



UPDATE!

Wales Coastline and Border Celebration



The Wales Coast Path logo at Penarth.
Phot: Jim Bartlett, Cardiff U3A.

I know it's hot but what a good reason to be enjoying the coastline and border country.

Sung to the tune of 'The Manchester Rambler', we have received a new version of this iconic folk song from Jo Shone, a member of Flintshire U3As Writers Group. Chorus and first verse (of eight covering the length and breadth of the country)!!

***I'm a rambler. I'm a rambler on the Welsh Coastal Way
The salty fresh air just brightens my day.
Work may be calling on Monday,
But I'll be back on the right path come Sunday.***

*Along the banks of the Dee my soul is set free,
As I take the rough path in my stride.
Past terns and waders, but no bucket and spaders
They're deterred by the turn of the tide.
From a castle in Flint onto Mostyn
To a pithead at stark Point of Ayr
I soon find myself in the sand dunes
By a lighthouse now empty and bare.*

Copies available on request.

Comments, written contributions, photographs, diaries, poems and stories, and research which celebrates the great natural and built assets that we have around the coastline and along the border are still welcome:

Email: u3acoastandborder@gmail.com

Website: Wales U3A Cymru

Facebook: [Coastline and Border Celebration](https://www.facebook.com/Coastline-and-Border-Celebration)

Sarah Lever, from Swansea U3A's Gourmets Guide to History Group, has indicated that she would like to illustrate her booklet, *Welsh Coastal Food*, with line drawings. The booklet includes historic recipes from right around the Welsh Coast: Lobsgows, Bara Brith, Crempogau, Teisen Benffro, Salmion Mould and many more!!

If you would like to help please contact us.



Thanks to Graham Watkins for the link to the cockling history of the Lougher Estuary. [Pen Clawdd cockle women.](#)

Images from June contributions to the Facebook page.



The stained glass window is in St Mary's church at Rhosili. It was commissioned from artist Anne Clarkson, to celebrate the life of one of Gower's sons, Edgar Evans, the explorer who travelled with Captain Scott. The image is two figures in the Antarctic landscape. Forwarded by Eric Anscombe from the Carmarthen U3A Walking Group.

Then we have Siriol Gwyn and Gybi Felyn, white and tawny mosaic guardians at the end of the modern footpath from Caergybi (Holyhead) station into the town - a nice artistic mix of styles and images on the Wales Coast Path. Phot: Ray Roberts.



Meanwhile, another image from Jim Bartlett, from Cardiff U3A, captured this small and amusing peace protest at Penarth. David Parry, from Flintshire U3A, had caught this image of the Waverley leaving Llandudno with a flourish and full complement of passengers. June also proved to be a good time to catch some of the wildflower meadows now returning to stretches of the coast and border - this one is part of the Penrhos Coastal Park on Anglesey and included a strong colony of orchids.

