

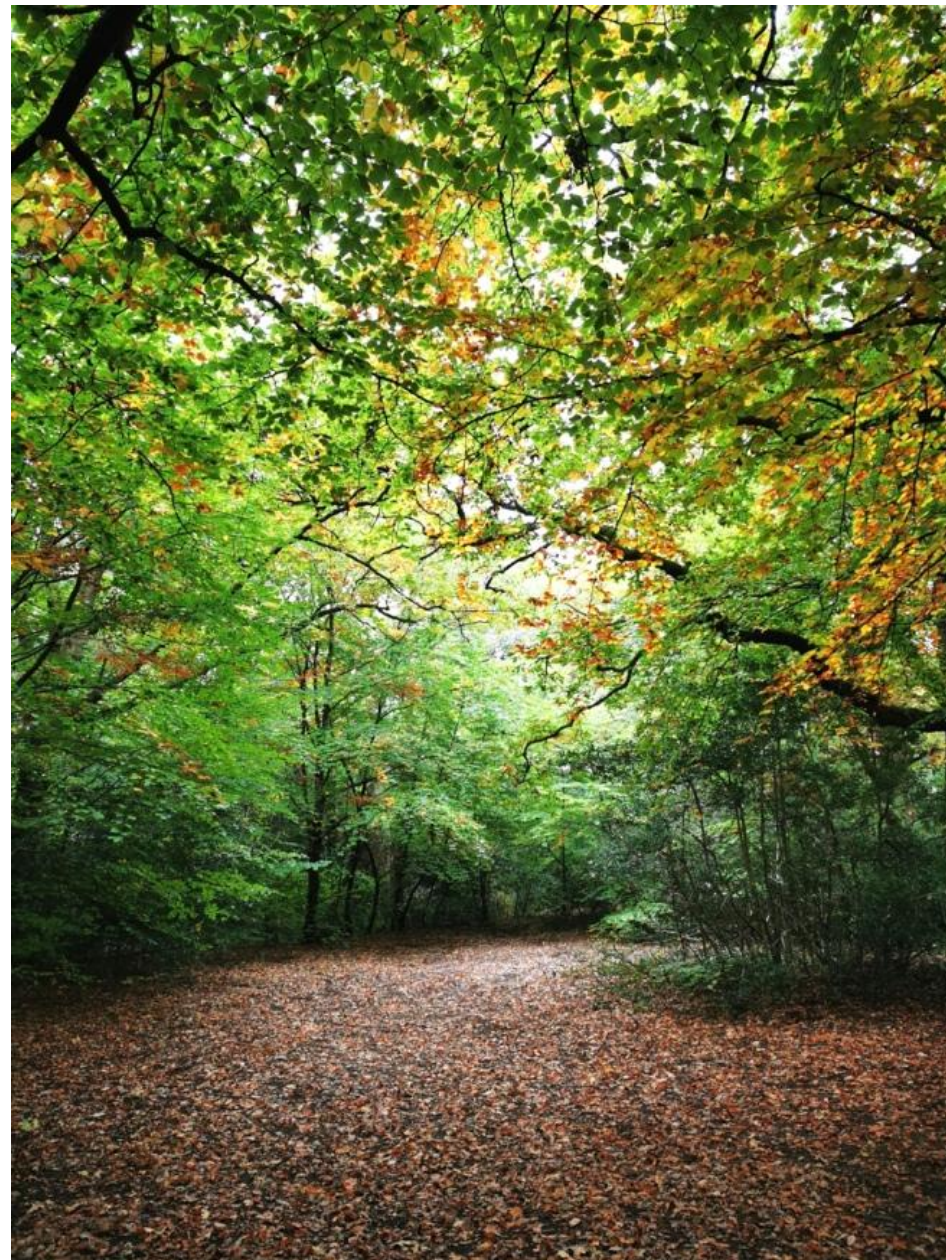
NEWSLETTER

I would have preferred to be in a position to change the heading of this Newsletter but again, at the time of

writing, we are entering another period of “Fire-Break” “Circuit Break” “Lockdown” or any other phrase that is currently used to restrict our movement to achieve some sort of “normality” in the near future.

I’m sure, like us, the current restrictions make keeping in touch with friends and families almost impossible, that they would benefit from a personal visit would be advantageous but when could that happen?

Lockdown Issue 5



Unfortunately the clocks have turned back which gives us an additional 1 hour of 2020, the sooner we can put this year behind us the better. Hopefully, 2021 will be better!??

There is of course an opportunity with the options currently available for us to explore our local area at this time of year when Autumn colours are seen at their best.

The snap left, taken by my daughter Alexa in the Nant Fawr Woodlands, is a prime example.

Norman

As you are **online** - you can tune in to the **Mirthy Talks**; by first registering, then they send you an invitation for the individual talks. Just visit www.mirthy.co.uk/nhsrf for registration and a list of forthcoming titles. See p.4.

Croatia and the Lily Ponds

By Andy Mardell

Croatia is a former part of Yugoslavia and is now officially the Republic of Croatia the capital of which is Zagreb. It has a long history which I was looking forward to learning more about it when visiting it in September this year. That we did not go will come as no surprise due to a certain virus that has had such a massive impact everyone's lives.

Pembrokeshire is a county in west Wales and while not enjoying quite the same climate as Croatia also has a long history. It also happens to be one of our favourite locations and we have visited it on several occasions. One of many much-loved places is the Lily Ponds at Bosherton which we first visited in summer 1985 when our elder child was a 1 year old. With us came Bess the Dog. Bess was a rescue dog from the RSPCA and was about 2 years old at the time. That visit was memorable because of Bess' decision to leap from one of causeways across the ponds onto what she must have thought was solid ground only to find it was er... lilies. Luckily Bess was a good swimmer and started to make her way back to the causeway which is about a metre



Bess the dog in later years.



above the water. I was carrying aforementioned child and hurriedly passed her to Marion so that I could lean down to grab Bess and pull her up from the water. In this mayhem I had quite forgotten that Bess' lead, purchased earlier that morning, was around my neck. The lead inevitably slipped into the water at the moment that a wet and presumably confused dog was hauled upwards. Then it all went quiet again and a moment of surreal calm seemed to descend upon us. No one, other than the two of us, a one-year old baby and a now wet and smelly dog, witnessed this half-minute of panic. Needless to say, the dog's lead had disappeared into the water and was now hidden in the weeds under the surface. Even if I had been able to see it there would have been little prospect of safely retrieving it. I can report that the rest of that walk was uneventful.

Bess' Causeway. (photo by Ruth Livingstone)



Our recent visit found the Lily Ponds (properly known as Bosherton Lakes) looking as lovely as ever and we were fortunate with the early autumn weather. The ponds are a man-made series of three freshwater lakes that were formed by damming a small river on the nearby Stackpole Estate and created in the 18th century. In the early summer the lilies that cover the surface give a brilliant floral display. There are three crossings over the ponds, two causeways and a stone bridge that has eight arches and is known as the eight arched bridge (I know, brilliant!) and was built in 1797 above a weir. An undulating path threads its way along the eastern side and at various points offer views of the ponds from quite high up. A drop down took us to the beach where the freshwater travels in a channel onwards towards the sea. We walked down to the water's edge and noted some people on the water in canoes and a few people walking on the beach but other than that it was pretty quiet.

Lily pads in September.

As we started to make our way back there seemed to be an opportunity to get a look at some wildlife. I spotted a sparrowhawk hovering overhead and saw it make its way to a perching position on a hill. I got a good view through the binoculars, but it must have spotted me reaching for my phone to take a photo and promptly flew off out of sight. On the water on the way back there were a few mute swans and mallard ducks on the ponds too.

We decided not to walk around the western side of the ponds as I wasn't sure that we wouldn't get lost so headed back the same way by which time it was getting a little busier. However it was nice to see people out and about and enjoying the fresh air and lovely surroundings. We got back to the car park just near to the church in Bosherton which was full to bursting so it was as well we had arrived there early.

We spent a few more days in Pembrokeshire and continued to be fortunate with the weather and we felt that we had enjoyed our first real leisure journey away from home. A week later the announcement came that Cardiff along with other areas was going into local COVID lockdown and now we seem to be facing more uncertainty over the next few months at least. As for Croatia? Well I suppose it isn't going anywhere but whether we get to go there is an imponderable at the moment. I feel that we have at least to remain positive and think that we will get back to Pembrokeshire sometime in the foreseeable future. Hmmm, I wonder if that dogs' lead is still there.



Swan on the pond.

YOU could be featured here! Write **your** story; tell us about the things **you** saw on your walk – tell us about **your** hobby – what have **you** been doing lately? Send us **your photos!** Be in the next Newsletter... Why not?

NHSRF Cardiff Branch

CHRISTMAS QUIZ 2020

Subject: PANTOMIME



1. What is the name of the father of Cinderella and the Ugly Sisters?
2. In which pantomime do Robin Hood and Maid Marion appear?
3. What is the name of Aladdin's brother?
4. What phrase does the giant in "Jack and the Beanstalk" use when he can smell Jack?
5. In pantomime, who is Princess Marcella?
6. What is the name of Prince Charming's assistant?
7. In which panto does Buttons appear?
8. What is Aladdin's mother called?
9. Who had appeared in panto for 38 consecutive years until 2007 when he won TV's "I'm a Celebrity...?"
10. What told Dick Whittington to "turn again"?
11. In Jack & the Beanstalk, what does Jack get in exchange for his cow?
12. In Disney's Aladdin the villain was known as JAFFAR but by what name is he traditionally known?
13. What is the most popular panto?
14. Which panto was created in 1902 for the comedian Dan Leno?
15. From what set of stories does the tale of Aladdin originate?
16. From what does the Fairy Godmother create Cinderella's footmen?
17. What is Jack's mother normally known as in Jack & the Beanstalk?
18. What name is given to the leading man in panto, usually played by a woman?
19. In which panto would you find the character King Rat?
20. From which side of the stage do the "Goodies" in panto normally appear?

**Answers
in the
next issue**

Forthcoming MIRTHY TALKS

Goose Grease and Brown Paper

Tuesday 3 November, at 11am

Can we afford the doctor? Of course not! A fun trip down memory lane to pre-NHS days and the kitchen cupboard remedies inflicted by our nearest and dearest! Honey, salt, onions, mustard...not to forget the snails, urine, string and cow muck!

By Kath Reynolds. Talk length – 56 minutes.



We Can't Let You Broadcast That!

Tuesday 17 November at 11am

I'm sure the heads at the BBC said that many times in order to protect us from lewd, crude and offensive tracks, and I'm sure we are grateful for their protection. But all is not as it would seem; David Clark will explain. Literally thousands of tracks have been banned – some for the most bizarre reasons. So sit back, let's reminisce and enjoy. Talk length – 29 minutes.

The picture below, titled *Rainbows over Loch Leven*, shows a double rainbow, though the second one is much fainter. Maureen Salmon was on holiday in the area of Glencoe and enjoying her evening meal when the rainbows appeared – so she just grabbed her camera and ran outside. A lucky moment, as the lawn from the house overlooked that beautiful view.

