



CYLCHLYTHYR RHUTHUN RHIFYN 111, MEDI 2024



RUTHIN NEWSLETTER ISSUE 111, SEPTEMBER 2024



Neges gan ein Cadeirydd



Annwyl Gyfeillion,
Dyma ni ar ddechrau mis Medi, yn edrych ymlaen at aildechrau ein gweithgareddau grŵp a Chyfarfodydd Cyffredinol misol. Gobeithio eich bod wedi llwyddo i fwynhau'r heulwen - pan oedd ar gael yn ystod y misoedd diwethaf! Nid yw pob grŵp wedi bod yn segur dros y cyfnod hwn. Cafodd ein Grŵp Trefnu Blodau sawl cynnig yn Sioe Flodau Rhuthun (gyda phob un yn ennill gwobr!) tra roedd y Pleasant Pluckers yn darparu adloniant. Cyfarfu am y tro cyntaf yn 'Grŵp Explorer' newydd. Mae'r grŵp yn fforwm i aelodau gyfnewid syniadau a gwybodaeth am sioeau a digwyddiadau ac, os yn dymuno, yn trefnu ymweliadau mewn cwmni ag eraill. Daeth 16 i'r cyfarfod.

Roeddwn yn ddigon ffodus i dreulio ychydig ddyddiau yng Nghaeredin yn yr Ŵyl Ymylol. n

Nodwedd hwn yw'r sioeau gwahanol sydd ar gael, gyda rhywbeth at ddant pawb ac awyrgylch gyfeillgar ledled y ddinas. Mae hyn yn fy atgoffa o'r p3o lle mae dros 30 o grwpiau gweithgaredd, pob un yn darparu ar gyfer diddordebau gwahanol yr aelodau ac yn darparu'r un amgylchedd cyfeillgar, croesawgar.

Dwi a'r pwyllgor yn edrych ymlaen at eich croesawu yn ôl i'n Cyfarfod Cyffredinol ar Fedi 24ain pan fydd ein siaradwr gwadd yn awdur y llyfrau 'Elihu Yale', Dave McCall (sy'n ysgrifennu fel David Ebsworth) a ddylai fod yn ddi-ddorol iawn!

Dymuniadau gorau

Mike van der Eijk

Grŵp Blodau



Menna was one of the 1st prize winners with her basket of pink roses.
Photo: Dian Mouldsdale

Ysgubodd Grŵp Blodau u3a y bwrdd yn Sioe Flodau Rhuthun ar 17eg Awst, gyda phob un o'n cynigion yn derbyn gwobr. Roedd y gystadleuaeth Celf Blodau yn cynnwys 7 dosbarth, gyda thestunau fel "Strafagansa Haf", "Cysgodiion Nos

Message from our Chair



Dear Friends,

Here we are at the beginning of September, looking forward to the resumption of our group activities and monthly General Meetings. I do hope you managed to enjoy the sunshine - when it was available during the last couple of months! Not all groups have been dormant over this time. Our Flower Arranging Group had several entries in the Ruthin Flower Show (with each one winning a prize!) while the Pleasant Pluckers provided entertainment. Our new 'Explorers Group', which provides a forum for members to exchange ideas and information about shows and events and, if they wish, arrange visits in company with others, met for the first time with 16 people attending.

I was fortunate enough to be able to spend a few days in Edinburgh at the Fringe Festival. This is characterised by the number of shows available, with something for everyone and by the friendly atmosphere throughout the city. This rather put me in mind of our u3a where we have over 30 activity groups, each catering to the different interests of members and providing the same friendly, welcoming environment.

Myself and the committee look forward to welcoming you back to our General Meeting on September 24th when our guest speaker will be the author of the 'Elihu Yale' books, Dave McCall (who writes as David Ebsworth) which should be very interesting!

Best wishes

Mike van der Eijk

Flower Group



Nesta's beautiful 3rd prize display.
Photo: Dian Mouldsdale

The u3a Flower Group swept the board at the Ruthin Flower Show on 17th August, with every one of our entries receiving a prize. The Floral Art contest was made up of 7 classes, with topics such as "Summer Extravaganza", "Cool Shades of Evening" and "Carnations and Foliage" (the latter category sponsored by our Ruthin u3a Flower Group). All categories were independently judged by Felicity Cooksey, chair of the



Best of Show went to Dian's electric blue display.
Photo: Dian Mouldsdale

Cŵl” a “Carnations and dail” (y categori olaf wedi ei noddi gan ein Grŵp Blodau p3o yn Rhuthun). Cafodd pob categori eu beirniadu'n annibynnol gan Felicity Cooksey, cadeirydd Clwb Celf Blodau Dinbych. Cafodd u3a Rhuthun gwpl o wobrau cyntaf, sawl ail a thrydydd gwobr, tystysgrif teilyngdod a sioe orau. Wedi hynny dywedodd Dian hapus, “Roedd yn ddiwrnod trawiadol ac yn werth y paratodau a gynhaliwyd ar nos Wener a bore Sadwrn. Llongyfarchiadau i bawb a gymerodd ran, a diolch i bawb sy'n cefnogi ein grŵp bach.”

Mae'r grŵp yn cyfarfod ar drydydd dydd Gwener y mis yn neuadd bentref Llanfair am 10.45am. Mae croeso mawr i aelodau newydd. Gan eu bod mor brysur gyda'r Sioe Flodau, ni fu cyfarfod mis Awst, felly'r cyfarfod nesaf yw dydd Gwener Medi 20fed, gyda mwy o fanylion yn cael eu cyhoeddi ar Facebook yn nes at y dyddiad. Os hoffech ymuno â'r grŵp, gallwch gael mwy o wybodaeth drwy e-bostio Dian ar nana47@gmail.com

Grŵp Iwcalili



The Pleasant Pluckers getting ready for their afternoon performance at the Ruthin Flower Show. Photo: Peter Lund

Ni fyddai Sioe Flodau Rhuthun yn gyflawn heb adloniant gan ein band iwcalili, The Pleasant Pluckers, un o'n grwpiau u3a hynaf. Gan gymryd eu safle arferol ym mhrif gyntedd Neuadd y Farchnad Da Byw, chwaraeodd y band 2 set prynhawn, gyda'r perfformiad olaf yn cloi'r sioe wrth i ymwelwyr ac arddangoswyr rhaglon lifo allan heibio iddynt. Bellach mae gan y band ddeg aelod, gan gynnwys tri a ymunodd heb allu chwarae. Mae gan y grŵp repertoire o tua 150 o ganeuon, yn bennaf glasuron poblogaidd y 60au a'r 70au, ac yn cadw ychydig o

Denbigh Floral Art Club. Ruthin u3a came away with a couple of firsts, several seconds, a third, a certificate of merit and a best in show. Afterwards a happy Dian commented, “It was an impressive day and well worth the preparation that took place on Friday evening and Saturday morning. My congratulations to all who entered, and thanks to all who support our little group.”

The group meets on the third Friday of the month in Llanfair village hall at 10.45am. New members are very welcome. Being so busy with the Flower Show, the group did not meet in August, so the next meeting is Friday September 20th, with more details announced on Facebook nearer the date. If you would like to join the group, you can get more information by emailing Dian at nana47@gmail.com

Ukulele Group

The Ruthin Flower Show wouldn't be complete without entertainment from our house ukulele band, The Pleasant Pluckers, one of our oldest u3a groups. Taking their usual prime position



Sheila, one of the Pluckers' original members, with band leader Keith, taking a stroll in the sunshine in between sets.
Photo: Peter Lund

in the main entrance foyer of the Livestock Market Hall, the band played 2 afternoon sets, with the final performance closing the show as good natured visitors and exhibitors streamed out past them. The band now has ten members, including three who joined as non-players. The group has a repertoire of about 150 songs, mostly 60's and 70's popular classics, and keeps a few instruments for people wanting to have a try before committing to the weekly practice regime. People willing to try out with other instruments such as guitars or banjos are also welcome. As Keith Mouldsdale (still famous for his title role of Dick Wittington in our last u3a Pantomime) said, “We play as much for fun and each other's company as we do to create music together!” The band plays regularly for a Dementia Carers group in Rhyl and for a coffee morning at the church in Llangynhafal, plus other



Delyth's Ikebana style display won 2nd prize.
Photo: Dian Mouldsdale

offerynnau i bobl sydd am roi cynnig arni cyn ymrwymo i'r drefn ymarfer wythnosol. Mae croeso hefyd i bobl sy'n fodlon rhoi cynnig ar offerynnau eraill fel gitarau neu banjos. Fel y dywedodd Keith Mouldsdale (sy'n dal i fod yn enwog am ei brif ran fel Dick Wittington yn ein Pantomeim u3a diwethaf), "Rydyn ni'n chwarae cymaint am hwyl a chwmni ein gilydd ag i greu cerddoriaeth gyda'n gilydd!" Mae'r band yn chwarae'n rheolaidd i grŵp Gofalwyr Dementia yn y Rhyl ac ar gyfer bore coffi yn eglwys Llangynhafal, ynghyd â digwyddiadau arbennig eraill megis priodasau a phartïon pen-blwydd. Mae'r Pluckers Pleasant yn cyfarfod yn Eglwys Llanfair (Sant Cynfarch a'r Santes Fair) ar ddydd Llun o 10am-12.00. Am fwy o wybodaeth e-bostiwrch Keith ar keefiedi@gmail.com

Grŵp newydd: Clwb yr Archwilwyr

Daeth un ar bymtheg o bobl anturus ar 14eg Awst yng Nghaffi R yng Nghanolfan Grefft Rhuthun, ar gyfer cyfarfod "cwmpasu" cyntaf y grŵp u3a newydd hwn. Daeth y grŵp i'r amlwg ar ôl i Mike van der Eijk a Peter Lund roi eu pennau at ei gilydd i ddod o hyd i olynydd i'r Grŵp Diwrnodau i Ffwrdd sydd bellach wedi dod i ben. Mae'r fenter newydd hon yn cymryd agwedd wahanol iawn, gan weithredu fel fforwm misol lle mae aelodau'n cyflwyno syniadau am weithgareddau a diwrnodau allan yr hoffent eu gwneud gyda'r cwmni. Gallent gyfnewid newyddion am theatr, sinema, cyngherddau ac arddangosfeydd; cynllunio teithiau cerdded, teithiau bws neu deithiau i weld golygfeydd; mewn gwirionedd unrhyw beth sy'b fwy hwyliog gyda phobl eraill nag ar eu pennau eu hunain. Yna mae pobl sydd â diddordeb mewn gweithgaredd arfaethedig yn trefnu grwpiau bach i symud eu syniad yn ei flaen, gan rannu gwybodaeth ar WhatsApp, gyda chyfle i adrodd yn ôl yn y cyfarfod nesaf ar sut aeth pethau. Roedd yr ymateb i'r cyfarfod cwmpasu yn gadarnhaol iawn, a daeth yn amlwg yn fuan mai dyma lansiad y grŵp mewn gwirionedd.

Awgrymwyd nifer o weithgareddau tra gwahanol, gyda'r aelodau yn mynegi ystod eang o ddiddordebau o opera a bale i wyliau gaeaf ac anturiaethau tocyn bws/teithio. Mae'r grŵp nawr yn bwriadu cyfarfod am 10am ar yr ail ddydd Mercher o bob mis (nesaf: 11 Medi) yn Nantclwyd y Dre ar Stryd y Castell, Rhuthun. Dewch â'ch syniadau ynghyd â llyfr nodiadau a beiro, a dechreuwch gynllunio'ch antur nesaf gyda ffrindiau! Bydd tâl yswiriant o £2, ynghyd â rhoddion ar gyfer lluniaeth. I gael rhagor o wybodaeth, e-bostiwrch peter.lund@btinternet.com

Grŵp Beicio

Mae Des James yn adrodd:

Da iawn i'r 5 beiciwr a gychwynnodd o Ganolfan Grefft Rhuthun ddydd Gwener 16 Awst i ddringo i uchder

special events such as weddings and birthday parties. The Pleasant Pluckers meet in Llanfair Church (St Cynfarch and St Mary's) on Mondays from 10am-12.00. For more information please email Keith at keefiedi@gmail.com

New group: The Explorers Club



The new group currently has its own page on our Ruthin u3a website.

[Grwpiau / Groups - Ruthin & District \(u3asite.uk\)](http://Grwpiau/Groups-Ruthin&District(u3asite.uk))

Sixteen adventurous people turned up on 14th August at Café R at the Ruthin Craft Centre, for the first "scoping" meeting of this new u3a group. The group emerged after Mike van der Eijk and Peter Lund put their heads together to come up with a successor to the now defunct Away Days Group. This new initiative takes a very different approach, operating as a monthly forum where members pitch ideas about activities and days out they would like to do with company. They might exchange news about theatre, cinema, concerts and exhibitions; plan walks, bus rides or sight-seeing trips; in fact anything more fun to do with companions than alone. People interested in a proposed activity then organize themselves in small groups to take their idea forward, sharing information on WhatsApp, with an opportunity to report back at the next meeting on how it went. The response to the scoping meeting was very positive, and it soon became clear that this was in fact the group's launch.

A number of very different activities was suggested, with members expressing a wide range of interests from opera and ballet to winter holidays and bus/travel pass adventures. The group now plans to meet at 10am on the second Wednesday of every month (next: 11 September), at Nantclwyd y Dre on Castle St, Ruthin. Bring your ideas plus a notepad and pen, and start planning your next adventure with friends! There will be a £2 cover charge, plus donations for refreshments. For more information, email peter.lund@btinternet.com

Cycle Group

Des James reports:

Well done to the 5 riders who set off from Ruthin Craft Centre on Friday 16th August to scale the heights of Bwlch Penbarras and Maeshafn, nearly 1000 metres of ascent. We started climbing after Llanbedr with



Pat and Nick approaching the top of Bwlch Pen Barras, where even electric bikes need quite a bit of extra pedalling.

Photo: Des James

Bwlch Penbarras a Maeshafn, bron i 1000 metr o godi. Dechreuon ni ddringo ar ôl Llanbedr gyda golygfeydd gwych dros y dyffryn, gan stopio i dynnu llun ar y copa, Daeth troad cyflym i'r dde a ni i'r ddringfa nesaf i fyny i Faeshafn. Bum yn oedi i edrych ar hen adeilad YHA a ddyluniwyd gan Clough Williams Ellis fel hostel bwrpasol gyntaf yr YHA, ond sydd bellach yn dŷ preifat. Aeth y lôn tuag at Graianrhyd â ni heibio coeden oedd wedi ei cherflunio a'i phaentio'n las. Dywedodd y plac ei fod yn rhan o Brosiect y Goeden Las ar gyfer iechyd meddwl ac atal hunanladdiad. Aeth troad i'r dde yn Graianrhyd â ni i Lanarmon ac yna i Landegla lle cawsom groeso yn y caffi cymunedol. Ar ôl paned a lluniaeth aethom yn ôl i groesi ffordd Llanarmon a disgyn y silff yn ôl i Ruthun.

Bydd reid mis Medi ar ddydd Gwener 27ain Medi. Bydd yn gadael o Go Outdoors yn Queensferry am 10.30 am a byddwn yn defnyddio'r rhwydwaith o lwybrau beicio i gyrraedd caffi Meadow Lea Farm yn Mickle Trafford. Bydd hon yn daith wastad iawn y gellid ei gwneud ar unrhyw feic. Edrychaf ymlaen at eich gweld.

Cysylltwch â Des yn desjames@btconnect.com

Pétanque

Digwyddodd y cyfan yn sydyn iawn. Un dydd Llun, ar ôl gêm hamddenol arferol y prynhawn, daeth neges bryfocio i'r amlwg trwy'r sgwrs WhatsApp. "A fyddai unrhyw un yn hoffi ceisio cael gêm pétanque gyda'r nos cyn diwedd yr haf?" Roedd yr ymateb yn syth ac yn unfrydol. Deuddydd yn ddiweddarach, gosodwyd bwrdd picnic Karen, lledodd y bwyd parti, roedd cerddoriaeth yn chwarae'n dawel, ac yn sydyn taniodd corc siampên mewn bwa gosgeiddig dros Land Rover gerllaw i gyfeiriad y cae rygbi, gan nodi dechrau swyddogol y gêm. dathliadau. Roedd hi'n teimlo fel tase'r haf wedi cyrraedd o'r diwedd!

Cynhelir gem bob dydd Llun am 2pm ar y tir pétanque

superb views over the vale, stopping to take a photo at the top. A quick decent and a right turn, took us to



Finally made it to the top of the Bwlch! Photo: Des James

the next climb up to Maeshafn. We paused to look at the old YHA building which was designed by Clough Williams Ellis as the YHA's first purpose built hostel, but is now a private house.

A lane towards Graianrhyd took us past a tree that had been sculpted and painted blue. The plaque said it was part of the Blue Tree Project for mental health and suicide prevention. A right turn in Graianrhyd took us to Llanarmon and then to Landegla where we were welcomed at the community cafe. After tea and refreshments we back tracked to cross the Llanarmon road and descend the 'Shelf' back to Ruthin.

The September ride will be on Friday 27th. It will leave from Go Outdoors in Queensferry at 10.30 am and we will use the network of cycleways to get to Meadow Lea Farm cafe in Mickle Trafford. This will be a very flat ride that could be done on any bike. I look forward to seeing you.

Contact Des at desjames@btconnect.com

Pétanque

It all happened very suddenly. One Monday, after the usual leisurely afternoon game, a teasing message rippled through the WhatsApp chat. "Would anyone like to try and have an evening pétanque match before summer ends?" The response was immediate and unanimous. Just two days later, Karen's picnic table was set up, the party food spread out, music softly playing, and suddenly a champagne cork fired in a graceful arc over a nearby Land Rover in the direction



Part of the Blue Tree Project on the road to Graianrhd.

Photo: Des James



The first summer evening social of 2024 finally took place at the beginning of August. Photo: Peter Lund

pwrpasol ger siediau mawr gwyrdd y Clwb Rygbi. Fodd bynnag, mae nosweithiau cymdeithasol te haf yn ddigymell a heb eu trefnu. Am ragor o wybodaeth, e-bostiwrch jackshakespeare35@gmail.com

Pickleball/Badminton Rhydlyd



New player Pat (second left) joins Donna, Peter and Rosemary as the latest Rusty on the team.

Photo: Kate Alston

Pat yn rhan o'r pâr dyblau buddugol mewn gêm derfynol agos a lwyddodd i ennill sgôr uchel newydd o 27:25.

Mae'r newid o Pickleball i Badminton bob amser yn anodd, yn enwedig os yw gêm ochr o denis bwrdd wedi'i thafu i'r gymysgedd. Mae gwahanol reolau, arddull a theimlad y gemau yn golygu bod y celloedd bach llwyd yr ymennydd yn cael gwaith heriol o'u pen eu hunain.

Un enghraifft o'r athletau meddwl hyn yw system sgorio Pickleball. Mae'r sgorio ei hun yn syml: yr enillydd yw'r tîm cyntaf i gyrraedd 11 (neu'n dal i fynd tan ceir 2 bwynt yn glir). Fodd bynnag, dim ond yr ochr sy'n gwasanaethu all sgorio. Mewn dyblau, mae chwaraewr yn gwasanaethu nes iddo golli pwynt, yna trosglwyddo'r awenau i'w cyd-chwaraewr. Mae pob chwaraewr sy'n gwasanaethu yn galw tri rhif i

of the rugby field, signalling the official start of festivities. It really felt like summer, just in time, had finally arrived!

Weekly games take place every Monday at 2pm on the dedicated pétanque terrain by the big green Rugby Club sheds. Pop-up evening summer socials however, are spontaneous and unscheduled! For more information, email jackshakespeare35@gmail.com



Karen's broom stands ready for the first falling leaves of autumn

Photo: Peter Lund

Pickleball/Rusty Badminton

Considering it is such a quirky sport, it's a pleasure to see how quickly new members pick up the basics of Pickleball. By only her second session, Pat was playing hard and fast like a seasoned Rusty. Then after the half time switch to Badminton, Pat was part of the winning doubles pair in a close fought final game that ran up a new high score of 27:25.



Having only four players turn up for the last game of the month meant playing without rotating the time-out. Which meant a harder work-out! Photo: Peter Lund

The transition from Pickleball to Badminton is always tricky, especially if a side game of table tennis has been thrown into the mix.

The different rules, style and feel of the games means that the little grey brain cells get a challenging work out of their own.

One example of these mental athletics is the Pickleball scoring system. The scoring itself is simple: the winner is the first team to reach 11 (or keeps going until 2 points clear). However, only the serving side can score. In doubles, a player serves until they lose a point, then hand over to their team mate. Each serving player call out three numbers to announce the score – the third number referring to which player is

gyhoeddi'r sgôr - y trydydd rhif yn cyfeirio at ba chwaraewr sy'n gwasanaethu. Felly os yw'r sgôr yn 3-3, mae'r gweinydd cyntaf yn galw "3-3-1", gan nodi bod chwaraewr rhif un yn gwasanaethu. Os ydyn nhw'n colli'r pwynt, mae eu cyd-chwaraewr yn cymryd eu tro, gan alw "3-3-2". Yr eithriad yw ar ddechrau'r gêm, pan mai dim ond un chwaraewr sy'n gwasanaethu cyn i'r chwarae basio i'r ochr arall. Mae disgrifiad fideo ar y ddolen hon:

<https://youtu.be/cnKo8xXkHXM?si=wz6PDo6LF-Q9I> Ew Mae Pickleball yn dechrau am 1pm, Badminton am 2pm ar ddydd Gwener yn Neuadd Eleanor. Gallwch chi chwarae'r naill neu'r llall neu'r ddwy gêm. Am wybodaeth, e-bostiwch Donna yn RuthinU3Asecretary@outlook.com

Dechreuwr Sbaeneg



Jennifer (far right) was briefly back in town before another trip, this time to Guadeloupe. Photo: 13 year old at next table

Weithiau mae'n braf tynnu'r droed oddi ar y pedal pan fo hynt a helynt ein grŵp bach ond hylifol yn golygu ei fod yn gymysgedd llai o siaradwyr Sbaeneg llai hyfedr yn eistedd o amgylch y bwrdd yn gwneud synnwyr o'r iaith hyfryd hon. Felly roedd hi ar ddechrau mis Awst, pan nad oedd gennym ni'r cwisiau a'r gemau arferol, ond tair stori ddifyr i'w hadrodd. Yn gyntaf, roedd adroddiad newyddion Alan ar y "Problema de tecnología en todo el mundo" (damwain gyfrifiadurol fawr CrowdStrike). Soniodd Peter am ei daith i "los valles del sur de Gales" (cymoedd De Cymru). Ac yn olaf daeth Eleri â straeon o'r Eisteddfod Genedlaethol, gan gynnwys cyfeirio at ymddangosiad cyntaf mosg ar y Maes.

Y tro nesaf i ni gwrdd, roedd Gail i ffwrdd yn teithio eto, ond roedd Jennifer yn ôl gyda ni, y tro hwn gyda gêm eirfa heriol. Roedd adroddiad newyddion Alan yn ymwneud â darganfod mwydod cwyr sy'n bwyta plastig sy'n arbed planed; Roedd gan Peter stori o *Exposición de Flores de Rhuthun* y dydd Sadwrn blaenorol; a chafodd Gill gwis daearyddiaeth am Andalucia (lle sgoriodd Peter 0 allan o 8 cofiadwy). Rydym yn cyfarfod yn Wetherspools am 10.30am ar y dydd Mawrth cyntaf a'r trydydd dydd Mawrth. I gael rhagor o wybodaeth, e-bostiwch peter.lund@btinternet.com

Grŵp Cerdded Bryniau

Roedd ein llwybr bryniau ym mis Awst i fod i fynd â ni

servicing. So if the score is 3-3, the first server calls "3-3-1", signalling that player number one is serving. If they lose the point, their team mate takes their turn, calling "3-3-2". The exception is at the very start of the game, when only one player serves before play passes to the opposing side. A video description is on this link:

<https://youtu.be/cnKo8xXkHXM?si=wz6PDo6LF-Q9I> Ew Pickleball starts at 1pm, Badminton at 2pm on Fridays at Neuadd Eleanor. You can play either or both games. For information, email Donna at RuthinU3Asecretary@outlook.com

Spanish Beginners

Sometimes it is nice to take the foot off the pedal when the comings and goings of our small but fluid group mean that it is a smaller mix of less proficient Spanish speakers sitting around the table making sense of this lovely language. So it was in the beginning of August, when we didn't have the usual quizzes and games, but three interesting stories to unwrap. First, Alan's news report was on the "Problema de tecnología en todo el mundo" (the big CrowdStrike computer crash). Peter told of his trip to "los valles del sur de Gales" (the South Wales valleys). And finally Eleri brought stories from the Welsh National Eisteddfod, including a spotlight on the intriguing first appearance of a mosque on the Maes.

The next time we met, Gail was away travelling again, but Jennifer was back with us, this time with a challenging vocabulary game. Alan's news report was about the discovery of planet-saving, plastic-eating wax worms; Peter had a story from the previous Saturday's *Exposición de Flores de Ruthin*; and Gill had a geography quiz about Andalucia (in which Peter scored a memorable 0 out of 8).

We meet in Wetherspools at 10.30am on the first and third Tuesdays. For more information, email peter.lund@btinternet.com

Hillwalking Group



The group relaxes at Llyn Melynlyn, over 2000 feet high in the Carneddau mountains. Photo: Moyra Baldwin

Our hillwalk in August was due to take us up one of



Carol, Hilary and Mark contemplate the change of route brought about by a severe weather forecast for the summit. Photo: Moyra Baldwin

i fyny un o fynyddoedd y Carneddau, ond roedd rhagolygon y tywydd o amodau anniogel (gwyntoedd cryfion a glaw trwm) ar y copa wedi gorfodi newid llwybr. Felly o'r maes parcio uwchben Dolgarrog, cerddon ni i fyny'r allt ar lwybrau diffiniedig i Lyn Melynlyn. Yna dilynion ni lwybr serth i lawr allt, garw a chreigiog i Lyn Dulyn. Roedd Llyn Dulyn yn byw hyd at ei enw (Llyn Du) yn ystod yr Ail Ryfel. Byd pan blymiodd nifer o awyrennau i'r dŵr -

cwmwl isel gan droi wynebaw'r clogwyni yn wal farwol i beilotiaid. Mae llafn gwthio i'w weld o hyd ger y dŵr. Aethom heibio i fwthyn ac yna ymlaen ar hyd llwybr, weithiau ar draws rhostir corsiog, a chyrraedd pont droed ger argae. Yma daethom o hyd i greigiau i glwydo arnynt i fwyta ein cinio. Roedd yn daith gerdded hyfryd mewn ardal anghysbell gyda golygfeydd hyfryd. Mor anghysbell, dim ond cwpl o ferlod y Carneddau, defaid mynydd, tad a mab yn pysgota yn Llyn Dulyn, a chriw o bobl ar Outward Bound Adventure y daethom ar eu traws. Tua diwedd y daith, gwaethygodd y tywydd i glaw mân, mwy o wynt a llai o welededd - gan gadarnhau bod y newid llwybr ar ddechrau'r diwrnod wedi'i farnu'n dda. Ar ôl hynny stopiom am luniaeth groeso yn Nhal-y-Cafn. Diolch yn fawr i Nick a Carol am ein harwain ar y daith gerdded - ac rwy'n siŵr y bydd yr holl waith y gwnaethoch chi ei wneud i adennill y daith lefel uwch o fudd yn y dyfodol.

I gael gwybodaeth am y grŵp hwn, cysylltwch â jillandraymond@tiscali.co.uk

Y Grŵp Cerdded Lefel Isel

Mae Philip Johnson yn adrodd:

Dechreuodd ein taith gerdded ym mis Awst gyda 14 o bobl gerllaw gorsaf yr RNLI yn y Fflint. Daeth Mike Taylor, Ceidwad Arfordirol gyda Chyngor Sir y Fflint gyda ni, a stopiodd ar hyd y ffordd i roi sgysiau byr ar bwyntiau o ddiddordeb. Sefydlwyd yr RNLI yn Ynys Manaw 200 mlynedd yn ôl, gyda gorsaf bad achub y Fflint yn cyrraedd yn 1966. Mae ei chymydog, Castell y Fflint, wedi bod o gwmpas ychydig yn hirach, o

the Carneddau mountains, but a weather forecast of unsafe conditions, with strong winds and heavy rain at the summit, forced a change of route. So from the car park above Dolgarrog, we walked uphill on well-defined paths to Llyn Melynlyn. We then followed a steep downhill, rough and rocky path to Llyn Dulyn. Llyn Dulyn lived up to its name (Black Lake) during WWII when a number of aircraft plummeted into the water - low cloud turning the cliff faces into a deadly wall for pilots. There is still a propeller visible near the water.

We passed a bothy then continued along a path, sometimes across boggy moorland, and reached a footbridge by a dam. Here we found rocks to perch on to eat our lunches. It was a lovely walk in a remote area with beautiful views. So remote, we only came across a couple of Carneddau ponies, mountain sheep, a father and son fishing in Llyn Dulyn, and a group of people on an Outward Bound Adventure. Near the end of the walk, the weather deteriorated to a drizzle, more wind and reduced visibility - confirming that the change of route at the beginning of the day was well-judged. Afterwards we stopped for welcome refreshments at the Tal-y-Cafn.

Many thanks to Nick and Carol for leading us on the walk - and I'm sure all the work you put in to recce the higher level walk will be of benefit in the future.

For information about this group, please contact jillandraymond@tiscali.co.uk

The Low Level Walking Group

Philip Johnson reports:

Our August walk with 14 persons started adjacent to the RNLI station in Flint. We were accompanied by Mike Taylor, a Coastal Ranger with Flintshire County Council, who stopped along the way to deliver short talks on points of interest. The RNLI was established in the Isle of Man 200 years ago, with the Flint lifeboat station arriving in 1966. Its neighbour, Flint Castle, has been around somewhat longer, from 1277, when Edward I started constructing a formidable ring of castles along the North Wales coast. The castle was surrounded by a saltmarsh, much of which remains



FCC Coastal Ranger Mike Taylor pauses to deliver a talk along the way from beneath a Millennium Beacon. Photo: Des James



Flint Castle, where a WWI soldier now sits reading a letter from home. Photo: Des James

Yn cymryd i mewn mae'r cerflun o filwr o'r Rhyfel Byd Cyntaf yn darllen llythyr oddi wrth ei deulu. Os byddwch yn ymweld â'r ardal hon, chwiliwch am ddau gerflun arall, sef gwirfoddolwr RNLI a physgotwraig. Pysgota yw'r diwydiant hynaf, ond gyda dyfodiad diwydiant trwm, dim ond ychydig sydd ar ôl i weithio yn yr aber heddiw, gyda choccos yn yr haf, a dalfeydd tymhorol fel draenogiaid y môr a berdys.

Wedi'i sefydlu ym 1852, roedd ffatri Muspratt yn cynhyrchu cannydd a sebon. Arweiniodd y broses at nwyon a thocsinau sylffwraidd ac asidig yn arllwys i'r môr. Caeodd Muspratt's ar ddechrau'r 20fed ganrif a chymerodd Courtaulds drosodd yr adeilad i gynhyrchu ffabrigau synthetig. Pan gaewyd y safle ym 1977, cafodd yr eiddo ei ddymchwel a gwasgarwyd llawer o falurion dros y tir cyfagos. Fodd bynnag, cymerodd Natur yr awenau, ac yn awr mae Mike a'i gydweithwyr Ceidwad yr Arfordir, ynghyd â sefydliadau partner amrywiol, yn ailblannu ardaloedd mawr gyda choed a llwyni a ddewiswyd yn benodol ar gyfer cyflwr y pridd. Mae yna hefyd brosiectau penodol, megis adeiladu llwybr newydd gyda channoedd o gerrig anferth wrth ochr Doc y Fflint, gan sicrhau mynediad uwchlaw'r lefelau dŵr cynyddol uwch o'r llanw mawr. Yn yr un maes hwn, gwelsom ronynnau plastig munud lawer o ffatri newydd yn ddiweddar - her arall eto.

Sylweddolon ni'n sydyn gyda naratif gwych Mike, fod tair awr wedi mynd heibio. Roedd y tywydd wedi bod yn berffaith ac wrth fyfyrro roedd popeth yn cyd-fynd ag ethos u3a 'Dysgu, Chwerthin, Byw'. Felly ymlaen i Drwyn y Fflint i weld llanw'r aber yn dod i mewn, gyda'r adar yn ymgasglu ar gyfer eu 'cinio' – a lle'r oedd Caffi'r Old Courthouse yn aros am ein un ni.

I gael rhagor o wybodaeth am y grŵp cerdded hwn, e-bostiwch moyrachris@hotmail.co.uk

Grŵp Ffilm a Drama

Mae Margaret Jones yn adrodd:

Bydd y Grŵp Trafod Ffilm a Drama yn dechrau cyfarfod eto ym mis Medi ar drydydd dydd Mercher y mis, 2pm yn Wetherspoon's. Y mis hwn byddwn yn trafod *The Turkish Detective*, drama wyth pennod ar BBC iPlayer. Nid oes angen gwylio pob pennod i ymuno â'r drafodaeth, ond gorau po fwyaf. Mae'n adrodd hanes ditectif heddlu metropolitan o darddiad

1277, pan ddechreuodd Edward I adeiladu cylch aruthrol o gestyll ar hyd y Gogledd. arfordir Cymru. Amgylchynwyd y castell gan forfa heli, ac erys llawer ohono heddiw, lle ceir golygfa ddi-dor i'r gorwel Gorllewinol.

today, where there is an uninterrupted view to the Western horizon.

Taking in the view is the sculpture of a WWI soldier reading a letter from his family. Should you visit this area, seek out two other sculptures, namely an RNLI volunteer and a fisherwoman. Fishing is the oldest industry, but with the coming of heavy industry, only a few are left to work in the estuary today, with cockling in the summer, and seasonal catches such as bass and shrimp.

Founded in 1852, Muspratt's factory manufactured bleach and soap. The process resulted in sulphurous and acidic gases and toxins pouring into the sea. Muspratt's closed in the early 20th century and Courtaulds took over the premises to manufacture synthetic fabrics. When they closed in 1977, the premises were demolished and much debris was scattered over the adjacent land. However, Nature took over, and now Mike and his Coastal Ranger colleagues, along with various partner organisations, are replanting large areas with trees and shrubs selected specifically for the soil conditions. There are also specific projects, such as building a new pathway with hundreds of huge stones alongside Flint Dock, ensuring access above the increasingly higher water levels from Spring tides. In this same area, we saw many minute plastic particles from a recent new factory - yet another challenge.

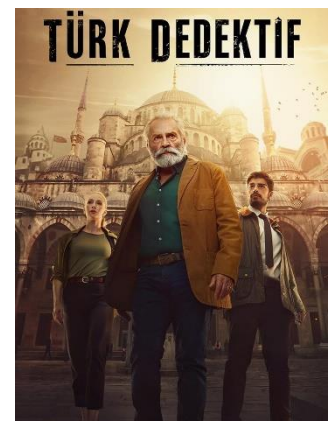
We suddenly realised that with Mike's superb narrative, three hours had passed. The weather had been perfect and on reflection everything was in accord with the u3a ethos of 'Learn, Laugh, Live'. So it was off to Flint Point to see the incoming estuary tide, with the birds gathering for their 'lunch' - and where The Old Courthouse Cafe was awaiting for ours.

For more information about this walking group, email moyrachris@hotmail.co.uk

Film and Drama Group

Margaret Jones reports:

The Film and Drama Discussion Group will start meeting again in September on the third Wednesday of the month, 2pm at Wetherspoon's. This month we will be discussing *The Turkish Detective*, an eight episode drama on BBC iPlayer. It is not necessary to watch all episodes to join the discussion, but the more the better. It tells the story of a metropolitan police detective of Turkish origin who joins an Istanbul police team and is plunged straight into intrigue. The views of Istanbul are



The Film Group armchair travellers visit Istanbul for this month's drama series



Margaret on the road to recovery from a knee operation, with Molly the dog, ready to re-start the Film & Drama Group this month.

Photo: Peter Lund

a gwybodaeth. Gall y ddrama fod yn ffilm sinema; drama theatr; neu i'w gael ar deledu, DVD, Netflix neu Amazon. Rydyn ni weithiau'n mynd i'r sinema neu'r theatr gyda'n gilydd, neu mae pobl yn paru i wyllo rhywbeth gyda'i gilydd gartref. Mae gennym hefyd Grŵp WhatsApp ar gyfer argymhellion ac awgrymiadau os ydym wedi gweld rhywbeth o ddiddordeb. Rydym yn grŵp cyfeillgar ac mae croeso i aelodau newydd.

Am ragor o wybodaeth, e-bostiwch margaretjones94@sky.com

Ysgrifennu Creadigol er Pleser

Dywed Gillian Jones:

Cafodd ein grŵp sgwennu egwyl yn ystod yr haf, ond llwyddwyd i ddod ynghyd â phicnic yng Nghae Ddôl ar



Paul Edgar, inspired artist and tireless community volunteer, pictured here in his boat Dantesque, will be greatly missed by his friends in the Creative Writing Group since he sadly passed away in August.

Photo: Karline Edgar

Twrcaidd sy'n ymuno â thîm heddlu Istanbul ac sy'n cael ei blymio'n syth i chwilfrydedd. Mae'r golygfeydd o Istanbul yn wych ac mae'r cipolwg ar sut mae diwylliant heddlu gwahanol yn gweithredu yn hynod ddiddorol. Ochr yn ochr â hyn, mae gan Mehmet y prif gymeriad ymchwiliad personol i'w ddilyn sy'n plethu o amgylch y stori ganolog. Mae'r grŵp yn gweithredu fel grŵp llyfrau gan ein bod ni i gyd yn gwylio'r un ddrama y mis hwnnw, wedi'i dewis gan aelod o'r grŵp, ac yna'n cyfarfod i'w thrafod, gan rannu safbwyntiau, beirniadaeth

23 Awst. Ymladdodd saith ohonom ein ffordd trwy eira a rhew yr haf i gadw'r fflam ysgrifennu yn fyw - wel bron! Roedd yn rhaid i ni ymdopi â chanlyniadau storm Lilian gyda dim ond haul ysbeidiol a gwynt cryf. Fodd bynnag, cawsom gyfarfod dymunol yn yr awyr agored a chawsom gyfle i groesawu aelod newydd i'n grŵp cyfeillgar. Cawsom hefyd gyfle i dreulio amser gyda'n gilydd yn cofio Paul, a oedd yn aelod ffyddlon iawn o'n

fabulous and the glimpse into how a different police culture operates are fascinating. Alongside this, Mehmet the main character has a personal investigation to pursue which weaves around the central story.

The group operates like a book group in that we all watch the same drama that month, chosen by a group member, and then meet to discuss it, sharing perspectives, critique and information. The drama can be a cinema film; a theatre drama; or found on TV, DVD, Netflix or Amazon. We sometimes go to the cinema or theatre together, or people pair up to watch something together at home. We also have a WhatsApp Group for recommendations and suggestions if we have seen something of interest. We are a friendly group and new members are welcome.

For more info, email margaretjones94@sky.com

Creative Writing for Pleasure

Gillian Jones reports:

Our writing group had a break during the summer, but we managed to get together with a picnic in Cae Ddol on 23rd August. Seven of us, fought our way through summer snow and ice to keep the writing flame alive – well almost! We did have to cope with the aftermath of storm Lilian with only intermittent sun and strong wind. However, we had a pleasant outdoor meeting and were able to welcome a new member to our friendly group. We were also able to spend time together remembering Paul, who was a very faithful member of our group for many years and who will be much missed. We wrote a few words of sympathy to send to his wife, Karline.



Maureen, Glenda, Ray, Annie, Gill and Glyn bravely meeting outdoors in the shadow of Storm Lilian. Photo: Gill Jones

Our meetings proper will start again on 20th September in Naylor Leyland Centre, as usual. Our project will be to write in whatever genre we wish on the subject of *Visits* and/or *Visitors*. Email Gill for more information on gillian712jones@btinternet.com

grŵp am flynyddoedd lawer ac a fydd yn cael ei golli'n fawr. Ysgrifennon ni ychydig eiriau o gydymdeimlad i'w hanfon at ei wraig, Karlinae.

Bydd ein cyfarfodydd go iawn yn dechrau eto ar 20 Medi yng Nghanolfan Naylor Leyland, yn ôl yr arfer. Ein prosiect fydd ysgrifennu ym mha bynnag genre y dymunwn ar destun *Ymweliadau a/neu Ymwelwyr*. Ebstiawch Gill am fwy o wybodaeth ar gillian712jones@btinternet.com

Hanes Syniadau

Ni chafwyd cyfarfod ym mis Awst, ond mae'r gorgyffwrdd hynod hwn rhwng athroniaeth a hanes yn ôl mewn busnes y mis hwn. Mae Chris Baldwin wedi defnyddio'r mis i ffwrdd i baratoi papur cefndir yn arwain at drafodaeth ar y syniad o 'Wyddoniaeth', gan gynnwys cwestiynau pryfoclyd i ganolbwyntio arnynt. Meddai Chris: "Gallem drafod unrhyw un neu bob un ohonynt yn ôl ein dymuniad. Rwy'n amau efallai y bydd angen mwy nag un sesiwn arnom i ymdrin â'r darnau dadleuol - ac efallai y bydd safbwyntiau eraill yn cymryd drosodd ac yn awgrymu pynciau pellach fyth!" Cynhelir cyfarfodydd am 1pm ar y trydydd dydd Mawrth bob mis (felly y tro hwn 17 Medi) yn Neuadd Bentref Llanfair. Mae lle yn y grŵp i 2 neu 3 aelod arall – felly os ydych chi'n meddwl efallai mai chi yw un ohonyn nhw, gallwch e-bostio Chris i ofyn am gopi o'i bapur trafod drwy cdbaldwin154@gmail.com

Sesiwn Blasu – Creu Cerddoriaeth Gyda'n Gilydd

Mae David Canter yn ysgrifennu:

Nid oes angen unrhyw wybodaeth, sgiliau na phrofiad cerddorol arbennig, ond os oes gennych rai dewch â nhw gyda chi. Bydd 'offerynnau' cerddorol yn cael eu darparu. Ond os oes gennych unrhyw rai yr hoffech eu defnyddio dewch â nhw. Byddwn yn archwilio'r mwynhad o wneud cerddoriaeth 'gyfoes' ddiddorol trwy weithgareddau creadigol dan arweiniad. Os ydych chi eisiau bod yn rhan o grŵp sy'n creu cerddoriaeth gyda'ch gilydd dyma'r peth i chi.

Mae'r dull yn tynnu ar y gwaith cyffrous, sy'n esblygu yn y 1970au o'r *Scratch Orchestra*. Mae'r ymagwedd honno'n dal i fod yn gonglfaen i'r sefydliad cenedlaethol o'r enw Cerddoriaeth

Gyfoes i Bawb – (COMA). Mae'r gweithdy prynhawn

yma yn rhoi rhagflas o'r hyn sy'n bosibl, gan archwilio rhai o'r syniadau allweddol. Os bydd digon o bobl yn dymuno parhau ar ôl y sesiwn flasu hon, yna gallwn gytuno ar ddyddiadau ac amseroedd gyda'r nod o



David is offering a "taster session" of a new experimental music group.

Photo: David Canter

The History of Ideas

There was no meeting in August, but this quirky cross-over between philosophy and history is back in business this month. Chris Baldwin has used the month off to prepare a background paper leading into a discussion on the notion of 'Science', including provocative questions to focus on. Chris comments: "We could discuss any or all of them as preferred. I suspect we might need more than one session to cover the controversial bits - and other views may take over and suggest even further topics!" Meetings take place at 1pm on the third Tuesday every month (so this time the 17th September) in Llanfair Village Hall. The group has room for 2 or 3 more members – so if you think one of them might be you, you can email Chris to request a copy of his discussion paper via cdbaldwin154@gmail.com



Chris on the banks of Lake Vyrnwy with some thought provoking questions: "We could discuss any or all of them!"

Photo: Moyra Baldwin

Taster Session – Making Music Together

David Canter writes:

No special musical knowledge, skills or experience necessary, but if you have those bring them along. Musical 'instruments' will be provided. But if you have any you want to use do bring them. We will explore the enjoyment of making interesting 'contemporary' music through guided creative activities. If you want to be part of a group making music together this is for you.

The approach draws on the exciting work, evolving in the 1970's of the *Scratch Orchestra*. That approach is still a cornerstone of the national organization called *Contemporary Music for All – COMA*). This afternoon workshop provides a taster of what is possible, exploring some of the key ideas. If enough people wish to continue after this taster session, then we can agree dates and times with the aim of creating a piece of music we are happy to perform in public.

The location and date for the taster session will be agreed with participants once enough have indicated their interest in taking part. It is anticipated this is likely to be a Saturday afternoon in mid-September. I do have space at my house outside Clawddnewydd if that turns out to be convenient for everyone. If you are curious, want any further information, or wish to

greu darn o gerddoriaeth yr ydym yn hapus i'w berfformio'n gyhoeddus.

Cytunir ar leoliad a dyddiad y sesiwn flasu gyda'r cyfranogwyr unwaith y bydd digon wedi nodi eu diddordeb mewn cymryd rhan. Mae disgwyl mai prynhawn dydd Sadwrn fydd hwn yn ôl pob tebyg ganol mis Medi. Mae gen i le yn fy nhŷ y tu allan i Glawddnewydd os yw hynny'n troi allan i fod yn gyfleus i bawb. Os ydych chi'n chwilfrydig, eisiau unrhyw wybodaeth bellach, neu'n dymuno cymryd rhan, cysylltwch â David ar profcanter@gmail.com

Hwyl fawr i'r Clasuron

Mae Mike Skuse yn adrodd:

Rhaid imi ddweud wrthyfch gyda gofid ein bod wedi diddymu ein Grŵp Clasuron bach (Lladin a Groeg). Dechreuon ni gydag 17 o aelodau a gorffen gyda dim ond pedwar, tri ohonynt â dyletswyddau teuluol a oedd yn ei gwneud yn fwyfwy anodd cael cyfarfodydd lle'r oedd y pedwar yn bresennol; ac roedd llusgo ar ei hôl hi am un cyfarfod yn unig yn rhoi straen ar yr absennol. Ar ben hynny, cyrhaeddom gam yn ein dysgu iaith lle daethom ar draws rhwystr adnabyddus - y cam enfawr o ddarllen gwerslyfr i ddarllen awduron Rhufeinig heb eu haddasu. Fel y dywedodd Graham "Cawsom ein trechu gan Livy."

Cawsom fod Groeg yn mynd yn anodd iawn yn gynnar iawn, gyda'r llafariad hynny i gyd yn gwthio am safle ar ddiwedd geiriau, yr oedd eu hystyr yn dibynnu ar eu trefn! Dwi'n hoffi meddwl y bydd un neu ddau ohonom yn pwyso ymlaen ar ein pennau ein hunain gyda'r iaith ryfedd hon, gyda'i geiriau sy'n gallu golygu cymaint o bethau!

Ond rydym yn falch o'r hyn a gyflawnwyd gennym, ac rwy'n hyderus y byddem i gyd yn pasio Lladin Lefel O heb unrhyw broblemau. Os hoffai unrhyw un ffurfio grŵp newydd, gan ddechrau o'r newydd, byddaf yn hapus i roi cyngor ar ba lyfr i'w ddarllen ac ati, a gallwch anfon e-bost ataf michaelskuse854@gmail.com

Cynghorion Gwyrdd

Heb or-ddweud, efalli mai dyma'r newid amgylcheddol mwyaf arwyddocaol i Ddyffryn Clwyd yn ein hoes. Datganodd Llywodraeth Cymru ei fwrriad i ddynodi Parc Cenedlaethol newydd i Gymru yn seiliedig ar Ardal Naturiol Eithriadol Bryniau Clwyd a Dyffryn Dyfrdwy. Harddwch (a elwir bellach yn 'Dirwedd Genedlaethol'). Pe bai'n cael ei sefydlu, hwn fyddai'r pedwerydd Parc Cenedlaethol yng Nghymru, y cyntaf ers 1957. Mae Cyfoeth Naturiol Cymru (CNC) wedi'i gomisiynu i werthuso'r achos dros y Parc Cenedlaethol newydd. Bydd CNC yn cwblhau ei asesiad tirwedd manwl a map ffiniau arfaethedig yr haf hwn, yna bydd ymgynghoriad cyhoeddus yn dechrau ar 7 Hydref. Mae manylion y cynigion yn y ddolen hon:

[Wales's New National Park Proposal - Natural Resources Wales](#)

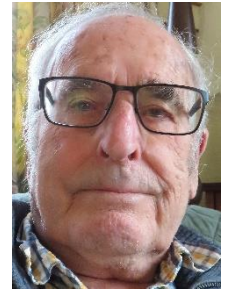
take part please contact David at profcanter@gmail.com

Good bye to Classics

Mike Skuse reports:

I must tell you with regret that we have disbanded our small Classics (Latin and Greek) Group. We started with 17 members and finished with only four, three of whom have family duties which made it increasingly difficult to have meetings where all four were present; and to lag behind for only one meeting brought a strain on the absentee. Moreover, we reached a stage in our language learning where we met a well-known hurdle - the massive step from reading a text book to reading unadapted Roman authors. As Graham said "We were defeated by Livy."

We found Greek got very difficult quite early on, with all those vowels jostling for position at the end of words, the meaning of which depended on their order! I like to think that one or two of us will press on alone with this peculiar language, with its words that can mean so many things!



Mike files his final report



The Classics group finally comes to the end of its Roman road: "We were defeated by Livy". Photo: Mike Skuse

But we are proud of what we achieved, and I am confident that we would all pass O Level Latin with no problems. If anyone would like to form a new group, starting from scratch, I will be happy to advise on what book to read and so on, and you can email me at michaelskuse854@gmail.com

Green Tips

In what could be, without exaggeration, the most significant environmental change for the Vale of Clwyd in our lifetime, the Welsh Government has stated its intention to designate a new National Park for Wales based on the existing Clwydian Range and Dee Valley Area of Outstanding Natural Beauty (now called 'National Landscape'). If established, it would be the fourth National Park in Wales, the first since 1957. Natural Resources Wales (NRW) has been commissioned to evaluate the case for the new National Park. NRW will be completing its detailed landscape assessment and proposed boundary map this summer, then a public consultation will begin on 7th October. Details of the proposals are in this link:



'Clwydians over Ruthin' by Dave Roberts, Oriol Glasfryn Gallery, Caerwys. The two small images used at the top of this month's front page are taken from the same painting.

Mae dadleuon o blaid ac yn erbyn y cynnig. Fel trigolion o fewn neu ar gyrion yr ardal, mae gennym hawl, ac efallai cyfrifoldeb, i gymryd rhan a lleisio ein barn. Dywedodd Caroline Conway o Ymgyrch Diogelu Cymru Wledig, a ddaeth i'n Cyfarfod Cyffredinol ym mis Gorffennaf: "Mae hwn yn gyfle gwych i fodelu'r modd yr hoffem weld yr holl dirweddau dynodedig yn cael eu rheoli, a gallwn weithredu fel pont i'r dyfodol. ehangu parciau cenedlaethol a thirweddau cenedlaethol presennol." Fodd bynnag, adroddodd Sky News (14 Medi 2023) fod o leiaf un cynghorydd sir yn Sir Ddinbych yn teimlo nad oes gan yr ardal y seilwaith yn ei le ar gyfer statws parc cenedlaethol. Mae gennym yn awr gyfle i ddysgu am y materion a'u trafod gyda'n ffrindiau, fel ein bod yn barod i leisio ein barn wrth i ddiwyddiadau ymgynghori gael eu cyhoeddi. Pa ffordd bynnag yr aiff y ddadl, mae'n etifeddiaeth amgylcheddol ar gyfer cenedlaethau'r dyfodol, ac mae angen inni fod yn effro iddi ac ymgysylltu ag ef.

Newyddion Pwyllgor

Ni chyfarfu'r Pwyllgor ym mis Awst. Yn y cyfamser, mae ein Trysorydd, Alan, wedi bod yn brysur yn clirio chwyn o amgylch y coed a blannwyd er cof am ein sylfaenydd u3a, Rose Hislop. Synnwyd Alan y mis hwn o weld pa mor or-dyfiant yw hi ers iddo strimio'r ardal yn gynharach eleni. Prin yr oedd y llwybr i'w weld mewn manau, ac roedd rhai danadl



The memorial stone in the Community Orchard for Rose Hislop and her son Tom.

Photo: Eleri Brown

There are arguments both for and against the proposal. As residents within or on the edge of the area, we have a right, and perhaps a responsibility, to become involved and make our voices heard.

Caroline Conway from the Campaign for the Protection of Rural Wales, who came to our July General Meeting, said: "This is a wonderful opportunity to model the way we would like to see all designated landscapes managed, and can act as a bridgehead to further expansion of existing national parks and national landscapes." However, Sky News reported (14 September 2023) that at least one Denbighshire county councillor feels the area does not have the infrastructure in place for national park status. We now have a window of opportunity to learn about the issues and to discuss them with our friends, so that we are ready to make our opinions heard as consultation events are announced. Whichever way the debate goes, it is an environmental legacy for future generations, and we need to be alert to it and engage with it.



'Moel Arthur Evening' by Dave Roberts, Oriol Glasfryn Gallery, Caerwys. With permission

Committee News

The Committee did not meet in August. Meanwhile, our Treasurer, Alan, has been busy clearing weeds around the trees planted in memory of our u3a founder, Rose Hislop. Alan was surprised this month to see how overgrown it has become since he strimmed the area earlier this year. The path was barely visible in places, and some nettles were shoulder height. Initially it was difficult to find the trees, and the memorial stone for Rose and her son Tom was barely visible. If anyone would be willing to lend an occasional hand in maintaining the path and the area surrounding



Alan up to his waist in weeds down at the community orchard.

Photo: Eleri Brown

poethion o uchder ysgwydd. I ddechrau roedd yn anodd dod o hyd i'r coed, a phrin fod y garreg goffa ar gyfer Rose a'i mab Tom i'w gweld. Os byddai unrhyw un yn fodlon rhoi help llaw achlysurol i gynnal a chadw'r llwybr a'r ardal o amgylch pob un o goed y Rhosyn, byddai Alan yn gwerthfawrogi galwad ffôn ar 07916 945926

Cyfarfod Cyffredinol



Seven years ago this Wrexham pub sign had to be briefly removed after it was defaced with graffiti alleging racism

Wrth gwrs gynhaliwyd Cyfarfod Cyffredinol ym mis Awst, ond os ydych wedi teimlo colled, mae rhyddhad ar ei ffordd! Mae ein cyfarfod nesaf yn ôl yn ei gartref yng Nghlwb Rygbi Rhuthun ar Ddydd Mawrth Medi 24ain, a'n siaradwr gwadd yw David Ebsworth. Ers ei ymdeoliad yn 2008, mae David wedi bod yn ysgrifennu nofelau hanesyddol, gan gynnwys cyfres ar Elihu Yale (1649-1721), y mae ei berthynas chwerau â Catherine Elford yn destun y tri llyfr. Mae lâl wrth gwrs yn enwog fel noddwr Prifysgol Iâl yn Connecticut, ac am gael Wetherspoons yn Wrecsam wedi ei enwi ar ei ôl. Claddwyd lâl ym Mynwent Eglwys San Silyn yn Wrecsam.

Rhannodd David a'i wraig eu hamser yn byw yn Wrecsam a de Sbaen. Yn ffodus i ni, rydym wedi ei ddal yn ystod ei gyfnod yn Wrecsam! Drysau yn y Clwb Rygbi yn agor am 10yb i annog cymysgu dros de a choffi cyn dechrau am 10.30.

Cyfraniadau Cylchlythyr



Mae yna nifer o grwpiau nad ydym byth yn clywed oddi wrthyn nhw yn y Cylchlythyr. Efallai y gallech chi annog eich cydlynnydd grŵp i gyflwyno ychydig eiriau – neu anfon cwpl o luniau eich hun! Andonwch cyn y prysurdeb drwy anfon cyfraniadau ar gyfer y rhifyn nesaf trwy e-bost cyn 25 Medi at peter.lund@btinternet.com



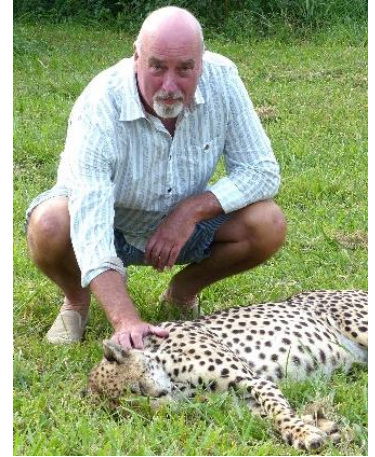
Darganfyddwch beth mae'ch ffrindiau mewn grwpiau diddordeb eraill yn ei wneud trwy grŵp Facebook u3a Rhuthun a'r Cylch. Dyma ein cyfnewidfa gwybodaeth "mewnol" a dim ond aelodau o'n p3o sy'n gymwys i'w defnyddio. Peidiwch â bod ofn postio, "hoffi" neu wneud sylw. Rhowch gynnig arni: gadewch i'ch chwilfrydedd wella ohonoch

each of Rose's trees, Alan would appreciate a phone call on 07916 945926

General Meeting

There was of course no General Meeting in August, but if you have been going through withdrawal symptoms, relief is on its way! Our next meeting is back on its home turf at the Ruthin Rugby Club on Tuesday September 24th, when our guest speaker is David Ebsworth. Since his retirement in 2008, David has been writing historical novels, including a series on Elihu Yale (1649-1721), whose bitter relationship with Catherine Elford is the subject of the three books. Yale of course is famous as patron of Yale University in Connecticut, and for having a Wetherspoons in Wrexham named after him. Yale is buried in St Giles Churchyard in Wrexham.

David and his wife split their time living in Wrexham and southern Spain. Luckily for us, we have caught him during his Wrexham phase! Doors at the Rugby Club open at 10am to encourage mingling over tea and coffee before the 10.30 start.



Guest speaker at this month's General Meeting is Wrexham historical novelist David Ebsworth

Newsletter Contributions

There are still several groups we never hear from in the Newsletter. Maybe you could prompt your group coordinator to submit a few words – or send in a couple of photos yourself! Beat the end of summer rush by sending contributions for the next issue by email before 25th September to peter.lund@btinternet.com



Find out what your friends in other interest groups are doing through the Ruthin & District u3a Facebook group. It's our "in-house" information exchange and only members of our u3a are eligible to use it. Don't be afraid to post, "like" or comment. Give it a try: let your curiosity get the better of you!

chi!

Daw darn diwedd y mis hwn o'r paentiad 'Moel Famau o Fynydd Helygain' gan Dave Roberts, yn yr arddangosfa sydd bellach yn cael ei chynnal yn Oriol Glasfryn, Caerwys. Os hoffech i'ch gwaith celf, llun neu ddwdlan ymddangos fel pennyn neu droedyn yn y Cylchlythyr, e-bostiwch llun at peter.lund@btinternet.com

This month's end piece is taken from the painting 'Moel Famau from Halkyn Mountain' by Dave Roberts, in the exhibition now taking place at the Oriol Glasfryn Gallery, Caerwys. If you would like your artwork, drawing or doodle to feature as a header or footer in the Newsletter, please email a photo to peter.lund@btinternet.com

