



Friends

of FOREST FARM COUNTRY PARK
and GLAMORGANSHIRE CANAL
LOCAL NATURE RESERVE
Issue No: 109 September 2018

website: www.forestfarm.org.uk

Postcode: CF14 7JJ

The Friends of Forest Farm getting ready for Whitchurch Festival in June.

Here are Duncan Hockridge and John Harding having erected the gazebo and our new 'flag banners'. They are preparing for the afternoon on the Common at the end of the Whitchurch and Tongwynlais Festival.

We are going to be able to use the banners on many occasions in the future to draw attention to our events.

The next time will be at our annual **Open Day** in October (see below). Its been getting increasingly popular. We were delighted that about 300 people came to this event on the Reserve last year.

Planning is well underway, so do come along and join in the fun.



Friends of Forest Farm Open Day

Saturday 6th October 10.00 - 16.00 hrs

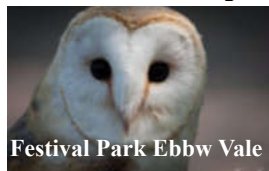


Guided walk

Woodturning

Pond dipping

Owl Sanctuary



Wool craft

Model Railway

FREE - fun activities for all the family

Facilities for the disabled.

Refreshments available



Wardens Centre,
Forest Farm Rd.,
Whitchurch
CF14 7JJ

Editorial

Well, you have a very happy editor! This edition contains not one, not two, but **two** articles and **two** letters from our members - or a relative of one! So, many thanks to **Marian Allsobrook**, **Megan Williams** (P7) **David Manning** (P8) and **Ella-Mae Hockridge-Ford** (P10). I'm sure you will enjoy reading their contributions.

Megan's letter takes us back in time and perhaps that is what prompted me to 'go down memory lane' - though not that far back! (P7). If you have any memories or photos of Forest Farm (or St Mary's Gardens P9) to share with us, please send them in.

Activities have continued despite the weather being so hot for weeks - not something we usually complain about! The Friends volunteers have been busy as there is always plenty to do on the Reserve; the nature rambles are held come rain or shine. We were present at Whitchurch Festival on the Common and **Duncan** arranged another excellent Friends coach trip (P5). Other events were organised by the Rangers and all activities can be found on pages 11 - 12.

Autumn brings our big event of the year - the **Open Day on Saturday 8th October**. There will be lots of activities for children of all ages! Its **FREE** as well - we just request a donation for the refreshments. Then our 'Winter' evening talks start in November.

Other issues, such as Velindre and the state of the canal have gone quiet at present, but have not been forgotten.

We look forward to seeing you soon.

Sheila Austin

Volunteering - August

Ten volunteers braved heavy showers and muddy conditions to remove Himalayan balsam from the banks of the Melingriffith feeder.



There's certainly a lot of it, but if you keep removing it (roots and all), less grows back the following year, and it really does make a significant difference.



We also saw two grey wagtails and a kingfisher, but only the elephant hawk-moth caterpillar stayed still long enough for a photo. Left.

Photos and text; Jon Wallis

Deadline for articles for next newsletter - 10th November 2018			
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Reserve Report

Alec Stewart - Ranger

Ranger Report June/August

I cannot remember a summer such as this since 1976, hot dry conditions with blue cloudless skies and brown burnt vegetation, with talk of hosepipe bans on the news! Has this had an effect at Forest Farm? Yes it has, but nothing too dramatic I think.

The main thing the weather affected was the wildflower mixes sown around the Reserve. Although these grew and flowered, they did not produce a display as good as previous years. This was mainly due to emerging seedlings drying out as they were forming. However, this will not put us off and we will sow more again next season.



Duncan Hockridge spotted this. It was in The Times and The Daily Telegraph.

One of the other issues was the fact that our ponds began to dry out. Since it was built, this was the first year I have ever seen the Warden Centre pond dry out to leave only the deep two central pools.

Work around the Reserve has carried on with normal maintenance and an emphasis on balsam clearance, concentrating on the scout field and all the areas we cleared last year. In fact, the Friends have just had a workday clearing balsam along the banks of the feeder canal (see P2), and what a great job by all concerned with lots of balsam removed.

We also seemed to have found a good system for stabilising the canal banks using coir rolls (see next page) and completed several large sections which have now settled in with the vegetation even beginning to flower. This revetting work will continue as funds become available. Also, we need to have a licence from NRW to carry out work on the canal. We are currently working on a 5 year agreement tied in with updating the Reserve's management plan.

It's generally a quieter period on the Reserve for wildlife but some highlights early on were good numbers of young birds all being busily fed by their parents. From the hides, I observed good numbers of reed warblers using the reed beds, catching insects and returning to their nest areas to feed their young.

While finishing the banks of the newly restored pond by the farmhouse, I noticed lots of froglets on the bank, newts in the pond with broad bodied dragonfly and azure damselfly over the pond. Also, a female mallard was present with a family of ducklings. It was also great to see that the swallows who nest in the barn had 3 young and were busy flying around building up their flight muscles ready to head out into the big wide world.



Photo of a swallow by
Cliff Woodhead

As I write this, the weather has broken and we are back to our normal cool, wet summer conditions. The ponds are filling and everywhere is greening up....the drought of 2018 seems to have ended!

(I thought you might like to know a bit more about coir rolls and their use for revetting the canal bank. It's good that it is successful in stabilising the canal banks. Ed.)

Coir Rolls

(Extract from the Environment Agency website "Managing bank instability and erosion")

A coir roll is made of coir fibre (from coconut husks) hydraulically pressed into a polypropylene or coir net bag and tied. Coir rolls are available as either an unplanted, pre-planted or mature planted product and are typically used to protect the toe of the bank from erosion. They are also used to provide instant marginal vegetation in river restoration schemes. The concept behind coir rolls is the plant root system will establish into the bank or bed and persist once the coir degrades and hence become self sustaining.

Coir rolls are typically 300 to 400mm in diameter and can come in 3 m or up to 6 m lengths. Coir rolls can be installed as a single unit or placed on top of faggots or rock rolls in deeper water. They are typically installed using chestnut stakes on either side of the roll and secured with polypropylene twine. They can be also be installed without stakes and secured to the bank using a wire loop technique. Alternatively coir rolls can also be used in 'hanging baskets' in front of sheetpile.

They provide an excellent method of introducing instant, marginal habitat and can be used in low to medium energy environments with velocities up to 3.5 m/s. They are best suited to river margin depths of up to 300mm and the river level at which they are placed should be considered carefully – too high and the plants will be left high and dry, too low and the plants will struggle to photosynthesise. Coir rolls are not recommended to be used as terrace features on banks nor do they adapt very well to locations which are heavily shaded. Coir rolls have become a very popular soft engineering technique in recent times with different rates of success, however if installed correctly and used appropriately, they are an excellent option for sustainable bank toe protection.

* * * * *

Fund Raising ...

You may remember that in a previous newsletter, we asked if anyone could help us to source funding for the Friends of Forest Farm.

We are delighted to say that **Laura Thomas** has offered to help. Its early days, there is some groundwork to do, but we will keep you informed.

Membership and receipt of newsletters

Velindre - the new Cancer Centre

Update

Its all been pretty quiet lately, but the latest update we have from Paul Edmonds TCS Communication and Engagement at Velindre, is as follows:

"The entrance to the site for the new Cancer Centre will be taking access over land owned by ASDA. Discussions between Velindre NHS Trust and ASDA to agree the detailed terms of access will be concluded over the next few weeks. Velindre NHS Trust has received a revised car park design from ASDA which is now in the process of being integrated with the access design."

Although the actual number of members has not altered significantly in the last few months, we have been delighted to extend a very warm welcome to the new members who have joined us. All members receive our newsletter four times a year in September, December, March and June.

As you know, some newsletters are delivered by volunteers, some are sent by email and some posted. If for any reason you do not get your newsletter by your stated choice by the middle of the months in which they are due, please do get in touch. *(contact details on back page. Ed)*

Our Summer Coach Trip/s in June ... and July

Such was the demand for the trip this year to Westonbirt Arboretum, Malmesbury and Tetbury that Duncan Hockridge arranged a second one!

Below, is a photo of the first happy party in June. *(Photo from Duncan)*



There was a thank-you letter too.

"Dear Duncan,

Thank you so much for another memorable and thoroughly enjoyable Forest Farm trip. Even if the weather had not been so favourable, we could not fail to appreciate the range and splendour of Westonbirt and the historic interest of Malmesbury. Tetbury too was a pleasing middle to a substantial day out. Thank you for all the thoughtful touches, which made the day go so well.

I had a lovely time in the Abbey House gardens in Malmesbury, enjoyed the company of the group throughout the day and relished the cream tea. For me, the visit to Westonbirt was inspiring, including the sky-walk and the guided walk-and-talk, which drew our attention to many unusual and significant trees.

Many thanks and best wishes,
Marian Allsobrook.

Wild flowers , plants and fungi are the life support for all our wildlife and their colour and character light up our landscapes. But without our help, this priceless natural heritage is in danger of being lost.

"Plantlife's Work in Wales"
An talk by Colin Cheeseman, Head of Plantlike Cymru
Wednesday 21st November 2018
7.30p.m.

At Ararat Centre for the Community, The Common, Whitchurch. CF14 1PT

Refreshments available. ALL WELCOME

Down Memory Lane

For a change, I thought a brief look back would be nice. I found some old photos and this article written by Ted Edwards. I did not know Ted, but something of his character comes from his lovely, relaxed style of writing. I wonder if the plants he mentioned have survived in the canal? Ed

The Canal - extracts from an article by **E.O. Edwards** in the September 2002 edition of our Newsletter. The article starts at the Iron Bridge/Sunnybanks cottages end of the canal.

"... as you come abreast of the wall in front of the former cottages, look at the water; you will see leaves sticking out, and they are the same shape as an **Arrow Head**. This gives the plant's name, and is one of the very few places it can be seen in South Wales....

Walk along (*by the canal - on your right. Ed*) the wall; where the canal broadens out look at the bottom of the canal; there you might see **Fresh Water Sponge** - another rarity.

Further up you come to the first lock; this is called Forest Lock, No 43. The Lock House was on the far side, and there was a stone arched bridge where the wooden bridge is today.

On the towpath side there were stables, and I should imagine a place for a sit-down and a pot of tea, or whatever they drank in those days. I'm told that at one time a Sea Captain and his family lived in this house, and that he, on his travels, collected dried butterflies and had them displayed in glass cases around the walls.

Do ask around and write in if you have any bits of information that will breathe a bit of life into this lovely place."

Ted also had an explanation for the name 'Sheep's Bane Wood'.

" - an odd name don't you think? No doubt there is a good scientific reason behind it, but the one I prefer is about when Dai Me-me had spent the morning trying to drive his sheep out of the swamp, got very wet, stomped into the house, and growled at his wife, "That damn wood is the bane of my life. I'll cut it down one day." Quick as a flash his wife *Jane Full-pelt*, in true Welsh fashion said "Sheeps Bane Wood - what a lovely name! Put a fence round it Me-me, and you will have no more trouble." that's how it happened , didn't it?"

... and a couple of old photos I found



Left: John Harding with Pauline Linck and Ken Patterson in 2006, being presented with a picture on leaving the Committee.

Right: May 2006 and ready for litter picking! I recognise a few faces - are you there?



This photo accompanied the article

Letter to the Editor

"What an inspirational article on **Ted Edwards** in the current (June) issue of your very informative magazine.

I have very fond memories of Ted and Mair who introduced me to the Friends of Forest Farm many years ago. As a matter of fact, they were two of the first people who befriended me when I came to live in Whitchurch in the sixties. I knew very few people and found 'city' life rather lonely after living in a close knit community in Llanelli.

I met Mair and Ted at Cymdeithas Cymry'r Eglwys Newydd (Whitchurch Welsh Society) where Mair was Treasurer and I was Secretary for too many years to remember. I spent time in their home where they talked of their lovely family with pride. I felt I knew them all.

Ted invited me to a meeting of 'The Friends' at Tabernacle Chapel. I could not take part in many of the outdoor activities, but always took my visitors to the sites. I also attended many evening talks during the Winter and have remained a member ever since.

I followed Ted's and his Committee's progress fighting for the Nature Reserve and admired his tenacity and diplomacy. We, the public, have a lot to thank him for.

I remember Ted and Mair for their friendship to me and Ted especially for the 'gentle' man he was.

I look forward to sitting on this special seat to reflect on happy memories.

Megan Williams

p.s. Thank you Sheila for such an informative and 'live' magazine.

(Thank YOU Megan for this letter and your kind comments about the newsletter. It is lovely to read something personal about Ted from a friend who knew him well - and to link back to the earlier days of the 'Friends'.

If you have any memories of Forest Farm, or photographs or points you want to make, do get in touch. My contact details are on the back page. Ed)

Family Rangers

FREE wildlife-friendly fun at Forest Farm
An RSPB/Community Park Rangers partnership -
part of **Giving Nature a Home**.

No experience required.

Suitable for all ages

All equipment provided.



Time: 11-00 - 13.00

Dates: Sat 22 September
Sun 14th October

To book:

contact susanansell@rspb.org.uk

APPRENTICE REQUIRED!

You will know that each year I have been arranging the **Friends of Forest Farm Summer Coach Trip**. I feel it is now time to hand over this project to someone else. He or she will then be able to continue with this well-loved social event for more years as well.

The Committee and I shall of course be available to give any assistance required. It would be a help if you do have a computer and printer. Accordingly, if you would like to have a try for next year please contact me anytime.

Duncan Hockridge

Tel: 02920621111; Mob: 07870362607;

History and Wildlife of the Glamorganshire Canal

A Ranger led walk around the Forest Farm Reserve, 4th August 2018.

There were a dozen of us set that off from the Warden Centre about 1pm. The day was hot and sunny and Ranger Kevin led us to the Melingriffith Feeder Bridge where he explained aspects of recent and earlier histories associated with work in the area.

We heard the loud approach of a motorbike but then it stopped suddenly and we waited to see what Richie would find as he walked toward the source. A youngster had dismounted, in time, and Richie had a friendly word.



The group pauses at the bridge over the Feeder.



Woundwort

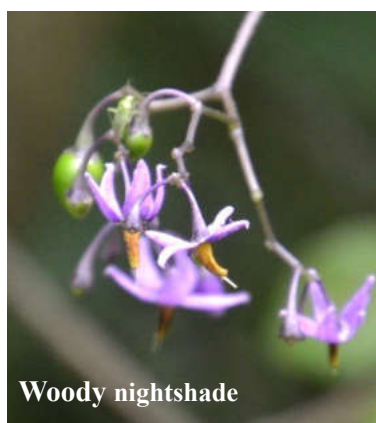
Used by the French in fields of war

We then followed the Feeder downstream, past the two Bird Hides, stopping to find, note and photograph various plants. Rangers Kevin and Richie shared their knowledge of the uses these plants had in times past, from additives for cooking to medicinal applications.



Arum maculata

The poisonous red berries of 'lords and ladies', one of its common names.



Woody nightshade

... not to be confused with deadly nightshade. This species is less poisonous but still harmful..

We continued to make our way toward the canal where we turned north and stopped many times more to learn of waterside plants, how the conservation of the canal bank was progressing and answering our frequent questions.



At Forest Lock on the canal.



There was wildlife about us all the while; we saw Herons, Buzzards, Moorhens and Mallard ducks, many with young; Speckled Wood and Small White butterflies and occasional Dragonflies and Damselflies. Most importantly, we had shade from the beating sun.

We returned to base about 2.45pm, hotter, wiser and happy with lovely afternoon walk 'on the wildside'.

David Manning

(My sincere thanks to David. The receipt of this article and all the photographs arrived entirely unexpectedly from him as I was starting on this newsletter. Great timing - and a very welcome addition to the content. In some cases I've added to David's captions, some are mine. Ed)

St Mary's Gardens, Whitchurch

Some of you will know that a group of volunteers has been meeting to improve the neglected state of St Mary's Gardens, the site of the former St Mary's Church in Old Church Rd. Whitchurch. One Saturday morning it seemed most of the staff of Rhiwbina Dental practice came along to help too.

The site is owned by the Council and one of the Community Park Rangers is present to oversee and assist with our efforts. We started last Autumn and have had 5 sessions in all. We have been glad of the support of Mike from the Fox and Hounds pub over the road, who has supplied us with coffee (latterly squash!) since the start. We have cleared a lot of litter, general garden debris and bramble and also trimmed back the very invasive bamboo in one section.

Some plants and shrubs have been planted as well. Of course, as soon as we started that, the weather turned hot and dry - so we have particularly appreciated the generosity of the Fox and Hounds and Rhiwbina Dental practice in letting us have water to try to keep the plants going. We have been told that there used to be a small hut for the 'park keeper', so we presume there was a water supply then. Does anyone know anything about that? Also, we are all interested in the history of the church and gardens, and some of the group have started a bit of research into it. If you know anything you think would be useful to share please get in touch*.

Unfortunately, before we started, the 'gardens' were so overgrown that some people were finding it intimidating to use. So far, it's been mainly clearing up and maintenance during our visits - and latterly some planting. Our efforts have been appreciated by local residents, which is gratifying.

We have no firm plan yet. We know there are some special trees in the gardens and it is, after all, a churchyard. The gardens are for the community, so any views are welcome.

*If you are interested in helping, or have any information for us, please contact:

saintmarysgardens@gmail.com

Sheila Austin

My Entry for the WJEC Welsh Baccalaureate in Environmental Studies

My four friends, Katie Harris, Bethan Hunter, Hannah Smith, Sophie Bridge and I are all in the year 9 form at Radyr Comprehensive School. As part of the Welsh Baccalaureate Community Challenge we decided that as the Forest Farm Nature Reserve was right on our doorstep we should see whether we could carry out some volunteering work there. This would then enable us to progress our necessary Environmental studies.

When we approached the Cardiff Council's Parks Department, which is based in the former Farmhouse on site, we received a warm response. We were then introduced to Raj and Paul, two of the Park Rangers on site who then gave us the encouragement to plan and then proceed with our project. We also met up with 4 Italian students who were also visiting Forest Farm on a student work programme. We had to carry out 8 hours of on-site work and study consisting of four 2 hour sessions. This was broken down into 6 separate work schedules.

1. Learning how to prepare and sow seeds in such a way as would attract birds to the area.
2. Carrying out weeding around the pond area so as to make it both safe and to attract wildlife.
3. We moved bricks and stones from some areas around the Reserve and built them into a small structure which then formed a home for insects.
4. Paul took us down to the location of the old Ferry Road domestic waste tip which has now been *transformed* into a very attractive public nature area. There were some nice foot paths over it which enabled us to see how the area is now fully established and *teeming* with birds and insects.
5. We built and stacked a large pile of old bricks, sand and stones in the area of the old pig sties which was to encourage wild bees to gather there.
6. In the orchard, we placed some metal corrugated sheets on the ground. Underneath, these form a natural habitat for slow worms and small snakes.

We all enjoyed our time at Forest Farm and learned so much about environmental issues. Back in school, I had to write up all the details of this project and submit it to our course teacher. As a result I was pleased to find out that I had been awarded the Year 9 Achievement Award for the Welsh Bacc. and had a certificate handed to me at an award ceremony.

We would all like to thank Raj and Paul for all the time and assistance they gave us whilst we were with them.

Ella Mae Hockridge-Ford

(What an excellent report Ella! Well done to you and your friends - Katie, Bethan, Hannah and Sophie. We are delighted you thought of Forest Farm Nature Reserve for your Welsh Baccalaureate Community Challenge. Thank you for your work there and we wish you well for your continuing Environmental studies. Ed.)

Advance notice ...

... that the next annual 'bumper' edition will be March 2019. This will be a 16 page newsletter printed in colour. I'll be looking for extra material, so any contributions - stories, memories, articles and photos are welcome. You can send them to me now. I will be asking again in the December newsletter. Thanks. Sheila Austin, Editor.

Emmenopterys Henryi

I am sure you will have seen the publicity about one of Cardiff's champion trees in Roath Park which has flowered for the first time in 100 years. It's a Chinese tree, *Emmenopterys Henryi*,



We went down to have a look. Unfortunately, it's too high to see the flowers properly and the tree itself is not that obvious - but there it is, and creating a lot

of interest. The Cardiff Council picture, which clearly shows the attractive creamy-white flowers, was on the web.



The flowers' appearance is thought to be the result of a cold winter followed by heatwave conditions

This rare Chinese tree in Cardiff has flowered for the first time since it was planted more than 100 years ago.

Botanist Ernest Wilson introduced the species to Europe in 1907, with the first known flowering in Italy in 1971.

Sheila Austin

Events. September - December 2018

DATE	EVENT
SEPTEMBER	
Sat 8th Sept 20.00	Bat Walk at Forest Farm. The Community Park Rangers will bring the bats detectors - all you need is a torch to help discover the bats feeding around the Reserve. Sensible clothing and footwear essential Meet at the Warden Centre, Forest Farm Road, Whitchurch, Cardiff, CF14 7JJ . FREE
Sun 9th Sept 10.00 - 13.00	Friends Volunteering Event. ALL WELCOME. Contact Martin on 07952 926145. Meet at the Wardens Centre Forest Farm Rd Whitchurch. CF14 7JJ
Wed 12th Sept 18.00	Foods of the Forest. Take a pleasant stroll around Forest Farm Country Park and discover some of the tasty treats in Mother Nature's store cupboard at this time of year. Round off the walk by devouring some of nature's delicious delicacies! Meet at the Warden Centre, Forest Farm Road, Whitchurch, Cardiff, CF14 7JJ. £4.50 per person.
Sat 15th Sept 10.00 - 12.30	Nature Ramble. Meet at the Wardens Centre Forest Farm Road, Whitchurch. CF14 7JJ for a gentle ramble around the Reserve to see the wildlife. Bring your binoculars if you have them ALL WELCOME
Sun 16th Sept 19.30	Cardiff Wildlife Detectives for children aged 8-12. Bat Walk Hailey Park (Meet at Radyr Road car park). For more details email Gareth at gstamp@cardiff.gov.uk or phone Community Rangers on 029 2044 5903
Sat 22nd Sept 11.00-13.00	Family Rangers. FREE. Wildlife Friendly Fun at Forest Farm. Help to make a difference to wildlife. - enjoy hayraking, scrub bashing and more! <i>An event with the RSPB as part of our Giving Nature a Home partnership.</i>

Events. September - December 2018 continued

DATE	EVENT
OCTOBER	
Sat 6th Oct 10.00 - 16.00	Friends of Forest Farm “Open Day”. A great family day with activities including willow, wood and wool craft, pond dipping, owls, apple pressing and lots more. FREE. Fun for all the family. Refreshments available all day. ALL WELCOME.
Sun 14th Oct 10.00 - 13.00	Friends Volunteering Event. ALL WELCOME. Contact Martin on 07952 926145. Meet at the Wardens Centre Forest Farm Rd Whitchurch. CF14 7JJ
Sat 14th Oct 11.00-13.00	Family Rangers. FREE Wildlife Friendly Fun at Forest Farm. Help to make a difference to wildlife. - enjoy hayraking, scrub bashing and more! <i>An event with the RSPB as part of our Giving Nature a Home partnership.</i>
Sat 20th Oct 10.00 - 12.30	Nature Ramble. Meet at the Wardens Centre Forest Farm Road, Whitchurch. CF14 7JJ for a gentle ramble around the Reserve to see the wildlife. Bring your binoculars if you have them ALL WELCOME
Sun 21st Oct 10.00 - 12.00	Cardiff Wildlife Detectives for children aged 8-12. Foraging for wild foods in the hedgerows and meadows of Forest Farm. For more details email Gareth at gstamp@cardiff.gov.uk or phone Community Rangers on 029 2044 5903
NOVEMBER	
Sat 10th Nov 09.30 - 15.30	Wildlife Photography Basics and Fieldcraft Workshop. Join the Community Rangers at forest Farm Conservation Centre for information on tips to improve your wildlife images. e.g. how to set up a feeding site, use of hides. Bring your own lunch. Tea/coffee provided. £30 per person. Advance booking required , limited places available. More information from Ranger Service 02920 445903.
Sun 11th Nov 10.00 - 13.00	Friends Volunteering Event. ALL WELCOME. Contact Martin on 07952 926145. Meet at the Wardens Centre Forest Farm Rd Whitchurch. CF14 7JJ
Sat 17th Nov 10.00 - 12.30	Nature Ramble. Meet at the Wardens Centre Forest Farm Road, Whitchurch. CF14 7JJ for a gentle ramble around the Reserve to see the wildlife. Bring your binoculars if you have them ALL WELCOME
Wed 21st Nov 19.30	Evening talk. “Plantlife’s Work in Wales” by Colin Cheeseman, Head of Plantlike Cymru. Meet at Ararat Centre for the Community, The Common, Whitchurch CF14 Refreshments available. ALL WELCOME
DECEMBER	
Sun 9th Dec 10.00 - 13.00	Friends Volunteering Event. ALL WELCOME. Contact Martin on 07952 926145. Meet at the Wardens Centre Forest Farm Rd Whitchurch. CF14 7JJ
Sat 15th Dec 10.00 - 12.30	Nature Ramble. Meet at the Wardens Centre Forest Farm Road, Whitchurch. CF14 7JJ for a gentle ramble around the Reserve to see the wildlife. Bring your binoculars if you have them ALL WELCOME
Sun 16th Dec 10.00 - 12.00	Cardiff Wildlife Detectives for children aged 8-12. Coppicing trees for winter in Forest Farm, followed by hot chocolate. For more details email Gareth at gstamp@cardiff.gov.uk or phone Community Rangers on 029 2044 5903

Published on behalf of The Friends of Forest Farm and Glamorganshire Canal Local Nature Reserve by Mrs Sheila Austin, 1 Heol Gwrgan, Whitchurch, Cardiff CF14 1PP Tel: 02920 614245 email: editor@forestfarm.org.uk
The Editor wishes to state that all views expressed by contributors are their own, as is the responsibility for them.