Halkyn Mountain Nows 172 - Spring 2018

What's where:

- Page 2 Editorial, Protection Group, Halkyn Community Council.
- Page 4 Brynford Community Council, Pentre Halkyn Store & P.O.
- Page 5 Mountain Ranger Events, Halkyn Parish Hall.
- Page 6 County Councillor, Joy to the World.
- Page 7 Halkyn W.I., Blue Bell walks, Mountain Cubs & Scouts, Mountain Cinema update.
- Page 8 Halkyns Tropical Past,
- Page 9 Rhosesmor Village Hall, Rhosesmor W.I.
- Page 10 Chapel Service details, Rhosesmor Tots, Tiny Tots
- Page 11 Did You Know?
 Witches' Knickers update
- Page 12 Rhes y Cae News.
- Page 13 Danny the Donkey, Hardy Plant Society.
- Page 14 National Sheepdog Trials, PH Community Centre Rhosesmor Vintage Day, Pet Cemetery.
- Page 15 Rhes y Cae Carol Service, Rhosesmor Christmas Fair, Rhosesmor Memorial Garden
- Page 16 Ysgol Rhos Helyg
- Page 18 Mindfulness for Back Pain, Halkyn Bpwling Club.
- Page 19 Holywell Golf Club
- Page 20 Holywell Golf Club continued, Halkyn Cricket Club.
- Page 20 onwards Advertisements



Rhosesmor over 60's Christmas Party

Holywell Golf Club, Brynford was once again the venue for Rhosesmor over 60's Christmas Party. Fifty villagers enjoyed an excellent 4 course traditional Christmas Dinner prepared and served by Andi, Nick and the girls. Thank you all for looking after us so well. Thanks also to everyone who donated a prize for the free raffle, 16 in total.

We were entertained by singer and keyboard player Allan Murray who performed a mixture of Christmas songs and popular music to get people dancing.

The money for the party is raised by our annual sponsored walk around Halkyn Mountain, visiting some of the local pubs. Thank you to everyone who walked, sponsored or donated and last but not least a big thank you to John and Saffron Hulson for again supplying the walkers with their scrumptious pork pies and sausage rolls.

The Committee



Issue 173 should be out in June 2018; please submit items by May 1st.
You can send items to hmnews@btinternet.com
or hand them in to the Blue Bell Inn, Halkyn.
If you have any questions you can call Jack McIntyre on 01352 780377

Editorial

We often hear from readers that they look forward to receiving their copy of Halkyn Mountain News, and it is also good to hear that residents like to use it as a local directory of trades and businesses. However, we would also welcome suggestions from readers for new features and articles.

If you are planning an event, doing something interesting or getting involved in fund raising for a good-cause, please do let us know. We are pleased to receive your submissions and are also happy to help in constructing a feature or article from information you provide.

We distribute 1800 copies of HMN each quarter, so it's a great way of sharing your news or publicising your event!

The Editorial Team

Cymdeithas Diogelu Mynydd Helygain

Halkyn Mountain Protection Group

Halkyn Mountain is such a special place with its geological formations, extensive heathland, mountain birds and rare flora and fauna. Yet, incredibly, there is no local group or society of any kind dedicated to looking towards the well being of all the wonderful things we have here on the mountain.

There are, of course, a variety of outside agencies making decisions - not always wise ones - on what should be happening on the mountain

Green issues seem to be on the Government's agenda again, so this is the time to work locally to conserve and enhance what we have on the mountain.

If you are interested or can help or support in any way please do get in touch by phone - 780510 - for a chat.

Ieuan ap Siôn

The Halkyn Mountain News does not accept responsibility for, nor necessarily agree with, any of the views expressed, statements or claims made in articles or advertisements produced.

The Halkyn Mountain News will be available to read or download from the Halkyn Council & Community Website - halkyn.org.uk

The sender of any article and/or pictures that they do not want to appear on the website must tell the editors when submitting the article and it will be removed from the website version.

Halkyn Community Council



Rhosesmor Play Area

In the last edition of the HMN the Council referred to the suggested closure of the gate to the play area, which is sited along the B5123 road, near the bus shelter. Only a limited number of responses were received. However, the Council appreciated the responses received from Rhosesmor residents.

The Community Council have agreed to ask Flintshire County Council, to consider the closure of the gate. However, the County had previously advised, that should the request be made then the Community Council would be required to financially assist. The Council are awaiting a quotation.

Pentre Halkyn & Rhosesmor play area upgrade

The Community Council in this year's budget (2017/2018) had allocated £10,000 towards new play area equipment. Following an application to Flintshire County Council, for a grant towards new play equipment, the Council have been awarded £5,000. Flintshire County Council advised that Pentre Halkyn play area was in the greatest need for an upgrade, together with the request from Rhosesmor residents, that their play area is upgraded with toddler equipment. The Community Council have agreed to provide a further £5,000, which together with the previously allocated £10,000, and £5,000 grant from the County a total of £20,000 is available towards the project. The Community Council have asked the County Leisure Services, to provide plans for each play area, with an emphasis on toddler play equipment, to also include the provision of picnic tables.

Council Precept for 2018 / 2019 – financial year
The Community Council Members, in their budget
setting process, agreed not to increase their precept
during the forthcoming financial year. The present
budget will continue at £49,000 – which will increase the

present Band D household cost from £35.98 to £36.13 – an increase of 15p for the year.

North Wales Police report

PCSO Laura Jones advised the Council, that she will be moving from her present position, which covers the Community Council area, whereby the new PCSO will attend the January 2018 Council meeting. The following reported offences were advised to the Council: (1) Black Renault car visiting farms in the Halkyn area, offering batteries for sale. Following the visits to the premises, the vehicle registration plates were swapped. (2) Car accident on Springfield Hill. (3) Attempted burglary in the former Royal Oak pub.

The following was discussed with the PCSO. (a) Speeding traffic outside Ysgol Rhos Helyg School. (b) The number of recent accidents on Springfield Hill (B5123) – whereby vehicles have damaged hedges. The PCSO advised, that apart from one accident, there had been no reported accidents on this stretch of road.

Rhes Y Cae Football Field

Councillor Mrs. Nicola Richardson (Rhes Y Cae) discussed the provision of goal posts on the area known as the 'Football Field' in Rhes Y Cae. Councillor Mrs. Richardson had met with a play designer from Flintshire County Council, who had advised that the County would facilitate the installation. The Community Council are now in discussion with the Grosvenor Estate, Natural Resources Wales, together with Flintshire County Council, with a view of installing goal posts. The Community Council do not own the land known as the Football Field – which has resulted in discussions with the aforementioned.

Planning Decisions

The Community Council passed comments in relation to the following planning applications, which had been received from Flintshire County Council: (1) Application number: 057771, for erection of single storey extension and attic conversion, at Terfyn, Waen y Gaer. (2) Application number: 057790, for erection of conservatory to south elevation, at Windyridge, Moel y Crio. (3) Application number: 057750, for Listed building application of five painted timber windows, to replace cast iron windows in Garden Cottage, at Halkyn Old Hall. (4) Application number: 057751, renewal of planning permission Ref: 50282, to allow erection of 3 dwellings, at Bryn Awel, Pentre Halkyn (5) Application number: 057837, for construction of raised decking areas and associated access ramp, at Springfield Hotel, Pentre Halkyn. The Council response to the above applications can be found in the Council Minutes - which can be viewed on the web site address below.

The following planning decisions have been received from Flintshire County Council: (a) Application number: 057563 - for conversion of existing outbuilding to holiday accommodation etc., at, Pen y Orsedd Farm, Rhosesmor - Approved. (2) Application number: 057575 - for approval of details reserved by condition no's 3 and 4, attached to permission number: 057116, at Moel y Crio Cottage, Foel Farm, Moel y Crio - Approved.

Street Lights

In the last edition of the HMN it was reported in relation to the number of outstanding faulty street lights. At the time of writing this article, all faulty lights have been repaired, including underground cabling issues rectified.

The Community Council Members are presently considering the upgrading of 131 street lights that are owned by the Council to a more efficient and energy saving installation. The Clerk advised the Councillors that he had attended a meeting with two other Community Councils, together with a representative from a specialist electrical company. The Company representative had provided details, in relation to the lighting product supplied by their Company, together with an indication of cost. The lights would be guaranteed for a period of 10 years, with a payback time of 5 years. The reduction in electricity costs would be between 40% and 60% a year. Various grants were available to fund the changeover, including a loan from the Welsh Assembly. The present 35 SOX street lighting (orange lights) were not now being manufactured and are therefore difficult to replace as well as being not energy efficient. Councils across the country were seeking more modern and energy efficient lighting systems such as LED. The Council Members agreed to move forward and requested the Clerk to provide the Company with details of the Council street lighting portfolio. The Council will further consider when in receipt of a formal quotation together with contract details.

Children's Summer Playscheme

The Community Council have agreed the financial provision to continue the Children's Summer Play Scheme, which is organised by Flintshire County Council Leisure Services. The cost this year would be £1,309.00 for each area – total of £2,618.00. The two play schemes will take place during the school summer holiday period in Pentre Halkyn and Rhosesmor. Full details will be advertised by the County Council nearer the time.

Donations and Financial Support

Following an application by the Rhosesmor Village Community Group, the Council agreed to fund one WW1 bench seat, at a cost of £647 plus VAT (£776.40); International Sheepdog trials in Nannerch £200; Halkyn Parish Hall £1,500 towards running costs; National Eisteddfod of Wales £100; Llangollen International Eisteddfod £100; Caerwys Agricultural Show £250; Rhes Y Cae Village Hall – towards purchase of hot water heating system, including associated work £600; Marie Curie Cancer Care £200; Welsh Border Community Transport – for providing transport to local residents for hospital appointments £150; Halkyn United Junior Football Club - £1,000.00 (£400.00 towards running costs and £600.00, towards purchase of two sets of goal posts).

Phillip Parry,
Clerk to Halkyn Community Council
Tel: 01352 720547
E-mail: halkyn.council@btinternet.com

www.halkyn.org.uk

Brynford Community Council Cyngor Cymuned Brynffordd

Disused Telephone B.T. Kiosk

For some time the telephone kiosk outside Brynford C.P. School has been de-commissioned by B.T. Pay Phones.

Following enquiries made by the Council, B.T. Pay Phones has agreed that the kiosk can be adopted by the Council. The Council will be responsible for its future maintenance and upkeep.

The Council would be pleased to learn of any ideas from local residents as to how to use the kiosk in the future such as tourist information leaflets.

Condition of Bridleway and Byways - Naid-Y-March

Local residents have reported to the Council the poor condition and lack of maintenance being undertaken by Flintshire County Council to the above Byways and Bridleways.

The Council has written to the Public Rights of Way Department, Flintshire County Council, requesting that a condition survey be undertaken and that materials to repair the tracks are provided as soon as possible.

Brynford Recreation Ground

The Council has received notice from Brynford Football Club that they have no further use of the recreation ground and changing rooms. Upon receipt of this information the Council has agreed to maintain and manage the changing rooms for future community use. Should any local residents wish to become involved in the maintenance and up-keep of the facility please contact any member of the Council or the Clerk for further information.

Setting of Council Budget and Precept 2018/19

At the Council meeting held the 9th January, 2018 the Council considered its budget requirements and precept options for 2018/19 financial year. It was agreed that the Council Tax Band for a Band "D" property be set at £36.66 per year.

Alan Roberts, Clerk to the Council Crecas Cottage, Carmel Hill Nr. Holywell, CH8 8NZ Tel: 01352 349849 clerk@brynfordcommunitycouncil.gov.uk

HALKYN PARISH HALL BINGO Doors Open at 7.10pm

Come along and have some fun A night of Bingo for everyone



Light refreshments served to you
Cash pay outs and a raffle too

Halkyn Parish Hall is where it's at
On Wednesday night and every other after

March 7th and 14th and so on with me. So come along. Eyes down. A fun night you'll see.

Pentre Halkyn General Store & Post Office

Tel: 01352 780715



Dear Readers

We are pleased to announce the General Store at Pentre Halkyn will remain open.

The store offers a wide and varied selection of Groceries, Sweets, Fresh Produce, Beers, Wines, Spirits and Tobacco products.

The Hours have been extended and are at present:

Monday - Friday 6.30am - 6.00pm Saturday 7.30am - 6.00pm Sunday 9.00am - 6.00pm

It is the intention that the shop will open even longer Hours in the very near future - 6.00am-8.00pm (Date yet to be finalised).

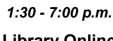
The Post Office

This has been greatly missed by many of our customers. We hope this service will be resumed in the very near future and will be open 7 days of the week. We are sure you will be pleased to hear that until such time the Post Office will open on Tuesday Mornings, 9.30am-11.30am from Tuesday 30-01-2018.

We would like to take this opportunity to thank all our customers for their support.

Halkyn Library

The library is a facility for all local residents, young and old, and is open *Friday afternoons*



Library Online
Services via
www.flintshire.gov.uk





FORTHCOMING EVENTS FOR 2018

Industrial Heritage Guided Walk

Wednesday 30th May at 1pm
Discover the spectacular countryside of Halkyn and its fascinating industrial history with the ranger.
Meeting point provided when booking place.
Booking essential – Wepre Park 01352 703900.

Wildflower Guided Walk

Thursday 31st May at 1pm
Join the Ranger and Flintshire's County Ecologist for a walk, where you will learn about the mountain's ecology.

Meeting point provided when booking place. Booking essential – Wepre Park 01352 703900.

Halkyn Quarry Tour

Wednesday 4th & 18th July at 5.30pm
A fantastic opportunity to visit the heart of a working limestone quarry, courtesy of Cemex.
Wear sturdy footwear or wellies if wet.
A very popular event so book early!
Booking essential – Wepre Park 01352 703900.

Children's Pond Dip

Wednesday 1st & 8th August at 1.30pm Join the ranger to see what creatures live in one of the mountain ponds.

Wear wellies. Dipping equipment will be provided. All children must be accompanied by an adult. Booking essential – Wepre Park 01352 703900.

HALKYN MOUNTAIN DVD

The popular Halkyn Mountain DVD is available.

You can order your copy from Rachael Watson at Wepre Park Visitor Centre, Wepre Drive, Connah's Quay, Flintshire, CH5 4HL.

The DVD is reasonably priced at £3.00 each, plus £1.00 postage & packing.

So if you want to own your own copy of this fantastic DVD act quickly as stocks are limited. Please send your cheque payable to "Flintshire County Council" along with a letter including your name and address to the above address.

Halkyn Parish Hall

Private Functions and Meetings

The hall is available for private functions including weddings, christenings, birthday parties, etc.

Bar and catering facilities can be arranged.

For more information ring the new caretaker Colin Roberts 01352 781762

Weekly Diary

Monday

Yoga 6:30 - 8:00 pm.

Contact Jenny 01352 780681

Tuesday

Baby & Toddler Group 9:30 to 11:00 am

Zumba 6.00 - 7.00 pm.

Contact: zumbawithvix@gmail.com

Snooker Club 7:30 pm.

(New members welcome

Contact Andy Wood 780159)

The Snooker Table is also available for hire Contact Colin Roberts 01352 781762

Wednesday

Modern Line Dancing 12:45 - 14:45 pm.

Contact Julie on 07712149439

Bingo (every other Wednesday) 7.30 pm. (For more information on the Bingo call:

Carolyn on 01352 781765)

Thursday

Halkyn W.I. 7.15 pm April to Oct

2:15 pm Nov. to March

Halkyn Mountain Quilters

7.00 - 9.00pm on the first and third Thursday of the month until next March, then new times TBA.

Fridav

Post Office 2.30 - 4.30 pm

Library 1:30 - 7:00 pm.

Halkyn Brownies 6:00 - 7:00 pm.

(Term time only) Contact Karen 716027

Weekend

Halkyn Mountain Cinema

Saturday 13th January

See item in HMN for contact details.

Heartfelt Art & Craft 2018 10 am - 3;00 pm.

Saturday 14th April & 23rd June

(Contact: Sue Thomas on 01352 781088) or email: heartfelt.mountainstudio@aol.co.uk

County Councillor

May I wish you all a happy Easter and, hopefully, a pleasant, fulfilling spring?

We all need some really fine weather to encourage us in the coming months. It is hard to believe that February is reputed to be the driest month of the year! The outlook from a County Council point of view is not very promising, with the possibility of more cut-backs and austerity.

At last, after a frustrating and long drawn out battle (eighteen months in some cases) the street lights are now working BUT, whilst the replacement LED lights are bright they seem to have a limited area of effectiveness, which in some cases seems to magnify the intensity of darkness in the spaces between the lamp posts.

Some people have expressed their continued concern about the dangers and difficulties encountered when using the road between Pentre Halkyn and Rhes y Cae. It is not generally realised that both that road and the one up the hill from Rhes y Cae to Moel y Crio were not metalled until just before the Second World War. The hard-core was taken from Rhes y Cae quarry, by horse drawn cart, to form the base for these roads. I can do no better than quote from section 55 of the most recent edition of the 'Highway Code':

"Single track roads. These are only wide enough for one vehicle. They may have special passing places. If you see a vehicle coming towards you, or the driver behind wants to overtake, pull into a passing place on your left, or wait opposite a passing place on your right. Give way to vehicles coming uphill whenever you can. If necessary reverse until you reach a passing place to let the other vehicle pass. Slow down when passing pedestrians, cyclists and horse riders."

Personally, I am most impressed and grateful for the courtesy shown when driving on these and other roads

on the mountain.

Brown Bins - for garden rubbish. After nearly two and a half hours of acrimonious discussion, a majority vote in the Environment and Scrutiny Committee decided that the County Council should levy a charge for brown bins, which will involve individual householders paying £30 per annum to have the brown bin emptied regularly. This works out at under £1 per week. If you use two brown bins at each collection it will cost £60 per annum. There was bitter disagreement over this levy but the opposition failed in their objections, possibly because of faulty tactics. Several complaints were voiced concerning unsatisfactory service, which were duly noted and hopefully these faults should be corrected.

The meeting of full Council on 30th January 2018, at first was in danger of being just as long, concerning the re-instatement of the discretionary reduction of 'Small Business Rates., specifically as they affected Scout Huts (and other similar charities). Fortunately, commonsense prevailed and an almost unanimous vote in favour of restoring this vital discretionary reduction was passed. This also applies to village halls.

Some parents have contacted me about problems over school buses, basically whether their children are entitled to this help. I have taken this up with the acting Chief Officer in charge of Education, who has promised to have the matter investigated. It is six months since the new academic year began in September, 2017, when there was terrible and inexcusable confusion on several school routes. Disorder was caused by a couple of bus companies reneging on their contracts at the last moment.

In some places there now seem to be more pot-holes than road. The Senior Officer and Director of Street Scene assures me that there are four teams working hard to repair the roads and make them safe. Repairing pot-holes is like applying first aid - a temporary, but essential, safety measure. Owing to the severe budget cuts forced on the Council by the Welsh Assembly many roads that are in desperate need of total repair will have to remain a 'crazy-paving' of old and new and in danger of disintegrating next winter.

In spite of this rather gloomy report it is vital to be aware that voluntary organisations and individuals, too many to mention, are performing all sorts of kindness and help in the community and for this we should all be truly grateful.

With good wishes to everyone on Halkyn Mountain,

Colin Legg C.C.



We are all familiar with the work done in the past by our local church youth group called Biscuits. These have now grown into a larger group, involving young people from the whole of the Mission Area. They've aptly called themselves the 'Journey of Youth' or 'JoY'.

Not forgetting their roots, before Christmas, over 20 of them came to sing carols to those living in the pensioners' bungalows on the Mountain. They handed to the residents personally wrapped gifts with a Christmas message from JoY. Jackie Blain and Roberta Hayes from our churches greeted them in Rhosesmor Village Hall with a heart-warming homemade soup. The first night they visited Pentre Halkyn and Rhosesmor and the second week the snow hindered their plans to visit Rhes-y-Cae, .Brynford and Whitford.

The young people genuinely enjoyed the experience of sharing the Christmas message in this old fashioned, personal way and one of the residents left us with this comment, "It was so lovely to hear the carols and receive the gift. The young people were so polite and enthusiastic. This is what Christmas is all about, so a big thank you to you all."

Halkyn WI

As usual December was a busy month for us with our meeting full of Christmas cheer and a demonstration of making flower table displays by our own talented member Mrs Jean Roberts, who then kindly give them as raffle prizes. We all had a very enjoyable afternoon.

Christmas lunch was enjoyed at The White House, Rhaullt, who took very good care of us.

Wiltshire Foods, a locally produced meal company, give a demonstration of its food in January. I was impressed by its range to suit different appetites and swallowing difficulties.

Dyffryn Foot Care joined us in February, highlighting the importance of taking care of our feet.

1st of March at 2:15pm, Kay Millard is with us ,with her talk about Cornish Myths and Legends.

April 5th at 7:15pm is our Guest Night, when visitors from other local WIs join us for entertainment and a buffet. We hope a good time will be had by all.

May 10th at 7:pm, is our birthday month, so as well as our meeting we also go out to lunch this month. June 7th at 7:15pm Maureen Archer presents Music Hall History as well as a sing along. Should be fun. See how many songs you know?

July 5th at 7:15pm Bill Furze is talking about the Venice Festival.

We take a summer break in August, though I hope to have a day trip planned before that. Watch this space as they say!

Our Meetings are held at Halkyn Library on the first Thursday of the month [except May].

Please contact: Reta Wainwright 01352 780829 if you have any questions.

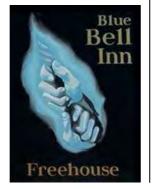
Fiona E Jones. President

Blue Bell Walks

It was pleasing to see some new faces on our New Year's Resolution Walk at the beginning of January. However, we are sorry to be losing two loyal and enthusiastic walkers who appeared at our first walk from the Blue Bell fourteen years ago. We wish Peter and Linda Thomas "Bon Voyage" as they join their two sons and families in Perth Australia.

An enthusiastic photographer, Peter has kept a record of all the Walks with photographs on his website. We thank Peter for backing up Walk leaders and for leading Walks when the need arose. We wish them both a happy and healthy future "down under".

John and Vicky Thomas

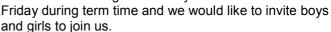


1st Halkyn Mountain Scout Group



Come and give it a try.
See if you like it and then stay!

We are a small group and meet in Rhosesmor Village Hall every



Cubs: Fridays 6:30 pm – 7:30pm. Scouts: Fridays 7:00pm – 9:00pm.

Cubs can start at the age of 8yrs and Scouts from the age of 10yrs.

Come and make new friends, take part in indoor and outdoor activities and learn new skills. For information or a chat contact Christine Cowley 01352 780192 or 07518957747 or joycowley@btinternet.com

Mountain Cinema Update

Halkyn Mountain Community Cinema began its fourth year by screening the fabulous "Dunkirk" in early January, a movie brimming with thought provoking emotion compounded by wondrous special effects; emblazoned on our huge screen in glorious surround sound. It was truly a movie to be experienced and not simply watched.

Coming up in March we are proud to present the new adaptation of "Murder On The Orient Express", which sees Sir Kenneth Branagh pick up the fabled moustache to take on the role of Christie's famous detective Hercule Poirot. Come and join us on this train ride of mystery, Saturday March 10th at Halkyn Parish Hall

Tickets are £4 and are available from our website (see below) or from The Blue Bell Inn.

I hope you will all extend your support to the mountain cinema through the coming year and continue to make our voluntary endeavours a success. May I take this opportunity to remind you that everyone is very welcome from anywhere across the wonderful mountain we live on so if you've never been before buy yourself a couple of tickets, come and join us and relax with a cup or tea and enjoy a proper night out at the flicks.

Our following cinema evening will be on May 5th, so pencil that date in your diary, and as always you can keep up to date with all the news about YOUR mountain cinema by heading over to the website, following the social media channels or signing up to the mailing list.

www.mountaincinema.org.uk www.facebook.com/mountaincinema www.twitter.com/mountaincinema

I'll see you in March mon ami.

Mike Flaherty Treasurer - Halkyn Mountain Community Cinema

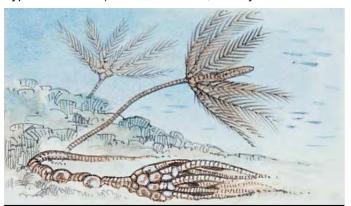
Halkyn's Tropical Past

350 million years in the making

Our Mountain holds a rare and mysterious power. Hidden just below the surface, this power can open a gateway into the earth's long-forgotten past. That power is rocks, or more specifically, the fossils within. Fossils hold the key to studying the earth's natural history in incredible detail. What could otherwise be a fairly nondescript rock, when it contains a fossil, can tell us so much about the time and environment at which that rock formed. From this, we can then determine our position on the earth's crust at that point in time.

The limestone that underlies Halkyn Mountain formed during the Carboniferous Period, around 350 million years ago. At that time, North Wales was located near to the equator and mostly covered by a warm, tropical shallow sea. A large coral reef, located to the north of Halkyn, sheltered a shallow lagoonal sea from most ocean currents bar a few large storm events. The sea bed was mostly muddy and soft with some rockier areas. This varied substrate provided good habitats for a variety of bottom dwelling, hard-bodied sea creatures.

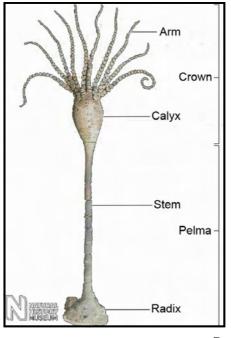
We know all this from studying just a few fossil sites on the Common. The limestones on Halkyn are unusually rich in fossils, particularly crinoids or 'Sea Lillies', which anchored onto harder substrates, and brachiopods (a type of sea shell) which sat in soft, muddy substrates.



An impression of Crinoids on the Carboniferous sea bed

An artist's model reconstruction of what Carboniferous Crinoids looked like when alive.

(British Museum of Natural History, London. 2005)





A hidden gem. A partly exposed brachiopod hiding in the Halkyn limestone. It's been waiting for 350 million years to give us its secrets.

These are often very well preserved in the rocks and it is because of this that we can gain so much information. For example, we can determine the prevailing current direction at that time, from the orientation at which the fossils now lie on the rock bed surfaces, the angle of the slope of the seabed, and even the chemistry and temperature of the ancient ocean water. We can gain information on past climates and therefore paint a picture of climate change over a vast period of time, helping us to understand how climate change could affect our planet today.

Halkyn Mountain is part of a large Site of Special Scientific Interest notified for its rare plants and minerals. The fossils found on Halkyn are also important in understanding the geology but are in danger of being damaged by indiscriminate hammering and collecting. The important geology on Halkyn Mountain should be conserved for future generations to learn from and be inspired by, as I was inspired some 5 years ago when I began to study geology after my interest was sparked on the mountain. Nobody can argue that collecting a fossil can't spark a life-long passion but important fossils sites are often finite and can be easily damaged. Therefore, on protected areas such as Halkyn collect only loose material and remember to leave plenty for others. If it is part of a project where more collecting is required, contact Natural Resources Wales to discuss the work. Further guidance for responsible collecting can be found on the Geological Society of London website www.geolsoc.org.uk/FieldResources.

Illegal fly tipping, off-road activity, and rock collection/ hammering are the main threats our fossils are exposed to. These activities not only have a detrimental impact on the geology, but can also damage our precious flora and fauna. It is also important to note that much of Halkyn Common is protected by UK and European law and that some activities require permission from Natural Resources Wales. Activities may also require permission from the landowner.

The local communities are the eyes and ears of this mountain and should you spot any suspicious activities that threaten our natural features, please contact either Rachael Watson, the mountain warden at rachaelwatson@wildlifetrustswales.org or Natural Resources Wales 'Report it' line 0300 065 3000.

The non-emergency police line 101 can also respond to illegal activities such as fly tipping and off-road driving. If you have any queries or if you would like more information on the geology, get in touch with me at tom.hughes@mytegfan.com.

Tom Hughes is a local resident & NEWRIGS member (North East Wales Regionally Important Geological Sites).



A limestone bed particularly rich in crinoid fossils. When finely polished, this rock is known as Halkyn Marble, and due to popularity for building stone it is now very rare. Is your doorstep or fireplace made of this?

To give an idea of scale a 10p coin lies on the surface.



Several varieties of brachiopod fossil from the Common, displaying numerous forms of habitation.

The Carboniferous Halkyn seas provided a diverse habitat for these creatures to thrive in.

Rhosesmor Village Hall

Over the Christmas and New Year break we had intended to do a number of jobs in the hall. Unfortunately, due to other commitments we only managed the following:

We reorganise the storeroom employing floor to ceiling shelving along the back wall. This has given us much easier access whilst also increasing the storage capacity.

In the committee room, the floor in the doorway area was showing signs of needing replacement. A temporary repair has been undertaken as it became obvious the whole floor needed replacement soon. This will be done when the room is next decorated.

In the picnic area, the balustrade and steps were given a well needed coat of Cuprinol. A small but very time consuming task.

The items still to be completed, hopefully in the next few weeks, include: re-arranging the hot water supply to the committee room to reduce 'water hammer' when turning on the taps in the kitchen; replacing all the emergency light fittings throughout the building and fitting a babychange unit in the disabled loo. Besides the above there are some minor problems involving the services within the hall.

The Next Jumble Sale will be held Saturday 6th May at approximately 2.00pm.

Hopefully, by the time you read this article all of the above items will have been completed.

Finally, thanks again to John Thomas for his completely voluntary efforts in maintaining the hedge and grass banks around the hall and to Jon Tarry for continuing to take bookings and deal with openings.

If you want to book a room Jon's number is 780842.

Geoff North

Secretary, Rhosesmor Village Committee.

Rhosesmor W.I.

Our members meet in Rhosesmor Village Hall on the second Monday of every month at 7.15pm. The only exception is August, which is a holiday month. We are always delighted to welcome any new ladies who might like to join us.

We had a very good, belated, Christmas lunch, in the Crown, Lixwm, on January 16th, which was enjoyed by all the members present. Our programme for the next three months is as follows:

March 12th - Easter Craft April 9th - Or 61st Guest Evening and Birthday Party with flower arranging with Janice.

May 14th - Beetle Drive

We hope to have an outing, later in the year, on the canal in Chester, with lunch included.

For further information contact Mrs Mary North on 01352 780660

Capel Salem, Pentre Halkyn

Services at 2pm.

C = Communion, W = Welsh, E = English

March	4th	Mr Peter Sinclair		Ε
	11th	Mrs Maryl Rees	С	W
	18th	Rev. Marc Morgan		W
	25th	Mr Bryan Jones		W
April	1st	Rev. Marc Morgan		W
Дрії	8th	Mr. Goronwy Ellis		W
	15th	Mr David B Jones		W
	22nd	Mrs. Delyth McIntyre		E
	29th	No Service		
May	6th	Miss Angela Bebbington		Е
Iviay	13th	Rev. Hugh Burgess		E
		0 0		
	20th	Rev. Marc Morgan		W
	27th	Mr David B Jones		W

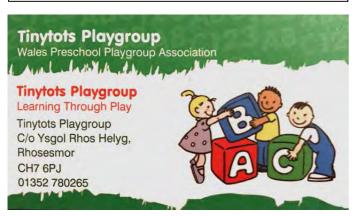


Every Thursday 9.15-11.15 at Rhosesmor Village Hall

£2 for parent & toddler(s)
50p for parent & baby

Find us on Facebook 'Rhosesmor Tots' or 'Rhosesmor Village'

Multi sensory activities, craft and a healthy snack Tea/coffee and treat for mums & dads too



Capel Bethel y Nant

Do join us every Sunday at 2.30

March 4th Shân Morris
11th Bryan Jones
18th Eric Green
25th Marion Simkin

April 1st Angela Bebbington
8th Maureen Roberts
15th Maryl Rees
22nd Eirlys Gruffydd Evans
29th Cyfarfod Gweddi

May 6th Huw Powell-Davies
13th Cymanfa Ganu Bethen Licswm 6.00
20th Delyth McIntyre
27nd Cyfarfod Gweddi

CROESO CYNNES I BAWB! A WARM WELCOME TO ALL!

Cynfaen Memorial Chapel, Calcoed

Afternoon services only at 2.30 pm in Welsh (W) and English (E) alternately.

March 4th (E) Miss Angela Bebbington

11th (W) Parch. Marc Morgan

18th (E) Rev. David Harrison

25th (W) Mr D Barker Jones

April 1st (E) Rev. David Harrison

8th (W) Parch. Marc Morgan

15th (E) Mr Bryan Jones

22nd (W) Own arrangement

29th (E) Rev. John Barnett

February 6th (W) Mr. tudur Hughes

13th (E) Rev. Marc Morgan

20th (W) Mr. Tegwyn Williams

25th (E) Rev. Marc Morgan

A very warm welcome to all of our services. Croeso cynnes i bawb.

Did You Know?

Security and Garden Lighting

Light itself, and minor domestic light fittings, are not subject to planning controls.

Nevertheless, if you are planning to install external lighting for security or other purposes, you should ensure that the intensity and direction of light does not disturb others. Many people suffer extreme disturbance due to excessive or poorly-designed lighting.

Ensure that beams are **NOT** pointed directly at windows of other houses. Security lights fitted with passive infrared detectors (PIRs) and/or timing devices should be adjusted so that they minimise nuisance to neighbours and are set so that they are not triggered by traffic or pedestrians passing outside your property.

If your property is a listed building you should always consult the Local Planning Authority.

The potential effects of lighting on wildlife and the environment are often overlooked. Evidence suggests all forms of artificial lighting (including LEDs and halogen) can impact on wildlife. Light pollution from inappropriately positioned security lighting is often the worst culprit.

Artificial light can make gardens a no-go area for some wildlife so it's important to retain some dark areas. Nocturnal insects, including many moths navigate in part by natural light sources, such as the moon, and can become disorientated by artificial light. Many bat

species avoid lit areas altogether and although some bats are more tolerant and take advantage of the accumulation of insects at artificial lights to hunt, it can then open these species up to the risk of predation.

Security lights may temporarily blind some animals and may even attract them, as appears to be the case with frogs. Garden birds are disturbed from sleep by sudden lighting and can begin singing before dawn. Disruption of animals' breeding cycle is more serious. Dim lights, such as solar powered lights, are less likely to affect wildlife.

Minimising impact

Ask yourself whether you really need lighting Lessen the effects of lighting by positioning lights as low as possible and aiming lights responsibly.

Turn garden lights off when not in use or use motion sensors or timers for essential or security lighting.

Hoods can also direct the light downwards to reduce light pollution of the night sky.

Choose low-intensity lighting: solar lighting is cheap, safe and emits a dull glow suitable for garden use.

Why buy a searchlight if a torch is all that's needed?

Witches Knickers Update

Readers may recall an article in a previous edition when we reported that Steve Blakesley from Rhosesmor had published a book under the title "Witches Knickers", the profits of which were to be donated to Cancer Research.

We are pleased now to publish the following update from Steve:

"To all the residents of Halkyn, Pentre Halkyn, Rhosesmor, Rhes y Cae, Moel y Crio and Brynford, I thank all of you who bought a copy of my comic poem anthology called Witches Knickers. Thanks to you and other generous benefactors, the Rotary Club of Flint and Holywell were able to present a cheque for £2,000 to North West Cancer Research."

Copies are still available from Tower Gifts in Holywell and Mold Book Shop. It costs £5 and includes the much acclaimed Happy Valentine's Day.

Photo shows:

Lord Mostyn, Jim Reid and Steve Blakesley



Rhes Y Cae News

Christmas Coffee Morning

Tuesday 14th November, 10.30am.

This was organised by Rhes y Cae Village Hall committee. What a lovely surprise to see the place decorated in time for Christmas! The weather was milder that Tuesday morning and many people had turned up to support the community centre. Many thanks to the committee and also to the many stallholders. Sara (Nerys's daughter) from Pandy Tudur had an interesting array of reindeers – they were very popular and went quite quickly as did some lovely candleholders with real red berries to display in our homes. Kim, the Catch, Halkyn had been busy making some colourful hangings for our Christmas trees. Rosie and Neil had plenty of interesting glass gifts on their stall.

Thanks to everyone who had kindly donated raffle prizes. The flowers looked lovely on

the



tables. We were all able to enjoy the refreshments, consisting of tea, coffee and mince pies. The proceeds went towards the Over 60's Christmas lunch on Saturday 9th December. Unfortunately this Christmas meal had to be cancelled owing to severe weather conditions. A new date will be arranged.

Rhes y Cae Church Christmas Coffee Morning Tuesday 28th November 10.30am.

Many thanks to all who supported us. Also, our thanks to Peter and Doreen Jamieson for making a very interesting hamper. People had to guess how much money was spent to purchase all the items – the winner was Brenda. There was a variety of goods on the stalls. Thanks to all who contributed towards "Trash or Treasure." Also, there were some Christmas decorations – many of them were hand made. Many thanks to Dorothy for supplying some lovely chocolate and ginger cakes, also to Brenda who had made some delicious home made mince pies.

Many thanks to all who had provided an interesting selection of raffle prizes. Colin was at the door and he also gave a vote of thanks towards the end of the morning. Total monies raised was £320 – an excellent result!



Advent 1 Toy Service

Sunday 3rd December, 8.45am

Each year the congregation contribute gifts of toys for children in care, including possible gifts for teenagers as well as for younger children and these are delivered to social services.

Rhes y Cae Church Carol Service

Wednesday 13th December, 7pm.

Unfortunately the weather was quite blustery, and it was quite difficult to venture out. However it was a very enjoyable evening, as everyone had the opportunity to sing the first carols of 2017. Afterwards there were refreshments of sherry or Schloer with gingerbread and mince pies – many thanks to all who contributed.

Salsa Christmas Party

Wednesday 13th December

After the service, we joined the Salsa class and were greeted with mulled wine by Trevor our tutor. It was a lovely end to the evening – many thanks Trevor. You are welcome to join us in the Village Hall on Wednesday evenings at 7pm, except during school holidays.

The Crib Service - Christmas Eve, 4pm

There was an excellent turnout of people. It was lovely to see so many happy families coming to this special service. The young children enjoyed helping Rev'd Hugh Burgess telling the Christmas story. They were searching for the various characters hidden away in the church. Everyone seemed to enjoy singing the carols with enthusiasm. We were given some chocolate treats on the way out of church.

Many thanks to Hugh and Colin for making the service so enjoyable.

Christmas Day Service – December 25th, 9.30am A special service with communion – it was a quiet but very pleasant start to the Christmas Day festivities.

Future Dates

The **Big Breakfast** will be held on Sunday 18th March, 10am-1pm, in Rhes y Cae Village Hall.

This year we are raising money for MIND, the mental health charity.

We'll be serving all the usual cooked breakfast items including veggie options, as well as cereal, toast, pastries, fruit salad and hot & cold drinks.

Everyone is welcome to come along and enjoy a great breakfast and a chilled out morning with the Sunday papers!

Easter Coffee Morning – Tuesday 10th April at 10.30am in Rhes y Cae Village Hall. All are warmly welcomed.

Over 60's St David's Day dinner, Saturday 3rd March 2pm. This is our belated Christmas dinner!

Village Hall Quiz night - June. Date to be arranged.

Wishing all our readers a very Happy New Year in 2018.

Please let me know if you have any information to put in the next edition by the May 1st 2018. Many thanks

Gwyneth Hughes 01352 780371

A Few Words from Danny the Donkey

With the arrival of the New Year I am feeling positive as there is much to look forward to. The evenings get lighter and eventually the days get warmer. Despite the expectation that humans have of donkeys, I am a 'trough half full' donkey. It comes fairly naturally to me but nevertheless is a good way to look at life.

I accept that everyone is very different. Sheep can be a little negative in their outlook. They do bleat a lot and complain about the absence of rams and the quality of the available grazing. From my experience, they also love talking about their ailments. Rabbits on the other hand are very positive, but rarely stop long enough to share it. Owls sit in the middle of the two extremes. They are never backward when offering an opinion but neither could I describe them as enthusiastic or negative.

Humans seem to fluctuate and I have noticed that their level of positivity varies with the weather. I don't think I know of any other animal that changes in this way. I look forward to the better weather when I can see my field is full of delicious thistles and grass. It is good to have the excitement of something to look forward to. My mother used to tell me to appreciate the present and to keep a happy balance of enjoying today and looking forward to tomorrow. She said that just to look forward can lead to disappointment. She once made friends with a group of turkeys and they would spend many an evening planning a holiday in the spring. They could see a distant field with a stream and thought that it would be a lovely place to visit when the weather improved. All through the autumn they planned the trip. My mother contributed many ideas and thought everything had been agreed for the joint trip. However, sometime in December, the turkeys left early one morning without her. She was really annoyed that they had gone without her but although she squinted, she could never quite see if they had reached the field. After this episode, she always warned me never to trust a turkey.

Rhes-y-Cae Village Hall

Rhes-y-Cae village hall is available for PUBLIC or PRIVATE functions.

Children's parties for 11 year old and under.

Reasonable Rates

Contact Kevin Lewis - 01352 780297

Coffee Morning

Book Swap & Raffle At Rhosesmor Village Hall Every <u>Other</u> Monday Morning 10:30 - 12:00

Please come along and meet your neighbours for a cuppa and a chat





I think that being positive is generally a good thing although over-enthusiasm can also be annoying (I'm thinking about seagulls).

I have an acquaintance who is a cat and friends who are dogs. I know where I stand with them. The cat can be demanding and occasionally negative. The dogs are usually upbeat and are great when they stand still, but they don't seem to get the message that I just "don't do" ball games. I don't understand the point of running after something you already had in the first place. Why run after a ball, when you can stop still and munch grass? It's such a waste of good grazing time.

Yes, I'm a positive donkey. I'm off now to try and cheer up some sheep. Just spare me the foot-rot stories!

Bye for now,

Danny

Danny lives on the side of Moel y Gaer in Rhosesmor and receives many visitors.

Hardy Plant Society Clwyd Group

Meetings are held at 7.30pm in the **Holywell Community Centre** (by the Leisure Centre and Library)



The spring programme is:

Tuesday 20 March a short AGM and a Potpourri of Favourite Plants and Gardens by HPS Clwyd members.

Tuesday 17 April talk on Climbers and other favourite Garden Plants by Jim Almond.

Sunday 20 May PLANT SALE 10.30am – 1.30pm FREE admission and FREE parking, public welcome.

Visitors £3 admission to meetings. Membership available. Programme can be subject to change.

Information: 07768 423965 or www.hardy-plant.org.uk/clwyd Find us on facebook & twitter @HPSClwyd

Sheepdog Trials

The Welsh National
Sheep Dog Trials
will be held at
Penbedw in
Nannerch from the
9th-11th August
2018

П

П



The Guild of stick makers is coming so if there are any other makers of **craft** or **art items** who would like to take this opportunity of **promoting** their wares for £10 per day in a covered area.,

I have Craft Stand application forms for crafters, Please apply to:

Event Secretary

Mrs Janine Rees-Denman

The Lodge

Calcoed Lane

Babell CH8 8PT

mobile: 07795 830287

Email: jdenwyn@hotmail.co.uk

Pentre Halkyn

Community Centre

Bingo - Every Monday for the over 50s 1.30pm New members welcome

Holywell Art Club - Wednesdays 10am - 2pm

Bingo - Thursdays 7:30pm

Line Dancing - Fridays 8pm - 10pm

The Community Centre over 50s Christmas Dinner

will be at the Holywell Golf Club date changed to Monday 9th April

The hall is available for parties, etc. contact Megan on 780026

Rhosesmor Village Vintage Day

Ysgol Rhos Helyg Sunday June 10th 2018

Vintage goods and food stalls

Local Photo Display

Refreshments

Local History Films

Olde~Worlde Sweet Shop

Vintage Games

Π

Π

П

Halkyn Marble Exhibition

Afternoon Tea

Historic guided Walks Vintage Jewellery Stall

Vintage Fancy Dress





The Memorial Gardens at the Pet Cemetery

Take a stroll around the award-winning grounds of the Pet Cemetery and discover a unique place where beautifully manicured gardens, grounds, statues, headstones & memorials are dedicated to much loved pets.

Visitor Centre & Traditional Tea Room (dogs welcome).
Winners of Cemetery of the Year 2004-2009,
Rural Wales Award 2006.
North East Wales Ambassadors
Members of Flintshire Tourism Association

The Pet Cemetery, Brynford, Holywell, CH8 8AD

Open 7 days a week 24 hour helpline 01352 710500

Email: enquiries@petfuneralservices.co.uk
Web: www.petfuneralservices.co.uk

Rhes y Cae Carol Service

On the 22nd December the annual Carol Service was held a t Capel Ebeneser, Rhes y Cae. As usual the conductor was Goronwy Ellis, Gorseth. He has led our carol service for the last 30 years. Mr Colin Legg was our faithful organist. We always have nine Bible readings, seven carols and items from choirs and soloists.

Dr. Goronwy Wynne, Licswm conducted the local choir, which sang two unaccompanied traditional carols. Our guest accompanist this year was Mr. Tim Stuart, Northop Hall, an extremely accomplished pianist, who is the official organist in the Cymanfa Ganu in the National Eisteddfod of Wales. Our three National winner soloists were Ceri Roberts of Henllan, Rhys Meiler of Llangefni and Steffan owen of Ynys Môn.

Their items were of the highest standard. The beautiful flower display was provided by Mrs. Menna Coleclough, Y Nant.

This occasion is usually well supported, with no empty seats. But this year the fog was so thick that many people from the Mold area had to turn back due to the highly dangerous conditions on the road. One person described the fog at Moel Y Crio as being like "thick soup"! Unfortunately one person did in fact crash their car into a ditch - but still eventually arrived at the chapel - through thick and thin!

Llawer o ddiolch I bawb am bob cymwynas a chefnogaeth. Many thanks to all.

Ieuan ap Siôn

Rhosesmor Christmas Fair and Grotto

In November, the Rhosesmor Village Community Group held their

Christmas Fair at Rhosesmor Village Hall. This annual event was bigger than ever, attracting visitors from near and far.

A wide variety of stalls offered homemade cakes and refreshments while visitors tried their luck at fun activities such as Shove Ha'penny, Tombola and Find the £50 Note.



Several stalls featured beautiful handmade items for sale from local artists and craftspeople.

The highlight of the fair was the arrival of Santa and his elves who took up residence in the beautifully appointed grotto to delight children and adults alike. All the children got to speak to Santa and were rewarded with a gift to take away.

Overall a great time was had by all and the organisers are already planning for the fair to be bigger and better next year.



Memorial Garden Rhosesmor Churchyard

Thanks to all who have joined the working party to provide a special place for the community to sit, to find peace and quiet and remember their loved ones. Thank you for all your hard work in pulling the garden plans together, moving the slabs for the raised beds, clearing the large areas under the trees of all the ground ivy, uncovering lots of spring bulbs coming through. This will look wonderful when in flower soon. Also thanks to Jackie for the coffee and cake.





Special thanks to John Thomas (pictured left) who has worked so hard over the last 4 months clearing and preparing the plot for the garden. His commitment and dedication to our community is remarkable.

If you would like to make a donation to the cost of the garden you will find a donation box on the shelf as you walk into church. As a community garden we hope that the community will donate plants too.

If you wish to do so or you wish to help in any other way please contact Viv Barlow on viviennebarlow@gmail.com.

Ysgol Rhos Helyg

It has once again been a very busy time here at Rhos Helyg. You can find out all about the school through our Twitter feed @ Rhos Helyg School.

Remembrance Day

Members of our school council took a wreath to the Cenotaph in Rhosesmor on Remembrance Day. This is a tradition that our school council has carried out for many years.



Christmas at Rhos Helyg

Father Christmas came to visit our Foundation Pupils.



The Infant Christmas Show was the Little Red Robin, whilst the Juniors sang a medley of Christmas themed

songs.





Pupils from the Foundation Phase visited the cinema in Prestatyn to watch A Little Star as a Christmas treat.



The Juniors visited Theatre Clwyd to enjoy the panto Sleeping Beauty.

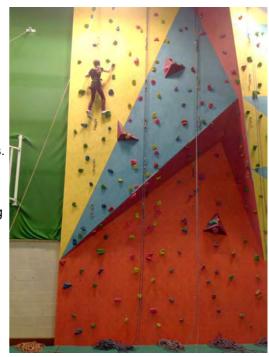
Snow

Despite the snow and ice closing all Flintshire Schools, the pupils enjoyed playing in the snow on their return to school.



Climbing Club

The Club has gone from strength to strength under our climbing instructor Dave Jones. The pupils have some sessions at our climbing wall at school before progressing to the more challenging climbing walls at the Argoed.



Make it Club Our Foundation pupils enjoy making a wide variety of things in this club.



Book Fair

We have re-introduced a Book Fair at Rhos Helyg. This event, that lasted for a week, was well supported by pupils and parents and has proved to be a big hit. Hopefully, it will re-ignite a love of reading in some of our pupils.



Y Criw Cymraeg

We have introduced a new Welsh initiative at school recently in order to further improve standards of Welsh at Rhos Helyg.



These pupils are working closely with our Welsh Coordinator in order that our Welsh Language skills continue to improve.

Making Potions



Pupils from Year 4/5 have been making magic potions as part of their work on Harry Potter. They came up with all kinds of wonderful ideas for their potions such as a the Wish Granter Potion and the Mermaid Transformation potion.



Gardening

As the seasons change we are already preparing to sow some seeds in our polytunnel in order that we can transplant them outside.



Mindfulness for Back Pain

Back pain has multiple causes including, genetic disposition, repetitive activities, injury, diet, posture, stress, smoking, age, sedentary lifestyle, and arthritis. The combination of these causes leads to spinal joint inflammation and muscle strain. Your chiropractor can address the pain from inflammation and muscle strain, but it will come back if you do not address the causes.

How Mindfulness Can Help

Mindfulness is a powerful tool to help address many of the causes of back pain because it puts your mind back in touch with your body. Our modern world tends to make us goal focused, looking out there, while we are unaware of the subtle tensions that arise in our bodies through everyday activity. These tensions can build up to such a degree that the body finally starts to break down, leading to pain. When you are more in touch with your body you will not like the effect of eating unhealthy food, you will feel restless with a sedentary lifestyle, you will be aware of the hormonal changes in your blood chemistry caused by stressful situations. Your habitual postures will start to feel uncomfortable; you will notice the strain that repetitive activities are placing on your body.

When you are more aware of these negative effects, you will feel compelled to make changes. Mindfulness will make you eat a better diet, exercise more, maintain better posture and, most important of all, find creative ways to deal with stress in your life.

History of Mindfulness

Mindfulness is a Buddhist practice that started to filter to the west in the sixties. As more and more people found the practice beneficial, meditation centres sprang up in Europe and the USA. Mindfulness is one aspect of the Buddhist spiritual path known as the Eightfold Noble Path. Many people found the practice hard to stomach, either because it challenged their Christian beliefs. Others found it difficult because people were becoming averse to anything that smacked of religion.

Jon Kabat Zinn, an American writer and ex-Buddhist monk, is recognised as a major proponent in the secularisation of mindfulness. Since the 70's universities around the world have been studying the effects of mindfulness, based on his work. Researchers have published hundreds of papers that show remarkable benefits for this practice. Bangor, Exeter and Oxford are the main universities where mindfulness is studied. You can get masters degrees and other post graduate qualifications in mindfulness from these universities.

The universities developed an eight week, one evening a week course, based on thirty years of research into mindfulness practice; Mindfulness Based Stress Reduction. I include simple mindfulness practices as part of my treatments for people suffering from back pain but to really get a taste for mindfulness I would recommend the 8 week MBSR training as a starting point.

Steve Massey St Asaph Chiropractic Clinic, 01745 535854

Halkyn & District Bowling Club



I am trying to find something interesting to say, but it is cold, wet and miserable. It is hard to imagine playing in the sun. I'm enjoying sitting in my warm lounge; I should be exercising for the new season - maybe tomorrow.

But it's a good time to plan. I'm definitely going to try to play better bowls this next season - no prizes last season. Maybe you should all be thinking how good it will be in the sunshine at Halkyn Bowls Club. Just come and see how we enjoy it. Our new members who joined last year cannot wait for the season to start. If you want someone to bring you that can be arranged. I must say the Bowls Club isn't easy to find, but it is worth the effort.

We haven't been completely lazy this winter, Halkyn has two teams in the Flintshire indoor bowls league with mixed success. The two teams are about even. We are out there getting our one a day exercise.

In my last report I said that Halkyn had been successful but had not won anything. I was wrong. A cheque arrived this week, prize money for coming third in our league - encouragement I hope.

This next season will be difficult. We need two teams, that's going to be hard. We will do our very best to maintain our standard. There must be someone out there who knows how to play and would love the chance to rescue us.

Come along to our **Open Day on April 7**th, starting at **2.00pm**, all are welcome. Turn left off the Brynford road out of Pentre Halkyn at Bryn Felin and look for Cae Helyg and signs for the Bowling Club. There you can meet us, perhaps try your hand and enjoy the view.

The three winners in our 100 club were Leyla Lamb, Joanne Alonso and Megan Davis was the £30 Christmas winner.

So, get in touch for any reason - we are here to help: Bill Worrall - 710702 and Julie Lewis - 781212.

Jo Woodruff 781216

Holywell Golf Club

Holywell Ladies Christmas Open - 23rd November

The weather was not very kind to the Lady Members and visitors who attended the Ladies Christmas open at Holywell. However, the welcome was warm and mulled



wine chocolates and mince pies were provided. The day was organised by our lady Vice Captain Linda Leech and Maureen Bibby helped by volunteers. They all did a fantastic job, thanks from everyone. The presentation was made by our professional, Matt Parsley, pictured here with the winners Steph Brooke and Nest Houghton and our lady Vice Captain Linda Leech (left). In second place was Dilys Jones and



Olwen Thomas. The winners were all from Denbigh. Nearest the pin on the 12th hole was Jan Cain from Holywell. After seventeen years at the club Matt will be leaving us in the New Year for pastures new, we wish him all the best for the future.

Juniors Invite Relatives to Play the Silver Course

The juniors invited Parents/Grandparents and other relatives to join them in a round of Golf on their silver course. There were 18 pairs even though the weather was not very kind. This was the first time this event had taken place and it was a great success. The winners were Sam Williams and his Grandad Alan Roberts. Congratulations to them both. Best 1st division junior was William Griffiths, 2nd Callum Owen-Jones and 3rd Sam Williams. Best 2nd division junior was Jack Harris and 2nd Oliver Jones.



Juniors Trio/Quartet Competition - Sunday 29th October

The junior organisers decided to recreate the competition that the club used to run in the past. This consisted of a Lady, a Gentleman and a Junior. This proved a great success. The winning team was Joyce Eakins, Howard Jones, Harrison Prior and Owen Elliot-Jones.

Junior Results

Denbighshire and Flintshire announced the County Girls order of merit for 2017 and Sian Jones from Holywell golf Club was chosen as best girl under 12. Congratulations Sian.

The Silver tees competition Sunday 15th October. **Division 1** 1st Sian Jones, 2nd Zac Elliot-Jones **Division 2** 1st Thomas Griffiths, 2nd Lucy Parsley

Holywell Seniors Section

Holywell Golf Club's Retired Gents Section was formed in 1985. At their AGM in November 2017, a proposal was carried for it to be renamed Holywell Seniors Section. This now falls in line with most golf clubs in North Wales. Membership is available to any full member who has reached the age of 55. The section plays matches both home and away as well as domestic competitions. Holywell golf club has over the years benefited from the Retired Gents Section with the purchase of essential golf equipment and furniture items.

At the AGM, the Chairman of the Retired Section, Mr Elwyn Roberts, stood down from the role he has held for the past 14 years. Also standing down as treasurer was Mr Brinley Edwards.



Pictured left, at the annual Christmas Dinner on 12th December 2017, Brinley (right) presented Elwyn (left) with a gift to commemorate his years of service to the Section.

Pictured below Elwyn also received another gift from Roy Smallman (left) on behalf of the members from Northop/Northop Hall.

The Holywell Senior Section wishes Elwyn and Brinley all the best for the future. Voted in to replace Elwyn and Brinley are new Chairman Mr Kevin Leech and new treasurer Mr Pat McDermott.

Continued over the page



Holywell Golf Club continued

New Year New Era

Holywell Golf Club at Brynford has begun 2018 with considerable changes since Matt Parsley was appointed General Manager of Conwy Golf Club. Mrs Carol Saunders has taken over the role of Secretary/Manager, having worked with Matt for a number of years as the Assistant Secretary. We also welcome our new Professional, Joshua "Josh" Charnock, who took over on 15th January. Josh is a PGA Qualified Professional who originates from the Shrewsbury area and was previously an Assistant Professional at the Berkshire Golf Club, Ascot. He was selected from an excellent group of candidates and we hope Carol and Josh will be very happy in their new positions.

Our picture shows Carol and Josh being welcomed into their new appointments by the Chairman of the Management Committee, Mark Smale.



Halkyn Cricket Club

Preparations are now well underway for the forthcoming 2018 season.

The North Wales Cricket League commences on Saturday 21st April, the fixtures are due to published shortly. Halkyn CC will again be fielding two senior teams. Any new prospective players will be made most welcome.

Please contact Keith Williams on 01352-781523 for further info.

Halkyn CC would like to thank all their sponsors for 2017 for their valued support given to both the fixture list and match ball sponsorship scheme last year. For further details on the match ball sponsorship please again contact Keith Williams.

Halkyn CC Clubhouse

A reminder that the clubhouse is available for hire. A fully licensed bar ideal for parties. christenings, wakes and weddings.

For further details please contact Jane Williams 01352 781523 or mob 07732 325033

NR Windows Limited

The Home and Glass Conservatory Company

info@nrglaziers.com 01352 715291

28 High Street, Boot End, Bagillt, Holywell Flintshire CH6 6HE



www.nrwindows.co.uk





NEW GIFT SHOP!

Hand-crafted gifts made by local artisans

pottery, jewellery, woodcraft, cards, paintings, textiles, gifts and accessories.

have a browse and a cuppa in the tearoom

Tel: 07443 869153

at Holywell Art & Craft Mill - next to St. Winefride's Well



Red Dragon Ventures
Outdoor Activities Providers
MLs, CWA, MTA, IOL, BMC

Mountain led walks, Archery, Indoor Climbing, First Aid Training, DofE Co-ordination and Expedition Training, Scouting Skills

RedDragonVenture@aol.com 07779003131



ALL TYPES OF BUILDING MAINTENANCE WORK

Disabled Ramps, Drives, Drain Work, Fascia Boards, Gutter Cleaning, Pressure Washing, Hedge Cutting, Fencing and Machine Work

No job too small . CRB Check

Tel: 01352 710663 Mobile: 07564 376377



adrian waters

free no obligation initial consultation - not v.a.t. registered - insured using creative vision - extensions - new build - refurbishment - listed buildings design - town planning - building regulations - building contract administration

esidential - commercial - public sector expertise

C.J.EVANS PLANT HIRE

All types of groundwork undertaken extensions, driveways etc.

Also Septic Tanks fitted and emptied

Tel. 01352 732396 Mob. 07765453330

The Mountain Wordsmith

Copy Writer, Editor and Proof Reader

The Mountain Wordsmith - fast, friendly, affordable. Web content, blogs, articles — fresh, unique, high quality, SEO friendly and written to order.

For all your writing, proofing and editing needs, contact: tmword@btinternet.com or call 01352 780538

Gwyn R-Jones, Carpenter & Joiner

Oak Flooring and Beam Specialist, Kitchens, Windows & Doors Fitted

Linden Cottage, Rhes-y-Cae, Holywell, CH8 8JT

07855 931 344 gwyn.jones13@btopenworld.com

Gaz the gardener

For all your gardening needs

Mowing, strimming, hedge cutting and weeding

07875408243

Friendly reliable service No job too small



Les Matthews 11 Bryn Rodyn Halkyn Holywell CH8 8EW

PAINTING DECORATING INTERIORS EXTERIORS

Home: 01352 780683

Mobile: 07787218944



Email: leshalkyn@hotmail.co.uk

TAILORED VISUAL SECURITY

Residential and Commercial

CCTV



G. Millington 07907 689985 01352 713503 ispytvs@gmail.com ispytvs.co.uk

Affordable, peace of mind

BEAGLE ART STUDIO

1 Heol Tywysog, Pentre Halkyn, CH8 8HA 01352 781480 or 07941 381151

Three local artists working in different media and styles on a variety of subjects. Open on the 2nd Weekend each month Saturday and Sunday, 11am to 3pm.

Why not come for a cuppa and look at our art?

Arwyn Parry

Fencing & Groundwork Contractor

Mobile: 0789 517 8943

www. arwynparry.co.uk

Catch Farm, Y Nant, Pentre Halkyn, Flintshire CH8 8BD

NUTRITION - FITNESS

Sue Bethell BSc (Hons) Nutrition Registered Exercise Professional

01352 780 379 07923 019 999 sue@nutrition-fitness.uk



Nutrition Advice

www.nutrition-fitness.uk HELPING PEOPLE LIVE A HEALTHIER LIFESTYLE



D&J

CHIMNEY SWEEP CHIMNEY REPAIRS

BRUSH AND VAC

Heather Cottage, Pen-y-Wylfa, Brynford Tel: 01352 713493

I.E. DAVIES & SONS

Privately Owned - FUNERAL DIRECTORS Edward Davies, Dip F.D.

24 hour service - Private Chapels of Rest in English and Welsh

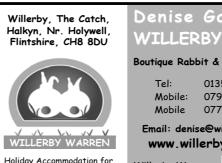
01352 712203 - 2 Halkyn Street Holywell 01352 741265 - Ffynnon y Cyff, Lixwm 01352 700155 - 90 Wrexham Street, Mold 01352 733833 - 1-3 Halkyn Street, Flint

Full Monumental Service - DELYN MEMORIALS



Supplier & Fitter of Carpets & Vinyls Michael Leahy Carpet Fitting Specialist. Est. 1979 F.I.T.A. APPROVED Tel: 01352 710056 Mobile: 07785 766260 Email: leahymc@btopenworld.com No job too small. Free estimates.





Denise Garner WILLERBY WARREN

Boutique Rabbit & Guinea Pig Boarding

01352 781843 07962 622042 07775 528525

Email: denise@willerbywarren.co.uk www.willerbywarren.co.uk

Willerby Warren Pet Service



Kevin Roberts

Bricklaying and Construction

kevroberts75@yahoo.co.uk 11 Trem y Foel 07519955784 Rhes y Cae 01352 780140 CH8 8JH

säfe

your Rabbits and Guinea Pigs whilst you are away on yours!

MOORE AND SON

OIL AND GAS BOILER SERVICING &



Telephone 01352 712612 Mobile 07831 560300

Midlist Farm Bed and Breakfast

1 Double en suite 1 Family Room with private bathroom

Hog Roasts and BBQs

Available for special occassions

John, Hayden or Wendy Sigsworth 01352 780394/948 john@northwalesbuffalo.co.uk



HOLYWELL GOLF CLUB

Not a golfer, just walking on the mountain, out for a drive - why not complete your day and visit us to enjoy a drink and a snack or meal.

You are always sure of a warm and friendly welcome.

Why not try Nick and Andi's Sunday Carvery On the last Sunday of each month

We serve a choice of roast meats with unlimited potatoes and vegetables for just £8.95. For smaller appetites we serve one roast meat and portion of potatoes and vegetables for £5.50.

To book your table just call in or ring 01352 710040 option 3.



AW Plumbing

Household Plumbing Services Bathroom Installation

No job too small, other work considered

Contact Alyn Wright, Pentre Halkyn on Mobile 07971 943929

Email: awplumbing2006@googlemail.com

WILDAY

CONSTRUCTION

Roofing Specialists Building Contractors

Guaranteed Work; Experienced, Reliable Tradesmen

Lead work, Slate & Tiling, Fascia & Soffits High Tensile Bitumen and Rubber EPDM Flat Roofs

We are proud of the quality of our work and service we provide You can see some of our work at www.wildayconstruction.co.uk For the best property maintenance service contact Jonathan on:

Tel: 01352 780 344 Mob: 07935 990 495 wilday@live.co.uk

Laurel House Rhosesmor Road Halkyn, CH8 8DL

- Gym
- * Fitness Classes
- * Personal Training



Fitness classes include Circuits, Kettlebells, Pilates & Yoga, Separate Weights Room.

Short-Term, Non-Contract and discounted memberships.

www.avatarfitness.co.uk 01352 331392

Unit 7, Oaktree Business Park, Queens Lane, Mold. CH7 1XB

HALKYN MOUNTAIN JEWELLERY

GOLDSMITH & FAMILY JEWELLER ESTABLISHED 1864

EVERY ASPECT OF JEWELLERY, HANDMADE, RESTORED OR SUPPLIED FOR YOU ON YOUR MOUNTAIN Tel: 01352 780035

halkyn-mt-jewellery@hotmail.co.uk www.halkynmountainjewellery.com



Happy Hounds by Helen

Helen Morris Mobile Dog Groomer Covering Flintshire and surrounding areas

Professional Dog Grooming on your Doorstep

Tel 01352 711627 or 07979 605467 www.themobiledoggroomroom.co.uk

Make your dog look and feel its best

G.C.R. Plumbing and **House Maintenance**

The Old School House, Halkyn, CH8 8BU

Powerflush, Repair, Installation

Mobile 07805016848

Free estimates - no job too small Quality, Reliable Service

Health and Safety Services

Registered H&S Consultant Chartered H&S Practitioner

Advice on: Legal Compliance, Policies, Procedures, Risk Assessments, Method Statements, CDM, Training, Accident Investigations, Site Monitoring.

> Call Paul Affleck 01352 780098 or 07968 381445

Email: affers afety@gmail.com Web: www.affers afety.co.uk



FREE ESTIMATES No Job too small Pentre Halkyn

Mobile: 07908 570333 07701 369757

Tel: 01352 781200

CAERWYS COMPUTER **CLINIC**

Broadband (incl Wireless), Virus/Spyware Removal, Tuition, Websites, Domain Names & Hosting Microsoft Registered® Partner

Jonathan Duggan-Keen

Tel: 01352 720477

Email: help@the-scream-saver.co.uk

Denman & Wilkinson

Heating & Plumbing Engineers Worcester Boilers Accredited Installers

GAS LPG OIL

Gas Safe and Oftec Registered

Tel: 01352 781733 Mob: 07955 130924



Domestic • Commercial • Industrial

- · All types of electrical work
- · Intruder & fire alarms, CCTV
- PAT, Portable & Fixed testing
- · 24hrs a day, 365 days a year
- Local authority approved
- Fully insured



PET CARE TRADE

01352 719061

www.allelec.co.uk

Email: info@allelec.co.uk Unit 1, Greenfield Business Centre, Holywell, CH8 7Gr

Personal Training

* Motivation * Dietary Advice * Effective exercise

Training at either Avatar Fitness or your home

Contact Andy Thacker 01352 780993

07973 757967

WALLIS LANDSCAPES

Stuart N Wallis NDH Horticulturalist

ALL GARDEN WORK UNDERTAKEN FROM GARDEN DESIGNS, PATIOS & DRIVES, MAINTENANCE, HEDGE CUTTING, ETC. ALL ENQUIRIES, WHATEVER THE SIZE, WELCOMED

Free estimates tel 01352 712369



OIL BOILER SERVICE & REPAIR

OFTEC REGISTERED ENGINEER

Contact: Mark Williams

Mob: 07977591805

McDermott Building Contractors

EXTENSIONS, CONSERVATORIES, GARAGE CONVERSIONS, WALLS, PATIOS, PAVIERS GENERAL MAINTENANCE

Please call our Mobile: 07990 573537 email: mcdermottconstruction@hotmail.com VISIT OUR WEBSITE -

www.mcdermottconstruction.info

archetype

The Archetype Accountants Unit 1B, The Old Chapel, Denbigh Road, Hendre, CH7 5QL t 01352 741 698 f 08704 878 501 Registered Office: Oak Cottage, Pentre Halkyn Holywell, CH8 8HP e info@thearchetype.co.uk w www.thearchetype.co.uk

BUTTERS CONSTRUCTION SERVICES

Excavations - Patios - Demolition Footings & Drainage

Fully Insured

Mob: 07837 799203 Tel: 01352 331276



Help at home for older people

Companionship Respite Support Personal Care Visits & Outings Home Help Sleep Ins

Tel: 01352 870330

warwick.allan@homeinstead.co.uk www.homeinstead.co.uk

Graham Harrison

PAINTER & DECORATOR

Interior & Exterior

Free Quotes Tel: 01352 780102

Mobile: 07875 195281

GARDEN MAINTENANCE GARDEN FENCING

All types of General Garden Work, Lawns Mowed, Hedges Trimmed, etc.

Fences Erected or Repaired Fences and Sheds Treated or Painted

Call Bryn on 01352 780355 or 07535 315260

CHILDREN AND YOUNG PEOPLE IN THIS AREA... NEED YOUR HELP

"If you think you could Foster Care, please contact NEWFOCAS for a short chat on: 01244 550 300"





www.newfocas.co.uk

Bed and Breakfast

The Hall, Lygan-Y-Wern, The Nant Pentre Halkyn. Tel: 01352 780215 & Fax: 01352 780187 Email daviniavernon@aol.com

Attractive converted 18th Century Grade II listed cottage, adjoining a Georgian mansion in large grounds with a lovely garden. The cottage is solely for quests use and offers I twin room with en suite shower room, I double room with private bathroom, quests sitting room, dining room, kitchen

Visit our website: www.thehall-lygan-y-wern.co.uk



BBC, ITV & Local Radio, Daily & Sunday Telegraph, Daily & Sunday Times

A warm welcome. spectacular views. fine wines and real ales.

Rhosesmor Rd Halkyn CH8 8DL multi-award winning

dog friendly

BlueBell.uk.eu.org 01352 780309

LINDEN FARM

RIDING & TREKKING CENTRE



Rhes y Cae, Holywell Tel: 01352 780539 Mob: 07821 386 193 joan.linden@talktalk.net

Mountain Rides for all ages through Magnificent Countryside, Ideal for Novice or Experienced Riders Private/Group Lessons with qualified BHS instructor Fun Pony Days for Children

Looking for a Gym? Find us in Mold.

(on the Bromfield Ind. Est.)





Friendly Gym - Classes include: Spin, Kettlercise, Meta-fit & Circuit

> Visit www.ptfitness.co.uk or call 01352 753553

Bring in this advert for a free taster gym session



Logs for Sale from

Chester Oaks

Hardwood Logs Supplied and Delivered

Mob: 07726 790439 Tel: 01352 740411 Hen Bopty, Lixwm Road, Nanerch CH7 5RQ See our website: www.chesteroaks.co.uk

Taylor Made Window Cleaning Services

Advanced water fed pole system and traditional methods Est. 2009, fully insured, free quotes

■ 07974 518779 **2** 01352 714853



DEEP TISSUE MASSAGE THERAPY

Very effective for back, neck, shoulder, hip, leg and other pain Proven benefits for chronic injuries caused by sports and other leisure and work activities. Great for stress and insomnia. Qualified therapist based near Rhosesmor.

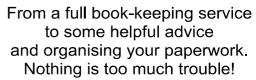
Discount code for HMN readers HALKYN2017

www.charlesbaronmassage.co.uk/halkyn

Call or text Charles on 07949885081

email: charlesbaronmassage@gmail.com

Book-Keeping Service



Contact me for an informal chat. Professional, friendly, local service.

Tel: 01352 713796 Mob: 07871 586942

email: info@numberslady.co.uk

HEARTFELT ART AND CRAFT

Fundraising Craft Fairs at Halkyn Parish Hall

2018 dates: 10am-3pm Saturday 14th April, 23rd June, 13th October and 8th December Refreshments provided by local charities

FREE PUBLIC ADMISSION

For more details please contact: Susan Thomas on 01352 781088 or email heartfelt.mountain studio@aol.co.uk

E. BLACKWELL

Building/Roofing Contractor

JOINERY - PLASTERING - BRICKWORK UPVC WINDOWS AND DOORS -FASCIABOARDS - GUTTERS

> Tel 01352 780631 Mobile 07977 011302

Able IT

Solutions for business and home

All types of computer work undertaken

Repairs - *Malware/Virus Removal* - *Rebuilds* - *Broadband* - *Tuition*

Getting rid of your old computer on ebay? Have the disc securely wiped and prevent your data getting into the wrong hands.

Friendly service at your home or place of business, competitive rates

Call Leon on: 07909 524280

or email: Leon@AbleITConsultants.co.uk

Experienced, Reliable Handyman

Available for:





Hedge and grass cutting Plastering and painting Patios and fencing Window cleaning

Any job considered.

Call Peter on 07832 036468

CELYN FARMERS MARKET

St Mary's Church Hall, Mold 1st & 3rd Saturday every month from 9am - 1pm

LOCAL MEAT, VEG, FRUIT, CHEESES
CAKES, CRAFTS, PRESERVES & MUCH MORE

www.celynfarmersmarket.co.uk



House Clearance Service
Household Repairs/Home Improvements
Extensions, Bathrooms, Kitchens

For a FREE quotation call Evan on Tel: 01352 781632 or 07944 125223

G D STONEMASONS LTD

Traditional, Professional Stonemasonry and Stone Supplies

Mr Gwyn Davies 01352 349151/07866 938094

www.gdstonemasons.co.uk post@gdstonemasons.co.uk Need help with Conversational, G.C.S.E or 'A' level Welsh?

(1st and 2nd language)

Please contact Nia Williams on 01352 781676

Family Martial Arts

Classes for Children, Adults and Families



No Experience Necessary

www.familymartialartsuk.com 01352 331392

Unit 7, Oaktree Business Park, Queens Lane, Mold. CH7 1XB

LPL ROOFING & BUILDING SERVICES

NO JOB TOO SMALL QUALITY RELIABLE SERVICE REASONABLE PRICES

PHONE 01352 781803 MOBILE 0779 321 2096

Email: les@lplroofingandbuilding.co.uk

HEDLEY GREENSLADE

BUILDING and MAINTENANCE

UPVC Doors, Windows and Conservatories
Fitted Kitchens, Bathrooms and Tiling

DESIGN SERVICE AVAILABLE

Tel: 01352 781466 Mobile: 07977 217039 www.hedleygreenslade.co.uk

backdoctor

Relief and Rehabilitation for Back Pain, Neck Pain and Headaches

Chester Clinic 01244 637535

St Asaph Clinic 01745 535854

www.back-doctor.co.uk



We Fell For You Experienced, Fully Qualified & Insured Mob: 07726 790439 Tel 01352 740411

Hen Bopty, Lixwm Road, Nannerch, CH7 5RQ See our website: www.chesteroaks.co.uk



Halkyn Mountain News

1800 copies are delivered across the communities of Halkyn Mountain and Brynford.

Advertising is inexpensive and effective.

Contact details can be found on the front page of this edition.