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CONTENTS

There's always more sport from Bill Carne at www.pembrokeshiresport.co.uk

Welcome to Our Christmas Edition!

It's hard to believe that a whole year has passed since our last Christmas magazine, but here we are, ready to celebrate the festive season with you once again.

This year's issue is packed with all the features you know and love: our uplifting FeelGood Snippets, delicious food inspiration, entertainment recommendations, puzzles to challenge your mind, and updates from the world of motors.

In this special Christmas edition, we're also shining a spotlight on Pembrokeshire's remarkable sporting heritage with contributions from the ever-passionate Bill Carne.

Over the past year, we've had the privilege of sharing stories about some of our county's talented young athletes—as well as a few who've been inspiring us for a little longer! At this festive time, we thought it fitting to take a



**MERRY CHRISTMAS AND A HAPPY NEW YEAR FROM ALL
OF US HERE AT FEELGOOD MAGAZINE PEMBROKESHIRE**

look back at some of Bill's most memorable sporting articles and celebrate the spirit of sport that unites us all.

From all of us at FeelGood Magazine Pembrokeshire, we'd like to thank you for

your support and wish you a very Merry Christmas and a New Year filled with happiness, good health, and success. Here's to a joyful holiday season and an exciting year ahead!



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FeelGood SNIPPETS

16 NEW TVS ENHANCE PATIENT COMFORT AT WITHBUSH HOSPITAL



Thanks to generous donations, Hywel Dda Health Charities, the official charity of Hywel Dda University Health Board, has been able to provide 16 new televisions, worth over £7,000, for patient rooms in Withybush Hospital's Accident & Emergency Department.

Jo Dyer, Senior Nurse Manager, expressed gratitude for the contribution, explaining that the new TVs will help improve

the patient experience and comfort during their time in the department.

Nicola Llewelyn, Head of Hywel Dda Health Charities, acknowledged the vital role of local communities in supporting the charity's efforts to enhance NHS services. For more information on how to support the charity, visit www.hywelddahealthcharities.org.uk.

PEMBROKESHIRE FILMMAKER EMBARKS ON INTERNATIONAL FOOTBALL DOCUMENTARY

A Pembroke-based filmmaker has successfully reached his crowdfunding target for an ambitious documentary exploring a forgotten piece of football history.

Daniel Metcalf's "Metcalf vs Puskás: The Forgotten Game" chronicles a remarkable 1967 charity match that brought together Hungarian football legend Ferenc Puskás and a team of British players, including the director's grandfather.

The project, which reached its £3,300 Kickstarter goal through the support of 74 unique contributors, has already garnered attention from the football community. Welsh football legend Neville Southall has endorsed the film, and it has received support from legendary snooker world champion Mark Williams MBE.

The documentary will tell the story of how Mike Metcalf, a Division Four striker for Chester Football Club, found himself sharing a pitch with some of football's greatest players. The match, organised to raise funds for Bankfield House community centre in Garston, Liverpool, featured an impressive lineup including Billy Liddell and John Charles.

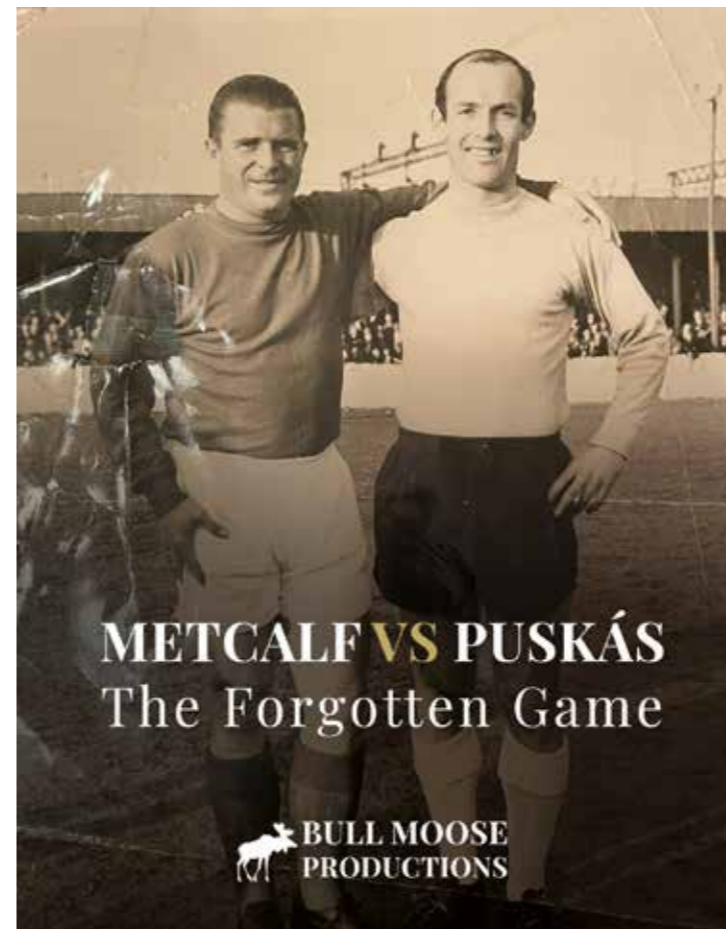
"Growing up, I loved hearing stories from my grandad's football career," says Daniel

Metcalf, the film's director. "The tale of him playing against Ferenc Puskás always stood out. What fascinates me is how little information survives about this game, despite the incredible cast of characters involved. Through this documentary, we're not just preserving a single piece of football history - we're exploring how the sport has evolved over the past half-century."

The production team, comprising local Pembroke talent, plans to begin filming in May 2025. The project has already secured cooperation from Chester FC, gaining access to their archives and facilities, and has uncovered previously unknown audio interviews with Mike Metcalf from the 1990s.

Bull Moose Productions, Metcalf's newly formed production company, aims to showcase Welsh creative talent while telling stories that resonate beyond local boundaries. The documentary will blend archive footage, animation, and interviews to bring this forgotten match back to life.

The story has attracted interest from across the UK and internationally, with contributions coming from as far as Pennsylvania and California. One particularly



touching connection came from a former Nottingham Forest ballboy who met Puskás in 1979 when he was managing AEK Athens.

The successful crowdfunding campaign will support the initial production phase, with the team also seeking additional funding

for archive footage licensing and post-production costs. The documentary is targeting festival submissions and potential theatrical release in 2026.

For more information about the project, visit www.metcalfvspuskas.com.

MILFORD HAVEN ROUND TABLE BRINGS CHRISTMAS CHEER WITH ANNUAL SANTA RUN

The Milford Haven Round Table once again spread festive joy with their much-anticipated annual Santa Run, delighting both children and adults alike.

Over five magical nights, Santa, accompanied by the cheerful Sparkle the Elf, toured the town, bringing smiles and festive spirit to the community.

The Santa Run has become a beloved tradition, with local residents eagerly awaiting the arrival of Santa and his elf companion each year. The event not only brings holiday cheer but also serves as a fundraiser, with money raised supporting various local causes and charitable initiatives.

The hardworking members of the Milford Haven Round Table went above and beyond to ensure the success of this year's event. Their dedication and enthusiasm created a warm and welcoming atmosphere, as families gathered to greet Santa, share in the excitement, and support a great cause.

With Santa's sleigh lights twinkling and Sparkle the Elf spreading her magic, it was a heartwarming way to kick off the festive season. The Round Table's efforts were greatly appreciated, and the community looks forward to this cherished tradition growing even bigger and brighter in the years to come.



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FeelGood SNIPPETS SIGNIFICANT PROGRESS FOR TENBY HOUSING DEVELOPMENT PLANS

Pembrokeshire County Council is pleased to announce the award of a Pre-Construction Service Agreement for the Brynhir housing development in Tenby.



Following a thorough evaluation of a two-stage tender process, Morgan Construction of Carmarthen has been appointed to lead the project. The company is set to commence work on the site in summer 2025, subject to the fulfilment of planning conditions, ecological considerations, and efforts to minimise disruption during the peak tourist season.

16 open market homes for sale

choicehomespembrokeshire.org/new-customers/how-to-apply

Phased Construction for Early Availability

The development is planned to progress in eight phases, ensuring that homes become available as early as possible. Completion of the entire project is anticipated in 2029.

The development will also feature formal and informal play areas, as well as recreational spaces, seamlessly integrated into the site with direct access to Tenby town.

In total, Pembrokeshire County Council will deliver 125 homes at the Brynhir site.

Prospective residents are encouraged to join the Choice Homes housing register by completing a housing application form. Those already on the register do not need to take any additional action at this stage.

These properties will include:
93 affordable homes (a mix of social and intermediate rent)
16 shared ownership homes

To apply, visit: www.choicehomespembrokeshire.org/new-customers/how-to-apply

A local connection requirement will apply to this development, ensuring priority is given to people with ties to the area. The specific criteria for this requirement will be finalised closer to the first phase's completion.

Cllr Michelle Bateman, Cabinet Member for Housing, expressed her enthusiasm for the project:

"I am delighted that we have reached this stage, and I look forward to seeing the site

take shape. This is a significant development for Tenby and the surrounding area, providing much-needed affordable housing."

For questions about this development or other housing projects, please contact the Housing Development Team at:

Email: devclo@pembrokeshire.gov.uk
Phone: 01437 764551

This development represents a vital step towards addressing the housing needs of Tenby and its neighbouring communities.

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PATCH CHARITY EXPRESSES HUGE GRATITUDE TO LLOYD AND PAWLETT



Patch Charity has extended a heartfelt thank you to Lloyd and Pawlett for their incredible donation of boxes and parcel tape.

Their generous contribution has truly "saved the day" and is making a significant impact on the 2024 Toy Appeal.

The charity is incredibly grateful for their support as they continue working to bring joy to those in need this festive season.

A massive thank you to Lloyd and Pawlett for their kindness and commitment to helping Patch Charity's mission. The 2024 Toy Appeal is in full swing, and this donation is helping to make it all possible.

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OUR TALENTED SPORTING YOUNGSTERS



by Bill Carne

IOAN'S DOING REALLY WELL IN BOCCIA

when the 2024 championships are held in May - with the event being held this year at the Sports Village Complex Haverfordwest High School!

Started out in Boccia with Angela's help - and has been involved with boxing too

He started out in the sport after his disability had been diagnosed and his mother Rhiannon contacted Angela, then the Disability Sport Officer at

Pembrokeshire County Council, who invited them along to try the sport.

Ioan made a useful start but decided against playing more because there were only adults taking part at the time and he also tried boxing at Pembroke Dock Amateur Boxing Club, where he was made very welcome by Chris McEwen.

He eventually took a break but plans to go back in the near future because Chris now has 'virtual reality' head sets and Ioan is eager to take part, and Chris has already said that he is looking for great help from Chris in running this area of the club.

"I know Ioan will be a fantastic help with the 'virtual reality' area of our boxing and I'm confident he will have the skill and know-how to take on some of our regular fighters."

Ioan's mum Rhiannon is his 'taxi driver' and gives him every encouragement - and he is also supported by younger brother Tomas, who is a keen young sportsman as he has also trained at Merlins Bridge Amateur Boxing Club and played rugby for Neyland and football at Hakin United.

High praise from Angela

Angela Miles told us, "Ioan first tried Boccia as a ten-year old with Crymych Panthers but although he showed promise it clearly wasn't the right time for him and we told him to come back whenever he wanted - which he did last year and made an immediate impact.

"He soon mastered the



basic techniques and he was understandably delighted when he went to the Welsh Championships at the Newport Velodrome and came back with a deserved silver medal in the BC4 Category.

"A measure of his progress is the fact that he was selected to represent Wales in Northern Ireland but couldn't go but he has also been invited by Disability Sport Wales to attend special squad training at a range of venues, starting at Caldecott, near Newport, Gwent, which means more travel for Rhiannon, which she willingly undertakes.

And finally . . .

"He is a very skilful player and we have great hopes for Ioan if he can continue to make the progress he has done so far."

"One off the great things

about Ioan doing so well comes from his training sessions with Lewis Crawford, where they push each other on and are already a strong pair so when the opportunities come for them to compete together, they could be a formidable duo."

At the moment Ioan uses a set of six balls that have two medium balls, two medium soft, and two medium hard balls of either colour but his next step will be to practice using more soft balls and hard ones - which will help improve his repertoire.

He will receive every encouragement from his family and Angela - and we at 'Feel Good Pembrokeshire' wish Ioan Williams every success in the future as a very promising young boccia player and someone who is going to be a great help at Pembroke Dock Amateur Boxing Club.

LEWIS IS LOOKING GOOD IN HIS CHOSEN SPORT OF BOCCIA

Lewis Crawford is a very keen young boccia bowler and his efforts over the past year were recognised by his being nominated for the junior disability sport section of the Sport Pembrokeshire Awards and he was the recipient of a splendid engraved glass trophy in recognition of his runners-up place.

Lewis attends Ysgol Harri Tudor in Pembroke and uses a wheelchair because of illness and took up the game almost by chance when the school needed one more player to compete in the Pembrokeshire Schools Boccia Championships - and he was roped in to play as the third member of the team.

He literally had just ten minutes of practice before the start but obviously took to it well as he and his team mates came in first place!

Boccia explained by Lewis

His performance must have been impressive because Angela Miles, who does such a brilliant job of coaching the Crymych Panthers Boccia Club, invited him to join them and he's been practising with them almost every Monday evening since at the Haverfordwest Sports Village.

He has his own boccia kit which comprises six red balls and six blue balls, plus the white jack which aligns the game somewhat with bowls - but with the difference that the

balls vary in density from one that can be very soft through to the hardest of them all, which is akin to a cricket ball.

So, tactics are very much part of the game as one player uses red and the other blue balls, with the aim being to get as many balls closer to the jack than your opponent. There are several different categories that range from players like Lewis who are able to throw the balls, to others like the late, great Jacob Thomas, who reached the Paralympics using a ramp and a helmet with a spike on it to knock the ball off the ramp.

More boccia challenges soon for Lewis

As well as his practice sessions at Haverfordwest, Lewis also has to travel further afield since he is now in the Disability Wales' squad and the latest training session was in Caldecott, near Newport.

Next month Lewis is off to Antrim, Northern Ireland, to compete in the Challengers' event, as usual in the BC4 classification for Boccia players who are able to throw the balls - and again it is part of his growing skills and ability to compete under pressure.

He is already looking forward to more competitions in the near future, after competing in the first Jacob Thomas Memorial Competition in Haverfordwest - and in August took part in the Welsh

Disability Championships at The Velodrome at Newport, coming third as his Panthers' teammate Ioan Williams came second.

The pair also play well in doubles and it is good that they push each other in training.

Family support as he enjoys his other interests

He has the full support of his parents, Ann and John - and also has encouragement from his older sister Jasmine, who is a very useful competitor in Judo at Neyland Judo Club and will soon be off to Sanguinet, in France (their twinned judo town) where they are holding a competition..

Outside of his boccia, Lewis likes Geography in school and enjoys playing computer games; and is a useful swimmer who has been able to master freestyle, breast stroke, backstroke and is working on butterfly as he has received certificates for swimming 200 metres which he now has on his bedroom wall. He has two dogs in Poppy and Phoebe and he loves taking them along the seafront at Neyland Marina.

High praise from Angela

Angela Miles, who has been totally involved in his journey so far told us, "I first met Lewis in March 2022 when he was a little uncertain as he came to the schools' boccia championships

and immediately showed his potential. He is ready to listen to advice and showed promise in another area of the game when he came along to the Junior Schools' Boccia Championships and helped out as a scorer.

"If he manages to maintain his present momentum then we are going to hear a lot more about Lewis in the future."

'Feel Good Pembrokeshire' could pay him no higher compliment than that delivered by an expert in Mrs Miles - and we can only join in with our congratulations and wish him every success in the future!



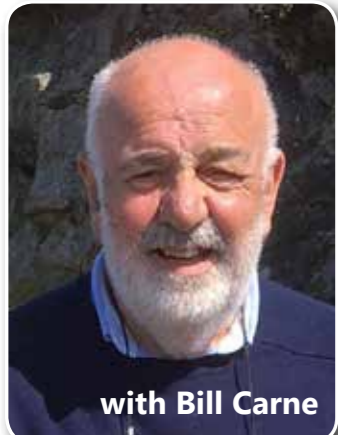
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MALIE POLAK: CHAMPIONING FEMALE TALENT IN THE BOXING WORLD



with Bill Carne

At one time it wasn't considered as a female sport for youngsters like Malie but under head coach Graham Brockway every care is taken with their welfare.

No-one is forced into the ring as a number of youngsters just go to keep fit and never put the gloves on.

OTHER SPORTS

As well as her boxing success, Malie also enjoyed playing rugby for Haverfordwest High School and Haverfordwest RFC, where she used her speed in the three-quarter line to score more than her share of tries, including a few hat-tricks.

She also liked to compete at cross-country and ran for school at both

At 13 years of age, Malie Polak is already making a name for herself as a promising young boxer at Merlins Bridge Amateur Boxing Club, where her commitment is clear, even over a short chat with her alongside Naomi Dalton, one of the club's assistant coaches, who like Malie started out just paying a visit and staying there.



Naomi, Malie and Graham

Oakwood and Carmarthen but at the moment it is boxing that has captured her enthusiasm and energy.

A NERVOUS START BUT LOVED THE FITNESS TRAINING

The Merlins Bridge ABC gym was packed to capacity on the evening we paid our most recent visit but we found a quietish corner for our interview and it was hard to believe that this softly-spoken, modest young miss had first visited the gym with friends Elijah and Seren Jones because she lacked confidence in herself at school – but says that lack of confidence is well and truly in the past and she enjoys herself in whatever she takes on.

Malie readily admits she was nervous on that first visit to the gym but was made very welcome by Graham and the rest of his support staff – and she thoroughly enjoyed the training from the outset.

"It was great to do the warm-up and even better when we moved on to the 'Ton-Up Challenge', where ten different exercises like press-ups, sit-ups, squat

thrusts and burpees are done ten times each, which I loved doing."

ON TO SPARRING AND GAINING GOOD EXPERIENCE

She was encouraged and praised all the way and it was almost a year later that she finally asked if she could try sparring, and pulled on the gloves for her first real venture into the ring. She had already had the gloves on to use the heavy bags and pads (held by the likes of Naomi) and her first time in the ring came on a

Thursday evening for the 'Kids' Session' so that she could go in with some boys who were younger participants, just to give her confidence.

"I boxed against another girl and really enjoyed the contact – and since then I've had no worries and even spar with boys on occasions if they are the right age, weight and experience."

FAMILY MATTERS . . . AND HER FIRST WIN

When Malie decided she

was ready to box, Graham took her up to the 'Stallion Gym' in Llanelli where she received further tuition and good advice – and then it was off to her first bout, which took place in front of a big crowd at Maerdy Amateur Boxing Club, in the Rhondda Valley.

"My parents, Sarah and Joseph Polak were there and I think they were more nervous than I was," she told us with a chuckle, "and walking up to the ring was strange – but with Graham giving me every encouragement I was soon in the ring, the bell sounded and the three 1-minute rounds flew by."

Then came the decision and she and her opponent had a hand held by the referee until the MC announced the judges' verdict – and it was Malie whose arm was raised aloft for a unanimous points decision, which meant all three judges chose her as the winner.

A SECOND SUCCESS AND RIGHTLY PROUD OF HER TROPHIES

Her next bout meant more travel, this time between Cardiff and Newport, with Malie proving too good for her opponent as the referee



Relaxed in the ring

stopped the contest in the very first round because she was too strong and skilful for her opponent!

So now Malie already has two smashing trophies which she proudly displays in her

room and she is hoping for a third one soon when Merlins Bridge hold their own show at the Witybush Showground and she hopes 'Mr Brockway' can find an opponent for her. And if he does find one

then we will be there to cheer her on, as will everyone else at Merlins Bridge ABC, because Malie Polak is a credit to her family and the club – and deserves to do well!



Malie shows her punching power



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FeelGood Cookin'!

IT'S CHRISTMAAAAAAAS!! SOME CLASSIC RECIPES FOR XMAS DAY

COLA HAM WITH MAPLE & MUSTARD GLAZE

Prepare a succulent gammon joint by simmering it in a fragrant cinnamon-spiced stock, then coat it with a rich, sticky syrup and clove sauce before serving in hearty slices.

A beautifully glazed gammon joint is the perfect centrepiece for any festive occasion. This recipe combines tender meat with a sweet and savoury glaze, creating a dish that's as delicious as it is impressive. Here's how to prepare it:

Start by placing a 2kg unsmoked boneless gammon joint in a large pan, covering it with 2 litres of cola. To infuse the meat with additional flavour, add 1 chopped carrot, 1 quartered onion, 1 chopped celery stick, 1 cinnamon stick, ½ tablespoon of peppercorns, and 1 bay leaf.

Bring the liquid to a boil, then reduce the heat to a gentle simmer. Let the gammon cook for approximately 2½ hours, ensuring the joint remains fully submerged by topping it up with boiling water if necessary. This slow simmering process tenderises the meat and allows it to absorb the aromatic



flavours from the stock.

Once cooked, carefully pour away the liquid and let the gammon cool slightly. Preheat your oven to 190°C (170°C fan) or gas mark 5 in preparation for roasting.

Transfer the gammon to a roasting tin and remove the skin, leaving behind an even layer of fat. Using a sharp knife, score the fat in a criss-cross pattern to help the glaze adhere and penetrate the meat during roasting.

To make the glaze, mix 150ml maple syrup, 2 tablespoons wholegrain mustard, 2 tablespoons red wine vinegar, and a pinch of ground cloves or five-spice in a jug. This combination provides

a perfect balance of sweetness, tanginess, and warm spice.

Pour half of the glaze over the gammon's scored fat, ensuring it is evenly coated. Place the joint in the oven and roast for 15 minutes. Then, pour over the remaining glaze and return it to the oven for a further 30 minutes, basting halfway through for a glossy, caramelised finish.

After roasting, allow the gammon to rest for 10 minutes before serving. For an extra burst of flavour, spoon any remaining glaze over the top before slicing. This dish can be prepared and roasted on the day or up to two days in advance, making it a versatile choice for any gathering. Serve

INGREDIENTS

- 2kg unsmoked boneless gammon
- joint
- 2l cola
- (not diet)
- 1 carrot
- chopped
- 1 onion
- peeled and quartered
- 1 stick celery
- chopped
- 1 cinnamon stick
- ½ tbsp peppercorns
- 1 bay leaf
- For the glaze
- 150ml maple syrup
- 2 tbsp wholegrain mustard
- 2 tbsp red wine vinegar
- pinch of ground cloves
- or five-spice

warm or cold, and enjoy a truly festive treat.

Your glazed gammon is now ready to impress your guests with its rich flavours and irresistible aroma. Perfect for Christmas or any special occasion, it's sure to be a crowd-pleaser!

CLASSIC CHRISTMAS PUNCH

Delight your guests with a festive Christmas punch, a sparkling mix of prosecco, gin liqueur, and apple juice, infused with the warm, seasonal flavours of clementine and ginger.

The day before you want to serve, put the grapes in the freezer for around 8-12 hrs or until frozen. Chill the prosecco and apple juice in the fridge.

When you're ready to serve, put the frozen grapes and a generous handful of ice in a large 2-3 litre punch bowl and pour the Gordon's London Dry Gin and all of the remaining ingredients on top. Stir gently to combine, then serve. Sits well for up to 3 hrs before putting the ice in.



INGREDIENTS

- 250ml Gordon's London Dry Gin
- a bunch of red grapes
- 750ml prosecco
- 1l cloudy apple juice
- ice
- 50ml herbal liqueur
- 1 ball stem ginger
- finely sliced plus 2 tbsp of the syrup
- 3-4 sprigs rosemary
- 1 clementine
- finely sliced

SPICED GINGER YULE LOG

This festive twist on the classic yule log swaps chocolate for warm ginger and cinnamon flavors, complemented by pecan praline and spiced meringue buttercream.

Method

Begin by preheating your oven to 180°C (160°C Fan/Gas 4). Grease and line a 23x33cm Swiss roll tin with baking paper. Melt the butter and let it cool slightly.

In the bowl of a freestanding mixer (or using a handheld mixer), combine eggs, sugars, and treacle. Whisk on medium-high speed until the mixture triples in volume, becoming thick, pale, and leaving a ribbon trail when lifted. Sift together the flour, ground almonds, baking powder, spices, and a pinch of salt. Using a large metal spoon, gently fold the dry ingredients into the egg mixture.

Pour the melted butter around the edge of the bowl and fold it in carefully. Pour the batter into the prepared tin and level it with the back of a spoon. Bake for 12 minutes on the middle shelf until golden and springy. Cool in the tin for 2 minutes before turning the sponge out onto a sheet of baking paper. Peel off the lining



paper, roll the sponge (with the baking paper inside), and set it aside to cool completely.

For the praline, line a tray with baking paper or a silicone mat. Dissolve sugar with 2 teaspoons of water in a saucepan over low heat, then bring it to a boil without stirring. Cook until the syrup turns amber, swirling occasionally. Stir in toasted nuts, coat them evenly, and cook for 30 seconds. Spread the mixture onto the tray and allow it to cool. Once hardened, break it into chunks and pulse in a food processor until finely chopped.

To prepare the buttercream, place sugar, egg whites, a tablespoon of water, and a pinch of salt in a heatproof bowl over simmering water. Whisk until

thickened, glossy, and hot to the touch (about 4 minutes). Transfer to a mixer and beat on medium-high speed until cool, stiff, and glossy. Gradually add butter and whisk in cinnamon and ginger syrup.

Unroll the sponge, spread a thin layer of buttercream, and sprinkle with praline and chopped stem ginger. Roll the cake tightly, chill for 15 minutes, then frost with the remaining buttercream. Finish with more praline and ginger on top. Chill briefly before slicing and serving this spiced, nutty delight!

To toast the nuts, heat them in a dry frying pan over medium heat, stirring until golden and fragrant, then transfer to a bowl.

When combining the dry

INGREDIENTS

- For the cake
- 25g/1oz unsalted butter
 - 4 medium eggs
 - 50g/1¾oz light brown soft sugar
 - 75g/2¾oz caster sugar
 - 1 tbsp black treacle
 - 100g/3½oz plain flour
 - 25g/1oz ground almonds or ground hazelnuts
 - ½ tsp baking powder
 - 1 tsp ground ginger
 - 1 tsp mixed spice
 - ½ tsp ground cinnamon
 - pinch salt
- For the pecan praline
- 50g/1¾oz caster sugar
 - 50g/1¾oz lightly toasted pecans or hazelnuts (see Recipe Tip)
- For the spiced meringue buttercream
- 175g/6oz caster sugar
 - 3 egg whites
 - 250g/9oz unsalted butter, softened and diced
 - 3 pieces stem ginger in syrup, drained and finely chopped, plus 2 tbsp syrup

ingredients and melted butter with the egg mixture, fold gently to preserve air bubbles for a light, fluffy cake.

The cake can be prepared and assembled in advance. Chill until needed, removing from the fridge 30 minutes before serving.

What does it go with?



To make your meal complete let the experts finish the recipe for you....

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FEELGOOD FOOD FROM THE WEB

Once again we have seen some truly amazing dishes from around our county!

We have collected some lovely pictures that some of the great eateries of Pembrokeshire have been posting on social media.

Some of these fine places we haven't tried, but these pictures, we think, speak for themselves to demonstrate the amazing quality of the food in our county.

Obviously we only have a limited space, so if you would like your local restaurant/eatery in next month's edition then send a picture to info@feelgoodmagazine.co.uk.

Make sure you detail where it is from, and the name of the dish!



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OUR TALENTED SPORTING YOUNGSTERS



by Bill Carne

JOSH JAMES - AGE: 14

Club played for: Neyland and Pembrokeshire County – where I've been involved at u11s and 15s a year up.
People who have helped me: My dad Mark and mum Karen, who are a great help and school sports teachers like Martin Edwards, who has been brilliant.
Position: I love playing at fly half, because I enjoy controlling games - and I also love being a try scorer and place kicker.
Successes: Getting into the under 16s county (coached

by Aled Walters and some other good coaches) and captaining Neyland last and this year.

Favourite local player: Alex Codd – because he's an attacking player in the centre with Neyland – and my dad plays as well!

Favourite top sportsman: Dan Biggar because he's passionate while playing – and I've seen him play a few times, which was great!

Other sports played: Football: Hakin United (left wing in the under 15s coached by Matthew Candler and Andrew Turner) and cricket with Neyland thirds last season (Phil Keene as captain). I opened the bowling and have a highest score of 64). My granddad Russell used to play a lot and he gives me help.

Ambitions: I enjoy playing rugby and hopefully will play at a higher level when I'm older, because I'm ready to work hard at it! I'm a big fan of The Ospreys – where great uncle Michael is famous!



GEORGE TWIGG - AGE 14

George Twigg hails from Portfield Gate, Haverfordwest and is involved in several sports, although he might list cricket as his favourite since he has played for Haverfordwest as a junior and this season has shown his growing maturity in the game by playing senior cricket for Johnston in the second division of the Pembrokeshire League. Hockey is also another sport in which he is playing well . . .

Clubs played for: Haverfordwest Juniors/ Johnston Seniors, plus Ysgol Caer Elen

People who have helped me in cricket: My dad Jonathan, Simon Williams & Pembrokeshire/West Wales coaches. My mum Suzanne has also been great in taking me to play sport – and never complains!

Proud moments: Three consecutive Semi-Finals appearances for U15's/ U13's. In my third game at senior level, with Johnston, I bowled against Carew 2nds and claimed two wickets for

only one run. I also had a three-wicket haul and in local cricket my highest score is 33 – and 53 not out when Ysgol Caer Elin played a team in Cardiff.

Other Sports: Rugby, football and hockey. I have played prop for the school team in my age group and I used to play football for Prendergast Villa and Llangwm. I started playing hockey in school and now I play in defence or midfield for Pembrokeshire Hockey's under 16 team. We train once a week and it means a lot of travel to away games in South and Mid Wales, with a few tournaments recently in Llandeilo.

Sports people I admire locally: Finley Atyeo and Lee Summons because both are very good sportsmen and enjoy their involvement.

Famous sporting figures like: Steve Smith (Cricket) – for the way he plays and Tom Brady (American Football) for his success and strong mentality

Ambition: To become the best player in all sports that I can – and to enjoy being involved!

OWAIN BANNER

Owain's playing well for The Haverfordwest Academy as he leads by example.

Clubs played for: Haverfordwest County Academy Under 12s, Pembrokeshire Schools Under 11s, Fishguard & Goodwick RFC Under 12s

People who have helped me: My mum Melanie, who does a great job of taking me to all the matches, especially with the Haverfordwest Academy for away games. At the Academy my coaches are Martin Lewis and Mikey Loveridge, and Mikey also coached me with the Pembrokeshire Schools last season alongside Matthew Price. In rugby with Fishguard my coach has been Martin Davies. I think they all do a great job.

Football: Fishguard Sports Juniors: I used to play football as a centre midfielder with Fishguard Sports Juniors, coached by Liam Kinsella but I can't play there now because of the Academy rules that mean I can only play for one team. Pembrokeshire Schools Under 11s: It was great to be part of the County Schools' team and we did really well – and the best part of it came when we went to play in a tournament at the King Power Stadium, where Leicester City play. There were lots of teams there and it was amazing to change in the same rooms as players like Jamie Vardy do on Saturdays – and I was captain of the team, which made it even better. We were losing 2-1 and I nearly scored before they scored

again so we lost 3-1. We were disappointed by the result but I'm very proud of the medal we had afterwards.

Haverfordwest County Academy Under 12s: We train at Caer Elin School every Tuesday and Thursday evening now the dark nights are coming and we play on Sundays. We have to travel to Barry, Cardiff, Newport, Pontypridd, Penybont and Rhondda – and I'm lucky that mum likes to drive me everywhere to cheer me on because it is such a long way.

Ysgol Bro Gwaun: We won our Welsh Cup as we beat Ysgol Dinefwr and it went to a penalty shoot-out – and I managed to score the winning penalty.

Rugby: I played for Fishguard & Goodwick juniors and enjoyed myself in the centre but training often clashes and I can't fit it in with my football.

Swimming: I really enjoy swimming and after winning at county level I went to the Welsh Finals in Cardiff but again I had to stop because I couldn't train.

Best Moments: Going to the King Power Stadium in Leicester was something I will never forget. I was also picked as 'Player of the Year' with Fishguard Sports, Pembrokeshire Schools and The Academy.

Favourite Famous Sportspeople: Football: Gareth Bale and Nico Williams Rugby: Dan Biggar and Lewis Rees-Zammit

Ambition: To carry on enjoying my sport and in football to reach the highest level I can.



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AGE: 12 yrs old

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BREED: Staffordshire Bull terrier

JACK

AGE: 11 yrs

TYPE OF HOME REQUIRED: Someone home a lot. Could live with another dog. Older children.

For more information about JACK please contact A.R.C. or scan the QR code.

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BREED: Greyhound
AGE: 4yrs old

SONNY

TYPE OF HOME REQUIRED: Quiet home. Someone home a lot. Could live with another female dog. No cats. Older children. Never lived in a home, so will need house-training etc.

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BREED: Karakachan (Bulgarian Shepherd)

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AGE: 2½ yrs old

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THE JENNINGS FAMILY: KEEN MEMBERS OF THE PEMBROKESHIRE SHARKS RUGBY HUB



with Bill Carne

It would be fair to describe the Jennings family of Narberth as one where commitment to rugby is total because dad Jason played for many years in a very successful Otters' team, and his wife Sarah played as a founder member of the club's ladies, but more of that later.

Then there's 14-year-old Olivia, Freya (12) and young Josie, who has already tested the water at under 7 level – so it is easy to see why the Jennings' Clan are such a rugby loving family!

LONG-TIME SERVICE AS A PLAYER

Jason joined Narberth as an 8-year-old and never left because he is still involved in coaching now – and he played his final first-team match at 32 and final match for the seconds at 36 he ended up with a fantastic tally of 217 1st team matches as proof of his loyalty to The Otters.

"It was a very special moment," admitted Jason, "when I reached 200 games and received my special cap awarded to everyone who reaches that milestone – and it is now framed and hanging on the wall in the hall back at home.

"I also played in some Otter teams which won the KO Cup and my favourite was obviously when we beat our old rivals Whitland at Pembroke because it was always nice to get one over on them – but I also played out of position, switching from second row to flanker, and I felt I had a good game against some very experienced players



in that position."

Back on the junior front Jason played for the club from under nine level right through to under 16s and was part of a strong youth team which lost in the age group final in his first year to Crymych at Haverfordwest – but two years later came good as they beat Whitland in Milford Haven with players of the calibre of John Bowen (later with Whitland), Tim Griffiths along with childhood friends Arwyn Mathew Williams and Dafydd Bowen

THREE DAUGHTERS – MAINTAINING THE RUGBY TRADITION

So, with so much rugby behind him it is small wonder that Jason is now delighted to see his three daughters following in dad's footsteps, two playing for South Pems Sharks' Hub in their different age groups, starting with Olivia, who is 14.

"Olivia currently plays second row but is likely to end up as a flanker because of her ball-carrying and support play; and she loves playing other sports too, like cricket. She also does life-saving in Tenby – in fact, anything but football," says Jason with a typical chuckle!

"Then there's Freya, who started off with an interest in ballet but soon found rugby and really enjoys playing in her role as a prop but I think she's

results were beginning to improve.

"We even had a couple of under 16 players able to help out and if they boys can stick together then next season will see them improve again," Jason told us.

Jason also started coaching girls at the Pems Sharks' Hub last season after taking his daughters along and getting involved with the under 12s.

"There is a huge commitment from coaches and parents, with all the girls at every level enjoying their involvement – but there is always room for more of both, he says with a chuckle – and his enthusiasm is clearly infectious!

So that makes four members of the Jennings clan that we have mentioned so far but perhaps it is fair to say we have left what Jason and the girls describe as the most important until last – and that is wife/mum Sarah, who also played rugby when she was a No 8 with The Narberth Ladies' team which sprung up in the early 2000s.

"She makes sure that we all have the right kit for each session or match and is the best organiser and taxi-driver we know. We describe her as the glue that keeps everything stuck neatly together and we couldn't do it without her."

High praise indeed from four very keen rugby players/coach and we at 'Feel Good Pembrokeshire' can only say it is a pleasure to feature such a lovely family in our magazine and long may they continue to gain so much pleasure at The Pembrokeshire Sharks Hub, along with all the others so heavily involved there!



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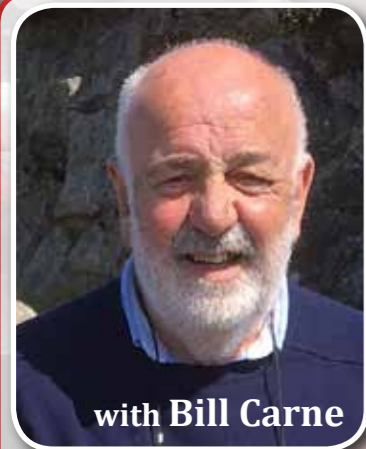
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S7 FITNESS KEEPS GROWING FROM STRENGTH TO STRENGTH



with Bill Carne

run by Alice Griffiths and the physio service provided by Tristan of West Health, all as part of Chris O'Sullivan's aim of providing a fitness club where the well-being of its members is paramount.

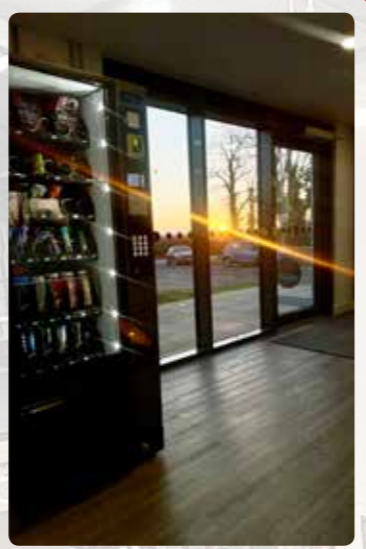
And that is why Chris and his staff all have one major ideal in common and that is the friendly, co-operative attitude that is evident from the time you walk through their door to the time you leave - with that added bonus that members can attend 24 hours a day because they all have a special security card which allows them to attend, even in the middle of the night if they wish, because their

entry is recorded on the club's complex system that makes that possible.

EVERYONE IS MADE WELCOME

It is a great feature but those who are non-members are also made welcome on a 'pay as you go' system which further widens the chance of participation, and with the obvious possibility that anyone using that offer will want to become a full-time member.

Chat to Chris, who is known to all as 'Sully' from his massive involvement in football, and he would tell you that in his view everyone is important, from the 'go



hard' regulars who revel in pushing themselves to the limits in the quest for top fitness to the raw newcomer making their first nervous inroads into keeping fit.

"In fact, I believe that the latter group is more important in a



way," Sully told us, "because of our eagerness to widen the scope of involvement in our community.

A DREAM BECOMES A REALITY

S7 is the brainchild of Sully from around 2015, when he started thinking of what he would like to do in the future and using his wealth of knowledge gained as a foreman with Nathan Thomas at 'One Stop Builders' for 12

years, started to draw up his own plans for a new facility.

Then the land became available which he felt was perfect for his dream and after a great deal of planning the hard work really began as he enlisted his brother Wayne and footballing friends Alan Davies and Matthew D'Ivry, plus Chris Harries, the Hon treasurer at Goodwick United FC, as directors, with D & O Construction charged with the responsibility of seeing



continued on page 34



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S7 FITNESS KEEPS GROWING FROM STRENGTH TO STRENGTH



continued from page 33

everything was smooth-running in its building.

So August 10th 2019 is a date Sully will never forget because his dream became a reality and the splendid facility has gone from strength to strength, despite the obvious problems posed by Covid.

Easy access is guaranteed – 24 hours every day Membership allows participants to have such easy access all day and night that anyone with insomnia has the ready answer by popping in and gain access to the top of the range areas like the general plate loaders for weights, squat rack ring, cross-fit rigs, the Cardio area, 25-metre sprinting track and the functional equipment in the general fitness area, plus excellent shower and changing facilities - although those wanting their hair to have a morale-boosting treat must attend during the normal working day for Alice's expertise or Tristan at West Health Physio!

In addition, there are multiple personal trainers who can be booked by individuals or groups to help with general fitness and nutrition, who specialise in areas like speed and mobility, strength and

body building, boxing and functional fitness - all with suitable expertise for males and females.

Already there are larger groups who are availing themselves in the top facilities as local football and rugby clubs are booking its use on a weekly basis during their seasons and revelling in the amount of hard work they can pack in to every single session.

SULLY HAILS FROM A SPORTING BACKGROUND .

It is worth saying at this stage that Sully has always been a fan of keep-fit from his football, as his current players who are managed by him at Goodwick United would attest, because he expects hard work in training if they expect to be selected to a team currently at the top of the table and still in the major cup competitions.

He set out as a promising schoolboy with Oxford United for two years and then signed for Swansea City from 16 to 21, where he was given a one-year pro contract by John Hollins and Alan Curtis before they left and others swept in.

He played in midfield for Haverfordwest County for well

over a decade, with two years at Aberystwyth sandwiched in, and became a coach and manager there, before returning to Goodwick United and taking them to the coveted treble of league, senior and West Wales cups.

Sully and Co also won the league and senior cup in 2022-23 and was perhaps denied another treble because of covid as they were top of the table, in the senior cup final and semis of the West Wales when sport was shut down!

... AND A DETERMINATION TO SUCCEED THAT HAS DRIVEN HIM ON!

Not content with that little lot, he also took up boxing, where loved the training and combative nature of the sport, where he is rightly proud of his Welsh title and vest awarded for representing his country - and once fought Lee Selby, who later became a world boxing champion as a professional.

It was a similar story as he became a kick boxing champion at Welsh, British Super League and European levels and survived a terrible road accident that left him having to wear a cage screwed into his forehead for some time as one of the parts of his treatment.

He has also had to endure plenty of operations after dislocating his shoulder TWELVE times - although all of this sort of information has to be squeezed out of him - but we mention it to show what a determined character he is in overcoming such hurdles - and shows similar determination and commitment in his S7 facility.

So, if you feel you need a change of lifestyle that would include great facilities in a supportive atmosphere for fitness work then pop along to meet Sully and his staff at S7 and have a look around - we promise you that you won't be disappointed!



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The changes, announced by Chancellor Rachel Reeves in the recent Budget, will require farmers to pay a 20% inheritance tax on agricultural property and land valued above £1 million. Couples passing on their farms will have a £3 million exemption threshold. This is in contrast to the 40% inheritance tax rate applied to other estates.

At the December 12 full council meeting, Councillor Aled Thomas will present a Notice of Motion titled "Protecting British Family Farms and Preserving Rural Communities."

Cllr Thomas, who previously stood as a Conservative candidate for the Ceredigion-Preseli constituency in the 2024 general election, is calling for the council to formally oppose the changes. He argues that the proposed tax policy, which eliminates Agricultural Property Relief (APR), poses significant risks to family farming operations.

The Case for Protecting Family Farms

Cllr Thomas's motion highlights several key concerns:

Economic Impact: The removal of APR could affect over 70,000 family farms nationwide, with the average farming family facing tax bills of at least £240,000. This financial strain could force families to sell portions of their land or cease operations entirely.

Threat to Food Security: The reduction in family-owned farms may jeopardize the UK's food supply by shifting control to corporate entities.

Sustainability and Community: Family farms play a critical role in sustaining rural



communities and contributing to environmental stewardship.

The motion calls on Pembrokeshire County Council to:

1. Oppose the Labour Government's proposed inheritance tax changes.
2. Advocate for exemptions for family farms to preserve food security, rural communities, and environmental initiatives.
3. Commit to maintaining its portfolio of county council farms, with a focus on encouraging younger generations to enter the farming industry.

Cllr Thomas concludes his motion with a plea for unity:

"This council urges all councillors to stand with Britain's family

farms, to support our rural communities, and to protect the environment by formally rejecting this proposed 'family farm tax.'"

Controversy Surrounding the Policy

The motion comes amid allegations—recently denied—that Henry Tufnell, MP for Mid and South Pembrokeshire, may have had prior knowledge of the changes to Agricultural Property Relief.

Critics suggested that his wealthy landowner parents took steps to shield their estate from the impact of the new tax regulations.

A spokesperson for MP Tufnell strongly refuted these claims, stating:

"Even Steve Reed, the Secretary of State for DEFRA, was reportedly unaware of the

specific changes to APR and Business Property Relief (BPR) before the Budget. It is therefore implausible to suggest that Henry—a backbench MP—had advance knowledge of these announcements."

The spokesperson also emphasized the legitimacy of the Tufnell family's financial decisions, explaining:

"The actions taken by Henry's parents were based on professional advice from qualified financial advisers. This reflects prudent and responsible management of their family affairs—something every farmer in Pembrokeshire should consider in light of the Chancellor's recent announcements."

Supra will be watching closely, aware that the outcome could shape the future of farming in the region.

PUPILS SHINE IN CHRISTMAS CARD COMPETITION



Will Smith, 10 years old, from Roch Community School, Haverfordwest



Keira Lewis, 9 years old, from Narberth CP School

Two talented pupils from Pembrokeshire have been named winners in the Farmers' Union of Wales (FUW) Christmas card design competition, an annual event that celebrates creativity while raising funds for Wales Air Ambulance, the FUW's Presidential charity.

The competition invited primary school children from across Wales to design farming-themed Christmas cards. Entries were split into two categories based on language: English and Welsh. Will Smith, aged 10, from Roch Community School, Haverfordwest, won the English category, while Keira Lewis, aged 9, from Narberth CP School, claimed the top prize in the Welsh category.

Both pupils' designs stood out for their imaginative portrayal of farming life during the festive season, earning them the honour of having their creations featured as part of the FUW's official Christmas card collection for 2023.

A Word from the FUW

FUW President Ian Rickman praised the outstanding standard of entries:

"The competition was a roaring success once again and has attracted hundreds of entries from across Wales. The standard was very high, and the judges faced a tough task in choosing the winners."

He expressed gratitude to all participants and the schools that supported the event:

"Without the creativity of these children, the competition wouldn't have been such a success. I'd also like to thank the teachers and staff who helped facilitate the entries."

Mr Rickman emphasised the competition's value in connecting young people with farming:

"It gave children in urban and rural areas of Wales an opportunity to learn about farming and express their ideas creatively. Maintaining this link is vital to helping younger

generations understand how food is produced in this country."

Supporting Wales Air Ambulance

All proceeds from the sale of the Christmas cards featuring Will and Keira's designs will go to Wales Air Ambulance, a charity that provides critical emergency medical care across Wales. This partnership reflects the FUW's commitment to supporting both local communities and vital services.

The cards are available for purchase through FUW's head office (01970 820820) and its county offices, with every sale contributing directly to the charity's life-saving work.

Promoting Farming Awareness

The FUW's competition is about more than just art—it's an educational initiative aimed at fostering an appreciation

for agriculture among young people. For many children, particularly in urban areas, it provides a rare opportunity to learn about farming's role in food production, environmental stewardship, and rural communities.

By encouraging children to explore farming creatively, the FUW hopes to inspire future generations to value and support the agricultural industry.

Spreading Festive Cheer

The competition's winners, Will and Keira, have not only demonstrated their artistic talent but also contributed to a meaningful cause. Their designs will bring festive cheer while raising awareness of the importance of farming and supporting a vital emergency service.

With the FUW's efforts to engage young people, the future of farming awareness in Wales looks brighter than ever.

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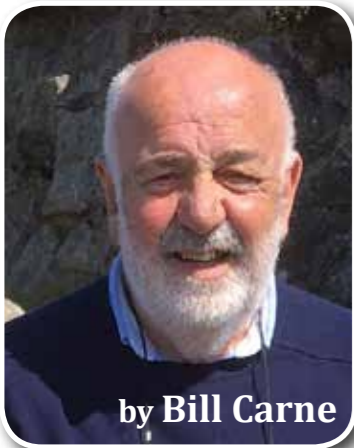
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ROWLAND'S KEPT VERY BUSY AT THE YARD



by Bill Carne

Rowland George is a very busy farmer with two huge milking herds situated in the Letterston area but he still finds two, and sometimes three, evenings a week in helping Ken Owen at The Yard Amateur Boxing Club in his role as a qualified coach with the Welsh Amateur Boxing Association.

Rowland is now in his early 60s but still has that infectious enthusiasm he had for the Noble Art which he had as a 16 year old - and was an accomplished amateur boxer in his own right for about eight years before he sustained problems with his hands and couldn't carry on in the sport.

But he continued giving a helpful hand to Tony Morris at the old Letterston ABC until Tony had to step down because of his business commitments and the club inevitably closed - so when The Yard club eventually rose from the ashes he quickly popped down to Ken and was soon involved, putting his wealth of experience



into helping some of the talented young boxers who are beginning to flourish under their care.

A GOOD REASON TO BOX - HE ALWAYS ENJOYED A GOOD SCRAP IN SCHOOL!

"To be honest," Rowland admitted, "I had played some rugby in school but boxing was perfect for me because I always enjoyed fighting in the playground

and eventually my father took me down to Tony Morris and I started boxing at the club.

"I can still remember that first night in the gym when I was allowed to use the punch bags and pads - and I was well and truly hooked!

"I can also recall going for my medical and then getting my card within six weeks to show I could box - and then my first fight as a light middleweight in a

tournament at Llanboidy, against someone who had already been in the ring, in front of a big crowd.

"I was nervous beforehand but although it flew by and I gave it my best shot I lost on points - and I was very disappointed, although it made me even more determined to do well as I met the same opponent a month later and won on a unanimous points verdict.

A GREAT RUN AFTER INITIAL DISAPPOINTMENT

"I was already regarded as a big puncher, rather than a stylish boxer, and confirmed it as I won 13 out of my first 15 fights, with nine of them by way of knock-out - but it wasn't all plain sailing because in the Welsh Championships in Cardiff I then came up against a very strong and experienced boxer from that area who gave me a bit of a hiding.

"But I didn't throw in the towel and battled it to the end - although I was knocked out once in my 45 contests, where I won about 75% of them, just walking on to a wild punch and waking up on the canvas and wondering what I was doing there!"

BOXED FOR WALES A GREAT HONOUR

He was soon back in action, though, and one of the undoubted highlights was being selected to box for Wales in a competition against a team from HM Forces at the Dockers' Club in Swansea.

"It was a huge honour," Rowland told us, "but after the pre-fight formalities it didn't last long because I caught my opponent with a cracking clean punch in the first round and he went down like a sack of spuds!"

In his eight years of boxing Rowland travelled across the whole of South Wales and up north as well in his willingness to get into the ring.

"I once boxed in Llay, near Wrexham, and found my opponent, who was called Jim, was a policeman in the area, but originally hailed from Pembrokeshire!

"I also loved training sessions three times a week and my work on the farm also gave me a high level of fitness - and it was great to spar against some highly skilled and strong boxers who abounded

in the club as Tony was a brilliant coach and had help from Dewi Harries and Ken Marpole.

GREAT YOUNG BOXERS IN A CRACKING CLUB

"When I was boxing I would go five nights a week if I had the chance and there were some very talented youngsters at the club like Phil Morris, who was my main sparring partner, Wayne Mathias, Neil Harries, brothers Gareth and Stephen Marpole, Nigel Richards, Alan Price, who attended Eton College and Rene Edwards, who had so much promise at that time.

"The club met at the gym on the Rock House Estate where Tony had converted an old barn and it had all the necessary equipment, like heavy bags, pads, skipping ropes, weights - and even its own boxing ring for sparring in!

"It had a great reputation as a club across the whole of South Wales and when my hands started to give me trouble after so many years of boxing, which in boxing terms was a real body blow, I had to step down - although I then went along to help Tony, alongside Dewi and Ken.

THE YARD CAME INTO BEING - AND ROWLAND'S BEEN INVOLVED EVER SINCE

"Eventually Tony was too busy with his business and the club closed - so when I heard that The Yard Boxing Club was starting up in Letterston I popped along and received the warmest of welcomes from head coach Ken Owen, and we have enjoyed each other's company ever since as we meet with the youngsters at The Yard every Monday and Wednesday - and sometimes an extra night if needed.

"Only the other week we made the journey twice to Ebbw Vale with Joseph Felice and we were delighted he boxed well to reach his Welsh final and disappointed for him that after doing so well he just missed out in the final - but he is certainly one to watch for the future!

"We have an excellent group of young boxers and older members who like keeping fit, and we also cater for young girls who want to try the sport and perhaps gain more confidence in the process - and from the outset we emphasise the need for self-discipline in and outside the club, which we believe is very important.

TRAINING IS STILL AS IMPORTANT AS EVER

"The training sessions still follow a similar pattern as we warm up with 20 minutes of skipping, which boys find hard at first but soon get the hang of it and devise their own eye-catching routines - and then we do their floor work, which is similar to circuit training as we aim to develop all-round strength, stamina and the ability to keep going when it gets tough.

"All our new boxers learn to punch correctly and then we have the heavy bags, often for nine-three-minute rounds with a rest in between. The training on the pads, worn on the hands of coaches, teaches correct use of straight punches, hooks and upper-cuts - and we usually do three three-minute rounds of them.

"Sparring is going on and this part of a cool-down session which is important before they leave - and we can see the strides made by Sean Bolger, Jason Felice and Thomas Hunter, to name but a few."



FAMILY MATTERS . . .

Considering the fact that Rowland and the George family milk two herds of Holstein cattle it might seem surprising to some that he has any spare time but it is his way of relaxing and he is the first to sing the praises of his wife Sharon, who is not a huge fan and has her own interests but did enjoy most sports in school and is part of a well-known Narberth sporting family because her late father Tony was a fine front-row player with Narberth RFC and eventually became their chairman and president in recognition of his valuable administrative work when The Otters were setting out in the National Leagues' pyramid.

The couple have three daughters in Claire, a pharmacist married to a former international squash player in Gareth Arthur; then Sophie, a radiologist whose

husband Matthew Jenkins was a popular conductor of the Goodwick Brass Band - and finally Hannah, who serves in the CID with Pembrokeshire Police and is married to Matthew Clark, a former captain of Haverfordwest RFC.

Sharon and Rowland are also proud grandparents four times over so they are busy family-wise - but Rowland still makes time for his sporting interest.

He is a great asset to the Yard Amateur Boxing Club and we at FeelGood Magazine Pembrokeshire have made several visits there and really enjoyed the camaraderie that exists and care taken of their young charges by Rowland George alongside Ken Owen - and we wish him many more years there because he is someone who represents all that is good in local amateur boxing clubs!

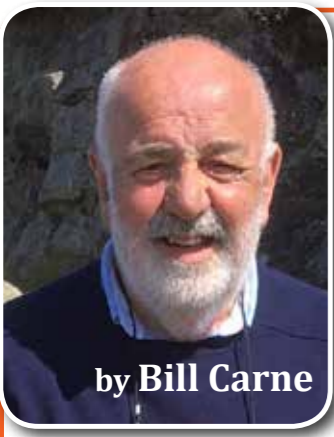


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OUR TALENTED SPORTING YOUNGSTERS



by Bill Carne

DILLON LEWIS

Dillon has been brought up in a household where cricket and football have been part of its way of life in Hakin, Herbrandston, & St Ishmaels - and today he tells us just a little more about his own sporting involvement...

Age: 13
Club played for: Hakin Football Club Herbrandston senior cricket team St Ishmaels Junior Team

People who have helped me:
Cricket: Wendy Bradshaw, Ian Milsom, Craig Butland (PE teacher) Clarissa Lewis, Simon Williams (regional coach) and especially my dad, Jonny Lewis.

Football: Jonny Lewis, Jamie Roberts, Craig Butland, Tom Wheeler, Craig Power and Tristan Carlson, A special mention to Tristan who has coached me for my whole football career so far since



under 7's. can't pick between them.
Position in football: I can play up front or in defence. As a striker I love scoring goals and as a defender I enjoy the battles.
Successes: League Runners up last season in football and cup winners in football too. Runner up in the under 13's cricket last season. Playing my first senior cricket
Favourite local player: In football it used to be Nicky Woodrow but now he's retired it's Jack Britton (both Hakin United). In cricket it would be Ross Hardy (Neyland) and Ian Milsom (Herbrandston); I

RHYS TENNICK

We are delighted to feature a talented young all-round sportsman from Neyland who clearly has rugby as his favourite sport but also is a very useful cricketers.

Rhys Tennick hails from a sporting family because his dad John and granddads MikeTennick and Chan Bowen are also well known in the area.

Age: 12
Club played for? Neyland RFC Under 13s, Hook CC and Haverfordwest High School Year Eight Rugby.

People who have helped you? Delme Bateman, Simon Philips and my dad John and mum Louise.

My granddad Mike Tennick has also been a great supporter and in Hook Cricket I have had lots of help and advice from Matthew Holder.

Position - why play there? I play full back, like my grandad Chan Bowen (Carmarthen Athletic & Neyland) and great-grandad, Freddie Johns, who played in the backs for Neyland, and I enjoy catching the ball and running back at the defence. My dad John played at No 8 and my uncle Robert Johns played as a prop for Neyland too.

Successes: We (Neyland Under 12s) won the Plate Final last season by beating Pembroke Dock Quins and our coaches said we did well to get there. We also played well in festivals at Pencoed, St

Clears, Newcastle Emlyn and Llanelli Wanderers.
Favourite local player: Ben Williams (Neyland back row) because he is always involved, tackles hard and scores tries.
Favourite top sportsman and why? Beauden Barrett because he plays 15 (or 10) and is an All Black who is brilliant at running the ball in attack and defends well too.
Other sports played? Cricket, I play for Hook Under 13s as a left-arm medium-pace bowler and middle-order batsman. I went for West Wales Trials in Carmarthen



the other week. I had a top score last season of 27 not out and took 1 for 4 against Pembroke Dock and 2 for 25 versus Lamphey. I also played for Hook at under 15 level and I've just been picked for the Cricket Wales (West) under 13s Pathway squad. I was part of the Hook under 11s who beat Cresselly in the final.
Ambitions? To play full back for the Ospreys and Wales. I go with my parents and younger brother Caelan to watch the Ospreys and my favourite Welsh player is Gareth Anscombe.

ELLIOT MIDGLEY

Elliott is an avid sports fan who is doing so well in cricket that he is a regular in the Hundleton senior team, and he also plays rugby and football as well. He hails from a family who all love their active involvement and are all playing the game, and is someone who is keen to learn so is sure to do very well in the future.

He is also a modest and pleasant young man and we at FeelGood Magazine wish him every success in the future!

Age: 13
Clubs: Lamphey Juniors CC Hundleton Seniors CC Cricket Wales West Regionals for the last two seasons.

People who've helped me: Kelly and Stuart, my parents, and sister Ava, who really encourages me, Nick Shelmerdine - Lamphey juniors coach, Simon Williams - regional coach, Jonny 'Bap' Lewis - regional coach, Jonathan 'Taffy' Williams - Hundleton. All these people have helped develop me as a player.

All round player: Medium pace seam bowler, Top order batsman

Best moments: Winning 5th division in my first senior season, where I started playing at the age of 11. Being in three senior finals and winning the Ken Morris Cup just a few weeks ago, where I bowled in both innings.

Favourite local player:



Leighton O' Connor - for his enthusiasm of the game and his willingness to share his knowledge and experience.
Favourite famous sportsman: Joe Root for his technique (he's great to watch) and leadership
Other sports played: Football: I've played for Pannar Robins since the age of 6 and now in the under 14s. I'm captain of the team and play centre half but I can also play in goal when needed.
Rugby: I've played for Pembroke RFC as hooker since the age of 6 and I'm now in the under 14s
Ambitions: To continue playing cricket as much as I can. Hopefully one day I'll be playing in the Harrison-Allen Bowl Final.
I enjoy all my sport: Sport has allowed me to travel far and make new friends that I wouldn't have met otherwise.

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FANCY A CHRISTMAS THEMED TATTOO THIS YEAR?

Christmas is a time of joy, celebration, and togetherness, and for many people, it's also an opportunity to express their love for the holiday season in unique and creative ways.

Among the growing trends of personal expression during the holidays is the rise of Christmas tattoos—permanent and temporary artworks that capture the festive spirit on the canvas of the skin.

These tattoos range from whimsical and lighthearted designs to deeply meaningful pieces that symbolize the magic and values of the holiday. If you're considering a Christmas-themed tattoo, or if you're simply curious about the trend, here's an exploration of the various aspects of these festive tattoos.

The Appeal of Christmas Tattoos One of the main reasons people choose Christmas tattoos is their ability to immortalize the joy and nostalgia of the holiday season. For some, Christmas evokes memories of childhood excitement, family gatherings, or meaningful traditions. A tattoo can serve as a permanent reminder of these cherished moments. Others may embrace the aesthetic beauty of Christmas imagery—think snowflakes, Christmas trees, or twinkling lights—and incorporate it into their personal style.

Christmas tattoos are also popular among those who love seasonal themes and want to celebrate their favorite time of year all year long. They might be fans of winter, snow, or the sense of generosity and kindness that Christmas represents. A tattoo allows them to carry these sentiments as a visual reminder.

Popular Christmas Tattoo Designs

There is an endless variety of Christmas tattoo designs, each with its own symbolism and artistic appeal. Some of the most popular motifs include:

- 1. Christmas Trees** A classic symbol of the season, the Christmas tree can be represented in various artistic styles. From minimalist line art to elaborate, detailed depictions adorned with ornaments and gifts, this design is perfect for those who love the tradition of decorating the tree.
- 2. Santa Claus** Santa tattoos are an iconic choice, often portrayed in a cheerful, cartoonish style or as a vintage, classic figure with a full sack of toys. Santa imagery celebrates the joy of giving and the magic of believing.
- 3. Snowflakes** Snowflakes are a versatile tattoo choice, symbolizing individuality, beauty, and the uniqueness of the season. These designs can be small and delicate,

perfect for a wrist or ankle, or larger and more intricate for a bolder statement.

4. Christmas Lights Strings of colorful Christmas lights make for a playful and vibrant tattoo design. They can wrap around an arm like a bracelet or shine brightly on the shoulder or chest.

5. Holiday Characters Characters like Rudolph the Red-Nosed Reindeer, Frosty the Snowman, or the Grinch are beloved figures that can inspire fun and nostalgic tattoos. These designs often bring a smile to both the wearer and those who see them.

6. Religious Imagery For many, Christmas is a deeply spiritual holiday. Tattoos of nativity scenes, stars of Bethlehem, or angelic figures are a way to honor the religious significance of the season.

7. Festive Quotes Incorporating holiday phrases such as "Merry Christmas", "Let it Snow", or "Peace on Earth" can add a literary element to a tattoo. These words can be paired with images or designed in decorative fonts.

Placement Ideas for Christmas Tattoos

The placement of a tattoo is just as important as the design itself. Christmas tattoos often lend themselves to areas of the body that are easily displayed or concealed, depending on the wearer's preference.

Small and Subtle Designs: Snowflakes or tiny stars can be placed on the wrist, finger, ankle, or behind the ear for a discreet and elegant touch.

Larger and More Detailed Pieces: A full Christmas tree, a Santa portrait, or a nativity scene might work well on the arm, back, or thigh.

Playful Arrangements: String lights or garlands can be designed to wrap around limbs, creating a dynamic and festive effect.

Temporary Christmas Tattoos

Not everyone is ready to commit to a permanent Christmas tattoo, and that's where temporary tattoos come in. These are perfect for embracing the holiday spirit without the lifetime commitment. Temporary tattoos often feature playful and colourful designs, making them a hit at Christmas parties or family gatherings.

Incorporating Personal Touches

Many people choose to customize their Christmas tattoos to reflect their personal connection to the holiday. For instance:

Family Traditions: A tattoo could depict an ornament that has been passed down through

generations or a favorite holiday dish.

Pets and Loved Ones: Including paw prints, names, or silhouettes of loved ones in a festive design adds a meaningful touch.

Cultural Elements: Different cultures celebrate Christmas in unique ways, and tattoos can incorporate these traditions, such as specific foods, costumes, or regional decorations.

Considerations for Getting a Christmas Tattoo

Before getting a Christmas tattoo, there are a few factors to keep in mind:

Longevity of the Theme: Consider whether you'll love the design year-round or if it's something that might feel seasonal.

Artist Selection: Choose an artist skilled in the style you want, whether it's realism, traditional, or cartoonish.

Skin Tone and Size: Work with your artist to ensure the colors and details will stand out beautifully on your skin.

The Joy of Year-Round Festivity

While some may think of Christmas tattoos as seasonal, for



many wearers, the themes they represent—love, joy, giving, and togetherness—are universal and timeless. A snowflake tattoo, for example, is as beautiful in July as it is in December, and Santa's cheerful face can remind us to carry the holiday spirit throughout the year.

In the end, Christmas tattoos are a personal and artistic way to celebrate the most wonderful time of the year. Whether permanent or temporary, subtle or bold, these designs capture the magic and wonder of Christmas in a way that resonates with each individual wearer. If you're considering one, think about what the holiday means to you and how you want to express that meaning.



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CHRISTMAS TV 2024: EVERYTHING YOU'LL WANT TO WATCH THIS FESTIVE SEASON



Christmas is the season for cosy evenings, indulgent treats, and of course, festive television. Whether you're a fan of heartwarming dramas, classic films, laugh-out-loud comedies, or spectacular live performances, this year's TV schedule promises something for everyone.

From much-anticipated holiday specials to nostalgic reruns, the small screen is bursting with seasonal magic to keep you entertained throughout the holidays.

Grab your hot chocolate, settle in by the fire, and let's take a closer look at the highlights hitting your screens this Christmas.

Gavin & Stacey: The Finale

Few things feel as quintessentially Christmas as settling in to watch Gavin & Stacey, the beloved sitcom that

has become a holiday tradition for many.

It's hard to believe, but it's been five years since the 2019 Christmas special drew an audience of 17 million, leaving viewers on the edge of their seats with a jaw-dropping cliffhanger—Nessa (Ruth Jones) proposing to Smithy (James Corden). Now, the wait is finally over as we return to Barry Island for the long-anticipated finale to discover Smithy's answer.

Details about the episode remain tightly under wraps, with the cast—including Mathew Horne, Joanna Page, Alison Steadman, Larry Lamb, and Rob Brydon—keeping mum about what's in store. But one thing is certain: fans can expect the mix of heart, humour, and nostalgia that made Gavin & Stacey a national treasure.

As a special treat for devoted fans, don't miss Gavin & Stacey.

A Fond Farewell on New Year's Day. This intimate documentary explores the 17-year journey of the iconic sitcom, offering a behind-the-scenes look at its creation and enduring legacy.

Catch the finale on 25 December, 9pm, BBC One—the perfect way to end your Christmas Day.

Doctor Who Christmas Special

The Doctor is back to light up your Christmas Day with another thrilling adventure through time and space in the festive episode, Joy to the World.

This year, the ever-charismatic and impeccably dressed Doctor, played by Ncuti Gatwa, returns for a heartwarming journey that promises excitement, emotion, and plenty of holiday magic. Joining him is a special guest star, Nicola Coughlan, best known for her roles in Derry Girls and

Bridgerton. Nicola takes on the role of Joy, a determined young woman who plays a pivotal part in the story.

The show's writer has teased that Nicola's performance will be unforgettable: "Nicola is wonderful in it; she will break your heart." With such high praise, this stylish and emotional festive special is set to become an instant classic.

Settle in for what promises to be a touching and visually dazzling adventure—perfect for fans old and new.

Catch Doctor Who: Joy to the World on 25 December, 5:10pm, BBC One.

Call the Midwife Christmas Specials

For the 13th year, we're returning to Nonnatus House for another festive season with the beloved midwives of Poplar. It's

a heartwarming tradition that's grown alongside its viewers—those babies from the first Christmas episodes would now be teenagers, likely hinting for Sol de Janeiro gift sets in their stockings!

This year, fans are in for a special treat with two Christmas episodes, both set in 1969. Amid the festive cheer, including a town funfair and a highly competitive mince pie contest, the midwives face the challenges of a community hit by influenza and the Hong Kong flu. As always, there will be plenty of new arrivals, heartfelt moments, and the camaraderie that has made the series a seasonal favourite.

Prepare for a whirlwind of emotions, and be sure to tune in for a double helping of Christmas spirit in Poplar.

Catch the episodes on 25 December at 8pm and 26 December at 7:30pm on BBC One.

The Rest!!

This Christmas, the return of beloved classics promises festive joy. **Wallace & Gromit: Vengeance Most Fowl** sees Gromit tackling Wallace's rogue invention, Norbot, and the possible return of Feathers McGraw. Featuring stars like Ben Whitehead, Peter Kay, and Lenny Henry, it's a heartwarming adventure (25 Dec, 6:10pm, BBC One).

The Gladiators Celebrity Special pits celebs like Joel Dommett and Louise Minchin against the mighty arena warriors (1 Jan, 6pm, BBC One).

Finally, **Outnumbered** reunites the Brockmans for a chaotic holiday gathering, filled with nostalgia and laughter (26 Dec, 9:40pm, BBC One). Festive viewing at its finest!

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Christmas Crossword Puzzle

Christmas Words



Across

- 2. What's another name for Christmas songs?
- 3. Who stole Christmas?
- 6. Who said 'Bah-humbug'?
- 9. Who pulls Santa's sleigh?
- 10. Who was born on Christmas?
- 11. What is hung by the chimney?
- 12. What does Santa put under the tree?

Down

- 1. Something you might leave Santa to drink
- 2. Something you might leave for Santa to eat
- 4. Which reindeer has a red nose?
- 5. Who delivers presents on Christmas Eve?
- 7. What day is December 25th?
- 8. What does Santa ride in?
- 13. Something for the top of the tree

Spot 10 differences



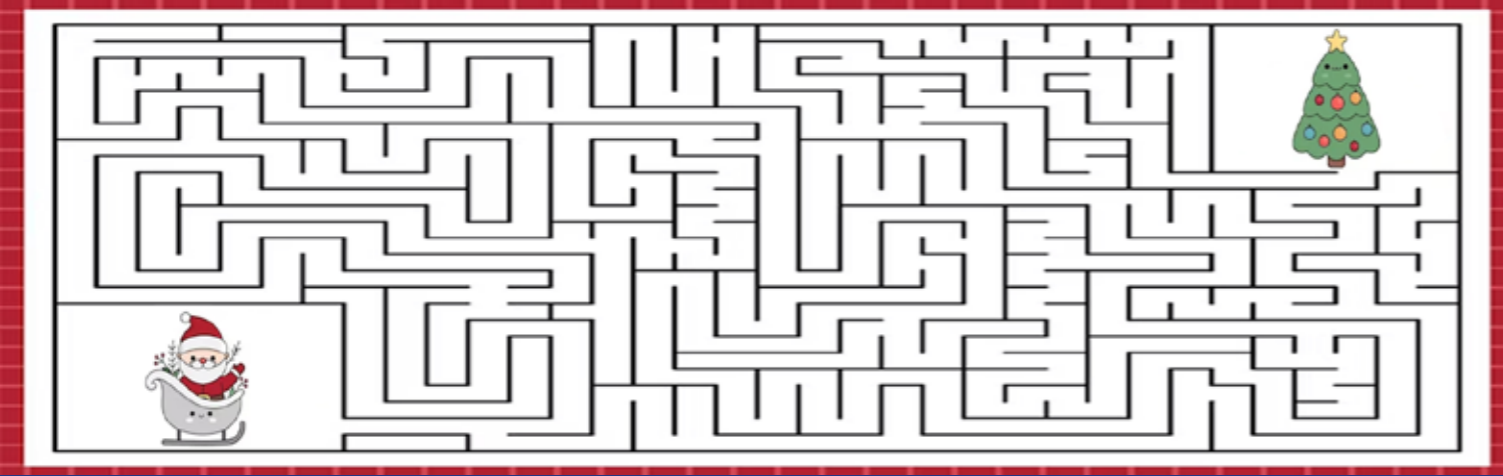
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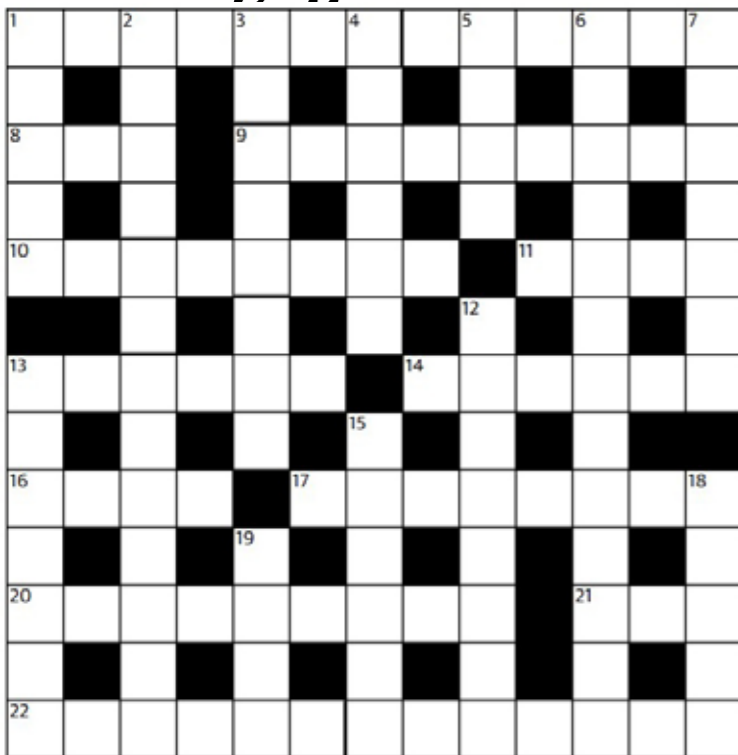


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The FeelGood Puzzle Page

Crossword



Across

- 1 Take what's offered or get nothing at all (7,6)
- 8 Rocky hill (3)
- 9 Beef cut — net's odour (anag) (9)
- 10 Tavern (8)
- 11 Dwell (4)
- 13 With a submissive manner (6)
- 14 Nasty (6)
- 16 Desensitise (4)
- 17 Causing 18 (8)
- 20 Proviso (9)
- 21 French friend (3)
- 22 Distraught (6,7)

Down

- 1 Unforeseen obstacle (5)
- 2 Historic west Suffolk market town (4,2,7)
- 3 Honestly (anag) — surreptitiously (2,3,3)
- 4 Landed gent (6)
- 5 Go to the gallows (4)
- 6 Of an ambiguous nature (13)
- 7 Attempted (7)
- 12 Piffle (8)
- 13 Car for hire as a taxi (7)
- 15 Gambling establishment (6)
- 18 Heartache (5)
- 19 Bound (4)

Crafty Sudoku

1	8					2	
		4	7		6	3	5
5				3			
		1					9
3			5	8			7
			6				
7						1	
8			3			4	7

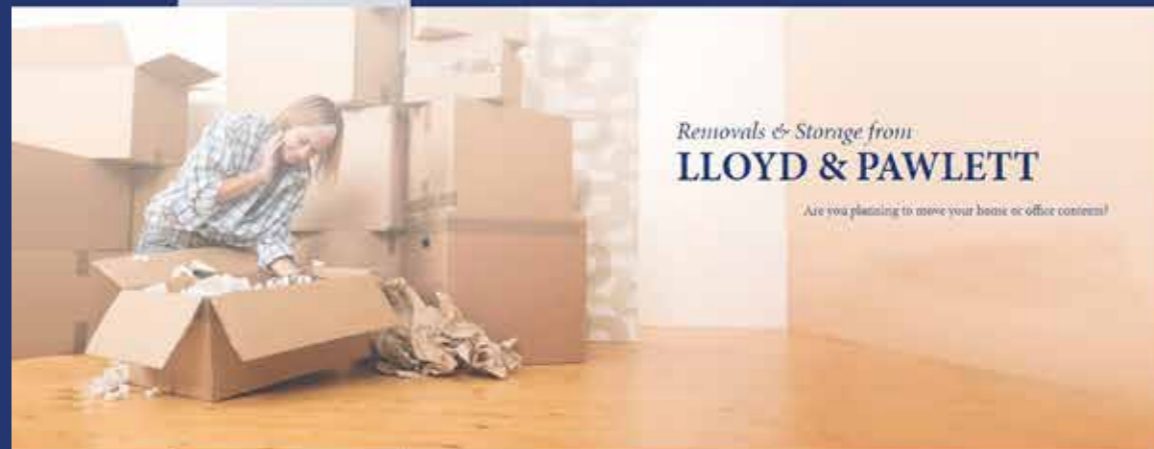
Solutions for last issue

2	7	1	6	8	4	9	3	5
9	8	3	1	2	5	4	6	7
5	4	6	9	3	7	2	8	1
8	3	4	2	6	1	5	7	9
6	9	7	5	4	3	8	1	2
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AVA'S GOING GREAT GUNS IN HER CRICKETING CAREER

Ava Midgley is 16 years of age and has already represented Wales in girls' cricket, played locally at the Ladies and Men's games respectively for Cresselly and Hundleton, as well as enjoying the indoor league when her studies for her GCSE exams have allowed.

Ava represented Wales last season and is in the squad for

the 2024 campaign, once her school exams are over - and she is eager to get restarted after doing so well in 2023!

EARLY START - IN THE FAMILY'S GARDEN!

She started out in her cricket-mad family by playing in the back garden and then spent hours playing with the children of Hundleton cricketers as dad Stuart is a key player there as a big-hitting batsman, as well as playing football for Monkton Swifts and coaching Pennar Robins under 14's, where her younger brother Elliott plays.

Mum Kelly is also a very keen player who plays cricket for Hundleton Seconds' men's team as well as Pembroke Dock and Neyland Ladies - and is described by Ava as her best supporter - and top taxi driver in taking her to all the matches she plays, not only locally but with the West Wales squad, plus training and playing for Wales!

The family interest in sport is rounded off by her uncle, Ben Adams, who has captained Hundleton, plays football for Goodwick United - and is a very accomplished darts player knocking at the door of the top echelons in the game.

LOVES OTHER SPORTS TOO

Ava has also shown an ability in other sports because she plays netball for Pembroke Ladies after just finishing her last game for the under 16s, where she has won the 'Most Valuable Player' award on more than one

occasion. Then there's hockey at Ysgol Harri Tudor, in Pembroke, where she plays up front - and has also dabbled a bit in football and rugby.

But it is cricket that ranks as her No 1 sport after starting out in the Hundleton Boys' team at under nine level and also played later for Lamphey CP School after being encouraged by Mr Thomas, the head teacher.

RESTART AFTER COVID

But then Covid came along and so Ava missed playing until she joined Pembroke Dock and had two years in their ladies' team alongside playing for the second string and receiving every encouragement from Peter Kingdom, the skipper, and Nick Daley.

She obviously impressed because after playing in a losing Dock team to Burton Ladies in the Clive Huxley Cup Final she was invited to join Cresselly and did so, learning a lot from the likes of Ffion Ashman, Lauren Davies, Lucy 'Johnno' Johnson and Megan Arthur.

Ava has also been a regular at West Wales level since she was 14, with Maddie Potter (Neyland) as the only other regular from this county - and claimed her first hat-trick playing for them in a match 'Up the line' - followed by another whilst playing for Hundleton Seconds and she finished up with figures of 3 for 14. On the batting front, Ava's top score is 49 for West Wales at Port Talbot, where she missed out on a maiden 50 when she was run out!

PLAYING LOTS OF CRICKET

She also played one match of mixed cricket with West Wales at under 15 level and for the past two seasons has captained the West Wales' girls' teams on a number of occasions. Of course it demands great commitment, what with all the travel, but with support from Kelly and Stuart she loves being part of it.

Not content with that little lot, Ava also played for Carmarthen Wanderers and captained them to success in their local cup final - but the undoubted highlight came when she made her



by Bill Carne

Welsh debut against Somerset at Chepstow, and grabbed two wickets.

Other highlights came when she was chosen by Martin Jones and Keri Chahal for the County Junior Bowling Award, the first female to do so, and played in the County Ladies' team when they made their debut in the Welsh League and she helped them beat a very experienced Radar side at Cresselly.

She has since played in several other matches after training on a Monday evening in Neath and a couple of Saturdays per month at Sophia Gardens, where a few of her international games have been.

AND FINALLY . . .

Last season saw Ava also play for Hundleton men in the final of the Alan Brown Cup at Whitland, alongside dad and younger brother and although she enjoyed the experience she readily admits they were hammered - and missed out on Hundleton winning the Ken Morris Cup Final at Narberth because she was already booked to play elsewhere - for Wales at Newport!

So now Ava's start to the new campaign is on hold until 27th May, when the dreaded exams come to an end, but by then she will be raring to go - and in wishing her every success in those and her future cricket we at 'Feel Good Pembroke' do so safe in the knowledge that she is a very talented young lady and we are going to hear lots more of her cricketing exploits for many years to come!

JOSEPH IS A GREAT ADVERTISEMENT FOR THE YARD ABC

When Joseph Felice came runner-up in his weight category at the recent Welsh Amateur Boxing Championship at Ebbw Vale Sports Centre there was naturally a measure of disappointment but it was linked to a deserved sense of pride because he had boxed really well to win his semi-final the day before.

Joseph trains three times a week with coaches Kenneth Owen and Rowland George at The Yard ABC in Letterston and they are very quick to sing his praises and Kenneth told us soon afterwards, "Joseph is a great advertisement for our sport because he is totally committed, sets the pace in training and hasn't let some earlier defeats upset him: Indeed, they have simply made him even more determined to box on and train even harder."

FAMILY MATTERS . . .

Joseph isn't your typical 17 year-old in this tough sport because he is very analytical about his boxing - and readily admits that he played rugby until he was entering his teens but then stopped taking part because he found it too physical for him at that time.

So, he didn't take part in any sport for a while but sometimes pretended to 'square up' to his father John at home, who was a very good hooker or flanker for Haverfordwest and eventually played international rugby for Malta, the birthplace of his father.

His uncle Phil played prop for Haverfordwest and Malta; and he says Phil and his auntie Cheryl are others who have given him every encouragement.

Joseph's dad and mum Faye - and big sister Mia, who plays hockey for Pembroke, encouraged him to go to a boxing club and it was mum who messaged coach Kenneth and he

was soon being driven there from the family home in Clarbeston Road to try it out.

A NERVOUS START

"I was a bit nervous," admitted Joseph, "and to be honest I was quite clumsy, especially with regard to the skipping which starts the sessions - but I've learned since to get the sense of rhythm that it needs and find it a great way to warm-up."

"Pretty soon I started to get a grip of things with all the equipment and also in sparring and began to gain in confidence because the coaches are brilliant and didn't try to hurry me along, which I really appreciated - and it took me about a year before I decided I was ready to apply for the medical card which meant I could start thinking about taking part in boxing.

"So, I had my medical, filled out all the forms and within a fortnight it was back, telling me I could now take part in amateur bouts under the rules of the Welsh Amateur Boxing Association."

THREE DEFEATS TO 'GOOD FRIEND' WILL

Joseph's first bout came in the Welsh Novices Championships in Swansea and after receiving a bye in the semi-final he took on Will Mather, of Gwynfi ABC, who had already boxed a few times.

"The first round went well but right at the end I got caught by a punch that the referee thought was too good for me and he stopped the fight."

"I then took on Will Mather a second time a bit later on his own show and this time I lost on points but felt pleased I had stayed the distance against a very good boxer on his home show - and we met a third time on Pembroke Dock ABC's show at the



Pater Hall.

"Will made it a hat-trick of wins against me but only on a split-decision verdict and he said afterwards that he thought he had lost it - and we are still good friends as we go on Instagram together quite often."

There was still no luck for Joseph as his fourth contest was on three Box Cup at Sophia Gardens and lost against Chad Williams (Kenfig Hill ABC) but he says that he could feel a real improvement and it made it all the difference to his confidence.

FIFTH TIME LUCKY

And it was a case of 'fifth time - deserved winner' in the recent Welsh Novices Championship as he took on Keenan Boggan, who hails from Anglesey.

"I was thrilled when the verdict was announced and the referee raised my arm up- and no-one was more delighted than my mum, who never misses a bout and is easily the loudest shouter in the hall!

That was on the Saturday and Joseph had to travel up to travel up to Ebbw Vale again the next day for his final against McKenzie McCann (Gilfach Goch) and in a cracking bout

he lost on a split decision - another disappointment but a step in the right direction because both coaches said that he had boxed really well and it could have gone either way!

AND FINALLY . . .

So now Joseph is back in training at The Yard every Monday, Wednesday and Friday evening, alongside running or weight training on Tuesday, Thursday and Saturdays - with a bit of a rest on Sundays.

"It might seem a lot but I am really enjoying my involvement at the club and training on my own the other days."

"I would say to anyone thinking about going for the first time that they should give it a try - like I did - because they will have every encouragement from

Kenneth and Rowland; don't have to box if they don't want to and can just get fitter by going regularly."

We at 'FeelGood Pembroke' can only say that we were very impressed by Joseph Felice's attitude and commitment, which we witnessed on a cold, wet night before we enjoyed our chat with him!

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As a result, you must ensure that you adjust your driving to suit the conditions.

snowing heavily or snow is forecast, and avoid other adverse conditions like heavy rain, ice, or fog.

- Consider using public transport.
- If you drive to work, try to arrange to work from home (especially if you live in a rural area).

BE PREPARED

- Ensure your vehicle is well-maintained with an up-to-date MOT, regular servicing, and routine checks by yourself.

AVOID DRIVING

- If possible, avoid driving in snow and other treacherous conditions.
- Never set off when it's

- Keep an ice scraper and de-icer in your vehicle. Pack a winter driving kit in case of emergency. This could include a torch, cloths, a blanket and warm clothes, food and drink, a first-aid kit, a spade, a warning triangle, and a high-visibility vest.

CAREFUL, CAUTIOUS DRIVING

- Always have a well-charged phone for any emergencies.
- Check the weather forecast in advance and plan your journey.
- Slow right down and only travel at speeds where you can stop within the distance you can see to be clear.

- Maintain a safe distance between you and the vehicle in front. If you haven't already, increase it to as much as 10 times the usual distance immediately.

- Be extra vigilant for pedestrians and hazards. Stay in control and avoid harsh braking, accelerating, or sharp steering.

- Take corners very slowly and steer gently and steadily to avoid skidding.
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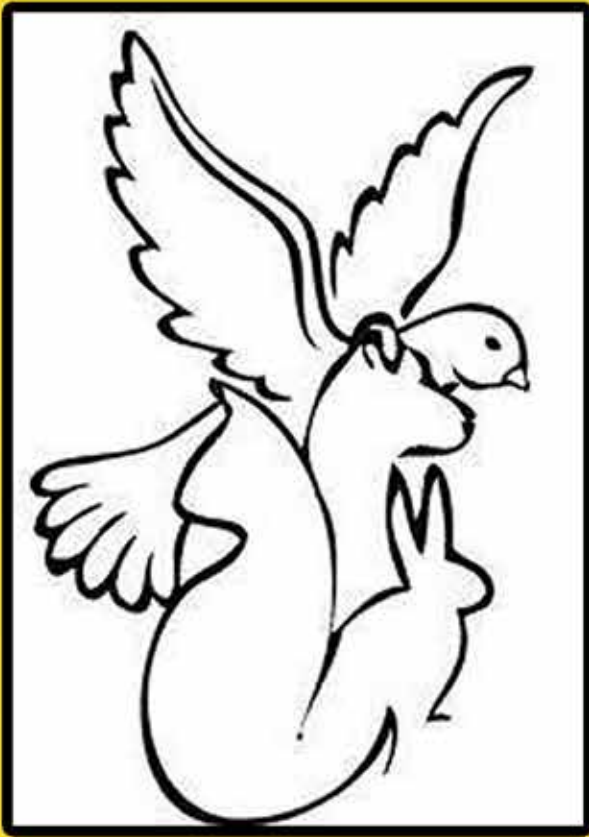


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