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As lockdown goes on, our members continue their painting activities at home in isolation.

Our WhatsApp group continues to provide a means of maintaining contact between members, and is a place where members can show and discuss their latest work, some of which is shown below and on the following page.

It looks as though it will be a long time yet before we will be able to get back physically together as a group.

Sadly, we had to miss another exhibition – for the Lisvane Festival – and our Annual Exhibition, scheduled for 24 October, now also looks doubtful.

If you are interested in our paintings, membership or any other enquiries about Lisvane Art Workshop, do contact me – see details below.

Please continue to take care everyone, and I look forward to seeing you all again in due course.

Ian Philpot, chairman and exhibitions organiser, Lisvane Art Workshop

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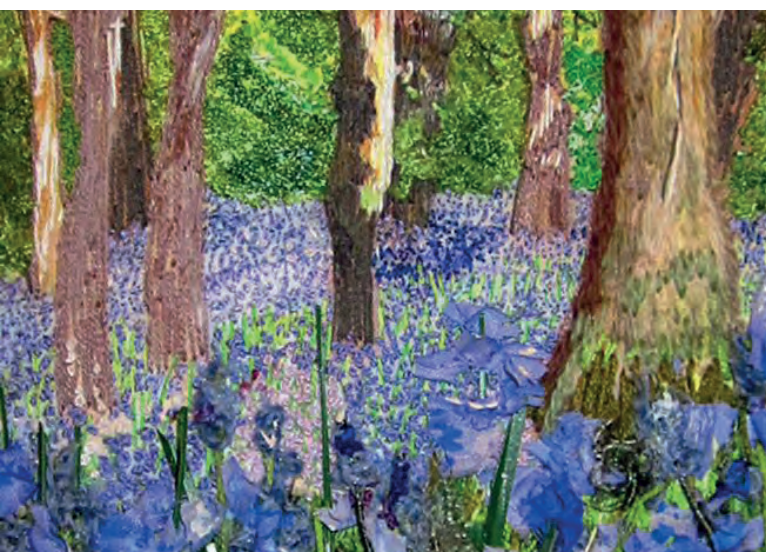
email: ian.philpot@talktalk.net



Hand Off (acrylic – Dimitrios Venetsianos)



Tree Peony (watercolour – Alison Down)



Bluebell Woods At The Wenallt (hand embroidered textile – Pam Gilbert)



Rosa Canina (thread painting – Pam Gilbert)



Cooking With Wine (acrylic – Dimitrios Venetsianos)



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1. There are at least eight premises in Lisvane licensed to sell alcohol. Can you name them?
2. Where would you find a red bell that no longer rings?
3. Over the years footpaths have been built over or lost. But a few years ago a new bridleway was created by SAFE. Where is it?
4. Where would you find Edmond's Yew Trees?
5. Lisvane Cricket Club was established in 1977 and in 1987 celebrated a special event. What was it?
6. Where would you find a plaque from the International Dendrology Society?
7. What year did the children move to the new primary school in Rowan Way?
8. How many war memorials are there in the village?
9. Where is Coedcaepongam?
10. For Her Majesty Queen Elizabeth II's coronation on 2 June 1953 there



How well do you know Lisvane?

IN KEEPING WITH THE LOCKDOWN QUIZ VIBE, WHY NOT HAVE A GO AT THE FOLLOWING QUESTIONS TO TEST YOUR KNOWLEDGE ABOUT THE PLACE IN WHICH YOU LIVE? COMPILED BY **GILLIAN LAWSON** OF THE LISVANE HISTORICAL SOCIETY

was a full day of festivities starting at 9.30am with a service in the parish church and finishing at 10pm with what event?

11. Who owns Coed y Felin woods?

12. What year was Treetops Nursery established?

13. Where is Crown Precinct?

14. Which new estate when it was built was originally called Lisvane Park?

15. The Lisvane Memorial Hall Players had to cancel their performance this year due to the lockdown. They also had to cancel a play in 1974. Why?

16. When was the Lisvane Young Farmers Club

Room built and what was the cost?

To give you a clue, the original Lisvane Memorial Hall was opened in 1951 at an estimated cost of £3,000. The Hall Trustees gave the Lisvane Young Farmers a plot of land at the side of the hall for them to build their Club Room.

When the original hall was demolished in 1986/87, the Young Farmers Club Room remained in the ownership of the Young Farmers. The Club Room is now known as the Small Hall.

17. Who donated the land that the Memorial Hall is built on?

18. Where would you have found the Oddfellows Hall in the village?

19. How many Lisvane Community councillors are there?

20. When and where was the first Wednesday Coffee Morning held?

Check out the answers on page 29!

Enduring lockdown has been – and continues to be – a challenge even for the most patient among us. However, we've seen how the kindness of others has helped make this period far more bearable than it might have otherwise been.

So it's time to recognise those Lisvane local 'lockdown' heroes who have made such a difference.

Who do you nominate for this recognition and why?

Email us at lisvanelinkeditorial@gmail.com



Llanishen and Lisvane Scouts



Pictured above: taking part in the climbing trees and building bivouacs challenge

Keep scouting and carry on...

Annual General Meeting (via Zoom), 8 June

We heard that our scout group is the largest in north Cardiff. We continue to attract children from all over the northern part of Cardiff, who attend each week to be challenged by the excellent programme organised by the leaders. They enjoyed a packed programme of scouting activities each week and at weekends away camping, canoeing, etc.

2019 was a successful year for fundraising as the Bonfire and Scout Post both raised £10,000. Livsey Hall is hired out regularly to raise further funds, and the refurbishment of the hall is now complete. The committee and leaders felt that they should congratulate themselves on a successful year.

Abi Lovatt was presented with her certificate following raising money for the Little Princess Trust.

History website

The chairman of our scout group, Nick Palmer, has been researching the history of Llanishen and Lisvane Scout Group and has created a website, which contains all his findings so far at www.landscouthistory.website.

If you have any information or photos about the scout group, please get in touch with him via the website.

As the main scout group for Lisvane from 1931–71 (when 1st Lisvane was started), some of the older men in Lisvane may have been members of Llan and Lis.

Lisvane Scout Hall, Heol-y-Delyn

A small steering group has met and drawn up plans for a new extension, and is currently applying for planning permission. Quotes for the building work are being obtained. The next step is to seek to raise funds from

any available grant giving bodies, including S106 funding from the new developments being built in Lisvane and Pontprennau.

A huge thank you to David Lloyd, Jon Evans and Dave Lumley who are spending their time helping with this initiative.

Leaders needed

We would love you to get involved with our scout group as a leader or section assistant.

It is fun, and a great way to get to know our young people and inspire them. It is also brilliant taking part in children's activities, even for us grown ups!

Get in touch for a chat. DBS checks will be required (we can organise that) and all support and training will be given.

Hilary Ashton, ☎ 07811 715281,
email: hilashton@hotmail.com

The Scout Association is keen for our Beavers, Cubs and Scouts to help our local communities during the COVID-19 lockdown. This initiative is known as 'A Million Hands' and involves any task that shows that we care – whether it be by completing activities or raising money for a local cause. Lisvane Cubs decided that they would like to write some letters to Cartref Old People's Home in Station Road. We know the residents a little as we sing Christmas carols for them every December. Here are extracts from some of the letters we sent...

A letter from George

I like Cubs because you sometimes get a snack or you cook a snack, and I love it because I have made lots of friends. You can get badges and my favourite one was the book reader because I love books and you could pick what book you wanted to read.

When I go to Cub camp it's fun because we play games and sing songs and my favourite part about Cub camp is when we make smores. My favourite part about the leaders is that they play games with us, they plan activities and take us on Cub camps.

During lockdown, we are still having lots of fun because the leaders have been doing a Zoom call every week and you could do some badges like the home help or the lockdown challenge. I have also camped in my garden and in my lounge for eight nights to earn a new badge.

A letter from Owen and Emily

How are you doing? I hope you are doing OK.

As your neighbours, we thought it would be a nice idea to write you a letter to let you know that you have been in our thoughts and prayers while we have all been in lockdown.

My name is Owen and I am nine-years-old and I am writing this letter with my sister Emily, who is six-years-old.

Lockdown has been a really strange time for everyone, and unfortunately we have all missed out on seeing friends and family and going out and doing fun things. I am an ice hockey player and my sister is a gymnast, so we have both missed out on games and competitions that we really love.

Luckily, we belong to some wonderful groups and have found lots of new ways to have fun and keep busy, even while staying in! I am a Cub and Emily is a Beaver, so we have both been taking part in online meetings each week where we have had lots of different challenges and badges to complete at home. We even took part in the world's largest virtual camp where we all camped out in tents in our garden, or on our living room floors!

We've also been kept *really* busy with schoolwork and online French lessons, online gymnastics and ballet sessions for Emily and off-ice hockey training for me.

As a family we have also set ourselves some challenges for family game nights and films to watch. We have seen all of the Disney Pixar films in order and have been taking part in weekly quizzes with friends from my ice hockey team.

At the moment we are reading *The Ickabog* by JK Rowling. It was originally written for her children but they decided for their mum (JK Rowling) to release it

to every child in the world. She is releasing about two chapters a day online at www.theickabog.com totally free of charge! My nanny is also reading it and really enjoying it, so maybe you would like to read it too?

A letter from Benji

How are you? I hope you are well. My name is Benji and I thought you would like to know what I have been doing since the start of lockdown.

I have been doing Joe Wicks' exercises with my mum and brother almost every day – it is keeping us really fit and healthy. We were doing long walks, but we got a really cute puppy! Mum bought us a black girl cockapoo called Molly, and she was able to come out for a walk for the first time this week. Because it is so hot I have been in the hot tub every day and Molly comes in too – she loves swimming.

We have also been making a dam in the stream and swinging on the swing. I love it there because it is really, really cold and I come back really muddy and wet!

I love chocolate brownies – I have lost count of how many I have made during lockdown. Every day we eat homemade lollipops made out of squash. We have also made different flavour jellies. My favourite flavour is strawberry.

Every weekend we have a barbecue. I love steak, prawns and burgers. My dad's steak is the *best* and having marshmallows after is even better!

We have listened to David Walliams read his stories every day while enjoying a lollipop. We have played lots and lots of board games like Game of Life, Scrabble and Monopoly. I have won loads of games!

I have been doing cubs every week online – the best bit was to make a pirate ship out of recycled materials. It was brilliant – we put it in our hot tub and it didn't sink!

I'm missing my friends a lot, but I do Facetime them while playing Minecraft. I hope you are OK.

A letter from Toby

I hope you are doing well and are having a nice time in lockdown. What are you doing right now and are you having a good time? Are you staying in your room the whole time?

I have been going in my pool with my brother and sister and been going for loads of walks with my family and some of my friends, but obviously while keeping our distance.

I have been growing a lot of food for my family. I have grown radishes, strawberries and beans. And we have some tadpoles in our back garden. Also, we have just painted our house.



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I am pleased to say that the library is now open, albeit on a restricted basis.

We will be open on Wednesday afternoons and Saturday mornings for booked appointments only. Please email us at lisvane.cabin5@btinternet.com if you would like to make an appointment.

Please do not ring the library phone number – even if the library is open, the volunteers will not be in the library while there are borrowers visiting, so the phone is unlikely to be answered.

There will be new rules in place such as hand-washing, only one borrower/family in the library at a time, and quarantining of books.

Borrowers will be able to take out more than the usual number of books, but we do ask people that if they handle a book, they either take it home or put it in the quarantine box. You might find it useful to browse our catalogue before you go. Visit www.lisvanecommunity.org.uk and follow the links to the library page and then the catalogue.

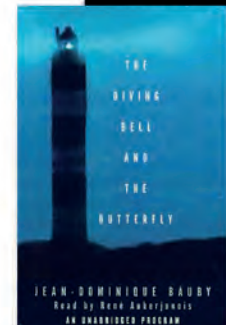
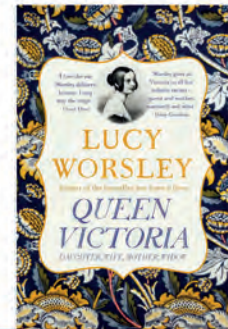
If you are not currently a member, send us an email with your contact details and we will sign you up; membership is free for residents of Lisvane.

Cardiff Libraries have recently announced that they can deliver books to people who cannot visit a library because they are shielding or self-isolating. If you haven't got your own ticket, you can now join online. (See further details on p5 of this issue.)

The following books have been recommended by our borrowers:

Queen Victoria by Lucy Worsley
Victoria and Victoriana seem to never go out of fashion in our culture. Call out 'Victoria' or 'Vicky' in any school and girls will come running.

Queen Victoria's life has been explored in all its aspects by biographers ever since she died after a long life in 1901. So how can Worsley add anything new or interesting?



This is successfully done by examining in 24 chapters key days in the Queen's life, from her birth on 24 May 1819 to her death at 81 on 22 January 1901.

All the major characters and influences in her life are represented like Wellington, Gladstone (who she hated) and Disraeli. Her determination to be her own woman is clear – albeit, she just ignored people and any issues that she did not like.

As well as these broad brushstroke examinations of her times, Worsley gives us insights into her personal world – her wardrobe, her diet, the day-to-day relationships with her children, courtiers and servants who suffered her demands and whims.

Did she go 'mad' with grief after her husband Prince Albert died? She effectively disappeared altogether from public life for many years until coaxed out for her Diamond Jubilee. Hot water for shaving was taken to his room every morning after he died because no one dare order it otherwise.

She was buried with pictures of her beloved Albert, but also of John Brown and Abdul Karim (the Munshi) in her coffin. Hmmm!

Queen Victoria is written with new insights, style, wit and opinion. Thoroughly recommended.

***The Spy and the Traitor* by Ben Macintyre**

Anyone who has read other books by Ben Macintyre will be familiar with his meticulous attention to detail and impressive research.

This book is the story of the real-life recruitment of an important Soviet KGB officer and his career as a spy for MI6 at the height of the Cold War.

Like any good spy story, one is gripped by the precariousness of the situation, wondering if the agent has been 'blown', or if things are about to go disastrously wrong. It's a story of courage that is quite extraordinary.

Ben Macintyre maintains a well-paced narrative, while ably describing the 'tradecraft' by which the agent is run. It also places the events within their historical context and gives a fascinating insight into this shadowy world, which is made all the more exciting by being a true story.

***This Thing of Darkness* by Harry Bingham**

This book is part of a detective series featuring a Cardiff policewoman who battles a serious mental illness while

trying to live as near normal a life as possible.

Her experiences have left her very focused, even obsessive, which can lead her to see possible connections that others miss.

In this case a curious accident, a seeming suicide, and a pointless burglary are the starting points for an investigation that takes DPC Fiona Griffiths into the world of Welsh climbers.

The series is well planned and we learn more about the main character's back story as the series progresses.

The book can stand in its own right, but I would recommend reading the series from the beginning, starting with *Talking to the Dead*.

Naturally, the library offers the complete series!

***The Diving Bell and the Butterfly* by JD Bauby**

The author was a successful journalist, editor of *Elle* in Paris. In his forties, he suffered a massive stroke and recovered consciousness to find he could control nothing except one eyelid.

He learned to communicate using multiple winks and even wrote this book, which tells the story of his final months.

It's a short book and the chapters are brief. He describes the pains and small pleasures of his new life.

The hospital is on the coast and one chapter describes going for a stroll along the prom in his wheelchair with a friend and a carer. They pass the pretty parts, they pass the funfair, the others are ready to stop to admire the view, but he insists they continue until the end of the prom. Where there is a chip shop.

His companions complain bitterly about the smell but the author, who will never again enjoy a frite, is transported on waves of ecstasy and nostalgia.

A positive book in dire circumstances.

***A Possible Life* by Sebastian Faulks**

I always enjoy his books and this one – a *Sunday Times* bestseller – did not disappoint.

The preface to the book quotes 'If a man couldn't live a number of other lives, he wouldn't be able to live his own'. What follows is almost like a series of short stories about the lives of various characters – a young man in the Second World War, a Victorian workhouse family, a French peasant girl and an American singer.

The characters and their environments are all wholly convincing and you wonder at the extent of his research to make them so real in your imagination. Each one seems more vivid than the previous as he explores human life.

All of these books are available from Lisvane Library.

Sue Johnson

Digicam Group

Before lockdown, the Digital Camera Users' Self-Help Group met on Wednesday mornings from 10–11am.

To stay informed of when the group's meetings are likely to restart, please email Sue Clements at tslisvane@talktalk.net

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Costa Del Lisvane Summer Resort Yoga Classes Online in your own home

The one thing we all know, is that we are likely to be spending much of the summer at home.

For some, this means plenty of physical chores – house painting, gardening and patio pointing and for others, in an attempt to while away the hours, there will be cycling, walking and as I type, the option of a round of golf. If you don't yet recognise yourself in this sentence then maybe you're one of the frustrated, bored and fed up individuals looking for a new experience to interest you or what if Covid19 has left you exhausted, anxious and worrying?

I'm NOT saying that Yoga is for everyone but within the above there is a need for strength, flexibility, agility, movement, exploration, calmness, control, relaxation, breathing and to top it all, some dedicated time for you – a chance to step away from the crazy times we are currently enduring and escape to embrace enjoyment, fulfillment and hope. Not forgetting a well-deserved G&T that awaits, following an indulgent 75mins all to yourself! Yes, you read this right – I confess, being a yogi doesn't mean you have to be tee-total (more confessions, I also eat pizza) and of course, if you prefer, there's always the option for a cuppa.

If you are still waiting to be convinced of the benefits, let me share some feedback from our online spring classes:

- 'Many thanks for the lovely session this evening. It definitely made me think about my breathing far more.'
- 'Lovely but challenging class tonight. My hot Epsom salts bath was very soothing.'
- 'Great class Karen – can't believe how out of yoga shape I am!'
- 'Perfect class for a warm evening – my hips feel so much better.'
- 'Thank you SO much for the yoga classes – they are a real anchor point in a world full of uncertainty and chaos.'
- 'Your classes are certainly helping me.'
- 'Thank you for your nurturing practice. Love it always!'

Our bodies are enlivened by warm weather and when heat penetrates the air it helps us to loosen up tight muscles and stiff joints, providing an opportunity to explore what yoga can offer. Whether you're a newbie to the practice or you are looking to go further into your poses summer supports us to be more active. When temperatures soar our stress levels can rise so we need to keep our minds relaxed. Yoga offers a way to slow your breath, cool your body and chill your mind.

Don't let the Covid19 lockdown stay-home lifestyle get you down. Instead, why not use the opportunity to roll out a mat and practice some yoga. No need to get up early and put your towel on a mat, there's space for all!

Namaste
Karen
Your Yoga



Tel: 07950 569800

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How well do you know Lisvane?

Answers...!

1. Black Griffin, Ty Mawr, The Old Cottage, Lisvane Stores, Miller and Carter, Golf Club, Farm Shop and Lisvane Memorial Hall. When lockdown is over do not forget the local traders who always need your support.
2. The bell is in front of the Old School. It would ring when the school opened to call the children from their jobs around the farms and remind them that the school day was about to start.
3. The bridleway was created at the top of Graig Road. It enables riders to access the top of the Graig without riding through a very narrow section of road. SAFE funded the project after one of their riders was involved in an accident on the narrow section. At the top of Graig Road, turn left on to footpath 6 (ST183846) and the entrance to the bridleway is a few yards in on the right-hand side.
4. Yew trees are commonly found in churchyards. In this case a resident, Edmond Thomas, planted two yew trees on 14 February 1868 in St Denys' churchyard and they became known as Edmond's Yews.
5. The centenary celebration. The founders of the club were of the view that they would not

6. Parc Cefn Onn (as you leave the car park, on the bank on the left-hand side).
7. 1967.
8. There are three war memorials – the Memorial Cross on Lisvane Road, the stained glass window in St Denys Church and Lisvane Memorial Hall (the memorial plaque is in the entrance hall).
9. Coedcaepengam is a private ancient woodland in the middle of the village. It runs at the back of the houses on Heol-y-Delyn from the playing field to footpath 11 (ST184828).

10. A bonfire. As you can see from this question, the community has come together to celebrate events for a long time. Unfortunately, this year's Festival had to be cancelled but I am sure the LCA is already planning next year's events.
11. Cardiff Council acquired Coed y Felin woods for public use in 1980.
12. 1967.
13. The building that houses Lisvane Stores, H2O and Kelvin Frances.
14. Blossom Drive and the adjacent roads.
15. Because of the fuel crisis, they could not use the hall for rehearsals. Then, later in the year,

when they were going to perform the play, two of the cast members were taken ill.

16. According to a report by Robert Brooks, Lisvane Young Farmers' chairman, the major event in the history of the club is probably the establishment of its own Club Room at the Memorial Hall, at a cost of £5,000. The club opened it in May 1963, entirely free from debt.
17. The land was donated by Peter England.
18. At The Griffin Inn, you would access the hall using the steps nearest to the shopping precinct. I am reliably informed that when dances were held in the Oddfellows, the floor would bounce!
19. There are 10 community councillors.
20. The first Coffee Morning was held at the Old School on Wednesday 15 March 2013. They had been held every week right up to the lockdown to raise funds for the Old School Development.

A big thank you to the volunteers – and let's hope the Coffee Mornings resume soon. Every penny is needed for the Old School Development and we are missing the lovely cakes!

Gillian Lawson,
Historical Society

Rotary

Rotary Club of Cardiff Llanishen



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Day in, day out, since 1852 the YMCA has had a presence in Cardiff. Since then, Its influence and impact extends across and well beyond the Capital, delivering a whole range of projects to encourage and support young people and communities.

News of its current activity can be found at www.ymcacardiffwales/.

Besides sustaining the Cardiff YMCA, the Cardiff YMCA (1910) Trust also provides small grants for community-based projects.

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