

Freshwater East News



September 2026

Freshwater East News – SEPTEMBER 2026

Please contact Vicky on 01646 672615 or by email at tomlinson745@btinternet.com if you have any queries about the items below or about items in the Nature notes.

Weather , RNLI and Lamphey Show

It's been good to see the fine weather continue during the school holidays for most of August. With sea temperatures a degree or so warmer this summer, plenty of folk have enjoyed swims, paddles and various watercraft outings. Luckily, despite no lifeguards, we have a relatively safe swimming bay and both swimmers and paddleboarders have made the most of the calm conditions.



The RNLI made 2 visits over the summer. One was back in June when a helicopter attended with the Tenby lifeboat to help rescue a person cut off by the tide at Trewent headland. Pictured here is the helicopter as it landed on the headland. The other visit was on July 4th when a fishing boat lost power and was assisted back to the beach by the Tenby lifeboat crew.

The weather was fine for the Pembroke & District Farmers Club annual show in Lamphey on 5th August and the youngster on our cover was learning how to show her family's sheep for judging. The number of people attending broke previous records and some photographs at the back of this edition give a flavour of the day and some of the many events which entertained visitors.

Fire Hazards affecting the Burrows

Hopefully, the recent showers will reduce the risk of a wildfire in the Burrows. It was worrying to see lots of BBQs in use over the summer but this diminished as the message of the potential danger they posed hit home. Another concern is whether there are sufficient fire breaks in the Local Nature Reserve. Until recently the National Park undertook annual work to maintain clearings between the various wooded areas covered by the Tree Preservation Order affecting the Burrows. However, many of those clearings are becoming increasingly overgrown.

New steps

After drawing the Park's attention to a hazardous section of the coastpath in the Burrows, we are grateful to the Park's warden team for creating 2 extra steps to solve the problem a few days ago. The before and after pictures here show the work..



Lost

One of our residents lost a 2cm wide solid silver band ring on the beach last week. She believes it was lost a little way west of the slip, roughly where the pebble bank bordering the dunes stops and the rocks start. It was a treasured gift. It isn't hall marked. If any of our readers find it, please contact Vicky on 01646 672615 or by email and she will put you in touch with the owner.

Coffee truck



Neil and Hannah's temporary coffee truck is pictured here in the car park near Jacks at the Longhouse. Following the breakdown of their other vehicle they are using this adapted horsebox while their vehicle is repaired. They plan to continue serving hot and cold drinks here between 7 and 11am after the holiday season although they may need to reduce the number of days, depending

on customer numbers.

August Eclipse

The partial solar eclipse on 12th August was a sociable affair in the village with many folk gathered on the beach or at various clifftop locations to witness the spectacle. Pictured here are a few locals at the east-end



viewpoint who managed to source the special glasses for viewing the phenomenon safely. I made a Blue Peter style cereal box viewer which was effective but when I borrowed a pair of the glasses I was able to see the darkening of the sun much more clearly. Others tried the colander method which provided an attractive pattern of a crescent sun on their house wall.

Freshwater East Community Association AGM on Sun 6th September

After a gap of a couple of years, FESCA is holding an AGM in Jacks at the Longhouse (upstairs) at **6pm** on 6th September. The meeting is open to all residents of Freshwater East, including Lake and East Trewent. Further information is displayed on the village noticeboard concerning proposed amendments to the Association's constitution. If you wish to have a say on the future of the association, please come along.

Lamphey Community Council – Cemetery proposal meeting.

Members of Lamphey Community Council are inviting locals to a public meeting in Lamphey Village Hall on **Wed. 9th September at 7.15pm**. It is a public consultation to help the council decide if there is community support for taking on a significant financial and administrative burden in connection with the establishment of a new graveyard in Lamphey. The meeting will start with a summary of the situation, including the costs and risks, after which there will be an opportunity for those attending to ask questions and express their views.

Currently the churchyard around Lamphey church is unable to accommodate any new burials although it does have spaces for the interment of ashes in the recent extension to the churchyard.

Ironman – Sunday 13th September, request for volunteers in Lamphey

This year's Ironman Wales event takes place on Sunday 13th September.

As in previous years, Lamphey Cricket Club and Lamphey Church are organizing a team of volunteers to provide the cyclists with snacks and drinks at the food station outside Lamphey Village Hall. If you are able to lend a hand, help is needed as follows:-



- i) from 4 to 6.30pm on the evening before (Sat 12th Sept) for the task of filling bottles with the various drinks provided, and
- ii) Between 8am and 5pm for setting up the stalls, handing out drinks and snacks and clearing up dropped bottles etc

All help is appreciated even if you can only come for part of the day. The Ironman organization provides T-shirts for volunteers and a Goody bag. Please contact Mike Colley on 01646 672441 or at macolley47@hotmail.com with your T-shirt size if you are able to help, so that he can order in the right sizes.

As usual, on the day, it will be difficult to travel towards Tenby or Pembroke or up to the A477 during the periods when the roads for the cycle event are closed. The circular route via Pembroke through the Angle peninsular will be closed on a rolling time frame from 8am at the earliest to 1.30pm at the latest. The cyclists will pass through Lamphey several times, firstly on their way to the Angle loop, secondly on their way back from the loop and thirdly on their second circuit of the Narberth loop via the Ridgeway. This means that the road from Jameston to Lamphey will be closed from 7.30am to 4.15pm and the Ridgeway road out of Lamphey will be closed from 9am to 5pm. For more information visit www.ironman.com/im-wales .

National Park's Archaeology Day – Saturday 7th November

Bookings are now open for the annual Archaeology Day, hosted by Pembrokeshire Coast National Park. It is an all day event held at Pembroke College. Tickets are priced at £32.50 and include tea/coffee on arrival plus lunch. There will be stallholders from local groups to browse and a series of talks from specialists about recent archaeological developments in Pembrokeshire.

Events and Activities for the autumn

As the school holidays come to an end, thoughts may turn to the resumption of various regular exercise and other classes and events. Here are just a few ideas of the many opportunities available locally:-

- i) **Narberth museum** hosts a wide variety of regular and one-off events including a variety of writing groups, quizzes, book groups, author's talks, Chair yoga and workshops such as weaving. Full information can be found at www.narberthmuseum.co.uk/whats-on.
- ii) **Manorbier, Giraldu Centre** The Giraldu Centre has a packed programme of regular classes and events covering, Yoga, Pilates, Dance, Sit & Fit, Walking tennis, Choir, Knit & natter, Manorbier Gardening group. There's also a weekly organic market on Fridays (11.30 to 2pm) and a weekly Fish & chip van on Thursdays (5.30 to 7pm). Go to www.giralducetre.com/whatson for full details.
- iii) **Adult Education classes.** The County Council's adult education programme starts up again this month. Details of the many courses on offer can be found at www.pembrokeshire.gov.uk/adult-learning or you can phone 01437 770130.

- iv) **Stackpole Singers** Practice sessions for the Stackpole Singers choir are held upstairs at Jacks at the Longhouse on Sunday evenings, starting on 20th September.

And Finally – what’s in a name?

With news that President Trump has declared that Lake Ontario is to be known in the US as Lake America, I wonder what he would make of the following suggestion about how America got its name. Some say that it might have been named after a **Welshman**, Richard Amerike, who funded several of the explorer John Cabot’s voyages of discovery in the late 1400’s. His surname ‘Amerike’ was probably a derivation from ‘ap Meuric’ (son of Maurice). This is in contrast to what most text books say. They suggest that it was named after the Italian map maker, Amerigo Vespucci whose ships sailed up the county’s east coast around 1500.

What’s On Calendar

3rd and 17th Sept **Quiz nights** at Jacks at the Longhouse. £2 each to enter. Food served from 5pm. Phone 01646 629819 to book food.

Sun. 6th Sept **Manorbier Village Show** at the Giraldu Centre. £1 admission.

1:00 pm - 7:00 pm. Entry £1 for adults, free for under 16s

Traditional Games, Stalls, Dog Show - awards sponsored by The Paw Path, Treasure Hunt, Wheelbarrow Races, Tombola & Raffle, Cakes & Ice Cream, Licensed Bar, BBQ on the Patio, Live music from the Slipway Ukes, Bushcraft workshop, Fossil workshop

- Presentation of awards for and displays of entries in Art, Cookery, Crafts, Creative Writing, Home Grown Fruit & Veg, Flower Arrangement and Photography. Cups, shield and trophy sponsored by Mendus and Pembroke Castle Pharmacies.

To find out how to enter the Dog Show and Competitions, visit <https://www.giralducenre.com/whatson#village>

Sun 6th Sept **Freshwater East Community Association AGM** at 6pm in the upstairs room at Jacks at the Longhouse (see news section, plus village noticeboard).

Tue 8th Sept **Coffee Morning** between 10 and 12 in Pembroke Town Hall in aid of Hundleton Church

Wed 9th Sept **Public Meeting** at 7.15 in Lamphey Village Hall hosted by Lamphey Community Council to discuss a possible new cemetery. (see news section)

Fri 11th Sept **Quiz & Pudding evening** in Monkton Church Hall at 7pm £5 per person.

11th – 13th Sept **Cardigan Craft Fayre Weekend** in Cardigan Castle. Admission £17. For full details and booking go to craftfestival.co.uk/cardigan-wales-festival.

Sun 13th Sept Ironman event – road closures locally (see above).

Wed 16th Sept Manorbier Gardening Club Talk by Lara Bean from Angle Walled Garden on Dried Flowers. 7.30pm in the Giraldu Centre. £3 for visitors.

Vicky's Nature Notes – September 2026

Sea beans

Pictured here is a small seed capsule, about 3cms wide, that a local resident found floating in the sea on a recent swim. It led me to research sea-beans, also known as drift seeds. They are more common in places like Florida, where they drift on currents from the Caribbean or Central and South America. I've seen them on New Zealand beaches too. Occasionally some will make it across the Atlantic to our beaches. They come in a variety of shapes, sizes, colours and textures. They often have a



polished surface a bit like a horse chestnut. The one pictured here has a rough texture a bit like a dried organic apricot. From a simple poster I found online, it is possible that it could be a seed from a member of the bean family called *Mucuna holtonii*, a species which is pollinated by bats, but that is a wild guess on my part.

Sea-beans often have an internal air pocket to make them buoyant. Those with a hard outer coat can be polished and are known as 'shinies' in Florida. They'll sometimes be carried in a pocket by the finder as a good luck token. Collectors will also make necklaces from the shells.

Coconuts (*Cocos nucifera*) have evolved to survive long sea voyages and thrive in sandy soils, being highly tolerant of salinity. They are amongst the largest of the fruits that can be dispersed via ocean currents. Human aided dispersal has helped them grow all around the world where they are cultivated in hot and wet tropical climates .

A seed even larger than the common coconut is the Sea coconut , *Lodoicea maldivica*, also known as *coco de mer*, love nut and double coconut. It measures up to 50cms (20ins) in diameter and length. It has a heart shape and can also resemble a female bottom. It is endemic to a couple of islands in the Seychelles and it has the largest seed in the plant kingdom. It was once thought to be a drift seed. While its ancestors may have been dispersed in this way, today's species are too dense to float, although the rotted-out nuts may be found floating on the sea. The fruit can weigh up to 45Kg

(99 lbs) with the seed itself weighing up to 25KG (55 lbs). Not surprisingly the fruit can take up to 10 years to mature.

Here in Britain we have a few plants which produce seeds capable of dispersal by sea. One such is Sea Kale. A beach within the Castlemartin Range hosts what, until recently, was the only example of this plant in Pembrokeshire. However, a year or two ago it was found growing in Dale and it's thought that seeds from the Castlemartin site found their way to Dale by sea.

Show photos



