

Pair take on oar-some challenge

NOW into 2013, many of us have probably formulated New Year's resolutions that we know we have little chance or inclination of keeping.

By Becky Hotchin

breast cancer aged just 33. Christmas and New Year 2013 will be in stark contrast to this one, as the two family men battle unpredictable and extreme weather and 40-foot waves.

They will row 24 hours a day in two-hour shifts covering 2,600 nautical miles from La Gomera in the Canary Islands to English Harbour in Antigua.

Between now and then Nick and Ed will each have to spend 150 hours in the gym, accumulate more than 60 hours on their Atlantic rowing boat, put on more than seven kilos in weight, plan more than 20 charity fundraising events and manage blisters on hands and bums.

However, former Fishguard School pupil Ed Curtis has no choice about upping his fitness and stamina this year.

This time next year Ed will be in a tiny boat heading out into the middle of the Atlantic. Together with friend Nick Rees, Ed is taking part in the 2013 Talisker Whisky Atlantic Challenge and hoping to raise £250,000 for Breakthrough Breast Cancer.

Nick and Ed were motivated to undertake the challenge following the diagnosis of Nicks' wife and Ed's lifelong friend, Ellen, with

"We're really excited about the next 12 months," said Ed.

"Having spent three days on the boat in the Menai Strait we're confident in our ability and the boat.

"We now need to hone our preparation and juggle our two biggest projects, raising as much as possible for Breakthrough Breast Cancer, and attracting sponsors (both big and small) to help us really deliver a breakthrough in the fight against breast cancer which affects one in eight women at some stage of their lives."

To find out more about Ed and Nick's challenge visit www.breakthroughatlantic.com. To donate £10, text 'ROWA88 £10' to 70070.

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IN TRAINING: Ed and Nick will need to spend more than 60 hours in their boat *Breakthrough Atlantic* before setting off for the Talisker Whisky Atlantic Challenge early next December.



WINNERS: Tabitha Lindsey (third prize) and Rebecca Lindsey (second prize) with Helen Cuesta and Lucina Chalmers from The Co-operative Pharmacy.

School calendars on display at pharmacy

ST DAVIDS' Co-operative Pharmacy has been transformed into a seasonal gallery with artwork created by pupils from Ysgol Bro Dewi.

For the last 10 years the team from the pharmacy has taken on the task of judging the school's Christmas calendar competition.

The calendars are displayed around the pharmacy before Christmas for family and friends to see.

Simon Morgan, pharmacy manager, said: "We are proud to support this event and look forward to it each year as it is an important community tradition. It's great to see such creativity among the pupils."

Wolfscastle:

NEWLY-ELECTED president Greta Homewood presided over December's meeting. Minutes were taken by secretary Veronica Upham while treasurer Gwena Williams gave the financial report. Maria Brittain was presented with a certificate for coming

second in a recent county Christmas decoration meeting. This year's competition winners were: 1, Anthea Kemp; 2, Pauline Fields, 3, Kathleen Morris. The next meeting will be held on Thursday, January 3rd, at 2pm. New members are welcome.

Brass band champions team up to round off a great year

A PACKED concert at St David's Cathedral rounded off another great year for Goodwick Brass Band.

A rapt audience listened in awe to world champions The Cory Band and Welsh champions Goodwick Band under Welsh Brass Band Conductor of the Year, Matthew Jenkins.

The Cory Band played a stunning programme including works by Gustav Mahler and John Williams's Superman theme. New musical director Philip Harper kept the audience well entertained and informed about the pieces.

Goodwick presented a beautiful selection including Karl Jenkins's arrangement of *Abide with Me* and *Laudate Dominum*.

In a memorable second half, the Goodwick and Cory joined for brilliant performances of John Barry's *Zulu* theme, Bach's *Toccata in D*



Minor and the *Pines of Rome* by Respighi.

"Once again The Cory Band helped us to create a

brilliant atmosphere in the Cathedral," said Goodwick's chairman Tony Evans.

"It was an excellent way to

finish a busy and successful year. Now we hope to maintain our progress through 2013."

Belarus children entertain friendship circle

FISHGUARD'S Friendship Circle was entertained by a group of children from the Belarus region, guests of the Chernobyl Children's Lifeline.

The children performed a wide variety of songs for nearly an hour and were given a standing ovation.

The visitors were presented with hand-knitted scarves donated by Gwen Willment and hand-knitted toys made by Helen Scurlock. The circle had also made up a bag of assorted fruit for each child and donations on the day amounted to £75.

Circle chairman Rhian Lloyd thanked organisers Bryon and Carol Alabaster, the children's teacher and their accompanying doctor. Mr Alabaster thanked members for their generosity.



SINGERS: The children from Belarus performed for nearly an hour. PICTURE: Johnny Morris