

# O'R GALON *From the heart*

Evergreen's free monthly magazine



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## **Dydd Gŵyl Dewi Sant Hapus!**

**Happy St David's Day to all our readers.**

We hope you are all beginning to see some light at the end of the tunnel, whether that is because you have had your vaccination or you are enjoying watching the nights gradually drawing out.

We have cause for celebration this month as we have been awarded National Lottery funding to continue producing O'r Galon for a further six months. We'd like to thank them and all the players of the National Lottery for helping us to keep connected and happy.

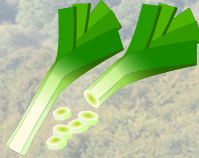
Our contact details are on the back page for any stories, ideas or photos you'd like to share with us. Happy reading!

# Yn y gegin

**March is the month we celebrate all things Welsh**, with St David's Day, hedgerows full of Daffodils and the Six Nations rugby tournament.

Have a go at these traditional recipes to help you celebrate.

## Glamorgan Sausages



25g/1oz butter

115g/4oz leeks, trimmed, finely sliced

175g/6oz fresh white breadcrumbs

2 tbsp chopped fresh parsley

1 tbsp chopped fresh thyme

150g/5oz Caerphilly cheese or Welsh cheddar, finely grated

2 free-range eggs, separated

1 tsp English mustard

½ tsp flaked sea salt

5 tbsp sunflower oil

Freshly ground black pepper



Melt the butter in a large non-stick frying pan and fry the leek until soft. Put 100g/3½oz of the breadcrumbs, the parsley, thyme and cheese in a large mixing bowl and mix until well combined. Beat the egg yolks with the mustard, salt and plenty of freshly ground black pepper in a separate bowl. Remove the frying pan from the heat and tip the leeks into the bowl with the breadcrumbs. Add the egg yolks and mix together well with a large wooden spoon until well combined. Divide the leek mixture into eight portions and roll into sausage shapes. Place the sausages onto a tray lined with clingfilm. Whisk the egg whites lightly in a bowl with a large metal whisk until just frothy. Sprinkle 40g/1½oz breadcrumbs over a large plate. Dip the sausages one at a time into the beaten egg and roll in the breadcrumbs until evenly coated, then place on the baking tray. Chill the sausages in the fridge for 30 minutes. Heat the oil in a large non-stick frying pan and fry the sausages over a medium heat for 10–12 minutes, turning regularly until golden-brown and crisp. Serve with a crunchy salad or fresh Spring vegetables.







## Pice ar y maen - Welsh cakes

110g/4oz salted butter, chilled, cut into cubes, plus extra for greasing  
 225g/8oz self-raising flour, sieved, plus extra for dusting  
 85g/3oz caster sugar  
 Handful of sultanas  
 1 free-range egg, beaten  
 Milk, if needed

Rub the butter into the flour to make breadcrumbs. Add the sugar and sultanas, then stir in the egg. Mix, then form a ball of dough, using a splash of milk if needed. Roll out the dough on a lightly floured surface until it is 5mm/¼in thick. Cut it into rounds using a 7.5cm/3in fluted cutter. You now need a bakestone or a heavy iron griddle or frying pan. Rub it with butter and wipe the excess away. Put it on a direct heat and wait until it heats up. Place the Welsh cakes on the griddle and cook for 2–3 minutes on each side, or until caramel brown. Remove from the pan and dust with caster sugar while still warm. Some people leave out the sultanas, split them when cool and sandwich them together with jam.

## Lamb Cawl

1 onion  
 1Kg lamb (traditionally neck with the bone in)  
 1 swede  
 2 carrots  
 2 parsnips  
 500g potatoes  
 3 leeks  
 Caerphilly cheese

Boil 2 litres of salted water and add the whole, peeled onion and the lamb. Simmer for 15 minutes and then remove the cooked lamb with a slotted spoon and leave to cool, leaving the water in the pan. Add the chopped swede, parsnips and carrots to the pan of boiled water. Peel and chop the potatoes and remove the meat from the bone, then tip into the pan. Add the chopped leek and simmer until tender, then serve with crusty bread and a chunk of cheese.

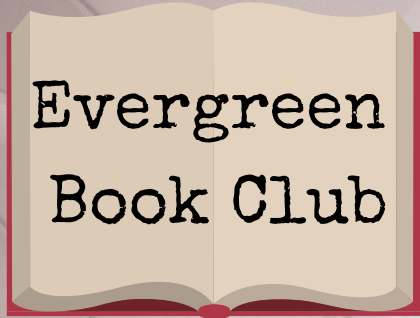




awen

Llyfrgelloedd  
Libraries

This month we have some excellent book recommendations and tips on how to trace your family history, thanks to **Awen Libraries!**



### Free Ancestry at home for Library Members

Exciting news! If you're a member of any of the libraries in the borough of Bridgend, are interested in researching your family tree and have access to the internet then you are now able to use Ancestry at home completely free!

### All you need to do is follow these easy steps:

Go to [awen-libraries.com](http://awen-libraries.com), scroll down and click on the 'Find, renew, reserve' link  
Click on the 'Log in' option at the top of the page  
Finally, scroll down the page and click on the box marked 'Ancestry - Library Edition'

### Local & Family History Support

What do you know about your family history? Do you know what your great-grandparents did for a living? Do you know where they lived? Where they grew up? Tracing your family tree is about so much more than just a list of names and dates. It's like reading a detective novel where you're the detective and your ancestors are the suspects.

Our Local and Family History library's doors are closed right now, so we're offering our support online instead. If you're not already a fan of our facebook page, nip online and sign up.

"Awen Libraries Family History Support" is a friendly and helpful community where you can seek advice and answers on how to go further with your family tree.





Hi! My name is Julie. I have been working in our libraries since May 2018, first as a casual and then as a permanent Library Assistant. It is the job of my dreams. I love that we are so many things to so many people. We are so much more than just the books! I love meeting our patrons and being a part of their day – helping out with whatever they need.



**New Release:**

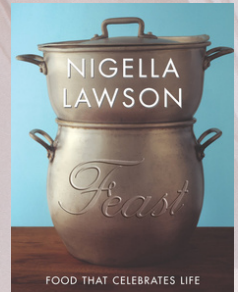
**The Curator – M W Craven. Published 10th December 2020**

I haven't read this, however, I added it to the library stock on Friday. The only reason I didn't come home with it was because I have far too many at home already. It sounds really good. Set in the North of England with 'Britain's answer to Harry Bosch (Matt Hilton)' teaming up with a disgraced FBI agent to catch what isn't a serial killer – but much, much worse. I can't wait to read it! In fact, I can't believe I'm recommending it and now you can all go to the library and collect it before me!

**A Book to Escape With:**

**Feast – Nigella Lawson. Published 4th September 2014**

This is going to sound absolutely ridiculous, however the book I love to settle under a blanket, with a cuppa (or glass of red) and fairy lights and completely escape the world is Nigella Lawson's Feast. I love the way Nigella writes like she's writing a letter to a friend. Her enthusiasm for food very nearly matches my own and she chats about what she loves about each dish, which friend /destination /event /memory inspired it. You feel like you're in her kitchen with her, wearing your slippers and nibbling away. It makes me feel cosy and warm, oh and very, very hungry!



**Top pick for a book set in Wales:**

**The Pembrokeshire Murders – Steve Wilkins and Jonathan Hill. Published 7th January 2021**

There has been a lot of buzz about the TV adaptation of The Pembrokeshire Murders and being a true crime buff AND a librarian; I needed to read the book first. It was also on offer for 99p on Kindle Store so I couldn't resist.

I couldn't put it down – I was too young to remember the actual events being investigated – however this all takes place in the beautiful area I adore and we were definitely holidaying in regularly at the time. The intriguing and very human account about how this team painstakingly reviewed the case over six years is amazing. You feel like you are with them every step of the way, through the lows and, eventually, air-punching highs of the investigation. It should be a heavy read – but the tone is conversational and sensitive. I loved it!





Note: Aim to hang bird food out of the reach of predators, especially cats. If you use plastic items to make your feeders, make sure you dispose of them carefully once they are no longer of use, rather than leave them to litter the environment.



## Plastic bottle bird feeder

Take a plastic bottle and make a hole in the side with a craft knife. Slide a wooden spoon through the bottle and out the other side. Cut a hole above the bowl of the spoon, to allow the bird seed to spill out a little. Insert another spoon in the same way at 90 degree angles to the first. Make a hook with some wire, fill the bottle with bird seed and hang it up in a tree.



**Mary Poppins reminds us to feed the birds,** which is good advice at this time of year when our feathered friends are busy building nests and raising families. These simple ideas will bring them flocking to your garden, balcony or local park! Add a bug hotel and you'll be supporting an ecosystem that creates a natural balance.

## Fat Balls

Take one part solid vegetable fat, suet or lard and two parts bird seed. Heat gently in a pan until the fat has melted. Form into balls with an ice cream scoop or by rolling with your hands. Leave to cool and harden on a tray, in the freezer if you want to speed up the process. Thread string through the centre to hang them from a branch or place on a bird table or in a feeder.

Alternatively, you could pour the mixture into an old yoghurt pot or coconut shell and allow to solidify before hanging up.





# Make a bug hotel

If you have a garden, allotment or a communal outdoor space, try making a bug hotel. This will help a wide range of invertebrates to shelter and breed, keeping a natural balance in your garden. Most of the creatures it helps will not destroy your precious plants - quite the opposite in fact!




You will need:

- Wooden pallets
- Bricks
- Stones, slates or tiles
- Straw or hay
- Bamboo canes
- Logs
- Dried leaves
- Dried moss
- Plastic bottles
- Corrugated cardboard
- Twigs



Lay a pallet flat on the ground. Place bricks on top, in the corners and across the middle. Lay another pallet on top of this and continue layering in this fashion until you have used all your pallets. If using plastic bottles, cut the tops off and then stuff some with rolled up corrugated cardboard and the others with lengths of bamboo cane. Slot these into some of the spaces in the pallets. Then fill the rest of the gaps with your other materials, putting something different in each compartment, using whatever you have handy. You can soften the edges and provide food for your guests by planting wild, nectar rich flowers around it and why not add a painted hotel sign just for fun! Let your imagination run wild!





# A YEAR IN THE GARDEN



March is possibly the busiest month in the garden and most of us can't wait to get sowing seeds and mowing the lawn. Try to pace yourself and save some of your sowing for April, or you will be over-run with hundreds of young plants all needing your attention at once! If you must mow the lawn, set your blades to high. Take your time and enjoy!



If you have a greenhouse, before you fill it with trays of seedlings, give it a wash with hot soapy water to remove algae and moss. Check any loose panes and repair if necessary and don't forget to clean any staging too. If you find overwintering slugs and snails, you can remove them to another part of the garden where they won't harm seedlings and young plants.



Good gardening starts with the soil, so put in a bit of ground work this month to reap rewards later in the year. Start by removing weeds which are beginning to grow, digging out deep-rooted perennial weeds and hoeing annual weed seedlings. Add general purpose fertiliser such as bonemeal, chicken manure pellets or fish, blood and bone and add home-made compost or manure to help soil structure.



If you have a small garden or wish to bring colour to your patio, why not plant up a pot of summer bulbs such as lilies? You can buy them online or by mail order if your garden centre isn't open. Add some grit to the compost to stop the bulbs from rotting.



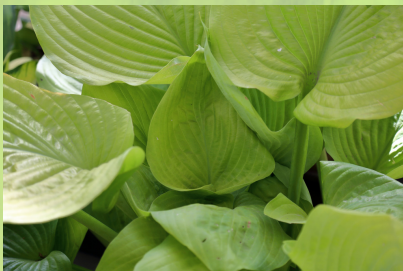


Parsnips need a long growing season and can be slow or reluctant to germinate. Fill a small, clear, polythene bag with compost, tip in the entire contents of your seed packet (parsnip seeds don't store well) and mix around. Tie the top of the bag and place in a dark place such as an airing cupboard. After four days, pick out any germinated seedlings and plant out into well prepared soil. Try growing in deep barrels for easier harvesting and longer roots.



If you have limited space, plan to grow some flowers and vegetables in pots. There is no reason why you have to keep them separate. Try planting lettuces and salad leaves together with nasturtiums and pansies. Choose salads with brightly coloured leaves and remember the flowers are edible too. Other plants to try include Swiss Chard, patio tomatoes, curly Kale and dwarf beans teamed up with marigolds, violas and herbs.

Take stock of your garden borders and move any plants that are growing in the wrong place. Divide any clumps of established perennials to create more plants to fill in gaps or trade with neighbours (especially if garden centres are closed). Prune back Dogwoods and Willows and protect new shoots of tasty plants such as Hostas from slugs and snails.







We hope that we can start looking forward to more freedom in the coming months and with longer, warmer days on the way we all want to make the most of getting out of the house. Take a little time to address a few simple maintenance and cleaning jobs this month and you won't have to worry about them for some time.



### Oil squeaky hinges

One of the simplest and most satisfying jobs is to oil your hinges, especially squeaky ones. Apply petroleum jelly, olive oil, soap or even hairspray and then open and close the hinge until the lubricant has worked its way inside. Silicone spray or lithium grease are the best lubricants but any of the above will do a good job. Avoid WD40 as it is more effective at cleaning than lubricating.

### Clean windows

As soon as the sun comes out, you suddenly notice how dirty your windows are! Stir up an equal mix of vinegar and water and spray onto your windows, rubbing with newspaper or a microfibre cloth to avoid streaks and give them a good clean inside and out. If cleaning the outside seems too daunting, try a local window cleaner who'll keep them looking clean and bright for a very reasonable cost.





## Hang picture frames

You can spend an enjoyable afternoon putting some new pictures on your wall or even just moving them all around for a change of scene. Hold your picture up at the wall to decide where you want to hang it. Mark the top and sides with masking or painter's tape or a gentle pencil mark. Find the midway point from each side and measure the distance of the hanger from the top of the frame to work out where to put your nail or screw, placing a pencil cross at that point. Hammer a nail in to the cross or drill a hole, fill with a rawlplug and a screw, then hang your picture, sit back and admire it!



One of our readers asks "Did the recent snow stick to your roof or did it melt? If it melted, it could mean that you need to get your loft insulated to prevent heat loss." Check if your energy provider offers this for free or at a discount.

Remember - if you don't feel confident attempting any DIY job, call in a professional. Speak to Bridgend Care and Repair (details on the directory page) or your registered social landlord if you have one.



## Clean drains and guttering

Clear plugholes in the kitchen and bathroom by pouring bicarbonate of soda and vinegar down them and leaving for half an hour while the mixture fizzes enthusiastically! Flush with boiling water. If your sink is blocked, try unscrewing the U-bend pipe underneath the sink and clearing out any debris. Have a bucket ready to catch trapped water, wear rubber gloves and be prepared for some nasty smells! Most importantly, don't tip any water and sludge that you catch in the bucket back down the plughole while the pipe is unscrewed, unless you want to give any onlookers a really good laugh! Outdoors, you'll find that Autumn leaves will have gathered in drains and guttering. Clear them out and wipe guttering and fascias with soapy water if you can reach them safely.





# Nature Notes

March comes in like a lion and out like a lamb, and you will start to spot newborn lambs on your daily walk this month - but hopefully no lions! With the clocks going forward on the 28th, here's what else to look out for during the longer days of Spring.

## Bird of the month - the Great Tit

The largest of the Tit family, the Great Tit has distinctive plumage and a recognisable two-pitched call which it uses to assert ownership of territory. They nest in hollows in trees but may use a nesting box in the garden, feeding on a wide range of insects.



## Flower of the month - the Daffodil

Daffodils are widespread across Europe, both in the wild and in our gardens and bring a real burst of hope and cheerfulness this month. True, wild Daffodils are smaller than their cultivated counterparts and have six pale yellow petals and a bright yellow trumpet. The Tenby Daffodil, which is all yellow, is considered by some to be the true St David's Daffodil to be worn on March 1st. We just love them all!



## Keep an eye out for -

- Plants and trees bursting into bud.
- Early Bumble Bees emerging from their sleep. Sugary water will revive them if they are struggling.
- Toads travelling to ponds to breed.
- Hedgehogs waking from hibernation. Help them out with a saucer of water and meaty dog food.





# Share your coastal memories

#makingmemories



Making Memories is a Dynamic Dunescapes project, brought to you through Green Links Bridgend, curating tales of the coast using word, image and voice. By celebrating and sharing stories about our fabulous coastline, we hope to spread some happiness and lift the spirit.



We have included a postcard in the pages of this magazine, which is our call to you to reflect on your fond memories of the Bridgend coast and to share them with friends, family or someone who is isolated and/or lonely. Before you pop it in the post box, why not photograph it and email to us too? That way we can share your sentiments even further.

## What shall I write on the postcard?

If you are struggling to think of something to write, these prompts might be useful.  
**Do you remember the time when ...? The best beach day ever was ... I recall when there used to be ... I once saw a ... I was just thinking about our trip to ...**

There is no 'correct' way to respond. For some it might be an emotional reflection, for others an historical fact. It could be the memory of a shared experience or nostalgia for a beautiful location. This is an opportunity for you to express yourself.

To get more involved in the project, visit our Making Memories portal, where you can upload photos, videos and audio files.

[www.dynamicdunescapes.co.uk/share-your-stories-images/](http://www.dynamicdunescapes.co.uk/share-your-stories-images/).

To find out more about Green Links Bridgend and Dynamic Dunescapes, and to get involved in conservation volunteering please email [cassie.crocker@plantlife.org.uk](mailto:cassie.crocker@plantlife.org.uk) or visit our Facebook pages. [www.facebook.com/GreenLinksBridgend](http://www.facebook.com/GreenLinksBridgend)

# PUZZLE PAGE

It's time to give your brain a workout! Answers at the bottom of the page (but no cheating...)

### Anagram

Can you find a 12 letter word out of this jumble of letters? How many other words can you find of three or more letters?

**EBSULQEAITON**

### In common

What can be done to all of these words?

- Fall
- Habit
- Promise
- Leg
- Record
- Rule

### Hiding places

Can you find what's hiding in all of these words?

- Grandmother
- Blouse
- Smidgen
- Plantation
- Sniffly
- Beer

## Answers

**Anagram:**  
Questionable

**Hiding places**  
They all contain names of insects:  
Grand**M**other  
Blouse  
Smidgen  
Plantation  
Sniffly  
Beer

**In Common**  
Break  
These things can all be broken eg  
fall, break a leg etc



# DIRECTORY OF USEFUL CONTACTS

The following organisations may be able to help you with your day to day needs or provide necessary information

## For general support

### **Bridgend County Borough Council**

01656 643 643

[talktous@bridgend.gov.uk](mailto:talktous@bridgend.gov.uk)

### **BAVO**

01656 810 400

07851 248 576 (out of hours)

[bavo@bavo.org.uk](mailto:bavo@bavo.org.uk)

[www.bavo.org.uk](http://www.bavo.org.uk)

### **Citizens Advice Bureau**

01656 762 800

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

## For mental health support

### **Mental Health Matters Wales**

01656 651 450

[www.mhmwales.org.uk](http://www.mhmwales.org.uk)

### **Mind Cymru**

0300 123 3393

Text 86463

[www.mind.org.uk](http://www.mind.org.uk)

## Support for older people

### **Age Cymru**

08000 223 444 (9.30-4.30)

[www.ageuk.org.uk/cymru](http://www.ageuk.org.uk/cymru)

## Support for carers

### **Carers Trust SE Wales**

01656 336 969

[bridgendwellbeing@ctsew.org.uk](mailto:bridgendwellbeing@ctsew.org.uk)

### **Bridgend Carers Centre**

01656 658 479

## Support with home maintenance

### **Bridgend Care and Repair**

01656 646 755

[enquiries@bridgendcareandrepair.co.uk](mailto:enquiries@bridgendcareandrepair.co.uk)

## Support with food shopping

### **Community Food Pantry**

07544 026 265

## Things to do

### **Stronger Together Bridgend**

For a range of creative activities

07591 200 119 (Tue-Fri 10-5)

[www.StrongerTogetherBridgend.co.uk](http://www.StrongerTogetherBridgend.co.uk)

[strongertogetherbridgend@gmail.com](mailto:strongertogetherbridgend@gmail.com)

### **Quick Quarantine Games**

Board games to play on the phone

[quickquarantinegames.com](http://quickquarantinegames.com)

### **Super Agers**

For exercise and fitness activities

07789 371 769

[Adrienne.hayhoe@bridgend.gov.uk](mailto:Adrienne.hayhoe@bridgend.gov.uk)

We love this moongazing hare colouring design from Gwen Davies, a Cardiff based artist who works mainly in pen, ink and coloured pencils. Find more of her beautiful artwork at [www.etsy.com/uk/shop/gwendaviesart](http://www.etsy.com/uk/shop/gwendaviesart)



We hope you have enjoyed this edition of O'r Galon. If you or anyone you know would like to receive a copy, please contact us. We also welcome your letters and pictures which can be sent to the address below.

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