



# Friends

of FOREST FARM COUNTRY PARK  
and GLAMORGANSHIRE CANAL  
LOCAL NATURE RESERVE  
**Issue No: 112     June 2019**

website: [www.forestfarm.org.uk](http://www.forestfarm.org.uk)     Postcode: CF14 7JJ



Above; Photo of a mink on the feeder at Forest Farm taken by Colin Harvey.



Photo of an otter from Wikipedia.

We are often told that an otter has been seen on the Reserve. It is more likely to be mink. The spread of mink has had bad consequences for some of our native wildlife; of most concern is the impact on the water vole.

On the right is a chart to help identify the differences.

Characteristics	American mink	Otter
Size: body and tail	body - 50-60cm; tail round, bushy and cylindrical like a cat's.	body - 57-95 cm; tail stout at base, tapers to a point.
Head	Pointed	Broader, flatter
Colour	Dark, almost black; glossy. white patch on chin only	Mid brown, can look darker when wet, pale marking from chin to chest
Swimming style	Swims high in water, body visible	Swims low in water, only head and part of tail showing
Behaviour	Not afraid of humans. Regularly seen in daylight	Shy, retiring. Not often seen in daylight

Side by side below - good and bad news.

The Friends of Forest Farm was set up in 1990, so that makes next year a special one for us - see below.

The bad news - more vandalism; this time the hides. Not something that was evident in 1990! This just makes more work and takes away time and money that could be more usefully spent on the Reserve.

**Happy birthday** to us -  
well, nearly ...

2020 marks 30 years since the Friends of Forest Farm was set up.

The Committee are looking at ways to mark this special year and would welcome any suggestions from members about how best to celebrate it. We have some ideas but would be glad to hear yours.

Please contact any member of the Committee or via the website.



Please report any damage  
(or incidents) to the police.

*Editorial.*

*Hello again Friends. How quickly three months goes by!*

*Change is always on the agenda at Forest Farm. Not only the seasons, but the action needed to meet the demands of the Reserve. Yes, there is routine maintenance, but also work needed to address the unexpected and to plan for the future. This is illustrated by the volunteers work in maintaining the hides, (p1) and fixing the damage (p3) but also by the children coming to plant trees (p8) and the Rangers and volunteers planting fruit trees, wildflower beds and doing maintenance work on the edge of the canal (p3).*

*We, the Friends of Forest Farm continue to help practically and financially - and have done for nearly 30 years! We really want to celebrate this next year - so all ideas welcome.*

*The holiday season is coming up, and as the next edition won't be out till September, Forest Farm is a great place to bring children. Don't forget the Cardiff Wildlife Detectives (see events) for those aged 8 - 12, and as one of the photographers remarked - it's free! Most people appreciate and respect the Reserve, it's such a pity that we experience occasional anti-social behaviour.*

*By the way, I notice that the Austin name features more frequently than I would like!! All contributions gratefully received ...*

*Best wishes,*

*Sheila Austin*

**Changes to our Constitution**

As I wrote in the last Newsletter, the Friends Committee has been looking at our existing constitution which has, apart from minor changes, been in place since 1990.

We have been comparing the document with Cardiff Council's Friends recommended constitution used by some of the other Friends groups.

Any changes to our constitution require the agreement of two thirds of the membership present at the Annual General Meeting.

At this year's AGM, I highlighted the main differences in the documents and why your Committee were recommending the proposed change.

Therefore, as required, a vote was taken and it was unanimously agreed that the Friends of Forest Farm should change to the Council's constitution for Friends Groups.

We are preparing for the document to be signed by both ourselves and the Council and when this has been completed, the document will be available on the website.

**Martin Chamberlain**  
**Secretary**  
**Friends Of Forest Farm**

**Deadline for articles for next newsletter - 10th August 2019**

**See back page for contact details**

<b>Contents</b>	<b>Page</b>	<b>Contents</b>	<b>Page</b>
Constitution	2	Letter/Membership report	8
Ranger's report March - May	3	Pentyrch iron Works	9
Spring Foods of the Forest	4	Spring Nature Walk	10
Help!/Invasive species	5	Announcements'/Events	11
Bird Boxes/Les Gibbon	6	Events	11/12
Velindre/Coach trip	7		

## **Reserve Report March - May**

### **Alec Stewart - Ranger**

This time of year is always busy trying to finish all the winter work and move into the spring/summer timetable of events and walks, and with the RHS show taking up a lot of our time.

We did manage to get a hedge planted around the NRW (National Resources Wales) fishponds and have planted some fruiting trees such as Rowan, Whitebeam and Cherry at the back of the meadow to form a new wild fruit orchard which we hope will benefit the wildlife in years to come.

The wildflower beds have all been sown and are growing well along with the sacrificial crop that I hope through the summer will provide a great display and a much needed nectar source for the invertebrates.



We have carried on with repairs to the canal bank and have fenced a couple of sections to protect them from wear and erosion from people and dogs. This will allow the seed to grow and vegetation to establish, further protecting and stabilising the bank. At the same time the plants will provide a great habitat for the wildlife on the canal.

I would like to thank the Friends of Forest Farm for buying a compactor for us to use on the Reserve when we are repairing the footpaths - which we will be carrying out later in the summer.

I would especially like to thank the Friends and volunteers, in particular Martin and Jon, who were involved in repairing the hides with new feather board timber. A superb professional job

which will keep the hides in good repair for years to come.

We have had a good show of spring flowers around the Reserve with the scout field doing really well. This time of year though is all about new life and we have had lots of nesting birds on the Reserve with great tit, coal tit and blue tit all setting up home around the farmhouse buildings.



Photo of a Dipper taken by Tony Fisher

For the second year we have had a dipper nest on the Reserve, chasing off the grey wagtail and setting up their own home. The young have successfully fledged and next year we will try to give them a helping hand by installing a dipper box. On the downside it appears the swallows have not returned to nest in the barn. The sparrows which nest in the walls are doing very well though.

This last week, we have been making preparations for the Summer Open Day - clearing and cutting to get everything ready for the 1<sup>st</sup> of June.

*(I am sorry that this event will have happened by the time you get the newsletter. Ed)*

Other photos on this page taken by Jon Wallis and Martin Chamberlain



## Spring Foods of the Forest

On 8th May, ten of us braved the wet weather as Park Ranger Raj guided us around on a rather shortened walk. He started by explaining that rain was collected from the roof of the old stable block by the Wardens' Centre to flow into the Mary Gillham bog garden. From there, it flowed into the pond behind the Wardens' Centre.

From the shelter of the stables he pointed out various plants that are edible in salads; the tall white flowers and leaves of *Cow Parsley* (but **Fools Parsley** and **Hemlock** are very similar and **poisonous** - so you need to know your flowers), *Hawthorn* and *Rowan* shoots and flowers and the young leaves of *Sorrell*. The inside of *Bramble* stems can also be eaten (but take off the spines and outer skin first!), the new shoots and tips of *Goose Grass*. and the new shoots of *Nettles* and their flowers (blanch first to remove the stings!). Raj suggested eating these leaves with good quality balsamic vinegar and some olive oil; they liven up the usual tasteless green salads we eat in this country. At one time he taught military pilots how to survive if shot down in the jungle. Apparently, roasted rodent is delicious if you're really hungry!

*Jack by the Hedge* has a mild garlic flavour to the leaves, while the flowers of *Primroses* and *Cowslips* were used to flavour cakes. *Wild garlic* is somewhat stronger, but not as strong as cultivated garlic. The roots of *Burdock* are used in Dandelion and Burdock cordial but all of the *Dandelion* is edible. It was used as a diuretic by herbalists; the roasted and ground roots can be used to make a coffee-like drink. In the Bronze Age, *Meadow sweet* was strewn on corpses prior to burial. It also used to be strewn on the floors of houses to give fragrance as they were crushed underfoot or put between sheets to give them a nice smell. Finally, it can be used to flavour wine.

*Roasted ribwort* seeds can be ground to use as flour, as can the rhizome of the *Bulrush*. The berries of *Rowan* and *Wild Cherry* make a jelly, while fermented *Silver Birch* sap produces a nice wine.

We then returned to the Warden's Centre - the rain promptly stopped! Delicious food was on offer; watercress and wild garlic soup, with homemade bread was followed by butterbeans, tomatoes and wild greens, potato salad with green herb dressing, and a mushroom frittata. Dessert was wild mint, pear and chocolate cake with blueberry and elderflower fool, washed down with elderflower cordial. There was more than enough food to go round too as so few had turned up.

An interesting evening with some lovely and unusual food. I can hardly wait for the Autumn one!

**Albyn Austin**

The photo on the right was taken on 30th March in Bute Park at the Open Day to celebrate 70 years since it was opened to the public.

You probably wonder what this has got to do with Forest Farm?

The timber for the sculpture came from the the top of the tree used for the 'Forest Farm Giant' near the Reserve car park (at the end of Forest Farm Rd).

The sculptor is Chris Wood, who also made the sculptures at Forest Farm. Chris, pictured on the left nearest the sculpture, told me the work was to represent the arboretum and those who looked after it - hence all the different leaves and the hands at the bottom.

He does it with a chain saw- amazing!

**Sheila Austin**



## **We need your help!!**

As communicated in previous newsletters, and at the AGM, your **Committee** is in urgent need of new members.

Over the years, roles have expanded and the workload has increased especially since some members resigned after a long-standing commitment to the Friends. As mentioned at the AGM, some of the current Committee members are hoping to stand down; some have served in one role or another for 20 years!

So far, no new volunteers have come forward. We really would welcome some new people who will also bring new ideas and skills.

We understand that people do not want to commit until they have some understanding of the commitment required.

Therefore, if you are interested, why not come along on an informal basis to our monthly meetings? They are usually held on the second Wednesday of each month (excluding August) - 7 pm at the Farm house, Forest Farm Road.

## **John Harding**

Chairman  
Friends of Forest Farm

Did you know it was **Invasive Species Week** 13-17th May 2019?

A joint initiative led by NNS to raise awareness of invasive non-native species and their impact on us all.

***Images and lots more information including the impact globally and in the UK, information on specific species from each environment, and how you can help.***

see <http://www.nonnativespecies.org/>

### **Definitions**

*A non-native species* is one that has been transported from its native range to a new region with the assistance of humans.

*An invasive non-native species* is a non-native species that has a negative impact on the environment, economy or our health and way of life.

### **General Information**

- Around *2000 non-native plants and animals* from all over the world have been *introduced to the UK by people* with a dramatic increase in recent years - and *no indication of the trend slowing*. About 10 new species become established each year (NNSIP, 2017).
- Most non-native species are harmless but *around 10-15% have become invasive and have a negative impact on our environment, economy, and even our health and way of life.*
- They are *easily spread*, for example many invasive aquatic species are small and can survive out of water for over two weeks on damp clothing or equipment.
- We are *all affected by invasive non-native species* in some way, and we *all have a part to play in preventing their spread.*

**Sheila Austin** (Article edited and the italics in the text are mine)

## Bird Boxes

In consultation with the Rangers, the Committee decided to buy some bird boxes for the Reserve - for Sparrows, Swallows and a Tawny Owl. These have now been put in places suitable for use. We wait to see what the birds think!

**Sparrows (*Passer domesticus*).** House sparrows are social birds and nest in colonies. This means that several boxes need to be placed close together, in a terrace! Most nest in cavities, but some may nest in bushes or trees, building untidy nests of grass and assorted rubbish. Their clutch size is 4-5 eggs, incubation about 12 days and the chicks fledge at 14-15 days. They have 2-3 broods per year.

Sparrows have no well-developed songs, but several variations on loud chirps and cheeps.

**Swallows (*Hirundo rustica*)** Swallows are extremely agile in flight and spend most of their time on the wing. They are widespread breeding birds in the Northern Hemisphere, migrating South in winter. Swallows are found in areas where there is a ready and accessible supply of small insects. They are particularly fond of open pasture with access to water and quiet farm buildings, outbuildings which provide dark ledges and nooks and crannies for nesting. These are cosy in cold weather and cool when it is hot. Swallows can enter a building through a very small hole and need very little light. Brightly lit nest sites are most at risk from predators. Large reedbeds in late summer and early autumn can be good places to look for pre-migration roosts.



In the UK, swallow numbers have fluctuated over the last 30 years with pronounced regional variation in trends. Their clutch size is 4-7 eggs, 1-2 broods a year; the incubation period is 11 - 20 days and they fledge in 15 - 25 days.

**The tawny owl (*Strix aluco*)** is the size of a woodpigeon. It has a rounded body and head, with a ring of dark feathers around its face surrounding the dark eyes. Tawny owls in the UK are mainly reddish brown above and paler underneath. They are usually monogamous. The nest is typically in a tree hole where it can protect its eggs (2 - 3, and one brood a year) which are incubated one at a time by the female alone for 30 days. The chicks fledge after another 35 - 39 days. Young birds disperse from breeding grounds in autumn and can starve if they cannot find a vacant territory once parental care ceases.

Information from <https://www.rspb.org.uk/birds-and-wildlife/wildlife-guides/bird-a-z/> and Wikipedia

**Sheila Austin**

## Les Gibbon

Sadly, Les, a long-time Friend and supporter of the Reserve, passed away recently. His family said that he described Forest Farm as his 'front room'.

He was often up there twice a day, sitting on his favourite bench near the canal. Darren, one of his sons, told me "Somebody once asked him if he ever got bored of sitting in the same spot for hours. His reply was every hour is different to the next when you sit on this bench."



## Velindre - New Cancer Centre

This is the latest statement from the Engagement and Communications Team of Velindre NHS Trust.

"The team working on the building of the new Velindre Cancer Centre have updated the business cases for the Welsh Government to consider. The team has also been working with Asda on the detail of access to the new site. Velindre expect to announce the next steps over the summer with an opportunity for the public to engage further."

*A second chance to go on this popular trip. All details, except the date, are the same, so I am only repeating in full the booking details and the times and locations .*

*Duncan requests that you ring him first to get your seat booked and then send in the form. See below. Ed*

## **FRIENDS OF FOREST FARM - COACH TRIP. Saturday 6th July 2019**

**To the National Botanic Gardens and adjoining British Bird of Prey Centre, Carmarthenshire.**

**8.45 am.** Coach outside the side entrance of **Bethany Baptist Church**, Heol Uchaf, Rhiwbina CF14 6SS.

Cars can be parked in the side road just across Heol Llanishen Fach.

**9.00 am. Depart** and travel to the entrance of the Deri Inn car park.

**9.05 am. Pick up at the Deri Inn**, then travel along Heol Y Deri to the lay-by in front of Canolfan Beulah.

**9.10 am. Pick up Canolfan Beulah**, via the Monico lights and Penlline Road, to Whitchurch High School.

**9.20 am. Pick up at Whitchurch High School** opposite the Royal British Legion, then north to the bus stop opposite the Holly Bush at Coryton.

**9.30 am. Pick up at the Holly Bush** and travel direct to the Botanic Gardens and British Bird of Prey Centre.

**10.35 am. We arrive at our destination.** The day will be at your leisure visits depending on your booking below.

**5.00 pm. Coach pick-up** at the location where we were dropped off, then travel direct to our Whitchurch and Rhiwbina pick up locations. We expect to be back at Coryton at 6.10pm.

If you would like to come on this trip please complete the tear off slip below and send it to Mr. D.Hockridge at 5, Clos Cromwell, Rhiwbina, Cardiff. CF14 6QN, with a STAMPED, self-addressed envelope, AS SOON AS POSSIBLE.

Seats will be allocated in the order of your booking date. Any queries, please contact **Duncan** by telephone (**02920626111**) or email (duncan3@hotmail.co.uk). All are very welcome. Members of the Probus Club, Cardiff West will be joining us on this trip. You will receive confirmation of your booking, your seat numbers and coach number.

**Tear off slip** -----

**Coach trip to the National Botanic Gardens and the British Bird of Prey Centre, Carmarthenshire**  
**SATURDAY 6th JULY 2019.**

**FF**

Name ..... Address .....

Post Code ..... Tel ..... Email .....

Please book me the following seat/s AND entry for this coach trip:-

.....No. Adult/s **seat on the coach** at £13. =£.....

.....No. Child/ren (under 15) **seat on the coach** at £10. =£.....

.....No. Adult/s, group discount entry charge to the **GARDENS** at £7.50. =£.....

.....No. Child/ren, group discount entry charge to the **GARDENS** at £5.00. =£.....

.....No. Adult/s **optional** ALL DAY entrance to the Birds of Prey Centre at £3.50 = £.....

.....No. Child/ren **optional** ALL DAY entrance to the Birds of P. Centre at £2.50 = £.....

**I enclose my cheque made payable to Friends of Forest Farm for the total of** = £.....

I /we wish to be picked up at Bethany\*\*, the Deri\*\*, Canolfan Beulah\*\*, the High School\*\*, the Holly Bush\*\*.

**\*\*Please circle desired pick up location\*\***

Please list the names and addresses of persons, other than yourself, you are booking for, on the reverse of this form.

**Please remember to enclose a stamped S.A.E. for confirmation.**



**A letter to the Editor**

Hello,

My daughter Lilly and her friends\* volunteered for the second year running at the Reserve to plant 315 trees (60 last year) that were donated by the Woodland Trust.



They are part of a home education group that meet monthly at the Reserve with the Rangers to learn all about the plants and animals that live there.

I wondered if they might get a mention in your newsletter, to recognise their hard work.

Best Wishes  
**Abbie Davies**



(Yes Abbie, as you see, I am happy to do that. We thank them all for their hard work and interest in the Reserve. \*The

others there were George and Molly - pictured - Emily, Jamie D, Millie,

Jamie B, George, Emelia, Esme, Amelie, Esther, Nathaniel, Leah, Will, Chloe and their friends and family. Photos were submitted by the parents of Lilly, George and Molly. Ed)

**Membership**

Firstly, welcome to two new members this month, one couple who joined on our last walk.

Once more, thanks to all our members who have renewed their membership since our last newsletter and the many kind extra donations towards seed etc.

I thought you may like to know how our members are getting their newsletters. Over 200 are receiving it via e-mail, 55 are posted, and 147 delivered by volunteers. We are very grateful to our voluntary postmen/postwomen. With the price of postage, we couldn't manage without you.

**Pauline Fisher**  
**Membership Secretary**

List the names and addresses of persons, other than yourself, you are booking for  
re the trip to the National Botanic Gardens Sat 6th July 2019



Something interesting emerged from some copies of old photos - an old information board? I have no idea of its date. I hope it is clear enough for you to read. Perhaps we could display it at our Open Day - October 6th. Ed

## THE PENTYRCH IRON WORKS AND MELINGRIFFITH LIGHT RAILWAY

**THE IRON FROM PENTYRCH** was initially transported to Melingriffith tin plate works using pack horses then 'Tub' boats were used on the River Taff passing on to the Feeder through a lock at Radyr Weir. Parts of this lock can be seen alongside the feeder sluice.

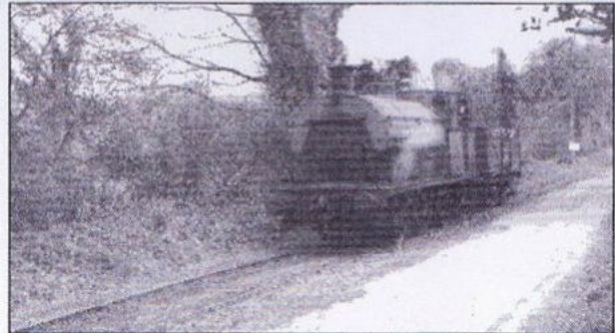
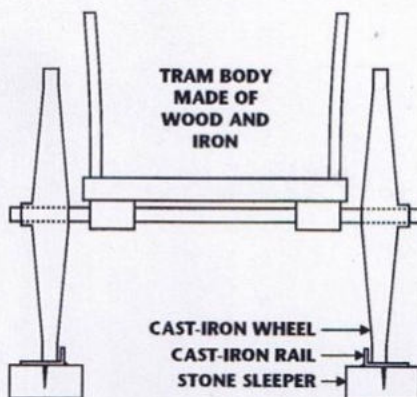
In 1815 the 'Tub' boats were discontinued and a tramway constructed from Pentyrch along the West bank of the Taff to a new bridge at Gelynis Farm then it followed the East bank to the Melingriffith Works. Horse drawn trams were used on it until 1871 when it was converted into a railway, and then used two saddle-tank locomotives until the works closed in October 1957.

The East bank section is today part of the cycle track and remains of the original tramroad have been found and assembled to show its construction and placed alongside the cycle track.

### ONE METHOD OF TRAMROAD CONSTRUCTION

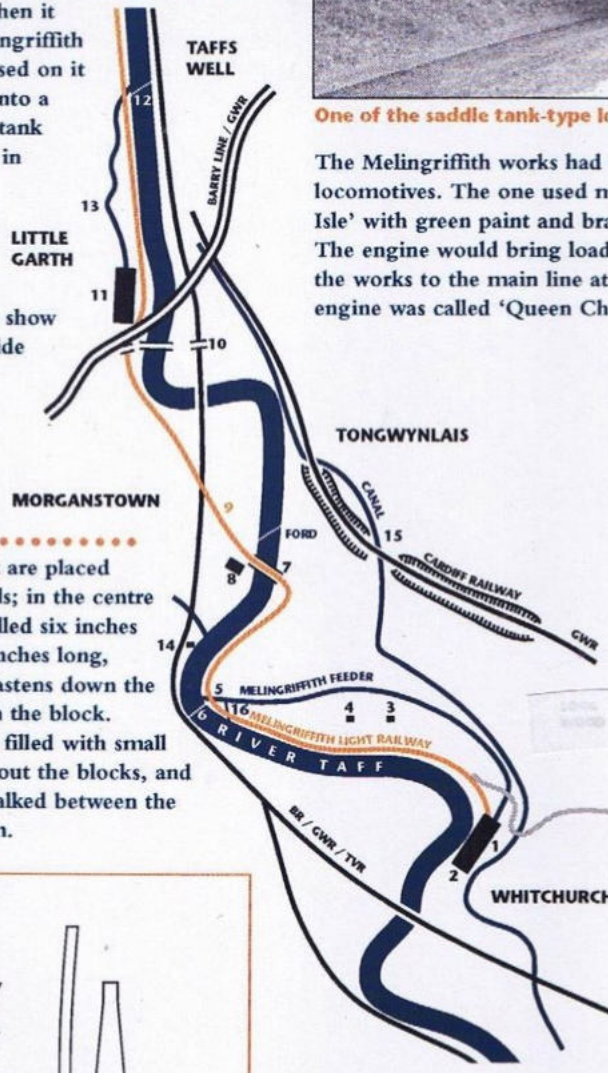
The bed is stamped firm and on it are placed stoneblocks for sleepers for the rails; in the centre of each block a circular hole is drilled six inches deep, and in it a plug of oak five inches long, which receives an iron spike that fastens down the ends of the two rails that rest upon the block. The spaces between the blocks are filled with small stones which are rammed close about the blocks, and covered with gravel. The horses walked between the rails pulling the trams behind them.

Type of tram used on tramroad



One of the saddle tank-type locomotives 'Emerald Isle'

The Melingriffith works had two saddle tank-type steam locomotives. The one used most often was called 'Emerald Isle' with green paint and brass that was always shining. The engine would bring loaded wagons of tinplate from the works to the main line at Pentyrch sidings. The other engine was called 'Queen Charlotte'.



- 1 Melingriffith Tin Plate Works 1750-1957
- 2 Water Lift 'Pump' Engine 1806
- 3 Forest Hall
- 4 Forest Farm
- 5 Melingriffith Feeder
- 6 Radyr Weir
- 7 Ironbridge
- 8 Gelynis Farm
- 9 Pentyrch / Melingriffith Railway
- 10 Ynys Bridge
- 11 Pentyrch Iron Works (1740-1915)
- 12 Taffs Well Weir
- 13 Pentyrch Works Feeder
- 14 Radyr Mill
- 15 Glamorgan Canal
- 16 Weir by-pass

### The River Taff Basin Project is managed by:

Keep Wales Tidy Campaign  
Friends of Forest Farm  
Welsh Water

Cardiff County Council



## A Spring Nature Walk in Forest Farm

Before I start, I want to mention an email I had from **Roger Hampton** who, with his family, had done their own 'circular walk of the Reserve and the Taff' on 16th March. They had had their first ever sighting of a kingfisher flying all the way up the Taff, as previously only sighted on the canal, a whole family (two young) of Cormorants on the fallen tree in the Taff, a pair of Goosander that are resident on the Taff and also several herons.' Thank you Roger for letting me know.

April 2019, Easter Saturday - would anyone come or were they all away on this glorious, warm, sunny weekend?

Well, 13 people turned up, including 1 family with 2 young daughters, a man with a walking stick and one in a buggy to help him get round. We had a lovely leisurely stroll around. I was making a note of the birds we saw, and Aneka (aged 9), was delighted that we reached a total of 20 different birds. Having said that, I cannot remember a time when we have seen so few birds on the water; on the Taff we saw a pair of Mallards, a Gull and one Grey Wagtail; on the canal some had seen a Coot with a nest and there was the odd mallard. I was surprised as we had been in Cheshire a few days before and seen a mallard with 8 chicks in tow, so thought we would see some at Forest farm. The fact that there was not one single photographer in either hide should have alerted us to the dearth of birds in the wetland ponds too. Was it the time of year or time of day - or the weather??

There was plenty of bird song - Jim identified that of the Goldfinch, and we had some good views of quite a variety of birds. At the hide by the Wardens' Centre, all the Tits were using the bird feeder as well as the Sparrows, Pigeons, a Jackdaw and Magpies. Later, one real treat, for me at least, was seeing the nest of a Mistle Thrush and a quite fluffy fledgling just on the branch outside the nest; another was seeing a Heron on the top branch of a tree alongside the canal, just above our heads, and then seeing it take off - so graceful.

A Tree Creeper was spotted by Aneka and Eliya's Dad, but they identified it! We saw plenty of Robins - or was it one following us round for food? A Buzzard was soaring high overhead in a clear blue sky and a tiny Wren was in the undergrowth. Just to mention the rest of the 20 - Crows, a Jay and a male Chaffinch. The girls also told us they spotted a Fieldfare - having checked in their book.

At the start of our walk beside the Taff, we saw a lot of Orange Tip butterflies, which were delightful. Later, a Small White and the yellow Brimstone were identified and quite a few brown butterflies - Speckled Wood? Then the flowers - the wild garlic was out, I spotted cowslips by one of the hides, there were loads of celandines and bluebells. We were running a bit late, so didn't get into Scout's Field across the canal where before I have seen Red campion, Stitchwort and Toothwort. (Hopefully no Himalayan Balsam coming up after many volunteering hours there trying to get rid of it.

It was a lovely morning, both the weather and the company. Our walk is always on the third Saturday of the month starting at 10a.m. at the Wardens' Centre. I am sure there are quite a few of our readers who would be able to better identify bird song and plants and flowers, so we would love you to join us - and give us the benefit of your knowledge!

**Sheila Austin**



Above: Female mistle thrush in the newly seeded area. We think it was her nest we saw.  
Below: Heron high up in the tree by the canal.



## Celebrate Welsh Wildlife

### Wales Nature Week 1- 9 June

#### '30 Days Wild' - 1 - 30 June

The Wildlife Trusts are challenging us to "do something wild every day. 30 simple, fun and exciting Random Acts of Wildness".

For families, school, workplace or Care Home.

Click on [www.biodiversitywales.org.uk/Wales-Nature-Week](http://www.biodiversitywales.org.uk/Wales-Nature-Week),

Scroll down for details and how to get your free pack.

I should have mentioned this in the last edition. Sincere thanks (to someone who wishes to remain anonymous) for a **donation** of £100 to our funds.

The **Bee Hives at Forest Farm**. Paul, Peter Roberts' son, has donated the hives and equipment to the Rangers at Forest Farm. He regrets that he will be unable to devote the

### Our annual accounts

The Friends of Forest Farm Statement of Accounts for 2018 was presented at the A.G.M in April 2019.

If any member of the Friends would like to receive a copy, please get in touch with me and I will pass on your request to our Treasurer. (My contact details are on Page 12. Ed.)

### Apology to Vicky Sheppard -

For missing her name from her article (in the March edition) about the Forest Farm exhibition in Whitchurch library.

My fault - too much cutting and pasting! Ed.

## Events. June - September 2019

DATE	EVENT
<b>JUNE</b>	
Sat 1st Jun 10.00 - 16.00	<b>Forest Farm Summer Open Day.</b> A day of fun packed wildlife activities <b>with the Community Park Rangers and RSPB Cymru</b> is perfect for families. Pond-dipping, bug hunting and bird spotting. There will also be a fun dog show, please be prompt for 12.30pm if you would like to enter. A day of family wild time with nature and a chance to explore, discover and relax. Meet at Forest Farm Conservation Centre, Forest Farm Road, Whitchurch, Cardiff. CF14 7JJ. <b>Free activities and free parking</b> available on site.
Sun 9th Jun 10.00 - 13.00	<b>Friends Volunteering Event.</b> ALL WELCOME. Contact Martin on 07952 926145. Meet at the Wardens Centre, Forest Farm Rd Whitchurch. CF14 7JJ
Sat 15th Jun 10.00 - 12.30	<b>Nature Ramble.</b> 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 Jun 10.00 - 12.00	<b>Cardiff Wildlife Detectives for children aged 8-12. Moth ID session at Forest Farm, led by George Tordoff of Butterfly Conservation.</b> For more details email Gareth at <a href="mailto:gstamp@cardiff.gov.uk">gstamp@cardiff.gov.uk</a> or phone Community Rangers on 029 2044 5903
Sat 22nd Jun 10.00 - 13.00	<b>Wildlife Photography Workshop</b> Want to take pictures of your local wildlife? Join the Community Park Rangers for an introduction to some basic photographic techniques and field craft skills - how to set up a feeding site, use of hides and other tips to improve your wildlife images. Meet at the Forest Farm Conservation Centre, Forest Farm Road, Whitchurch, Cardiff, CF14 7JJ <b>For more information contact the Ranger Service on: 029 20445903. FREE.</b> 2km.. Easy. Wheelchair symbol.
Sat 22nd June	<b>"Friends" Coach trip to National Botanic Gardens and the British Bird of Prey Centre, Carmarthenshire.</b> Fully booked but see July 6th.
Sat 29th June	<b>Rhiwbina Summer Festival Day</b>



## Events. June - September 2019 continued

DATE	EVENT
<b>JULY</b>	
Sat 6th July	<b>“Friends” Coach trip to National Botanic Gardens and the British Bird of Prey Centre, Carmarthenshire.</b> See Page 7for details.
Sat 6th July 12.00 - 16.00	<b>Whitchurch and Tongwynlais Festival - Fete on the Common.</b> The Friends stand will be there, so come and say hello.
Sun 14th Jul 10.00 - 13.00	<b>Friends Volunteering Event.</b> ALL WELCOME. Contact Martin on 07952 926145. Meet at the Wardens Centre, Forest Farm Rd Whitchurch. CF14 7JJ
Sat 20th Jul 10.00 - 12.30	<b>Nature Ramble.</b> 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 Jul 10.00 - 12.00	<b>Cardiff Wildlife Detectives for children aged 8-12. Discover the herbs and medicinal plants of Forest Farm</b> For more details email Gareth at <a href="mailto:gstamp@cardiff.gov.uk">gstamp@cardiff.gov.uk</a> or phone Community Rangers on 029 2044 5903
<b>AUGUST</b>	
Sun 11th Aug 10.00 - 13.00	<b>Friends Volunteering Event.</b> ALL WELCOME. Contact Martin on 07952 926145. Meet at the Wardens Centre, Forest Farm Rd Whitchurch. CF14 7JJ
Sun 11th Aug 14.00 - 16.00	<b>“History of the Glamorgan Canal”.</b> A gentle stroll to look at the social history of this fascinating site, with the Community Rangers. Meet at the Wardens Centre Forest Farm Road, Whitchurch. CF14 7JJ
Sat 17th Aug 10.00 - 12.30	<b>Nature Ramble.</b> 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 18th Aug 20.30 - 22.30	<b>Cardiff Wildlife Detectives for children aged 8-12. Bat Walk with detectors at Hailey Park.</b> For more details email Gareth at <a href="mailto:gstamp@cardiff.gov.uk">gstamp@cardiff.gov.uk</a> or phone Community Rangers on 029 2044 5903
Sat 24th Aug 20.00	<b>Bat Walk at Forest Farm.</b> Discover bats feeding around Forest Farm using bat detectors. Please bring a torch. Sensible clothing and footwear essential. FREE. Meet at the Wardens Centre Forest Farm Road, Whitchurch. CF14 7JJ
<b>SEPTEMBER</b>	
Sun 8th Sep 10.00 - 13.00	<b>Friends Volunteering Event.</b> ALL WELCOME. Contact Martin on 07952 926145. Meet at the Wardens Centre, Forest Farm Rd Whitchurch. CF14 7JJ
Wed 11th Sep 18.00	<b>Foods of the Forest.</b> Take a pleasant stroll around Forest Farm Country Park with the Community Park Rangers and discover the tasty treats Mother Nature has in store at this time of year. Round off the walk by tasting some of the delicious delicacies. Meet at the Warden Centre, Forest Farm Road, Whitchurch, Cardiff, CF14 7JJ. <b>£4.50 per person.</b> Wheelchair accessible
Sun 15th Sep 10.00 - 12.00	<b>Cardiff Wildlife Detectives for children aged 8-12. Photography workshop at Forest Farm.</b> For more details email Gareth at <a href="mailto:gstamp@cardiff.gov.uk">gstamp@cardiff.gov.uk</a> or phone Community Rangers on 029 2044 5903
Sat 21st Sep 10.00 - 12.30	<b>Nature Ramble.</b> 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.

Published on behalf of The Friends of Forest Farm and Glamorganshire Canal Local Nature Reserve by  
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