



St. Asaph & District



Issue No 11



City^{new} Times



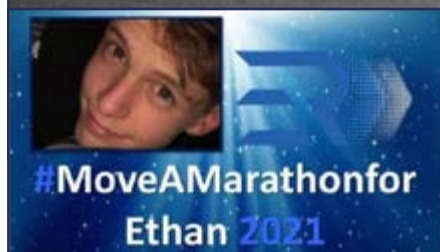
August 2021

#MOVEAMARATHON FOR ETHAN



The big questions about St Asaph—p5

Photo courtesy of SportpicturesCymru



An extraordinary coming together of family, friends, schools, businesses and the whole community in memory of Ethan Ross. See pages 8 & 9

Memories of the Munich Olympics

PAGE 3



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We're always looking out for letters, items, reports or features. Or that special photo! Deadline for copy for October issue is Monday September 15th – but please submit well before to ensure publication as the paper fills quickly

Please note: all letters must be accompanied by name and address, although these can be withheld from publication on request.

Getting fit again:

There is clear benefit to all aspects of health in keeping fit, with improved mental health and even evidence that you can reverse some of the changes of ageing.

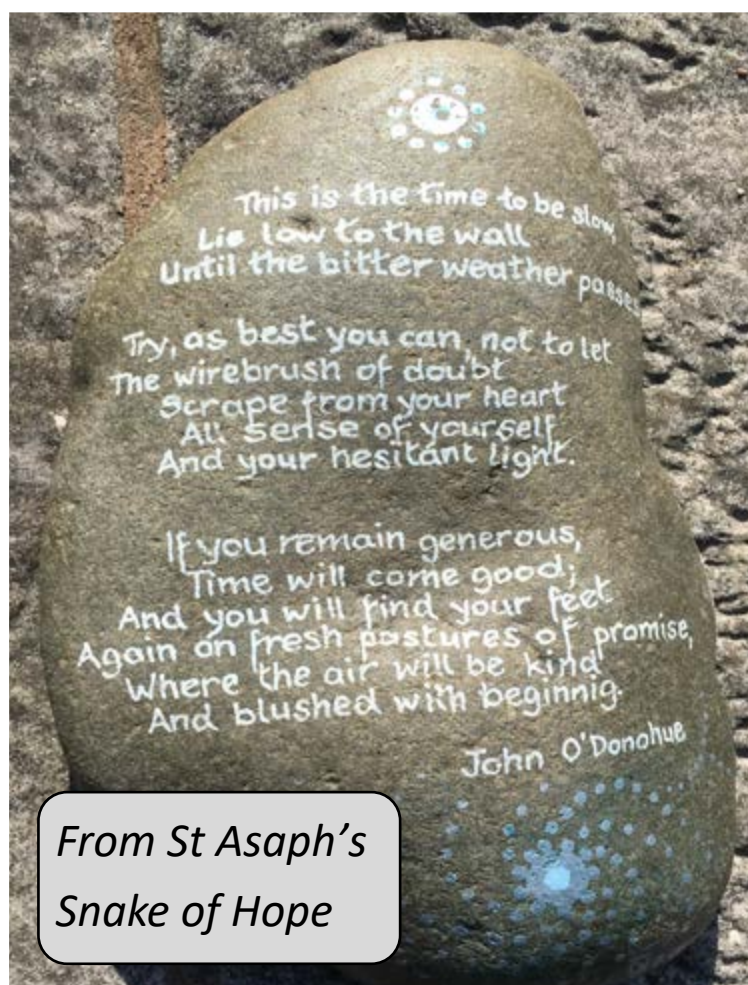
In this Olympic issue, we have invited a St. Asaph former Olympian to tell his story, we highlight the facilities available at the Leisure Centre and Paragon Fitness, report on the amazing activities undertaken during the #MoveaMarathon4Ethan event by way of example—and of course bring you the local sport reports, including the remarkable run of form of the Cricket Club First XI, who are currently top of the North Wales Cricket League!

But if you have slowed up a little, **start gently**....

Walking each day is a great way to get going again, and Mike Parry-Jones has helpfully provided a list of 10 local walks of varying lengths to try. The walks are all available at www.stasaphcitycouncil.gov.uk

Resuscitation: Following the remarkable resuscitation from cardiac arrest of the Danish footballer Christian Erikson during Euro 2020, perhaps we should all refresh our understanding of cardio-pulmonary resuscitation—CPR. The basic elements are in the panel below this, and further detail is readily available on the British Heart Foundation website.

When you call 999, they will guide you through CPR and also ask if a defibrillator can be brought. There are three public ones in St Asaph, at **The Chippery**, the **Fire Station**, and at the **Public Toilets** by the car park. They are automatic and will tell you what to do.



From St Asaph's
Snake of Hope



Memories of the Munich Olympics

Austin Savage

As the Tokyo Olympic Games are in progress, I have been reminded of the time I spent as hockey goalkeeper for the Great Britain team in the Munich Olympic Games in 1972. Before I tell you about that, I would like to give you a brief history of how I started to play hockey.

Having been orphaned whilst still at school, I had to move to live with various relatives in turn. So that I didn't have to move schools whilst studying for my A Levels at Holywell Grammar School, I travelled to school from Prestatyn, with the PE mistress. She had an excellent girls' 1st XI hockey team in school, probably the best in the county at the time, and I was asked to form a boys' team to play against them, to "toughen them up!"

I played football, rugby, and cricket for the school, and on Saturday afternoons I used to play on the wing for a local football club. However, before moving on to Bangor University, I was asked to play on the wing for Flint and District Hockey Club. By chance, their goalie was taken ill, and as a newcomer, I was persuaded to go into goal and, according to the local papers, I must have had a good game!



When I got to Bangor I opted for hockey rather than football. It was a lucky move because it was the beginning of my long career in the sport. In 19 years, I gained 101 caps for my country, and a further 20 for Great Britain including the 1972 Olympics in Munich.

Bearing in mind that 1972 was during the Cold War, these were genial games, showing that playing sport was a way of peace making between nations. The purpose-built Olympic Village, housing over 7,000 athletes from 230 countries, became our home for four weeks. Our accommodation was in a multi-roomed apartment block. I was fortunate to share a room with our team captain on the ground floor, which even had a small garden! Three floors above us, with just a window-box, were David Broome and Harvey Smith of horse-riding fame. Our building contained a sauna which we shared with the Nigerian team who insisted

on turning up the heat!! The whole village was pedestrianised, and in the main street there were shops, a bank, a milk-bar, and, more importantly, a huge restaurant providing excellent cuisine for all. I well remember sharing a table with the Russian gymnast Olga Korbut, and the American swimmer Mark Spitz. Within the village there was a cinema, a large disco and lounge, an interdenominational church, and recreational rooms for such games as table tennis. In the centre of the village there was a crazy golf course, and it was here that we befriended other athletes from the USSR! What Cold War?!!

Many will recall the 1972 Munich games, but sadly for the wrong reason. Tragedy struck when eight Palestinian terrorists (the Black September Group) invaded the Olympic Village on September 5th and killed two members of the Israeli team in their apartment block. Nine other Israelis were taken hostage as the terrorists bargained for the release of 200 Palestinian prisoners in Israel. I was in an apartment block in the next street to the Israelis, as one of a squad of 230 British athletes. That morning, we noticed that there were more people about than usual but thought nothing of it; only after breakfast did we learn that two of the Israeli team had been killed and that others were being held hostage.

A deal was negotiated for the terrorists and their hostages to be flown from a Munich airport to Egypt. I recall being at the roadside when the bus with armed terrorists and hostages drove past to a helicopter outside the Village. Unfortunately, things went badly wrong at the airport when the German authorities attempted to free the Israeli athletes. One of the terrorists threw a hand grenade into the helicopter that had brought the Israeli athletes from the Olympic Village. All the hostages and five of their captors, together with a West German policeman, were killed.

The Memorial Service was held in the main stadium, two days after the massacre, and it was then that we learned that the Games would restart. We missed out on a medal but finished 6th out of 16 teams. I should also add that GB men's hockey subsequently won Bronze and Gold medals with the same Welsh coach in charge.

As a consequence of the delays, I missed the Closing Ceremony because I had to be back teaching at school for the start of the Autumn term. The Munich Olympics were unforgettable for me.



Austin makes a flying save!



The shattered helicopter

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See you in St Asaph!



Cyngor Dinas Llanellwy

St Asaph City Council

St Asaph City Council is considering its activities for the next few years, so it can develop projects and initiatives for our beautiful city. We would really like you to get involved and let us know what you value about living in St Asaph and, also, how you would like it to develop in the future. Please complete and return the following simple questionnaire for a chance to win a Sunday lunch for two at **Bod Erw**.

Pa agweddau o Lanelwy sy'n gwneud chi'n hapus? <i>What makes you happy about St Asaph?</i>		
Pa agweddau o Lanelwy sy'n gwneud chi'n drist? <i>What makes you sad about St Asaph?</i>		
Pa agweddau o Lanelwy sy'n gwneud chi'n croes? <i>What makes you mad about St Asaph?</i>		
Sut fydddech chi'n gwneud Llanellwy yn well? <i>How would you make St Asaph better?</i>		
Sut fydddech chi'n gwario £10,000 ar gyfer dyfodol Llanellwy? <i>How would you spend £10,000 for St Asaph's future?</i>		

Please cut out and return your completed form by 30th September 2021:

- By posting in the free **red City Times collection boxes** located at the Library, Londis (Heol Esgob), the Co-op and Premier Stores (Chester Street).
- Or by returning to the City Clerk: Mrs Jill Ellison, PO Box 224, Llanfairfechan, LL57 9EQ, or
- e-mail clerk@stasaphcitycouncil.gov.uk

Alternatively, the form is on our website – www.stasaphcitycouncil.gov.uk and you can e-mail this to the clerk.

Please complete details below if you would like to be entered into the draw to win Sunday Lunch for two at Bod Erw. The winning entry will be drawn on 13th October 2021.

Name:	Telephone Number	Post Code

Notes from City Council Meeting July 14th

Barbara Rust

Police update: Increased reports of public order disturbances and antisocial behaviour by youths and young people, with ongoing concern about littering along the riverbank. The Countryside code should be remembered. A child was bitten in the playpark by a dog, and required treatment in A&E. The dog owner has been formally warned. Red diesel has been stolen from a tractor. Shop-lifting has again been reported from the Co-op.

Planning: An official notice of acceptance from the Welsh Government regarding the proposed Solar Farm development at Gwernigron Farm, The Roe, St Asaph.

It was noted that the City Council has been granted permission to raise two flagpoles at Roe Plas meadow.

Football pitch: Concern was expressed by John Roberts, chair of the Football Club, regarding interruption of training sessions for young footballers by a loose dog, on more than one occasion. Whilst most dog owners are responsible, this was of great concern.

Car Show: Cllr Barry Townsend proposed that St Asaph should have a Car Show, possibly in 2022, noting that the city has some ideal grounds for this.

City Plan: Council has appointed a working group to progress a City Plan. To further this, a questionnaire will be circulated via the City Times, as the council wishes to obtain residents views on this very important issue. The questionnaire will also be available on the Council website.

Bench on Red Hill. The bench was sited in memory of Duncan Hay. If you are a relative, please contact the City Clerk (below), as the bench is in poor condition and may need removal.

Official and full minutes of all the City Council's monthly meetings are posted on the City Council website www.stasaphcitycouncil.gov.uk following approval at the subsequent meeting. Contact details for individual councillors are also on the website. You can contact the Council via the City Clerk, Mrs Jill Ellison, PO Box 224, Llanfairfechan, Conwy LL57 9EQ. Email: clerk@stasaphcitycouncil.gov.uk or tel 07521 641756



I'm going to write to my MP and MS!



Dr James Davies MP

House of Commons, London SW1A 0AA
- or 198 High Street, Prestatyn,
Denbighshire, LL19 9BP
01745 888920 or 0207 219 4606
james.davies.mp@parliament.uk



Gareth Davies MS

Welsh Parliament,
Cardiff Bay,
Cardiff CF99 1SN
0300 200 7173
Gareth.L.Davies@senedd.wales



Some key Denbighshire County Council announcements

Grant to help further careers: DCC's Employee Training Grant supports employed residents earning below the county median wage. Funding of between £250 and £2,000 per person can be awarded for training, development or accessing mentoring to allow them to progress within their current workplace or with a new employer www.denbighshire.gov.uk/employee-training-grant

Hardship fund for tenants: Open to tenants not receiving housing benefits and including tenants who have been furloughed, have had reduced work, or have only claimed statutory sick pay while ill with Covid. www.denbighshire.gov.uk/tenancy-hardship-grant

Foster parenting: DCC are seeking potential foster parents. Visit <http://fosterwales.gov.wales> / maethucymru.llyw.cymru

Free caravan and campervan weight check and security advice at the Weighstation on the A525 between Rhuddlan and St Asaph Wednesday 11/08 – 12pm - 4pm, Friday 27/08 – 9am - 2pm, Friday 10/09 – 9am - 2pm.

"1bws ticket". Introduced in mid-July, this day ticket allows travel anywhere on North Wales buses, with single or multiple journeys. Adults: £5.70; concessions £3.70

Funding available for community events: The aim is to support community groups and events organisers, and there is £128,000 to be shared by successful applicants. Ring Joanne Taylor on 01824 706142 or contact on joanne.taylor@denbighshire.gov.uk

Domestic Violence: If you, a family member a friend, or someone you are concerned about has experienced domestic abuse or sexual violence, you can contact the Live Fear Free Helpline 24 hours a day 7 days a week, for free advice and support or to talk through your options. **Helpline:** 0808 80 10 800



How local chartered accountants helped clients through the pandemic

Making sure businesses have been supported through the whole pandemic has been the utmost priority for local chartered accountants, Sage & Company in St. Asaph. With information changing frequently and the availability of support not always obvious, having a trusted point of call has been vital for their clients to help them through the complexity of grant applications, cash flow help, job retention scheme, self-employed income support scheme, deferred VAT payments, and much more.

Much of the support provided has been about unravelling the legislation, compiling information and ensuring it is given to the right people at the right time. This has been critical to ensure that clients can make informed decisions about the future of their business. "We were able to help businesses with detailed cash flow help and assistance with bank funding (CBILS, Bounce Back and Recovery Loans Scheme) together with assistance with grant applications" explains Rob Richards, partner at Sage & Co. "This has not just about a survival strategy; we have worked closely with our clients providing professional advice and guidance through a trying time to ensure that they go on to thrive."

Although we are starting to see a return to some sort of normality, there is no doubt that the effects of the pandemic will be seen for many years to come. Sage & Co continue to offer guidance and professional support to ensure businesses thrive.

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#WeAreWelshFarming

Gwawr Parry, NFU Cymru County Adviser

It's been 16 months since the UK went into lockdown. It was, and still is, an uncertain time for all, compounded by other factors including Brexit, with many industries facing monumental changes. For Welsh farming, the pandemic started out with a very bleak outlook with the food service sector shutting down overnight and lamb prices falling by around £22 a head; projections were not looking favourable.

However, shortly after the onset of lockdown lamb and beef prices began to strengthen with a dramatic shift in consumer habits due to the inability to eat out. Welsh lamb has traditionally been a premium product commonly purchased and consumed by the over 50s/retired consumers, but in lockdown, it became more attractive to a wider range of consumers. People have had more time on their hands and have dedicated time to special meal occasions and have re-discovered their love of Welsh lamb and local produce.

Latest consumer insights from the Agriculture and Horticulture Development Board, suggest that lamb and beef performance will continue to be good, with newly formed habits from lockdown here to stay. Opportunities for lamb and beef have emerged from takeaways and 'fakeaways' whilst opportunities for dairy have also emerged, with the addition of cheese in dishes up by 531 million occasions. Cream and butter have also been big winners for scratch cooking and baking.

As well as the pandemic, the country has been navigating Brexit which has created much uncertainty for many industries. The government has been negotiating trade deals with countries outside the EU, with the Australia Trade Deal being the first of many. NFU Cymru welcomes the opportunity to open new markets and develop these partnerships as long as the interests of Welsh agriculture, and in particular our high standards, are also upheld and safeguarded. We have a number of concerns over the recent agreement struck with Australia.

The challenge now exists, as hospitality reopens, to encourage consumers to continue the increase in cooking from home and to further strengthen their relationship with Welsh lamb, Welsh beef and homegrown produce. As we return to eating out, please make sure that you ask for Welsh and local produce to be on the menu!

At NFU Cymru we believe that Welsh farming has a great story to tell. Please look out for our **#WeAreWelshFarming** campaign. We are passionate about the food that we produce on our farms. Our aspiration to reach net zero climate change emissions for the Welsh farming by 2040 demonstrates our dedication to the environment and our ambition to produce the most climate friendly food in the world.





#MoveAMarathon for Ethan—June 18th-20th

The fund-raising target was an ambitious £10,000. But so far, with events still to take place, and further funds to come in, the **#MoveAMarathon for Ethan** has raised almost £80,000 in memory of St Asaph teenager Ethan Ross, who was tragically killed in a road accident in September 2020. The family have chosen to support two charities—**Welsh Air Ambulance, and Young Minds.**

Helen Ross, Ethan’s mother, describes the event: “ It began when someone said to my husband “you need to have a challenge and something positive to do to get you through” so he decided to run a marathon with a friend on the longest weekend of the year. I then said to Paul that we should turn this into an event in memory of Ethan and get as many of our friends to join in—and it grew from there into **#MoveAMarathon for Ethan.**”

“The support and love we have received has been overwhelming, and has certainly got us through some of our darkest days, giving us the strength to carry on. Anyone was able to take part, and all they had to do was move 26.2 of anything and there were no restrictions to age. We have just encouraged everyone to take up the challenge. We had 450 individuals signed up and doing challenges over the weekend, and each of those was supported by donors. People cycled, walked, ran, toddled, danced, worked out, kayaked, swam - all of them dressed in blue. You couldn’t go anywhere locally that weekend without seeing people in the blue tops!”

Particularly impressive and gruelling activities included not just the marathon runners, but also Ethan’s uncle Glenn cycling from Chelsea FC (Ethan’s favourite team) with 4 colleagues from North Wales Police, the St Asaph City Riders who cycled up and down Rhualt hill repeatedly climbing a total of 26,000 feet (known as Everesting...) Stuart Hughes who ran an ultramarathon of 52 miles, and Mike and Jasmin Jones kayaking a marathon distance round the Marine lake in Rhyl. But everyone that took part set themselves a significant physical challenge of one sort or another!



Callum, Helen and Paul Ross on the marathon weekend, on top pf the Great Orme, ready to go. Photo courtesy of SportpicturesCymru



Rhyl Sky Tower lit up in blue



Glen Miller cycled from Chelsea to St Asaph with 4 mates



Family members walked across London



Steps per day records were smashed!



Shaun Hughes ran an ultra-marathon of 52 miles



Schools taking part: Ysgol Y Faenol, Ysgol Bodfari, Ysgol Cefn Meriadow, Denbigh High School, St Brigid's School, Myddleton College, Ysgol Bro Cinmeirch, Ysgol Frongoch, Ysgol Pendre, Ysgol Plas Bron-dyffryn, Ysgol Y Parc, Ysgol Hiraddug, Ysgol Bro Famau, Ysgol Dyffryn Ial, Ysgol Dinas Brân, Ysgol Melyd (£4000!), Bodnant Community School, Prestatyn High School, Ysgol Glan Clwyd, Ysgol Clawdd Offa, Ysgol Pant Pastynnog, Ysgol y Castell, Christchurch School, Rhyl High School, Ysgol Dewi Sant, Ysgol Emmanuel, Ysgol Llywelyn, Ysgol Tir Morfa, Ysgol Bryn Hedydd, Rhos Street School, Ysgol Borthyn, Ysgol Pen Barras, Ysgol Brynhyfryd, VP Infants St Asaph, Ysgol Esgob Morgan, Ysgol Tremeirchion.

In all, schools raised an amazing £28,619.90 towards the total!

Thank you! "Paul, Callum and I would like to thank everyone who supported and took part in all the events, we would love to thank you all personally, but there are just too many of you, which is a testament to Ethan and how much he has touched you all and how much we all miss him. **MoveAMarathon For Ethan** is his legacy and we will now carry on for him. So many people have thanked us for putting this event together and how it has made them get out, take exercise and brought people back together. This is what we wanted to achieve—for people to do something positive, get involved, have fun, and come together to raise money for amazing charities, I think we can say we did it! Here's to next year; **#MoveAMarathon For Ethan 2022** is coming so put your thinking caps on for your next challenge. It will be even bigger and better!" *Helen Ross*

You're not too late! #MoveAMarathon football match between Ethan's Denbigh and St Asaph friends will take place on Sunday 15th August at 2pm, following previous postponement due to Covid.





Nine new priests

Bishop Gregory Cameron ordained nine new priests to serve in the diocese in a special socially distanced ceremony in June. They are: George Bearwood, Luke Bristowe, Helen Dawson, Toby Jones, Gregor Lachlann-Waddell, Benjamin Lines, Joanne Mackriell, James Thompson, and Gail Woodward. We wish them well in their vocations.

Recycling soft plastics

Sian Jones, team leader at the Co-op, has informed City Times that it is now possible to re-cycle soft plastics in-store. These include crisp packets, bread bags, salad bags, fruit and vegetable packaging, biscuit and chocolate wrapping and baby food pouches. Look out for the blue bin near the exit.



This event will be held outside as much as possible.

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The Memorial Park



Sue Jones, Dave Hockney, Nan Wynne Evans and Aled Cottle



Eleri Brady of Macmillan receives the cheque from Frank Meilach

St Asaph Crematorium

An open day was held at St Asaph Crematorium in June, with the aim of taking people round the Memorial Park, and to show the chapel and the workings of the crematorium. It has been an especially poignant place for many during the pandemic, and there have of course been significant restrictions on numbers able to attend services there, with the need for careful social distancing and sanitisation.

Frank Meilach, Community Engagement Manager for **Memoria**, who run a total of 12 crematoria throughout the UK, is proud of the facilities there, and feels that as a society, we have recently been more able to talk about death and dying, and how best to mark someone's life as it ends. Nan Wynne Evans, manager at the crematorium agrees, and describes how services there are crucially important for families, both in addressing the pain of bereavement, but also in reflecting on and celebrating the life of the deceased. There are always moments of humour and joy in eulogies and tributes.

Nan leads a team of four who run the crematorium. Aled gave a tour round the Memorial Park, where he has responsibility for design and maintenance; it is a peaceful and beautiful area, frequently visited by families.

A tour round the mechanics of the crematorium is revealing. The crematorium was built in 2016, and has the latest in technology. Heat wastage from the cremation is minimised through use of underfloor heating, and toxic materials such as mercury are filtered out, collected and are used for cleaning printer cartridges. The Institute of Cemetery and Crematorium Management has contracted the company OrthoMetals to carry out the collection and recycling of hip replacements and orthopaedic metal plates (containing titanium and other valuable metals) on a non-commercial, open accounting basis. All surplus monies obtained from the recycling scheme is then distributed amongst selected charities. During the open day, proceeds from the recycled metal were presented as a cheque for £190,000 to Eleri Brady of Macmillan Cancer Support; this represented payments for metal processed from all of Memoria's crematoria over a 12 month period.

The team work closely with local funeral directors and clergy members, and we are fortunate to have such kind people to help us through what can be very challenging life events. They were unfailingly courteous and welcoming for the open day, although the turnout was not huge. Perhaps, as one wag put it on Facebook, *"I'm not going there until I absolutely have to...!"*

www.denbighshirememorial.co.uk

City Times' Red Letter Boxes

These are now sited in the Library, the Co-op, Premier on Chester Street, and Londis on Heol Clwyd. Letters, articles, news items, letters, diary dates, old photos etc all welcome.

Alternatively, submit your contributions by e-mail to editorsact@gmail.com



Updates on some recent stories....

Tidal lagoon: Conwy Council has given enthusiastic support to North Wales Tidal Energy's plans to build a large tidal lagoon between the Great Orme and Prestatyn.

CVAM (commercial vehicle dealers) application for use of the old Pilkington's site — still with planning.

Ty Seren nursing home application to build on the Business Park. Planning discussions continue, but recent responses received have led to some objections being withdrawn.

Elwy Solar Farm planning application has now been submitted. You can view details at www.solarcentury.com/elwy/

Llannerch Bridge ferry. Strangely, nothing has been seen of William William's proposed ferry service.....

St Asaph Allotments

Jo Cotton

We're having another successful year with all the plots allocated and lots of yummy fruit, vegetables and flowers being grown for plottolders and their families and friends to enjoy. We have a new polytunnel which we will all be able to use in future seasons to help with the propagation of plants we want to grow. We are sited in a beautiful location by the river on the common and this year we have been able to allocate plots to people on our waiting list. Two of our new members this year, Penny and Lowri share their experience so far:



Before and after on Penny and Lowri's plot!

'As novice allotmenters, we took over our plot in mid May and were very glad it had been well prepared for planting by the previous occupant. We have had a wonderful journey, finding out about new growing techniques in beautiful surroundings, which are particularly calming after a long days work in the classroom or cafe. Our fellow allotmenters have made us feel so very welcome, sharing ideas, plants and produce with us. We have even been complimented on our leeks, which made us very proud. It has been a real privilege and we are looking forward to many years of growing and harvesting.'

We welcome new members and if anyone is considering taking on a plot please contact the membership secretary: jo.stasaph@gmail.com

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Pont Dafydd

Mike Parry-Jones

The old Pont Dafydd was built around 1630 and was the crossing over the Clwyd for coaches that would continue up into St Asaph pretty much along the same line as the stand of poplars there today. This route carried on to the street called Bryn Gobaith. This pre dated the railways of course. It's not clear whether this bridge had parapets as we see today, but old photographs of the late Victorian period show the bridge as having none and newspaper reports of the time show that there was some desire to have the safety of this old bridge improved. By then the main route into St Asaph was over the "new" Pont Dafydd and up the long incline into Chester Street. This route has various names that include Bronwyf Avenue (named for the house) as well as Holywell road and of course Chester Street. The new bridge is from the early part of the 19th century.



Who was Dafydd? Historians state that it was originally built by Dafydd ap Owain, who while Bishop of St Asaph (from 1503 to 1512) did much to repair the damage done to the Cathedral and other buildings by Owen Glyndwr. But this is an anomaly if the bridge is dated to 1630, although it suggests that there may have been an earlier structure and the name carried over.

In my childhood we knew the bridge as the "Roman Bridge" but I have no idea from where that idea came. It's not impossible though as St Asaph is also a strong candidate for the location of the missing Roman settlement of Varis. I have seen other suggestions that name Dafydd comes from the Welsh patron saint although he was more commonly called Dewi Sant rather than Dafydd.

The bridge has been immortalised in verse by Mrs Hemans (whose old home overlooks it) and Archdruid Clwydfardd. Today it remains as an ancient monument but is no longer the span over the river. This function was lost when the St Asaph Bypass was built (1969) and the river diverted to allow the third bridge to be built. It looks rather sad in that it has been reduced to this rather pointless span over a pond that gets filled only when the river overflows its banks.

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City Planters Our thanks go to the City Council for funding the flower displays in St. Asaph, and to those that organise and plant them out. Earlier wet weather helped the plants take well and thrive, and they bring wonderful colour to the streets. Pictured here are Elsie and Barry Powell, members of the Afon Elwy Environmental Group. If you want to join the group, contact DI Roberts at di.r@icloud.com



Change of leadership at St Asaph Rotary

Incoming President Dafydd Davies and Vice-President Tracy Chapman receive their 'chain of office' for the forthcoming Rotary year ... Dafydd and Tracy, from a background of local government and business respectively, have lots of projects planned in the St. Asaph area and hope to build upon the community work that the Rotary club has been noted for over many years. Dafydd said "despite the pandemic, our club has recently supported the Domestic Violence Unit in north Denbighshire and a foodbank who helped us provide 40 Christmas hampers for families in the St Asaph area, we hope to be able to do similar work in the year to come" We offer a warm welcome to new members and anyone who is interested should contact Bob Cotton at 07474844282 or email rob.stasaph@gmail.com



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Dolbelydr—open days on Sept 11th & 12th

Fiona Shand

Dolbelydr or in translation, 'Sun Ray Meadow' is owned by The Landmark Trust who on discovering it as a ruin in 1990 preserved many of its 16th century features during its restoration. Upon its discovery, there was a tree growing through what was left of the building, which was without a floor or roof. Much attention was paid in its restoration to using materials that were available in the 16th century. Craftsmen were deployed to restore the house to its former glory. Hand blown glass has been used to glaze the windows, whilst artisan blacksmiths have wrought the door hinges.

The dwelling, nestling in a quiet valley near Trefnant was built circa 1580. Dolbelydr plays an important part in the history of the Welsh language as it was here in 1593 that the rules of Welsh grammar were formally set out for the first time in Henry Salesbury's *Grammatica Britannica*. It is thought that the Welsh language could have disappeared had it not been for Salesbury's work.

The Landmark Trust not only preserves historic buildings but promotes their enjoyment by the public. It participates in the annual 'Open Doors' scheme during the Autumn, where more can be learnt on the history and restoration of the house. Dolbelydr can be visited free of charge on Saturday and Sunday, September 11th and 12th 2021 between 10.00am and 4.00pm. As spaces are at present limited owing to Covid restrictions, visitors are requested to book a time slot entry to the building via the Trust's website <http://www.landmarktrust.org.uk> The grounds can be freely explored between 10.00am and 4.00pm without booking.

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Moving gardens to St Asaph

Heather Fenton

People often talk about 'moving house' in terms of a challenge. We know because we spent ten years thinking about this before arriving here in 2017! Our previous garden at Coleg y Groes in Corwen, was tucked under the Berwyn mountain and very sheltered. However, there was poor, rocky soil, so much so that when a professional gardener staying in the retreat house offered to dig a hole, even he had to admit defeat! Stones and shade are not the best of combinations. I discovered Acer trees, whose leaves turn lovely colours in the autumn, and liked it there, as did Hellebores, which thrive in shade. We had an old yew tree to look after requiring professional skills every now and then. We had very little bindweed, that flamboyant but invasive plant with trumpet-like flowers which had plagued a previous garden and which I did not miss!

This year is our fourth year here. Hellebores like it; regrettably so does bindweed! Most problematic is the wind- daily blowing from almost any direction. We thought we would find the soil easier, until we realised that it is clay. That is all except an old rose bed, which had had years of tree bark put onto it. Try picking your way across a flower bed which is more like tundra, with a lot of prickly roses just waiting to attack.

Apparently, ants like to build their nest here, preferably on what had previously been a lawn, now mutated into a fashionable 'mini wild-flower meadow'. Glass had fallen out of the greenhouse, making it drafty, so last year instead of a holiday, we had a greenhouse. Most recently our 'summer-house' blew down. At first slowly and then, rather fast!

The leaking pond is mended too, but tadpoles are not liking the weather either, although I am told we have a resident newt or two. Also, all the cats round here know that our garden is a great place to go hunting. Recently I rescued a terrified frog from one of them. I tried to explain to the frog that putting your feet over your eyes when facing a dangerous predator won't work! Now that never happened in Corwen!



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Garden Photo competition

Thanks for all the entries. Scoring by the panel of judges was spread almost evenly amongst all the submissions, and the three Jacksons' tokens go to Debra Valentine, Mrs R Garcia Lewis, and Colin & Gwenda Hardie



Debra Valentine



Mrs R Garcia Lewis



Colin and Gwenda Hardie



Special mention: Elsie and Barry Powell



Special mention:
Terry's before and after

Special thanks to Jackson's Boutique Nurseries for the tokens!



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The RNLI rigid inflatable boat and tractor launcher at Rhyl



RNLI Regional Base for Wales and the West—it's in St Asaph Business Park

You would be forgiven for not knowing that the regional base for the RNLI controlling Wales and the West is tucked away discreetly on the St Asaph Business Park. It covers a huge stretch of coastline from Silloth in Cumbria, across all of Wales down to Penarth, and also the five lifeboat stations on the Isle of Man. *City Times* went to find out more.

Is that where the emergency calls come in? Emergency 999 calls are received by the Coastguard who decides on the most effective Search and Rescue (SAR) operation to respond. Should a lifeboat be requested, a call is made to the Lifeboat Operations Manager of the station (a voluntary post). The LOM decides if a lifeboat can launch and if suitable, he will page the volunteer crew who will drop whatever they are doing and head straight to the station.

How many staff are there in the HQ? In more normal times, we would see a core staff numbering 12 – 15 employees working either in the office space or workshops during a day.

Why is Rhyl such a busy station? Rhyl is a very popular beach and the inshore lifeboat at Rhyl is exceptionally busy in summer. Most call outs are to incidents involving visitors who are less familiar with local hazards. Calls often involve small boats or inflatables used on beaches, or sandbank cut-offs as the tide comes in. Our community engagement team works with local holiday camps to help visitors safely enjoy their time on the coast. Despite this, Rhyl station receives and responds to a considerable number of call outs as do our RNLI lifeguards at Prestatyn and Rhyl beaches.

What are the commonest calls? In 2020, figures show in the RNLI's West region, (which includes 30 stations in Wales, 11 in the North West of England and 5 stations on the Isle of Man) that the majority of call outs were to people out walking and running and not expecting to end up in the water. RNLI lifeboats also launched 112 times to people requiring help after slipping or falling from rocks – significantly higher than anywhere else in the UK and Ireland.

Are the team on standby, or do they get called in? Our all-weather lifeboat station have a full-time Coxswain and Mechanic who keep the lifeboats constantly ready to respond to emergency call outs. The rest of the crew are volunteers who respond to pages and shouts when required.

How busy will you be this summer? With 30 million people planning to hit the UK coast, the RNLI is predicting this summer will be the busiest ever on the Welsh coast, as Covid restrictions are eased and people choose to 'staycation'.

Are the crews all volunteers? Volunteers make up 95% of our people. Ordinary people who do extraordinary things. There are over 5600 volunteer lifeboat crew members throughout the UK. Inshore lifeboat stations i.e. small rib boats are completely manned by volunteers and the All Weather Lifeboat stations housing the larger boats designed for offshore activity, are manned by a mixture of volunteers and full time staff such as the coxswain and mechanic.

How do they get trained? Training is on station and also at our purpose build lifeboat college in Poole.

Are you looking for volunteers in any of your activities? We're always looking for volunteers and many roles are available – people don't even have to get their feet wet to help save lives at sea! Roles are advertised here: <https://rnli.org/support-us/volunteer/volunteering-opportunities>

How is the RNLI funded? Less than 2% of the RNLI's total funding comes from government, so we keep functional independence. 93% of our total income comes from donations and so our lifesaving service relies on the generosity of our supporters.



Thanks to Maddy Wright at the Regional Base and Callum Robinson, crew mechanic at Rhyl Station, for info, and picture above.

St Asaph Leisure Centre – now X20 St Asaph

You may not have been aware that In March 2020, **Denbighshire Leisure Ltd** took over leisure facilities and attractions throughout Denbighshire. Quite a tough time to take on such ventures, as lockdown followed within days. As part of the various new investments and ventures, Denbighshire Leisure Ltd has refurbished and re-branded St Asaph Leisure Centre, with the new **X20 brand at St Asaph** reflecting the new investments. Whilst it continues to offer the facilities that has made it so popular over the years, there are new facilities, in particular the revamped fitness suite and the X20 room.



Xtreme Group Cycling

Angie Platt, Head of Marketing at Denbighshire Leisure Ltd, takes up the story:

“With the recent launch of Xtreme Group Cycling one of several new developments, Denbighshire Leisure’s X20 site in St Asaph is becoming an even more popular fitness destination. For the uninitiated, Xtreme Group Cycle is a totally immersive indoor cycling experience. With large screen displays, motivational music and a team of skilled instructors to keep cyclists on track, you can choose from a range of classes, dependent on your own fitness goals. So whether you want to track your power and heart rate or just enjoy some upbeat music, there is always an exhilarating class to boost your mood and energy.

Xtreme Group Cycle is not the only activity exciting members at X20. The X20 brand itself was designed to reflect the growing demand for Xtreme training, and St Asaph’s state of the art lifting room utilises a cool urban look and feature lighting to inspire customers to make the most of their strength workout.

Both the new Xtreme Group Cycle classes and the X20 Strength Room are additions designed to complement the existing gym facility. Equipped with latest Technogym range, to which we’ve added new power lifting and functional equipment, connected technology allows you record and track your fitness activity in and out of the gym.

As with all of Denbighshire Leisure’s centres, X20 supports gym members in reaching their goals through its MySuccess programme. This support programme is tailored to suit each member’s specific needs from their very first visit, and is supported by our expert team of instructors.



Aidan, Hayden and Lee (back), Kara and Hannah

Accurate feedback body measurements are an important component in reaching fitness goals. Our new TANITA scales take body measurements to another level, providing detailed results to accurately measure and track progress, including body mass index, muscle mass, bone mass, visceral fat (the dangerous stuff), basal metabolic rate (how many calories your body needs) and metabolic age (the age your body thinks you are).

Whilst nobody can deny the challenges the leisure industry has faced during the pandemic, Denbighshire Leisure Ltd has bucked the national trend with an ambitious programme of investment, all with the aim of creating even more exciting and compelling experiences for its customers. Since the fitness industry has been able to reopen its doors, DLL is receiving exceptional feedback from both returning and new customers.

Welsh Government restrictions have meant a lengthy roll-out of activities for leisure centres but following the return of clubs onto its FIFA standard 3G pitch, St Asaph has recently also been pleased to see casual football bookings able to return. And looking ahead to the autumn, parents and spectators will be delighted to hear that in response to customer demand, Costa coffee will be on offer at St Asaph to keep everyone warm through those chilly training and academy matches.

We feel that X20 St Asaph is punching well above its weight. Its friendly team are proud and happy to show new customers around the facility and to advise on the best ways for you to achieve your fitness goals. So if you’ve been inspired to try Xtreme Group Cycling, join the gym, or join in any of St Asaph’s range of group exercise classes, contact the site for more details.”

Denbighshire Leisure Ltd are arranging holiday activities for children.

Visit www.denbighshireleisure.co.uk/active-communities-holiday-activities for more details



A combination of the Olympics, the fine weather, and the gradual release from lockdown is making us all think more about our own general fitness. Vaccination provides very good levels of protection against Covid19, but Public Health Wales have also encouraged us throughout the pandemic to keep ourselves active, as this will also improve our ability to cope with infection, and boost our immune system. Not just a short lived New Year resolution approach to getting fit, but a gradual changing of our daily habits to include a little leg-stretch! There is some excellent material about the benefits of even modest exercise on the NHS website www.nhs.uk/live-well/exercise/ In the October issue, we plan to feature other local fitness and leisure facilities, including:

The White House, Rhualt: recently opened spa, sauna, gym and pool. www.whitehouserhualt.co.uk

Oriel Hotel Health and Leisure Club: fully refurbished gym, spa, pool, fitness classes www.orielhotel.co.uk

Trefnant Village hall: fitness classes, yoga, tai chi, zumba, pilates etc www.trefnantvillagehall.co.uk



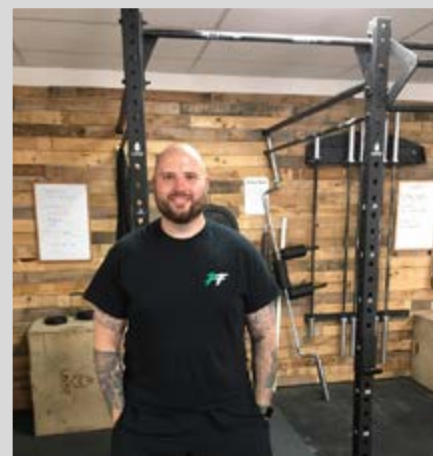
And in addition to the gyms and spas available, we have the great privilege of living in an outstandingly beautiful part of the country, North Wales. On our doorstep are opportunities to keep ourselves in shape by walking, climbing, running, cycling, swimming, kick-about, beach cricket, volley-ball, gardening and lots and lots of fresh air....!



Paragon Fitness: a storm of post lock-down sign-ups!

During lockdown, Alex Mooney of the Paragon Fitness Gym on the Lower Denbigh Road was providing members with equipment to work out on at home. Since easing of lockdown restrictions allowed the gym to re-open, he has been encouraged by the remarkable increase in members joining his gym. It's not been an easy time for Paragon during the pandemic, but he feels that one Covid consequence is that people realise how important it is to be fit and healthy. There are various different membership rates, but impressively all members can train there any time of day or night by using the members access key-fobs.

Members come from near and far, and the classes run there are very popular, particularly when Callum, formerly coach to the Wales weightlifting team, is leading. Personalised programmes and nutrition advice is all part of the service. It's a large gym, and the variety of equipment (or torture machines, as described by users) there is impressive. Brazilian jujitsu, kick-boxing and other fitness classes are held in the upper room on a regular basis. And conveniently, there is the New Inn next door should you become a little thirsty after your work-out.....



Alex Mooney

10 years of putting your best foot forward for St Kentigern!

Dawn Walk in aid of St Kentigern Hospice is back. This year an army of devoted supporters will brighten up the morning for the residents of St Asaph, all in the name of charity. The crowd of dedicated fundraisers will be rising to the occasion with the sun to celebrate the 10th Anniversary of St Kentigern Hospice Dawn Walk whilst raising vital funds for the Hospice.

Michaela Brannan, Community and Event Fundraiser at the Hospice said, "Over the last 10 years the Dawn Walk has raised in excess of £110,000 for St Kentigern Hospice. After the past year, it's lovely to finally provide an event such as the Dawn Walk, which will be our first event since March 2020. This year were celebrating with a Limited Edition anniversary t-shirt, designed by local artist, Nanw Hampson. The money raised through the annual Dawn Walk funds the vital work of the Hospice, meaning we can be there to help people when they need it most."

This year the 6-mile walk will take place on **Saturday 4th September 2021** and, for the first time, is starting and finishing at St. Kentigern Hospice. Entry is open to all over the age of 10, and dogs on leads are welcome. Entry is £25.00 or £12.00 for under 18's, for which you will receive your Limited Edition Dawn Walk t-shirt, free bacon butty on the day and a medal on completion of the walk. Entry forms are available online on [Eventbrite](https://www.eventbrite.co.uk), by calling St Kentigern Hospice on 01745 585221 or email m.brannan@stkentigernhospice.org.uk



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It's a Hybrid 50th NWIMF this autumn!

Caroline Thomas

A mixture of live concerts in the cathedral and online concerts recorded elsewhere will make up this year's 50th North Wales International Music Festival. From 30th September the live concerts will include the extraordinary musical fusion of **Catrin Finch & Seckou Keita** (featuring music from their award winning albums), the **London Tango Quintet**, NWIMF's resident orchestra **NEW Sinfonia** with pianist **John Frederick Hudson**, **Family Affair**, and **Ensemble Cymru** with dancers from **Barton Dance & Drama Academy**.

Free to watch virtual festival concerts will start in early November, including **BBC National Orchestra of Wales**, pianist **Iwan Llewelyn-Jones**, **Canolfan Gerdd William Mathias** students, the **UK Gospel Choir** and **Gwennan Gibbard**. Other excitements will include free instrumental projects for all, education sessions, podcasts and art installations.



Llanelwy WI - Quilting and history

Denise D'Albertson

Llanelwy WI enjoyed an informative and fascinating talk by Martina Bacon on the different styles and the history of quilting. Martina started quilting when she lived in Singapore and although she had a couple of lessons, she learnt mainly from friends and has over the years made many quilts for family and friends. Martina talked about the quilts as examples of historic documents in fabric and this is certainly true with the following three quilts.

The **Rajah quilt**, 1841, made by women prisoners on their voyage from England to Tasmania and the **Changi Prison** quilts made by women interned by the Japanese in Singapore in 1942. Both tell stories of hope and endurance.

A completely different style are the quilts made by African American women at a remote hamlet in **Gee's Bend, Alabama** and which are highly prized.

Women also made "Temperance" quilts to demonstrate their views on issues whilst not yet allowed to vote.

It was a very interesting talk on the many styles and designs of quilt and their back stories. The evening finished with some members making a Japanese quilted coaster, with an example shown here - Helen Haines' finished coaster.



The Changi Prison Quilt, from the British Red Cross museum



Two examples of Gee's Bend Quilts



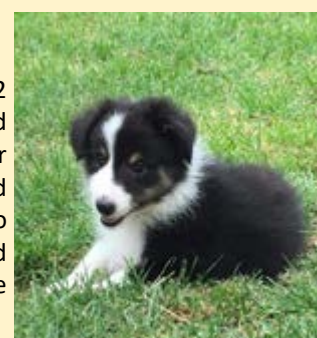
Helen Haines' coaster

Should you wish to join the St Asaph WI, please contact Anwen Hughes on 07592 029091

Puppy Classes!

Naomi Pearson

Puppy classes will be held in Cefn, St Asaph for any breed under 12 months old. Small classes ensure your puppy will not be overwhelmed and they get the best out of the class. The next intake is September 13th and courses run for 6 weeks. Topics cover recall, loose lead walking, basic commands, socialisation and getting your puppy to focus. All training is positive and reward based and taught in a relaxed environment. All details and booking via my website please www.dogdaysnorthwales.com or message 07532 003366.



Gardening Tips for Autumn

Christine Jones

As we move into August, there are plenty of things that can be done in the garden to continue colour and display—and also to prepare for next year! So once again, here are a few timely tips to help:

Take **photos of your garden** in summer to remind you where there are gaps to fill next spring.



To store potatoes successfully, lift them in dry weather. Soil on the potatoes can be left to dry out for a day or so but don't wash it off as the resulting damp skin may rot them. They can then be stored in somewhere dry, cool and dark.

Summer bedding plants which have flowered well e.g. pelargoniums, salvias, ageranthemums and tender fuchsias can be overwintered successfully. If you deadhead the flowers, and prune the long growth to reduce the size of the plant overall, pot it in multipurpose compost and only lightly water over winter and keep frost free.



Apples can be stored successfully well into the winter. Pick them carefully to minimize bruising and wrap them individually in newspaper and store in wooden trays. Keep the trays stacked in a cool airy place out of the light, removing any that go rotten. This way you can have apple crumble if after Christmas if you are lucky!

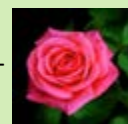
Keep **late flowering plants** flowering for as long as you can by regularly deadheading just behind the flower stem. This allows the bud which is developing behind to take over.



Cut **cabbages** from the stalk when you harvest them. The stump left in the ground will grow again and produce a second crop of greens. Cut the top at an angle so snow and rain don't settle on it and cause it to rot.



When **planting a rose**, make sure the graft union is at soil level otherwise the risk of rose die-back is increased. Aftercare is simple, water regularly, mulch, weed and feed until the plant becomes established.



Summer savoury grown next to broad beans is said to improve their flavor and will discourage black fly.

If **earwigs** are a problem on your fruit trees, tie some cloths around the branches. Once a week, take the cloths off the branches and shake them out – well away from your garden!



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TRB on the St Asaph Business Park*Beth Richards*

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It's been a very turbulent 2020/2021, and the pandemic produced major challenges in our industry. When coronavirus first appeared in Asia and Europe, we responded quickly, and implemented a *Sickness Epidemic Response Procedure*. We stopped all international travel, installed cleaning stations, and increased our cleaning resources. We increased our inventories of both material and finished goods. At the national lockdown in March 2020, we temporarily suspended assembly operations. During lockdown, about 80% of our workforce agreed to be furloughed, and most desk based staff switched to home working. As our business has a supply chain which reaches as far as Asia, with logistic lead times in excess of 3 months, we had to continue warehouse operations throughout the lockdown.

With help from the Welsh Government Economic Resilience Fund, and the UK Government Furlough scheme, we were able to retain our valuable workforce, and maintain vital business operations through lockdown. Fortunately, Toyota sales bounced back, and from April 2020, a month after the national lockdown was announced, we began to bring back home workers and ramp up assembly operations, eventually returning everyone from furlough from July 2020.

To protect our employees and local community we implemented strict COVID-19 safety measures which included social distancing throughout the premises. We invested heavily in state of art thermal imaging technology, created multiple shifts to stagger start/finish times, and modified assembly lines and office desks with safety screens, and ramped up cleaning procedures. We continually monitor the risks that COVID-19 present to the business and the community, and make changes to our safety procedures as necessary.

The company is grateful for the support from the UK and Welsh Governments, but even more importantly the incredible hard work, support and understanding from the all the team at TRB Ltd.



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stasaph.infants@denbighshire.gov.uk



Ysgol Cefn Meiriadog

Laura Martin

This term we have enjoyed plenty of time outdoors and have made the most of the lovely weather. We have worked hard to develop our Forest School area and all of our classes use it every week. The Junior children have been introduced to the Forest School tools this term and have thoroughly enjoyed using the saws, mallets and knives to create wood cookies and claves and they have all helped prepare the wood ready for the end of term campfire.

We have also managed three trips this half term to the Woodland Skills Centre, the SeaQuarium and Pentrellyncymer, everyone had a fantastic time and thoroughly enjoyed being out and gaining new skills and experiences.

Our Junior children have worked hard with Mrs Smith to create some William Morris inspired clay pieces. These have been displayed on our Coed Cefn at the front of the school and look wonderful!

As we come to the end of the Summer Term we are looking forward to Sports Day and 'Monday Funday', a wellbeing day organised by our Head Boy and Girl. We are also saying goodbye to our fabulous Year 6 pupils who are all moving on to pastures new. We all wish them every success as they start their new chapters and can't wait to hear all about their high school experiences!

Many of our pupils are looking forward to attending our Summer Holiday Club and will be involved in all kinds of wonderful activities including music workshops, rugby and football sessions, a falconry workshop and a trip to the beach. Wishing you all a wonderful and safe Summer!



VP school report

Kate Langford

We've had a wonderful end to the Summer Term at St. Asaph VP Infant School and have been very busy making lots of treasured memories together. We are delighted to share that we took part in the 'Move A Marathon for Ethan' fundraising event and raised over £1800 for Wales Air Ambulance and Young Minds charities. We are incredibly proud of our school's fundraising efforts – fantastic team work, bendigedig pawb!

We have embraced the Euros, Wimbledon and the Olympics and have used these events to promote healthy lifestyles and a love of sports at our school. The children took part in their own VP Olympics and experienced an opening ceremony and a variety of races and games. The children especially loved the space hopper race, the water race and the egg and spoon race. We shared the videos of our Olympics week with our families which ensured everyone was able to feel a part of our brilliant Sports Day.

The Year 1 and 2 pupils experienced a superb educational visit to Chester. The children developed their Humanities skills by comparing the locations, key features and Cathedrals of Chester and St. Asaph. The end of the academic year means our Year 2 learners have left us and are preparing for new, exciting adventures at Ysgol Esgob Morgan. It has given us great pleasure to praise our Year 2 children by organising events which celebrate and reward the children's achievements. The children have played together on the Wheelie Play Bus, enjoyed a movie afternoon with popcorn, experienced a Party afternoon (thank you for providing party food Coop St. Asaph) and graduated from the VP with flying colours! We would like to wish our Year 2 pupils all the best for the future and know that they will make us proud during their time at Ysgol Esgob Morgan.

I would like to use this opportunity to personally thank the children, staff, parents and community of St. Asaph for welcoming me so warmly during my first term as Headteacher. I am thankful for the hard work, determination and resilience that the children and staff have shown this year. The children have been a true credit to all parents, carers and the St Asaph community. We have ended our year on a high and are looking forward to returning in September to a new academic year and a new term with refreshed enthusiasm and hope for the future.

ENGLISH AND MATHS TUITION

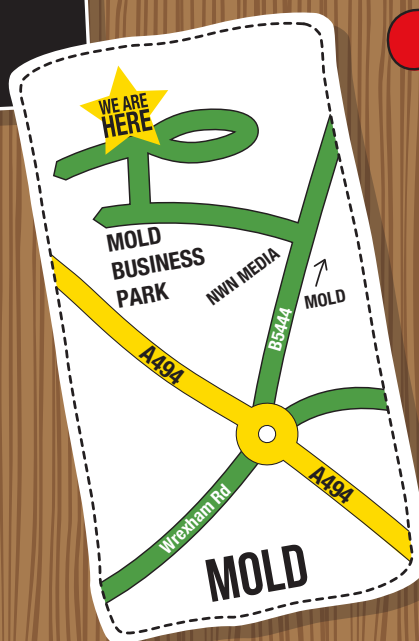
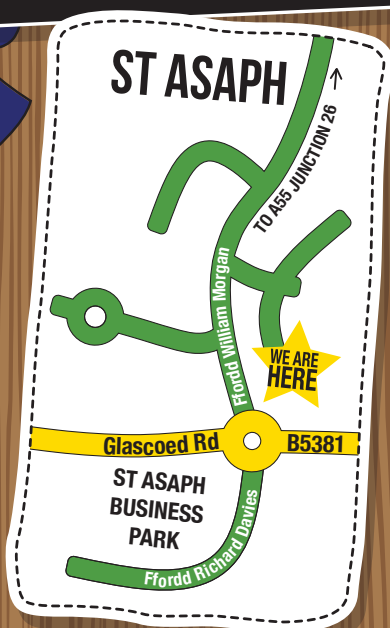
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Cymraeg

English



Ysgol Glan Clwyd

Years 11 and 13 leaving. During the last week of the summer half-term, ceremonies were held for pupils in years 11 and 13. Due to the Covid regulations, Year 13 held their ceremony outside, in the warm sunshine. The traditional Record of Achievement event in the cathedral for Year 11 was not possible, and because of the weather, a virtual ceremony was held in classrooms, with a number of stories recounted from the previous 5 years! At the end of the virtual ceremony, pupils spent time socializing and bidding farewell to each other.

Students from Years 11 and 13 decided to plant trees to mark the end of their time at Ysgol Glan Clwyd. Two rowan trees, symbolizing wisdom and courage, were planted to watch over and protect the school community.



Megan and Cadi

Mrs Catherine Jones (head of 6th form) with Beth, Owain and Elizabeth

Mr Aled Williams (head of year 11) with Jack and Amelia

Congratulations to Mabli Davies (Y9) on her success in Eisteddfod T over half term. She was competing in the Miming a Welsh pop song (under 25), and the song that she chose was "Soft-soap me" by Yws Gwynedd; she came second overall. Good for you! Her brother Boas Davies (Y7) came third in the poetry writing (homework) section.

Congratulations to Jared Roberts (Y13) who has been chosen to play in the Wales under 19 Futsol (indoor 5-a-side football) team.

Congratulations to two members of Year 13 who have won scholarships to Bangor University. Gwenno Lois Williams won two scholarships, the Professor Gwyn Thomas award (£2000) and a Merit scholarship of £3,000. Llio Machno Williams won a Merit scholarship of £2,000. Very well done to both of you, and best wishes to you at university.

Congratulations to Megan Galeandro and Cadi Doran (Y9) on their selection to join the under 16 Welsh Football Academy.

Science: A team of biology students drawn from Y12 (Erin Baxter, Jake Chow, Gwenllian Emmett and Gwion Williams) have reached the next round of the 'Life Sciences Challenge 2021'. The University of Cardiff Medical School are hosting the event, and the team will be competing online against teams from six other schools across Wales. Good luck to them.

A number of Y7 pupils cooked and sold cakes to raise money for the World Wildlife Fund recently, and succeeded in raising £40.

Congratulations to Miss Teleri Evans on the birth of her son Deio Gwyn.

Walk-in vaccine centre

OpTic Centre, St Asaph Business Park. No need to book beforehand.

9:30am – 5:15pm Tuesday, Wednesday, Thursday, Friday, Sunday



Mike Chamberlain's cup!

St Asaph bowling club held their big annual competition on Sunday 18th July, sponsored by Spring Garden holiday park with nearly £1000 in prize money. It was a great success with lots of people watching, some great play, and the weather was great. After many tight games the final was contested by Chris Slater and Mike Chamberlain, with Mike coming out on top.



St Asaph 1st team vs Mochdre, May 21st.



Photos Ray

St Asaph First XI—league leaders (at the moment....!)

The First XI have had a very impressive season so far, and at the time of going to press, lead the North Wales Premier League, 22 points clear of Menai Bridge CC. But the season is far from over, and some big games are coming up, with St. Asaph playing Menai Bridge again on 31st July. Talent is spread widely through both the first and second XIs, and the club has become a very popular venue for spectators.

Captain of the First XI, **Will Ryan**, the oldest of the three Ryan brothers in the team, is pleased with progress this summer, but is clear that the team will have to remain very focussed on each remaining League game. "We are quite a settled team, with strength both in batting and in the field, and we have some good run chases under our belt. Everyone plays their part, and so far we have been pretty consistent, even with some very tight games. We want to stay steady and avoid getting over-confident."

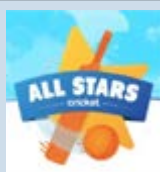
Asked to nominate some stand-out performances this summer, Will clearly finds it difficult to single out particular players, and then lists individual performances from what turns out to be the whole team! He also pays tribute to the Second XI, led very ably by Ben Murphy. Full results and analysis for each of the teams are available on www.stasaph.play-cricket.com for those that love poring over the statistics, but here are some of the recent results:

First XI

June 12th: Northop 226-8 (Danny Ryan 3 for 63); St Asaph 232-7 (Matty Ryan 100, Duncan Midgley 44)
 June 19th: St Asaph 271-5 (Matty Ryan 70, Duncan Midgley 70, Jason Foulkes 60); Denbigh 132 all out in 29 overs
 June 26th: Brymbo 163 all out (Matty Ryan 4 for 42); St Asaph 166-3 (Nat Scott 78, Matty Ryan 35) in 46.2 overs
 July 3rd: Bangor 156 all out in 46 overs (Jason Foulkes and Matty Ryan both 3-35); St Asaph 140 all out in 36 overs
 July 10th: St Asaph 160-6 (Nat Scott 80); Conwy CC 65 all out (Matty Ryan 5 for 17)
 July 11th: Colwyn Bay 183-9 (Danny Ryan 3 for 52); St Asaph 184 –5 (Daniel Williams 40)
 July 17th: Pwllheli 220 (Christopher Taylor 77); St Asaph 223-4 (Matty Ryan 55)
 July 25th: Llandudno 167 (Danny Ryan 5-32); St Asaph 168 (Matty Ryan 88)

Second XI

June 5th: St Asaph 309-7 (Charlie Williams 114, David North 81 no) ; Llay Welfare 65 all out
 June 12th: Northop 195 all out (Amer Jamil 3-37); St Asaph 143 all out (Richard Aram 39)
 June 19th: St Asaph 173 (John Winning 40); Denbigh 172-6 (Amer Jamil 2-19) (Phew...!)
 June 26th: St Asaph 265-4 in 40 overs (Ben Murphy 90, Richard Aram 56); Mold 127 all out (Roger Cloete 3 for 23)
 July 17th: Carmel 116-8; St Asaph 118-4 (Roger Cloete 50)
 July 25th: St Asaph 183-6; Buckley 187-3



Junior Cricket

St Asaph CC junior section is thriving, with some excellent cricketing potential already emerging in the U9, U11 and U13 teams. Over 40 youngsters aged 5-8 attended the All-Stars cricket programme launched in May, which was hugely popular. Credit due to the leadership of Duncan Midgley as Junior cricket co-ordinator, and the many senior players who help coach the youngsters.

It all began in St Asaph!

Phil Salt, Sussex's aggressive right hand opener, who began playing cricket in St Asaph, got his call up for England in the three one day internationals against Pakistan in July, scoring a blisteringly fast 60 at the Lord's test. England won the series 3-0.

Who knows what other talent St Asaph CC is nurturing for the future?

