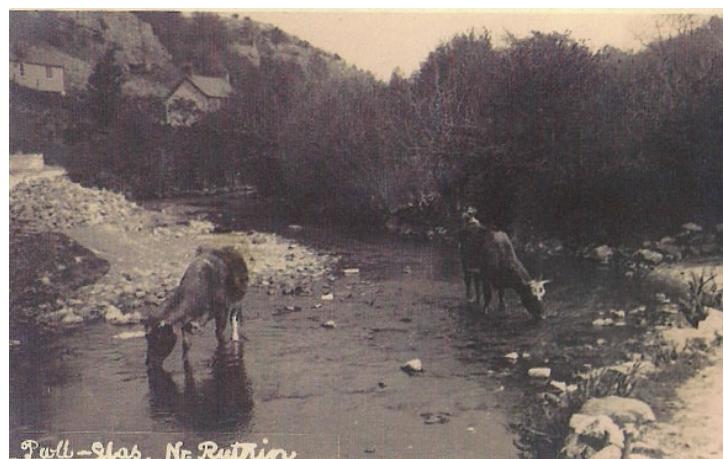


# Llais Y Pentref



## Village Voice

### Llyniau hen o Pwllglas Vintage Views



Welcome to our Spring Edition of Village Voice. As Siop Pwllglas manager I've had a busy year focusing on the day to day running of the shop and can't believe on March 20th the shop will be celebrating its first birthday. Our official birthday celebrations are planned for May so look out for those. Later this month we will find out if we have become Village Shop of the Year 2013. Siop P is on the short list of 4 finalists in the Village Shop of the year (Wales) category thanks to your customer nominations. This Award is known as *The Rural Oscars* and celebrates the efforts of community work, good practice and service. The winner will be announced on March 25th at the Senedd, Cardiff. Wish us some Pob lwc.

In this edition you will meet some of our shop volunteers. We hope their short stories will inspire you to come along and help out. In association with the Welsh Government funded "Jobs growth Wales Scheme" the shop employs 2 Pwllglas residents Katie Peake aged 21 and Theo Vasmer aged 19. Talking of local youngsters this edition features an interview with newly crowned welsh boxing champ Sion Yaxley and Luke Rumney writes about his Golden ambition. For a touch of nostalgia we've added old village pictures for you to reminisce over. We would like to eventually produce a village history book so If you have any old photos please bring them along to the shop. This month the shop has launched the Lottery bonus ball draw. For a chance to win £25 pop to the shop and choose a number for just £1. Profits from the draw are shared between the lucky winner and the shops running costs.

I would like to thank my son Alex for putting this newsletter together, the Village Voice translators and to New Work Connections (DCC) for the free printing.

#### **Editor**

*Sharon Newell*

Bryn Hyfryd, Pwllglas



**Siop Rhiw c 1970s**

Croeso i Rhifyn y Gwanwyn o Llais y Pentref. Fel rheolwr Siop Pwllglas mae wedi bod yn flwyddyn brysur yn canolbwytio ar y gwaith o redeg y siop o ddydd i ddydd ac mae'n annodd credu bydd y siop yn dathlu ei phen-blwydd cyntaf ar yr 20fed o Fawrth. Mae ein dathliadau pen-blwydd swyddogol yn cael eu cynllunio ar gyfer mis Mai felly edrychwrh allan am y rhain. Yn ddiweddarach y mis hwn byddwn yn cael gwybod os ydym wedi dod i'r brig fel Siop y Pentref am y Flwyddyn 2013. Mae Siop Pwllglas ar y rhestr fer o 4 yn y rownd derfynol yn Siop y Pentref y flwyddyn (Cymru) diolch i'ch enwebiadau chi fel ein cwsmeriaid. Mae'r Wobr hon yn cael ei adnabod fel Yr Oscars Gwledig ac yn dathlu ymdrechion o waith cymunedol, ymarfer a gwasanaeth da. Bydd yr enillydd yn cael ei gyhoeddi ar 25 Mawrth yn y Senedd, Caerdydd. Gan obeithio am ychydig o lwc dda inni! Yn y rhifyn hwn byddwrch yn cwrdd a rhai o'n gwirfoddolwyr yn y siop. Rydym yn gobeithio y bydd eu straeon byrion yn eich ysbrydoli i ddod draw i helpu allan. Ar y cyd â Llywodraeth Cymru a'r "Cynllun Cymru twf Swyddi" a ariennir ganddynt, mae'r siop bellach yn cyflogi 2 o drigolion Pwllglas Katie Peake 21 oed a Theo Vasmer 19 oed. Rydym hefyd wedi bod yn sgwrsio gyda pobl ifanc lleol yn y rhifyn hwn yn cynnwys cyfweliad gyda Pencampwr Newydd Bocsio Cymru Sion Yaxley ac mae Luke Rumney'n ysgrifennu am ei uchelgais Aur. I gael mymryn o hiraeth rydym wedi ychwanegu hen luniau pentref i chi hel atgofion drostynt. Byddem yn hoffi yn y pen draw cynhyrchu llyfr o hanes y pentref, felly os oes gennych unrhyw hen luniau dewch â nhw draw i'r siop. Y mis hwn mae'r siop wedi lansio raffl bêl bonws Loteri. I gael cyfle i ennill £ 25 piciwch mewn i'r siop a dewisiwch rif am ddim ond £1. Elw o'r raffl yn cael eu rhannu rhwng yr enillydd lwcus a chostau rhedeg ein siop. Hoffwn ddiolch i fy mab Alex am roi y cylchlythyr hwn at ei gilydd, cyfeithwyr Llais y Pentref ac I New Work Connections (CSDd) ar gyfer argraffu rhad ac am ddim.

#### **Golygydd**

*Sharon Newell*

Bryn Hyfryd, Pwllglas

## At home with Welsh Champion Sion Yaxley

**My name is Sion Yaxley, I'm 17 years old and live here in Pwllglas.**

**What are you doing at the moment and you have an idea what would you like to do in the future?**

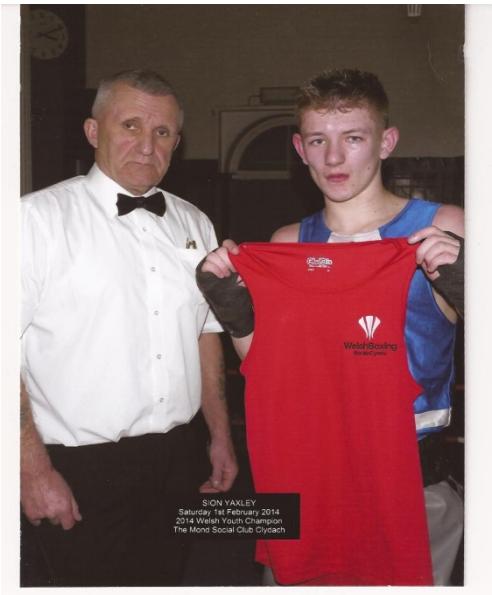
I'm currently in my final year at Rhos on Sea College studying BTEC in Sport and Exercise Science. I am not really sure what or where I will be in the future, but something involving sports would be my preference.

**What are your hobbies?**

Of course boxing is the main interest but I also play the drums when time permits. I love going to watch rugby and I'm a BIG Everton fan!

**When did your interest in boxing start?**

Ever since I was young, I have been watching and following the career of Joe Calzaghe and also I remember watching Manny Pacquiao and Floyd Mayweather.



**Who are your sporting heroes?**

One of my biggest heroes is Floyd Mayweather Jnr - in my opinion was the best boxer for nearly 17 years and the one who inspires me. Also, after seeing highlights of Sugar Ray Leonard, he for me is one of the best boxers who has ever been.

**How much training do you do and where?**

When I began boxing, I began at Denbigh Boxing Club and following their suggestions, I am now a member of Dyffryn ABC in Colwyn Bay and I train there at least three times a week. I also pop back to Denbigh Boxion to train with crew there as well. In addition to this, some of you may have seen me running along small roads around home here. I also have boxing training equipment and weights in our garage.

**What events have you participated in and how successful have you been?**

Last year, I won the title Welsh Novice Champion for 5 fights or less. This season, I won the title of Welsh Novice Champion for 10 fights or less. Following this, I have been competing in Swansea recently and I am now the Welsh Open Champion for 60kgs! I also continue to compete in boxing bouts in Manchester, Liverpool, Ludlow and recently in Llandudno Junction where I won my contest as well as "boxer of the night."



**What are your hopes for the future with boxing?**

I have been selected to represent Wales in an international boxing match against England at Hereford and very much look forward to the privilege of representing my country. I hope for the continued phone calls to represent Wales for many years to come.

## Siop Pwllglas volunteers spill the beans!

### Gina Povey



12.00-14.00 each Thursday you will find me in Siop Pwllglas. I've been volunteering since the shop opened and it's a part of my week that I really look forward to. I was a little apprehensive at first, wondering how I would cope with the prices, the till, and even the customers! I wondered if it would be a problem that I am a non-welsh speaker, but this has never been an issue; in fact I have even picked up a few Welsh words. It's a great feeling to be part of the community; when we moved here 8 years ago we said "if only there was a village shop" and now there is, thanks to the efforts of many. The shop is a place where there is always a friendly greeting, lots of chat and laughter with the customers and it's a pleasure to be able to say I volunteer there. I feel I'm doing my bit to build a community feeling. If you have a couple of hours to spare each week why don't you think about joining the team? We cover

every age group and if you don't feel comfortable working the till there are lots of other little things you can do, from tidying the stockroom, re-stocking shelves, displaying the local produce - every bit helps. You'll be offered as much training as you want, the hours are very flexible, and of course there's always time for a cup of tea or coffee. Why not call in for a chat, we'd be pleased to see you!

### Laurie and Joan



Just like to say Laurie and I (Joan) have been volunteering at Pwllglas Community Shop for quite a while now, not as long as some though but we have really enjoyed the camaraderie and friendly atmosphere of other volunteers and customers alike, we only work 2 hours each, per week, Joan Tuesday, Laurie Friday, (every little helps!). It's amazing the interesting topics discussed during this time, perhaps over a cup of coffee/tea. There have been a variety of events throughout the year, such as Bonfire Night, Xmas Dinner also Quiz night in Ruthin (winnings to go into funds for the shop). We can always use another pair of hands so why not give it a try, there is plenty of help available always, never on your own and you'll get to

know so many people, you gain and so does the shop so we hope to see you!!!

### Michael Cryne



My wife Alison and I have worked as volunteers since the shop opened last Easter. Alison does the early shift on Monday mornings, and I take over from her at ten o'clock. I had early qualms about things like using the till and sorting the newspapers, but Sharon or one of the paid assistants is always there to show us what to do. Now we're so well trained that on several occasions, Alison and I have run the shop by ourselves on a Sunday morning.

Personally, I have found volunteering a really rewarding experience. Although we've lived in Pwllglas for over 15 years and thought we knew lots of people here, working in the shop has brought us into contact with folk we never knew existed, from pensioners like myself to kiddies buying sweets. It makes you feel part of a warm, living community. There are also plenty of people just passing through, who are amazed to find such a well-stocked shop. The village has been very good to us since we moved here, and it's nice to feel we're giving a little bit back.

**Would you like to volunteer? - Call in and have a chat**

**Ar gael nawr yn Siop Pwllglas - angehnion sylfaenol fforddiadwy  
Now stocked at Siop Pwllglas – Affordable Everyday Basics**



### DID YOU KNOW?

1. Siop P offers a Dry Cleaning Service.
2. Siop P has a large noticeboard - ideal to advertise your event, items for sale, local trades.
3. Siop P sells stamps, Welsh & English greeting cards.
4. Siop P stocks Y Bedol
5. Order your daily newspaper, magazines or TV guide.
6. We take card payments and offer cashback
7. Eat in or take out fresh coffee, cakes, deli, sandwiches.
8. Free Wifi
9. Book box full of great reads - help yourself for free.
10. We organise a group heating oil delivery.
11. Our Facebook Page has over 300 followers and is updated daily.

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Miri Meithrin  
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## Luke Rumney's going for Gold with the help of Siop Pwllglas

**My name is Luke Rumney, I am 18 years old, live in Pwllglas, and I am currently participating in my Duke of Edinburgh Gold award.**

The award consists of four sections; a skill of my choosing, a sport, volunteer work and an expedition. I have chosen Mountain Biking for sport, cooking as a skill and currently, I volunteer 2 hours every other Saturday in the Pwllglas Community Shop. For the expedition, myself and the rest of the group (20 people) will be kayaking down the Moselle River in Germany from July 1st to the 8th. I will be fundraising and seeking grants to help fund this expedition.

The kayaks are provided by the British Army (Welfare Division) and we will be spending four days on the river, taking in some cultural stops along the 180 miles we will be navigating. Prior to venturing on the expedition, I will be undertaking a 2\* Kayaking course at Glan Llyn to gain the necessary skills required. I completed my bronze award in year 10 and my Silver award in Year 2, and with the aid of the excellent Ruthin Youth Service, I am looking forward to completing this challenging Gold award. I would actively encourage anyone interested in completing the awards to contact the Ruthin Youth Services team, who have been very supportive throughout all my awards. I have learnt many new life skills including communication, map reading, leadership and teamwork skills, all of which will serve me well in my future endeavours. All education bodies realise the potential of the scheme, and so why don't you switch off the gadgets and give it a go!!



## Keep Welsh Bees Buzzing by Planting Bee Friendly Plants



Hi I'm Brian Dacre, I'm one of the bee-keepers in the Ruthin area and I supply the local honey and honeyed preserves to Siop Pwllglas. It's not that I'm a secret agent, but unless you see me in my bee suit you would never know that I care for bees, as I'm just a normal(ish) looking guy. I suspect like most people, you already have an idea that honeybees are having a tough time. The maladies that they face are quite extensive. In their own hives, they are under attack by parasitic mites, which if unchecked can wipe out a whole colony. When they are out of the hive, they struggle to find enough food, as the traditional wild-flower meadows that they relish, are largely a thing of the past. If they forage on some food crops, their nervous systems can be so damaged by modern pesticides, that they are unable to find their way home. One thing that we can all do to help our bees is to plant some bee friendly plants in our gardens, which will benefit both honeybees and the bumblebees. If you would like to know more about becoming a beekeeper yourself, and then send me an email on [brian@celtic-woodsmith.com](mailto:brian@celtic-woodsmith.com) and I'll get back to you.



Alyssum



Eryngium



Doronicum  
Leopard's bane

## **Efenechtyd Community Council to launch own Website**

### ***Serving Pwllglas, Efenechtyd and rural Llanfwrog.***

The Community Council has recently commissioned Brown Hen Web Design, Plas Efenechtyd Cottage to build a Website for the community. It is intended that the website will provide an effective means by which to inform, interact and consult with the local community. The website will provide details of your local community councillors and council clerk and provide contact details for the Council. There will also be details of Council meetings and information about the area. Pupils at Llanfair D.C. School have been asked to design a Logo for use on the website. If anyone has any suggestions as to what they would like to see on the website please contact the Council Clerk, Gareth Palmer on 01824 704873 or [garypalmer10@gmail.com](mailto:garypalmer10@gmail.com). If you have any photographs, recent or old, of Efenechtyd, Pwllglas or rural Llanfwrog please contact Brown Hen Web design on 01824 704008 or [info@brown-hen.co.uk](mailto:info@brown-hen.co.uk). There will be links to other websites related to the area and it is proposed to have a local business links page on the website. Any businesses located within the Council area who would like to have their contact details on the site please contact the Clerk.

### **Highway Flooding near Rhualt, Efenechtyd.**

At long last the Denbighshire County Council informed the Council on 11/2/14 that they have now agreement to do the necessary works to remedy this flooding problem and are in the process of appointing a contractor to carry out the works. ***By Gary Palmer***

## **Capel Y Rhiw News**

Over Christmas and during the new year it has been a very busy period at our chapel. On Sunday, December 15 the Children's Christmas Service was held and this year we witnessed a performance of a modern version of the Nativity Story including such unusual characters as Superman, Cat Woman and Batman. This was followed by an interesting talk given by Helen Green. On December 22 the Pwllglas Society's Service, arranged by Dafydd and Mair Jones, Pencoed. was held at the chapel and it included a few sketches, many interesting readings, appropriate prayers and a rendering by the Chapel Ladies Choir. The choir and Menai Williams also took part in the Rhuthun District Advent Service held at Cyffylliog Chapel. On Sunday, January 19 a special Beginning of the Year Prayer Meeting was held and many members took part together with the Sunday School children. At the end of December, we were saddened by the news of the death of Susan Hughes, Llety'r Bugail. Susan contributed immensely to the religious, cultural and social life of Pwllglas over the years and she will be missed. We extend our sincere condolences to her family. Margaret Jones, Y Gorlan, one of our elders, had an awkward fall recently and spent some time in hospital. We wish her a speedy recovery. We welcome Meryl Wellsby as a new member to our church and her two children, Mali and Morgan, have also joined the Sunday School. ***By Elwyn Jones***

## **Expressions of interest to fund local community projects**

The parochial church of St Michael and All Angels church is asking for your ideas to fund local community projects. The church has some funds that can only be spent "to the benefit of the people living in the Efenechtyd/Pwllglas parish" and where each year a small sum of less than £1000,- can be made available to support local events or projects provided this benefits the community in the parish. At this stage we are asking for expressions of interest for funding that meets the above criteria from groups/organisations in a position to utilize an allocation. We are also asking for your ideas or comments on how you feel this money should be spent. Responses to: Parochial church council Efenechtyd, Plas yn Llan, Efenechtyd, LL15 2PW or by email: [jvaarkamp@hotmail.com](mailto:jvaarkamp@hotmail.com)

## Pilates at Pwllglas Village Hall

The village shop and hall have become a big part of our life since having two small children. Our 3 year old loves going to 'school' (Cylch Meithrin) in the hall twice a week and always enjoys having a natter in the shop whenever he gets the chance; it's lovely how the volunteers and staff always take the time to chat and don't mind doing business with a toddler! Being able to pop out to get the essentials without packing everyone into the car is also a definite bonus. We were delighted to have our second child in November, but with two young ones finding the time to exercise can be a challenge, so I was delighted when Elen Lloyd started a pre/post-natal Pilates class in the hall with a crèche. Now I don't have any excuse and I can pick up my milk and bread whilst I'm there! **Anna Angell**



*The pre and post natal Pilates Sessions have been funded by the Rhuthun Area Language Action Scheme with the aim of promoting the advantages of raising children bilingually and using Welsh medium Nurseries.*



### What is Pilates?

Opportunity for mothers with young children to come together and have some "me time" is the aim of these sessions. Pilates is a series of physical exercises that focus on the core of the body which, therefore, makes it highly effective for women before and after birth. Despite the belief by some people who have never participated in Pilates before, it's something effeminate and low intensity, it really is incredibly powerful and is suitable for men and women of all levels. Several professional athletes worldwide practice it as part of their training, including Tiger Woods and Ryan Giggs. Using body weight alone, it is a very effective way of strengthening the body's core in particular, to stabilize and maintain the spine, as well as improving posture and injuries, especially back injury. The emphasis is focused on quality and making every move. Completion of the sessions through relaxation, be it stretching the body or mental relaxation techniques, which links the mind with the body and of course helps to get rid of stress!

**Elen Lloyd**

## More New Arrivals



- Luke Stephen Kell born on 14<sup>th</sup> October, weighing 6lb 12oz, to parents Stephen and Elaine Kell, Pwllglas (pictured left)
- Alexander Ewan born to parents Vicky and Peter Brooks, Tan Y Bryn, Pwllglas



## Village Hall Venue Details

Pwllglas Village Hall is a thriving venue for many local activities, covering everything from bowls, line dancing, pilates, whist drives, children's playgroups, zumba, choir practice – and this is just a typical week! All these activities and more are open to all – so please feel welcome to join in any of the activities. Please check the village noticeboard or ask in the shop to find out what's going on.

The village hall also caters for occasional events, such as W.I. and community meetings, social events, drama productions as well as children's parties and private functions.

### Facilities Available

The Main Hall is approx 15 x 8m, and has tables and chairs (120) for hire. The floor is top quality wooden floor, ideal for games, sports or dancing. There is also a stage, built in PA system and overhead stage lights.

The Committee Room is approx 8 x 3m and is ideal for smaller meetings of up to 20 people.

The kitchen is approx 5 x 3m and has a cooker, fridge and hot water urn, as well as washing up facilities, utensils and crockery to cater for parties and events.

### Hire Costs

	Local *	Others
Hall Only	£6.00 (per hour)	£8.00 (per hour)
Committee Room Only	£5.50 (per hour)	£7.50 (per hour)
Hall & Kitchen Hall & Committee Room	£9.00 (per hour)	£12.00 (per hour)
Committee Room & Kitchen	£8.00 (per hour)	£11.00 (per hour)
All Areas	£10.00 (per hour)	£14.00 (per hour)

\* within 1 mile of the hall

### To Book

To book the hall for your chosen activity, or to make an enquiry, contact **Sian Jones** on 01824 704701 or e-mail [neuaddpwllglas@gmail.com](mailto:neuaddpwllglas@gmail.com). We welcome all new bookings! Booking also includes use of the car park (subject to space being available), use of toilets and foyer area.



## Ysgol Llanfair PTA News

It has been a busy start to the year, but all good news for Ysgol Llanfair. With the support of parents, teachers and the communities of Llanfair and Pwllgas, we have continued to raise funds for the school. Before Christmas, Ysgol Llanfair PTA purchased six ipads and three ipad-minis to enhance the children's learning in a variety of ways. Also, with the online fundraiser – **Easyfunding**- the school is now richer by over £500. As members purchase goods online, the companies give a small percentage to the PTA which soon adds up. Please join Easyfunding today and chose Ysgol PTA as the recipient of your donations from your online purchases with all this

fund raising, it means that when the unexpected happens, the PTA has funds to replace broken items. After the storms earlier this year the greenhouse, which houses all the hard work of the gardening club, blew down. Fortunately, there are plenty of funds to replace the plastic so that the PTA could donate £250 for the new plastic. Soon the gardening club will be up and running again. We would like to thank everyone for their support. Look out for more fundraising activities such as the Summer Ball later in the year. **By Cath Agneau**



*School greenhouse damaged in storms*

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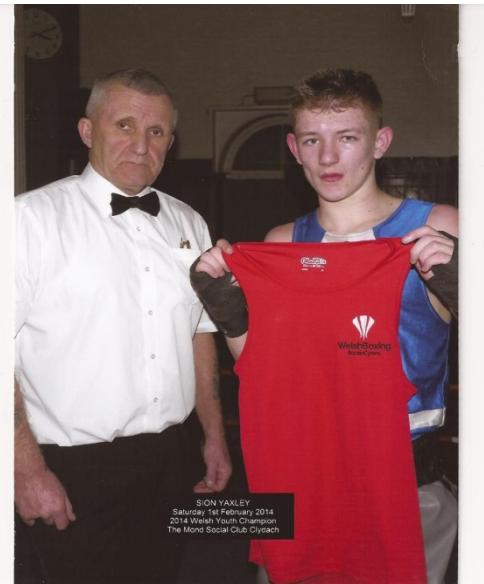
**Fy enw yw Sion Yaxley, rwy'n 17 mlwydd oed ac yn byw yma'n Pwllglas.**

### **Beth wyt ti'n ei wneud ar hyn o bryd ac oes gen ti syniad be hoffet wneud yn y dyfodol?**

Yn fy mlwyddyn olaf yn Ngholeg Llandrillo yn Rhos yn astudio BTEC mewn Chwaraeon a Gwyddor Ymarfer yr wyf ar hyn o bryd. Ar hyn o bryd, nid wyf yn siwr iawn ble na lle y byddaf yn y dyfodol, ond rhywbed yn ymwneud a chwaraeon sydd yn mynd a fy mryd.

### **Beth ydi dy ddiddordebau?**

Wrth gwrs bocsio yw'r prif ddiddordeb ond rwyf hefyd yn chwarae drymiau pan mae'r amser yn caniatau. Dwi wrth fy modd yn mynd i wyllo rygbi ac yn ffan MAWR o Everton!



### **O ble ddaeth y diddordeb mewn bocsio?**

Ers pan o'n i'n ifanc, ro'n i wedi bod yn gwylio a dilyn gyrfa Joe Calzaghe ac hefyd mae côf gennyf o wyllo Manny Pacquiao a Floyd Mayweather.

### **Pwy ydi dy arwyr di?**

Un o'm prif arwyr ydi Floyd Mayweather Jnr – y fo ydi'r bocsiwr gorau ers bron i 17 mlynedd ac yr un fy ysbrydoli. Hefyd, yn dilyn gweld uchafbwyntiau Sugar Ray Leonard immi, fo ydi un o'r bocsiwyr gorau sydd erioed wedi bod.

### **Faint o ymarfer wyt ti'n ei wneud ac ym mhle?**

Pan ddechreais focsio, i Glwb Bocsio Dinbych yr o'n yn mynd ac yn dilyn eu awgrymiad hwy, rwyf erbyn hyn yn aelod o Glwb Bociso Dyffryn ABC ym Mae Colwyn ac yn mynd i ymarfer yno o leia dair gwaith yr wythnos. Rwyf hefyd yn picied yn ol i Glwb Dinbych oiyamarfer gyda'r criw yn fan honno hefyd. Yn ogystal a hyn, hwyrach y bydd rhai ohonoch wedi fy ngweld yn rhedeg ar hyd ffyrdd bychain o amgylch adre 'ma. Mae gennyf hefyd offerynau bociso a phwysau yn y garej.

### **Pa gystadleuthau wyt ti wedi cymryd rhan ynddyng nhw? Llwyddiant?**

Y llynedd, bu immi enill y teitl o Bencampwr Cymru i rai a oedd wedi cael 5 gornest neu lai; yn ystod y tymor yma, rwyf wedi enill teitl o Bencampwr Cymru i rai a oedd wedi cael 10 gornest neu lai. Yn dilyn hyn, rwyf wedi bod i Abertawe sawl penwythnos ar ol ei gilydd ac rwyf erbyn hyn yn Bencampwr Agored Cymru 60kg! Rwyf hefyd yn parhau i gystadlu mewn gornesti ee Manceinion; Lerpwl; Llwydlo ac yn ddiweddar yn Nghyffordd Llandudno ble yr enillais fy ngornest yn ogystal a bocsiwr hŷn y noson.



### **Beth ydy dy obeithion i'r dyfodol gyda bocsio?**

Erbyn hyn, rwyf wedi cael fy newis i gynrychioli Cymru mewn gornest focsio yn erbyn Lloegr yn Henffordd ac yn edrych ymlaen yn fawr iawn at y faint o gael cynrychioli fy ngwlad. Gobeithiaf am sawl galwad ffon i gynrychioli Cymru am sawl blwyddyn i ddod.

## Cip Olwg ar Wurfoddolwyr Siop Pwllglas!



Rhwng hanner dydd a 4.00 bob dydd lau byddaf yn Siop Pwllglas. Rwyf wedi bod yn gwirfoddoli ers i'r siop agor ac mae'n rhywbeth y byddaf yn edrych ymlaen ato bob wythnos. Roeddwn braidd yn bryderus ar y dechrau, yn meddwl sut baswn yn ymdopi efo'r prisiau, y til a hyd yn oed y cwsmeriaid! Tybed fyddai'r ffaith nad ydw i'n siarad Cymraeg yn broblem? Ond dydy hyn heb fod yn broblem o gwbl; a deud y gwir, rwyf yn dechrau cynefino ag ambell i air Cymraeg. Mae'n deimlad bendigedig cael bod yn rhan o'r gymuned. Pan symudon ni yma 8 mlynedd yn ôl rodden yn dweud biti na fyddai yma siop, a'r wän, diolch i ymdrech llawer un, mae gennym un. Yn y siop cewch bob amser gyfarchiad cynnes, sgwrs a hwyl efo'r cwsmeriaid; mae'n bleser gen i ddweud 'mod i'n gwirfoddoli yna. Teimlaf fy mod yn gwneud fy rhan i greu'r teimlad o gymuned. Os oes gennych ychydig o oriau'n rhydd bob wythnos pam nad ystyriwch chi ymuno â'r tîm? Dydy oed ddim yn berthnasol ac os nad ydych yn hapus yn delio â'r til, mae digonedd o bethau eraill i'w gwneud; tacluso'r stafell gefn, ail lenwi'r silffoedd, arddangos y cynnyrch lleol – mae pob dim yn helpu. Cewch gymaint o hyfforddiant ag sydd ei angen arnoch, mae'r oriau'n hyblyg iawn ac wrth gwrs, mae yna wastad amser am baned! Galwch i mewn am sgwrs - byddem wrth ein boddau yn eich gweld! **Gina Povey**



Mae fy ngwraig Alison a minnau wedi gweithio fel gwirfoddolwyr ers i'r siop agor y Pasg diwethaf. Alison yn gwneud y shifft gynnar fore Llun, ac yr wyf yn cymryd drosodd oddi wrthi am ddeg o'r gloch. Cefais cryn bryder yn y dyddiad cynnar am bethau megis defnyddio til a didoli papurau newydd, ond mae Sharon neu un o'r cynorthwywyr a delir bob amser yno i ddangos i ni beth i'w wneud. Erbyn hyn, rydym wedi'n hyfforddi'n dda fel y bod Alison a mi ar sawl achlysur, wedi rhedeg y siop ein hunain ar fore Sul. Yn bersonol rwyf wedi darganfod fod gwirfoddoli yn brofiad gwerth chweil. Er ein bod wedi byw ym Mhwlglas dros 15 mlynedd ac yn meddwl ein bod yn adnabod llawer o bobl yma, drwy weithio yn y siop rydym wedi dod i gysylltiad â bobl lleol na wyddwn eu bod yn bodoli, o bensiynwyr fel fi i plantos sy'n prynu fferins! Mae'n gwneud i chi deimlo'n rhan o fywyd cymunedol, cynnes. Mae digon o bobl yn pasio, sydd yn synnu i ddod o hyd i siop wedi'i wstocion dda.

Mae'r pentref wedi bod yn dda iawn inni ers i ni symud yma, ac mae'n braf teimlo ein bod yn rhoi ychydig yn ôl. **Michael Cryne**



Dim ond hoffi dweud mae Laurie ac minnau, (Joan) wedi bod yn gwirfoddoli yn Siop y Gymuned Pwllglas ers cryn amser erbyn hyn, nid cyn hired a rhai, ond yr ydym wedi mwynhau y cyfeillgarwch ac awyrgylch cyfeillgar o wurfoddolwyr a chwsmeriaid eraill fel ei gilydd. Dim ond gweithio 2 awr yr un, yr wythnos, Joan - Ddydd Mawrth, Laurie ar Ddydd Gwener, (mae pob ychydig yn help!) . Mae'n ddiddorol y pynciau sy'n cael eu trafod bryd hyn. Unai dros baned o goffi neu de. Cafwyd sawl digwyddiad dros y flwyddyn, fel noson Tân Gwyllt; Cinio Nadolig ac hefyd y nosweithiau Cwis yn Rhuthun gyda'r arian rydym yn

ei enill yn mynd i'r pot! Gallwn bob amser ddefnyddio pâr arall o ddwylo, felly beth am roi cynnig arni'. Mae digon o help ar gael ichwi, ac ni fyddwch ar ben ei hun, ac mae'n gyfle gwych i ddod i adnabod eraill; rydych chi ar eich henill ac y siop, felly edrychwn ymlaen at eich gweld! **Laurie ac Joan**

**A fyddch chi'n hoffi bod yn wurfoddolwr yn Siop Pwllglas?**

**Ffôn 01824 703730**

## Pilates cyn ac ôl-geni



Cyfle i famau gyda phlant ifanc i ddod at eu gilydd a chael ychydig o "amser i mi" yw nôd y sesiynau hyn. Ymarferion corfforol sydd â'r ffocws ar graidd y corff yw Pilates, sydd felly yn ei wneud yn hynod o effeithiol ar gyfer merched cyn ac ôl-geni. Er y grêd gan rhai pobl, sydd erioed wedi cymeryd rhan mewn Pilates o'r blaen, ei fod yn rhywbeth merchetaidd a dwyster isel, mae mewn gwirionedd yn hynod o bwerus, ac yn addas ar gyfer dynion a merched o bob lefel. Mae sawl athletwr proffesiynol byd-eang yn ei ymarfer fel rhan o'u hyfforddiant, gan gynnwys Tiger Woods a Ryan Giggs. Gan ddefnyddio pwysau'r corff yn unig, mae'n ffordd effeithiol iawn o gryfhau craidd y corff yn arbennig, er mwyn sefydlogi a chynnal yr asgwrn cefn, yn ogystal a gwella ystum ac anafiadau, yn arbennig niwed i'r cefn. Mae'r pwyslais ar ganolbwytio a gwneud pob symudiad o safon. Gorffennir y sesiynau drwy ymlacio, boed yn ymestyn y corff neu dechnegau ymlacio meddyliol, sy'n cysylltu'r meddwl gyda'r corff ac wrth gwrs yn gymorth i gael gwared o stress! *Elen Lloyd*

**Mae'r sesiynau Pilates cyn ac ar ol geni wedi ei ariannu gan Gynllun Gweithredu Iaith Ardal Rhuthun, gyda'r nod o hyrwyddo'r Gymraeg i deuluoedd a darpariaeth Meithrin cyfrwng Cymraeg.**

## Eglwys Unedig Y Rhiw

Dros y Nadolig a dechrau'r flwyddyn newydd bu'n gyfnod prysur iawn yng Nghapel Y Rhiw. Bore Sul, Rhagfyr 15, cynhaliwyd Gwasanaeth Nadolig y Plant a pherfformiwyd Drama'r Geni mewn dull modern gyda chymeriadau pur anarferol yn ymddangos fel Superman, Cat Woman a Batman. Yna rhoddwyd anerchiad arbennig i'r plant gan Helen Green. Ar Rhagfyr 22 cynhaliwyd Gwasanaeth y Gymdeithas dan ofal Dafydd a Mair Jones, Pencoed yn cynnwys ambell ddramodig, sawl darlleniad diddorol a gweddiau addas a chafwyd datganiad gan y Cor Merched. Bu'r cor a Menai Williams hefyd yn cymryd rhan yng Ngwasanaeth Adfent Bro Rhuthun a gynhaliwyd eleni yng Nghapel Cyffylliog. Ar y Sul, Ionawr 19 cynhaliwyd Cyfarfod Gwedi Dechrau'r Flwyddyn gydag amryw o'r aelodau yn cymryd rhan a hefyd plant yr Ysgol Sul. Ddiwedd Rhagfyr cafwyd y newyddion trist am farwolaeth Susan Hughes, Llety'r Bugail, - un a gyfrannodd yn helaeth i fywyd cymdeithasol a diwylliannol Pwllglas gan gynnwys y capel. Cydymdeimlwn yn ddwys a'r teulu oll. Bu i Margaret Jones, Y Gorlan, un o'n blaenoriaid, gael codwm cas yn ddiweddar a threulio cyfnod yn yr ysbty. Anfonwn ein cofion ati. Croeso cynnes i Meryl Wellsby fel aelod newydd i'r capel ac mae ei phlant, Mali a Morgan, hefyd wedi ymuno a'r Ysgol Sul.

## Datganiadau o ddiddordeb i ariannu prosiectau cymunedol lleol

Mae eglwys blwyfol Sant Mihangel a'r Holl Angylion yn gofyn am eich syniadau i ariannu prosiectau cymunedol lleol. Mae gan yr eglwys rhywfaint o arian y gellir ei wario "er budd y bobl sy'n byw ym mhlwyf Efenechtyd / Pwllglas" - pob blwyddyn mae yna swm bach o lai na £1,000 ar gael i gefnogi digwyddiadau neu brosiectau lleol a ddarperir sydd o fudd i'r gymuned yn y plwyf. Ar hyn o bryd rydym yn gofyn am ddatganiadau o ddiddordeb ar gyfer arian sy'n bodloni'r meinu prawf uchod gan grwpiau / sefydliadau mewn sefyllfa i ddefnyddio cyfraniad. Rydym hefyd yn gofyn am eich syniadau neu sylwadau ar sut rydych yn teimlo dylai'r arian hwn gael ei wario. Ymatebion at Cyngor Plwyf, Eglwysig, Efenechtyd, Plas yn Llan, Efenechtyd LL15 2PW neu drwy e-bost: [jvaarkamp@hotmail.com](mailto:jvaarkamp@hotmail.com)

## Neuadd Pwllglas

Mae Neuadd Pwllglas yn man prysur a phoblogaidd i lawer o weithgareddau lleol, gan cynnwys bowlio, dawsio llinell, pilates, gyrra chwist, Cylch Meithrin, zumba, ymarfer cor – a dim ond wythnos cyffredin ydi hyn! Mae'r rhan helaeth o weithgareddau yn agored i bawb, felly mae croeso i chi ddod i ymuno ag unrhyw un o'r gweithgareddau. Cofiwch edrych ar hysbysfrwrdd y neuadd neu gofyn yn y siop i ddarganfod beth sydd ymlaen. Mae'r neuadd hefyd yn man ar gyfer weithgareddau eraill, megis cyfarfodydd W.I. neu pwylgorau lleol, digwyddiadau cymdeithasol, cynhyrchiadau ddrama, yn ogystal a phartion plant a digwyddiadau preifat.

### Cyfleusterau y neuadd

Mae'r Neuadd tua 15 x 8m, gyda byrddau a chadeiriau (120) i'w hurio. Mae'r llawr o ansawdd uchel, ac yn ddelfrydol ar gyfer gemau, chwaraeon neu dawsio. Mae hefyd llwyfan, system PA a goleuadau uwch llwyfan ar gael. Mae'r Ystafell Bwyllgor tua 8 x 3m ac yn ddefnyddiol iawn ar gyfer cyfarfodydd llai, hyd at tua 20 o bobl. Mae'r Gegin, tua 5 x 3m, efo popty, oergell a wrn dwr poeth, yn ogystal a chyfleusterau golchi llestri, offer coginio a llestri ar gyfer partion a digwyddiadau.

### Costau Hurio

Mae costau hurio'r cyfleusterau fel a ganlyn:

	Lleol *	Pawb arall
Neuadd yn unig	£6.00 (yr awr)	£8.00 (yr awr)
Ystafell Bwyllgor	£5.50 (yr awr)	£7.50 (yr awr)
Neuadd & Cegin Neuadd & Ystafell Bwyllgor	£9.00 (yr awr)	£12.00 (yr awr)
Ystafell Bwyllgor & Cegin	£8.00 (yr awr)	£11.00 (yr awr)
Pob man	£10.00 (yr awr)	£14.00 (yr awr)

\* o fewn milltir i'r neuadd

Mae hurio'r neuadd yn cynnwys defnydd y maes parcio (os oes lle ar gael), a defnydd o'r toiledau a chyntedd. Hurio'r Neuadd Os oes gennych ddiddordeb mewn hurio'r neuadd, neu am wybodaeth pellach, cysylltwch a Sian Jones ar 01824 704701 neu e-bostiwch neuaddpwllglas@gmail.com. Rydym yn croesawu unrhyw digwyddiadau newydd!

## Cyngor Cymuned Efenechtyd i lansio eu Gwefan i wasanaethu Pwllglas , Efenechtyd a Llanfwrog wledig.

Yn ddiweddar, mae'r Cyngor Cymuned wedi comisiynu Cwmni Dylunio Gwefannau Brown Hen, Bwthyn Plas Efenechtyd i adeiladu Gwefan ar gyfer y gymuned . Y bwriad yw y bydd y wefan yn darparu ffodd effeithiol i hysbysu, rhngweithio ac ymgynghori â'r gymuned leol. Bydd y wefan yn darparu manylion am eich cynghorwyr cymuned leol a chlerc y cyngor a darparu manylion cyswllt ar gyfer y Cyngor. Bydd hefyd yn cynnwys manylion y cyfarfodydd a gwybodaeth am ardal y Cyngor . Mae disgyblion yn Llanfair DC Ysgol wedi cael cais i ddylunio logo ar gyfer eu defnyddio ar y wefan. Os oes gan unrhyw un unrhyw awgrymiadau yngylch yr hyn yr hoffent ei weld ar y wefan cysylltwch â Chlerc y Cyngor, Gareth Palmer ar [01824 704873 neugarypalmer10@gmail.com](mailto:01824 704873 neugarypalmer10@gmail.com). Os oes gennych unrhyw luniau, diweddar neu hen o Efenechtyd, Pwllglas neu Llanfwrog, cysylltwch â Brown Hen Web Design ar [01824 704008](http://01824 704008) neu [info@brown-hen.co.uk](mailto:info@brown-hen.co.uk) . Bydd cysylltiadau i wefannau eraill sy'n gysylltiedig â'r ardal a bwriedir cael tudalen cysylltiadau busnes lleol ar y wefan. Unrhyw fusnes wedi'w lleoli o fewn ardal y Cyngor a fyddai'n hoffi cael eu manylion cyswllt ar y safle, dylech gysylltu â'r Clerc.

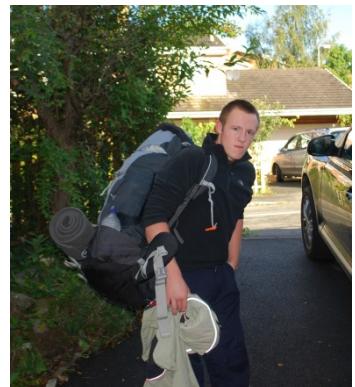
Lifogydd ar y briffordd ger Rhualt , Efenechtyd .

O'r diwedd hysbyswyd y Cyngor Sir Ddinbych Cyngor ar 11/2/14 ac mae ganddynt yn awr gytundeb i wneud y gwaith angenrheidiol i gywiro'r broblem lifogydd hon ac maent yn y broses o benodi contractwr i wneud y gwaith .

## Erthygl ar Gwobr Aur Dug Caeredin

Fy enw i yw Luke Rumney, yr wyf yn 18 mlwydd oed, ac yn byw yn Pwllglas, ac ar hyn o bryd rwyf yn cymryd rhan i gwblhau fy ngwobr Aur Dug Caeredin.

Mae'r dyfarniad yn cynnwys pedair adran, sgil o fy newis, chwaraeon, gwaith gwirfoddol ac alldraith . Rwyf wedi dewis Beicio Mynydd ar gyfer chwaraeon, Coginio fel sgil, ac ar hyn o bryd rwyf yn gwirfoddoli 2 awr bob yn ail ddydd Sadwrn yn y siop gymunedol Pwllglas. Ar gyfer y daith, byddai i a gweddill y grŵp (20 o bobl) yn cael eu caiacio ar hyd yr Afon Moselle yn yr Almaen o 1 Gorffennaf i 8 . Byddaf yn codi arian a chwilio am grantiau i helpu i ariannu'r daith hon. Mae'r kayaks yn cael eu darparu gan y Fyddin Brydeinig (adran lles) a byddwn yn treulio pedwar diwrnod ar yr afon, gan gymryd mewn rhai safleoedd diwylliannol ar hyd y 180 milltir byddwn yn eu llywio. Cyn mentro ar y daith, byddaf yn ymgymryd â chwrs Caiacio 2\* yng Nglan Llyn i ennill y sgiliau angenrheidiol.



Cwblheais fy gwobr efydd ym mlwyddyn 10 ac fy ngwobr Arian ym Mlwyddyn 12 a gyda chymorth ardderchog y Gwasanaeth Ieuenciad yn Rhuthun rwyf yn edrych ymlaen at cwblhau'r wobr Aur heriol hon. Byddwn yn annog unrhyw un sydd â diddordeb mewn cwblhau'r gwobrau i gysylltu â'r tîm Gwasanaethau Ieuenciad Rhuthun, sydd wedi bod yn gefnogol iawn trwy gydol fy holl ddyfarniadau. Rwyf wedi dysgu llawer o sgiliau bywyd newydd, gan gynnwys sgiliau cyfathrebu, darllen Map, arweinyddiaeth a gwaith tîm, bydd pob un ohonynt i mi wasanaethu yn dda yn fy ymdrechion yn y dyfodol. Holl gyrrf addysg yn sylweddoli potensial y cynllun, ac felly pam na wnewch chi ddiffodd y teclynnau a rhoi cynnig arni!!

## Cadwch gwenyn cymraeg hapus hefo planhigion hanfodol



Helo - Brian Dacre ydw i, ac dwi'n un o'r ceidwaid gwenyn yn ardal Rhuthun ac yr wyf yn cyflenwi'r mêl lleol a chyfeithiau mêl i Siop Pwllglas. Oni bai eich bod yn fy ngweld yn fy siwt gwenyn ni fyddch byth yn gwybod fy mod yn gofalu am wenyn, rwy'n ddyn "normal" yr olwg! Yr wyf yn amau fel y rhan fwyaf o bobl, eich bod yn cytuno, fod y gwenyn mêl yn cael amser anodd ar hyn o bryd. Mae'r problemau y maent yn eu hwynebu yn eithaf helaeth : Yn eu cychod eu hunain, eu bod o dan ymosodiad gan gwiddon parasitig , a all , os nad ydynt yn cael eu gwylio, ddifethaf nythfa gyfan. Pan fyddant allan o'r cwch, maent yn ei chael yn anodd dod o hyd i ddigon o fwyd, gan fod y dolydd gwyltton - blodau traddodiadol y maent wrth eu boddau ynddynt erbyn hyn yn perthyn i'r gorffennol. Os ydynt yn chwilot a rai cnydau bwyd, gall eu systemau nerfol ei niweidio gymaint drwy plaladdwyr modern, fel nad allant ddod o hyd i'w ffordd adref . Un peth y gallwn ni i gyd ei wneud i helpu ein gwenyn yw plannu rhai planhigion cyfeillgar i'r gwenyn yn ein gerddi, a fydd o fudd i'r gwenyn a'r cacwn. Os hoffech chi wybod mwy am ddod yn gwenynwr eich hun, yna anfonwch e-bost ataf ar [brian@celtic-woodsmith.com](mailto:brian@celtic-woodsmith.com) a fe ddôf yn ôl atoch.



Alyssum



Eryngium



Doronicum  
Leopard's bane

## C.Rh.A Ysgol Llanfair

Mae wedi bod yn gychwyn prysur i'r flwyddyn, ond newyddion da i Ysgol Llanfair. Gyda chefnogaeth y rhieni, athrawon a chymunedau Llanfair a Pwllgas, rydym wedi parhau i godi arian ar gyfer yr ysgol. Cyn y Nadolig, prynodd CRhA Ysgol Llanfair chwe iPad a thri ipad - Mini i wella dysgu'r plant mewn amrywiaeth o ffyrdd. Hefyd, gyda'r codwr arian ar-lein - Easyfunding - mae'r ysgol bellach £500 yn gyfoethocach. Drwy aelodau'n prynu nwyddau ar-lein, mae'r cwmnïau yn rhoi canran fechan i'r Gymdeithas Rhieni ac Athrawon sy'n fuan yn ychwanegu i fyny. Os gwelwch yn dda, gallwch ymuno â Easyfunding heddiw a dewis CRhA yr Ysgol fel y sawl i dderbyn eich rhoddion oddi wrth eich pryniad ar-lein.



**Ty gwydyr yr ysgol wedi niewedio ga y storm**

Gyda'r holl waith codi arian hwn, mae'n golygu bod pan fydd yr annisgwyl yn digwydd, mae'r Gymdeithas Rhieni ac Athrawon wedi arian i gymryd lle'r eitemau sydd wedi torri. Ar ôl y stormydd yn gynharach eleni bu i'r tŷ gwydr, sy'n cynnwys yr holl waith caled y clwb garddio, chwythu i lawr. Yn ffodus, mae digon o arian i gymryd lle'r plastig fel y gallai'r Gymdeithas Rhieni ac Athrawon roi £250 ar gyfer y plastig newydd. Cyn bo hir bydd y clwb garddio yn weithredol eto. Hoffem ddiolch i bawb am eu cefnogaeth. Cadwch lygad am fwy o weithgareddau codi arian megis Dawns yr Haf yn ddiweddarach yn y flwyddyn.

