the industrial unknown, explore new ways and technological methods to surge ahead. Those who surge ahead normally set the standards and reap the financial benefits from appearing on the market with the most modern products on the market.

All industrial processes are man-made things, and as it is not a natural happening, it does not grow on its own like for example a forest. To this end, if man does not keep applying a healthy input to cultivating the growth, the whole process will eventually end up being surpassed by others, who will render it useless and out of date. One cannot keep saying that it has been good for the last ten years, and it will therefore be good for the next ten years. From past experience I have learnt that if an organisation does not move with the requirements of the market, the market will dispose of such organisations. In an industrial process, all those concerned need to work together for the best possible outcome with

financial benefits for all those concerned. Financial rewards normally motivates individuals to work a bit harder, and those who are in a position to lead others, usually recognise such occasions in advance, and incorporate them in their plan of operations.

Wise industrial planners, does not leave anything to chance. When planner leaves something to chance, it means that he or she does not have full control on the process. The only time that uncertainty in a process is allowed, is during experimental or development stages, but as soon as these stages are over, and the process is handed over to the planners, everything within the process should have a predictable outcome within the process.

Over the years we have seen industrial events unfolding in front of us, nevertheless, it will be left to history to decide whether industrial planners had left things to chance and why they left them to chance. Could it be because they wanted to quickly produce something new to introduce on the market to counter competition from other manufacturers, and instead of going through the proper development stages they decided to cut corners? Was it because the planners were under pressure to produce result and therefore took chances? Whatever it was, history will eventually spill some light onto the subject of industrial planning. What is important is that we adopt a positive attitude, learn from past events and apply the lessons in future planning.

With environmental issues, we will have to be very careful, mature might not give us a second chance, and it could easily be pushed beyond the point of no return. We cannot take chances with the environment, we cannot cut corners, but we can be proud that we have been trusted with such a beautiful planet, and we can work to preserve what we have for generations to come.

The Methodist Church

Wesley Church, Leeswood

- **3rd Feb** Morning Worship **10.45 am** Led by Rev'd Stephen Wigley (Chair of the Wales Synod)
- 10th Feb Lord's Supper 10.45 am Led by Rev'd Pat Christopher (Racial Justice Sunday)
- 17th Feb Morning Worship 10.45 am Led by Miss Trish Earlam
- 24th Feb Family Service 10.45 am Led by Church members



Methodist relief and development

Wesley Methodist Church, Leeswood is part of the Buckley and Deeside Circuit and this year the circuit has decided to raise money to support the following projects.

The first is to support farmers in Ethiopia by providing 14 farmers with 10 fruit tree seedlings each and training in how to manage fruit trees. Yon are warmly invited to join ns for Afternoon Tea at Wesley Methodist Chnrch Leeswood Wednesday 13th February 2.30 to 4.30 pm



This would provide a regular source of income and a more nutritious diet for 14 families, who are struggling to survive.

And secondly build a farm or two with 15 chickens to kickstart a business in Zimbabwe, a goat for a vulnerable family in India, a sheep for a farmer in Ethiopia and 14 pigs for farmers in India.

They have a Target £ 2,352 and money will be managed by the Methodist charity for relief and development: 'All we Can'.

MEMORIES OF AN OILFIELD MAN

Still on the Range.....

After a good old American breakfast eggs, with Grits, bacon covered with maple syrup and very strong black coffee for Carol not me, I like mine with cream, (and a drop of rum), I asked Jim what the plans were for today. "We have rounded all the cattle and they are in the pens, and have arranged for the vet to check them over, then there are a few that need de horning. Some of the cows have had calves, the males will be castrated" I asked him why. "So they will put more beef on". I don't know how true this is or whether just a cowboy traditional way of life, "first job will be de horning" he said, "how and who will be doing this" I asked, " those of us sitting at this table" all of this he explained in his slow deputy dog Southern drawl.

I was looking forward to this experience, I had heard and read about it but as I have said before it was like stepping back in time, Jimmy (John Wayne but half the size) in his big white Stetson, me a little taller wearing a Denim Stetson, Wrangler shirt and jeans and a pair of very expensive Tony Llama cowboy boots, our sons were dressed in similar gear even Carol had a black Stetson and wearing a check shirt and jeans (those were the days).

After breakfast we all made our way over to the cattle pens, I could not even imagine walking around Liverpool dressed like this. I remember the first time I met Bob White, in Aberdeen in 1972 (was it really that long ago), the guy who gave me my first job on the rigs he was wearing a white Stetson and cowboy boots, and I thought "what a plonker" and here I was looking exactly the same but wearing a Denim hat and not feeling out of place, strange isn't it?

Number one priority, dehorn those cows - "Ok Jim what do I do" I asked, "follow me" he said. In one of the pens there was a metal frame with a longish handle, Jim handed me a long metal rod with a handle one end and a narrow cylinder at the other and told me it was a cattle prod and it was used on stubborn cattle that would not go into the guillotine, then prod their tender parts, "that makes them move" I think that would make me move as well !! I was about to climb over the rail and get in among these beasts with the long horns, the first thing I noticed was that the pen was full of liquid cow manure about six inches deep "come on Jim I have only wore had these new boots on twice and you expect me to chase cows around in all that crap?" "that's the best way of breaking in stiff new boots we all do it" "No way, I'm taking them off after all cow manure can't hurt me". So the boots and socks came off and into the pen I went with sloppy manure squelching between my toes, I had a feeling of being watched, and I was, a huge Brahma bull standing in the corner with huge horns and foam slobbering from its nose or mouth, I don't know which. If only there were smart phones or small cameras around then as what happened then would have gone viral. I think I left some of my own manure in the pen as I made a quick exit back over the rail,

embarrassing to say the least as Jimmy and everyone else was falling over laughing at my antics, (so much for Mr cool). "that's the most harmless animal on the ranch no need to worry about it so get back in and put the first cow in the trap, so there I was covered in wet manure chasing this cow with my electric cattle prod until it went into the guillotine. Once it was in Jimmy pressed down on the long metal lever which closed the two sides against the beast leaving only the head showing giving access to the horns. Jimmy told me to stand clear and used a type of pruning shears made for the job he placed them about three or four inches away from the head and cut the horns off. What I did not expect was the blood that gushed out of the remaining stump it sprayed a good six foot away, this was one of the most ridiculous and cruel things I have seen and told Jimmy what I thought of it. "They don't suffer or feel a damn thing and its good for them,(the idiot) and it's the way we do things, (surely it does not still go on??).

Luckily there were only four that needed de horning. I couldn't handle any more, we released the cows back into fields, "what about those young calves Jim ?" didn't know why they were kept apart when we released the cows. "Tomorrow we will castrate the young males, oh boy, that was something else to look forward too(Not) I know this may not be to our LDN readers taste but it happened, and I will not go into details of how this was done but the cut off parts were placed in the freezer. The locals called them Tennessee mountain oysters as we were having a Barbi at the weekend we would be able to taste them - something else to look forward to I suppose. It was Jim's turn to hold the weekend Barbi, he had invited all friends and relatives, Jim had a freezer full of beef chosen from his herd. We took his Quad bike into the glades and cut down some Palmeta I think that is how it is spelled, they were like small palm tree plants and the heart was used as a vegetable, very much like cabbage, all introductions were made, Pat introduced me to her cousin Tom, "This Tom and he is the Deputy sheriff" (County Mountie) I believe they're called. This guy was a typical movie style muscle bound police officer, smartly dressed short sleeved uniform wearing gun holster, and we got on like a house on fire, he did not drink or smoke and went to church every Sunday,

Lynne had a hay cart filled with fresh hay then loaded all the youngsters as in Picture. In the next issue I will mention an incident that left my youngest son scarred during this Barbi,





Leeswood & Pontblyddyn : working to become Age-Friendly



Age- Friendly Community Actions For the Year Head 2019

Here is a summary of the actions and some of the tasks that have been identified:

Action	Task
Work with partners in the community to in- crease the number/range of community activ- ities/events including intergenerational activi- ties	 Investigate grant opportunities to fund community events Support individuals in the community to plan/organise additional community activities Continue to hold intergenerational activities with the School. Encourage more volunteers
Re-introduce a regular lunch club for older people in the community	 Liaise with partners to plan the venue, time, frequency, cost Hold a community 'taster' event to promote the lunch club and sign- up regular participants, identify/assign volunteer roles Finalise lunch club arrangements and organise regular promotion to raise awareness
Work towards being a Dementia Friendly Community	 Invite Flintshire Dementia Friendly Community lead to advise and assist in Dementia Friendly (DF) process Develop a Dementia-Friendly Community Action Plan

At the end of last year, we applied for Age Cymru's Winter Celebration grant. I am delighted to inform you that our application has been successful and we

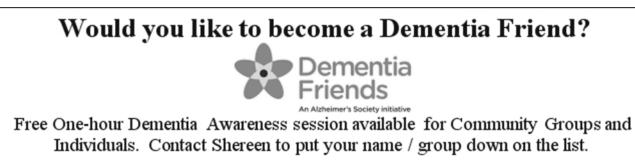
have been awarded £150 to hold an event at the end of February. We are currently planning the event, so please keep a lookout for more information. The event must be of benefit to Older People living in the Community. We will continue to seek further funding opportunities.

We are still in discussion with a number of partners to see how we can re-introduce a lunch club into the community that will require a minimal amount of organisation from volunteers. We have made this one of our priorities for the New Year.

To support us in the process of becoming Dementia Friendly, the Dementia Friendly Communities lead for Flintshire will be meeting with us in the 'Old Clinic Monday 4th February, 18:00. Anyone wishing to be involved in this initiative is invited to be part of the discussion, please come along and join us. One of the things we plan to do is to hold a Dementia Friends session open to the whole community. You can register your interest to attend this session by contacting Shereen.

The 2nd tablet course is now underway and is fully booked. If you have missed out and would like to receive tablet training, please do get in touch with Shereen, and she will contact the College to see if they have another course in the area. Do not forget, the Community Centre has free Wi-Fi so you will have an opportunity put your new skills into practice. Café Sunshine welcomes the use of phones and tablets.

The Age _ Friendly Community / Steering Group is now registered with Time Credits. If you can Volunteer with any of the group's activities, including the café, you will receive 1 Time Credit for every hour that you volunteer. The Time Credits can be redeemed Nationally. For more information, please contact Shereen or check out <u>https://timecredits.com or</u>



Want to be kept informed?

The simplest way of keeping up with progress and to be kept informed of new activities is to join our Age-Friendly Community e-mail group. It is free to join and there is no obligation to get involved in any of the activities but we would definitely appreciate your help in spreading the news.

Don't have an email address? Phone Shereen and we will do our best to contact you about forthcoming events/activities.





Leeswood & District News

I'm also looking to help as many charities and non-profits as possible **FOR FREE**!

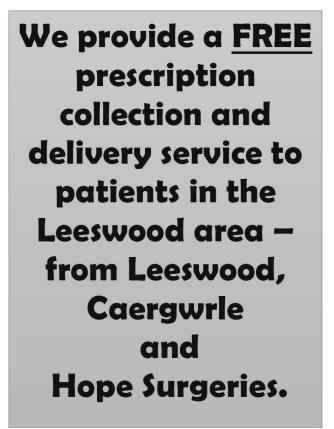
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LEESWOOD & PONTBLYDDYN NIGHTINGALE HOUSE HOSPICE

FRIENDSHIP SUPPORT GROUP

Thank you all for coming and singing Carols with us on 21st. December 2018.

We were delighted to have the support of our Flintshire County Councillor, Cllr. Raymond Hughes; the Leader of Leeswood & Pontblyddyn Community Council, Cllr. David Rule and our local Member of Parliament, David Hanson MP.

Our Hospice contact Debbie Barton has been promoted and her replacement Luke McDonald came along to introduce himself to the people of Leeswood. He said that in the last 10 years alone, the Group has raised more than £37,000 for the support of the Hospice, a sterling effort on the part of a small community.

Dewi mentioned the recent sad death of local chap Mark Evans who had been supported by Nightingale House Hospice at the end of his too short life.

Thank you to Dewi Hughes for arranging the Service & conducting, to members of the Cymau Choir who sang with us and to Margaret Roberts for playing the organ.

After paying for Refreshments and the hire of the hall, £240 was raised for the Hospice.

We are looking forward to welcoming you to BINGO at 7pm. for 7.30pm.on Wednesday 13th. February 2019 at the Leeswood Community Centre. Anyone who wishes to donate prizes for the Bingo and/or Raffle or future events can ring 07858 776 594 and have them collected or items can be dropped off at the Leeswood Community Centre any Tuesday between 10am. and 2pm. and left with Anne, Cynthia, Gwen, Jennie, Maureen or Norma.

We are having the St. Davids Day fundraising COFFEE MORNING on Friday 8th. March 2019 from 10.30am. to 12.30pm. at the Leeswood Community Centre. There will be Hospice goods for sale, "Trash or Treasure", a Tombola Bottle Stall and a Raffle, £3 per adult, children free. The Headmaster of Ysgol Derwenfa Andrew Jones and Mrs Linda Dilkes will be bringing some of the children from our village primary school along to entertain us.

The annual STRAWBERRY TEA will be held in the Leeswood Community Centre on Saturday 8th. June 2019 from 2pm. to 4pm. £4 adults, children £1

We will have a Stall on the Leeswood Carnival field on Saturday 13th. July 2019.

Thankyou for your valuable continueing support from Lucille [currently in Mold Hospital], Flora, Anne, Bryn,John,Jane Lucy, Jane Owen, Bryan & Jennie



Wrexham Hospice & Cancer Support Centre Foundation (Limited By Guarantee). Company Number: 2906838 Registered Chapter University Number: 1015600. Registered in Ecolorid and Wolars

LEESWOOD AND PONTBLYDDYN COMMUNITY COUNCIL

CYNGOR CYMUNED COEDLLAI A PONTBLYDDYN

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PRESENT

Councillor D. Rule, Chairman (in the Chair), Councillors J. Caruana, L.T. Coleman, D. Foster, R. Hughes, T. Hughes, L.C. Richardson, J.E. Saul and R. Williams.

Also in attendance Marie Reynolds - Clerk to the Council.

APOLOGIES FOR ABSENCE

These were received from Councillor J. Atkinson, C. Coleman, D.K. Crowther and G. Sherwood.

DECLARATION OF INTEREST - MEMBERS CODE OF CONDUCT

There were no declarations of interest.

MINUTES

The minutes of the monthly meeting held on Tuesday 2nd October 2018 had been circulated to all members. It was proposed by Councillor J. Caruana and seconded by Councillor T. Hughes that these be accepted as a true record of proceedings. All Councillors in agreement.

The minutes of the Cemetery Committee meeting held on Tuesday 16th October 2018 had been circulated to all members. It was proposed by Councillor R. Hughes and seconded by Councillor J.E. Saul that these be accepted as a true record of proceedings. All Councillors in agreement.

POLICE LIAISON

PCSO 3684 Peter Jones was unable to attend. He had sent a report in his absence.

Crime Issues / Trend

<u>Public Order Crime – Heol-y-Dderwen, Leeswood</u> – report of three persons fighting. Five Officers attended but the persons involved had left the area by the time the Officers had arrived. The person who had contacted the Police was unable to give a description of those involved in the fight. Search of the area was conducted but nobody was seen.

<u>Suspicious Circumstances – Building Site on Cor-</u> <u>wen Road, Pontblyddyn</u> – it seemed as if someone had tried to gain entry to look at items inside, nothing was taken/no entry gained. Enquiries are on-going.

ASB Issues

None to report

Other News/PCSO activities:

There has been a spate of thefts/people trying to enter properties in the Flintshire/Wrexham areas. Any suspicious activity should be reported to the Police using 999 if the individuals are still present and continuing to act suspiciously (urgent) and the 101 service if the matter is not urgent.

CEMETERY

New Extension

It was queried as to whether the quotations requested to erect a stock proof fence in the Cemetery extension included a price for cutting back the hedge. All Councillors agreed that clarification of this should be sought. The Clerk advised that she was awaiting a price for fitting the drain. Point was made that in the future all clay spoil would need to be moved into the new extension.

Trees and Memorials

E-mail correspondence had been received from LCAS Helpline, Zurich Municipal Insurers advising of potential issues with tree liabilities and Cemetery/Memorial management: -

Tree Liabilities

A recent Court of Appeal decision has served as a reminder that any landowner has to have a risk based, planned and managed approach to the risks that trees on its land bring. It had been found that an approach to an inspection of trees on a blanket three yearly cycle was inadequate and failed to consider trees in higher risk locations. A more frequent and rigorous inspection was required. LCAS have previously advised that a tree management strategy and framework should be established and implemented. This approach cannot be a blanket, in terms of timetables, and inspection frequencies will need to be flexed to reflect risk.

All Councillors agreed that it was important to take responsibility for trees within the perimeter of the Cemetery. Councillor R. Hughes advised that he and Mr Aled Davies the Cemetery Sub-Contractor checked the trees on a regular basis and if there was any concern a tree specialist was asked to come out and examine the tree in question.

Cemetery & Memorial Safety

In July 2018 a revised version of the British Standard – BS8415 – was published, following a

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significant period of consultation. Amendments to the standard include updates on the recommended methodology for testing the design, construction and fixing of memorials, considering ground and soil conditions.

It is established law that ownership of memorials remains with the family of the deceased. However, in discharging their duty of care to employees, visitors and other members of the public, burial ground operators need to have in place management and monitoring systems to control the risks from memorials. These systems should start with ensuring that any new memorials being erected are designed and installed in a manner that is compliant with, as a minimum, the best practice outlined in BS8415 or to at least equivalent standards. The risk of injury or death caused by a failed or collapsing memorial remains extremely low. However, as is often the case with tree accidents where statistical risk is extremely low also, the public reaction to an incident of this nature is often quite challenging and calls into question the associated levels of risk. Those with responsibility for the operation of burial grounds and cemeteries should refresh their understanding of their responsibilities and ensure that the right questions are being asked of installers and permission to install only being granted when satisfied that the appropriate best practice standards are being met.

The Clerk reminded that an inspection of the memorials had taken place last year and there was no cause for concern reported. All memorials in the Cemetery are erected by stonemasons and drawings of these memorials are sent to the Clerk beforehand.

AGE FRIENDLY COMMUNITIES

The Community Café sited in the Clinic Area of the Community Centre continues to do very well and most weeks spills out into the Main Hall. Those residents that use the Café stay awhile. It had been hoped to attract some of the parents coming back from the School after dropping their children off but this has not been the case so far.

<u>PARKING ISSUES - BELL'S CORNER AND JUNC-</u> <u>TION OF BRYN CLYD/KING STREET</u>

Councillor R. Hughes advised that he would speak to Mr Lee Shone of Highways, Flintshire County Council to establish if any progress had been made with regard to the double yellow lines on Bell's Corner and the junction of Bryn Clyd/ King Street.

CADWYN CLWYD - iBEACON PROJECT

Councillor J.E. Saul and Mrs Jo Danson will be giving_an i-Beacons Project Presentation Ysgol Derwenfa on Wednesday 21st November 2018 at 3.30pm. All Councillors are welcome to attend.

TRAFFIC MANAGEMENT, PONTBLYDDYN CROSSROADS

Councillor R. Hughes informed that he would also speak to Mr Lee Shone of Highways, Flintshire County Council to arrange a site meeting at Pontblyddyn. This would be to discuss the speed of the traffic through Pontblyddyn village.

PONTBLYDDYN VILLAGE SIGN

The erection of this sign is a work in progress and Mr Ian Williams, the Streetscene Co-Ordinator for Leeswood and Pontblyddyn would advise when the job had been completed.

NORTH WALES POLICE, SOUTH FLINTSHIRE CONSULTATION MEETING ON THURSDAY 15TH NOVEMBER 2018

The Clerk reminded Council that Leeswood and Pontblyddyn Community Council will be hosting the North Wales Police, South Flintshire Consultation Meeting on Thursday 15th November 2018, 7.00pm to 9.00pm, at the Leeswood Community Centre.

ONE VOICE WALES/CCLA – PUBLIC SECTOR DE-POSIT FUND AND LOCAL AUTHORITIES' PROP-ERTY FUND

Information from Mark Davies, The Public Sector Deposit Fund/CCLA about the Public Sector Deposit Fund and Local Authorities' Property Fund had been circulated to all Councillors. It was agreed by all Councillors that this matter be put on the Agenda for the December 2018 meeting when Councillor G. Sherwood would be present to give more explanation.

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FLINTSHIRE COUNTY COUNCIL – PREPARA-TIONS FOR THE COMING WINTER

Members had been circulated with correspondence from Steve Jones, Chief Officer, Streetscene & Transportation, Flintshire County Council. Flintshire County Council are offering a nominated member of the Community to receive daily details of the proposed gritting actions together with an accurate weather forecast for their area. County Council owned salt bins are soon to be filled, but there will be an assessment beforehand to see if these bins meet the County Council's criteria for provision of salt bins. Any bins not meeting the criteria will be removed. If the Community Council wish additional salt bins, these will be provided in a different colour to those of the County Council at a cost of £135 and each refill will cost £60. Bagged rock salt is available at £5 per bag delivered to a location of the Community Council's choice. Basic equipment to assist the local Community to help themselves during any periods of heavy snow is also available. This equipment includes eight bags of rock salt and applicators; shovels for snow clearing, also instructions/indemnity notices for those people carrying out the work.

Councillor R. Hughes advised that he would walk through the Community with Mr Ian Williams, Streetscene Co-Ordinator, to establish the best places to site salt bins. It was agreed by all Councillors that this item be put on the Agenda for the December 2018 meeting.

CITIZENS ADVICE FLINTSHIRE – ANNUAL RE-PORT 2017/2018 E-mail

correspondence from Salli Edwards, Chief Executive, Citizens Advice Flintshire, also a copy of the Annual Report 2017/2018 had been circulated to all Members. Councillors commented that it was very helpful to receive this information and that the availability of the Citizens Advice Bureau should be promoted to all residents.

DEPARTMENT FOR WORK AND PENSIONS – HOW CAN WE SUPPORT THE ARMED FORCES COMMU-NITY?

Members had been circulated with an e-mail from Jeremy Jenkins, Employer Advisor,

Department for Work and Pensions, informing that help is available to tailor a pledge of a Covenant Promise to support the Armed Forces Community. It was agreed by all Councillors that the Clerk should attempt to adapt this document and present it at the December 2018 meeting.

FLINTSHIRE COUNTY COUNCIL - CHANGES TO ARRIVA BUS SERVICE X4 E-

mail correspondence received from Ruth Cartwright, Streetscene and Transportation, advising that the Arriva X4 bus service is to be extended to serve the Countess of Chester Hospital and onward to Ellesmere Port (including Cheshire Oaks) had been circulated to all Members. All Councillors agreed that this information should be put on the Community Council website and in the Leeswood & District Newsletter.

ONE VOICE WALES/CAME & COMPANY - INSUR-ANCE

Members had been circulated e-mail correspondence from Paul R Egan, Deputy Chief Executive and Resources Manager, One Voice Wales, regarding insurance. Also circulated was a copy of the presentation given to One Voice Wales by Came & Company and additional information about their policies. This was accepted.

ONE VOICE WALES - CONFERENCES 2019

E-mail correspondence from One Voice Wales advising of their Conferences in 2019 had been circulated to all Members. These Conferences are planned as follows: -

Innovative Practice and National Awards Conference - Thursday 28th March 2019 Innovative Practice Conference - Wednesday 10th July 2019

National Conference and Annual General Meeting - Saturday 5th October 2019

This information was accepted.

COUNTY FORUM MEETINGS 2019

These meetings have been arranged on the following dates: -Thursday 14th February 2019 Tuesday 25th June 2019 Monday 7th October 2019

Sam Perry, Corporate and Business Communications Support Officer, Corporate Services, Flintshire County Council also requests hosts/Chairs for any of the evenings. This information was accepted.

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COUNTY FORUM MEETING OF 23RD OCTOBER 2018 - ELECTORAL REVIEW, LOCAL DEMOCRA-CY AND BOUNDARY COMMISSION FOR WALES

Members had been circulated with e-mail correspondence from Sam Perry, Corporate and Business Communications Support Officer, Corporate Services, Flintshire County Council. Also circulated was a copy of the Presentation slides from the evening; a copy of the map circulated at the meeting and a copy of the Electoral Reviews Policy and Practice document.

Correspondence had also been received and circulated to all Members from Tom Jenkins, Local Democracy and Boundary Commission for Wales advising that the electoral arrangements for Flintshire County Council are to be reviewed. The consultation period begins on 1st November 2018 and closes on 23rd January 2019.

It was agreed by all Councillors that this was an important issue that required serious discussion. This item is to be put on the Agenda for the December 2018 meeting.

COUNTY FORUM MEETING OF 23RD OCTOBER 2018 - NORTH WALES FIRE AND RESCUE SER-VICE

Presentation slides from the evening regarding the North Wales Fire and Rescue Service had been circulated to all Members. This document was accepted.

FLINTSHIRE COUNTY COUNCIL – DRAFT GAM-BLING POLICY, JANUARY 2019

Received from Gemma Potter, Team Leader, Licensing & Pest Control, Flintshire County Council, an e-mail advising that the draft Gambling Policy for January 2019 has now been published and the consultation period is open. This along with a copy of the draft Gambling Policy, January 2019, had been circulated to all Members. This document was accepted.

INDEPENDENT PANEL REVIEW OF THE COMMU-NITY AND TOWN COUNCIL SECTOR

Members had been circulated with a copy of the final report following the Independent Panel Review of the Community and Town Council Sector.

Also circulated was a copy of the Outline Findings and Recommendations. It was agreed by all Councillors that this matter be put on the Agenda for the December 2018 meeting.

WELL-BEING OF FUTURE GENERATIONS ACT – NORTH WALES PUBLIC SERVICES BOARDS

E-mail correspondence from Sam Perry, Corporate and Business Communications Support Officer, Corporate Services, Flintshire County Council, advising of a workshop being held by the North Wales Public Services Boards had been circulated to all Members. This is to take place at Bodelwyddan Community Centre on Friday 30th November 2018, 10am to 1pm. Councillor J. Caruana offered to attend if he was available.

COUNTY COUNCIL MATTERS

a) <u>Chester Road, near to Bridge Inn, Pontblyddyn</u> - the highway in this area requires attention. Work is to be carried out by Flintshire County Council. b) <u>High-</u> way by the Prince of Wales, Leeswood - this section of the road also requires attention. Work is to be carried out by Flintshire County Council. c) <u>White Lines on Roads in the Community</u> - the white lining will take place once the Flintshire County Council have completed their works on the roads needing attention.

d) <u>30mph Stryt Cae Rhedyn, Leeswood</u> - there is an issue with extending the speed limit as the drop from 60mph should be to 40mph then 30mph. This matter is still under discussion.
e) <u>New dog walking area on Phoenix Park, Leeswood</u> - a footpath has now been put in around the new dog walking area on Phoenix Park. Benches are also to be installed. Dogs are no longer allowed to walk on the marked football pitches at the top of Phoenix Park and fines will be issued.

f) <u>Bush near old Pond area on Phoenix Park.</u> <u>Leeswood</u> – this bush is to be cut back and the pathway to be extended.

MATTERS OF AN IMPORTANT NATURE

a) <u>Civic Service 2018</u> – Councillor R. Hughes remarked that the Civic Service had been excellent. It had been a shame that there had been no organist, but nonetheless it had gone very well. Mrs J. Phillips and Mrs. B. Kendrick were complimented for providing the buffet on the day.

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b) <u>Dog waste in the village of Leeswood</u> – it was brought to the Council's attention that there was a considerable amount of dog waste on the footpaths in Leeswood. Observation was made that there is a lot of dog walking taking place during the period of darkness and it was believed that the walkers did not pick up the waste left by their dogs. Comment was also made that rubbish is being dumped in the village as well.

c) <u>Syringe found on lane by the new development</u> <u>at Heol-y-Goron, Leeswood</u> – this matter had received extensive coverage on Social Media. It had been reported to Streetscene, Flintshire County Council.

d) <u>Remembrance Weekend</u> – an Afternoon Tea Dance is to be held on Saturday 10th November 2018 at the Community Centre, 2.30pm to 4.30pm. On Sunday 11th November 2018, the parade will assemble at the Community Centre at 10pm. The Remembrance Day Service starts at 10.50am at Christ Church, Pontblyddyn, followed by a Service at the Cenotaph, Leeswood at 12 midday. A buffet is to be served at the Community Centre after the Service at the Cenotaph.

The meeting was declared closed at 8.45pm.



EVENTS—FEBRUARY 2019

6th & 20th February

Mobile Library Maes y Meillion 11:45 -12:45

2nd February

Bethania Chapel, Barn Dance

4th February

Age _ Friendly Steering Group meeting. "Old Clinic" Leeswood Community Centre 18:00 - 19:00

9th February

Christ Church, Soup & Pudding

To Promote Your Event Here, Please Contact Shereen:

07469 851886

For More Information See Individual Posters or

Contact Groups Directly



Leeswood Carnival Committee want to wish you a Happy New Year are looking forward to bringing you the carnival to the village again. Plans are taking shape and through it seems a while away it will be here before we know it!

The Santa float is one of our favourite fund raisers of the year. It's when Father Christmas takes time to visits us all at his busiest time of year.







His beaming Ho, Ho, Ho and smiling face brings a bright light shinning over the village even when the weather is dismal.

With him comes his Magic ...

So many smiling faces greeting Father Christmas, some a little bewildered, but both young and old infected by his magic, sound of the music, snow flurries and the joy of Christmas. It warms the hearts of everyone and lifts the community spirit.

This year Father Christmas and his every faithful elves visited Trueddyn for the first time. Even in his busy schedule Father Christmas had a little time to visit a few people who had not managed to see him on his big night in the village.

Thank you to everyone who came out to support this event. A big special thank you to the extra elves which braved the weather to support us. We raised a total of £457.14 from the night event. We are so grateful to those who donated at such an expensive time of year and long may this visit continue to spread that bit of festive cheer to all.





The Christmas Bingo took place on the 5th December and was a roaring success. The room was completely packed and more tables and chairs were needed. We are all grateful on the committee for your continuing support in donating prizes and attending the winter night. A whoping £726.15 total was raised on the night.

Annual General Meeting was on Tuesday 8th January at the Community centre. It went as scheduled. With deep regret from us all Louise Fennell has retired from carnival committee. She will be missed greatly and her contribution from the start has been tremendous and be sorely missed, leaving a big hole to be filled. We wish her luck in her future endeavours, the door is always open for her and in her own words see you soon campers!!!

On a positive note we have new members which have become part of the committee this year:

Lee Jones Marco



Clair Ellis



May Parsonage



We all look forward to them bringing fresh ideas to the meetings.

Our 2019 carnival committee is as follows: Cllr Raymond Hughes- Chairman David Ellis- Treasurer Leah Thomas-Coleman- Event manager Clare Coleman- Secretary Clair Ellis Ally Harrison-Dean Ceri Harrison-Dean Jane Abbots Joe Williams Lee Jones Marco May Parsonage

If anyone would still wish to get involved with helping on committee please contact any of us, help is always required to make the Carnival a success.

EVEREST BASE CAMP TREK - Peter Hughes

On Thursday September 27th I left my home in Leeswood to start a journey I'd always dreamt of, a fifteen day adventure to Everest base camp in the Himalayas, Nepal. A trip that would take me along a route dubbed by some as the steps to heaven. With beautiful forest, Sherpa villages, glacial moraines and foot hills with amazing photo opportunities around every corner. I wasn't really looking forward to the seven hour flight to Dubai then a five hour wait for my four hour connecting flight to Kathmandu. It was also the first time I'd travelled alone. On arrival at Kathmandu airport I was picked up and taken to my hotel, The Fuji Hotel.

The next day I explored Kathmandu alone until I met up with my fellow trekkers and guides on the Saturday evening. Our chief guide was called Bikram and the group included JØrn and Tora from Norway, who would be getting married at basecamp, Jakob also from Norway, Cecile from Canada, Vijay and Vijay, both from Wisconsin, Kiri, Beth, Curtis and Paisley, Karl and Stacey and my roommate Alan all from the U.K. During the trip we decided to call ourselves the wedding crashers. We had an early night to prepare for our 4:30am start. Before leaving The Fuji Hotel the next morning, we needed to weigh our holdalls as there was a limit of only 10kg per person due to the limited space on the small 17 seat plane we would be taking from Kathmandu to Lukla. We arrived at the airport for the 45 minute flight. Lukla is considered one of the most dangerous airports in the world due to the mountainous terrain and extremely short runway. This is where we met with our five Sherpas who would be carrying our holdalls. Each man would carry 3 holdalls and more weighing in total, around 45kgs.

This is where the trek began, first heading to Phakding which would take us 4-5 hours. This is where we would spend our first night in a local teahouse called Shangri La at an altitude of 2660 metres. The teahouses offered very basic accommodation along with lovely food and great hospitality.

On the Monday, we had a 7-8 hour trek to Namche Bazaar which is where we first encountered one of the many suspension foot bridges. We often shared these with passing yaks, mules and Sherpas carrying various goods up and down the mountain, anything from fridges, food supplies and building materials. In Namche Bazaar we stayed at The Snowland Hotel for two nights at an altitude of 3440 metres. I personally found the first day quite tough, both physically and emotionally, as I'd never spent so long away from my family. The next morning, On Tuesday we had an acclimatisation day, a small two hour trek to Syangboche at an altitude of 3860 metres. We stayed here for an hour before returning to Namache Bazaar to rest and stay for the second night. Namche Bazaar is the largest town on the mountain, with plenty of shops and cafes.

On Wednesday we trekked for 6 hours to Tengboche at an altitude of 3875 metres. We stayed at Tashi Delek Lodge. I was surprised to see a photograph of a guesthouse in Snowdonia on the wall. It transpires that Sir Edmond Hilary did his training in Snowdonia for his ascent of Everest in 1953. Whilst at Tengboche we also visited a monastery. This was one of the many photo opportunities for the wedding couple who had photos taken in their wedding outfits at different stops throughout the trek with amazing views and scenery in the background.

The next day was another 6-7 hour trek to Dingboche at an altitude of 4350 metres. We spent two nights here at the Peaceful Lodge. The first night was Karl's birthday and we enjoyed a meal and a birthday cake together. On the Friday we had another acclimatisation day with a short 3

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hour trek to Nagazung at 4700 metres. We returned to Dingboche to spend the night. By now it was getting very cold and some of the group were starting to lose their appetites. This was due to the altitude. Everybody seemed to be coping well and luckily, nobody suffered from altitude sickness, probably due to the expertise of our guides. They ensured we drank plenty of water and trekked at a steady pace.

On Saturday we trekked for 5-6 hours to Lobuche. We stayed at the Sherpa Lodge at 4910 metres. We spent this evening together as a group, playing cards before resting for the day ahead.

The Sunday morning began with a 3 hour trek to Gorekshep. We stopped here for lunch at the Buddha Lodge at an altitude of 5180. We checked into our tearoom here but there was no time to rest, after lunch we had a 2 and a half hour trek ahead of us to our final destination, Base Camp. At this point, we were joined by a Lama who blessed us and joined us on our journey to conduct the wedding ceremony. We reached Everest base camp at 5364 metres where the Wedding was held. We had a drink to toast the happy couple, took some photos and left a few momentos before returning to Gorekshep for the coldest night of the trek.

The following morning there was an optional hike to Kala Partar which is at an altitude of 5634 metres but by now I was exhausted and declined in order to reserve my energy for the return journey. After breakfast we headed back to Pheriche, about an 8 hour trek where we spent the night at the Panorama View Lodge.

Tuesday, we trekked for around 7 hours and stayed at Kenjuma at The Dream Gardens. This tearoom is owned by a Sherpa named Nawang Karsang. He summited Everest in 2003 with a team of French climbers. He was one of only six out of the team to get to the top and he was able to tell us some tales from his climbing days. With the money he received for his expedition in 2003, he built the lodge with dreams that one of his 3 daughters would become a doctor and the lodge will be used as a clinic for people living on the mountain. I also got my first hot shower here since leaving Kathmandu 10 days ago.

The next morning we had a 5 hour trek down to Chumoa, staying in Chumoa guest house. Thankfully, temperatures were getting warmer at this point.

The Thursday was another 5 hour trek, arriving in Lukla. We spent our last night here at Mera lodge. We had our last meal together as a group and enjoyed a drink or two in the bar before returning to Kathmandu the following morning. Unfortunately, when we woke on the Friday morning, we found low cloud meaning planes were unable to fly into Lukla to pick us up. After a five hour wait we decided to take action. We chartered a helicopter back to Kathmandu to ensure we didn't miss our flights home on the Saturday evening. This was my first flight in a helicopter and I quite enjoyed it.

The trek was something I've wanted to do since a young age and I wanted to visit base camp in particular. Over the last few years I had thought about it more and more and decided that now is the time. I also decided that such an adventure would be a great opportunity for me to raise some much needed funds for a cause that is so close to my heart, Nightingale House Hospice. From start the finish, the trek was a grand total of 125 kilometres taking 13 days to complete and I'm very proud to say I raised over £2000 in donations. I was overwhelmed with the generosity of my friends, family and colleagues, even people I'd never met who donated.







EVEREST BASE CAMP TREK

- Peter Hughes







