



The Community Newspaper for Carrog and Lidiart y Parc

A Very Happy New Year to all our readers and a big thank you to those who have contributed to Y Bont in many ways. We hope everybody will continue to contribute and no matter what the subject matter we will be pleased to publish. We especially welcome contributions from residents and from anyone associated with Carrog and Parc. Remember to make your New Year's Resolution to keep in touch with Y Bont.

YSGOL CARROG

All the school children went to see the "Bili Winion" show in the Corwen Pavilion which was organised by the Welsh Language Board. The governors, staff and children enjoyed a delicious Christmas Dinner cooked by Auntie Yvonne and in the evening the children provided the entertainment for the Annual Carols around the Neuadd Christmas Tree. There was a visit from Santa and the lights were ceremonially switched on by Sam Hughes of Year 1.

The Annual Concert this year was Hosannah Rock which was performed in the Neuadd to parents and the members of the community.

The children had a very enjoyable morning at Carrog Station (which is of course renamed Lapland at this time of year!) and entertained Santa with their singing. There were presents for all before setting off on a train ride to Glyndyfrdwy. The school council had raised money to buy presents for the railway station staff as a Thank You for a really memorable experience.

Santa was busy once again with another visit to the school for the children's Christmas party which had been prepared by the parents and staff. Term finally ended with a Christingle Service in church when Amber, Hollie Laura and Rachael carried Christingle candles to the altar.

Many thanks to all those who generously collected Tesco tokens for the school. Over 1300 were collected and these will be used for the purchase of sports equipment.

BUS SHELTERS

The County Council has agreed to a Community Council request that our bus shelters should be replaced. We will now have the modern glazed type that have been installed in most other areas of Denbighshire over the past few years.

NOLLIK GHENNAL AS BLEIN VIE NOA

New Year Greetings from the Isle of Man; it must be a very different Carrog at Christmas time from the balmy July when we enjoyed the Eisteddfod. A sprinkling of snow, perhaps?

Perree Bane have had a busy year all in all; dancing at local events such as Port St Mary Lifeboat day, Church fêtes and the Viking Festival in Peel, and of course our first visit to Llangollen. An excellent weekend in all respects, in no little way due to the wonderful hospitality we enjoyed in Carrog. We hope the village school has successfully fought off closure, we would like to dance for them again and hear them sing! The Group also went to Cornwall for the Lowender Peran Festival in Perranporth; our performance in the Celtic Spectacular was a repeat of that which brought us success at the Eisteddfod and was received very well.

Since returning from Cornwall, Perree Bane has been inviting new members to join and learn to dance. The lessons will continue in the New Year, as some of them are quite keen! 2006 will see us back in Llangollen for the next Eisteddfod, and Carol is working hard on our new performances - lets hope they will be as successful as the last time! Even if not, I'm sure we will have a great time.

All the very best from John Dowling and Perree Bane



Perree Bane Dancing with Ysgol Carrog July 2005

HEALTH MATTERS JANUARY 06

I have been asked to provide some information on holistic therapies.

Holistic therapists treat the person as a whole; mind, body and spirit. They appreciate the link between the three and the effect that an imbalance in one area e.g. the body can have on the others i.e. mind and spirit and vice versa. This month: REFLEXOLOGY

Thanks to Barbara Townson MIGHT for information on the subject. The history of reflexology/foot therapy has been practised since ancient times by peoples from as far apart as the Native American Indians to the Egyptians, Indians and Chinese. Skills have been passed down from generation to generation. Details first began to appear in print in 1582, when a book on the subject of 'Zone Therapy' indicated a form of reflex technique practised in central Europe. Modern reflexology has its roots in the work of Dr William Fitzgerald, a medical practitioner in the United States in the early 1900's. He discovered that pressure on one part of the body resulted in numbness in another part - a reflex. He spent many years researching this discovery and finally mapped out ten longitudinal zones on the body. His work was taken up by others including Mrs. Eunice Ingham a physiotherapist. In 1938 she published two books, now combined, which have become one of the most popular reflexology books.

How does it work?

By placing pressure on specific points on the feet, reflexologists claim to stimulate natural healing powers in associated parts of the body. The belief is that the feet and hands mirror or 'reflect' the body. The big toe, for example, reflects the head and brain and a reflexologist would work on this to relieve a headache. It is thought that crystalline accumulations of waste products, possibly uric acid and calcium, collect around the reflex points. The more tender the points to the touch, the greater the 'imbalance' in the body. The reflexologist tries to breakdown these deposits to free the energy flow along the zones and stimulate the circulation to flush away toxins. The combination of massage, pressure and pinching over all parts of the feet, and in some cases the hands, can produce deep relaxation. For this reason if nothing else, reflexology is one of the most popular complimentary therapies, it is found in NHS cancer centres, pain clinics and special care baby units.

What can you expect?

You will need to remove your shoes and socks. You will be sat in a reclining chair with your feet raised. The room will be tranquil and an essential oil burner may be lit. The practitioner first asks you about your health and lifestyle, your feet are examined. The feet may be given a dusting of powder, the reflex points are then massaged, areas of tenderness observed and worked on. Following the treatment you will be relaxed but may notice a worsening of symptoms for a short period, believed to indicate the body removing toxins from the system, this should be followed by a feeling of well-being and increased energy levels.

Is there any proof it works

Ask anyone who has been for a treatment!

There are few proper scientific studies of reflexology. In one US trial published in 1993, reflexology reduced pre-menstrual symptoms by 41 per cent in 35 women. A 1999 Danish trial found 81 per cent of 220 patients with migraine or tension headache reported that reflexology either helped or cured symptoms. Reflexologists are not trained to diagnose or treat specific medical conditions, they are trained to assess imbalances in the client as a whole.

For more information contact a trained therapist who is a member of the Association of Reflexologists. To find out more about the topic and to search for a practitioner in your area visit the web site of the Association of Reflexologists at www.aor.org.uk

ST FFRAID'S CHURCH

Services January 2006

Jan.	1	11:00	Holy Communion	8 11:00 Morning Prayer
	15	11:00	Holy Communion	
	22	11:00	Morning Prayer - Worship Leaders	
	29	11:00	Carrog	
Feb.	5	9:30	Holy Communion	

Holy Communion Readings and Carols on Christmas Eve.

The Candlelight Service was, again, well attended with standing room only at the back of the nave. Years ago the Christmas Eve Carol Service in the church was a 'feature' of the village year - our congratulations to the Rev. Bethan Scotford who has not only conceived a service that is much appreciated by the community (as demonstrated by the numbers attending) but also leads it so well. Hopefully it is now back on the calendar.

THE FRIENDS' LOTTERY

The December draw was won by Dave (MANWEB) Jones.

DEEPEST SYMPATHY

To Mario Ventre and family on the sad loss of Mario's mother in Swansea during the Christmas holidays.

GOOD LUCK AND BEST WISHES

To Nia, (formerly of Tawelfa, Carrog) and John (son of Gwilym Jones, Bronant and brother of Sw Jones, Berllan) in their new home on the island of Cyprus.

TWINNING

We have received a communication from the Plouyé Twinning Committee about their return visit to Carrog in 2006. They are planning to visit over the period of May 25th. - 28th. This will be an occasion for the whole community to get together and welcome our Breton guests to enjoy our company.

A Twinning Meeting will be organised next month.

DIARY

Friday 20th January - Auction of Promises in the Neuadd - 7.30 p.m.

REGULAR EVENTS

Youth Club - every Friday during term time

Ti a Fi - Toddlers group every Monday at 9.00 a.m.

Tai Chi every Thursday at 7.30 p.m.

NEUADD LOTTERY

1st. £50 Mrs Jayne Knight

2nd £25 Mrs Beryl Hindley

3rd £15 Mrs Sue Ventre

Draw conducted by Mrs Janice Sheasby

LETTERS

Dear all at Y bont

Thanks for printing the picture of the gates in Corwen. The Countryside Service manages the woodland in the back of the picture, Pen y Pigyn, and it was extremely interesting to see it without trees at the base, like it is now.

I'm afraid I'm not old enough to remember them but I recognise the location. Its the lane that goes straight up behind the post office.

I would like to take this opportunity to say it is a shame that they have gone. They look so impressive in the picture. I suppose it must have been for houses. I suspect Corwen was very proud of them.

On closer reflection I believe the gates show the boundary of the Rh^vg estate. They own the woodland and it may be seen as a gateway to it. The mention of the Wynn family helps to add strength to this - Wynn is the family name of the Rh^ug Estate owners.

It may also have a connection to the monument and Gorsedd Circle in the woodland.

Samantha Williams

Dear Editor

Following the recent success of the 40s evening, those who danced (and those who didn't but thought that it looked like fun) might be interested to know that North East Wales Dance are running a 10-week beginner course in Jiving Lindy Hop, starting Tuesday 17 January 2006. The classes are held from 7 to 8 p.m. in The Pavilion (01978 869456). It would be great to revive the tradition of social partner dancing in Carrog, Â imagine the dance floor full at every function!

Sarah Smith
Glyndyfrdwy

Dear Editor,

Thanks to all the members of the community who supported the school's Christmas activities - Carols around the Christmas Tree, the School Concert and the Christingle Service. Your support is very much appreciated by the staff and children.

Denbighshire County Council is looking closely at the links that the school has with its community - this is very high on the list of criteria which are used in determining whether a rural school such as ours is kept open.

We look forward to continuing our community activities in 2006 and hope for the same support.

Bronwen Lebbon.
Ysgol Carrog

APEL CORWEN/CARROG/GLYNDYFRDWY

Yr ydym fel pwyllgor apel yr urdd yng Nharrog yn cynnal "Ocsiwn Addewidion" ar Ionawr 20fed yn y neuadd dan law yr arwerthwr Mr Richard Jones o Gorwen. Yr ydym yn edrych am addewidion o bob math, rhai yr ydym wedi cael addewid yn barod yw e.e.casgliad o winnoedd, noson o warchod plant, tocynnau theatr a rywun i lanhau eich ffenestri!

Am fod plant a rhieni ysgol Carrog eisioes yn gefnogol o Eisteddfod yr Urdd a fuasech yn fodlon helpu ni allan i gynnal noson hwyliog a llwyddiannus er mwyn cyrraedd y darged o - £7000. Os ydych am gyfrannu rywbeth at yr ocsiwn a fydddech cystal a gadael i'r ysgol wybod neu ffoniwch Aurona ar 01490 430324 cyn gynted a phosib.

Diolch yn fawr iawn.

~~~~~  
The Carrog appeal fund committee for the Urdd Eisteddfod (being held in Ruthin in 2006) are organizing an "Auction of Promises" on January 20th at the Village Hall and Mr Richard Jones of Corwen will be the auctioneer. We are seeking many different items as possible for the auction, some of which have been promised already are, i.e. a selection of wines, an evenings babysitting, theatre tickets and someone to clean your windows!

As parents and children of Carrog school have always supported the Urdd eisteddfod this is an opportunity to help towards the fundraising and hopefully reach our target of -£7000. If you would like to contribute towards the auction would you contact the school or phone Aurona on 01490430324 as soon as possible.

Thank you very much.



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