

# Llanfechain Memorial Hall

## News Bulletin

Keeping you in touch

Llanfechain  
Memorial Hall AGM  
Monday 14 March  
7.30m

Tales from the Shop  
counter (By Issidy Hafner)

EDITOR Nita Duff — nita.duff@btinternet.com

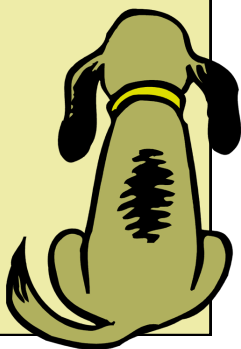
Issue 59

March/April 2016

One Monday morning I was in the shop talking to the shop volunteer when in came (in a great hurry) a couple who were strangers to us. They asked immediately "where is the surgery?" The volunteer and I gulped and I had to say there wasn't one in the village but there was one in Llanfyllin. We gave hand signals on how to get there and they seemed to get the message. As they left I asked "Where are you from?" MEXICO and then they were gone. Now I have a postman who honeymooned in Mexico and that's the nearest I can get to it but you dear reader, if you were to become a Volunteer perhaps your goal could be Barbados or the Solomon Islands! Volunteer first and then the world's your oyster like the shop!

One Thursday afternoon a lady came into the shop to buy some milk. She started talking, she said she came from the Midlands and was visiting Llanfyllin on business. She was very relaxed; she'd had a lot of troubles in her life but helped by her friends she had come out on the "other side". She now lived life to the full and was even off with a friend to go to the Bolshoi ballet and the opera in Moscow for the weekend, she smiled again, picked up her milk and left. A stranger who had come and gone. What about you dear Reader? An afternoon in the shop is more entertaining than the TV so come and be a Volunteer. PLEASE!!

A lady came into the shop one Thursday afternoon "I've just done my 5 dog walks for the day." "Really" I said, "do you mean 5 walks with one dog or 5 walks with 5 dogs?" "5 dogs" she laughed "and I'm sure they think they all belong to me! But I'm a dog walker and I love it." Dear reader, you don't have to be a dog walker—just come and be a volunteer in the shop!



### YOUR PLAYGROUND NEEDS YOU!



After a short break, the Playground Project team have chosen a short list of three designs which will be put on display for your votes and comments after Easter. In the meantime, we are pursuing Lottery and other funding.

If you have any ideas, or want to get involved, please contact Helen on 07805 328 107. You can also donate online at: [www.goldengiving.com/charity/llanfechain-playground-project](http://www.goldengiving.com/charity/llanfechain-playground-project)



### CURLEWS

Do you think there are less and less curlews returning to the valley every year? I am looking for volunteers to help in monitoring these beautiful birds, and see if there are anyways to help them.

If you think you could help please call Flavia Murton on 01691648486  
Thank you

### PROMISE AUCTION

Friends of Llanfechain  
School

Friday 13th May 2016  
7.30pm



at Llanfechain  
Memorial Hall



SAVE THE DATE

### ADVANCE NOTICE

Julie's MacMillan Café will again be open at 11, Maes Mechain for one day only on Friday 29 April and, as usual, all through the day from 9.00am till 10pm.

So far we as a community have raised almost £1,700 in the last 2 years

FOR MORE INFORMATION  
CONTACT Julie on 01691 828823

citizens  
advice

Powys

## CITIZENS ADVICE PRESS RELEASE

### Help is on hand in Powys to cut your fuel bill

Residents in Powys can get help to cut their gas and electric bills by an average of £200.

Citizens Advice Powys is running Energy Best Deal sessions which help people understand how to compare energy prices, negotiate with providers and cut down how much energy they use.

Last year over 9,000 people from across the UK

attended an Energy Best Deal session.

People who took steps to cut their bills following the advice they received in the sessions expected to save an average of £200, with one person looking to save as much as £1,040.

Energy Best Deal is a project run by Citizens Advice and Ofgem and funded by energy companies. This year Energy Best Deal has secured a £200,000 increase in funding, raising the total to £1.4 million.

People attending group sessions who find they need further help can ask for one-on-one sessions under Energy Best Deal Extra.

One to one appointments are offered as **Home Visits** or **Appointments** in locations across Powys. Telephone **01686 617667** to arrange an appointment.

Residents looking to reduce their fuel bills should contact **Citizens Advice Powys** on **01686 617667** to find out if they can benefit from Energy Best Deal.

To advertise an item or event in this newsletter please contact the editor on nita.duff@btinternet.com Adverts cost just £5. This newsletter is provided by Llanfechain Memorial Hall Committee. Any revenue raised from the adverts goes towards the cost of printing the newsletter

# LLANFECHAIN SHOW 2016

Plans are already being made for this year's Show which is the 50<sup>th</sup> Anniversary. To give competitors plenty of time to prepare their exhibits the art, photography and craft competitions are listed below. The next Show meeting is on Tuesday March 15<sup>th</sup> at 7.30pm in the small meeting room so why not come along and help organise this popular village event.

Please note that the maximum size for the art exhibits has been increased to 36" x 48" overall, including mounting or frame.

## The art, craft & photography classes are:

### Open Art

- Wild Flowers
- Woodland View
- Ruin
- Still Life – Food
- Inspired by the 60's
- Character(s) in Traditional Costume or Work Clothes

### Art – 16yrs & under

- Landscape with trees inspired by David Hockney, any medium
- Flower Power, any medium
- A Charcoal Drawing

### Open Photography

- The Natural World (a set of 4 themed photographs, mounted)
- "Close up" – Flowers (inspired by Georgia O'Keefe)
- "Looking Out" – Photograph from an historic building ie: Church, Abbey, Castle etc.
- Seated figures
- Market
- Photograph of an Architectural Decoration on a Building

- Trees
- A Computer Enhanced or Manipulated Image of One of the Above

### Photography – 16yrs & under

- A Day Out
- Animals
- Close up
- Ruin
- Lakeland Scene
- Stained Glass
- Photograph of an Architectural Decoration on a Building
- My Favourite Thing

### Open Craft

- Decorated Bookmark for a Cook Book, any medium
- Any Item in any Craft you most enjoy
- A Handmade Greetings Card
- Decorated 50<sup>th</sup> Anniversary Paper Plate, any medium
- A Crocheted Item
- A Hand Knitted Item
- Handmade Brooch, any medium
- Handmade Decorated Needle Case, any medium

## CJ Sports & Remedial Therapies

07539 215665 / 01691 649695

Deep Tissue Massage

Sports Massage

Reflexology

Aromatherapy

Reiki

Paraffin Wax Joint Treatment

Practises in Llanfyllin and

Oswestry

## January Quiz Night

on Friday 15th January the Quiz met in the hall. There were 11 tables raring to go and Ron did not disappoint with his questions. They were of a very high standard and the winners were Maggie Holmes' table of Marge Sturgeon, Karen Margets Val Pickavance and her husband. Doug Holmes was the ever great question master and I even won a bottle of wine in the draw!

## February Quiz Night

There were 10 tables at the Quiz. Most tables had the requisite number of 6 in their teams and were raring to go. The questions devised by Ron were as searching as usual and tested our memories of past times and happenings. Doug asked the Questions with great clarity and repeated any we might not understand --A great evening with our own wine and good food. Come and join in the fun on the 18th March 7.30ish

## News from the Gardening Club



### January meeting

The first meeting of the gardening club in the new year was on Thursday 21st January. We had nearly a full house of members as only one member was unable to attend. Christian Hickson Booth gave a talk on the work of the head gardener of Powis castle, She had been a student there during the time of redesigning the

castle gardens.

Refreshments were served by Debbie and Paula while members looked at photos of the visit in the summer to members' gardens at Mount View.

### February Meeting

The gardening club met on the 18th February.

# Diary

•EVERY Monday Pilates at Llanfechain Hall  
9.00am-10.00am For more information—Rebecca  
T: 07791892821. E: sashas\_mum@yahoo.co.uk

•EVERY Monday MD Warriors, Martial Arts at Llanfechain Hall  
6.00pm-7.00pm session for 6 year olds to 14 year olds  
7.00pm-8.00pm session for adults  
T:Ron on 01691 828802

Every Tuesday Yoga class  
7pm—8.30m at Llanfechain Hall. T: Linda 01691 831427

•First Tuesday in every month Llanfechain Friendly Club.  
2.00pm at Llanfechain Hall. T: Issidy 829232

•Every Wednesday Pilates  
9.00am-10.00am at Llanfechain Hall, class for Mixed Ability. For more information—Rebecca  
T: 07791892821. E: sashas\_mum@yahoo.co.uk

• Every Wednesday (until the end of March) Indoor Bowls at Llanfechain Hall every Wed from 7.30pm.

•Every Thursday (except the 2nd Thursday in the month) Pilates at Llanfechain Hall  
7pm-8pm For more information—Rebecca  
T: 07791892821. E: sashas\_mum@yahoo.co.uk

• Second Thursday in every month Llanfechain WI  
7.30pm at Llanfechain Hall T: Christine on 828048.

• Third Thursday in every month Llanfechain Gardening Club  
For further information contact Issidy 01691 829232 .

•Last Thursday in every month Community Lunch  
Llanfechain School during term time, £4 to book call 01691 828537

•First Friday in every month Whist Drive  
7.30pm at Llanfechain Hall. T: 01691 829081. All proceeds go to support Llanfechain Hall.

•First & Third Friday in every month Craft & Chatter  
1.00pm –3.00pm Meeting room at Llanfechain Hall.  
Gwyneth on 01691 828394

•Third Friday in every month Quiz Night  
7.30pm for 8.00pm start at Llanfechain Hall. Bring your own drinks and nibbles. £5 per table of up to 6 persons. Proceeds to Llanfechain Hall

•First Saturday in every month St Garmons Church Coffee Mornings  
10.00am—noon at Llanfechain Hall

•Monday 14 March  
Llanfechain Memorial Hall AGM at Llanfechain Hall  
7.30pm

•Tuesday 15 March  
Llanfechain Show meeting at Llanfechain Hall in the small meeting room at 7.30pm

•Friday 29 April  
Julie's MacMillan Café at 11, Maes Mechain 9am—10pm

•Friday 13 May  
Friends of Llanfechain School promise Auction at Llanfechain Hall 7.30pm

The next edition of the newsletter will be out at the beginning of May so please send articles, photos etc by Thursday 28 April. Send to: nita.duff@btinternet.com

Edna Jeffries led the discussion on pruning, when, how and even why? We had 2 new members, Angie and Brenda, whom we were delighted to meet. It was a cold night and we were pleased to have tea/coffee and biscuits. The next meeting is on Thursday 17th March at 7-30pm. Shall we see you there ????

Issidy (sec 829232.)